

图说中国传统节日

Illustration of Traditional Chinese Festival

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出版前言

中国传统节日是中华文化的重要组成部分,是传承中华民族精神的载体之一,是联结海内外华人情感的精神纽带。中国传统节日的发展历程清晰地勾勒出一幅幅中国社会发展的历史画面,其丰富的内容则是一幅幅生动的民间生活风俗风貌图景。在它几千年的演变发展过程中,充分展示了中华文化深厚的文化内涵和民族精神。

随着经济日益全球化,全世界各民族的文化形态也在不断地交流碰撞,或因融合而衍生,或因冲击而演变。由于中国改革开放二十多年经济发展的突飞猛进,中国的传统文化则显示出它的勃勃生机,节日作为文化遗产的重要内容,需要传承,需要赋予新的文化内涵和时代意义。世界图书出版公司的出版宗旨不仅是要把世界介绍给中国,更重要的是要把中国介绍给世界。为宣传和弘扬中国的传统文化,我们特意组织国内著名的民俗文化研究专家学者编写了《图说中国传统节日》一书。该书与其他类似的图书相比,有以下几个特点和创新:

1. 这本书首先是编给全球华人阅读欣赏的,因此在序言、目录和节日简介方面我们均采取中英文对照方式;
2. 本书为集中展现中国传统节日丰富的内涵,特辑录由国家文化部颁布的国家级非物质文化遗产名录中的七个中国传统节日;
3. 为了便于广大读者形象、深入体味中国传统节日的发展演变及文化内涵,我们采取以图为主,以文为辅的图说形式。比起已出版的同类书,无论是在读者的扩展面,阅读的兴趣化,理解的形象化等方面都有所探讨与创新;
4. 我们特邀中国民俗研究学会副理事长宋兆麟先生作为本书的主编,其中珍贵的图片文献不但丰富多样,而且有许多都是第一次出版面世。

我们希望通过本书的出版发行,挖掘中国传统节日丰富的文化内涵和民族精神,让海内外亿万华夏儿女——特别是广大青少年更多、更丰富、更全面、更深



刻地认识和了解中国传统节日的内涵与精神,以使我们的节日文化有更高的提升。充分体现它的时代价值,进一步推动和促进国家政府有关部门对传统节日的法定化。我们更期盼通过本书的出版,使中国的传统节日在全世界发扬光大。

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2005 年 12 月 29 日



Foreword of Publication

The Chinese traditional festival is an important integral part of the Chinese culture, one of the carriers for inheritance of the Chinese national spirit, and a spiritual link for cementation of the feeling of the Chinese people both at home and overseas. The development process of China's traditional festivals presents the clear picture of the nation's historical and social development one after another. The rich contents reflect a panorama of the abundant cultural connotations and national spirit of the Chinese culture.

Along with the rising trend for economic globalization, the world's different cultures have come under each other's exchange and collision, deriving from the merger and evolving from the collision. The Chinese traditional festival has shown a strong vitality in the past more than two decades in which the country was seeing a rapid economic development. As an important part of the cultural heritage, the festival calls for inheritance and absorbs the fresh cultural connotation and contemporary significance. The publication principle of World Publishing Corporation is not only to make the world known to China but also to let the world know about China. To promote and enrich China's traditional culture, we invited some famous experts and scholars, engaged in the study of the folk culture at home, to compile this book titled *Illustration of Chinese Traditional Festivals*. This book has the following unique characteristics as compared to other books of the same kind:

1. This book aims at all the Chinese worldwide. Therefore, we adopt a comparison form of the Chinese and English versions in the preface, contents and briefings about festival so as to facilitate them for reading and appreciation.

2. Focusing on the rich connotations of Chinese traditional festivals, this book purposely selects seven major traditional festivals in China, which are identified by Chinese Ministry of Culture.



