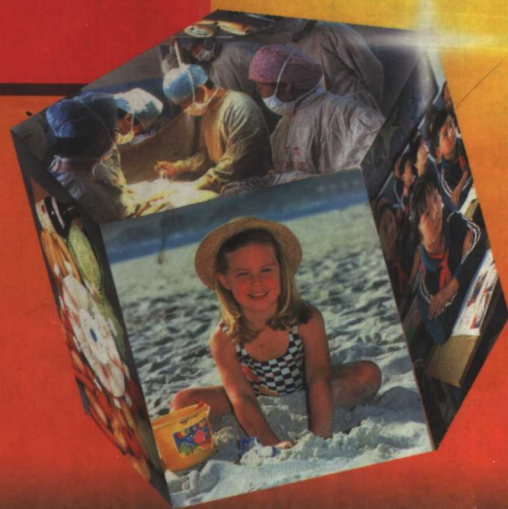


# 21 世纪 小小百科

Miniencyclopaedia for  
the Twenty-first Century

人卷  
Volume on Man



浙江教育出版社



# 21 世纪 小小百科

Miniencyclopaedia for  
the Twenty-first Century

人 卷



浙江教育出版社

感谢对本书编辑过程中给予支持的单位和个人

**21 世纪小小百科**  
**人 卷**

---

<b>出版</b>	浙江教育出版社
<b>地址</b>	杭州市体育场路 347 号
<b>邮编</b>	310006
<b>发行</b>	浙江教育出版社发行科
<b>制版</b>	深圳彩视电分有限公司
<b>印刷</b>	利丰雅高印刷(深圳)有限公司
<b>开本</b>	889 × 1194 1/16
<b>印张</b>	9
<b>插页</b>	4
<b>版次</b>	1997 年 3 月第 1 版
<b>印次</b>	1997 年 6 月第 3 次印刷
<b>印数</b>	21001 — 41000
<b>书号</b>	ISBN 7-5338-2146-7/G · 2142
<b>定价</b>	40.00 元

---

**版权所有 翻印必究**

# 《小小百科》的话

这是一本献给孩子们的小小百科。在这里面，呈现的是一个神奇的大千世界和我们为孩子打开智慧之窗的爱心。

我们产生写这本书的愿望，那是因为我们的面前总在扑闪着一双双孩子们好奇的眼睛，他们正那么惊讶地看着并幻想着这个千奇百怪的世界！

于是，我们有了这样一个心愿：

和孩子们的父母、老师一起，来告诉他们一些从自身到宇宙、从物质到精神、从过去到未来的科学知识。我们想对孩子们说，世界不仅是博大的、神秘的、其妙无穷的，又是能认识、能驾驭、耐人寻味的，也是可以探索利用和改变创造的。

心怀着这清纯如水的爱，我们想牵引着孩子们一起去打开小小百科里的《人》、《自然》、《社会》和《科技》之门，获取新知识。

主 编:赵寄石

副主编:郭英英 周 兢 唐 淑 李运庆

编 委:赵寄石 郭英英 周 兢 唐 淑 李运庆 王大川 梁 明 程晓樵

总责编:郭英英

人 卷

主 编:张慧和

副主编:蔡厚德

编 著:张慧和 蔡厚德 顾荣芳 吴家滢

翻 译:章汝雯

绘画摄影:(按姓氏笔划)

