



**New
Voyage**
College English

1

中国传统文化

英语阅读教程

English Reading Course of
Chinese Traditional Culture



总主编 崔校平



上海交通大学出版社
SHANGHAI JIAO TONG UNIVERSITY PRESS

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English Reading Course of
Chinese Traditional Culture

总主编 崔校平



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前 言

党的十八大以来,习近平总书记多次强调要传承和弘扬中华优秀传统文化。他指出:“中华文明源远流长,孕育了中华民族的宝贵精神品格,培育了中国人民的崇高价值追求。自强不息、厚德载物的思想,支撑着中华民族生生不息、薪火相传,今天依然是我们推进改革开放和社会主义现代化建设的强大精神力量。”

中国传统文化是中华文明演化而汇集成的一种反映民族特质和风貌的民族文化,是民族历史上各种思想文化、观念形态的总体表现,是指居住在中国地域内的中华民族及其祖先所创造的、为中华民族世世代代所继承发展的、具有鲜明民族特色的、历史悠久、内涵博大精深、传统优良的文化。它是中华民族几千年文明的结晶,除了儒家文化这个核心内容外,还包含有其他文化形态,如道家文化、佛教文化等等。具体而言,中华优秀传统文化还包括古文、诗、词、曲、赋、民族音乐、民族戏剧、曲艺、国画、书法、对联、歇后语、成语、传统节日、各种民俗等。

习近平总书记在全国高校思想政治工作会议上明确指出,要用好课堂教学这个主渠道,使各类课程与思想政治理论课同向同行,形成协同效应。因此,为了更好地推动课程思政,加强新形势下中华优秀传统文化教育,我们根据教育部颁布的《完善中华优秀传统文化教育指导纲要》,编写了这套《中华优秀传统文化英语阅读教程》(以下简称《阅读教程》),供在校大学生阅读使用,以培养学生的英语阅读能力和对中华优秀传统文化的亲切感、感受力和理解力。

在《阅读教程》的编写过程中,我们遵循了学生的认知规律,由浅入深、由易到难、循序渐进,注重了系统性、文学性、知识性、可读性和趣味性的统一,体现了以学习为中心、学导结合、知行并进的原则。

《阅读教程》共分两册,每册八个单元,每个单元由六篇课文组成,每篇课文后面都附有重点词汇、词组短语、文化注释和文化知识点巩固练习。第一册的练习包括课文阅读理解和汉译英两个部分;第二册的练习包括文化知识点填空和汉译英两个部分。此外,学生可至上海交通大学出版社官网(<http://www.jiaodapress.com.cn>)下载练习答案和课文参考译文,便于学生自读,培养自主学习能力。

《阅读教程》以英语编写而成,既培养了大学生的英语阅读理解能力,又使他们汲取了我国优秀传统文化的精华,引导学生通过阅读,积累、感悟中华优秀传统文化知识,从而形成对外传播中华优秀传统文化的能力。

《阅读教程》(第一册)由徐继宁、张殿海担任主编。本册各章节编写人员分别是:陈静(第一单元:第3、4节),王小利(第一单元:第1、2节),徐倩(第二单元:第1、2节),刘柳(第二单元:第3、4节),李艳平(第三单元:第1、2节),张桂珍(第三单元:第3、4节),李秋晔(第四单元:第1、2节),翟淑洁(第四单元:第3、4节),黄涓(第五单元:第1、2节),张殿海(第五单元:第3、4节),石尚辉(第六单元:第1、2节),李广明(第六单元:第3、4节),程晨(第七单元:第1、2、3节),徐继宁(第七单元:第4节),刘翠莲(第八单元:第1、4节),仲微微(第八单元:第2、3节)。

由于编者水平和经验有限,教材中难免出现疏漏和不足之处,欢迎广大读者批评指正。

编者

2019年6月

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Unit One Mountains and Rivers

Text 1 Mount Tai

Mount Tai, a mountain of historical and cultural significance, is located in the north of the city of Tai'an, Shandong Province, China. The tallest peak is the Jade Emperor **Summit**, which is reported to be as high as 1,532.7 metres.