3. To let readers vividly and profoundly understand the development process and cultural connotations of Chinese traditional festivals, this book is based on illustrations supported with the written text. As compared to the published book of the same kind, this book explores the new ways and means to expand the knowledge scope for readers, attract them with interest and base their understanding on visualization.

4. We particularly invite Vice-director of the Research Society of Chinese Folk Customs Mr. Song Zhaolin to be chief editor of this book. The precious pictures in the book are colorful and diversified, many of which are presented to readers for the first time.

It is hoped that publication and circulation of this book will further tap the essence of the rich cultural connotations and national spirit of Chinese traditional festivals and let the Chinese people both at home and overseas, young and adolescent readers in particular, understand such connotations and spirit more extensively, abundantly, comprehensively and profoundly for the purpose of boosting the status of Chinese festival culture. This book is also expected to embody the modern value of the nation's festival culture and further promote the legalization of traditional festival brought about by the government and related departments. It is more of our expectation to make Chinese traditional festivals popularized in the world through publication of this book.

Xi'an World Publishing Corporation

December 29, 2005

序

中国民俗学会副理事长 宋兆麟

当前，我国正在实施中国非物质文化遗产保护工程，即对中国传统的民族民间文化进行有效的保护，如颁布中国非物质文化遗产保护法、设立中国非物质文化遗产名录（国家、省市和县市三级）、建立非物质文化遗产传承人制度，等等。对上述文化进行田野调查，以文本、录像和搜集实物等手段，进行有效的保存和保护，并且进行科学的开发和利用，让民族民间文化在创建和谐社会的过程中发出光和热。这是弘扬中国传统文化的伟大举措，必将在中华民族的复兴中产生深远的影响。

要想保护好我国的民族民间文化，首先必须了解、掌握我国的民族民间文化。就以我国岁时节庆来说，它无疑是民族民间文化的重要组成部分，其中既有一定的文化空间、场所，又有许多口头文学、节庆仪式、饮食、娱乐，几乎涉及中国民间文化的方方面面。尽管过去出版过一些相关方面的书籍，但是比较零散，还需要进行田野调查。在一些方面我们做得还不够，研究得还不够深入，宣传得还不够广泛。当然进行田野调查不是从零开始，必须掌握前人已经做的工作，在文化积累的基础上开展科学调查。

《图说中国传统节日》运用比较生动的语言、大量的文物图像，亦文亦图，集中描述了中国传统的春节、元宵节、清明节、端午节、七夕节、中秋节和重阳节的节日活动。节日从何而来？在历史上经历了哪些变化？各种节日有什么仪式和内容？它们的发展走向又如何？本书的作者都用史实和文献资料回答了这些问题。

本书文图结合，通俗易懂，符合当今读图时代广大读者的要求，是一本中国传统节日的实用读本。同时，也为中国非物质文化遗产保护工作者提供了一本重要的节日文化参考书。



Preface

Song Zhaolin

Vice-director of the Research Society of Chinese Folk Customs

China Immaterial Cultural Inheritance Protection Project is currently under way in China, that is to make effective protection of the nation's traditional and national folk culture. The protection project includes promulgation of the law for Chinese immaterial cultural protection, formulation of the catalogue for Chinese immaterial cultural protection (at the national, provincial and county levels) and establishment of the immaterial cultural heritor system. The field investigation is made on the basis while it is of texts, videotape and collection of real objects. This is one of the important measures in Chinese cultural construction and will inevitably exert far-reaching influence on invigoration of the Chinese nationality.

To protect Chinese national and folk culture, it is necessary to understand the national and folk culture at first. For instance, the festivals in China are undoubtedly an important integral part of the national and folk culture, covering every aspect of the national and folk culture, such as cultural space, place, popular literature, ritual ceremony, food and entertainments. Some books concerning this topic have been published in the past. However, there is still shortage of the excellent works with field investigation. Such questions can be answered only after an in-depth field investigation, which should be made scientifically on the basis of what has been done by predecessors and the cultural accumulations.

