



用英语说中国

INTRODUCE CHINA IN ENGLISH

文化艺术

Culture and Arts

© 主编 浩 瀚 李生禄



 科学技术文献出版社



用英语说中国

INTRODUCE CHINA IN ENGLISH



古今名人 • Eminent Persons

文化艺术 • Culture and Arts

魅力城市 • Charming Cities

辉煌建设 • Splendid Development

风俗民情 • Folk Customs

旅游亮点 • Scenic Spots

家庭生活 • Family Life

文明史迹 • History



ISBN 978-7-5023-5894-5



9 787502 358945 >

定价: 12.00元

封面设计
宋雪梅



H319.4/1571

:3

2008

用英语说中国

INTRODUCE CHINA IN ENGLISH



文化 艺术

Culture and Arts

主编 浩 瀚 李生禄
编委 齐 齐 宋美盈 王亚彬 李 硕
李庆磊 刘雷雷 马 兰 蔡 丹
姚 青 李林德 潘永亮 王应铜
赵秀丽 尹晓洁 韩 磊 刘梓红
徐 萍 马 迅 徐光伟 赵修臣
李明亚 陈伟华 李 红

策划 北京浩瀚英语研究所

科学技术文献出版社

Scientific and Technical Documents Publishing House

北 京

图书在版编目(CIP)数据

文化艺术/浩瀚,李生禄主编. -北京:科学技术文献出版社,2008. 2

(用英语说中国)

ISBN 978-7-5023-5894-5

I. 文… II. ①浩… ②李… III. ①英语-语言读物 ②文化-中国 ③艺术-中国 IV. H319.4;G

中国版本图书馆 CIP 数据核字(2007)第 193764 号

出 版 者 科学技术文献出版社

地 址 北京市复兴路 15 号(中央电视台西侧)/100038

图书编务部电话 (010)51501739

图书发行部电话 (010)51501720,(010)51501722(传真)

邮 购 部 电 话 (010)51501729

网 址 <http://www.stdph.com>

E-mail: stdph@istic.ac.cn

策 划 编 辑 李 洁 崔 岩

责 任 编 辑 崔 岩

责 任 校 对 唐 炜

责 任 出 版 王杰馨

发 行 者 科学技术文献出版社发行 全国各地新华书店经销

印 刷 者 利森达印务有限公司

版 (印) 次 2008 年 2 月第 1 版第 1 次印刷

开 本 880×1230 32 开

字 数 207 千

印 张 7.375

印 数 1~8000 册

定 价 12.00 元

© 版权所有 违法必究

购买本社图书,凡字迹不清、缺页、倒页、脱页者,本社发行部负责调换。

前言 Foreword

中国是一个历史悠久的文明古国。中国文化辉煌灿烂、经久不衰。当代中国在秉承优秀传统文化的同时,与时俱进,在世界民族发展的队伍中傲然前行。随着我国国民经济的发展,我国的旅游业取得了辉煌的业绩;申办2008年奥运会成功以后,更有大批的中外旅游者来中国观光旅游;随着奥运会的步步逼近,向世人更多地展现中华艺术的辉煌更是势在必行。为此我们特别推出了《用英语说中国——文化艺术》这本书。

全书分为:

饮食文化、思想、教育文化、中国诗歌文化、中国音乐舞蹈艺术、中国戏曲艺术、中国影视艺术、中国绘画艺术、中国书法、中国园林艺术、中国陶瓷、中医药文化、宗教文化十二个部分。全方位地介绍中国文化艺术,体现中国特色。

本书每部分内容分栏为:

流畅精句:贴切、简单、实用的语句,采用英汉对照的形式,让你脱口而出。

精彩片段:选取典型的具有代表性文章段落,介绍详细具体,一目了然,可以让你获得英语学习和了解文化艺术的双重丰收。

文化链接:用汉语讲述相关知识背景,可以让你更深层地了解中国文化艺术。

妙词连珠:鲜活、亮丽词汇,为你脱口而出打下坚实基础。

用英语说中国,不仅让中国走向世界,也让世界更多地了解中国。

(京)新登字 130 号

内 容 简 介

《用英语说中国——文化艺术》分为 12 个部分,共 41 个单元,每个单元都围绕着中国文化艺术的某个方面,用英、汉两种语言系统,完整并客观地介绍了当代中国文化艺术,向世人展示了一个文化内涵极为丰富的中国。全书融知识性与时代性于一体,将句子、片段、词汇紧密结合,每个单元还配有一两段相关的中文选读,不仅可以使当代的大学生能够秉承优秀传统文化,与时俱进,而且可以让参加奥运会来中国观光旅游的外国友人借助此书更好地享受中国的文化艺术,从而使世界更好地了解中国。

科学技术文献出版社是国家科学技术部系统唯一一家中央级综合性科技出版机构,我们所有的努力都是为了使您增长知识和才干。

目 录



Chapter 1

The Dietetic Culture 饮食文化

Unit 1	The Tea Culture	
	茶文化	[1]
Unit 2	Alcoholic Culture	
	酒文化	[7]
Unit 3	Chinese Cuisine	
	烹饪技术	[13]
Unit 4	Food and Health	
	饮食与健康	[18]



Chapter 2

Educational Culture 思想、教育文化

Unit 1	Confucianism	
	儒家思想	[23]
Unit 2	Chinese Philosophy	
	中国哲学	[29]
Unit 3	Chinese Virtues Culture	
	中国道德文化	[34]
Unit 4	Traditional Chinese Etiquette	
	传统中国礼仪	[40]
Unit 5	Ancient Educational Thought of China	
	中国古代教育思想	[45]
Unit 6	Modern Educational System of China	
	中国现代教育体制	[51]

Unit 7 Ancient Chinese Books

中国古书	[56]
------------	--------



Chapter 3

Chinese Poetry Culture

中国诗歌
文化

Unit 1 Chinese Language Culture

中国语言文化	[62]
--------------	--------

Unit 2 The Poetic Culture before Tang Dynasty

唐朝以前的诗歌文化	[68]
-----------------	--------

Unit 3 Poetry in the High Tang Period

盛唐诗歌	[74]
------------	--------

Unit 4 Song Poems

宋词	[79]
----------	--------



Chapter 4

The Art of Chinese
Music and Dance

中国音乐
舞蹈艺术

Unit 1 Traditional Music Instruments

中国传统乐器	[84]
--------------	--------

Unit 2 Classical Music

古典音乐	[91]
------------	--------

Unit 3 Chinese Folk Music

中国民间音乐	[96]
--------------	--------

Unit 4 The Art of Chinese Dance

中国舞蹈艺术	[100]
--------------	---------



Chapter 5

Chinese Opera Arts

中国戏曲
艺术

Unit 1 Formation of Chinese Operas

中国戏曲的形成	[105]
---------------	---------

Unit 2 Beijing Opera	
京剧	[111]
Unit 3 Regional Operas	
地方戏曲	[117]
Unit 4 Chinese Operas	
中国的戏剧	[122]



Chapter 6

The Art of Chinese Films and Television 中国影视艺术

Unit 1 Chinese Film	
中国电影	[126]
Unit 2 Chinese Television Industry	
中国电视业	[131]



Chapter 7

The Art of Chinese Painting 中国绘画艺术

Unit 1 A Brief Introduction to Chinese Painting	
中国画简介	[135]
Unit 2 Categories of Chinese Painting	
中国画的种类	[141]
Unit 3 The Features of Chinese Painting	
中国画的特点	[146]



Chapter 8

Chinese Calligraphy 中国书法

Unit 1 Chinese Characters	
中国汉字	[151]
Unit 2 Chinese Calligraphy	
中国书法	[157]



用英语说中国——文化艺术
Introduce China in English—Culture and Arts

Unit 3 The Four Treasures of the Study

文房四宝 [162]



Chapter 9

The Arts of Chinese **中国园林**
Garden **艺术**

Unit 1 Features of Traditional Gardens

传统园林的特点 [167]

Unit 2 Northern Imperial Gardens

北方皇家园林 [172]

Unit 3 Southern Private Gardens

南方私家园林 [178]



Chapter 10

Chinese Ceramics **中国陶瓷**

Unit 1 Chinese Pottery

中国陶器 [183]

Unit 2 Chinese Porcelain

中国瓷器 [189]



Chapter 11

Medicine Culture **中医药**
文化

Unit 1 Traditional Chinese Medicine

传统中医 [195]

Unit 2 Traditional Herbal Medicine

传统中药 [201]

Unit 3 Acupuncture and Moxibustion

针灸 [207]



Chapter 12

Religious Culture 宗教文化

Unit 1	Taoism	
	道教	[212]
Unit 2	Buddhism	
	佛教	[218]

1 饮食文化

The Dietetic Culture

U 茶文化 Unit 1 The Tea Culture



Key Sentences

流畅精句

1. China is the home of tea.
中国是茶的故乡。
2. "Tea Classic" is widely recognized as the world's first scientific work on tea.
《茶经》被广泛公认为世界上第一部有关茶的科学著作。
3. Tea is widely recognized as the most healthy and inexpensive daily beverage in people's daily life.
茶被普遍认为是人们生活中最有营养和最廉价的日常饮料。
4. Legend goes that Shennong discovered the medical effect of the tea by chance.
传说神农在偶然的情况下发现了茶的药用功效。
5. Tea ceremonies are often held here so as to make tea culture better known among common people.
这里常常举行“茶道表演”，以使茶文化更深入人心。
6. Cream and sugar are added to black tea to make the taste more mellow.
红茶加入奶油和糖喝起来醇香。



7. Green tea is said to preserve over 450 organic compounds.
据说绿茶含有 450 种以上有机化合物。
8. I'm beginning to appreciate the flavor of Longjing tea.
我开始喝出龙井茶的味道来了。
9. No wonder the tea tastes so nice; the water's taken from a nearby spring.
怪不得这茶的味道这么好, 原来它的水取之于附近的一个山泉。



Wonderful Paragraph 精彩片段

Paragraph 1

T茶的历史 The History of Tea

Tea is native to China, and Chinese tea culture has a long history. Originally tea was used as a medicine instead of a drink. It was said that Shennong, the legendary ruler in ancient China, once tasted a lot of plants and was poisoned many times. It was tea that helped him get rid of the poisoning effect. Later the ancient Chinese got to know more and more about tea, and instead of being regarded as a medicine, it became a drink. Tea not only quenches one's thirst, but also helps reduce one's internal heat.

Paragraph 2

J茉莉花茶 Jasmine Tea

Jasmine tea is made from jasmine flowers and is the most popular among scented tea. The most well-known jasmine flower tea is produced in Fujian Province. In making jasmine tea, first pick a lot of jasmine flower buds and put them in a clean place; then at midnight when the flowers have the strongest fragrance, add green tea to them for absorption; next,



get rid of the withered jasmine flowers and get the tea leaves baked; then put the baked tea leaves into newly picked jasmine flowers again. This is repeated several times before the tea leaves are ready to be used.

Paragraph 3

L 龙井茶 Longjing Tea

Longjing tea is from Longjing, West Lake, Hangzhou. It is a top-grade green tea. It is recorded that tea was produced in Longjing in the Tang Dynasty. In the Qing Dynasty Longjing tea was the favourite one of Emperor Qianlong. It is made of tea shoot. They are green, fragrant, sweet and beautiful—four unique characteristics of Longjing tea. In the past there were mainly four brands of Longjing tea: “shi,” “long,” “yun,” and “hu”. They were the four brands of Longjing tea produced in Shifeng, Longjing, Yunqi and Hupao respectively. Now they are classified into three brands: “shi,” “long,” and “mei.” “Mei” is the Longjing tea produced in Meijiawu.

Paragraph 4

M 蒙古奶茶 Mongolian Tea with Milk

Mongolians never have meals without tea with milk. In fact, they have “three teas and one meal” every day, rather than three meals. They have tea in the morning, at noon and in the evening, and have supper after work with their families. If they have beef and mutton for supper, they will have an extra tea before they retire for the evening. Their tea, of course, is not pure tea, but fragrant tea with milk, and is usually accompanied by such snacks as fried rice, milk cakes, deep fried milk products and boiled mutton.



Paragraph 5

H怎样选择茶叶 **How to Select Tea**

The following steps are some simple ways that may help tea drinkers select tea:

- a. Tea leaves should always be kept dry. Customers can use their fingers to press tea leaves to see if they are dry. Slight finger press easily breaks dry tea leaves into small pieces.
- b. Aroma is the most important factor. Good tea always smells good.
- c. The color of the tea liquid and the shape of tea leaves vary with different types of tea. Generally, the tea liquid should remain clear and free of impurity, and the shape of good tea leaves in the liquid should be whole and even.

Paragraph 6

C中国人对茶的品味 **Chinese Attitude toward Tea**

In fine, among all peoples in the world, the attitude of the Chinese toward tea is unique. They emphasize a lofty and leisurely mood, quiet and fine surroundings, freshness and clearness of water, elegant tea sets and close, good friends entertained. In tasting tea, although the Chinese take a great delight in its brewing, yet their real purpose is to achieve spiritual ascendancy. So, tea is not just for satisfying the taste, but is a part of life.



Cultural Links 文化链接

中国茶史

我国是世界上制茶最早的国家。我国种茶的历史,与埃及金字塔的年龄不相上下,人们很早就掌握了制茶工艺。唐朝的陆羽是世界上最早最有

名的茶叶专家。他著的《茶经》，从采茶、制茶到包装都有详细的描写，就连用什么水泡茶也很有研究。后来，宋徽宗的《大观茶论》，进一步把制茶工艺详细分为 20 条。我国的武夷山红茶、祁门红茶和龙井绿茶都闻名于世。武夷红茶从宋朝开始，便成为进贡的佳品。元朝时，皇帝索性在那里辟了个“御茶园”。龙井茶以色、香、味、形齐全著名。杭州狮子峰有个明朝的古庙，庙前有 18 株老茶树，这些树上的茶叶具有真味。不过，建国以后人工栽培的茶树的茶叶质量已经超过了它们。

Vocabulary

妙词连珠

conclusion 结论	mellow 醇香的
unbelievable 难以置信的	in between 在中间
legend 传说, 传奇	kill time 消磨时间
poison 使……中毒	infusion (茶的) 冲泡
materia (古) 药物	brick 砖头
shut 闭嘴, 住口	nomadic 游牧的
mention 提及, 说起	tribe 部落
evidence 证据	scratch 刮下
effect 效用, 效果	greasiness 油腻
scented 有香味的	organic 有机的
compressed 被压缩的	compound 复合物
bake 烘, 焙, 烤	caffeine 茶碱, 咖啡因
jasmine 茉莉花	in terms of 就……而言
gardenia 玉兰花	refill (茶、咖啡等) 续杯
chrysanthemum 菊花	aroma 味香
prevent 防止	tea stain 茶锈
heatstroke 中暑	tea stalk 茶叶梗
semi-fermented 半发酵	tea oil 茶油
fragrance 芳香, 香气	tea grounds 茶渣
retain 保持, 保留	good tea 好茶点



drinking 喝茶

herb ingredients 凉茶精

straining tea 滤茶

drawing 泡茶

tea tasting 品茶

making fresh tea 沏新茶

offering tea 上茶

low tea 晚餐前茶点

U 酒文化 Unit 2 Alcoholic Culture

Key Sentences 流畅精句

1. Wine culture is an important part of the Chinese food and drink culture.
酒文化是中国饮食文化中的一个重要组成部分。
2. As to the inventor of wine, there are several versions, but the most popular one is that a person called Du Kang made it.
有很多关于酒的发明者的说法,但普遍认可的是杜康发明的酒。
3. Du Kang or Shao Kang was regarded as the inventor of wine.
杜康或者少康被认为是酒的发明者。
4. From the scientific point of view, the earliest wine was a naturally fermented fruit wine.
从科学的角度讲,最早的酒应该是天然发酵而成的果酒。
5. Chinese wine culture, with its unique national characteristics, was constantly enriched and developed.
带有独特地区风格的中国酒文化始终在不断地丰富和发展。
6. Many famous Chinese wines of the present day developed from ancient times, mainly from the Ming and the Qing dynasties.
现在的许多地方名酒,也都是从古代发展而来的,主要是从明清时期发展而来。
7. In ancient China, there was a kind of alcoholic beverage called li that was made from malted cereals.
在古代中国,有一种谷物酿造的酒叫醴。
8. 3 200 years ago, the Chinese invented distiller's yeast, which they regarded as essential for liquor brewing.
3 200 年前中国人发现了促进酒精蒸馏的酵母。



9. At a formal dinner, it is not polite to drink wine or liquor by oneself.
在正式宴会上,独自饮酒是不礼貌的。
10. Ancient Chinese men of letters might write poems or monographs after tasting liquor.
中国古代文人饮酒后往往题诗作论。



Wonderful Paragraph 精彩片段

Paragraph 1

T 酿酒的发展史 The Development of Brewing

Generally speaking, the development of brewing technology in China falls into two stages. The first stage that is of natural fermentation lasted thousands of years. The second stage began only with the Qing Dynasty (1616—1911) when the traditional fermentation underwent great changes due to the use of the Western technology, including micro biology and biochemistry.