Mount Tai is in a superior geographic location with **abundant** water and thermal resources, and it falls into the warm-temperate zone with a half wetness **monsoon** climate. As regard to its historic position, Mount Tai is a developed region — in the lower reaches of the Yellow River. As regard to its cultural position, it is the center of **Dongyi culture**¹. Traces of human presence at Mount Tai date back to the Paleolithic period. Human settlement of the area can be proven from the Neolithic period onwards. During this time, two cultures had emerged near the mountain, the Dawenkou culture to the south and the **Longshan culture**² to the north. What's more, it is the center of Qi and Lu. And its transportation is more superior. Mount Tai is in a key position where the railways from central plains to Shandong peninsula meet together. This superior condition helps Mount Tai gain the first position among the Five Great Mountains in China.

Traditionally, the first thing for an emperor to do after **taking the throne** was to climb Mount Tai and pray to heaven and earth or his ancestors. It was said that 72 emperors of different dynasties made **pilgrimages** to this mountain. These special ceremonies and **sacrifices** earned the mountain widespread fame. **In addition**, many poets and literary scholars also visited the mountain to gain **inspiration**. The **grandiose** temples, the numerous stone **inscriptions** and stone tablets are the best **testaments** to these visits. Mount Tai also played an important role in the development of Buddhism and Taoism.

Mount Tai is a natural museum **abounding** with cultural relics and artworks, of which the Heavenly Queen Pool, Red Gate Palace, Mid-Heaven Gate, Azure Cloud Temple are powerful examples. Stone carvings include the Buddhist Diamond Sutra in Jing Shi Valley, the Scripture of Mount Tai and the Mo Ya Tablet.

Besides historic relics, Mount Tai **boasts** unique natural scenery too. The lofty peaks, deep valleys, spectacular waterfalls, **enchanted** rocks, and centuries-old pines

and **cypress** trees will undoubtedly encourage visitors to **linger** at this place for hours and make them reluctant to finally leave it. The mountain's four wonders are the Early Morning Sunrise in the east, the Glowing Sunset in the west, the Sea of Clouds, and the Golden Belt along the Yellow River. It would be a great pity to miss the four wonders.

Visitors can reach the peak of Mount Tai via a bus which **terminates** at the Midway Gate to Heaven, from where a cable car connects to the summit. Covering the same distance on foot takes from two and a half to six hours.

To climb up the mountain, one can take one of two routes. The more popular eastern route starts from Red Gate. On the way up the 7,200 stone steps, the climber may pass the Ten Thousand Immortals Tower (Wanxianlou), Arhat Cliff (Luohanya), and Palace to Goddess Dou Mu (Doumugong). The western route, taken by fewer tourists, is more scenic, but has less cultural heritages.

(538 words)

New Words

summit *n.* 山顶, 顶峰

abundant *adj.* 丰富的, 充裕的

monsoon *n.* 季风

pilgrimage *n.* 朝圣

sacrifice *n.* 供奉, 祭品 *v.* 牺牲, 供奉

inspiration *n.* 灵感

grandiose *adj.* 雄伟的, 壮丽的

inscription *n.* 铭文

testament *n.* 证明

abound *v.* 充满

boast *vt.* 以有……而自豪

enchancing *adj.* 迷人的

cypress *n.* 柏树

linger *v.* 逗留, 徘徊

terminate *v.* 结束, 终止

Phrases and Expressions

take the throne 登基

make pilgrimage to 朝拜

in addition 加之

Notes

1. **Dongyi culture:** 东夷文化, 指东夷人所创造的文化, 主要发源地在鲁中泰沂山区, 是华夏文明重要源头之一。自新石器时代开始一直到西周中期结束, 东夷及其古文化在亚

