

英文看客 知性英语·精致阅读

英国原来 是这样 2

英国传统与习俗 50 主题

关于英国，你也许能说出一长串典故，但一个本土英国人很可能付之一笑：“真正的英国不那么简单……”

50 Conversations about British Customs and Traditions

Martin Boyle 著 鄞玲玲 译



外文出版社
FOREIGN LANGUAGES PRESS

英文看客 知性英语·精致阅读

50 Conversations about British
Customs and Traditions

英国原来是这样²

英国传统与习俗50主题

Martin Boyle 著 鄞玲玲 译



 外文出版社
FOREIGN LANGUAGES PRESS

图书在版编目 (CIP) 数据

英国原来是这样 2: 英国传统与习俗 50 主题: 英汉对照/ (英) 博伊尔 (Boyle, M.) 著;
鄯玲玲译. —北京: 外文出版社, 2010
ISBN 978-7-119-06370-6

I. ①英… II. ①博… ②鄯… III. ①英语—汉语—对照读物 ②文化史—英国
IV. ①H319.4:K

中国版本图书馆 CIP 数据核字 (2010) 第 059691 号

责任编辑: 熊冰岷

装帧设计: 红十月设计室

印刷监制: 冯 浩

英国原来是这样 2: 英国传统与习俗 50 主题

作 者: Martin Boyle (英国)

翻 译: 鄯玲玲

©外文出版社

出版发行: 外文出版社

地 址: 中国北京西城区百万庄大街 24 号

邮政编码 100037

网 址: <http://www.flp.com.cn>

电 话: (010) 68995964/68995883 (编辑部)

(010) 68320579/68996067 (总编室)

(010) 68995844/68995852 (发行部/门市邮购)

(010) 68327750/68996164 (版权部)

制 版: 贵艺图文设计中心

印 制: 北京佳信达欣艺术印刷有限公司

经 销: 新华书店 / 外文书店

开 本: 787 mm × 1092 mm 1/16

印 张: 14.75

字 数: 200 千字

装 别: 平

版 次: 2010 年 9 月第 1 版第 1 次印刷

书 号: ISBN 978-7-119-06370-6

定 价: 29.00 元

建议上架: 英语口语, 英语阅读

版权所有 侵权必究 如有印装问题本社负责调换 (电话: 68995852)

Customs and Traditions

习俗与传统

When you think of British customs and traditions you might think of stereotypical images like the Queen, soldiers in red tunics and bearskin hats, William Shakespeare, afternoon tea, cricket and country houses. On the other hand, you might think of manners and etiquette and rules for how to address people politely or when to say 'please' and 'thank you'. Academics and people who are interested in politics and society might talk about the British liberal tradition, the tradition of parliamentary democracy or the tradition of 'fair play'. It is interesting that customs and traditions always have a positive connotation when people appeal to them.

The words 'custom' and 'tradition' always seem to go together and it is often hard to prise their meanings apart. According to the Cambridge International Dictionary of English, a custom is 'a way of behaving or belief which has been established for a long time.' A tradition, on the other hand, is 'a belief, principle or way of acting which people in a particular society or group have continued to follow for a long time.' ① The word 'tradition' comes from Latin and means 'to pass down', so traditions can be values and beliefs that are passed down from generation to generation, sometimes by word of mouth and sometimes through writing. Traditions are seen as being inherited patterns of thought and behaviour that are handed down over the generations. They can be beliefs, stories or social customs relating to the past and they imply a sense of continuity and history.