Paragraph 2

S 饮酒的场合 Spaces of Drinking Wine

Wine has been considered as a special culture in China. Poor people and rich people both drink wine. To describe the excessive extravagance of the nobles, it was said: “wine fills a pool; meat forms a forest”; and “wine and meat decay inside the vermilion door.” Sending off an army on expedition or celebrating triumph, wedding, anniversary or alliance treaties signing ceremonies, wine is always present. On occasions of tomb sweeping, wine is sprinkled at the front and on the top of tombs in honor of the deceased. In ancient times, when people practised divination, prayed for rainfall, or worshipped deities and ghosts, wine was often used to show



reverence. Even when a prisoner was taken off to be executed, he was offered a bowl of wine. On all solemn occasions wine is not replaceable by tea. In the eyes of the Chinese people wine has a special place.

Paragraph 3

F中国名酒 amous Chinese Wine

Many famous Chinese wine of present day developed from ancient times—mainly from the Ming and the Qing dynasties. On the 1st National Wine Appraisal Conference of 1952, eight brands of famous Chinese wine were awarded a prize: Guizhou Maotai, Shanxi Fenjiu, Shaanxi Xifeng, Luzhou Laojiao, Shaoxing Jiafan, Red Rose Grape Wine, Weimeisi and Special Fine Brandy. On the 2nd National Wine Appraisal Conference of 1963, eighteen brands of wine were awarded a prize: Maotai, Fenjiu, Xifeng, Luzhou Laojiao Twice Fully-fermented Liquor, Shaoxing Jiafan, Red Rose Grape Wine, Weimeisi, Special Fine Brandy, Wuliangye, Gujinggong, Quanxing Twice Fully-fermented Liquor, Chinese Red Grape Liquor, Zhuyeqing, White Grape, Dongjiu, Special-Made Beijing Brandy, Chengang Liquor and Qingdao Beer. On the 3rd National Wine Appraisal Conference of 1979, another eighteen brands of wine were awarded a prize: Maotai, Fenjiu, Wuliangye, Gujinggong, Yanghe Twice Fully-fermented Liquor, Jiannanchun, Chinese Red Grape Wine, Yantai Weimeisi, Qingdao White Grape Wine, Special Fine Brandy, Dongjiu, Special-made Beijing Brandy, Luzhou Laojiao, Shaoxing Jiafan, Zhuyeqing, Qingdao Beer, Yantai Red Grape Wine and Chengang Liquor.

Paragraph 4

Y黄酒 ellow Wine

Yellow wine (made of rice or millet) is a good representative example of Chinese wine culture. Yellow wine experts have suggested making yellow wine China's "national wine". This is because yellow wine has over



5 000 years of history, and its alcoholic content is not high, conforming to the modern trend toward drinking low-alcohol beverages. Less grain is used in producing yellow wine than white liquor, and yet the former has a higher nutritive value. If beer is called “liquid bread”, then yellow wine can be called “liquid cake”.

Paragraph 5

D行酒令 **r**inkers' Wager Game

During the period of drinking, people often played a drinkers' wager game. When playing the game, one person was in charge and the others obeyed him and would be punished if they violated the rules. It has been very popular since the Tang Dynasty. The drinkers must first drink up their cups of wine completely before they were qualified to play the game. There are descriptions of this wager game in many Chinese literary classics, such as *A Dream of Red Mansions* (The Story of the Stone) and *Stories of the Ghosts*. The drinkers' wager game not only brought fun to the drinkers at the banquet, but also promoted the popularization of Chinese wine culture. Nowadays wine culture is still an important part of Chinese people's daily life.



Cultural Links 文化链接

酒的起源

《吕氏春秋》有“仪狄造酒，五味不变”的故事。仪狄是夏禹时代人物，他因制出好酒而名垂千古。

仪狄最在行的是以粟黍等杂粮，大量地制酒，且酿造出来的酒，甘而不带糟(酸)味。

《陶渊明集》述酒的序里明确地指出：“仪狄造酒，杜康更使之美化。”杜康所造的酒，色、香、味与质感俱佳，难怪世人想到酒之极品，就会想到杜康

了。魏武帝(曹操)曾赋《短歌行》诗:“何以解忧,惟有杜康。”便以杜康借代酒的别名。

自仪杜始,酒业的发展已有四五千年了,其种类繁多,少说也有数百种。

Vocabulary

妙词连珠

half drunk 半酣	capacity for liquor 酒量
finger-guessing game; mora 猜拳	heavy drinker 酒量大
drinking one's fill; carousing 畅饮	little (/small) drinker 酒量小
pouring wine; filling a wine cup 倒酒	drinker's wager game 酒令
sacrifice wine as offerings to the spirits of the dead 奠酒	wine bibber 酒徒
solitary drinker 独酌者	wine smell 酒味
drinking a toast 干杯	tipsy feeling 酒意
drinking to the full; arousing 酣饮	wine craving (/addiction) 酒瘾
heavy drinking 豪饮	drinking companion 酒友
drinking wine 喝酒	small handleless wine cup 酒盅
having a drink 喝一杯	raising one's glass (to propose a toast) 举杯
getting drunk 喝醉	clinking glasses 碰杯
mutual toasting by the bridegroom and the bride on their wedding day 交杯酒	wine tasting 品酒
giving up drinking 戒酒	slavish drinker 嗜酒如命者
drink offering 敬神酒	heating wine 烫酒
drinking song 酒歌	drinking one's fill (to one's heart's content) 痛饮
drunkard; sot 酒鬼	warming up wine 温酒
going round three times 酒过三巡	wine drunk 酗酒
heated with wine 酒酣耳热	decanting wine; filling a wine cup 斟酒
great (/hard) drinker 酒豪	drinking a toast; toasting 祝酒
	toast 祝酒辞



drunkard; drunk man 醉汉	eyes showing the efforts of drink 醉
state of being drunk; drunkenness 醉	眼
态	drunken and bleary-eyed 醉眼朦胧
sottish; drunk; tipsy 醉醺醺	signs of feeling of getting drunk 醉意

U 烹饪技术 Unit 3 Chinese Cuisine

Key Sentences 流畅精句

1. Experts have come to agree that Chinese cooking is an art.
专家一致认为中国的饮食是一项艺术。
2. They have come to agree that the concept of a balanced nutrition should be added to food culture.
他们都认为平衡营养应该是饮食文化中的一部分。
3. They've reached an agreement that vegetarian food is especially good for aged people.
他们认为蔬菜类食物对于老年人来说很有益处。
4. Eating is said to be the greatest pleasure of life in China.
饮食在中国被认为是生活的最大乐趣。
5. Shandong, or Lu cuisine is said to be heavily influenced by Confucius Family Food.
山东菜或鲁菜,据说深受孔府饮食习惯的影响。
6. I'm wondering why Chinese cooks spend so much time practising cutting!
我很想知道为什么中国的厨师要在刀功方面花那么长时间练习。
7. What a pity to throw them away after the meal!
饭后把这些东西扔掉太可惜了!
8. Quite a lot of people in the United States are vegetarians.
绝大部分美国人都是素食主义者。
9. It's worth trying the local food whenever you are in a new place.
不管到了什么地方,你都应该去尝一下当地的食物。



10. All the food here is low-fat and low-sugar.

这里的所有食物都是低脂肪和低糖的。



Wonderful Paragraph 精彩片段

Paragraph 1

A 中国烹饪简介 Brief Introduction of Chinese Cuisine

China is a vast country with diverse climates, customs, products, and habits. People living in different regions display great variety in their diets. People in coastal areas eat more aquatic products and seafood, whereas those in central and northwest China eat more domestic animals and poultry. Foods vary from north to south, and typical local dishes may even astonish strangers, such as snake, pangolin, and white rat. Tastes also differ regionally because of the climatic differences.

Paragraph 2

T 中国饮食所注重的三个特点 Three Essential Factors of Chinese Cooking

Generally speaking, there are three essential factors by which Chinese cooking is judged, namely: “color, aroma and taste”. “Color” refers to the layout and design of the dishes. “Aroma” implies not only the smell of the dish, but also the freshness of the materials and the blending of seasonings. “Taste” involves proper seasoning and fine slicing techniques. These three essential factors are achieved by careful coordination of a series of delicate activities: selecting ingredients, mixing flavors, timing and cooking, adjustment of the heat, and laying out the food on the plate.

Paragraph 3

S食物的起源 **Source of Food**

Since the introduction of agriculture, grains of cultivated crops have become the main source of man's staple food. Farming began to take up most of man's labor and time. Cultivation of crops was a process of man's work from sowing, applying fertilizer to harvest. It was the most important work in people's mind that could not be replaced by anything else. Growing crops was not the only way of obtaining food. The ancients began expanding their sources of food at a very early time, developing farming, forestry, animal husbandry, sidelines, and fishing in line with local conditions.

Paragraph 4

L当地饮食 **Localized Food**

Foods and related food ways changed when communities make choices among possible foods and cooking techniques in a given geographic environment. Increased population and need for additional land expanded communities and contribute to food migrations. As travelers moved from place to place, they talked about foods seen, they even served them when they returned home. Thus foods of different areas slip into and became localized fare.

Paragraph 5

S川菜 **Sichuan Cuisine**

Usually fried or roasted, food cooked in Sichuan Cuisine boasts a variety of flavours and diversified culinary styles. Chilli, pepper, Chinese prickly ash and ginger are most frequently used condiments. So Sichuan Cuisine styled food tastes hot, tongue-numbing, sour and delicious. With Chengdu flavour as the orthodox, it includes Chongqing cuisine, Dongshan cuisine,



Zigong cuisine, etc. It is said that as early as more than 1 000 years ago, Sichuan Cuisine was already very unique. Some of the famous dishes are Fish-Flavored Pork Threads, Fuqi Ox Lung Slice, Mapo Bean Curd and Spicy Diced Chicken with Peanuts. Fuqi Ox Lung Slice was made by marinating ox lung, beef or chopped entrails, eye-pleasing, tender and spicy. It is said that in the 1930's, Guo Chaohua, a native of Chengdu, and his wife sold ox lung slices for a living. Due to its elaborate cookery and distinctive flavor, it was very popular with the mass consumers, hence its name Fuqi, meaning a couple, that is, the dish was cooked and sold by a couple or husband and wife.

Paragraph 6

T中国饮食中的艺术 he Art of Chinese Dietary

Chinese dietary culture can communicate with other forms of art, thus making it a genuine art winning a high reputation at home and abroad. With its diverse flavors, its complicated and magical techniques, and the combination of appearance and taste, Chinese food culture has become a colorful art form, redolent with a strong sense of aesthetics and artistic appreciation.



Cultural Links

文化链接

宴请宾客

中国人非常好客。请客人吃饭时往往准备十分充足的饭菜。主人请客人入坐后,先陪客人喝酒。中国的名酒很多,如茅台、西凤、汾酒、五粮液等。如果客人不会喝酒,可以喝汽水、橘子汁。下酒的菜除了用肉、鱼、鸡做的热菜以外,还有凉菜,如拼盘、炸虾片、炸花生米等。等酒喝足了,再上饭和别的热菜。最后用鸡汤或者鸡蛋汤结束一顿丰盛的宴席。饭后还要喝点茶,品尝一下茉莉花茶或者龙井茶,它们会使客人更感到酒足饭饱,舒适愉快。

Vocabulary

妙词连珠

pulling something out 拔掉	fried 煎
rare 半生半熟	pouring (vinegar) on something 浇
freezing 冰冻	(kettle) burned (charred) 焦
frozen 冰冻的	covering 浸
shelling (peas) 剥壳	steeped-in 浸泡(渍的)
peeling (fruit); skinning (a rabbit) 剥皮	opening (a chicken) 开膛
underdone 不熟的(烧得不透)	bitter 苦
crisp 脆	tough 老/咬不动
lightly seasoned 淡	delicious; tasty 美味
pouring (sauce into something) 倒	braised; fricasseed 焖
mashed 捣烂	ground 磨碎/磨成粉的
draining something 滴干	heavy 难消化
tossing the pan 颠一颠	tender 嫩
juicy 多汁	rich; oily; greasy 腻
leavening dough; letting dough rise 发面	pinching the edges 捏边
dry fried 干炒	flattening (chop) 拍扁
rolling (out) (dough) into strips 擀条	crushing (almond) 拍碎
scraping (potato) 刮皮	subsidiary ingredient 配料
mixing dough 和面	cooking; cuisine 烹调/烹饪(法)
stewed with soy sauce; braised 红烧	skimming (the soup) 撇沫子
heat of the fire; timing in cooking 火候	splitting something in the middle 破开
seasoning 加调味佐料	leading something with (ham) 嵌
	cutting something off /away 切掉
	cutting into pieces 切段、块
	flouring a board 撒面粉



U 饮食与健康 Unit 4 Food and Health



Key Sentences

流畅精句

1. The Chinese believe that illness occurs when this balance is disturbed.
中国人认为当生理平衡被破坏,疾病也就发生了。
2. Dining with chopsticks is convenient, safe, hygienic, and good for physical and mental health.
吃饭用筷子既方便、安全、卫生,又能有利于身心健康。
3. Westerners in China for the first time are often proud of themselves for being able to use chopsticks like the Chinese.
外国人第一次就能像中国人那样使用筷子,这使他们感到很骄傲。
4. Develop an everyday stretching routine, such as simple yoga poses.
养成每天伸展身体的好习惯,做一些瑜珈术的动作。
5. Smile while making eye contact. It will make you and the other person feel better.
面带微笑,注视对方,将会使你自己和别人都感到很舒服。
6. Distance yourself from negative emotions by observing them without judgment.
远离消极情绪,只需注意,不必评论。
7. Science shows that stress can lead you to overeat sugar and fat.
科学表明压力会导致身体摄入过多的糖类和脂肪。
8. Whether it's your birthday or someone else's, you need to learn how to enjoy yourself without going overboard and regretting it the next day.
不管是你自己还是别人过生日,你都要学会如何使自己快乐而不过火,而且在未来不去后悔所做过的事情。



Wonderful Paragraph 精彩片段

Paragraph 1

W儒家学派对饮食的看法 What's Confucius Thought of Eating

It is said of Confucius that, "He did not eat rice which had been injured by heat or damp and turned sour, nor fish or flesh which was past its best. He did not eat what was discolored or what was of a bad flavor, nor anything that was ill-cooked, or was not in season. He did not eat meat which was not cut properly. Nor what was served without its proper sauce. . . He did not partake of wine and dried meat bought in the market. He never used ginger when he ate. he did not eat much." However, at one point Confucius himself said "With coarse (grain) to eat, with cold water to drink and my bended arm for a pillow, I can still find joy in the middle of these things. "

Paragraph 2

E使用筷子 Eating with Chopsticks

Dining with chopsticks is convenient, safe, hygienic, and good for physical and mental health. Modern science has found that while one is using chopsticks, over 30 joints and over 50 muscles are used, which is a favorable stimulation to the brain. Dr. Tsung Dao Lee, a famous Chinese American physicist, favors chopsticks. He said, "Such a simple pair of sticks show a marvelous utilization of the lever principle. Chopsticks are extensions of the fingers, able to do anything fingers do. They can be used in heat and freezing cold. They are wonderful." Today, more and more people around the world use chopsticks. Westerners in China for the first time are often proud of themselves for being able to use chopsticks like the Chinese.