洲古文化的发源与交流中都处于较为重要的地位。

2. **Longshan culture:** 龙山文化,泛指中国黄河中、下游地区约新石器时代晚期的一类文化遗存,属铜石并用时代文化。因首次发现于山东省济南市历城县龙山镇(今属章丘)而得名。

Exercises

- I. Directions:** For each of the following questions, there are four choices marked A, B, C and D. You should decide on the best one.
1. What is the location of Mount Tai? It lies _____.
 - A. in the north of Shandong Province
 - B. in the north of Tai'an
 - C. in the center of Shandong Province
 - D. between Tai'an and Laiwu
 2. What can be the best testament of the cultural position of Mount Tai?
 - A. Stone tablets.
 - B. Artworks.
 - C. Dongyi culture, Dawenkou culture and Longshan culture.
 - D. Ancient poets and literary scholars.
 3. What was the first thing for an emperor to do after taking the throne?
 - A. To make sacrifices to the ancestors.
 - B. To climb Mount Tai and pray to heaven and earth or his ancestors.
 - C. To make new policies.
 - D. To hold a wedding ceremony.
 4. What is Mount Tai famous for?
 - A. Old trees.
 - B. Cultural relics and natural scenery.
 - C. Temples.
 - D. Enchanting rocks.
 5. How many routes are mentioned in the text for people to choose to climb the mountain?
 - A. One.
 - B. Two.
 - C. Three.
 - D. Four.

II. Directions: *Please translate the following passage into English.*

由于地貌独特,黄山的气候呈垂直变化,山上的植物也明显地呈垂直分布:山顶、山腰和山脚的植物分居寒带、温带和亚热带。黄山共有 1 500 多种植物,其中树木占了三分之一。黄山也是种类繁多的动物群的栖息地。

Text 2 Mount Hua

Mount Hua (or Hua Shan) is **located in** the eastern part of Shaanxi Province and is part of the eastern section of Mount Qinling. Seen from a distance, it looks like a flower, and that's how it got the name of Mount Hua (“华”means flower in archaic Chinese). Mount Hua is also called Mount Taihua, known as the Western Mountain since the ancient times and located in the present Shaanxi Province at an elevation of 2,160 meters. In China, there are Five Great Mountains. The Eastern Mountain in Shandong Province, the Southern Mountain in Hunan Province, the Western Mountain in Shaanxi Province, the Northern Mountain in Shanxi Province, and the Central Mountain in Henan Province. Mount Hua is one of the key national scenic spots in China for its **steep** and dangerous peaks.

As early as the second century BC, there was a Taoist temple named the **Shrine** of the Western Mountain lying at its base. Unlike Mount Tai, which became a popular place of **pilgrimage**, Mount Hua received only **imperial** and local pilgrims for the inaccessibility of its summits, and was not well visited by pilgrims from the rest of China. Mount Hua was also an important place for **immortality** seekers, as many **herbal** Chinese medicines are grown and powerful drugs were reputed to be found there. **Kou Qianzhi**¹ (365 - 448), the founder of the Northern Celestial Masters received revelations there, as did **Chen Tuan**² (920 - 989), who spent the last part of his life in **hermitage** on the west peak of Mount Hua. In the 1230s, all the temples on the mountain came under control of the Taoist Quanzhen School. In 1998, the management committee of Mount Hua agreed to turn over most of the mountain's temples to the China Taoist Association. This was done to help protect the environment, as the presence of Taoists and nuns **deters poachers** and loggers.

There are three **routes** leading to Mount Hua's north peak (1,614 m), the lowest of the mountain's five major peaks. The most popular is the traditional route in Huashan Yu (Huashan Gorge), first developed in the third and fourth centuries A.D. and with **successive** expansion, mostly during the Tang Dynasty. It winds for

6 kilometers from Huashan village to the north peak. A new route in Huangpu Yu (Huangpu Gorge, named after the hermit Huang Luzi who lived in this **gorge** in the eighth century BC) follows the cable car to the north peak, and is actually the ancient trail used **prior to** the Tang Dynasty, which has since fallen into disrepair. This trail is now known as “The Intelligent Take-over Route of Mount Hua”, and was **reinforced** in early 2000. The cable car system stations are built next to the beginning and end of this trail. A second cable car line, to the west peak, was opened in 2013.