太 州 方国良 孙树青 卢卫星 李春富 李 琚

汪大伟 应肖慰 沈钰浩 徐海鸥 徐 青 陈忠宝

周初明 周 艳 唐鼎华 谢光辉 傅新生 韩志雅

戴家丰等

装帧设计:张 越 王大川 卢少夫 梁 明 李 杭

责任编辑:李 杭

美术编辑:王大川

责任出版:温劲风

# 目 录

## Contents

### 一、人类的起源和人的成长 1

#### Part One The Origin of Mankind and the Growth of Man

##### 1. 人类的祖先是古猿 2

Forefathers of Mankind—  
Anthropoid Apes

##### 2. 人是万物之灵 8

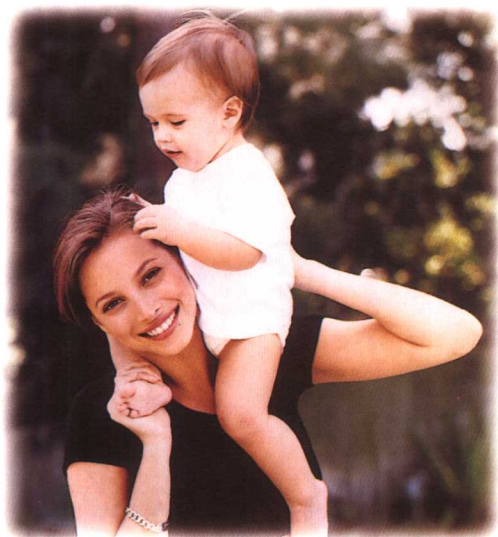
Man Is the Cleverest of All Things on Earth

##### 3. 人的诞生 16

The Birth of a Human Being

##### 4. 人的成长 22

The Growth of a Human Being



### 二、人的生命活动 33

#### Part Two Man's Life Activities

##### 1. 奇妙的人体 34

The Wonderful  
Human Body

##### 2. 呼吸不停的肺 39

Endlessly  
Breathing Lungs

##### 3. 跳动不息的心脏 45

Endlessly Beating  
Heart

##### 4. 消化吸收食物的胃肠 48

The Stomach and Intestines  
That Digest and Assimilate Food

##### 5. 支撑身体的骨骼 54

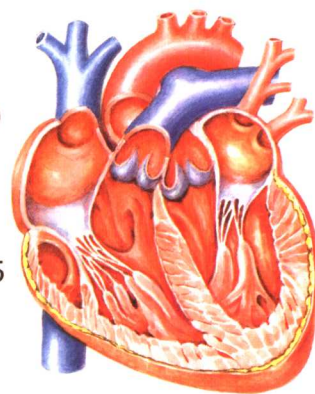
The Skeleton That Sustains the Human Body

##### 6. 结实有力的肌肉 58

Strong Muscles

##### 7. 人体的卫士 ——皮肤和白细胞 62

The Guards of  
the Human Body—  
Skin and White Blood  
Cells





# 目 录

## Contents

### 三、人的心灵奥秘 67

#### Part Three The Secret of the Human Mind

##### 1. 认识世界的门户——感觉 68

Sensations—A Window  
through Which People  
Know the World

##### 2. 人体活动的指挥部——脑 82

The Headquarters  
of Human Body Activities—Brain

##### 3. 动作的秘密 88

The Secret of Acts

##### 4. 多彩的情感世界 96

The Colourful World  
of Emotions



### 四、人的健康保护 105

#### Part Four The Protection of Human Health

##### 1. 各种各样的营养素 106

Various Kinds of Nutrients

##### 2. 健康的身体靠锻炼 112

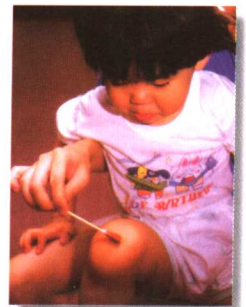
Health Comes from Exercise

##### 3. 良好的生活习惯 118

Good Living Habits

##### 4. 疾病的预防和治疗 132

Prevention and Cure of Diseases





# 一、人类的起源和人的成长

## Part One The Origin of Mankind and the Growth of Man





# 1. 人类的祖先是古猿

Forefathers of Mankind —

## Anthropoid Apes



类的祖先是一些从树上来到地面生活的古猿。古猿生活在草地、湖滨、河岸和树林较少的开阔地带。因为自然环境的变化,它们的生活方式、身体结构也随之发生了变化。它们学会了直立行走,前肢和后肢有了明显的分工。因为相互间沟通和交流的需要,人类产生了最初的语言。成人应引导孩子初步懂得从古猿到人经过了漫长的时间和缓慢的演变过程。是劳动创造了人。

