

中国100话题丛书（汉英双语）

# 兴亡的足迹

李家真 著  
章思英 译

THE RISE  
AND FALL  
OF

第①辑  
丛书

中国  
100  
话题



DYNASTIES

外语教学与研究出版社  
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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## 出版说明

随着中国进一步扩大对外开放,中国的国际影响空前提高。越来越多的外国人来到中国经商、投资、旅游、学习,他们不但需要学习汉语,而且迫切需要了解中国的历史文化、风土人情,以便于他们能够“入乡随俗”,在和中国人的交往中应对自如。

中国文化源远流长,博大精深。对于一个中国人来说,要全面了解它都十分不易,更何况是不谙汉语的外国人!近年来,国内外也先后出版过一些介绍中国文化的图书,其中不乏佳作。但外国读者普遍反映这方面的读物或则内容陈旧,不能及时反映改革开放以来中国社会的发展,或则面孔呆板,读来无趣。为此,我们组织编写了这套“中国 100 话题丛书(汉英双语)”,涉及文学、历史、艺术、语言文字、国情、名胜等领域,每个领域选择有代表性的 100 个话题,力求通过“趣话”的形式,以浅显易懂、轻松活泼的文字介绍中国文化的基本概貌。

丛书以汉英双语形式编写,除了供广大外国朋友学习中文、了解中国文化之外,也面向我们广大的青少年朋友,为他们提供一套简明的中国文化知识丛书,帮助他们用准确的英语表达祖国的文化,应不失为一种提高自身素养、增进交流的选择。

本书邀请各个领域学有所长的中青年专家编写,由长期从事对外翻译的专家翻译成英文,并请国外专家反复易稿。希望这套书能够得到中外读者的喜爱。不足之处,敬请批评指正。

外语教学与研究出版社

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# 炎

# 黄

中国上古时期的历史笼罩在神话的迷雾之中，黄帝和炎帝就是这一时期介于神话和历史之间的两个英雄人物。这两位英雄为中华民族的发展作出了卓越的贡献，虽然在他们之间也曾经爆发过激烈的争斗，但这并不妨碍他们一起被尊奉为中华民族的始祖。时至今日，中国人依然以“炎黄子孙”自称。

传说中的黄帝本是雷神，与希腊神话中的宙斯相类，后来又成为天上和人间的帝王。传说中的天上部分是他作为中央的天帝打败了东南西北四方的帝王，建立了神国的秩序。而他在地上的主要事迹则是在现在的河北大平原上与炎帝和蚩尤的两次大战（也有人说这是一次战争的两个版本）。在这两次规模宏大的战役中——其中有各种猛兽和猛禽的参与，后来还有神灵加入——黄帝都取得了最后的胜利，人间的秩序也从此建立。黄帝的最后归宿是和他的一些臣下一起由神龙接引上天，成了神仙。按照传说，黄帝和他的臣下还是衣服、文字、历法、舟车、弓矢等诸多物事的发明者。

炎帝是黄帝的兄弟，虽然他在争夺天下的战争中输给了黄帝，但他对人类的贡献却丝毫不逊于后者。他是农业和医药的发明者，许多古籍中都提到了他的这些丰功伟绩。其中最感人的是他为寻找治病的良药而一一品尝各种草药，曾经在一日之内中毒 70 次，实在是舍己为人的典范。由于他发明并传授给人民农耕和水利的方法，使百姓免遭饥馑，所以又被称为“神农”。

史学家的推测是，炎、黄所代表的部族于原始社会晚期活动在渭河流域，后来东扩到河北大平原。在中国远古诸部族当中，炎黄族居于经济和文化上的领先地位。



## Emperor Yan and the Yellow Emperor

The ancient history of China is veiled in mists of mythology, out of which emerges the epic Yellow Emperor and Emperor Yan. These two heroic figures made exceptional contributions to the development of the Chinese nation. The fierce conflict between them, however, did not diminish their glory as the forerunners of the Chinese people, who, up to this day, call themselves the “descendants of Emperor Yan and the Yellow Emperor.”