Paragraph 3

C 中国人对健康的认识 Chinese Thought of Health

The Chinese regard health, in a universe of constant changes, as a state of balance established between the body and the natural world as well as between the different components of the body itself. The Chinese believe that illness occurs when this balance is disturbed. Those illnesses caused by heat or “overfullness” are “yang diseases”; those caused by cold or “deficiency” are “yin diseases”. The task of the physician, as one early medical text puts it, is simply to “eliminate overfullness and make up deficiency”, thus restoring the body to balance; or, better still, to keep his patient healthy enough to resist the effect of any destabilizing factor outside the body. The human body is thought of as a system for dealing with vital energy, and to a traditional Chinese doctor all that needs to be done to intervene in the body’s workings can be done either through the administration of drugs or herbs or through manipulation at the surface of the body.

Paragraph 4

L 老子的饮食观 Laozi's Theory toward Diet

Laozi's theory of a healthy diet has three main principles. The first is that of eating to please the stomach rather than the eyes. One fills the stomach in order to live, but the stomach has a limit and the eyes do not. Wanting whatever delicacies they see, they engender desire and greed. Eating according to the dictates of the eyes is hence detrimental to the stomach and to the health in general. Laozi said that those who eat to satisfy the stomach intend to nourish their body, while those that eat whatever that pleases their eyes are bound to do it harm.

Cultural Links 文化链接

良好的饮食习惯

饮食习惯对人体健康有很大影响,良好的饮食习惯,是保证健康的重要措施。

(1)合理分配三餐。一日三餐的食量分配要适应生理状况和工作需要。最好的分配比例应该是3:4:3。如果一天吃1斤粮食的话,早晚各吃3两,中午吃4两比较合适。

(2)荤、素搭配适当。荤食中蛋白质、钙、磷及脂溶性维生素优于素食;而素食中不饱和脂肪酸、维生素和纤维素又优于荤食。所以,荤食与素食适当搭配,取长补短,才有利于健康。

(3)不挑食和偏食。人体所需要的营养物质是由各种食物供给的,没有任何一种天然食品能包含人体所需要的全部营养物质。单吃一种食物,不管吃的数量多大,营养如何丰富,也不能维持人体的健康。因此,在饮食中,不可长期挑食或偏食。

(4)不暴饮暴食。俗话说:“若要身体好,吃饭不过饱”,这话是有一定道理的。暴饮暴食不仅能破坏胃肠道的消化吸收功能,引起急性胃肠炎、急性胃扩张和急性胰腺炎,而且由于膈肌上升,影响心脏活动,还可诱发心脏病等,如果抢救不及时,会发生生命危险。所以,任何时候都不要大吃大喝、暴饮暴食。

Vocabulary 妙词连珠

injure 毁坏

damp 潮湿

flesh 肉类

pass its best 变质,变得不新鲜

discolored 变色的

partake 吃,喝

ginger 姜

coarse 粗的

at one point 有一次,曾经

bended 弯曲的



用英语说中国——文化艺术
Introduce China in English—Culture and Arts

overfullness 过度	drain 使流出
restore 恢复	soak 浸泡
deficiency 缺乏	maximum 最大量
destabilize 使……不稳定	extract 吸取
vital energy 生命力	sprawl 蔓延
intervene 干预	sidewalk 人行道
workings 运作, 运行	sooty 炭黑色的
administration (药品) 服用, 服法	interior 内部的
vigorous 精力充沛的	doze 打瞌睡
manipulation 操作处理 (此处指运针)	purple 紫的
brew 酿造	respectfully 恭敬地
infusion 浸泡	normally 正常地
applicable 可应用的	painstaking 勤勉的

2 思想、教育文化

Educational Culture

U 儒家思想 Unit 1 Confucianism



Key Sentences

流畅精句

1. The core of ancient Chinese culture is its way of thinking.
中国古代文化的核心是它的思维方式。
2. Thinking, being the soul of ancient Chinese culture, reflects its essence in the form of concise and coherent theories.
思想文化是中国古代文化的灵魂,它以凝练、严谨的理论形式反映了中国古代文化的本质。
3. The core of the Confucian ideology is propriety and benevolence, on which was built the political and ethical theory of Confucianism.
孔子思想体系的核心是“礼”和“仁”,在二者的结合上建立了它的政治伦理学说。
4. The Confucian concept of propriety was to keep the patriarchal idea and hierarchy, which mirrors the conservative political ideas of Confucius.
孔子“礼”的思想旨在维护旧的宗法观念和等级制度,反映了他在政治上的保守性。



5. Mencius held that people were the “foundation” of the state, namely “people come first, the state comes second and the king third.”
孟子提出了“以民为本”的主张,认为“民为贵,社稷次之,君为轻”。
6. The reason why some people do evil is that they have lost the consciousness and betrayed their own good nature.
有的人之所以有“恶”行,是因为放弃了对“善”的本性的自我意识,背离了自己的最初本性。
7. One of the famous sayings of Mencius is that “neither riches nor honors can corrupt him; neither poverty nor lowly position can make him swerve from principle; neither threats nor force can bend him”, which gives expression to the power of moral character.
孟子的话“富贵不能淫,贫贱不能移,威武不能屈”,弘扬了道德人格的力量,成为千古传颂的名言。
8. Xun Zi attached great importance to the impact of ethical codes on the behavior of the people, saying that codes of ethics are the life of the state.
荀子重视礼制对人的规范作用,认为“国之命在礼”。
9. “The king is the boat while his subjects are the water. The water that bears the boat is the same that swallows it.”
“君者舟也,民者水也,水则载舟,水则覆舟”。



Wonderful Paragraph 精彩片段

Paragraph 1

T 孔子简介 The Introduction of Confucius

Confucius was China's first educator. He taught students all his life, and put forward many important educational principles and effective teaching methods. He held that all men were educable, because by nature men were quite alike, and they were made different by learning and practice.

This was in his day an epoch-making view, because it meant that not only the nobles, but people of all other classes, were entitled to receive education. His teaching methods included the eliciting method, giving instructions according to students' peculiarities, and combining theory with reality and practice. To deepen his students' understanding, he discussed with them real people and events of earlier times and his day, expressing his own views, making analysis, pointing out their strengths and weaknesses, and urging his students to weigh and decide issues. It was regrettable that the master was not free from prejudices against women and never accepted a female student.

Paragraph 2

M 孟子的思想理论 **Mencius' Theory**

As a philosopher, Mencius' main doctrine is the Goodness of human nature. He advocated "Nourishing the moving force", and put forth the idea of "Heaven and man combine into one." Compare with Confucius, in the viewpoint of human nature, Mencius took a big step forward. Mencius declared definitely that human nature is "originally good". Moreover, he built his entire philosophy on this tenet, and presented a series of concepts: (1) Man possesses the innate knowledge of the good and "innate ability" to do good; (2) If one "develops his mind to the utmost", he can "serve heaven" and "fulfill his destiny"; (3) Evil is not inborn but due to man's own failures and his inability to avoid evil external influences; (4) Serious efforts must be made to recover men's original nature; (5) The end of learning is none other than to "seek for the lost mind".

Paragraph 3

B “仁”和“礼” **Benevolence and Courtesy**

Confucianism advocates benevolence and courtesy among people. It helped to shape the value of sacrificing one's personal interests for the good



of others and the collective among Chinese people. It was also credited with creating the social order in China's feudal times, which asked the young to respect the old and the female to obey the orders of the male. Popular remarks of Confucius include "a benevolent person is one who cares for others", "I would die to keep my integrity and benevolence", and "a benevolent person helps others to achieve aims he himself also aspires to".

Paragraph 4

C孔子的影响 Confucius' Influence

Confucius is the most famous sage of China. More than any other single man, he, through his followers, produced the principle basis of the Chinese tradition of ethics and political theory that had thus deeply influenced Chinese society and culture. Over the centuries, this influence spread also to Korea, Japan and other countries. Confucianism is wholly considered more of an ethical philosophy than a religion. However, it is debatable if the system founded by Confucius should be called a religion. It prescribes a great deal of ritual, but little of this can be interpreted as worship or meditation in a formal sense; and Confucius occasionally made statements about the existence of other-worldly beings that sound agnostic to western ears.

Paragraph 5

C现今的孔学 Confucius at Present

Today, in China and many other countries, the study of Confucianism is rapidly growing. It is generally agreed that the essence or many elements of Confucianism are still valid and valuable, worthy to be adopted and promoted. It is an antidote to many social ills and a spiritual force that may help to improve human qualities and push society forward. Some scholars

have predicted that in the next century Confucius' thought will exert greater influence on mankind and become more glorious than ever before.

Cultural Links 文化链接

孔子简介

孔子(公元前 551—479 年),名丘,字仲尼,鲁国陬邑(现山东省曲阜)人,中国古代伟大的思想家、政治家、教育家。

孔子毕生从事教育,是中国历史上第一个开创私人讲学之风的人,并以此打破了学在官府的局面。据《史记》记载,孔子有弟子三千,贤人七十二。《论语》一书(共 20 篇)作为孔子言行的记录,在相当程度上反映了孔子的为人及其主要思想。

孔子的学说不仅在中国,而且在世界其他国家和地区,尤其是美国,日本、朝鲜、新加坡、越南颇具影响,被推崇为东方文明的象征。

Vocabulary 妙词连珠

tranquility 安宁	impartiality 公正
immortality 不朽	conversion 皈依
silence 沉默	absurd 荒诞
contemplation 沉思	extremes 极端
tedium 单调	monasticism 禁欲生活
moral relation 道德关系	despair 绝望
moral activity 道德活动	toleration; magnanimity 宽容
independence 独立	enthusiasm 狂热
injustice 非正义	rational life 理性生活
custom 风俗	equality 平等
marital relation 夫妇关系	equanimity 平和



natural piety 人伦	inactivity 无为
luxuries 奢侈	confidence 信任 alienation 异化
social atmosphere; public morals 社会风气	orderliness 整洁
social life 社会生活	justice 正义
social solidarity 社会团结	political equality 政治平等
suffering 受难	master-slave relation 主奴关系
poverty 贫困	legitimate birth; one's children 子嗣
perfection 完美	liberty; freedom 自由
ennui 无聊	

Unit 2 Chinese Philosophy

Key Sentences 流畅精句

1. Chinese philosophy is the collective designation for the various schools of thought originated by Chinese scholars and sages.
中国哲学是中国的学者先贤所创建的各种思想流派的总称。
2. Chinese philosophy has a history of several thousand years.
中国哲学有几千年的历史。
3. The Mohist philosophers, who emphasized frugality, utility, and economy in all things.
墨家学派推崇节俭、为民兴利和发展经济。
4. The Legalist philosophers, who emphasized the importance of legislation over tradition and custom as embodied in ritual and social practice.
法家学派强调传统风俗角度上制定法规在礼节和社会实践中的重要性。
5. Zhu Xi is the most important person of Confucianism after Confucius and Mencius.
朱熹是继孔子、孟子之后儒家学派的又一位代表人物。
6. Taking a panoramic view of the five thousand years of the history of Chinese civilization, one can see that a tremendous amount of research work has been done on the Book of Changes.
通览中国五千年的文化史,可以看出在对《尚书》的研究方面曾做了大量的工作。
7. In the history of philosophy in the world the Chinese philosophy is typical for its independent course of development with its own characteristics.



在世界哲学史上,中国的哲学以其自身的特征和独立的发展过程而著名。

8. Chinese philosophy developed further on the basis of the philosophy in the Shang and Zhou dynasties, as a philosophy with a long history and of a high ideological level.

中国哲学在商周哲学的基础上进一步得到了发展,成为具有久远历史和思想体系的学问。

9. In the thinking methodology, the Chinese philosophy lay emphasis on wholeness, organism and continuity.

在思考方法上,中国哲学强调周密、有序和持久。

10. Although Confucianism, buddhism and the Doctrine of Master Lao explained “middle (or center)” in different ways, yet they all pointed out that “middle” was the highest state realized by mind in harmony with universe and all lives.

虽然儒家、道家和老子的道德经都从不同方面解释了“中”这个词,但他们都指出了“中”是宇宙与一切生物的和谐在意识中的最高境界。

11. The word “middle” can often be found in the Chinese philosophical classics.

“中”这个词中国哲学经典著作中经常可以看到。



Wonderful Paragraph

精彩片段

Paragraph 1

The Development of Chinese Philosophy

Generally speaking, Chinese philosophy has passed through three different distinct historical stages: the classical age, the period of synthesis and absorption of foreign thought and the period of further enrichment and maturation stimulated by the introduction of Marxism into China. Throughout all these periods, Chinese thought has tended toward humanism rather



than spiritualism, rationalism rather than mysticism, and syncretism rather than sectarianism.

Paragraph 2

C 儒家的哲学 Confucianism's Philosophy

Confucianism can be said to be a system of moral, political and social principles concerned with perfecting human character. According to Confucius, humans, though not always good, can become good through learning and through service to others, i. e. becoming wise.

Paragraph 3

R “天”与“人”的关系 Relationship between Heaven and Man

The discussion about the relationship between the universe and man focused on whether “Heaven” was regarded as a supreme god with its own will, or whether it was simply nature with neither will nor purpose. If man regarded “Heaven” as a supreme conscious god, he would be destined to worship and obey it with no possibility of changing it. In face of nature, man would have been reduced to nothing, except as appendices and slaves to nature, inevitably leading man toward religious beliefs and supernaturalism. If man took “Heaven” simply as nature, with a close relationship with himself, he would try his best to understand it and its laws, and act accordingly, protecting it and making good use of it, ceasing to be passive in the relationship and gradually become the master of nature.

Paragraph 4

C 中国哲学的内涵 Concepts of Chinese Philosophy

The Chinese philosophy has its own unique, traditional concepts, such as natural law, evolution, rationality, spirit, emptiness, trustworthiness,



knowledge, essence, practice, supreme ultimate, yin and yang, etc. All such concepts incorporate the wisdom of the Chinese ideologist.