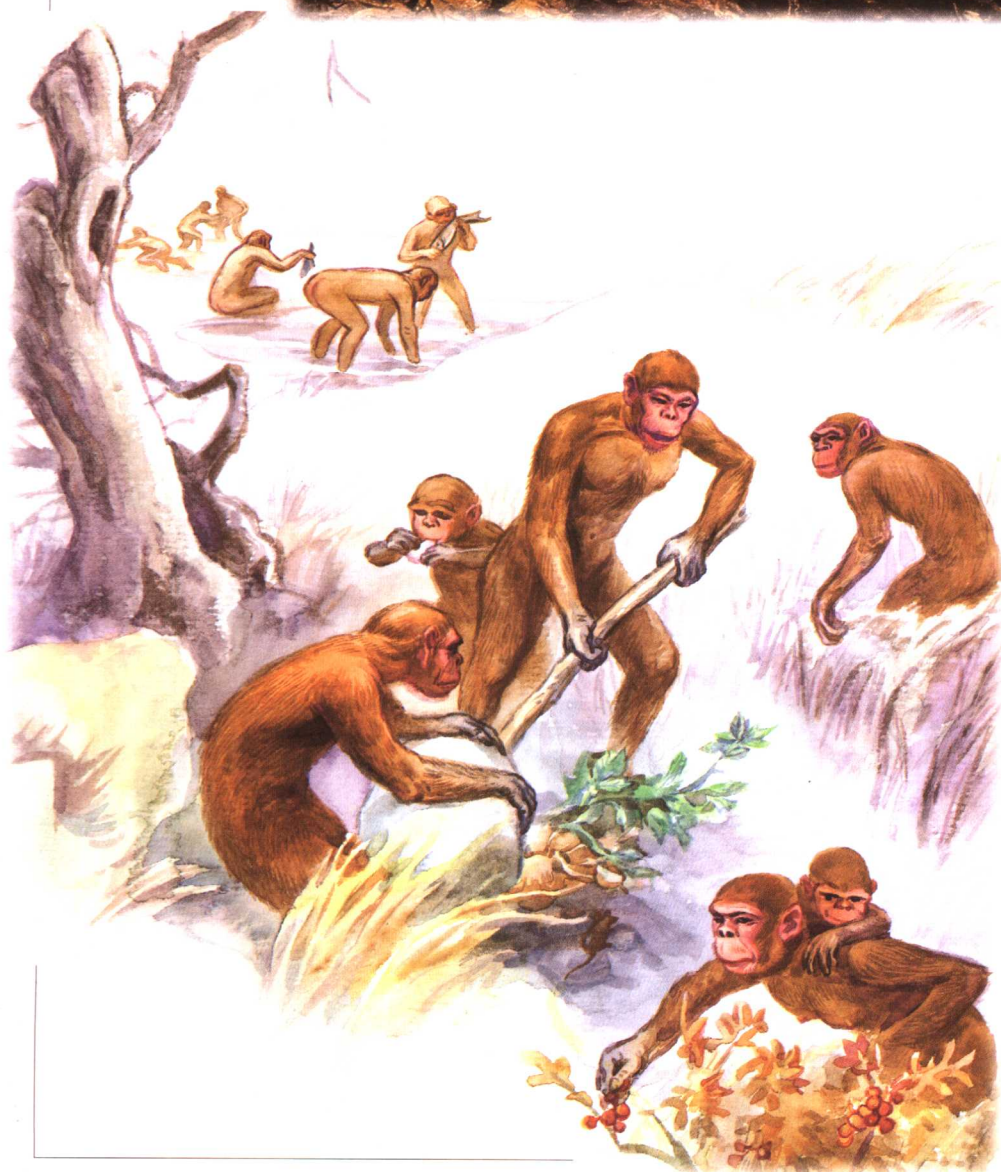
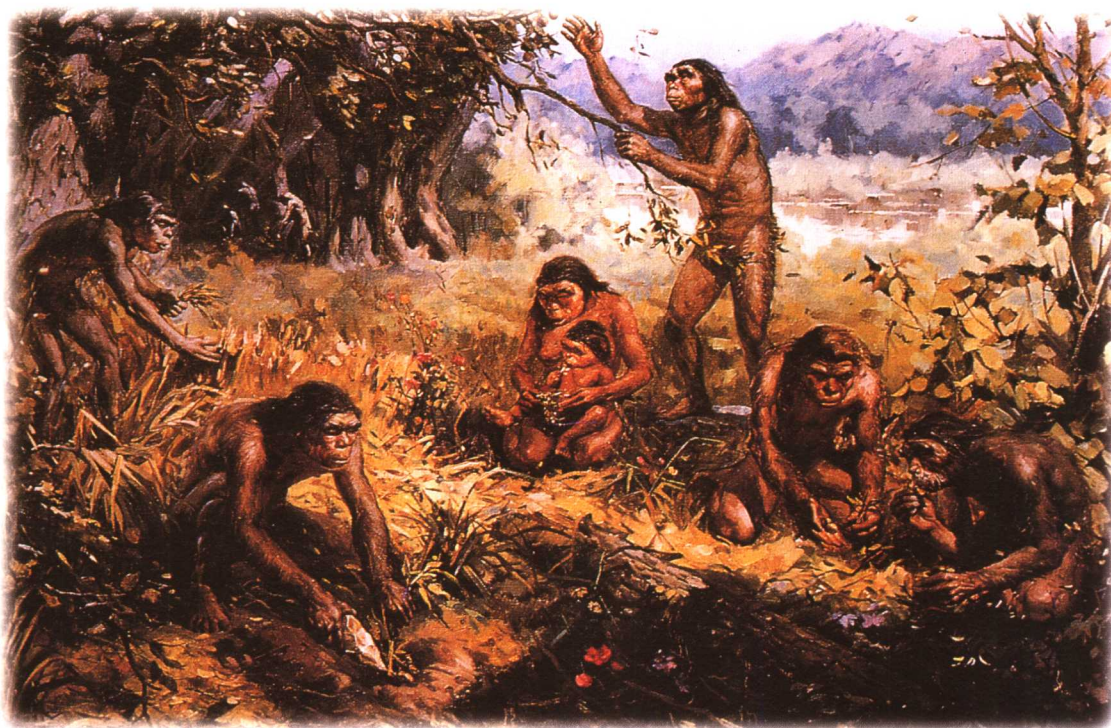
**M**an's forefathers are some anthropoid apes who came down from trees to live on the land. They lived on grasslands, by lake-sides and river banks and in open regions with relatively fewer trees. With the change of natural environments, their living style and body structure also changed. They learned to walk erect, and their forelimbs and hind legs acquired obviously different functions. Because of the need for mutual communication, man had his first language. Grown-ups should guide children to know preliminarily that only after very long time and slow evolution did anthropoid apes become men. They should also know it is labour that creates man.

