

民风民俗故事

话说中国故事

系列丛书

第一季

STORIES OF
FOLK TRADITION AND CUSTOMS

CLASSIC TALES AND STORIES OF CHINA

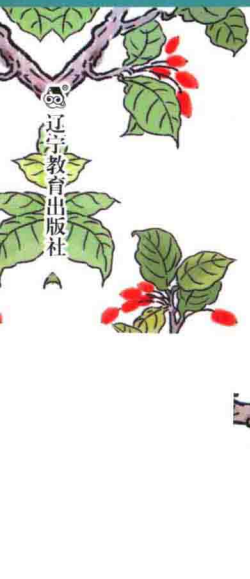


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序言

《话说中国故事》系列丛书由《寓言哲理故事》《民风民俗故事》《民间传说故事》《神话传说故事》《传统美德故事》和《经典历史故事》六本书组成。每本书都配以生动传神的插图和简明流畅的英文译文。本系列丛书旨在使具有不同语言文化背景的读者共享中华传统文化之美，体会中华传统文化之博大精深。丛书受众广泛，不仅包括中小學生，还包括国内外对中华传统文化感兴趣的各个年龄层次的读者，也包括用于教育辅导孩子学习传统文化和英语的各类家长，属于传统文化普及读物，适合信息时代的社会快节奏。这套图文并茂的双语经典系列丛书既适合对中华传统文化感兴趣的外国人，也适合想向国际友人传播中华传统文化的中华儿女阅读、赏析与传播。

《寓言哲理故事》不仅题材丰富、词语洗练、意象生动，而且寓意深刻。其中最杰出的代表是庄子寓言故事。《寓言哲理故事》将深奥的哲理寄托在故事之中，通过浪漫而夸张的艺术手法，阐述天人合一、自然无为的哲学思想。中国古代哲学思辨故事虽浅显易懂却蕴意深刻，让人读之难忘，嚼之有味。像《邯郸学步》《螳臂当车》《望洋兴叹》《掩耳盗铃》等寓言故事已然妇孺皆知，耳熟能详。

《民风民俗故事》包括了中华传统的时节时令的来历，如《年》《腊八粥》，以及民风民俗趣谈如《财神》《月下老人》《红双喜》等，也精选了部分与民俗相关的在民间流传甚广的民间故事。由众多民族组成的中华大家庭决定了其风俗习惯的多样性，书中精选了比较有代表性的各民族各地区的民风民俗故事，体现了中华民族共同恪守的行为模式和风俗习惯，是了解中华风俗习惯的切入口。

《民间传说故事》属于口头文学范畴，是世界民间文化的重要组成部分。民间故事以口耳相传的方式在民众中世代传承，绵延不绝。民间故事内容广泛，情节动人，具有鲜明的时代性、地方性和民族性。民间故事与民风民俗一样，其传承力极强，有些民间故事如《孟姜女哭长城》《木兰从军》《姜太公钓鱼》《白蛇传》等在华夏大地上已然达到家喻户晓的程度。其中最为著名的爱情故事《梁山伯与祝英台》深受中外读者的喜爱。

《神话传说故事》描写的时间范围往往是所谓盘古开天辟地的史前时代。神话故事的话题多围绕人与自然之间的关系，如《女娲补天》《夸父追日》《精卫填海》等。神话故事的典型人物往往被描述成神仙或半神仙式的英雄。神话故事虽然是超自然的神话传奇，但很多故事有具体的发生地点和发生年代，故事的主人公也经常是真实的人物，如《斑竹泪》《沉香救母》《神农炎帝》等。

《传统美德故事》收集的人物故事代表中华民族传统的美好品行：勤劳勇敢、敬老爱幼、黽勉好学、刚直廉洁、真诚守信等，如《囊萤夜读》《孟母三迁》《岳母刺字》《张良拜师》《管鲍之交》等脍炙人口的故事。中国自古以来被称为“文明古国，礼仪之邦”。五千年的文明积淀，形成了高尚的道德准则、完整的礼仪规范和优秀的传统美德。读者阅读这些精选的传统美德故事，感悟人生中应具有的真善美品质，激励自己塑造完美人格，进而传承中华民族特有的传统美德。

《经典历史故事》精选出中国历史上真实发生的、最具有时空穿透力的经典历史故事，如《荆轲刺秦王》《焚书坑儒》《虎门销烟》等。还精选了在民间流传甚广的中国古圣先贤们精忠报国、文韬武略、清正廉洁以及他们的一些奇闻逸事，如《大禹治水》《苏武牧羊》《王安石变法》等。这些故事体现了善良的中国百姓对清官廉政的渴望和对太平盛世、美好生活的向往。通过经典历史故事感悟历史风尘，以史为镜重塑中华儿女之骄傲与尊严。

中华传统文化汇集了华夏丰富的精神财富，承载着中华民族的大智慧，呈现了中华五千年的辉煌文明，并作为世代传袭的人文精神、社会习俗、价值观念等文化遗产渗透在每个中国人的血脉之中。本书所选的经典故事从不同的角度将这些文化遗产呈现给读者，使读者体会到中华传统文化的博大精深，感悟人生的智慧、生命的真谛，同时在领略中华传统文化的韵味中提高双语赏读能力。