Legend recalls the Yellow Emperor, whose eminence parallels Zeus of Greek mythology, as the god of thunder. He later became the emperor of both heaven and the human world. As the ruler of the central realm of heaven, he established heavenly order by defeating the kings of the eastern, western, northern and southern realms. In the human world, his major triumphs were the two huge wars with Emperor Yan and Chiyou, which took place on the plains of what is present-day Hebei. (They were actually two versions of the same war, according to another rendition of the story.) These campaigns were of such an extensive scale as to draw on the participation of ferocious animals and birds. Even the gods joined in later on. The Yellow Emperor was triumphant, thus promulgating order in the human world. Legend has it that the Yellow Emperor and his ministers were responsible for the invention of clothing, language, the calendar, land vehicles, the boat, and the bow and arrow. The Yellow Emperor is said to have ultimately ascended to heaven, escorted by the divine dragon, where he attained immortality, along with some of his followers.

Emperor Yan was the younger brother of the Yellow Emperor. Although he lost the war to rule the world, his contribution to humanity was no less. He initiated farming and Chinese medicine. These achievements may be verified in many ancient books and records. In order to test the effects and efficacy of herbs, he once poisoned himself 70 times within a single day. He taught the people agriculture and irrigation to ward off famine, and has since been revered as “the Sacred Farmer.”

Historians surmise that the tribes represented by Emperor Yan and the Yellow Emperor inhabited the Wei river basin (in present-day Shaanxi province) in the late period of China's primitive society. They later moved to the Hebei plains. Of the numerous Chinese tribes of remote antiquity, those led by these two semi-historical and semi-legendary emperors were the most advanced in their economy and culture.

# 禅 让

尧、舜、禹是中国上古时期的三位贤君，后来数千年中的为人臣者无不希望自己侍奉的帝王能像他们一样。实际上，除了传说以外，我们对他们知道得非常少。撇开神话的色彩，他们的本来面目大概就是原始社会向奴隶社会过渡时期的部落首领。

尧是黄帝的后裔，史书中说他宽广仁厚如同天空，明察秋毫如同神灵，人民爱戴他如同葵花向着太阳，仰望他如同旱季盼望云彩。这样的君主统治下的国家自然没有人祸，可是却有天灾。尧在位的时候中国爆发了大洪水，这次洪水的规模、影响以及在文化史上的地位都与《圣经》中的那一次不相上下，不过中国人选择了积极的对抗。尧任命了一个叫做鲧的人去治理洪水。鲧采用堵塞的笨办法，花了九年时间也没有取得成功。

当了70年君王之后，尧感到有些力不从心，于是把治国的权柄让给了舜。他之所以不传位给自己的儿子，是因为儿子德行败坏，不能“以天下之病而利一人”。这也不是一个草率的决定，因为此前尧曾经对舜进行了全方位的考察，甚至把自己的两个女儿嫁给舜，以便观察他的德行。舜果然也不负所托，他完成了许多尧未竟的事业，洪水就是在他统治的时期被治服的。

舜即位以后，杀掉了治水不力的鲧，任用鲧的儿子禹继续治水。禹吸取了父亲的教训，采用疏导的方法战胜了洪水。他身先士卒，治水13年中3次经过自己的家门都没有进去，成为人民心目中的英雄。后来，舜把帝位让给了禹。

古代学者们对尧舜禅让的事迹歌颂不已，因为这符合他们“公天下”以及“天下惟有德者居之”的政治理想，但这实际上只是原始民主制度在传说中的反映。不过，禹没有仿效尧舜的做法，他把帝位传给了自己的儿子启。虽然据说启的上台也是因为得了民心的缘故，但数千年“家天下”的历史毕竟从此开始了。

## Ancient Meritocracy

Yao, Shun, and Yu were three sage kings of China's remote past. For thousands of years after, court officials would yearn for yet never get to serve monarchs such as them. As we know very little about them apart from legend, we can only speculate that they were probably tribal chieftains during the transitional period from primitive to slave society.