在很多很多万年以前,我们的祖先古猿生活在树上,树上的果实和嫩叶是它们的粮食。

Millions of years ago, our forefathers, anthropoid apes, lived in trees from which they got fruits and green leaves as food.







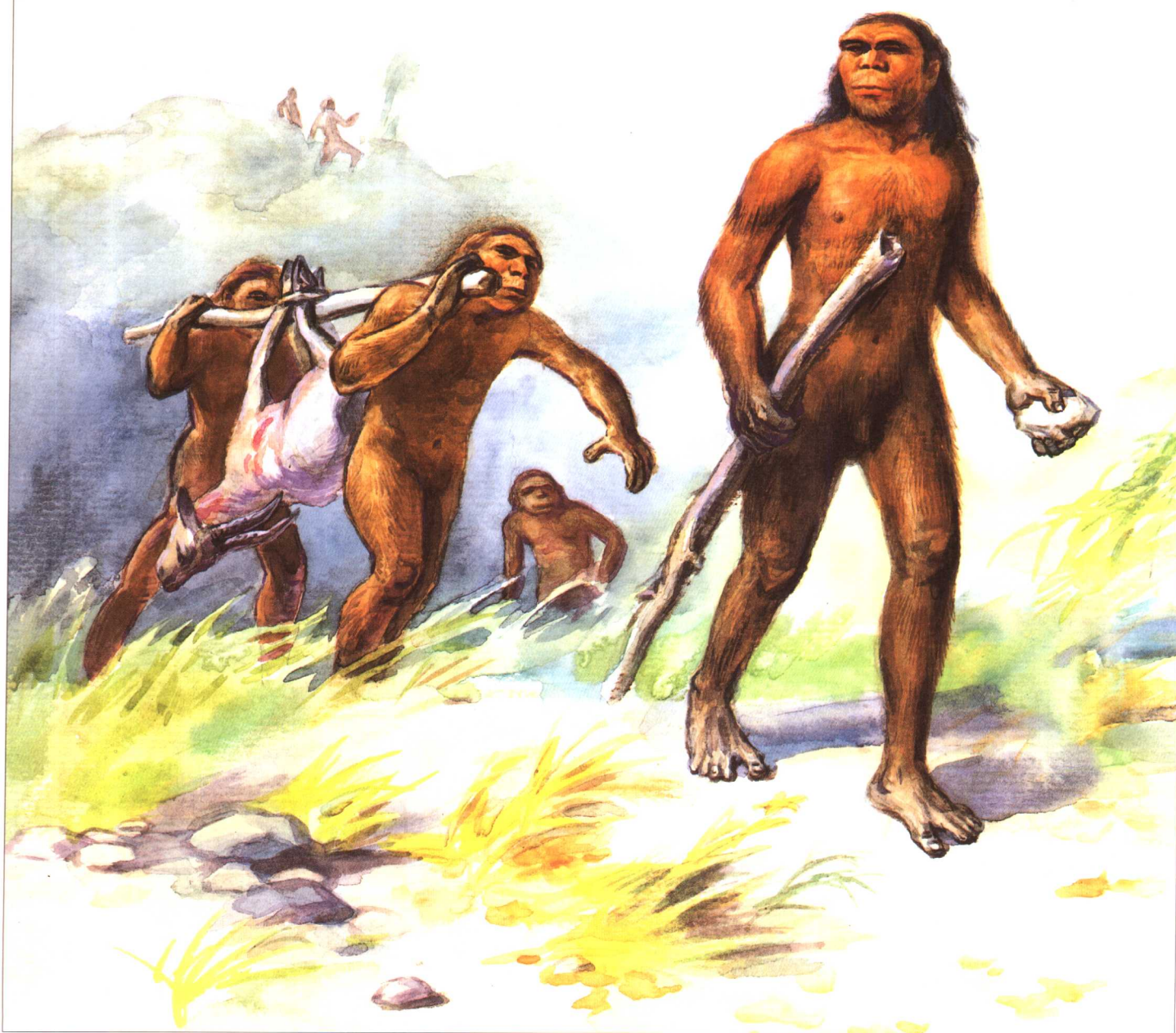
随着环境的变化,部分古猿来到地上生活。它们不仅采集果实,还猎捕小动物为食。

With the changes of environment, some anthropoid apes came down from trees to live on the land. They not only collected fruits, but hunted small animals.



这样一代一代演变下来，它们的前后肢有了分工，后肢直立行走，前肢抓取东西。

Through the evolution of generation after generation, their forelimbs and hind legs performed different functions, with the former fetching things and the latter walking erect.







猩猩前肢  
upper limb of orangutan



古猿手 upper limb of ape



人手 hand

他们用石头和棍棒制作工具,用来采集、捕猎和宰杀动物。这样,他们的手变得更灵活,脑也更发达了,成为最早的人类。

They used stones and sticks to make tools. With these tools, they gathered fruits, caught and killed animals. In this way, their hands grew more skillful and their brain became more developed. They became the earliest men.