任秀桦

北京无为斋

2017年7月12日

Classic Tales and Stories of China

Preface

Classic Tales and Stories of China is composed of six books, *Stories of Fables*, *Stories of Folk Tradition and Customs*, *Stories of Folk Tales*, *Stories of Myths and Legends*, *Stories of Traditional Virtues* and *Stories of Historical Events*. All the six books are matched with vivid illustrations and plain English translations. *Classic Tales and Stories of China* will have a wide readership, including Chinese readers from kindergarten to college, foreign readers of different levels who are interested in Chinese culture and Chinese parents who educate their children to learn traditional culture. These illustrated books belong to the popular literature of traditional culture which tries to keep up with the fast pace of society in the information age. They will help readers of different cultural backgrounds to share the essential beauty of the traditional Chinese cultural heritage. The lovely and interesting stories will quench both the thirst of foreigners who are interested in traditional Chinese culture, and the Chinese youngsters who enjoy the topic of traditional Chinese culture in a bilingual manner.

Stories of Fables often uses exaggerated and imaginary means, as well as distinct

and lively language, to convey moral truth and embody the philosophy of life. The outstanding representatives are Zhuangzi's fables. *Stories of Fables* sets forth the mysterious and deep philosophy of "Non-action" and "the Harmony of Humans and Nature" in a romantic and exaggerated artistic style. It also explains the secret essence of philosophical thinking on life with simple and vivid stories, which enables people to savor the unique taste of the stories while they gain enlightenment and moral truth. Fables like *A Walking Learner in Handan*, *A Mantis Blocked a Chariot*, *A Sigh of the River* and *Plugging the Ears While Stealing* have been widely known by most Chinese families.

Stories of Folk Tradition and Customs includes Chinese traditional seasonal themes, such as "Nian", *Laba Porridge*, and anecdotal stories of folk customs such as *The God of Wealth*, *Matchmaker Yuelao*, *Red Double Happiness* and so on. It also introduces some related widespread folk stories. China is composed of many nationalities and ethnic groups with diversities of customs and habits. This book selects representative folklore stories which embody patterns of behavior and customs of various nationalities in China. *Stories of Chinese Folk Tradition and Customs* is a real elementary course in Chinese traditional culture.

Stories of Folk Tales belongs to the category of oral literature. Chinese folk tales and legends are regarded as an invaluable treasure in international folk literature. They have been passed down from generation to generation with their extremely rich oral style. Chinese folk tales, with extensive contents and impressive plots, are often based on real Chinese history. They demonstrate a distinct character of epoch,

locality and nationality. Some famous Chinese folk tales have been widespread in China through the ages, like *Lady Meng Jiang Weiled at the Great Wall*, *Mulan Joined the Army*, *Jiang Taigong's Fishing*, and *Lady White Snake*. Among the most favorite tales of love, *Liang Shanbo and Zhu Yingtai* is the most treasured by readers domestic and abroad.

Stories of Myths and Legends selects the most famous ancient Chinese myth stories, which often deal with supernatural beings, ancestors, or heroes of remote antiquity. These stories center around the relationship between humans and nature, such as *Nv Wa Saved the Sky*, *Kua Fu Chased the Sun*, and *Jingwei Filled the East Sea*. The protagonists in myths are often described as immortals or half-immortals. Even though there are supernatural facts in myths, the characters, times, and locales of the stories are often true in existence, like *A Bamboo with Spots of Tears*, *Chenxiang Saved His Mother* and *Holy Farmer King Yan* and others.

Stories of Traditional Virtues collects the classic stories, in which the characters represent the Chinese nation's traditional virtues and values: being brave and hard-working, respecting the elderly and caring for children, being studious and diligent, being upright and trustworthy, etc. The typical stories include *Reading by the Light of Bagged Fireflies*, *Three Moves by Mencius' Mother*, *Yue Fei's Tattoo by His Mother*, *Zhang Liang Apprenticed to the Master*, and *The Friendship Between Guan and Bao*. Since ancient times, China has been known as the country of ancient civilization, and the land of etiquette. The 5,000-year civilization has allowed China to form a noble moral code with complete etiquette norms and excellent traditional

virtues. The characters in these stories have set good examples for the later generations. They inspire readers to shape their personality well and inherit the unique traditional virtues of the Chinese nation.

Stories of Historical Events selects classical historical stories with the penetrating power of time and space. These events really happened in the history of China, such as *Jing Ke Assassinated the King of Qin*, *Burning Books and Burying Confucian Scholars*, *Lin Zexu Burned Opium at Humen* and others. It also introduces the most popular sages of ancient China with their excellent characters, such as loyalty, patriotism, honesty, uprightness and military expertise as in *Da Yu Tamed the Flood*, *Su Wu Herded Sheep* and *The Reform of Wang Anshi*. These stories reflect the desire of the Chinese people for righteous and incorruptible officials and a peaceful and prosperous life. The classic historical stories, enduring from generation to generation through the ages, display the numerous and complicated historic changes, and present the brilliant civilization of the Chinese over five thousand years. Chinese people view history as a mirror, and lessons of the past as the teacher of the future. Readers can walk through the classic Chinese historical stories and reclaim the pride and dignity of their Chinese ancestors.