Mount Hua has historically been a place of retreat for **hermits**, whether Taoist, Buddhist or other; access to the mountain was only deliberately **available to** the strong-willed, or those who had found “the way”. With greater **mobility** and **prosperity**, Chinese, particularly students, began to test their **mettle** and visit in the 1980s.

(526 words)

New Words

steep *adj.* 陡峭的, 险峻的

shrine *n.* 庙, 神龛

pilgrimage *n.* 朝圣之旅

imperial *adj.* 皇帝的, 帝国的

immortality *n.* 不朽, 永生

herbal *adj.* 草本植物的

hermitage *n.* 隐居之处, 隐士生活

deter *v.* 阻止, 威慑, 威吓

poacher *n.* 偷猎者

route *n.* 路线

successive *adj.* 连续的, 接连的

gorge *n.* 峡谷

reinforce *v.* 加固, 加强

hermit *n.* 隐士

mobility *n.* 流动性, 机动性

prosperity *n.* 繁荣, 兴旺

mettle *n.* 勇气, 气质

Phrases and Expressions

be located in 位于, 坐落于

prior to 在……之前

be available to 可被……利用或得到的

Notes

1. **Kou Qianzhi**: 寇谦之(365—448年), 名谦, 字辅真, 祖籍上谷昌平(今属北京), 后迁居冯翊万年(今陕西省西安市阎良区武屯乡境内)。北朝道教的代表人物与领袖, 南北朝新天师道(也称“北天师道”)的改革者和代表人物。寇谦之受道不久, 成公兴对寇谦之说:“先生如有意学道, 当随公兴隐遁深山。”寇谦之欣然同意。于是, 便随成公兴离家

修道去了。寇谦之先随成公兴到华山,采得仙药,服后不饥。不久,师徒俩前往嵩山,潜心修道。

2. **Chen Tuan:** 陈抟(871—989年),字图南,号扶摇子,赐号“白云先生”“希夷先生”,北宋著名的道家学者、养生家,尊奉黄老之学。北宋端拱初年(988年),仙逝于华山张超谷,享年118岁。

Exercises

- I. **Directions:** For each of the following questions, there are four choices marked A, B, C and D. You should decide on the best one.
1. Why is it called Mount Hua?
 - A. Because it is a steep mountain.
 - B. Because it is the eastern section of Mount Qinling.
 - C. Because it looks like a flower.
 - D. Because of its importance.
 2. What's the role of Mount Hua in China?
 - A. Western mountain.
 - B. One of the key national scenic spots.
 - C. The most famous scenic mountain.
 - D. Known for its steepness.
 3. Why did the management committee of Mount Hua agree to turn over most of the mountain's temples to the China Taoist Association?
 - A. To make more profits.
 - B. To make it more accessible.
 - C. To protect the environment.
 - D. To make the mountain more famous.
 4. Which is the most popular route leading to Mount Hua's north peak?
 - A. Huashan Gorge.
 - B. Huangpu Gorge.
 - C. Cable Car System.
 - D. The Intelligent Take-over Route of Mount Hua.
 5. What's the purpose of hermits choosing Mount Hua?
 - A. Retreat.
 - B. Enjoy life.
 - C. Belief.
 - D. Passion.

II. Directions: *Please translate the following passage into English.*

庐山位于江西省北部,长江以南,鄱阳湖西北部。据记载,它有 2 000 多年的历史。风景区面积 302 平方公里,包括自然奇观 16 处、景区 474 处、高峰 171 处,其中最高峰大汉洋峰海拔 1 474 米。庐山风景区的风景令人叹为观止。

Text 3 The Yellow River

The Yellow River (or Huang He) is the second longest river in China and the sixth longest in the world at 5,464 kilometers. The first appearance of the name “Yellow River” is in *The Book of Han* written in the Western Han Dynasty (BC 206 – AD 9). The name “Yellow River” describes the **perennial** ochre-yellow colour of the muddy water in the lower course of the river. The yellow color comes from **loess** suspended in the water.