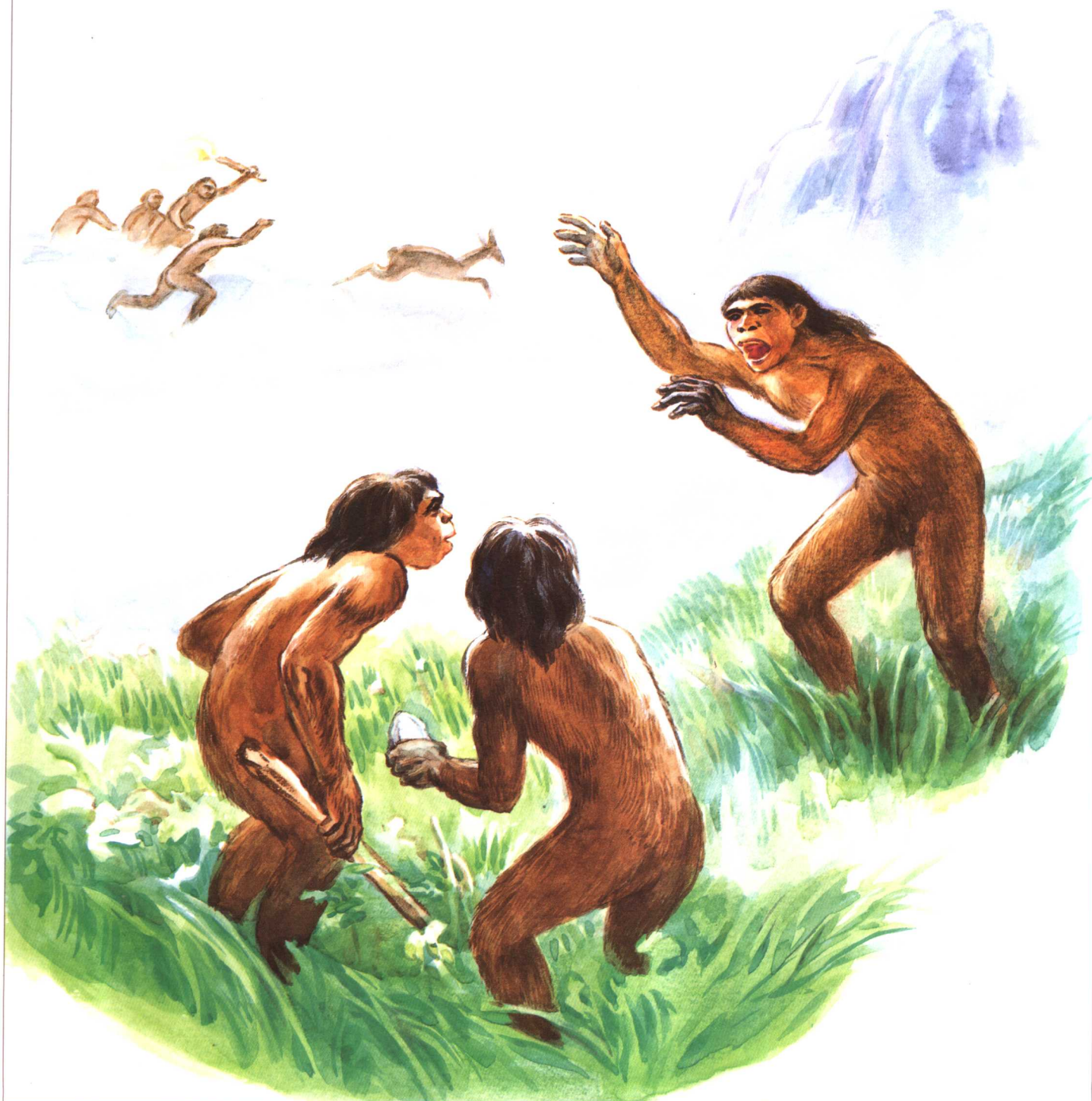
原始人使用的石器 stone tools used by primitive people

