



中国民族文化双语读本

汉英对照

主编译：刘雪芹

Cultures of Chinese Ethnic Groups:
A Bilingual Reader

中央民族大学出版社

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前言

彩虹斑斓，因其色有不同；乐声悠扬，因其音有高下。中国拥有56个民族，它们各自不同的文化传统、生活习惯织就了中国文化多样性的美丽画卷。对人类来讲，文化多样性“就像生物多样性对维持生物平衡那样必不可少”^①。尊重多样性，则无往不利。

人是万物之灵，手为万灵之灵，因指有短长而各用其所长之故。文化的繁荣与发展，同样需要在尊重多样性的基础上，妥善利用各个民族文化的优势。善用多样性，则无事不成。

中华民族自古以来就崇尚“和而不同”，讲究阴阳五行“调和”，要在有着56个民族的国度建立和谐社会，必然要遵循自然，了解并尊重各个民族的传统文化。然而，许多外国媒体不了解中国的真实情况，对我国的民族问题大做文章，言过其实，皆因不了解而不能作出客观判断之故。而了解正是相互理解和交流、促进共同发展的基础。作为民族院校的外语工作者，我们既身处民族团结的大家庭之中，又能利用自身的外语优势承担起向西方读者介绍中国民族情况的工作。基于这点认识，于是我们利用国家民委项目和广西民族大学外国语言文学一级学科博士点建设经费的支持，开始编撰这样一部汉英对照的民族文化读本。

本书将为读者展现绚烂多姿的民族面貌，包括他们的历史与发展、生活习俗、智慧结晶等方方面面。每一个民族的每个方面都有其独特的地方，不可替代，而因篇幅所限，本书采集的内容难免挂一漏万，就算有所涉及，也还稍欠详尽，不得不说总有些遗憾。不过，目前关于中国56个民族的图书虽说各有特点，提供汉英对照的版本则尚属稀少，加上本书涵盖内容比较全面，在林林总总的出版物中，存在理由非常充分；在对外介绍中华各民族这一方面，其价值也是不言而喻的。它一方面可以作为

^① 《联合国教科文组织世界文化多样性宣言》，2001，巴黎。

西方读者了解中国民族文化的简易读本，另一方面也适合中国大中专学生学习英文之用。

就内容编排而言，56个民族的顺序排列参照国家邮政局1999年10月1日发行的《中华人民共和国成立五十周年——民族大团结》纪念邮票的排列顺序。每个民族的介绍都遵循同样的框架，基本分为历史、习俗、节庆、服饰、饮食、建筑、医药、文化艺术、体育运动、特色产品和禁忌等十一个板块，便于对各民族的衣食住行和风土人情作横向或纵向的对比和了解。

至于翻译，“正名”至关重要。孔子有云：“名不正，则言不顺；言不顺，则事不成”。正因如此，翻译家严复亦喟然叹曰，“一名之立，旬月踟躇”。如何“译名”，自古以来就是译家们探讨的难题，其难有二：一难在于此有彼无、此盈彼竭，出现词汇空缺或词义范围不对等的情况，无法用译入语中的现成词汇去翻译。二难在于译名不统一、纷繁芜杂，致使“同一物也，同一名也，此书既与彼书异，一书之中，前后又互异，则读者目迷五色，莫之所从”^②。因此，本书在译名问题上力求统一。例如，“民族”一词，词义可大可小，目前常见的表示中国各民族，特别少数民族的英语有nationality, ethnic group, ethnic minority, minority group, minority nationality等，不一而足。在指称一国内部不同族群或民族时，nationality因其内含主权分立的暗示，不利国家统一，20世纪60年代起就已经被各国陆续弃用，代之以ethnicity或ethnic group。本书使用的是ethnic minority和ethnic group，除汉族以外的少数民族，作为名称统一使用ethnic minority，文内则根据语境，有时也用ethnic group。节庆名字的翻译颇费斟酌，翻译与习俗、节庆相关的体育活动和文艺活动，情况则更为复杂。不深入了解活动内容，空有满箩筐词汇和句子也不能准确表述清楚。

