

• 华侨华人留学生高等教育系列精品教材 •

中国传统文化概论 (第二版)

An Introduction to Chinese Culture (2nd Edition)

主编 余惠芬

全英版

English Version



暨南大学出版社
JINAN UNIVERSITY PRESS

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Preface I

Increasing globalization in terms of the economy and information brings with the ever more frequent interaction among different cultures and countries; it has become one of the major forces promoting cultural development in the 21st century. As Mr Zhang Liwen has pointed out, “the 21st century is the century of mutual learning, interaction, interpenetration and complementarities; it is the century of conflict-melting and the construction of harmony.”

China is well known by its great culture and splendid civilization. Known as “the highest institution of overseas Chinese”, Jinan University started the Traditional Chinese Culture course early in 1985, as a mandatory course. In 2001, to keep pace with the expanding needs of incoming overseas Chinese and international students, Jinan University established the first English-medium school in Mainland China—the International School. At present, Jinan University has received over 10,000 overseas students from more than 80 countries and regions. For the International School especially, 80% of its students are from overseas.

Based on the knowledge and confidence of Chinese culture, and the needs in their teaching practice, experienced teaching professionals of Jinan University in this field teamed up to write a book entitled *An Introduction to Chinese Culture*. After several years of continuous research and study, combined with their experience in teaching both in China and overseas, the book is ready to serve the vast public.

As a textbook, it introduces the essence of Chinese culture and underscores the major trends of its development. In this way it not only meets the need for teaching materials for the course, but also makes a useful attempt to apply ancient wisdom to the contemporary world and foreign wisdom to the domestic needs. It provides a bridge for overseas students and readers to learn the ancient wisdom of China and share this heritage of human civilization. The book, indeed, will be an informative source for

2 ■ *An Introduction to Chinese Culture*

spreading Chinese culture and promoting culture exchange. Initially conceived as a necessary textbook or reference book for teaching, the book provides all the interested readers with a great and very readable introduction to traditional Chinese culture.

Jiang Shuzhuo

Professor and Vice President

Jinan University

July, 2007

序 一

随着经济一体化及信息全球化时代的到来,跨文化、跨国界的文化交流日益频繁,已成为21世纪文化发展的动力。正如张立文先生所指出的那样:“21世纪是东西文化互学、互动、互渗、互补的世纪,是冲突融合而和合的世纪。”

中华民族历史悠久,文化源远流长,博大精深,曾震烁古今,泽被四邻。素有“华侨最高学府”之称的暨南大学早在1985年就专门为港澳台侨生及留学生开设了中国传统文化课程,作为其必修的文化素质教育课。2001年,为适应越来越多的侨生和外国留学生来华求学的需求,我校率先在中国大陆成立了全英语教学的国际学院。目前,暨南大学拥有万余名来自世界80多个国家和地区的境外学生,而国际学院7个本科专业招收的千余名学生中,约80%为港澳台侨生和留学生。

基于一种文化自觉和自信,同时出于教学工作的需要,国际学院的几位教师经过多年全英语教学的探索和积淀,结合在海内外的教学经验,克服种种困难,在不懈的努力下终于使这本全英文的《中国传统文化概论》付梓面世。

采用讲座的形式、选取中华文化之精华、分专题作深入浅出的介绍是该教材的特色;每个专题配有适量插图或照片,力求知识性和趣味性的结合,充分考虑到了港澳台学生及留学生的特点;每个章节后附讨论题以及书末的参考文献,为学生和其他读者复习或做进一步研究提供了方便。尤其是他们充分发挥其专业知识、语言能力及国外工作经历之优势,在教学活动和教材编写中注意在中西文化的比较中展示中华文化的独特魅力,在与各国学生的互动中使其领略整个中华文化与文明进程中“一以贯之”的文化精神,获得了学生的认可和欢迎。

用英语编写中国传统文化教材,介绍中国文化的主要内容,勾勒中国文化的发展大势,不仅填补了该门课程教材的空白,其本身可说是“古为今用,洋为中用”的有益尝试,为汉语非母语的学生和读者提供了零距离接触中华文化,分享人类宝贵遗产的机会,这对于弘扬中华文化、促进中外文化交流、构建和谐世界都具有十分积极的意义。本书不仅可以作为高校中国传统文化课程的教材或参考书,而且对于所有对中国传统文化感兴趣并具有一定英语阅读

能力的中外读者，都是一本很好的入门读物。我相信它一定会有很大的吸引力和长久的生命力。

是为序。

蒋述卓

暨南大学教授，副校长

2007年7月于暨南大学

Preface II

It is my great pleasure to contribute the preface to the upcoming release of the book *An Introduction to Chinese Culture* (English version).