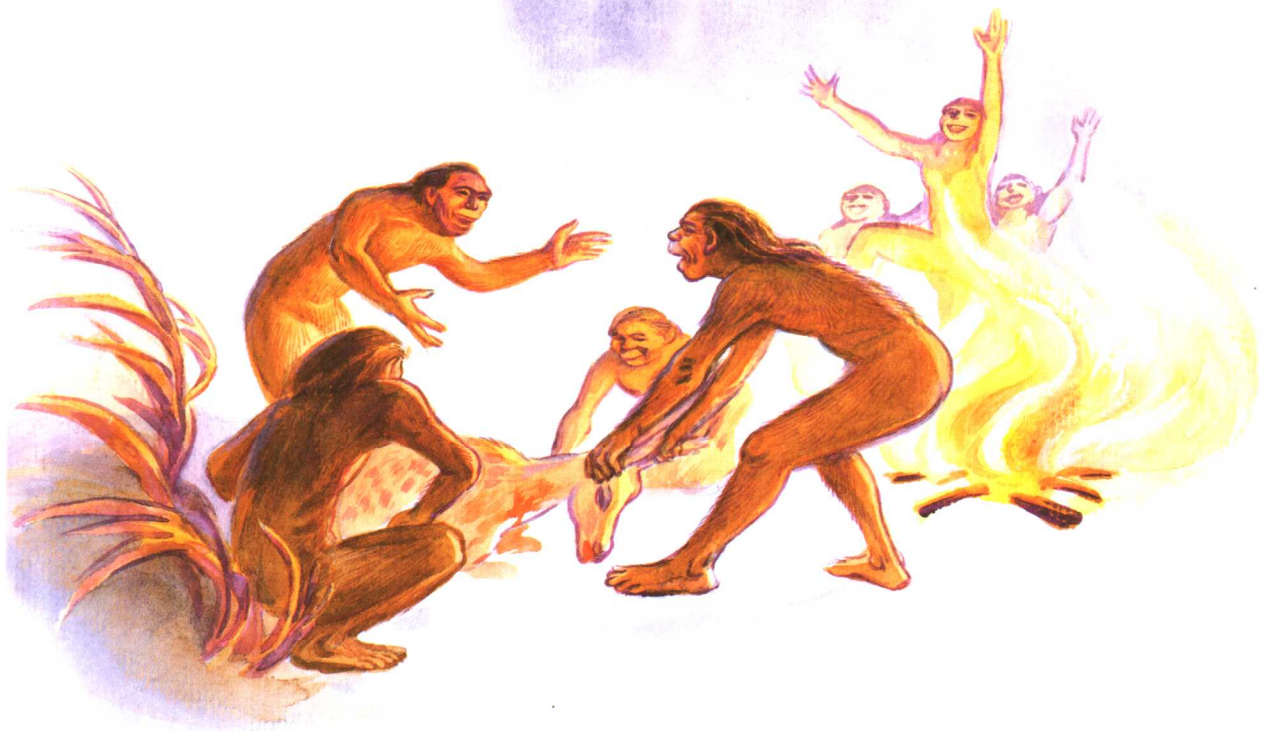


那时候，人们集体生活，共同劳动。在这样的大家庭中，需要相互交流，语言就慢慢地产生和发展起来了。

At that time, people lived and worked together. In such a large family, they had to communicate with one another. This caused

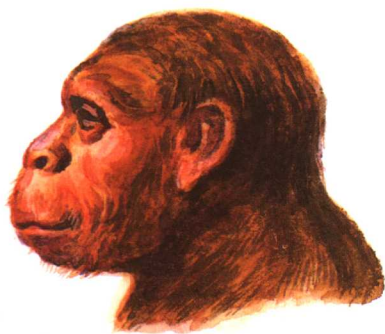
languages to emerge and develop step by step.



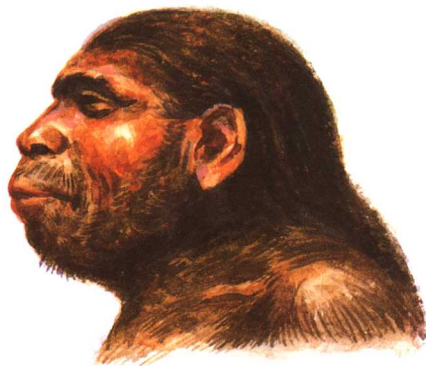


从古猿进化、演变成为人，经过了近两千万年的时间！

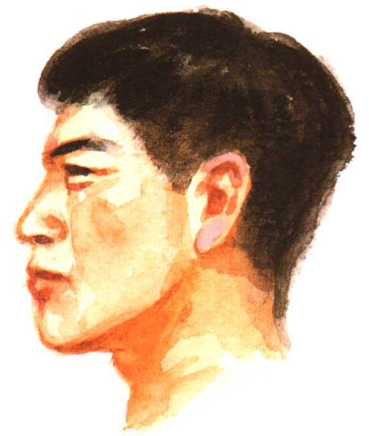
It took nearly twenty million years for anthropoid apes to evolve and become men.