People generally think that customs and traditions have existed in societies since time immemorial — in other words, that they have always been there. In this respect, they are often confused with culture, but if we look at these concepts closely we will see that customs and traditions are not exactly the same as culture. People often talk about the customary rules of behaviour that govern our interactions with others and it could be said that customs are often norms or practices that have been built up over time; for instance, driving on the left is a British custom while giving red envelopes to newly-married couples is a Chinese one. They can also be sets of religious customs and practices like Christmas and Easter traditions in Britain or tomb sweeping and lighting joss

① Cambridge International Dictionary of English (1995)

This book, therefore, aims to give an overview of different aspects of British customs and traditions which will be of interest to you as a Chinese student. It will explain customs and traditions in their historical context and give a modern-day interpretation of them from various points of view. The customs and traditions covered are wide-ranging and cover England, Scotland, Wales and Ireland. They include festivals and events that mark the seasons like Whitsun, Harvest Festival and Beltane; Royal ceremonies like Trooping the Colour and The Ceremony of the Garter; religious festivals like Easter and Candlemas and sporting events like the FA Cup Final and horse racing. Multicultural festivals like Ramadan, Diwali and the Notting Hill Carnival are also covered and there are chapters on clothing and superstitions as well. Language will be presented through a series of background introductions followed by a humorous dialogue in which a Chinese student, Wang (who also appeared in this book's sister volume, 50 Topics on British Society and Culture) interacts with a British host family. There is also a language study section which will highlight certain aspects of grammar and vocabulary.

一提起英国的习俗和传统，你的脑子里或许会浮现出一些固有的形象，比如女王、身穿红制服头戴熊皮帽的英国士兵、威廉·莎士比亚、板球和乡间别墅。另一方面，你也许会想到礼仪和规矩：如何礼貌待人或者什么时候说“请”和“谢谢你”。学者们以及对政治与社会感兴趣的人们还可能谈到英国的自由主义传统、代议制民主的传统或者“公平竞争”的传统。有意思的是，当我们提

及习俗与传统的时候，它们总是以正面的形象出现在我们面前。

“习俗”与“传统”这两个词语似乎向来都是形影不离，我们也很难区分它们各自的含义。根据《剑桥国际英语词典》的解释，“习俗”是“一种确立了很长时间的行或信仰方式”；而“传统”则是“一种某一特定社会或团体中的人们遵循了很长时间的信仰、原则或者行为方式”。“传统”这个词本身就来自于拉丁语，意为“向下传递”，所以传统可以是那些一代一代沿袭下来——有时通过口授，有时通过文字——的价值观和信仰。我们也可以将传统看作是被世代传承的思想和行为模式。它们可以是信仰、故事或者与过去相关的社会习俗，它们还意味着历史和延续感。

人们一般认为习俗和传统自远古以来就存在于社会中——换句话说，它们一直存在着。在这方面，它们经常与文化混为一谈，但是如果我们细细思考这些概念的话，就会发现习俗与传统并不完全等同于文化。人们常常会提及那些支配我们与他人交流的习惯性的行为准则，可以说习俗很多时候就是长期建立起来的规范或惯例；比如靠路左边开车就是英国人的习惯，而给新婚夫妇送红包就是中国人的习惯。它们也可以说是一系列的宗教习俗，比如英国的圣诞节和复活节传统或者中国的扫墓和上香的传统。另一方面，文化则略有不同。“文化”这个词也来自拉丁语的词根，意思是“种植”或“培育”。它可以具体意指对艺术与人文的品味和鉴赏，但更多的时候以一般性的含义呈现出来，指某个人类群体所特有的共享价值观、态度、信条以及惯例。所以我们才会有“中国文化”、“组织文化”、“高级文化”、“街头文化”等等这样的说法。两者的区别在于：文化与当前相关；而习俗与传统与过去相关，是被传承下来的东西。因此可以说习俗与传统构成了文化的基础。有些人认为习俗与传统从古至今一直都相伴我们左右，而另外一些人则认为它们不过是新近的发明，用来执行统治者们所组成的那一特定团体的意识形态。

英国的习俗与传统本身就足以让你着迷，但是如果你真的想知道英国人为什么有如今的行为方式、是什么让他们正常“运转”，那么理解这些习俗与传统的含义以及它们的来历就显得十分重要了。这也可以帮你理解表面上看起来奇怪的行为举止，避免文化冲撞。从这个意义上来讲，对于习俗与传统有一个广泛的了解还可以帮助我们建立跨文化的理解。