Cultural Links

文化链接

中国人的“天人合一”

历史上,中国人崇尚“天人合一”和“中庸”思想。“天人合一”和“中庸”思想同样是农业文明的产物。农业生产对自然条件的依赖性强,不违农时和风调雨顺是农业生产成功的前提,最初的“天人合一”思想从中产生,主要强调人与自然的协调以及不可分割的关系。儒、道两家都讲“天人合一”。《周易·文言》说:“夫大人者,与天地合其德,与日月合其明,与四时合其序,与鬼神合其吉凶。”《老子》中则有“用人配天”的思想。后天“天人合一”思想不仅是处理人与自然关系的准则,更升华为一种人生追求。“天”成为一种终极真理与理想境界,“天人合一”指人格的提升达到了一种难以企及的崇高状态。具体一点讲,儒家的“天人合一”指人格的道德化,“天”是一种崇高的道义精神和道行境界;道家的“天人合一”指人格的自然化,“天”是一种原始的自然精神和本真状态。“天人合一”在这里有了强调身心和谐的含义。由此出发,中国人崇尚人与自然的和谐、人际关系的和谐,以及身心的和谐。“天人合一”作为一种世界观,主张创立一个和谐平衡的世界。



Vocabulary

妙词连珠

scriptural 根据圣经的

inception 开始

worldly 世间的;世间的

supernaturalism 超自然性;超自然

力

clarify 澄清;使明白

human 有人情味的;有人性的

disciple 信徒;弟子

commentator 评注家



concrete 具体的	revert 恢复
filial 子女的	dismiss 不再考虑或谈论
piety 虔诚;虔敬	mythological 神话的
sibling 兄弟(或姐妹);同胞	couplet 对句
propriety 礼;礼貌	aphorism 格言;警句
appropriately 合适地;适当地	stratagem 战略;策略
etiquette 礼节;礼仪	cynicism 愤世嫉俗;消极厌世
post 职位;工作	monism 一元论
indulge 使满足;纵容;纵情	primitivism 原始主义;尚古主义
archery 箭术;射箭	heuristic 启发的;启发式的
arithmetic 算学;算术	upstanding 直立的
code 准则;规范;道德标准	rigidity 僵硬;不变;稳固性
altruistic 利他的;利他主义	cosmology 宇宙论
despotism 专制;暴政	sustenance 粮食;营养
populace 平民;大众	passivity 被动;消极;不抵抗
paternalism 家长统治(或管理);家长主义	pragmatic 实事求是;实用主义
temperance 节制;自制;克己	highlight 使显著;使突出
lessen 减少;变少	mobility 可动性;易变性
divine 神的;如神	craft 行会
Latinize 使(一字)具有拉丁文形式	guild 团体;协会
endeavor 努力;尽力	priestcraft 祭司
doctrine 教旨;教义	fortification 筑城
mandate 批准;颁布	utilitarianism 功利主义;实利主义
absolve 免除	discourse 演说;演讲;论文
revolt 反叛;背叛	spawn 大量产生
speculation 推测	core 核心部分
shroud 覆盖;遮蔽	symmetry 对称
flux 连续的改变	slanderer 诽谤者;诋毁者
	antagonist 对手



U 中国道德文化

Unit 3 Chinese Virtues Culture



Key Sentences

流畅精句

1. China has always been known as an ancient civilization, and a land of propriety and righteousness.
中国通常被誉为一个文化深厚、富饶、正统的国家。
2. Confucius was the first thinker and educator in Chinese history to advance a systematic body of ethical and moral theories.
孔子是中国历史上第一位促进道德文化体制形成的思想家和教育家。
3. The study of human relationships in society was of great importance to Confucius.
对社会中人际关系的研究是孔子学说的重要组成部分。
4. What you do not want done to yourself, do not do to others.
己所不欲,勿施于人。
5. Both Confucius and Confucianism attached great importance to moral character, believing that one should not go against the principles of morality when dealing with matters.
孔子这个人和儒家学派都很注重道德修养,认为人们在做事时都不应违背道德观念。
6. The reason why the Chinese nation is different from the ancient Greeks, Indians and other peoples in the world lies in its different psychological quality being formed during the past thousands of years.
中国人之所以不同于古希腊人、印度人以及全世界其他民族,是由于在过去的几千年当中形成的心理素质不同。



7. Reverence to and supporting one's elders are also one of the virtues of the Chinese nation.

敬老助老是中国人的一项美德。

8. When the elderly lost the ability to work, it was only natural and reasonable to take care of them and respect them in society.

老人失去了劳动的能力,在社会上应该很自然并且有理由得到关心和尊重。

9. To learn from each other's strong points to offset one's weaknesses is greatly beneficial to the progress of civilization of the whole Chinese nation.

听取别人观点,改正自身弱点,对于促进整个中国文明的发展大有裨益。

10. In the history of Chinese culture, many examples have been recorded of the Han people learning from the strengths of other peoples and vice versa.

在中国文化史上,记载了很多关于汉族和其他少数民族之间相互取长补短的事例。



Wonderful Paragraph

精彩片段

Paragraph 1

A 中国文化简介 Brief Introduction of Chinese Civilization

China has always been known as an ancient civilization, and a land of propriety and righteousness. It abounds in historical heritage, including ethical and moral theories advanced in various stages of history and a myriad of moral codes and rules. These have had a profound influence on traditional Chinese culture, and constitute the principal contents of the study of history and literature.



Paragraph 2

C 中国人的道德观 Chinese Moral Evaluation

Chinese culture is an ethical one, which pays special attention to moral evaluation. This is fully characterized by showing filial obedience, being amicable to others, respecting ordinary people and appreciating morality. Under the influence of Confucian culture, the moral tradition of self-examination, self-criticism and self-restriction has become the core components of a person's self-cultivation.

Paragraph 3

T 道德的涵义 The Meaning of Moral

Both Confucius and Confucianism attached great importance to moral character, believing that one should not go against the principles of morality when dealing with matters. Morality should not be forgotten under any circumstances, especially when one is in a desperate plight. The pursuit of fortune is a general desire of man. However, it must be restrained by morality. A fortune is acceptable when the means by which it is amassed is acceptable according to moral rules. But it is never acceptable when the means break these rules. Man lives for morality, not for fortune, and only in this way does life have value.

Paragraph 4

C 中国人的谦虚 Chinese Modesty

Chinese expressions of modesty can be seen everywhere. When one is invited to a Chinese home for dinner, one finds the table overflowing with six to eight dishes, beautifully presented. But host or hostess is likely to say, "We are not good at cooking, so we have only prepared a few dishes this evening". Chinese habitually say things to suggest that their creations,

family members or themselves are of small value. This may lead you to conclude that you should offer no compliments to Chinese acquaintances. But that is not correct. Chinese like to receive compliments just like anyone else; they merely respond to them differently.

Paragraph 5

C 中国人的道德标准 Chinese Ethics

Traditional Chinese ethics includes many aspects with both good and bad elements, among which some reflect the high standard of moral pursuit of the Chinese people and the ethical wisdom of lasting value, while some elements are old and awkward because of historical, classical and social reasons. The attitude we should adopt towards traditional Chinese ethical doctrines is to advocate the gem of the ethical thoughts and throw away the waste matter so as to develop the ethical spirit with Chinese characteristic and modern characteristic.



Cultural Links

文化链接

《道德经》中“道”之涵义

“道”如果可以用言语来表述,那它就是常“道”(“道”是可以用语来表述的,它并非一般的“道”):“名”如果可以用文辞去命名,那它就是常“名”(“名”也是可以说明的,它并非普通的“名”)。“无”可以用来表述天地混沌未开之际的状况;而“道”的奥妙;要常从“有”中去观察体会“道”的端倪。无与有这两者,来源相同而名称相异都可以称之为玄妙、深远又深远,是宇宙天地万物之奥妙的总门(从“有名”的奥妙到达无形的奥妙,“道”是洞悉一切奥妙变化的门径)。



Vocabulary

妙词连珠

personality 人格	intemperance; abandon 放纵
human existence; life 人生	slander 诽谤
nature of man 人性	prodigality 挥霍
retaliation; revenge 报复	obscenities 秽亵
penitence 忏悔	heartlessness 冷酷
punishment 惩罚	impudence 冒失
impulse; drive 冲动	deception 欺骗
moral education 道德教育	indiscretion 轻率
moral attitudes 道德态度	caprice 任性
frugality 节约	covetousness 贪婪
prudence 谨慎	corruption; venality 贪污
redemption 救赎	faultfinding 挑剔
contribution 捐助	stealing; theft 偷窃
liberality 慷慨	ingratitude 忘恩负义
continence 克制	false witness 伪证
endurance; tolerance 忍受	insolence 无礼
absolutions 赦免	virtue 德性
judgement 审判	dignity 高尚
discretion 审慎	perseverance 坚韧
beneficent act 施善行为	humanity 仁爱
almsgiving 施舍	benevolence 仁慈
cruelty 残酷	goodness 善
flattery 谄忌	sanctity 圣洁
envy 妒忌	calmness 恬静
malice 恶毒	fraternity 友爱
bad conduct 恶行	friendship 友谊
crime 犯罪	chastity 贞洁



probity 正直

utmost good 至善

simplicity 质朴

badness 败德

injustice 不义

intolerance 偏执

weakness 弱点

vanity 虚荣

stupidity 愚蠢

selfishness 自私



U 传统中国礼仪 Unit 4 Traditional Chinese Etiquette



Key Sentences

流畅精句

1. Welcome you and your family to my house.
欢迎你和你们全家到我家做客。
2. Many thanks for your kind invitation to the party at the Jinxing Restaurant on Saturday. I accept with pleasure.
非常感谢您盛情邀请我出席星期六在金星饭店举行的酒会。我愉快地接受这一邀请。
3. Please tell your wife how sorry we are to miss such a joyful occasion.
请转告您的夫人,我们感到十分遗憾,不能参加这样一个欢乐的聚会。
4. I'm sorry I can't accept your very kind invitation to tea party next Monday because I have another engagement on that day.
由于下星期一我已另有安排,不能应邀参加茶会。谢谢您的盛情邀请,并表示歉意。
5. We greatly appreciate and admire your enthusiasm and efforts in promoting the trade and cooperation between the two countries.
对于您为促进两国间的贸易与合作所表现出的热情和所作的努力,我们十分钦佩和赞赏。
6. Thank you for your thoughtfulness.
谢谢您的关照。
7. You should say "pardon me" when you have accidentally hurt someone.
当你偶尔伤害别人时,你应该说“请原谅”。
8. Allow me to offer my heartiest congratulations on your marriage.
请允许我向你结婚表示最衷心的祝贺。

9. That's very nice to hear, but it's not as good as I had hoped.
听你这样说我太高兴了,但还没有我所希望的那样好。
10. I hope this isn't putting you to a lot of trouble.
我希望没给您添太多麻烦。
11. Thank you once again for all you've done for me.
再一次感谢你们为我做的一切。
12. I can't sufficiently express my thanks for your thoughtful kindness.
对于您给我的无微不至的关怀,我难以充分表达我的谢意。
13. Accept my sincere thanks for your kind instruction, which has left a lasting impression on me.
对您的谆谆教导,我深表谢意,铭记不忘。
14. I shall always remember with gratitude the letter you wrote me when you learned of my father's death. You brought me great comfort at a time when I needed it.
当您得知家父病逝后给我写的那封信,使我终生难忘。在我悲痛万分之际,您的信给了我莫大的安慰。
15. Thank you for coming, we will let you know the result as soon as possible.
谢谢你的到来,我们将尽早把结果通知你。



Wonderful Paragraph

精彩片段

Paragraph 1

T公共场合的礼仪 he Etiquette in Public Places

Chinese get used to being pushed and buffeted when they use public transportation or go shopping in public stores. They accept this as normal behavior without expecting apologies. At the same time, the Chinese have been conditioned for centuries to ignore "outsiders," meaning anyone not a member of their family, work unit, or circle of friends. They thus behave



more or less as if others do not exist.

Paragraph 2

T“他人优先”的涵义 **he Concept of “Putting People First”**

The concept of humanitarian treatment of our fellow citizens, so succinctly delineated in the pithy phrase “Putting People first”, is not a modern or western invention. It is quintessential Confucian in origin. In pursuit of restoring social order and harmony through individual morality, Confucius advocated a hierarchical social order allowing for individual ability and dedication. He firmly believed that everyone is born with the seeds of virtue and therefore should be treated with equal humanitarianism even as they hail from disadvantaged social backgrounds.

Paragraph 3

T传统的磕头习俗 **raditional Custom of Ketou**

Traditional Chinese etiquette contained situations in which ketou was performed. According to imperial Chinese protocol, ketou was performed before the emperor. During the Spring Festival, younger family members would ketou to members of each generation above them. At a wedding ceremony, the bride and bridegroom had to ketou to everyone from the eldest down to their parents in order. During ancestor worship services and the Bright and Clear Festival, ketou was also often performed.



Cultural Links

文化链接

跪拜礼

我国在东汉以前,还没有正式的凳椅,人们在进食、议事、看书时,是席地而坐。因此,坐时要两膝着地,然后将臀部坐于后脚跟之上,脚掌向后向

外。古人的“坐”，实际上就是我们现在的“跪”。在接待宾客中，每当“坐”着向客人致谢时，为表示尊敬，往往伸直上半身，也就是“引身而起”，使坐变成跪，然后俯身向下，就这样，逐渐成了日常生活中的跪拜礼。汉代以后，渐渐有高座、凳椅先后问世，人们不再“席地而坐”，因而原来生活中的“跪坐”起了很大变化。跪拜礼仍然存在，却变成了等级差别的标志，主要广泛用于官场之中。在民间，如祭祀、祝寿等风俗中，仍然世代使用。后来，又增加打千（行礼时左膝前屈，右腿后弯，上体稍向前俯，右手下垂）、作揖（两手合抱，拱手为礼）、鞠躬（弯身行礼）等礼节。直到辛亥革命胜利，随着几千年封建君主制度的覆灭，才结束了这种跪拜礼。

Vocabulary

妙词连珠

evolution 进展	modesty 谦逊
ever-increasing 越来越多地	overflow 使胀满
superior 上级的	compliment 赞美的话
inquiry 询问	signature 签名
destination 目的	supervisor 管理人
subtle 难捉摸的	scuffle 扭打
cross-cultural 跨文化的	self-assertive 自作主张的
misunderstanding 误解	behavioral 行为的
impersonal 非个人的	linguistically 语言(学)方面
punctuality 严守时间	honorific 尊敬的
appointment 约会	self-deprecating 自贬的
cellular 多孔的	self-centeredness 自我中心
dramatically 戏剧性地	assuredness 自信
unannounced 未经宣布的	immature 未成熟的
unlikely 不太可能的	friction 摩擦
acknowledgement 致谢	defer 听从
interpreter 译员	technically 技术上



scratch 搔	outcome 结果
transaction 办理 bribery 行贿	prostration 倒下; 平伏
courtesy 礼貌	incense 香
sociologist 社会学家	compound 复合字
significance 重要性	context 上下文
conflict 冲突	downplay 贬低
authority 权力	haughtiness 傲慢
integrity 正直	diminish 减少
predetermined 先决定的	suggestion 暗示
affinity 本性	seesaw 前后动的, 交互的
binding 有约束力的	tuck 把……塞进
conjunction 结合	evaluate 估……的价
coincidence 巧合	

U 中国古代教育思想

Unit 5 Ancient Educational Thought of China

Key Sentences 流畅精句

1. Education has always been very closely linked with culture.
教育与文化紧密相关。
2. Ever since ancient times, schools have been the primary means of cultivating talents, though schools are not the only form of education.
从古代开始,学校虽不是教育的惟一形式,但具有开发、培养智力的初步方式。
3. In ancient China, there existed two types of school, operated either by government or individuals.
在古代中国存在两种形式的学校:政府开办或者私人开办。
4. According to historical records, schools first appeared during the Xia Dynasty (c. 2100-c. 1600 BC).
历史记载最早的学校是在夏朝出现的。
5. During the Western Zhou period (c. 11th century-771 BC), a real school system began to develop.
西周时期,真正的学校体系得以形成。
6. The beginnings of an administrative system for education were established in the Western Zhou.
教育管理体制在西周时期建立。
7. To stress the importance of education, the Son of Heaven would visit schools four times each year to worship forefathers of education and inspect the school.
为了强调教育的重要性,天子每年都要去参观学校四次,既为了崇尚教育的先辈,同时又监督学校。



8. Generally, government schools in feudal society reflected the social stratification of the time and there were a number of such schools of different types.