The source of the Yellow River is in the **Bayan Har Mountains**¹ near the eastern edge of the **Yushu Tibetan Autonomous Prefecture**. The source **tributaries drain into** Gyaring Lake and Ngoring Lake on the western edge of Golog Prefecture high in the Bayan Har Mountains of Qinghai. In the Zoige Basin along the boundary with Gansu Province, the Yellow River **loops** northwest and then northeast before turning south, creating the **Ordos Loop**², and then flows generally eastward across the North China Plain to the Gulf of Bohai, draining a basin of 752,443 square kilometers which nourishes 140 million people with drinking water and **irrigation**. The Yellow River passes through seven present-day provinces and two autonomous regions, namely (from west to east) Qinghai Province, Sichuan Province, Gansu Province, Ningxia Hui Autonomous Region, Inner Mongolia Autonomous Region, Shaanxi Province, Shanxi Province, Henan Province, and Shandong Province. Major cities along the present course of the Yellow River include (from west to east) Lanzhou, Yinchuan, Wuhai, Baotou, Luoyang, Zhengzhou, Kaifeng, and Jinan. The current mouth of the Yellow River is located at Dongying City, Shandong. The river is commonly divided into three stages. These are roughly the northeast of the Tibetan Plateau, the Ordos Loop, and the North China Plain.

The **upper reaches** of the Yellow River constitute a segment starting from its source in the Bayan Har Mountains and ending at Hekou Town (Togtoh County), Inner Mongolia just before it turns sharply to the south. This segment has a total length of 3,472 kilometers and total basin area of 386,000 square kilometers, 51.4% of the

total basin area. Along this length, the **elevation** of the Yellow River drops 3,496 meters.

The **middle reaches** of the river run from Hekou in Togtoh County, Inner Mongolia Autonomous Region, to Zhengzhou, Henan Province. They are 1,206 kilometers long, with a basin area of 344,000 square kilometers, 45.7% of the total, with a total elevation drop of 890 meters. There are 30 large tributaries along the middle reaches, and the water flow is increased by 43.5% on this stage. The middle reaches contribute 92% of the river's **silts**.

In the **lower reaches**, from Zhengzhou to its mouth, a distance of 786 kilometers, the river is confined to a levee-lined course as it flows to the northeast across the North China Plain before emptying into the Bohai Sea. The basin area in this stage is only 23,000 square kilometers. Nearly all rivers to the south drain into the Huai River, whereas those to the north drain into the Hai River. The total drop in elevation of the lower reaches is 93.6 meters.

(509 words)

New Words

perennial *adj.* 终年的, 四季不断的

loess *n.* 黄土

tributary *n.* 支流

loop *n.* 环, 圈

basin *n.* 盆地

irrigation *n.* 灌溉, 水利

elevation *n.* 海拔

silt *n.* 淤泥, 泥沙

Phrases and Expressions

the Bayan Har Mountains 巴颜喀拉山区

the Yushu Tibetan Autonomous Prefecture 玉树藏族自治州

drain into 流入

upper reaches 上游河段

middle reaches 河道中游

lower reaches 下游河段

Notes

1. **the Bayan Har Mountains:** 巴颜喀拉山区, 是青海省境内长江与黄河的分水岭, 位于青海省中部偏南。主峰位于玛多县西南、巴颜喀拉山口西北, 藏语名为“勒那冬日”, 海拔