因此，本书旨在为人们呈现英国习俗与传统各个方面的一个总揽，这也是中国学生所感兴趣的。书中将会在历史背景的依托下对习俗与传统进行详解，也会从不同的观点出发对其进行现代诠释。习俗与传统覆盖广泛，英格兰、苏格兰、威尔士和爱尔兰也涵盖其中。它包含了标志不同季节的节日与事件，如圣灵降临节、收获节和五朔节；王家仪式，如皇家军队阅兵、嘉德骑士典礼；宗教节日，如复活节、圣烛节；以及体育赛事，如英格兰足总杯决赛和赛马。多元文化节庆，如斋月、排灯节、诺丁山嘉年华也有所涉及，还有章节专门介绍服装和迷信。一系列的背景介绍将由中国留学生王刚（曾出现在本书的姊妹篇《英国原来是这样——英国社会与文化 50 主题》）与他在英国的寄宿家庭之间通过幽默的对话来完成，读者可以借此充分领略英式英语。此外，本书最后会有专门的章节来讲解每课需要特别强调的语法和单词。

目

录

- Chapter 1 British Superstitions
英国的迷信 / 2
- Chapter 2 Twelfth Night (6th January)
主显节前夜 / 6
- Chapter 3 Up-Helly-Aa (January)
圣火节 / 10
- Chapter 4 Burns' Night (25th January)
彭斯之夜 / 14
- Chapter 5 Candlemas Day (2nd February)
圣烛节 / 18
- Chapter 6 Valentine's Day (14th February)
圣瓦伦丁节 / 22
- Chapter 7 St David's Day (1st March)
圣大卫日 / 26
- Chapter 8 St Patrick's Day (17th March)
圣帕特里克日 / 30
- Chapter 9 Pancake Day (Winter/Spring)
薄饼日 / 34
- Chapter 10 April Fool's Day (1st April)
愚人节 / 38
- Chapter 11 Maundy Thursday (Spring)
濯足星期四 / 42
- Chapter 12 Easter (Spring)
复活节 / 46
- Chapter 13 Savile Row
萨维尔街 / 50
- Chapter 14 St George's Day (23rd April)
圣乔治日 / 54
- Chapter 15 British Classic Horse Races (April to September)
英国平地马术赛 / 58
- Chapter 16 The FA Cup Final (Early May)
英格兰足总杯决赛 / 62
- Chapter 17 Whitsun (Late May)
圣灵降临节 / 66

- Chapter 18 Oak Apple Day (29th May)
复辟纪念日 / 70
- Chapter 19 Morris Dancing (Spring/Summer)
莫理斯舞 / 74
- Chapter 20 The Ceremony of the Garter (June)
嘉德骑士典礼 / 78
- Chapter 21 Trooping the Colour (June)
皇家军队阅兵 / 82
- Chapter 22 The Honours System
荣誉制度 / 86
- Chapter 23 The Ceremony of the Keys and Beating Retreat
(nightly) 锁闸仪式及降旗仪式 / 90
- Chapter 24 Beltane (Midsummer)
五朔节 / 94
- Chapter 25 The Green Man
绿精灵 / 98
- Chapter 26 Stonehenge
巨石阵 / 102
- Chapter 27 Royal Garden Parties (Summer)
王家花园茶会 / 106
- Chapter 28 A Village Cricket Match (Summer)
乡村板球赛 / 110
- Chapter 29 Highland Games (Summer)
苏格兰高地运动会 / 114
- Chapter 30 The Durham Miners' Gala (July)
达累姆矿工节 / 118
- Chapter 31 The National Eisteddfod of Wales (1st August)
威尔士国家诗歌音乐艺术节 / 122
- Chapter 32 The Glorious Twelfth (12th August)
光荣的十二 / 126
- Chapter 33 Harvest Festival (August)
收获节 / 130
- Chapter 34 The Ould Lammas Fair (Late August)
欧拉玛斯市集 / 134