Yao was a descendant of the Yellow Emperor. Historical records portray him as being as openminded as the sky and as wise as the gods. People loved him in the way sunflowers turned to the sun, and longed to see him like dry land thirsting for rain clouds. Such a ruler could not incur human dissent, but then an immense flood, of a scale no smaller than that described in the *Bible*, deluged the country. King Yao appointed Gun to harness the flood. For nine years, Gun did all he could to stop the waters from running amok but without success.

King Yao grew fatigued after 70 years as monarch. He transferred power to Shun, rather than his morally corrupt son. The father did not want "the people to suffer in order to benefit his son." King Yao did not make the decision imprudently: He had observed Shun in every aspect, even marrying his two daughters to Shun so as to gain a closer understanding of his moral character. Shun lived up to Yao's expectations by accomplishing many of Yao's hoped-for objectives, amongst which was the taming of the great flood.

Upon taking office, King Shun killed Gun for his dereliction, and placed Gun's son Yu in charge of tackling the floods. Drawing lessons from his father, Yu resorted to diverting, rather than blocking, the waters. He joined the people in this hard work and did not take time to visit his family for 13 years, even though he had to pass by his home three times during that period. He became a hero of the people and was chosen by Shun as his successor.

Scholars over the ages have lauded Yao and Shun for bestowing ruling power on a successor of merit. They believe that "only the virtuous should rule the country" and regard Yao and Shun as model rulers who were "fair and honest with the people." We might also say that the stories of Yao and Shun are legendary representations of ancient meritocracy. King Yu, however, did not follow Yao and Shun in this respect. He gave the throne to his son Qi. Although Qi is said to have been chosen because he was loved by the people, Yu thus initiated in China, "rule the country as family property," a tradition which was to last for thousands of years.

# 商汤灭夏

禹和他的儿子启建立的是中国历史上的第一个王朝——夏。夏朝从公元前 21 世纪到公元前 17 世纪，延续了近 500 年，先后有 17 位君主。

夏朝初期发生了几次动乱，此后一段时间日子还算太平。夏朝第 14 个君主孔甲不务正业，沉迷于稀奇古怪的事物，据说还养过龙。夏的统治从他开始走向衰败，各地的诸侯纷纷叛乱。夏的最后一个君主桀非常残暴，而且狂妄地相信自己的统治可以和太阳一样持久。所以百姓们作了歌谣来诅咒他：“时日曷丧？予及汝皆亡（该死的太阳何时毁灭，我愿与你同归于尽）。”夏的属国商便借着沸腾的民怨在首领汤的率领下对夏发起了进攻。

商的始祖契因帮助禹治水有功而受封为诸侯，传到汤是第 14 代。汤曾经在外出的时候看见有人张网捕鸟，于是下令去掉网的三面以便鸟儿逃生。这一类的事迹使他在诸侯中赢得了宽厚仁德的美名，投奔他的人越来越多。桀大概是起了疑心，把他抓去关了一阵，没多久又放了他。事实证明，这完全是放虎归山。

汤手下最重要的大臣伊尹是个颇具传奇色彩的人物，传说他生在桑树的树洞中（可能是一个弃婴）。起初他想投奔汤，却没有门路，于是以奴仆的身份背着做饭的家伙去见汤。他用做饭的道理来阐明治国的方法，心悦诚服的汤于是委他以管理国家的重任。此后中国的政治家们常常把治国比喻为烹调，而伊尹也被民间尊为饮食业的祖师。

在汤和伊尹的指挥下，商和其他诸侯国的军队很快就将失了民心的夏桀打得一败涂地。商做了诸侯的领袖，夏下降为商的属国，商朝建立了。

## King Tang of Shang and the Demise of the Xia

Yu and his son Qi established the first dynasty in Chinese history — the Xia. It lasted nearly 500 years from the 21st to the 17th century BC, ruled by 17 consecutive kings.