5 266 米。黄河发源于山脉西段海拔 5 202 米的雅拉达泽山以东的约古宗列盆地。山地海拔多在 5 000 米以下,约古宗列盆地及黄河源区的海拔在 4 500 米左右。山势和缓,山前遍布大小沼泽和湖泊,其中著名者为星宿海、扎陵湖和鄂陵湖。北麓的约古宗列渠是黄河源头所在,南麓是长江北源所在。巴颜喀拉在蒙古语中的意思是“富饶青(黑)色的山”。

2. **the Ordos Loop:** 鄂尔多斯高原,地处黄河万里长城的怀抱之中(即三面为黄河环绕,一面为万里长城),东南、西与晋、陕、宁接壤,北与自治区首府呼和浩特和包头市隔河相望。3.5 万年前,鄂尔多斯是著名的“河套人”繁衍生息的地方,也是“河套文化”的发祥地。一代天骄成吉思汗的陵寝就坐落在鄂尔多斯中部的鄂尔多斯伊金霍洛草原上。

Exercises

I. **Directions:** For each of the following questions, there are four choices marked A, B, C and D. You should decide on the best one.

- The Yellow River is _____.
 - the longest river that flows to the Bohai sea
 - the longest river in China
 - the longest river that flows to the East China Sea
 - the second longest river that flows to the East China Sea
- Where does the yellow mud come from? It comes from _____.
 - the loess
 - the riverbed
 - the sea
 - the riverbanks
- The Yellow River loops _____ and then northeast before turning south, creating the Ordos Loop.

A. south	B. north
C. northwest	D. southeast
- The basin area of the upper reaches accounts for _____ of the total basin area.

A. 92%	B. 45.7%
C. 43.5%	D. 51.4%
- The middle reaches of the river run from Hekou in Inner Mongolia to _____.
 - Bayan Har Mountains
 - Zhengzhou
 - its mouth
 - Togtoh County

II. Directions: *Please translate the following passage into English.*

黄河是亚洲第三、世界第六长的河流。“黄”这个字描述的是其河水浑浊的颜色。黄河发源于青海,流经九个省级行政区,最后注入渤海。黄河是中国赖以生存的几条河流之一。黄河流域(river basin)是中国古代文明的诞生地,也是中国早期历史上最繁荣的地区。然而,由于极具破坏力的洪水频发,黄河曾造成多次灾害。在过去几十年里,政府采取了各种措施防止灾害发生。

Text 4 The Yangtze River

The Yangtze River (or Chang Jiang) is the longest river in China as well as in Asia and the third longest in the world, after **the Nile** in Africa and **the Amazon River** in South America. The river is about 6,380 kilometers long and flows from its source in Qinghai Province, eastwards into the East China Sea. It is considered by some people as a dividing line between North and South China, although geographers generally consider the **Qinling Mountains-Huai River Line**¹ to be the official line of geographical division. As the largest river in the region, the Yangtze is historically, culturally and economically important to China. One of the dams on the river, the **Three Gorges Dam**², is the largest hydro-electric power station in the world.

The name of Yangtze River originated in the Sui Dynasty, and it derives from Yangzi Jiang, the Chinese name for the river in its lower reaches, specifically, the stretch between Yangzhou and Zhenjiang. The name comes from the ancient ferry crossing called Yangzi or Yangzijin. As it was the name first heard by **missionaries** and traders, this name was applied in English to refer to the whole river.

The river originates from several tributaries in the eastern part of the **Tibetan Plateau**, two of which are commonly referred to as the “source”. Traditionally, the Chinese government has recognized the source as the **Tuotuo River** at the base of a glacier lying on the west of Geladandong Peak of the **Tanggula Mountains**.

These tributaries join the river and then runs eastward through Qinghai Province, turning southward down a deep valley at the border of Sichuan Province and Tibet to reach Yunnan Province. In the course of this valley, the river’s elevation drops from above 5,000 meters to less than 1,000 meters.

It enters the basin of Sichuan at Yibin. While in the Sichuan basin, it receives several mighty tributaries, increasing its **water volume** significantly. It then cuts through Wushan Mountains bordering Chongqing City and Hubei Province to create