Chapter 35	The Notting Hill Carnival (Late August) 诺丁山嘉年华会 / 138
Chapter 36	World Gurning Championships (September) 世界鬼脸锦标赛 / 142
Chapter 37	Diwali (Autumn) 排灯节 / 146
Chapter 38	Ramadan (varies) 斋月 / 150
Chapter 39	Tartans 格子呢 / 154
Chapter 40	Nottingham Goose Fair (October) 诺丁汉鹅节 / 158
Chapter 41	Hallowe'en (31 st October) 万圣节 / 162
Chapter 42	Fox Hunting (Autumn/Winter) 猎狐活动 / 166
Chapter 43	The Royal Shakespeare Company 皇家莎士比亚剧团 / 170
Chapter 44	Guy Fawkes Night (5 th November) 盖伊·福克斯之夜 / 174
Chapter 45	Remembrance Day (11 th November) 国殇纪念日 / 178
Chapter 46	The Lord Mayor's Show (November) 伦敦金融区市长就职游行 / 182
Chapter 47	St Andrew's Day (30 th November) 圣安德鲁日 / 186
Chapter 48	The State Opening of Parliament (November/ December) 国会开议大典 / 190
Chapter 49	Christmas (25 th December) 圣诞节 / 194
Chapter 50	Hogmanay (31 st December — 2 nd January) 除夕 / 198

英国原来是这样 2

英国传统与习俗 50 主题

50 Conversations about British
Customs and Traditions

British Superstitions

英国的迷信

A superstition is an unreasonable and excessive belief in magic not based on evidence or knowledge and commonly associated with notions of luck, prophesy and the spirit world. All societies in the world have superstitions and some of them are universal, especially when they are related to animals, numbers, food and certain tabooed words. Atheists might believe that all religious practice is merely superstition as well, especially when it involves prayers, charms, omens, miracles, reincarnation and ghostly apparitions.

There are many superstitions in Britain which are more properly based on folklore than on religion, though and some of these might have a perfectly rational origin. The custom of saying "bless you" when someone sneezes, for instance, is based on the proven link between sneezing and the spreading of infections. In the 15th Century, at the time of the Black Death, when people sneezed they were likely to spread the plague and kill people — hence, "God bless you because you might die". Other superstitions seem less rational, for instance the blowing out of candles on birthday cakes. The tradition says that you must blow out all the candles with one sustained blow or you will have bad luck. This superstition seems less foolish when you consider the very real fear that soldiers had in the trenches of the First World War. Here, if three of them together lit their cigarettes from a single match at night, it would give time for the enemy snipers to take aim on the light and kill the last soldier. Because of this, they would always put the match out after the second light.

In Britain there are many superstitions surrounding good luck and bad luck. It is also lucky to touch wood. Some people touch or knock on wood to make something come true. A clover plant with four leaves, rather than three is lucky as well, as is white heather. Hanging a horseshoe over the front door brings good luck, but the horseshoe needs to be the right way up. The luck runs out of the horseshoe if it is upside down. If you catch falling leaves in autumn you will have good luck. Every leaf means a lucky month next year. Cut your hair when the is waxing and you will also have good luck. Conversely, some things bring bad luck. It is unlucky to walk under a ladder. Seven years will ensue if you break a mirror. In fact, the number seven is related to bad and good luck, while the number thirteen is bad luck. Friday 13th is the unluckiest of days. It is unlucky to spill salt. If you do, you must throw it over your shoulder to counteract the bad luck. It is also unlucky to open an umbrella in doors. It is unlucky to pass someone on the stairs. Walking on the cracks in the pavement is believed by children to summon up the devil.