Unrest occurred several times at the beginning. For most part of the remaining period, the dynasty enjoyed peace. It began its decline in the hands of the 14th king, Kongjia, who, instead of concentrating on state affairs, indulged in bizarre and strange habits. It is said that he even called up a dragon. The vassals began to rebel during this period. The last king of Xia, Jie, was a ruthless ruler. He vainly believed that his reign would last as long as the sun would shine. The people hated him so much that they chanted a curse at him: "You doomed sun, I'd not hesitate to die with you!" Shang, a vassal state of Xia, attacked Xia at the height of the people's opposition.

The ancestors of the Shang had been awarded their fiefdom for helping Yu harness the flood. Tang, the 14th Duke, is said to have set free birds that had been netted. His kindness spread far and wide, winning him a growing number of followers. King Jie became suspicious and imprisoned him, but set him free not long after. This act amounted to "releasing the tiger back into the mountains."

Tang's most important aide was Yi Yin. He is said to have been born in the cleft of a mulberry tree, probably abandoned by his mother. Having nobody to introduce him to Duke Tang, Yi Yin presented himself as a cook, bringing along all types of cooking utensils. He convinced Duke Tang of his statesmanship by comparing the running of state affairs to the art of cooking. Thereafter, Yi Yin was revered as both a great statesman and the originator of Chinese cuisine.

Under the leadership of Duke Tang and Yi Yin, the troops of Shang and other fiefdoms defeated King Jie, who had lost the heart of the people. Shang became the leader of all the other vassals, with Xia also reduced to a vassal state. This was the beginning of the Shang Dynasty.

# 纣王无道

商朝建立以后，王室内部争夺王位的斗争一直不停，国都也多次迁移，商王朝的统治遭到动摇。商王盘庚在位的时候，决定把首都从奄（今山东曲阜）迁往殷（今河南安阳）。盘庚迁都的原因众说纷纭，现在看来他的主要目的是削弱王位竞争者们的力量，维护商王朝的统治秩序。从史实上看，迁都以后再也没有发生争夺王位的内乱，而殷到商朝灭亡为止也一直是商的首都。

盘庚的侄子武丁是个很有抱负的君主，每天都在思考振兴商朝的办法。因为朝廷里没有能担当治国重任的栋梁之材，武丁非常苦恼。所谓日思夜梦，他竟然梦到了一个能够辅佐他的贤人。武丁派人四处寻找，终于找到了这个名叫傅说的梦中贤人。在傅说的帮助下，武丁统治下的商朝出现了强盛兴旺的局面。

不过，武丁以后的商朝君主却都是只懂享受的昏君，商朝的统治在他们手中也就江河日下。商朝的最后一个君主纣王更是因荒淫残暴而成了中国历史上臭名昭著的人物。跟夏朝的亡国君主桀比起来，史书上对纣王的乱政有详细得多的描写。按照书上的说法，纣王人很聪明，体格也强健到了能徒手与猛兽搏斗的地步，但他的智力只是用来对付正直的大臣，口才只是用来掩饰自己的过错，身体也只是用来过穷奢极欲的生活。他对宠爱的妃子言听计从，营造“酒池肉林”以供享乐，发明残酷的刑罚来残害臣民，甚至还曾活活挖出劝诫他的大臣的心脏。纣王如此这般的荒唐行径成为了后世作家的小说题材，而摊上了这样一个君主的商王朝自然也就时日无多了。

## A King of No Morals

The early days of the Shang Dynasty were troubled by court intrigue over the control of the throne. The capital was moved several times. When Pangeng became king, he moved the capital from Yan (present-day Qufu, Shandong province) to Yin (present-day Anyang, Henan province). Scholars have posited different theories for the relocation. It is most likely that Pangeng undertook the move to reduce the strength of rival heirs to the throne. No more such unrest was recorded up to the end of the dynasty.