一般来讲,封建社会的政府院校影响着时局的社会层次地位,而当时像这类学校就有很多不同的种类。

9. Students studying in the institute would be sent to government offices for a probation period of three months or half a year.

在这些院校中做研究的学生将会被送到政府机构实习三个月或半年。

10. A strict examination system was also established in government schools in the feudal society.

在封建社会的政府院校中建立了严格的考试制度。

11. In Yuan, Ming and Qing dynasty, the institute for higher education was called Guo Zi Jian, which was also the highest administrative bureau for national educational affairs at the same time.

在元、明、清三代,高等的教育机构称为国子监,它同时也是国家教育事务的最高管理机构。

12. The typical method of examination in the national university was to answer questions.

在国子监中,典型的考试方法就是回答问题。

13. Generally speaking, the government schools had a special educational administrative organization which was controlled by officials of the ritual department in the central government together with local officials.

总之,政府院校有一套特殊的教育管理机构,这套机构是由中央政府的礼部官员和地方的政府官员联合控制的。



Paragraph 1

A 古代中国的学校 Ancient Chinese Schools

Ever since ancient times, schools have been the primary means of cultivating talents, though schools are not the only form of education. What sort of talents can be trained by schools depends on the nature and type of school and its purpose and content as well as the method of education, in addition to the coordination of the whole society and the practice and hard work of those being taught. In ancient China, there existed two types of school, operated either by government or individuals. Over the course of history, at times one type might predominate over the other, but mostly they complemented each other, and both accumulated rich experience as providers of education.

Paragraph 2

P 教育实践 Practice in Education

Practice was an important aspect of Xunzi's course of education. A student did not simply study ritual, he performed it. Xunzi recognized that this performative aspect was crucial to the goal of transforming one's nature. It was only through practice that one could realize the beauty of ritual, ideally coming to appreciate it for itself. Though this was the end of education, Xunzi appealed to more utilitarian motives to start the student on the program of study. As noted above, he discussed how desires would inevitably be frustrated in the state of nature. Organizing society through ritual was the only way people could ever satisfy even some of their desires, and study of ritual was the best way to achieve satisfaction on a personal level. Through study and practice, one could learn to appreciate ritual for its own



sake, not just as a means to satisfy desires. ritual has this power to transform someone's motives and character.

Paragraph 3

S学习中的怀疑精神 **keptical Mind in Learning**

The training of a skeptical mind was considered to be of great importance by ancient educators, so as to avoid one-sided viewpoints and promote students' capacity for independent thinking. Debate between teachers and students was particular common in academies. Zhu Xi especially stressed the importance of questioning in one's studies. He said that "if something is believable, even it is said by ordinary people, it cannot be changed. If it is doubtful, even if it comes from the lips of scholars and great men, it should be carefully examined and thought over." It was this fine tradition of questioning which promoted the development of traditional Chinese educational theories and academic and cultural thought.



Cultural Links

文化链接

我国教育渊源

我国有重视教育的优良传统,为之开先河的应当是《易经》。一般认为,我国最早论述教育重要地位的是《学记》:“古之王者,建国群民,教学为先。”但初涉《易经》就会发现,其“教学为先”的思想早已赫然在目,比《学记》早了数百年之久。《易经》重点论述教育问题的是“蒙卦”,排在六十四卦的第四位,即在“乾”(天)、“坤”(地)和“屯”(万物始生)三卦之后,而在“需”(营养)、“讼”(法制)和“师”(军队)等卦之前。这就给了教育一个特殊的地位。《易经序卦传》曰:“有天地,然后万物生焉。盈天地之间唯万物,故受之以‘屯’。屯者盈也;屯者,万物之始生也。物生必蒙,故受之以蒙。蒙者,蒙也,物之稚也。”台湾孙振志先生把“蒙”卦的卦名训为“蒙,蒙昧、启蒙、教育”(注:孙振声《白话易经》,(台)星光出版社,1984年,第67

页。)是非常合乎实际的。否则,《彖传》之“蒙以养正”就十分费解了。据此,孙先生说:“当万物生存之后,接着来的是幼稚蒙昧的时期,教育就成为当务之急。(注:孙振声《白话易经》,(台)星光出版社,1984年,第67页。)天生万物之后,第一件事就是启蒙、教育,这不就是“教学为先”的意思吗?所以,可以认为我国重视教育的传统发端于《易经》,而非《学记》。不过,《易经》强调的是教育的人文价值,而《学记》强调的是教育的社会政治价值。因而言重视教育的传统发端于《易经》,并不否认《学记》“教学为先”思想的学术价值。

Vocabulary

妙词连珠

make-up school 补习学校	school for the blind 盲人学校
adult school 成人学校	free school 免费学校
night school for adults 成人夜校	school run by the local people 民办学 校
urban school 城市学校	tent school 陪读学校
charity school 慈善学校	girl's school 女子学校
government school 公立学校	training school 培训学校
public school 公立中学	municipal school 市立学校
exclusive school 贵族学校	summer school 暑期学校
national school 国立学校	private school 私立学校
correspondence school 函授学校	old style private school 私塾
boarding school 寄宿学校	monastic school 寺院学校
church-affiliated school 教会附属学校	the Imperial College 太学
missionary school 教会学校	liberal arts school 文科学校
reform school 教养院	district school 县立学校
continuation school 进修学校	institution of higher learning 学府
military school 军校	school 学堂
science school 理科学学校	mobile school 巡回学校
school for deaf-mutes 聋哑学校	camping school 野营学校
open-air school 露天学校	



spare-time school 业余学校	secondary technical school 中等技术学校
preparatory school 预备学校	
self-established school 员工子弟学校	secondary specialized school 中等专业学校
regular school 正规学校	key school 重点学校
feeder school 直属学校	state school 州立学校
vocational school 职业学校	Sunday school 主日学校
day school 走读学校	

U 中国现代教育体制

Unit 6 Modern Educational System of China

Key Sentences

流畅精句

1. While the Compulsory Education Law calls for each child to have nine years of formal schooling, it is recognized that certain realities prevent this nine-year standard to be implemented immediately.
“义务教育法”提倡每位学生要接受九年的义务教育,但现实表明在短时间内不可能实现。
2. Primary education includes pre-school education and elementary education.
基础教育包含着学前教育和初级教育。
3. Elementary school begins with the first grade, and then proceeds through either grades five or six, depending on the system.
初级教育从一年级开始,再根据不同的体制逐步升到第五或第六级。
4. Junior middle school will involve either three or four years of schooling, depending on the system.
根据不同的教育体制,初中包括三年或四年。
5. The academic year for senior middle school is made up of 40 weeks of instruction, with one to two weeks in reserve.
高中一学年包括 40 周的上课时间和一两周的备用时间。
6. The reforms of higher education consists of five parts reforms of education provision, management, investment, recruitment and job-placement, and the inner-institute management.
高等教育的改革包括五个方面:教育资金,管理制度,投资方式,招生数量和教育机构的内部管理体制。



7. The State Education Commission (SEC) is the chief administrative organ which oversees education in China.

国家教育部是中国教育事务的主要管理部门。

8. There are 36 national-level colleges and universities directly under the control of the SEC.

全国总共有 36 所国家级的大学院校受国家教育部的直接监控。

9. China presently has more than 1 million schools of various levels that enroll more than 318 million students, including 190 million students receiving compulsory education.

中国现今有一百多万所不同级别的院校招收了三亿一千八百多万学生,其中有一亿九千万的学生正在接受义务教育。

10. In some rural areas, local governments collect fees from students for a steady source of finance.

在一些农村地区,当地政府将学生的费用当作资金的稳定来源。

11. In the past five years, the proportion of China's financial allocation to education in its GDP rose from 2.5 percent to 3.41 percent.

在过去的五年里,国家将国内生产总值当中教育的财政分配率由 2.5% 提升至 3.41%。



Wonderful Paragraph 精彩片段

Paragraph 1

The Introduction of SEC

The State Education Commission (SEC) is the chief administrative organ which oversees education in China. The SEC formulates and enforces policies, principles and laws concerning education, and coordinates the various governmental agencies' operation of the individual schools. The influence of the SEC is directly felt mostly in the institutions of higher education, as the governance and management of primary and secondary schools is



left to the local governments.

Paragraph 2

T教育预算 The Situation of Budget for Education

The growth of the national fiscal budget for education cannot meet the demands of education development. Much of the annual budget increase goes to salary raises, leaving little for other amenities. In some rural primary and middle school, there are sometimes no public funds at all. The financial shortage consequently becomes the excuse for illegal charges by local governments.

Paragraph 3

T教育部 The Ministry of Education

The Ministry of Education always gives support to distance learning and has promulgated a series of concrete measures, which include providing necessary hardwares in its initial phase of capital to development then huge amounts of capital to develop application software. Teaching and multimedia software development fully exploits the technological advantages of institutions of higher learning to build databases for multi-level education.

Paragraph 4

A文艺与体育大学 Arts and Sports Universities

The college entrance examination is a one-shot deal. You make it and you win. You don't, you lose with not much chance of a second chance. But do art and music have anything to do with university enrolment? Yes, they do. Universities are being given more and more power over who they may take in as students, and many of these schools are eager to recruit artistically accomplished or athletically gifted students to help boost their image at music, art and sports events organized among universities. These



“special-skill students”, as they are referred to, therefore have a better chance of getting into prestigious universities.

Paragraph 5

A 学习成绩 Academic Scores

Academic scores are paramount within the Chinese educational system. Students with the highest marks gain entry to key universities, which have the best educational resources, as regards advanced educational concepts and top standard teaching and equipment. They also provide a student with intelligent classmates, and are the best starting point for a successful career. This being the case, key universities are the desired goal of every high school student.



Cultural Links 文化链接

义务教育

从我国目前仍实行的《中华人民共和国义务教育法》和《中华人民共和国义务教育法实施细则》来看,义务教育就是由国家确保的适龄儿童、少年就近接受规定年限免学费教育的一项制度。

从以上对义务教育的界定中,我们可以看出,义务教育的本质是国家保障所有的适龄儿童、少年就近免学费入学。它具有五大特征:

1. 由国家保障;
2. 是国家、学校、社会、家庭的义务;
3. 免收学费;
4. 就近入学;
5. 规定年限。

Vocabulary

妙词连珠

check up 核对;检验	interactively 互动地
refund 归还,退还,偿还	via 经;通过;经由
violator 违反者	expertise 专门技术
law enforcer 法律执行者	curricular arrangement 课程设置
impose 强加	market survey and exploration 市场调查
requisite 必需的;必不可少的;必要的	reconfigure 重新装配;改装
vie for 竞争	threshold 门槛;入门,开端
compendium 纲要,概略	tinker 修补;修理;改进
fiscal budget 财政预算	obsolete 陈旧的
amenities 生活福利设施	prospective 未来的;可能要成为的
budgetary appropriation 预算拨款	group consensus 团体一致通过
financial deficit 财政赤字,预算赤字	massive 大规模的
exceed 超越,胜过	valid 有效的
The Compulsory Education Law 义务教育法	talent pool 人才储备
in dire straits 陷于困境	endeavor 尽力;努力
equate 使相等;等同	lucrative 有利的
endorse 认可;签署	localization 地方化,本土化
fiscal shortage 财政短缺	relocation 迁移
initiative 为解决困难而采取的行动	grapple with 尽力克服
dissipate 散播	assignee 代理人;受托人
	vulnerability 弱点
	credibility 可信性



Unit 7 Ancient Chinese Books



Key Sentences

流畅精句

1. The Book of Poetry, the first major collection of Chinese poems, comprises 305 poems from the early years of the Western Zhou Dynasty (the 11th century B. C. —771 B. C.) to the middle of the Spring and Autumn Period (770 B. C. —476 B. C.), over a span of approximately 500 years.
《诗经》是我国第一部诗歌总集,收录了自西周初年至春秋中叶大约500年间的诗歌305篇。
2. The Book of Poetry reflects broadly and truly the life in ancient China and the feelings of various classes.
《诗经》广泛而真实地反映了古代社会生活的画面以及不同阶级和阶层人们的生活感受。
3. The Book of History is an incomplete collection of the history of ancient China.
《尚书》是一部我国上古部分史料的汇编。
4. The Book of History is an invaluable reference for the study of the original and feudal societies in ancient China.
《尚书》是研究我国原始社会和奴隶社会的宝贵资料。
5. The Book of History records many speeches, and makes great progress in argumentation.
《尚书》中记录了许多演说,在说理论证方面取得了明显的进展。
6. The Book of Changes expounds the trinity or union of Heaven, Earth and man, which has attracted the attention of thinkers from different ages, and eventually become the oriental mode of thinking.

《周易》阐述的天地人“三才”统一原理,为历代思想家所重视,成为一脉相承的东方思维模式。

7. The Spring and Autumn Annals is a canonical book of Lu State's history which, in fact, is a combination of canon and history.

《春秋》是鲁国的史书,也是世界上最早的一部编年史。

8. Wen Xin Diao Long discusses the origins of literature and its special characteristics, notes the experience of earlier writers, and proposes methods and standards for literary criticism.

《文心雕龙》评述了文化的起源及其独有的特征,记载了早期作家的生平,并且对文学批评的方法和标准提出了建议。

9. Outlaws of the Marsh is a novel that gives a detailed account of Chinese peasant uprisings in feudal society.

《水浒传》是详细描述封建时期农民起义的一部小说。



Wonderful Paragraph

精彩片段

Paragraph 1

书的起源 The Origin of Book

The earliest Chinese book was written a little before Confucius about 2 500 years ago. The earliest writing, however, could be traced back to 6 000 years ago. The oracles carved on bones of the Shang dynasty revealed a mature writing system of 4 500 words. The true form of the book was not born until bamboo pieces were used as the medium of writing around the time of Confucius. Pieces of the same length were strung together to serve as a bound book. Another medium of writing, a twin of bamboo, was silk, which was used very sparingly as it was much more costly. Paper as a medium of writing began before the Christian era. Earliest paper unearthed dates back to 2 200 years ago. By the second century A. D., it had replaced bamboo and silk as the principal medium for writing.



Paragraph 2

T四书五经 **he Four Books and the Five Classics**

The Four Books and The Five Classics were the canonical works of the Confucian culture in the feudal society in ancient China. The Four Books refers to The Great Learning, The doctrine of the Mean, Confucian Analects and The Works of Mencius. And the five Classics includes The Book of Poetry (also known as The Book of Songs, The Book of Odes), The Book of History, The Book of Rites, The Book of Changes, and The Spring and Autumn Annals. The Five classics got its name during the reign of Emperor Wudi of the Han dynasty, and there emerged a group of scholars responsible for the interpretation of these classics. The Spring and Autumn Annals is a canonical book of history which, in fact, is a combination of canon and history. Later on, interpretations of this important annals also became influential, collected in The three Commentaries. The Commentary of Zuo focuses on history itself while The Commentaries of Gongyang and Guliang concentrate on comments on historical events. In short, all of them are valuable materials for the study of the political, cultural, and academic histories of China.