In recent years, accompanying the growing prosperity of China, the winds of learning Chinese and Chinese culture have been blowing across the entire world. And, although there are countless books about the Chinese language learning, few have focused on Chinese culture, and even fewer have been written in English.

Professor Yu is an expert in this field based on her Chinese culture teaching experience both in American and Chinese universities. Organized by Professor Yu, a group of experienced professionals have been working at the book with both their English knowledge and their teaching experience. Therefore, it is reasonable to expect that *An Introduction to Chinese Culture* can fill a gap in publishing such a kind of English textbooks, while at the same time cater to the increasing demand for Chinese culture learning materials from overseas.

After reading the draft of the textbook, I truly feel that the book has been designed with the major characteristics and needs of overseas Chinese and international students in mind. It simplifies the forbiddingly deep and wide Chinese traditional culture into several manageable topics: history, philosophy, religion, economy, literature, language and characters, and calligraphy and painting. I deem that such a great book will not only serve as a valuable textbook nationally, but will most certainly gain popularity among overseas Chinese. Moreover, it will be no surprise to me if many foreign friends find this book both interesting and informative to read as well.

Yuh Kang Pan

Former President of Federation of Chinese Association, USA

Honorary Professor, Boston College

Honorary Professor, Jinan University

Boston, MA, USA

March, 2007

序 二

很高兴为暨南大学即将出版的教材《中国传统文化概论》（英文版）写序。近年来随着中国的和平崛起，世界各地正在掀起一股学习中文和中国文化的热潮。目前有关中文学习的书籍不少，但关于中国传统文化的不多，而用英语编写的较系统地介绍中国传统文化的教材更少。

余惠芬老师有在美国大学教授中国文化的经验以及在暨南大学国际学院多次全英教授该课程的基础，由她组织、邀集一批既有英语语言功底又具专业知识的资深教师编写这本《中国传统文化概论》教材，及时填补了目前出版界的一块空白，顺应了海内外“中国文化热”新形势的需求。

我看了余惠芬老师和她的同事们在多年教学的基础上编写的教材初稿，该教材根据港澳台学生及留学生的需要和特点，将博大精深的中国传统文化之精华分专题进行简要介绍，内容涵盖历史、哲学、宗教、经济、文学、语言文字、书法绘画等方面，语言平易流畅，通俗易懂。我认为，本书不仅可作为国内大学的教材，还必将受到海外华侨华人的喜爱；对于越来越多渴望了解中国及中国文化的各界外国人士亦甚有益。特此推介。

潘毓刚

前全美华人协会总会主席

波士顿学院荣誉教授

暨南大学名誉教授

2007年3月于美国波士顿

Foreword to the Second Edition

The book, *An Introduction to Chinese Culture* (English Version), has gained attention and recognition from reader both in and outside the country since its publication in 2007. Not only has it been applied as a textbook in some universities in the Chinese mainland with overseas students, many universities and Chinese language schools abroad have also employed it as a supplementary book or a textbook for an optional course; in addition, quite a few foreign people who are interested in Chinese culture have used it as a self-study material.

In recent years, the textbook have received a variety of awards and honors. It was listed as one of the Excellent Textbooks for Overseas Chinese and International Students in the Higher Education Series in 2011 and won the honor of the Quality Textbook in Guangdong Province in 2014. The course, *An Introduction to Chinese Culture*, which my team had been teaching, was awarded by the Ministry of Education “The Brand English-teaching Course for International Students Studying in China” and won “The Second Prize of Group of Arts at Higher Education Level” in “The Thirteenth National Multimedia Courseware Competition” in 2013.

However, there is still something which needs further improvements. In the second edition, we add some exercises for each chapter, including blank filling, multiple choice, short answer questions and questions for discussion. By the way, all the readers may log onto <http://course.jnu.edu.cn/cxgc/zgctwhgl/> to get access to the teaching videos, PPT courseware and all the exercises and answers as well.