本书是钟小佩教授主持的国家民委课题“广西民俗翻译研究”的一个子项目。本书从最初的策划到最后付印，历时四载。这当中很多人付出了心血，主编译、副主编译及广西区外事办公室朱晓黎带领本校07级研究生等在材料的收集、整理、初译中做了大量的工作，后经刘雪芹博士反复逐一校、修订，先后由外籍教师Princess Watkins和William Chamberlain审阅。在此向他们致以谢意。William Chamberlain在本书即将付梓之际遽然离世，令人悲痛，谨以此书献给他在天国的灵魂。

各族文化精妙博大，丰富多彩，实令编者赞叹神迷，惜乎学海无际，采写有时，仓促间难免种种错误欠妥之处，还望各位同仁读者批评指正。

主 编

2012年10月

于相思湖畔

① 梁启超语。转引自《王秉钦：20世纪中国翻译思想史》，南开大学出版社2004年版，第45页。

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汉 族

汉族是中国56个民族中人口最多的民族，人口超过12亿，也是世界上人口最多的民族。

古时候汉人生活在中原地带，现在遍布全国各省、市、自治区。

汉语属汉藏语系汉语族，有七大方言。现代汉语以北方方言为基础，北京语音为标准音。汉字是世界上最古老的文字之一，已有6000年左右的历史，由甲骨文、金文逐渐演变成今天的方块字，现为国际通用语文之一。

汉族——历史

汉族有五千年历史，源自黄河流域的古华夏族，因此黄河被称为中华文明的摇篮。

秦始皇统一中国以来，汉朝达到空前强盛，“汉人”的称呼由此得来。唐朝时期中国又经历一场盛世，过去也将中国人叫做“唐人”。

此后的朝代更替中，汉族不断与少数民族融合，持续发展壮大。

汉族——习俗

儒教、道教和佛教堪称汉人的“三教”。提倡以仁为中心，重视伦理教育，儒家学说对汉族产生着最深刻的影响。后来天主教、基督教传入中国，又有一些人开始信仰这些宗教。

婚嫁习俗：汉族婚礼习俗源远流长，民族色彩浓郁。早在春秋战国时期即已形成一套完整的礼仪，即“纳彩”、“问名”、“纳吉”、“纳征”、“请期”、“亲迎”等，称之为“六礼”。古代汉族虽通行一夫一妻制，但纳妾现象较为普遍，寡妇一般不准改嫁，要为亡夫守贞。

丧葬习俗：汉族丧葬旧的传统是讲究重殓厚葬。汉族自古盛行棺木土葬，葬礼隆重，分殓、殓、葬三个阶段进行，葬礼结束后将牌位供于祠堂。因汉族极重祭祖，葬礼以后，有做七、断七、百日、周年等追悼仪式。

汉族——禁忌

汉族多在正月初一、二、三日忌生，即年节食物多于旧历年前煮熟，过节三天只需回锅，有不动刀剪之说。过去，汉族在喜庆日忌穿白色衣服，认为亲人去世后才披麻戴孝，穿白色的衣服不吉利。汉族作为一个定居农业民族，不仅注重房屋的居住功用，而且将住房与“家”的兴衰命运紧密相连。为达到这一目的，人们便在住宅的建造上大做文章，设法选择有风水龙脉、神灵保佑的区域建房。

汉族——节庆

春节即农历新年，是汉族一年最重要的节日。每年春节期间，回家过年的旅客都会形成春运热潮。

春节期间的食物与饰物都有着吉祥的含义。人们放鞭炮，舞龙舞狮，驱邪祈福，又能活跃气氛。直到农历正月十五元宵节过后，春节才告结束。

四月五日清明节，人们在这期间拜祭逝去的先人。清明又是个节气，提示着春光明媚，因此人们也趁此时节踏青赏春。

端午节在农历五月初五，人们都吃粽子，为的是纪念战国时期自沉汨罗江的诗人屈原。赛龙舟是这一节日最令人兴奋的活动。

八月十五中秋节，满月和月饼象征着家庭团圆。人们约上家人好友来到户外，彻夜赏月游玩。

汉族——服饰

汉族服装也叫汉服，已有悠久的历史，历代变化甚微，特色是交领，宽袍，大袖，长裙，系以腰带，男女服装结构相似而颜色饰物有别。衣服的刺绣花纹往往能够显示主人的社会级别。