The Chinese traditional culture brings together the rich spiritual wealth of the Chinese, carries the great wisdom of the Chinese nation, presents the brilliant civilization of the Chinese over five thousand years, and pervades the blood of Chinese all over the world with a sense of kindred spirits, conventions and values. *Classic Tales and Stories of China* exudes the flavor of the Chinese nation, sparkles

with their wisdom and reflects the essential beauty and brilliance of Chinese culture. Readers not only can read the vivid tales with its implied greatness and profound traditional Chinese culture, but also gain the ability of cross-cultural perception.

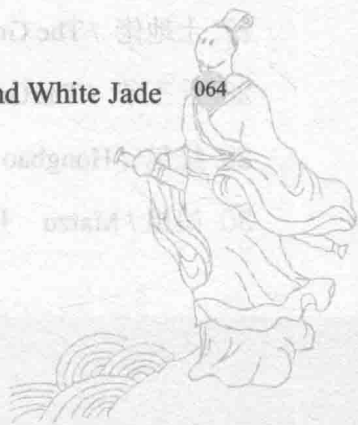
Ren Xiuhua

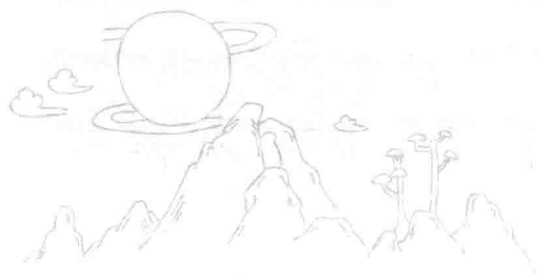
Non-Action Study Beijing

July 12, 2017

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腊八粥
Laba Porridge

là bā zhōu

1. 腊八粥

hěn jiǔ yǐ qián yǒu yì jiā rén ér zi ér xí gēn zhe fù mǔ
很久以前，有一家人，儿子、儿媳跟着父母

yì qǐ guò rì zi lǎo rén duì ér zi ér xí zhào gù de fēi cháng zhōu
一起过日子。老人对儿子、儿媳照顾得非常周

dào shén me jiā wù huó er dōu bú ràng tā men dòng shǒu jié guǒ xiǎo
到，什么家务活儿都不让他们动手。结果，小

liǎng kǒu gēn běn méi yǒu xué huì rú hé zhào gù zì jǐ
两口儿根本没有学会如何照顾自己。

hòu lái lǎo liǎng kǒu qù shì le xiǎo liǎng kǒu chī wán le lǎo
后来，老两口儿去世了，小两口儿吃完了老

rén liú xià de liáng shí zài hòu lái tā men bǎ fáng zi yě mài qián mǎi liáng
人留下的粮食。再后来，他们把房子也卖钱买粮

shí chī le zuì hòu tā men zhǐ hǎo jǐ zài yì jiān pò cǎo péng lǐ ái
食吃了。最后，他们只好挤在一间破草棚里挨

è hán dōng lái le xiǎo liǎng kǒu yòu lěng yòu è zài là yuè chū bā
饿。寒冬来了，小两口儿又冷又饿，在腊月初八

zhè tiān tā men cóng lǎo shǔ dòng lǐ sōu chū le yì diǎn yù mǐ luó bo
这天，他们从老鼠洞里搜出了一点玉米、萝卜，

còu he yí xià áo chéng xī zhōu zhèng yào hē de shí hou yí zhèn kuáng
凑合一下，熬成稀粥。正要喝的时候，一阵狂

fēng guā lái bǎ qiáng guā dǎo le tā men bèi yā sǐ zài dǎo tā de qiáng
风刮来，把墙刮倒了，他们被压死在倒塌的墙

dǐ xià
底下。

cóng cǐ měi dào là yuè chū bā là bā jié zhè yì tiān rén men
从此，每到腊月初八，腊八节这一天，人们

jiù yòng wǔ gǔ zá liáng áo yì guō zhōu tí xǐng rén men jì zhù láo dòng
就用五谷杂粮熬一锅粥，提醒人们记住劳动

shēng cún de dào lǐ
生存的道理。

Laba Porridge

Once upon a time, a young couple lived with the husband's parents together. The old couple cared for the young couple so much that they did all the housework. As a result, the young couple never learned how to take care of themselves.

Later the old couple died. The young couple ate up all the food stored in the house, and after they sold the house to buy food, they had to move into a straw shack. When the winter arrived, they were cold and hungry in their shack. On the 8th day of the 12th lunar month, they collected a few corns and carrot pieces from rat holes and made a pot of porridge. Just when they were about to eat it, a gust of wind came up and blew down the shed, crushing them to death.

Ever since then, on the 8th day of the 12th lunar month, the Festival of Laba, people make porridge of different grains to remind themselves of the necessity of knowing how to work for survival.