Animals feature strongly in superstition. It is considered lucky if a black cat

crosses your path (although some people consider it sinister and linked to witches) and black cats are featured on many greetings cards. An ancient British superstition holds that if a child rides on a bear's back it will be protected from whooping-cough. In some parts of the UK meeting two or three ravens together is considered really bad. It is said to bring bad luck if you see bats flying and hear their cries. In the middle ages it was believed that witches were closely associated with bats. If a sparrow enters a house it is an omen of death to one who lives there. In some areas it is believed that to avoid ill luck any sparrow caught must be immediately killed otherwise the person who caught it will die. In some areas it is believed that black rabbits host the souls of human beings. White rabbits are said to be really witches and some believe that saying "white rabbit" on the first day of each month brings luck. A common lucky charm is a rabbit's foot, but not for the rabbit. It is thought very unlucky to have the feathers of a peacock within the home or handle anything made with them. This is because the eye shape on these feathers — the evil eye — is associated with wickedness.

迷信是指不切实际地相信那些不可思议的魔力。这些迷信的习俗并非根据实证或是知识，而且通常与运气、预言及灵魂世界扯上关系。全世界所有的社会都存在着各式各样的迷信，有些迷信是全球一致的，特别是跟动物、数字、食物及某些禁忌的字有关。无神论者可能认为，所有的宗教仪式都是迷信，特别是与祷告、符咒、预兆、奇迹、轮回和幽灵等有关的事物。

严格说来，许多英国的迷信习俗是根据民间传说而来，而非源自宗教习俗。虽说是迷信，但是有些却藏有完全合理的原因。举例来说，当有人打喷嚏时，习惯上别人会说“保佑你”，这是基于打喷嚏与散播病毒已被证实是有关联的。在15世纪时黑死病盛行，当有人打喷嚏时，他们很有可能散播病毒而导致其他人得病死亡。因此“愿上帝保佑你，因为你有可能死”便流传下来，最后演变成“保佑你”。其他的迷信似乎缺少理性，例如吹熄蛋糕上的蜡烛。传统习俗是必须用一口气将所有的蜡烛吹熄，否则将带来厄运。但是当你考虑下第一次世界大战中士兵在战场中的恐惧时，你可能就不会觉得这很愚蠢了。如果战壕里的3个士兵在夜晚用同一支火柴棒点烟，就会让敌军的狙击手有时间瞄准，射杀最后一名士兵。因此士兵们总是在点燃第2根烟时将火柴熄灭。

在英国有许多的迷信与运气的好坏有关。碰碰木头算是好运，有些人会碰碰或敲敲木头让愿望实现。4瓣的幸运草（不是3瓣）可以带来好运，同样的迷信也可用于白色杜鹃花上。将马蹄铁钉在门上可以带来好运，但是需注意马蹄铁的缺口必须朝上。如果将马蹄铁的缺口朝下，则好运将会溜掉。如果你在秋天抓住从树上掉下来的树叶，则代表会有好运气，每一片叶子代表明年会有一个月的好运。在月盈时剪头发同样会带来好运。相反地，有些事会带来厄运，例如走在梯子下会带来厄运。如果你打破镜子的话，随后会有7年的厄运。事实上，数字7可以代表好运或是厄运，而数字13则确定会带来厄运，而恰逢13号的星期五是最不幸的日子。将盐洒出来也会带来厄运，如果不小心洒了盐，必须将洒出的盐抛过肩膀，这样就能破解厄运。还有在屋里撑伞、在楼梯上与别人擦肩而过都会带来厄运。儿童相信走在人行道的裂缝中会招来恶魔。