汉族——饮食

汉族有一日三餐的饮食惯制。米食和面食是汉族主食的两大类型。不同的节日有各自相应的特殊食品。

中国菜肴以选料丰富、烹饪手法多样、菜香味美闻名于世。在历史发展中形成具有不同地方特色的八大菜系。

酒和茶是汉族主要的两大饮料。中国是茶叶的故乡，也是世界上发明酿造技术最

早的国家之一。酒文化和茶文化在中国源远流长。

汉族——建筑

中国汉族传统建筑为木制框架，砖石墙壁。庭院、房子都以中轴线为基础修建、延伸、扩大，体现对称与平衡美。建筑群很能体现中国文化和风水理论。

北京的四合院为汉族传统民居的标本。

汉族——医药

汉族人在长期疾病诊治中积累了丰富的经验，由此发展出中医。后来的临床实践证明中医的科学性。中医应用阴阳、五行等传统理论，对病人进行全面辨证的诊疗。基于病人的症状和体征，中医运用草药、针灸等方法进行治疗。

汉族——文化艺术

礼乐文化早在周朝就兴起了，目的是融礼制于音乐之中，以乐辅礼，推行教化。其实，最为深入人心的中国古典诗词就是可吟可咏可歌的。

古琴一直为中国文人所推崇，现在成了世界文化遗产。传统民乐所用的乐器非常丰富，有琵琶、笛子、扬琴和二胡等。

京剧和粤剧是流行的剧种，但昆曲有细腻的人物感情描写、优美的唱词、雅致的唱腔以及富于象征意义的表演形式，堪称中国文化的精华。

汉族——体育运动

汉族的传统体育大体可分为防身的体育项目如武术，健身性体育项目如气功和太极拳，表演性体育项目如舞狮、舞龙、风筝，竞技性体育项目如赛龙舟，以及智力性体育项目如中国象棋和围棋。

汉族传统体育项目最具代表性的就是中国武术。武术的起源源远流长，有上百种流派，在民间的影响根深蒂固。汉族现在还以武术健身、强体、防卫，武术还成了比赛项目。

围棋已有三千年历史。围棋棋盘有361个交点，白子黑子各180颗，棋手在棋盘上抢占尽可能多的领地或势力范围。

汉族——特色产品

汉族有着高超的手工制作技术，特色产品包括玉石制品、丝绸、瓷器、家具，以及中国画。

Han Ethnic Group

With a population of over 1.2 billion, the Han Ethnic Group is the largest in the world as well as among the 56 ethnic groups in China.

The Han people lived mainly in the central part of China in ancient times. Now they can be found in every province and autonomous region across China.

Mandarin Chinese, the language of the Han, belongs to the Sino-Tibetan language family and has 7 broad categories of dialects. *Putonghua*, the standard Chinese commonly used today, is based on the dialect of northern China, especially the Beijing dialect. Evolving from pictograph on bones or tortoise shells, Chinese characters have a history of about 6000 years. Presently, Chinese has become one of the most used international languages.

History

The Han people were descended from the ancient *Huaxia* people who, more than 5000 years ago, settled in the Yellow River area, which is thus referred to as the cradle of Chinese civilization.

The name "Han" was adopted as the name for this ethnic group during the 2nd and 3rd centuries in the Han Dynasty, the first prosperous dynasty after Emperor Qin unified China. As the Tang Dynasty was another peak in Chinese history, the Chinese were also referred to as the Tang people.

With the subrogation of dynasties later on, different ethnic groups continued to integrate and assimilate with the Han people, which contributed greatly to the constant growth and development of the latter.

Customs

Confucianism, Taoism and Buddhism are the three major religions in the Han culture. Focusing on humanity and ethical cultivation, Confucianism has had the most profound influence

on the life of the Han people. Other religions, such as Catholicism, Christianity and Islamism, also find believers among the Han people after they were introduced into China.