Yu Huifen
Jinan Garden
May, 2017

第二版前言

本书是《中国传统文化概论》（全英版）的第二版。自2007年正式出版以来，《中国传统文化概论》（全英版）一书得到社会各界的关注和认可，不仅国内拥有留学生或有条件用英语开设“中国传统文化”课程的院校将其作为教材使用，国外一些高校或中文学校也将其作为辅助或选修课教材，更有许多外国朋友将其视为了解中国文化的入门课本。

近年来，《中国传统文化概论》（全英版）这本教材及其课程不断获得各类奖项和荣誉：2011年该教材被列为华侨华人留学生高等教育系列精品教材，2014年获评广东省重点建设精品教材；2013年，我们这个团队所讲授的“中国传统文化概论”课程获评“来华留学英语授课品牌课程”（国家级）；早在2006年，这门课程就已是暨南大学首个国家级精品课程“中国传统文化概论”的组成部分。此外，“中国传统文化概论”网络课程在2011年“第十三届全国多媒体课件大赛”中获“高教文科组二等奖”。

然而，在该教材的使用过程中，我们也发现一些不足。此次再版，我们综合考虑了教材使用院校师生的反馈意见，在第一版的基础上进行了修订和完善，尤其是在每章后增补了练习，包括填空、选择、简答及讨论题，并附有练习答案。同时，“中国传统文化概论”（英语授课）课程的网站建设也已基本完成，本教材各章的教师授课录像、PPT课件、全部练习及其答案均可通过登录该网站获取，网址为：<http://course.jnu.edu.cn/cxgc/zgctwhgl/index.asp?>。

余惠芬

2017年5月于暨南花园

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Chapter 1

Ancient Chinese History

1.1 Earliest Period: From Legends to Xia and Shang Dynasties

1.1.1 Human Origin in Chinese History

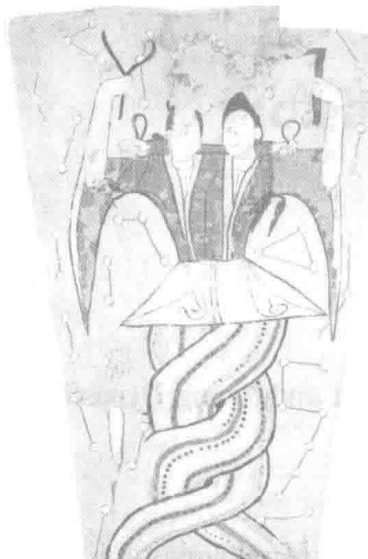
Human history, as described in ancient Chinese mythology, begins with a god named Pangu (盘古) and a goddess named Nüwa (女娲).

The origin and birth of Pangu are pictured as follows: It is the dawn of history and the sky and earth are linked together; the universe is like a huge egg, within which Pangu takes form. During the long period while Pangu is taking shape within the egg, he keeps on sleeping. Before he grows old enough to open his eyes, 18,000 years have passed. When Pangu awakes, he finds himself within a dark, undifferentiated, egg-shaped mass. Bored with the darkness, he feels about him. Surprisingly, he comes across a gigantic axe! Then, taking the axe, Pangu uses up all his strength to break the shell that encases him.

With the deafening sound of mountains crumbling and the earth's surface cracking up, the huge egg splits in two: the earth and sky appear! To prevent the earth and sky from coming together again, Pangu stands between them with his head against the sky and his feet on the earth. The sky and earth are finally fixed, leaving Pangu exhausted.

As Pangu lies dying, a series of unimaginable things take place: the rolling streams of gases spewing from his mouth become cloud and wind, his left eye becomes the sun while the right becomes the moon, his last shout becomes the thunder, his blood the river, his body the mountains, his muscles the fields; his

hair becomes the stars in the sky, his skin becomes the flowers, grass and trees, his teeth and bones become the metals and stone under the earth, and his sweat the rain and dewdrops.



Nüwa and Fuxi

Then Nüwa appears. Nüwa is a goddess with the bottom of her body like a dragon's tail and the upper part like the human being. When she wanders about the world, she is astonished by all the things created by Pangu: the colorful flowers, the green trees, and the lovely insects, etc. However, she still feels that the world is not so perfect. As to what is needed, she doesn't know. One day, when she flies along the Yellow River (黄河) and appreciates her own beautiful inverted reflection in water, an idea comes to her.

Nüwa decides to fashion the first human beings from the clay according to her own image, only she uses two legs to replace the dragon-tail. After moulding a great quantity of little clay figurines, she stops and gives a puff to them. Astonishingly, the little clay figurines immediately have life with abilities to speak and walk erectly. Nüwa calls them human beings. Then Nüwa empties *Yangqi* (masculine or positive element in nature) into some of these human beings to turn them into men, and *Yinqi* (feminine or negative element in nature) into the rest to turn them into women. The appearance of human beings changes the barren look of the earth.

To make the human beings increase gradually in number and quality, Nüwa sets up the marriage system, letting a man marry a woman to form a family and have babies. Since then, the human beings have propagated themselves on the earth.

There is also another legend story about the origin of human beings that Nüwa marries her brother Fuxi (伏羲) and they are the parents of the human beings.