动物在迷信的习俗里占有重要的角色。如果有黑猫出现在你面前，代表好运（虽有些人认为黑猫是邪恶的动物，而且跟女巫有关），而黑猫也出现在许多问候卡上。还有一个古老的英国迷信，如果小孩骑在熊的背上，可以避免得百日咳。在英国某些地区，一次遇到2只或3只乌鸦，被认为是非常的不幸。而看到飞行的蝙蝠或听到蝙蝠叫声，也会招来厄运。因为在中古时代，人们认为蝙蝠与女巫有着深厚的关系。还有如果有麻雀飞进屋里，这是死亡的预兆，表示屋内会有人死掉。在有些地方相信抓到麻雀时必须立刻将麻雀杀死，不然抓到麻雀的人会死。有些地方则相信黑兔子是人类灵魂的宿主，但是白兔子被认为是女巫；还有人认为在每月的第一天说“白兔子”这3个字可以带来好运。一个常见的幸运符是兔脚，但是对兔子来说可是大不幸。在屋内放有孔雀的羽毛或触碰任何由孔雀羽毛制成的物品，被认为是非常不幸的象征。这是因为羽毛上的眼睛图案被认为是恶毒的目光，与邪恶事物有关。

Dialogue

Gang: Marie, when I was in a taxi today, the driver saw a magpie and said, "Good morning Mr Magpie". What's that all about?

Marie: Oh. That's the superstition about the number of magpies that forage together. There's a rhyme that goes, "one for sorrow, two for joy, three for a girl and four for a boy..."

Greg: "...five for silver, six for gold, seven for a secret never to be told..." Yes, I remember that one. There are loads of superstitions that we kind of believe in even though we know they are irrational. Like in the theatre, for instance, it's bad luck to say "good luck" to an actor before he goes on stage. Instead, you should say "break a leg". To whistle in the theatre is also bad luck and you should never use the name Macbeth when that play is performed; instead, you should say, "The Scottish Play". There are some more modern superstitions called urban legends, though.

Marie: Yes. They're sort of apocryphal stories — tales that might have a little bit of truth but have become completely distorted in the telling of them over the years — like 'Chinese whispers'. So there's the story of the woman who was kidnapped and anaesthetised and then woke up to find one of her kidneys had been removed, or the women who found the dead mouse in a bottle of coke, or the serial killer hiding in the back of the car. All of these stories have a mixture of horror, humour and fear and they are propagated widely.

Greg: A lot of these stories are actually morality tales told to children to make them behave. If you see Grimm's Fairy Tales, for instance, you'll read stories like *The Pied Piper of Hamelin* and *The Boy Who Cried Wolf*. These stories are supposed to frighten children into listening to their parents' advice and staying close to them. In Britain, for instance, parents would traditionally frighten children into doing what they were told by telling them that 'the bogeyman' would get them.

Marie: Yes. The bogeyman is a kind of monster who lives under the stairs or in a cupboard and who will come and 'get' naughty children who won't go to sleep. No wonder so many kids are frightened of the dark. The Chinese are supposed to be very superstitious, aren't they, Gang?

Gang: Well, I suppose they are. I mean we have loads of superstitions surrounding the numbers four and eight. Four is bad because it sounds like death and eight is good. So the Olympics kicked off on 8/8/08 while people will pay a fortune for a mobile number with lots of eights.

Greg: Why do some Chinese men have a long fingernail on their little finger? Every time I've asked people about it they just laugh and get embarrassed.

Gang: Well, it's common across Asia in general — not just China. It's supposed to ward off the evil eye.

Marie: Is that something like *feng shui*?

Gang: Well, not really. Traditional geomancy in China is nothing like what it is here in the West. It's based on very practical considerations of comfort.