Pangeng's nephew Wuding succeeded him and proved to be a dedicated monarch. Day and night Wuding would rack his brains for means to make Shang a prosperous dynasty. Yet he was foiled by the lack of capable men in the court. One night a wise man named Fu Yue appeared to him in a dream. When he awoke, Wuding sent people all over the land to look for this wise man. With the help of Fu Yue, Wuding indeed turned Shang into a strong dynasty.

The kings after Wuding, however, were all dull-witted. They only knew how to enjoy themselves. The dynasty declined in their hands and ended with the rule of Zhou. King Zhou is notorious in Chinese history for his self-indulgence and cruelty. Historical documents have detailed descriptions of his misrule. Although agile of mind and able of body, King Zhou only used his abilities to persecute upright court officials and indulge in sensual pleasures. For instance, he had "a pond of wine and a forest of meat" constructed only to please his favorite concubine. He devised horrible tortures to maim people. He even had the heart of a court official cut out alive for daring to admonish him. King Zhou's outrageous cruelty, a source for later writers, proved fatal to the Shang Dynasty.

# 钓

# 鱼

在商朝日益衰微的时候，来自西部黄土高原的周国却日益强盛，势力不断向东扩张。周虽然是商的属国，但由于历代君主的苦心经营，到商朝末年它已经有了足以同商相抗衡的实力。在纣王逐渐众叛亲离的时候，周国的领袖姬昌却正在赢得越来越多的支持者。

姬昌发现他的大臣姜尚的经过是个很有意思的故事。姜尚活到七十多岁还没有得到施展才能的机会，生活十分潦倒。于是他整日拿了渔竿在渭河边垂钓。不过他不是在等鱼上钩，而是在等待他心目中的明主。说来也巧，姬昌在一次打猎之前进行了占卜，占卜的人告诉他：“这次的收获不是龙，不是虎，也不是熊，而是一个能帮你一统天下的人才。”姬昌就在这次狩猎中见到了姜尚。这样，姜尚钓到了众望所归的君主，姬昌猎到了安邦定国的贤臣，双方都非常满意。小说中的姜尚神通广大，甚至能役使神灵；历史上的他大概是一个很有军事才能的人，可算是中国第一个著名的军事家。

姬昌在姜尚的协助下积极准备推翻商朝，不过他来不及完成自己的事业就去世了。姜尚继续辅佐姬昌的儿子姬发，乘着商内乱的时机起兵伐商。大约在公元前11世纪中叶，姬发的军队在牧野（今河南淇县西南）大败商朝的军队，宣告了商朝的覆灭和周朝的建立。



## The Fisher

As the Shang declined, the State of Zhou on the Loess Plateau in the west grew stronger and expanded eastwards. A vassal state under the Shang, Zhou gained sufficient strength to challenge the dynasty owing to its good governance over the years. Duke Ji Chang of Zhou was extremely popular among the vassal states at the same time that King Zhou was hastening the Shang Dynasty to its end.

Ji Chang was to rely on the wise minister Jiang Shang in his rebellion against the Shang, as heaven had ordained. Jiang Shang, a man of extraordinary talent still unrecognized even in his 70s, passed his time fishing on the Wei River. One day, Ji Chang wanted to go hunting. The seer who consulted the gods before the excursion reported to Ji Chang that instead of a dragon, a tiger or a bear, he would find a man who was to aid him in uniting the land. He subsequently met Jiang Shang by the Wei River. Novelists describe Jiang Shang as a versatile genius, with the ability to summon the services, if needed, of the gods. The historical Jiang Shang was probably the first military strategist to inscribe his name in history.

Although Ji Chang died before the preparations to defeat Shang were set, Jiang Shang continued to assist his son Ji Fa. Taking advantage of the internal unrest in the Shang around the middle of the 11th century BC, the Zhou troops launched an attack on the dynasty, putting an end to King Zhou's rule.