Paragraph 3

T史记 **he Records of the Historian**

Why are the Records of the Historian acclaimed as the most valuable literary work among books on history in China? the reasons lie not only in its narrative descriptions of historical events and individual biographies, but more importantly in its solemn and stirring, yet lyrical style that can be felt throughout the book. This style comes from the fact that, whatever he wrote about, be it a person or a historical even, the historian would pour



forth all his concern and outrage into the lines, along with his understanding of history. Therefore, the history and historical characters he depicted are immersed in a kind of poetic ambience.

Paragraph 4

T周易 **he Book of Changes**

The Book of Changes contains sixty-four hexagrams, each representing a particular quality of time, action or attitude, which is clarified in the text supplementary to it. When someone consults The Book of Changes a question, like the change of natural phenomena, one's gain and loss, good or ill luck etc., the answer is given by one of the hexagrams, which captures the precise substance of what is involved.

Paragraph 5

C中国小说 **hinese Novels**

The traditional Chinese novel developed as a literary form during the Ming and Qing dynasties. It is episodic in nature, relating the adventures of a large number of characters in a string of loosely connected events. Its thematic ranges is broad, including historical romances, chivalric tales, ghost stories, social satires and love stories. Most of the novels depend heavily on the ancient tradition of popular storytellers in the marketplaces and teahouses. This dependence carries two consequences. The first is that the long, episodic novels are strong in fascinating detail but weak in unified plot. The second is that the authors tend to be collectors, editors, and adapters of earlier materials. There follows a few of the best-known novels that still remain popular among current Chinese readers.



Cultural Links

文化链接

活字印刷

活字印刷问世于 11 世纪,由毕升发明。书籍的大规模印制制导致了学术的繁荣和教育的普及。

中国发明活字印刷比欧洲的谷登堡革命要早 400 年,汉字又稳定不变。文字的稳定和印刷技术的发达促进了中国教育和科技的普及。然而遗憾的是,这个领先地位不可能持久,因为印制的书籍大多数是古典、佛经和道藏,而不是科技书籍。



Vocabulary

妙词连珠

bibliophile 爱收藏书的人	expensive 昂贵的
papyrus 纸莎草纸	output 出产
parchment 羊皮纸	surname 姓
bind 装订	accompany 陪同
slip 片条	sway 摇摆
cord 细绳	rhythm 节拍
hemp 麻类植物	attribute 把……归因于
cowhide 牛皮革	memorization 熟记
biography 传记	profound 深刻的
essay 论说文	academic 学术式的
vertically 垂直地	prescribe 规定
bundle 捆	exception 例外
fabric 织物	era 时代
strikingly 显著地	cardinal 主要的
similar 相像的	authentic 可信的
portable 便于携带的	originally 新颖地

Confucianism 儒学	allege 宣称
manifest 显示	interrelate 相互关联
doctrine 教义	symbolic 象征的
demonstrate 证明	diagram 图表
analects 论集	cosmological 宇宙论的
disciple 信徒	antedate 先于
philosopher 哲学家	philosophical 哲学的
ceremonial 礼节的	creed 教育
verse 诗句	commentator 注释者
poetry 诗歌	reformer 改革者

3 中国诗歌文化

Chinese Poetry Culture

U 中国语言文化 Unit 1 Chinese Language Culture

Key Sentences 流畅精句

1. Chinese is the universal language in China; it is also one of the five working languages of the United Nations.
汉语是中国的统一语言,也是联合国五种工作语言之一。
2. Chinese written language, which employs the Han characters, or Hanzi, had their origin in oracle inscriptions more than 6 000 years ago and had developed in the Shang Dynasty (1600 BC – 1046 BC) as pictographs depicting concrete objects.
中国的书写语言,汉字为工具,可以追溯到 6000 多年前的古刻字时期,并且商代以镌刻在石碑上的象形文字得到发展。
3. After the May Fourth Movement, the formal standard for written Chinese has been vernacular Chinese whose grammar and vocabulary are similar but not identical to those of modern spoken mandarin.
五四运动以后,书写汉语开始正式转向白话文,尽管语法和词语与现今用到的词语很相近,但也不完全一致。



4. Chinese characters are understood as morphemes which are independent of phonetic change.

人们理解汉语主要依靠词素,这跟语音的变换没有关系。

5. There are also great differences in the geographical variation of intelligibility.

不同地区对于普通话的理解情况差距很大。

6. Putonghua is the mother dialect of Chinese living in Northern China and Sichuan province.

普通话是中国北方和四川省的母方言。

7. Currently, twenty-one of China's ethnic minorities have their own written language, including twenty-seven written forms.

现今,中国有 21 个少数民族有自己的书写语言,包含了 27 种书写格式。

8. China's 53 ethnic minorities have more than 80 different languages.

中国的 53 个少数民族拥有 80 多种不同的语言。

9. In the process of creating the written languages, the state allowed the ethnic minorities to choose which languages they wanted to use.

在创造书写语言的过程中,我国赋予少数民族权力来选择他们自己的语言。

10. After the reforms in the ethnic minorities' written language, the new written languages were more simplified.

少数民族的书写语言形成以后易于接受。

11. Parents generally speak to their children in dialect, and the relationship between a dialect and putonghua appears to be mostly stable.

父母通常跟子女用方言讲话,这使得方言与普通话之间的关系总是显得很遥远。

12. Usually learning a new dialect is done informally through a process of immersion and recognizing sound shifts.

通常来讲,要想正式学习一门方言,就必须沉浸其中并且对声调要掌握到位。



Wonderful Paragraph 精彩片段

Paragraph 1

A 汉字书写简介 Brief Introduction of Chinese Written Language

Chinese is the only major writing system of the world that continued its pictograph-based development without interruption and that is still in general modern use. But not all Chinese characters are simply impressionistic sketches of concrete objects. Chinese characters incorporate meaning and sound as well as visual image into a coherent whole.

Paragraph 2

T 汉字的特点 The Characters of Chinese Word

The Chinese word is highly flexible. It can be condensed, blended, extended, protracted, expanded, converted, reversed and shifted. There is a lot of poetic license, making poetry not only easy but also interesting to write. While both the Chinese word and sentence lack overt formal features. There is tremendous freedom in making phrases and sentences. Semantic relations are much more important than syntactic markers and connectors.

Paragraph 3

L 文言文 Literary Chinese

Classical Chinese or Literary Chinese (文言文) is a traditional style of written Chinese based on the grammar and vocabulary of Zhou Dynasty Chinese, making it very different from any modern spoken form of Chinese. Classical Chinese was once used for almost all formal correspondence be-



fore the 20th century, not only in China but also in Korea, Vietnam and Japan. Among Chinese speakers, classical Chinese has been largely replaced by Vernacular Chinese (白话), a style of writing that is closer to modern spoken Chinese, while speakers of non-Chinese languages have largely abandoned Classical Chinese in favor of local vernaculars.

Literary Chinese is the form of written Chinese used from the end of the Han Dynasty to the early 20th century when it was replaced by vernacular written Chinese. Literary Chinese diverged more and more from Classical Chinese as the languages of China became more and more disparate and as the Classical written language became less and less representative of the spoken language. At the same time, Literary Chinese was based largely upon the Classical language, and writers frequently borrowed Classical language into their Literary writings. Literary Chinese therefore shows a great deal of similarity to Classical Chinese, even though the similarity decreased over the centuries.

Paragraph 4

方言 Local Dialect

Over 90% of Chinese people speak Mandarin, but they may very likely also speak another dialect. The local dialect is generally considered more intimate and is used among close family members and friends and in everyday conversation within the local area. Chinese speakers will frequently code switch between putonghua and local dialects. Parents generally speak to their children in dialect, and the relationship between a dialect and putonghua appears to be mostly stable. Most Chinese know that local dialects are of considerable social benefit; and when they permanently move to a new area, they will attempt to pick up the local dialect. Usually learning a new dialect is done informally through a process of immersion and recognizing sound shifts.



T汉语的特点 **he Characters of Chinese Language**

The Chinese language has a greater degree of stability and invariableness, which is closely related to its use of ideographs and pictographs. Ideographs are symbols of things reflecting the objective natural laws. So, the Chinese language has multiple dimensions and relative stability, manifest first of all in the accumulateness of words or phrases. Since the objective things often change gradually and are often interrelated, so usually the same words or phrases are not used to express an objective thing that has changed somewhat, or are interrelated by adding to them a new element, rather than using other reconstructive words or phrases. In this way, a Chinese word can have a set of multiple meanings.



Cultural Links

文化链接

白话文运动

近代白话文运动为现代汉语的诞生积累了相当珍贵的成果,但却远未能动摇文言的正统地位并完成书面语的革命。究其原因,一是像胡适和周作人所谈到的,当时的提倡者从开民智的角度倡导白话,骨子里仍然觉得白话是给不懂文化的老百姓看的,是“听差”的语言,而文言才是“老爷”的语言,因此那些介导白话的文章,本身就是用文言写就的。其次,书面语和口语是应有一定距离的,用以写作的白话,并不等于日常的口头语,因此对于应该建立一种什么样的白话,时人的观念还很模糊。所以,白话的普及要到五四新文化运动之后才最终得以完成。

Vocabulary

妙词连珠

renaissance 复活	vernacular (用)白话的;(用)方言的
supplant 取代	impressionistic 给人一般印象的
classical 古典的	incorporate 使结合
vernacular 本国的	logographic 语标的;由语标组成的
experiment 实验	monosyllabic 由单音节字组成的
simplification 简单化	morpheme 语素;词素
undergo 经历	syllable 音节
successively 连续地	ideograph 表意文字(如中文)
objective 客观的	phonetic 语音的
stroke 笔画	orthography 拼音法
literacy 读写能力	diverge 使分叉;使转向;使渐变
dialect 方言	romanization 用罗马字母拼写
subdivide 把……再分	transliterate 拼写
necessarily 必然地	unintelligible 难以理解的
intelligibility 可理解性	homophone 用音异义词
decrease 减少	intricate 复杂的
intimate 熟悉的	consonant 辅音;辅音字母
considerable 相当大的	conjugation 动词变化系统
permanently 永久地	declension 名词、代词、及形容词的词形变化
immersion 沉浸	inflection 词形的变经
recognize 认可	syntactical 造句(法)的
classify 将……分类	append 附加;增补
sub-branch 分支	complement 补足语
autonomous 自治的	perfective (语)完成体
oracle (古希腊)神谕	nuance 意义、意见、颜色等的细微变化
inscription 题名;题字;刻印文字	signify 表示
pictogram 象形文字	bilingual 能说两种语言的
depict 描绘;描写	
colloquial 口语体的;非正式的;非文学性的	



U 唐朝以前的诗歌文化 **Unit 2 The Poetic Culture before Tang Dynasty**



Key Sentences **流畅精句**

1. Furthermore, this lyrical characteristic has also permeated other art forms.
进一步来讲,这种抒情特点已经渗入了其他的艺术形式当中。
2. The Chinese literature emphasizes the behaviors of the people.
中国文学强调人的行为。
3. The narrative literature that flourished in the Tang Dynasty emerged under the direct influence of the Buddhist scriptures.
唐朝叙事文的出现受佛教经典的影响很深。
4. Chinese literature is characterized by a long tradition of realism.
长期的现实主义传统是中国文学的特征。
5. Many works in the “Book of Poems” reflected the actual social trends of that time via the aspirations and sentiments of the writers and the singers.
《诗经》中很多著作都反映了当时情况下作者的期待和情感的趋向。
6. Beside its political purpose, the “Book of Poems” reflected distinctively the joy and anger, happiness and sorrow of the people.
除了政治意图外,《诗经》特别反映了人们的快乐与愤怒,高兴与悲伤。
7. Appreciation depreciation of a person or an event was often expressed in a single word, the so-called Spring-Autumn style.
一个人的消极情绪或一件事的负面影响往往通过一个简单的词就可以表现出来,这也就是所谓的春秋体。



8. The “Nine Elegizes” was the collective title of nine poems, which combined perfectly the sentiment of sorrow, realistic description, and intense argumentation.

《九章》是九首诗歌的统一标题,内容涵盖了作者悲痛的心情和对现实的描述以及作者认真的推理。

9. The eleven verses of the “Nine Songs” based on hymns to deities were fresh and elegant, rhymed and impressive.

《九歌》的十一首诗都是祭祀时对神的赞歌,这些歌清楚而优美,押韵而表现力强。

10. The feature of the rhymed prose was that it laid emphasis on elaboration and description.

律诗的特点在于强调叙述和描写。

11. The later period of the Western Han Dynasty saw the flourish of the rhymed prose.

西汉末期,格律诗逐渐兴盛起来。



Wonderful Paragraph

精彩片段

Paragraph 1

The Development of Lyric Poems

In the surging Chinese literary flow, the Chinese ancestors selected the concise, reverberating lyric poems as a medium to give vent to their native sentiments and unsophisticated ideals. The lyric-poem type literary works have become the mainstream of the course of progress of Chinese literature. The lyrical tradition has permeated also the Chinese prose, drama and novel, and has become the common literary consciousness of generations of Chinese literati. So, this can be credited as the foremost characteristic of the Chinese literature.



Paragraph 2

B 诗经 Book of Poems

The “Book of Poems”, compiled two thousand and five hundred years ago, was the earliest realistic literature in China. In the light of the rhythms, the anthology was divided into three sections: the Feng section (the section of ballads), the “Ya” section (the section of festival songs), and the “Song” section (the section of praises). The “Feng” poems were the native ballads of the various states. The “Ya” poems were music pieces in the territory of the Zhou Kings. The “Song” poems were eulogies to ghosts and deities and to meritorious deeds, often sung along with dances. This book has rich contents and knowledge, and aesthetic values in various aspects.

Paragraph 3

C 楚辞 hu Ci

Chu Ci refers originally to the novel style of poetry created by the literati of the Chu State during the late stage of the Warring States Period. It is permeated with a rich local color which is featured chiefly by its use of “the exclusive Chu dialect and melody as well as by its portrayal of the exclusive Chu locality and customs.” (Preface to the Newly Revised Edition of Chu Ci by Huang Bosi of the Song Dynasty). In 26 B. C., (the 3rd year of the He Ping period of emperor Chengdi of the Han Dynasty) Liu xiang compiled the works of Qu Yuan and Song Yu, together with the simulated works of the Han dynasty literati into a collection with the same title. Therefore, Chu Ci is also the title of a collection of poetry.

Paragraph 4

S离骚 **Sorrow After Departure**

Sorrow After Departure is the most significant of Qu Yuan's works, and also the longest ancient Chinese classic poem. Its 2 477 characters in 373 verses constitute an autobiography that is peppered with metaphors and analogies. The poem exposes the darkness and decrepitude of the ruling clique, its wickedness, greed, lewdness, and brutality. Qu Yuan also evokes the image of an upright patriot who upholds justice, seeks truth, braves hardship and persecution, and loves his country and people. Patriotism and love for his people are thus expressed in his writing, as well as his anguish and sorrow at being prevented from realizing his political ideals.

Paragraph 5

J建安文学 **Jian'an Literature**

Before and during the Three Kingdoms Period, literature especially flourished in the Jian'an Period. Jian'an is the reign title of the last emperor of Han who was actually controlled by Cao Cao (155—220), the founder of the State of Wei. The leading figures of this period are Cao Cao, his two sons, Cao Pi (186—226) and Cao Zhi (192—232) and the Seven Masters.