With vivid language and a large quantity of pictures, This book describes Chinese traditional occasions, such as Spring Festival, Lantern Festival, Pure Brightness Festival, Dragon Boat Festival, Double Seventh Festival, Mid-autumn Festival and Double Ninth Festival. What is the origin of those festivals? What changes have they experienced in the history? What about their development? The author answers these questions with facts.

Based on the combination of pictures and texts, this book meets the need of readers for viewing pictures at the contemporary times. This book is also a useful publication about Chinese traditional festivals. Meanwhile, the workers engaged in Chinese Immaterial Inheritance cultural protection are also provided with an important reference book focusing on festival culture.



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春节 Spring Festival

农历正月初一，我国过去称元旦，这是一年的第一天，又称元辰、端日。近代我国使用公历以后，将公历1月1日定为元旦，而称农历正月初一为春节。春节是我国最大、最隆重的节日，举国同庆。春节从除夕夜到正月十五，几乎达半月之久，其间的节日传统、节日装饰、饮食文化和娱乐形式极其丰富多彩。

Spring Festival is on the first day of the 1st lunar month. It used to be called New Year 調 Day in China because it is the first day of the year. It is also called the Lunar New Year 調 Day. The 1st of January has been stipulated as New Year 調 Day since China adopted the Gregorian calendar in the modern times. However, the 1st of the 1st lunar month is called Spring Festival, which is the most important festival in China celebrated nationwide. Spring Festival lasts nearly half month from the eve of the 1st of the 1st lunar month to the 15th. There is a great variety of festival traditions, clothes and food during this period of time.





农历正月初一是春节的开始，
它是中国最大、最隆重的传统节日。

春节不仅仅是一天，
一般是从除夕算起，到正月初七结束，
有的地方甚至到正月十五。

宋代大诗人王安石的《元日》：
“爆竹声中一岁除，春风送暖入屠苏。
千门万户瞳瞳日，总把新桃换旧符。”

只是描写了春节放爆竹、饮酒、贴对联这几个方面，
其实，春节的活动很丰富，
包括忙年、迎年、拜年、祭祖
以及多彩多姿的庆祝娱乐活动。





忙年

Preparation for Spring Festival

忙年也叫忙岁，是春节的筹备阶段。千家万户平时再忙，也要把春节过好，为此要进行一系列准备活动。首先是进行扫除，把家里家外清扫得干干净净，为过节准备一个干净整洁的环境。其次是做年节食品，如杀年猪，灌血肠，做豆腐，蒸年糕，炸面果。按照习俗从除夕到正月里，一般



扫尘（潍坊年画）

是不大动烟火的，基本上是吃年前准备好的食物，表示生活富足，连年有余。第三是办年货，出门前往往开列一张年货单，单上列有红纸、神马、香烛、点心、糖果、皇历、灶王爷、玩具等，还要给小孩儿买新衣、鞭炮。城里人可去店铺办年货，乡下



购年货（《南都繁会图》）



印年画（烟画）



做年糕（烟画）



卖年画（《太平欢乐图》）



春米（宋代宁夏泾源砖雕）

人则到集镇办年货。《春明采风志》记载了置办年货的种类：“琉璃、铁丝、油彩、转沙、碰丝、走马，风筝、毽毛、口琴、纸牌、拈圆棋、升官图、江米人、太平鼓、响葫芦、琉璃喇叭，率皆童玩之物也，买办一切，谓之忙年。”由此可见，置办年货是忙年的重要一环。

年尾的活动很多，主要是准备过年。 北京民谚说：

二十三，糖瓜粘；
二十四，扫房日；
二十五，做豆腐；
二十六，去割肉；
二十七，去宰鸡；
二十八，白面发；
二十九，满香斗；
三十日，黑夜坐一宵；
大年初一出来热一热。