对话

王刚：玛丽，我今天坐在出租车里，开车的师傅看到一只鹊，就说“早安，鹊先生”。那是在做什么？

玛丽：喔，那是跟有多少只鹊在一起觅食有关的迷信。有首诗跟鹊有关，“1只鹊带来坏运和悲伤，2只带来好运和快乐，3只弄瓦之喜，4只喜获麟儿……”

格雷：“……5只招来银，6只招来金，7只带来不可告人的秘密……”我记得这首诗。我们相信很多迷信的习俗，虽然我们都知道那些都很荒谬。例如在戏院里，在演员上台前跟他说“祝你幸运”会招来厄运。应该对他说“祝你跌断腿”才行。在戏院里吹口哨也会带来厄运。还有当戏院上演《麦克白》时，不能讲“麦克白”这三个字，必须说“那出苏格兰剧”，否则会遭来厄运。还有一些现代的迷信习俗称为城市神话。

玛丽：对啊。那些都是一些虚构的故事，是带有些许正确性的传闻。但是历经多年相传，事实已经完全被扭曲，就像是“以讹传讹”一样。有个传说是一位妇人被绑架并遭到麻醉，醒来后发现她的一个肾脏被移除了；或是发现一只死老鼠在可乐罐里；或是连续杀人犯藏在车后等等。这些到处流传的故事都混合了恐怖、遐想和忧虑。

格雷：有很多的故事，其实是含有道德意味的传说，教导小孩要守规矩。举例来说，如果你读格林童话，你会读到像《哈默林的吹笛手》和《狼来了》的故事。这些故事是为了吓唬小孩要听父母的忠告，并紧跟着父母不要到处乱跑。例如在英国，父母亲会吓唬小孩，如果不听话怪兽会来抓他。

玛丽：对啊。Bogeyman 是一种住在楼梯底下或是橱柜的怪兽，当小孩顽皮不肯睡觉时，怪兽会出来抓他。难怪有那么多小孩怕黑。

王刚，中国人应该非常迷信的，不是吗？

王刚：嗯，我想是的。我是说我们有很多跟数字4和8有关的迷信。4是不吉利的因为听起来像“死”，而8是个幸运的数字，所以北京奥运会在2008年8月8日开幕。还有很多人会付较高的费用，选取含有很多个数字8的移动电话号码。

格雷：为什么有很多的中国男人在尾指留很长的指甲？每次我问别人时，他们只是笑笑，然后变得很不好意思。

王刚：嗯，这个习俗不只是在中国，在整个亚洲都很普遍。在小指留长指甲是为了赶走恶毒的目光。

玛丽：那就像是风水吗？

王刚：嗯，不完全是。中国传统风水跟西方的一点都不一样。中国的风水是对生活舒适度非常现实的考虑。



Twelfth Night (6th January)

主显节前夜 (第十二夜) (1月6日)

Epiphany, or Twelfth Night, is a festival that dates back to the Bible story of the Three Kings, or the Magi — Gaspar, Balthazar and Melchior — who came to visit the baby Jesus bringing gifts of gold, frankincense and myrrh. In many villages, 'kings' fires' are still lit as a reminder of the fires that, according to legend, burned that night in Bethlehem to hide the star from King Herod, who wanted to kill Jesus. The festival marks the end of the twelve days of Christmas and was a last chance for merry-making before all Christmas decorations had to be taken down because of an ancient belief that tree-spirits lived in the holly and ivy used to decorate houses at Christmas. Greenery was brought inside to protect the tree-spirits from harsh winters but it was feared that failing to release them on this day would delay the return of spring and lead to hardship.

The Yule log, lit on Christmas day, remained burning until Twelfth Night in order to bring good fortune to the house for the coming year. Its charred remains were kept, both to kindle the next year's Yule log, as well as to protect the house from fire and lightning. The period leading up to Twelfth Night was celebrated in medieval times as the 'festival of fools', during which a 'lord of misrule' presided over mischief and wild antics. Practical jokes, included hiding live birds in empty pies to startle guests, were common. In fact, there is a nursery rhyme which goes:

*Sing a song of sixpence, a pocket full of rye,
Four and twenty blackbirds baked in a pie.
When the pie was opened the birds began to sing
"Wasn't that a dainty dish to set before the king?"*

The word 'Epiphany' means 'to make known', a revelation or a realisation in Greek (Jesus revealing himself to the kings as a baby) and a Twelfth Night party is used by the great Irish writer James, Joyce in his short story 'The Dead' as the vehicle for an emotional and psychological revelation that changes the hero of the story forever. Twelfth Night itself was a traditional day for plays or 'mummings', and it is thought that Shakespeare's play took its name from the fact that it was first performed as part of Twelfth Night celebrations in 1601.