Paragraph 6

Y乐府 **ue Fu**

A Collection of Yue Fu Poetry was compiled during the Song Dynasty by Guo Maoqian whose life remains unknown. Yue fu was originally the official bureau in charge of music. It was set up during the reign of emperor Wudi of the Han Dynasty. As a permanent governmental institution of the Han,



Wei, the Western and Eastern Jin dynasties, it was responsible for compiling music books, anthologizing songs and ballads and training musicians. All the songs which had been set to music by this institution were referred to as Yue Fu poetry. Collection of Yue Fu Poetry contains not only the Yue Fu poetry from the Han Dynasty to the Five Dynasties Period but also the ballads from the pre-Qin period to the last phase of the Tang Dynasty. In addition, it also contains the simulated works of later generations. The poems in the collection are divided into twelve categories which are grouped into 100 volumes. It is the most comprehensive anthology of the Yue Fu poetry.



Cultural Links 文化链接

诗歌的由来

诗歌是产生最早的一种文学形式。我们的祖先把生产斗争中的经验传授给下一代,为便于记忆、传播,就将其编成了顺口溜式的韵文,这就是诗的形式最初形成的原因。

当时诗起着记事的作用。文学产生以后,有了文学的帮助,不必再死记,这时把一切文字的记载都叫“志”。歌,最初只用简单的感叹字表示情绪,在语言产生之后,人类的头脑发达了,对客观事物的认识逐步深化,情绪更加丰富,用几个感叹字表达已远远不够用。于是,在歌里加进实词,以满足需要。在文字产生之后,诗与歌的结合又前进了一步,用文字书写的歌词出现了。这时,一支歌包括两个部分:一是音乐,二是歌词。音乐是抒情的,歌词即诗,是记事的。这就是说,诗配上音乐就是歌,不配音乐就是诗,彼此相辅,互相为用。最初的诗都能配上音乐歌唱,歌就是诗,诗就是歌。后来“诗歌”逐渐演变成了诗的代名词。

 Vocabulary
妙词连珠

eight-part essay 八股文/时文	review 述评
argumentative writing 辩论文	essay 随笔
expository prose 阐述性散文	sketch 特写
short commentary 短评	news report 通讯报导/新闻报导
essayette 短散文	brief biography 小传
model essay 范文	psychobiography 心理传记
satire 讽刺文	narrative prose 叙述性散文
ancient Chinese prose 古文	anecdote 轶事
narrative 记叙文	practical writing 应用文
appreciative biography 鉴赏性传记	travel 游记
individual biography 列传	prose written in the vernacular 语体文
argumentative prose 论说文	random thoughts 杂感
descriptive prose 描写性散文	satirical essay 杂文
critical essay 评论文章	true story 正传
critical biography 评传	political essay 政论文
editorial 社论	biography 传记
poetic prose 诗文	autobiography 自传
lyric prose 抒情散文	



U 盛唐诗歌 **Unit 3 Poetry in the High Tang Period**



Key Sentences

流畅精句

1. The Tang Dynasty boasts the most brilliant cultural and literary achievements in Chinese history and is the golden age of Chinese poetry.
唐代是中国历史上文化和文学活动最为灿烂的时期。
2. Poetry is generally regarded in the West as the most inspiring and sublime of all literary forms.
诗歌在西方通常被看作最富灵感和最崇高的文学活动。
3. In ancient China, most scholars could compose poems.
在中国古代,大部分读书人都能作诗。
4. The development of the Tang Dynasty is divided into four periods: Early Tang, High Tang, Mid Tang and Late Tang.
唐诗的发展可分为四个阶段:初唐、盛唐、中唐和晚唐。
5. In general, Tang-dynasty poems are abundant in intriguing imageries and possess expansive and magnificent visions.
从总体上讲,唐诗富于意象和情趣,视野开阔宏大。
6. Chinese classical poetry attained its peak in the High Tang period.
中国古典诗歌在盛唐时期达到高潮。
7. Wang Wei was a versatile poet of the High Tang period. He was not only adept at poetry but also at painting and music.
王维是盛唐诗人中的一位艺术全才,他不仅擅长诗歌,还精通绘画和音乐。
8. Wang Wei excelled in describing the beauty of a natural landscape, and elevated landscape poetry, which first took shape in the Wei and Jin dynasties, to new artistic heights.



王维的诗歌长于描写自然山水之美,他将魏晋以来兴起的山水田园诗推向了一个新的艺术高峰。

9. The charm of Li Bai's poems lies in his masterful conveyance of the splendor of the Tang Dynasty through his unique artistry.

李白诗作的魅力在于他通过自己独特的艺术个性传递了盛唐气象。

10. Li Bai's artistic gift and temperament are unparalleled in the history of Chinese poetry.

李白的艺术天才和气质使他在 中国诗史上独一无二。

11. Li Bai's poetic creations reflect his untrammelled, romantic spirit.

李白的创作反应了他狂放不羁、浪漫自由的精神气质。

12. Du Fu is credited as the greatest realist poet of ancient China.

杜甫被称为中国古代最伟大的现实主义诗人。

13. Unlike Li Bai's free and natural style, Du Fu was particularly concerned with minute detail and careful wording.

和李白的飘逸自然不同,杜甫作诗讲究细腻锤炼。



Wonderful Paragraph

精彩片段

Paragraph 1

A 唐代诗歌简介 Brief Introduction to Poetry in Tang Dynasty

The poetry in the Tang Dynasty was the culmination of the Chinese lyric literature. In the "Complete Anthology of Tang Poems" compiled in the Qing Dynasty, there are about 50 000 poems written by more than 2 300 poets. This period saw many famous poets producing poems of almost all different styles. There were many poetic schools boasting of divergent styles, shaping up a marvelous, splendid era in the land of poetry, when "all the flowers blossomed."



Paragraph 2

T 唐诗的发展 **The Development of Tang Poetry**

As the golden age in the history of Chinese poetry, the Tang Dynasty made brilliant achievements in the different poetic forms of *guti* (classical poetry), *gelü* (poem with a tonal pattern and rhyme scheme) and *yuefu* poetry. And *gelü* poetry, which only reached maturity and perfection during the Tang Dynasty, is also called “*jinti* (modern-style) poetry” and falls into the two categories of *lǔshi* and *jueju*. A *lǔshi* poem usually has eight lines with a strict tonal pattern and rhyme scheme, with each line having five or seven characters. A *jueju* is the short form of the *lǔshi*. It comprises only four lines, with each line having five or seven characters. The form of *gelü* poetry has strengthened the artistic characteristics of economy of words, use of imagery and rich connotation in Chinese poetry.

The development of the Tang Dynasty is divided into four periods: Early Tang, High Tang, Mid Tang and Late Tang. Poetry writing in the Early Tang period, though still not free from the ornate style of the Six dynasties, already displayed a breath of freshness. It reached its zenith to flourish in the High Tang period. In several decades' time many great poets came onto the scene, such as Wang Wei, Li Bai and Du Fu. By the Mid and Late Tang periods, Tang poetry became more sophisticated and profound, shifting more attention onto writing skill, before it finally declined. In general, Tang-dynasty poems are abundant in intriguing imageries and possess expansive and magnificent visions.

Paragraph 3

L 李白 **Li Bai**

Li Bai (701—762) has long been considered the greatest romantic poet in Chinese literature. Winning the honorable title “Poet Immortal”, he fully revealed the extravagant imagination spirit in his 1 100 poems remain-

ning today. Although poetry in the Modern Style came into being in the early Tang, most of Li Bai's poetry with a wild and free spirit was composed in the Ancient Style. Some of Li Bai's most famous poems are "Dreaming of Sightseeing in the Tianmu Mountains".

Cultural Links 文化链接

杜甫

杜甫(712—700)字子美。生于河南巩县。自幼刻苦学习。二十岁开始漫游。三十四岁到长安,因受权贵排斥,不得任用,过着困苦生活。安史之乱中,诗人到处奔走,进一步了解人民疾苦。四十七岁迁居四川成都。晚年全家离开四川,病死于湘江途中。杜甫是中国文学史上最伟大的现实主义诗人,共留下一千四百多首诗。他的诗揭露了统治者的腐朽,反映了人民的疾苦,显示了唐代由盛转衰的历史过程,因而被称为“诗史”。杜诗语言精练,具有高度的概括能力。《自京赴奉先县咏怀五百字》、《春望》、“三吏”、“三别”均有名。有《杜工部集》。

Vocabulary 妙词连珠

love sonnet 爱情十四行诗	gnomic poetry 格言诗
octave 八行诗	classical verse 古典诗
free verse written in the vernacular 白话诗	classical poetry 古典诗歌
long verse 长诗	classical-style poetry 古体诗
doggerel 打油诗	extempore verse 即兴诗
madrigal 短情诗	symphonic poem 交响诗
short verse 短诗	select poem 精选诗
epigram 讽刺短诗	epigram 警句短诗
	old-style poem 旧体诗



rhapsody 狂诗	idyl 田园短诗
yuefu 乐府	pastoral 田园诗
vision 梦境诗	popular poem 通俗诗
seven-character quatrain 七言绝句	elegiac couplet 挽诗
seven-character octave 七言律诗	titleless poem 无题诗
romance 抒情短诗	five-character quatrain 五言绝句
lyric 抒情诗	five-character octave 五言律诗
didactic poetry 说教诗	modern verse 现代诗
quatrain 四行诗	narrative poem 叙事诗
blank verse 素体诗	sentimental poem 言情诗
Tang poetry 唐诗	heroic verse 英雄诗



Unit 4 Song Poems



Key Sentences

流畅精句

1. In ci poetry, lines are of different lengths, with the shortest being one word and the longest over a dozen.
词的句子长短不一,少则一字,多的有十几字。
2. The earliest ci poetry came into being as words fitted to tunes, much like today's lyrics of songs.
最初的词都是用来和乐歌唱的,因此在性质上近于我们今天所说的歌词。
3. Like many other literary genres, ci originated among the people but matured in the hands of the literati.
和许多文学体裁一样,词也起源于民间,却在文人手中渐趋成熟。
4. Literary creation in ci form first appeared among the Late Tang literati poets.
词的创作在晚唐文人中间已开始兴起。
5. Wen Tingyun was respected as the founder of the Flower School.
温庭筠被尊为花间派的鼻祖。
6. Liu Yong excelled in music. He made great changes to existing tunes and created many new ones, greatly expanding the form of ci poetry.
柳永精通音律,他大量改制、创制词调,大大开拓了词体。
7. Su Shi claimed top distinctions in the literary creation of poetry, ci poetry and prose and was recognized for the highest literary standards during the Song Dynasty.
苏轼在诗、词、文创作上都独领风骚,代表了宋代文坛的最高水平。



8. Su Shi made the greatest contribution to the development of ci poetry.
苏轼对词的发展贡献最大。
9. Literati in the Song Dynasty attached great importance to the legacy passed on from teacher to student, thus many literati groups took shape and continued to exist from generation to generation.
宋代的文人非常重视师承关系,形成了代代相沿的众多文人集团。
10. Besides originality, Huang Tingjian also attached great importance to the self-accomplishment in a poet.
在独创之外,黄庭坚还非常重视诗人的学养。
11. Li Qingzhao's ci poems are a record of her life and emotional experiences, through which readers may understand the greatest woman poet in the history of ancient Chinese literature.
李清照的词铭刻了她的生命与情感经历,透过它们,读者得以理解这位古代文学史上最伟大的女性。
12. The Southern-Song-dynasty poet Xin Qiji is a great talent in the history of Chinese poetry.
南宋词人辛弃疾是诗史上的怪杰。



Wonderful Paragraph 精彩片段

Paragraph 1

A 宋词简介 Brief Introduction of Ci in Song Dynasty

The Song Dynasty is the golden age of Ci in Chinese literature. Ci instead of regulated poetry could express more refined and delicate feelings with irregular line-length. Eminent Ci poets include Liu Yong (1004? — 1054), Su Shi, and Li Qingzhao (1084—1151?), and so on.



Paragraph 2

T词的发展 **he Development of Ci**

Like many other literary genres, ci originated among the people but matured in the hands of the literati. Some extant early ci works were attributed to the authorship of the famous Tang poets Li Bai and Bai Juyi. By the time of the Song Dynasty, almost all famous writers composed ci poetry and thus pushed this genre to its culmination toward perfection. Ci is thus the most representative literary form of the Song Dynasty. However, for a long period of time, the literati retained the concept of “solemn shi and charming ci.” Shi is regarded as the classical and elegant literary form expressing serious and sober themes, while ci is a “trivial” vehicle for people to express their personal feelings. For example, Ouyang Xiu, litterateur of the early Northern Song, wrote about the solemn themes of politics and personal aspirations by way of shi, while in his ci poems, he mainly sang of the love between man and woman in a soft, circumlocutory and detailed way. Therefore, ci poetry has another name, “shi the junior.” However, some great ci poets of the Song Dynasty, like Su Shi and Xin Qiji, broke through its limitations and extended the range of themes and artistic conception.

Paragraph 3

C苏轼的词 **i Made by Sushi**

Su Shi made the greatest contribution to the development of ci poetry. He broke through the subtle and decadent style popular since the Late Tang and, by adding a masculine power to it, broadened its scope to form a free and powerful ci style of his own. Su Shi did not conceal his opinion that “poetry is a type of ci,” and his ci poems cover a wide range of subject matter, effectively putting into practice the idea “no meaning cannot be expressed in poetry, and no event cannot be translated into poetry.” As a re-



sult, parting, thoughts on the past, odes to things, mourning and argument could all be written in the ci form. In this way the ci form became the vector for his thoughts, his character, his aspirations and his interests. As people from ancient times recounted, “When the ci form developed in the time of Su Dongpo, it became free, powerful and unreserved, like poetry, like prose, and like wondrous visions of the world.”

Paragraph 4

L 李清照 **Li Qingzhao**

The Song poems written by Li Qingzhao were well-polished, lively and elegant; they were distinctive and vivid with a very strong artistic appeal to the readers. Demarcated by the establishment of the Southern Song, her works could be divided into two phases. In the first phase, her works described chiefly her life as a maiden and as a young wife, showing her passion for nature and love. They were sprightly and tender. In the second phase her works were mournful and moving. Her sorrow resulted from the vicissitudes of her life and her mourning for the decline of the nation. This sorrow was very profound. No wonder when Liu Chenweng, a patriotic lyricist living at the close of the Song Dynasty, wept when he read these works of hers and wrote a matching Song poem in similar rhymes.



Cultural Links **文化链接**

词牌

词牌出处与取义很多:有摘自诗词里字句的,如《西江月》,即李白《苏台览古》“只今惟有西江月”诗句。有用人名、地名的,像《念奴娇》中的念奴,即为唐明皇时一个女歌手的名字;《渔歌子》,写渔民生活。由大曲、字数、故事得名的,如《水调歌头》,乃唐大典《水调歌》首段;《十六字令》,一首词十六字;《鹊桥仙》、《祝英台近》,是民间流传的故事。有以服饰、形象

为名的,如《苏幕遮》(胡语),西域妇人的帽子。也有以季节、音节命名的。词牌正名之外另标异名者也不少,像《如梦令》,原名《已仙姿》,又名《宴桃源》;《相见欢》,一名《乌夜啼》、《秋夜月》、《上西楼》。

Vocabulary 妙词连珠

tactics 战术	logical 合逻辑的
illustrate 阐明	systematic 有系统的
prose 散文	consciously 有意识地
pivot 枢轴	pronunciation 发音
verify 证明	analyze 分析
compile 汇编	rhetorical 修辞学的
integrate 使结合	treatise 论文
unknown 陌生的	preface 序言
sage 贤人	evolution 发展
perception 感知	criticism 评论
concept 概念	characteristics 特有的
parallel 相似处	challenge 挑战
legendary 传说的	phenomenon 现象
comprehensive 综合的	comparative 对比的
biographical 传记的	episodic 情节不连贯的
reign 统治	adventure 冒险活动
astrology 占星学	loosely 松弛地
literary 文学的	romance 浪漫情调
fiction 小说	chivalric 侠义的
bulk 大部分	satire 讽刺
enlightened 有知识的	dependence 依靠
parsing 符合语法的	consequence 结果
analysis 分析	fascinating 极好的

4 中国音乐舞蹈艺术

The Art of Chinese Music and Dance

↓

U 中国传统乐器 Unit 1 Traditional Music Instruments

Key Sentences 流畅精句

1. As one of the oldest musical instruments in China, the sheng was the first instrument in the records of history after the appearance of the written language.