Wedding customs: The wedding customs of the Han people, with strong ethnic flavor, date back to the Spring and Autumn and Warring States Periods. According to their tradition, those who want to get married must follow the process of six rites, namely offering presents, asking the potential bride's name and date of birth and eight characters of a horoscope, divining an auspicious wedding day, sending trousseau, suggestion of a date for the wedding, and welcoming the bride. Although monogamy was practiced in history, taking concubines was also popular. Usually a widow was not allowed to remarry and was required to preserve chastity for her husband.

Funeral customs: Traditionally, the Han people prefer a rather elaborate funeral after death, which consists of three stages, namely dressing the dead in shroud, placing the coffin in memorial hall and burying the coffin in ground. A tablet carved with the name of the dead (usually a man) was put in ancestral shrine after the funeral. Since ancestor worship is widely practiced among the Han people, various memorial activities are held on particular days, such as offering sacrifices to the dead on each 7th day within 49 days after his death, on the 100th day or on the yearly anniversary.

Taboos

Raw food is forbidden on the first three days of a new year. Therefore, food is usually prepared before the Spring Festival and recooked during the first three days of the New Year, during which using knives and scissors should be avoided. In the past, wearing white clothes was improper on joyous occasions as white clothes, which were worn for mourning, were considered ominous. As an agrarian ethnic group, the Han people not only value the function of a house in sheltering people, but also associate it with the fate of their family and clan. For this reason, they make very deliberate choice of the location of their house in accordance with the *Fengshui* theory.

Festivals

The Spring Festival, which falls on the first day on China's Lunar calendar, is the most important festival for the Han people. Passengers returning home for the Spring Festival always bring about a transportation rush nationwide.

Nearly all the food and decorations prepared for the Spring Festival are related to a happy life in the coming year. Firecrackers are set off, the dragon dance and lion dance are performed to expel evil and prayers are said, for good luck and to enhance the festive ambience. The celebration continues till the Lantern Festival, which is on the 15th day of the first month on the Lunar calendar.

The Qingming Festival, also known as Tomb Sweeping Festival or Clear and Bright Day,

falls on April 5th. It is the time for people to pay respect to their ancestors. Called Qingming in Chinese, literally meaning "clear and bright", the festival also offers a chance for people to appreciate the spring scenery.

On the Dragon Boat Festival, which falls on the fifth day of the fifth month on the lunar calendar, people eat *Zongzi* (rice dumplings) to memorize Qu Yuan, a patriotic poet who drowned himself in the Warring States Period more than 2000 years ago. Dragon boat races are usually held and are considered the most exciting part of the festival.

The Mid-Autumn Festival, the fifteenth day of the eighth month on the Lunar calendar, features the full moon and moon cakes that symbolize family reunions. People usually stay outdoors to appreciate the moon and enjoy delicious food late into the night with their families and friends.

Costumes

The clothing of the Han people is referred to as *Hanfu* or Han costume, which has been worn for thousands of years by the Han Chinese with crossing collar bands, wide sleeves, layered loose robes and skirts tied with a fabric belt. The clothes of men and women are similar in design but different in colors and ornaments. Different patterns are embroidered on the clothes to signify certain social classes of the wearers in ancient times.

Diet

The Han people have three meals a day with rice and flour as the two major components of their diet. Different foods are prepared to celebrate different festivals.

The cuisine of Han Chinese enjoys the reputation for wide selection of materials, diversified cooking methods and rich flavors. Varied types of cuisine have been developed, which fall into eight typical cuisines with unique local flavors.

With a long history of wine and tea culture, China is believed to be the place of origin of tea and one of the first developers of brewing technology. Naturally wine and tea have become two major beverages for the Han people.

Architecture

The structure of Chinese ancient buildings generally adopted a wooden framework with brick or stone walls. Traditionally, the Han people often set a straight line as the central axis, with buildings and courtyards on both sides stressing symmetry and balance. The typical arrangement of a building complex usually displays Chinese culture and *Fengshui* theory.