The 'Kings' Cake' is a kind of pie that is eaten on this day and a dried bean is placed in it. Though the tradition had religious origins, it has become a family tradition during which everyone gathers together to cut the cake. Whoever finds the

錫 漢 勁 強 滑 湯 藥 面 龍 珍 藥 酒 藥 酒

圣诞柴从圣诞节当天开始点燃，而且持续燃烧到第十二夜，这是为了将来年的好运带进屋里。烧剩的木炭会被保留，一方面用来点燃次年的圣诞柴，另一方面用来守护房屋不被火烧或被闪电击中。在中世纪，从圣诞节到主显日前，人们会庆祝“愚人节”。在这段期间，“失序之王”会负责做出淘气和滑稽的举动。将活的鸟放在空的馅饼里吓唬客人之类的恶作剧是很常见的。事实上，有首童谣是这样唱的：

“Epiphany”这个字在希腊语是“发表、显示或了解”的意思（耶稣以婴儿的方式将自己显现于三贤士）。而伟大的爱尔兰作家詹姆斯·乔伊斯在他的短篇故事《死者》中，把第十二夜的宴会当做是显露情感及心理的媒介，彻底改变了书中的主角。传统上主显日是个演戏或演哑剧的日子，而一般也认为莎士比亚的喜剧取名为《第十二夜》就是因为这出剧在1601年的主显日之夜首演。

7

Dialogue

Marie: Come on Gang. I want you to help me prepare the cakes for the Twelfth Night party.

Gang: What's Twelfth Night?

Marie: It's the twelfth day of Christmas. You know the song, "on the twelfth day of Christmas my true love gave to me..."

Gang: "Twelve drummers drumming". We learned it in English class.

Marie: That's right. I want you to help me bake a cake. Here. Butter, caster sugar, eggs, brandy, plain flour, currents, raisins, sultanas, chopped nuts, almonds, glacé cherries, cinnamon... and a dried bean.

Gang: What's that for?

Marie: It's to put in the cake. The person who finds it will be the Twelfth Night king. Right, you need to grease and line a 12inch baking tin, look. Then, mix the butter and sugar and stir in the beaten eggs and brandy. Right, you're doing well now sift the flour and cinnamon and fold it into the mix with the dried fruit and nuts. Now add the dried bean to the mix. You're doing really well, Gang.

Gang: Hmmm... thanks.

Marie: Now, pour the mix into the tin and bake it for 3 hours at 180 degrees Celsius. When it's done, you'll need to let it cool and remove it from the tin after 15 minutes. Afterwards, you can decorate the cake with glacé cherries and glaze it with honey. Now... let's make a jam tart.

Gang: What's that?

Marie: It's like a cake but different. You grease a baking tin, roll out some pastry made from plain flour, milk and water. You don't want it to rise. Line the tin with the pastry and spoon in all the different jams you can find in the cupboard — strawberry, blackberry, blueberry, damson, apricot, blackcurrant, plum and quince. Right. Now that the jam is in all the tart in different lumps and gobs, you need to make a lattice across the top using strips of pastry. Yummy.

Gang: Mmm. Sounds good. Is Twelfth Night all about cakes?

Marie: Not really. But there's an Epiphany tradition in Ireland called Women's Christmas where women sit around and drink tea and eat cakes and scones and gingerbread while the men go down the pub.

对话

玛丽: 王刚, 快点来! 我想请你帮我准备第十二夜晚宴要用的蛋糕。

王刚: 什么是第十二夜?

玛丽: 那是圣诞节 12 日。你知道那首歌“在圣诞 12 日, 我的真爱给我……”