古猿 ape



猿人 ape-man



人 man



## 2. 人是万物之灵

Man Is the Cleverest of All Things on Earth

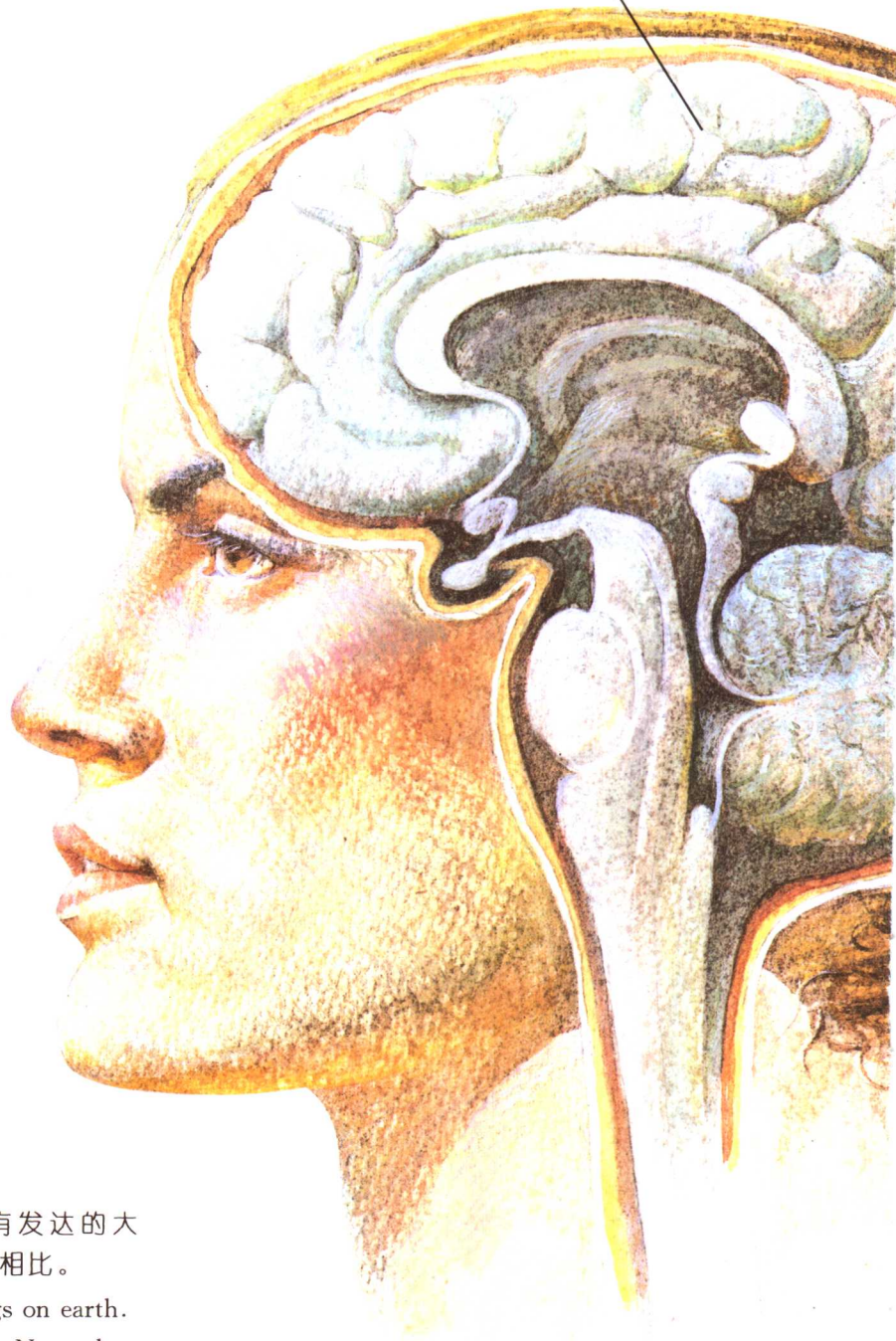


是具有特别发达的大脑的动物，其他动物的脑子都无法与人脑相比。人会制造和使用工具，促使手脑相互发展。人会说话，会思考，会创造发明，能主动地改造环境，使社会不断发展和进步。成人应引导孩子懂得，人和动物有着本质的区别，人比动物聪明。

**M**an is a kind of animal with a particularly well-developed brain, with which no other animals' can be compared. Man can make and use tools to develop both hands and brain; man can speak, think, create and invent; and man can reform his environment by using his own initiative so that society develops and advances continuously. Adults should guide children to learn that man is different from animals in nature, and that man is much cleverer than animals.

容量 1200—1500 立方厘米

capacity 1200—1500 cubic centimetre



人最聪明，是万物之灵。人有发达的大脑，其他动物的大脑都无法和人脑相比。

Man is the cleverest of all things on earth. He has a well-developed brain. No other animals' brains can be compared to the human brain.



容量 350—450 立方厘米 capacity 350—450 cubic centimetre







人会制造工具,用工具从事劳动生产。动物不会制造工具,只有本能的活动。

Man can make tools and can work with these tools, while animals cannot. Animals only have instinctive activities.