Beijing *Siheyuan*, a four-section compound, is representative of Han architecture.

Medicine

The Han people have accumulated a wealth of experience in treating illnesses. They are

credited for the creation of traditional Chinese medicine which has proven itself as a science in thousands of years of clinical practice.

Applying an integrated system of theories, such as the theories of *yin* and *yang*, or positive and negative forces; *wuxing*, or the five elements of water, fire, metal, wood and earth, traditional Chinese doctors are concerned with the whole body when making a diagnosis. The treatment of traditional Chinese medicine applies pharmacology (mainly with herbs), acupuncture and moxibustion according to the patients' symptoms and signs.

Culture and Arts

As early as the Zhou Dynasty, the Han people's culture of rites and music, an important part of Chinese culture, was developed, the purpose of which was to integrate rites with music to enlighten people with music. As a matter of fact, the most popular Chinese classical poems were meant to be sung and chanted by people.

Guqin, a zither-like ancient musical instrument with seven strings, has been the favorite of the Chinese literati for centuries. Now it has become one of the cultural heritages of the world. Traditional Chinese music is played with various musical instruments such as the *Pipa* (Chinese lute), bamboo flute, *Yangqin* (Chinese dulcimer) and *Erhu*.

Peking Opera and Cantonese Opera are the most popular among the Chinese. Chinese *Kunqu* Opera, though less popular, is considered to be the cream of Chinese culture with its scripts reflecting the detailed psychological changes in characters, delicate lyrics, elegant singing, and symbolic performance.

Sports

Traditional sports of the Han people can be divided into several categories according to their purposes. For example, martial arts (*Kung Fu*) are practiced for the purpose of self-defence, *Qigong* and shadow-boxing for staying healthy, kite-flying and dragon dances for entertainment, dragon boat races for competition, while Chinese chess and Chinese Go are mental games.

With hundreds of different styles and schools, martial arts, the most representative sports of the Han people, have various forms of self-defense and exercise which originated in ancient China. Still having a profound influence among people today, they are practiced for body-building and self-protection. They have even become an athletic item nowadays.

Chinese Go or *Weiqi*, an ancient game with a history of over 3000 years, is played on a board with 361 cross points, 180 white pieces and 180 black pieces. In this game, each player tries to exert more influence on territory than his opponent to win the game.

Specialties

The Han people are very adept at making handicrafts. Specialties of the Han people include jade products, silk, chinaware, furniture, and Chinese painting.

蒙 古 族

蒙古族是生活在中国北方的古老游牧民族，生性豪放、粗犷、剽悍、好客，是中国少数民族之一。因历史上以畜牧业为赖以生存发展的主要经济，被称为“马背上的民族”。

蒙古族发祥于额尔古纳河流域，现主要分布在内蒙古，其余分布在辽宁、吉林、黑龙江、新疆、青海、甘肃、宁夏、河北等省区。

蒙古族有自己的语言文字。蒙古语属阿尔泰语系蒙古语族，有内蒙古、卫拉特、巴尔虎布利亚特三种方言。

蒙古族——历史

“蒙古”一词最早见于唐代，其最初的汉语译名为“蒙兀”，是由室韦部落的一支发展而来的。

蒙古族历史悠久，13世纪是蒙古族最辉煌的时代。公元12世纪末，传奇人物铁木真统一蒙古诸部，1206年被推举为“大汗”，尊为“成吉思汗”。随后，其孙忽必烈建立元朝（1271—1368），中国的疆域达到顶峰，文化交流也得到巨大发展。

1947年5月1日，内蒙古自治区政府宣告成立，成为由中国共产党领导的第一个民族区域自治地方。

蒙古族——习俗

蒙古族是一个热情好客的民族。旅途中相遇，即使彼此不认识，他们也会相互致意问候。蒙古族待客十分讲究礼节和规矩，到蒙古族人家里做客必须敬重主人以及他们的习惯。

献哈达是蒙古族的一项高贵礼节，代表着主人的敬意和友善。献哈达时，献者躬