所以有“赶忙三十夜，清闲初一朝”的说法。

除夕活动有两个目的：一是祈求新年丰收。江苏有“画米囤”风俗，即在户外用编孔小蒲包袋，内贮石灰，囤外打印成元宝、矢戟诸形，以求金银财宝。山东德州农民在除夕要提灯入麦田，把灯放在地头，人在地的另一头趴下，以观麦苗长势，来测年景好坏。另一个目的是求子。如山东鄆城过除夕时，要扫院子，把水缸盛满，在院内放好芝麻秆，并唱“撒岁歌”：“东撒岁，西撒岁。儿成双，女成对。全是胖小，都往家里跑。”由此可以看出，祈求农业丰收、人丁兴旺是除夕的主要目的。



迎 年

Eve of Spring Festival

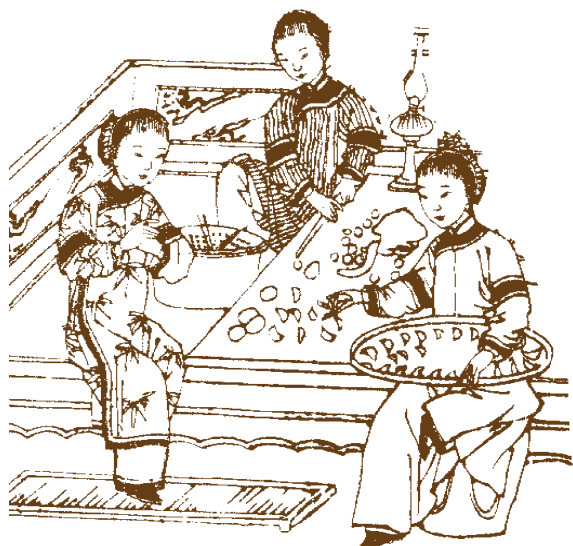


平安富贵（杨柳青年画）

除夕主要是辞旧岁，迎新年。当天民间有贴门神、春联，挂挂签的风俗，在祖先牌位前摆好供品，烧香点烛。家里人要穿上新衣，准备鞭炮，主妇则准备好饭菜。

除夕要吃年夜饭，这是除夕的重要活动之一。清代顾禄《清嘉录》卷12：“除夕夜，家庭举宴，长幼咸集，多作吉祥语，名曰‘年夜饭’。俗称‘合家欢’。”饭前要放鞭炮，饭后老人给后辈压岁钱。年夜饭有三个特点：一是全家团聚，无论男女老幼，都要来参加家宴。除夕前，一般外出的人也得赶回家过年，没回来的人，也要为他摆好碗筷，象征他也回家团聚了。





过新年包饺子（杨柳青年画）

二是食品丰富，种类繁多。主食有米饭、馒头、年糕，副食有全鱼、烧肉、炖鸡、腊肉、红烧狮子头、素什锦，等等。其中的鱼是做而不吃或不吃完的，象征年年有余，顿顿吃不完。素什锦又名十香菜、寒素菜，由豌豆、花生、黄豆芽、干丝、胡萝卜丝、木耳、金针、酸菜、嫩姜丝等原料，用香油调料拌制而成。此外还有饺子。饺子又称小饽饽、更年交子，象征金银小锞、元宝，全国在除夕时共食饺子，即“天下通食”。商人在煮饺子时，还要捅破一两个，并高喊“挣了”，以求来年生意兴隆，财源大开。三是食品具有象征意义。如福建、台湾饮食中的鱼圆象征家庭团结，萝卜为菜头，意为“好彩头”，整只鸡代表金鸡起家，吃蚶代表发财发福，鱼丸、虾丸、肉丸有“三元及第”之意，等等。这些都是除夕午夜和初一食用的。

迎新年的活动，远在腊八后就开始了，如买年货、写对联、做年糕等。无论过节还是喜庆，都祈求富贵平安、亲人团聚。春节更不例外，外出者纷



卖春联（《太平欢乐图》）



写春联（烟画）