作为中国最古老乐器之一,笙是历史上自书写文字出现后不久的第一种乐器。

2. With the scientific and technological development, the structure of sheng has improved.

随着科技的发展,笙的构造也在不断完善。

3. To meet the needs of the development of the traditional musical instruments, the sheng has occupied an increasingly important position in the orchestra.

为了迎合传统乐器发展的需要,笙在音乐界占据的地位不断升高。

4. The gong is one of the percussion instruments among China's traditional musical instruments.

锣是中国传统的一种打击乐器。



5. In spite of constant scientific and technological progress, large gongs are still cast by hand by experienced workers through a manual striking process

尽管科技不断发展,造型较大的锣仍然由一些经验丰富的工人师傅手工铸造锤炼而成。

6. With the development of cultural exchange, Chinese gongs and their artistic effects have spread to countries around the world.

随着文化交流的不断深入,中国锣鼓及其演奏技法已经传遍世界各地。

7. People began using stringed instruments to play solos during the Song Dynasty, reaching a fairly high level of performance skill.

宋朝时期弦乐器的独奏达到了空前的演技水平。

8. Pipa is the oldest and most famous plucked instrument in China.

琵琶是中国最古老最著名的拨弦乐器之一。

9. The pipa plucked string instrument has undergone thousands of years of transformation and development.

琵琶这种拨弦乐器经过了数千年的改造才得以形成和完善。

10. Chinese stringed instruments can be divided into those played horizontally and those played vertically.

中国的弦乐器可以分为两大类:横拨弦乐和纵拨弦乐。

11. The zheng was a popular instrument with a simple structure, and it was played by people of all social strata.

筝是一种构造简单却很出名的乐器,为社会上各个阶层的人士所接受。

12. All these instruments have created magnificent and colorful musical culture from China's remote historical ages to the present.

自远古至今,所有这些乐器都为中国的音乐文化开辟出了一条广阔的色彩之路。



Wonderful Paragraph

精彩片段

Paragraph 1

The Origin and Development of Musical Instruments

When humans in China first began to use tools thousands of years ago, they also fashioned crude musical instruments from stone, wood, and other materials. With social and technological progress, over 500 varieties of musical instruments have been created with steady improvement and winnowing. A complete family of traditional Chinese musical instruments has taken shape, whose shapes and structures, performing skills and sound integration are characterized by complementarity and deep artistic expressivity.

Paragraph 2

Konghou in China

Konghou, an ancient stringed instrument, originated in Mesopotamia. In China, konghou was first produced in the Western Han Dynasty in the form of a bow-shaped instrument after an ancient Chinese model. According to both Shi Ji (Records of the Historian) and Han Shu (History of the Han Dynasty), the Han Emperor Wudi ordered Hou Diao, a musician, to make konghou as an instrument to be used at a ceremony marking the conquest of Nanyue (Viet Nam). The instrument made by Hou Diao was named konghou, because such an instrument had been used by the aristocracy of the Kong State (Cambodia). It was believed that this instrument was first introduced to China via India probably deriving its horizontal bow-shaped structure from a Mesopotamian model.



Paragraph 3

H 胡琴 Huqin

Principally used as accompanying instrument for Beijing Opera, Jing-Hu is another important two-stringed fiddle in the Huqin family. It was developed in the Qing Dynasty (around 1790), which is often called the Huqin. The pitch of Jing-Hu is the highest among all instruments of the Huqin family. Due to its forceful and clarion timbre, Jing-Hu is suitable almost exclusively for Beijing opera.

Paragraph 4

P 琵琶 Pipa

Pipa (lute) originated in Mesopotamia, and later became one of the popular musical instruments in Persia, where the short-necked pipa was called barbat and the long-necked one was called tanbur (tunbur). Both were seen in the Taqi Bustan stone carvings of Sassanian-Persia. An instrument of this kind was first used in Syria. It was possibly a borrowed Greek Barbiton or lyre, but not the Greek lute called pandura. The Persian barbat was also believed to have got its name from the Sanskrit term Bharbu, meaning string-plucking. During the reign of the Sassanian-Persia, it was known to have a wide range of musical notes and loud sound, but it had only two strings. The pipa introduced to China during the Han Dynasty, was an instrument which played by tribesmen of the Central Asia Steppe on horseback. Such curve-necked Persian pipa with four strings differed from the Chinese traditional long-necked Qin pipa.

Paragraph 5

F 笛子 Flute

Flutes are in a form of pipe made of bamboo with one blowing hole, a



film hole, two (or four) vent holes and six sound holes. The film hole is covered with reed or bamboo film. The blowing hole is on the left end and is blocked with a cork. Flutes are held horizontally by the players. There are two kinds of flutes: qu-flute and bang-flute. Qu-flutes mainly serve as the accompany in Kunqu or in an ensemble in the various music forms of south China, while bang-flutes mainly serve as the accompany in Bangzi tune, or in an ensemble in the various music form of north China. Qu-flutes are longer and wider in diameter than bang-flutes, which results in the difference between the deep and flexible sound of qu-flutes and the loud and sonorous sound of bang-flutes. In the south, the representative works are *Grazing Cattle* and *Flying Francolin*, played by Lu Chunling, *In the Morning* played by Zhao Songting, and *In Gusu* (Suzhou) played by Jiang Xianwei. In the north, there are *Wu-bang-zi* and *Meeting With Delight* played by Feng Zicun.

Paragraph 6

H 马头琴 Horse-Headed Fiddle

The Horse-headed fiddle is a bowed stringed-instrument with a scroll carved like a horse's head. It is popular in Mongolian music. With a history of over 1 300 years, it even influenced European string music when Marco Polo brought one back from his travels through Asia. Its wide tonal range and deep, hazy tone color express the joy or pathos of a melody to its fullest.

The Mongolian people bestowed upon their beloved horse-headed fiddle a fantastic legend: during horse-racing at the Nadam Fair—their featured grand festival—a hero, Su He, and his white horse ran the fastest, which incurred the envy and wrath of the duke. The cruel duke shot the horse dead, and Su He grieved so much that he met his horse in a dream. In the dream, the horse told Su He to make a fiddle from wood and the hair of a horse's tail, and to carve the head of the fiddle in the shape of a horse's head. The lad followed the horse's advice and when he finished,



the fiddle produced an extremely vivid sound. From then on, people loved this instrument and composed many songs for it.



Cultural Links

文化链接

胡琴

胡琴是我国民族弓弦乐器的总称。11 世纪前,就在民间流行,当时叫做奚琴。奚琴同今日的胡琴外形非常相似,只是奏法不同。胡琴在宋时已比较完善,到了元代,宴会上常用胡琴来伴奏。近千年来,胡琴在民间广泛流传,因而又得到了显著的发展。从胡琴的母型中又派生出高音乐器京胡、高音二胡、南胡、椰胡和板胡;中音乐器坠胡中音二胡、四胡和马头琴;低音乐器草胡大胡和低胡等。在音色上,京胡发音清脆明亮,二胡温柔优美,板胡则尖锐明朗。



Vocabulary

妙词连珠

plectrum plectra 拨子;琴拨	diversify 使不同;使变化
pentatonic 五声(音阶)的	vibrato (演奏或演唱的)颤抖效果;
spectrum 光谱	颤音
soloist 奏者;独唱者	glissando 滑奏;滑奏声部
necked (常用以构成复合词)有	bowed 弓形的;持弓的
……颈的	fiddle 提琴类的乐器
zither 齐特琴;扁琴	viola 中提琴
elevate 使(思想,道德)高尚	abbreviate 将(字,故事,访问)缩短
bridge (小提琴等上绷紧的)琴马;	pitch (音乐)定为某调;为……定
琴桥	调
koto 古琴;箏	timbre 音色
harp 竖琴	agile 活泼的



tutti (音) 全体齐奏; 全体齐唱	wind and percussion instruments 吹打乐器
clarion 响声; 尖锐的声	
exclusively 仅仅; 专门	percussion instruments; kitchen department 打击乐器
brisk 活泼的; 敏捷的	
cello 大提琴	popular musical instruments 大众乐器
resonator 共振器; 谐振器	
gallop 急驰; 使飞奔	electronic musical instruments 电子乐器
whinny 嘶叫	
hammered 锤击	Oriental instruments 东方乐器
dulcimer 洋琴	old musical instruments 古乐器
genre 种类; 式样	pipe instruments; pipe 管乐器
batch (人或物的) 一批	orchestral instruments 管弦乐器
register 音区	key-board instruments 键盘乐器
octave (音乐) 八度音程; 八度和音	rhythm instruments 节拍乐器
plantain 热带产的一种香蕉树	folk musical instruments 民间乐器
sway (使) 摇摆	national instruments 民族乐器
plucked string instruments 拨弦乐器	string instruments 弦乐器
plucked instruments 拨奏乐器	Chinese musical instruments 中国乐器



U 古典音乐 Unit 2 Classical Music



Key Sentences

流畅精句

1. Music was presented in the courts and palaces for amusement.
音乐在古代宫殿作为一项娱乐项目。
2. In the “feast music” presentations in the Sui-Tang Dynasties, up to 180 professional musicians participated.
在隋唐时期的宴会上,最多有 180 名职业音乐家参与。
3. Many musical instruments including flute, pipa and fiddle were introduced to China and gradually became the Chinese national musical instruments, of which pipa was the most influential.
很多乐器包括长笛、琵琶和小提琴自引入中国后就逐渐成为了中国的民间乐器。其中琵琶是最具影响的一种。
4. In the South-North Dynasties the music and dance in the north and the south developed differently, due to the different customs of the people.
在南北朝时期,由于人们的风俗不同,南北的音乐与舞蹈发展也不均衡。
5. After the Sui united China, the music and dances were sorted out and categorized into “seven divisions of music”.
在隋朝统一中国之后,音乐和舞蹈经过挑选,最终归纳为“七部乐”。
6. In the reign of Emperor Xuan, the imported music and the native music were fully intergrated with little distinction.
在唐玄宗统治时期,国外音乐与地方音乐通过整合,基本上没有区别了。



7. In the Tang Dynasty, the musical instruments were prolific in varieties.

在唐代,乐器的种类变得十分广泛。

8. In the Qing Dynasty, the royalties and aristocrats liked songs and dances, and were intoxicated in operas, especially Beijing opera.

在清朝,皇室贵族成员都很喜爱歌曲舞蹈和戏曲,尤其是欣赏京剧时,他们往往陶醉其中。



Wonderful Paragraph 精彩片段

Paragraph 1

M唐代的音乐 usic in Tang Dynasty

The Tang Dynasty Emperor Xuanzong, Li Longji, himself an expert in music, re-organized imperial musicians into two departments of “standing performers” and “sitting performers”. The standing performers consisted of eight parts, while the sitting ones had six. During a presentation, all the standing performers beat drums and played Qiuci music in accompaniment, while the sitting performers played solely Qiuci music. Of the 15 instruments used in Playing Qiuci music, eight were Indian and the rest were Iranian or Chinese traditional ones. The Tang Dynasty's Qiuci music band was a typical East-West combined orchestra.

Paragraph 2

清朝的宫庭乐曲 Imperial Music in Qing Dynasty

In the earlier period of the Qing Dynasty a palatial department called the Training Department was in charge of the affairs of songs and dances. Then this department was revoked and its charges were taken over by other departments. Music was administered by the Harmony Department outside the palace, and the operas were administered by the Southern Depart-



ment, which was a division of the Internal Affairs Department. As Cao Xingquan recounted in his book “Memoirs of Opera Performances in the former Qing Palaces”, the three biggest stages were situated in three palaces, the largest being situated at Rehe Temporary Palace which is the biggest. The two next stages were situated at Tranquility-Longevity Palace and Summer Palace.

Paragraph 3

W阳春白雪 White Snow in Spring

White Snow in Spring is said to be composed by Shi Kuang in the Jin State or by Liu Juanzi in the Qi State during the Spring-Autumn Period. Now there are two separate tunes: One signs the gentle breezes and the sprouting of all plants. The other signs the immaculate beauty of the snow.

Paragraph 4

W平沙落雁 Wild Geese over the Calm Sands

Qin players simply call this music piece as “Calm Sands”. The score was first published in the Ancient Authentic Qin Music of 1634. Since then it has been loved by qin players from different schools. Various versions of the music were developed, making it as one of the qin music with the largest numbers of published scores. The music depicts the desolate landscape and the flying wild geese of autumn. In a clear weather of autumn, the wild geese fly in the endless sky. The scenery reflects the thoughts of a recluse.

Paragraph 5

A十面埋伏 An Overall Ambush

Pipa divertimentos are usually classified into two categories: civil and military. An Overall Ambush is a representative military divertimento. The



composer describes how General Han Xin of the Han State between Qin and Han dynasties used the military tactics of ambushing on all sides, with three or four hundred thousands troops and horses in Gaixia and defeated his enemy Xiang Yu, forcing him killing himself by cutting his throat in Wujiang River. Making the best of the various playing techniques of Pipa, such as rubbing, poking, pushing, and sweeping, this music fully revealed the fighting scene in ancient times and described the mighty winners. The music is of a divertimento structure with several periods divided into four parts which are an overture, pre-fighting, fighting, and post-fighting. It is an incorporation of the strong points of various schools of Pipa music composition, marking the peak of playing style of Pipa military music.



Cultural Links 文化链接

中国古代音乐的发展

音乐是人类不能缺少的语言,也是人类灵魂的升华。从原始人不断抗拒自然界的威胁以及漫长的艰苦劳动中提炼出最早的音乐,到现今世界各国丰富多彩的音乐体系,不能不说是一个文明的奇迹。在五千年漫长的历史进程中,中国的文明史展现了极其辉煌灿烂的一页。我国是世界上最早的文明古国之一,音乐也同样源远流长。

周代宫廷除乐舞之外,宫廷中另有用于天子祭祖、大射、视学及两君相见等重要典礼的大典乐歌,如颂、雅;以及后妃们在内宫侍宴时唱的房中乐,不用钟、磬,只用琴、瑟伴奏。这都体现了音乐已从原始的乐舞中分化了出来。周代宫廷中还有秦、楚、吴、越等地的四夷之乐的表演,说明了当时各民族风俗性的歌舞已有一定的交流。

Vocabulary
妙词连珠

background music 伴奏音乐	pop music 流行音乐
program music 标题音乐	recorded music 录音音乐
disc music 唱片音乐	folk rock 民歌摇滚乐
abstract music 抽象音乐	folk music 民间音乐
band music 吹奏乐	instrumental music 器乐
absolute music 纯音乐	ethereal music 轻妙音乐
vulgar music 粗俗音乐	dreamy music 轻柔音乐
percussion music 打击乐	light music 轻音乐
cinemusic 电影音乐	mood music 情调音乐
electromusic 电子音乐	hot music 热门音乐
emotional music 动人音乐	sacred music 圣乐
piano music 钢琴乐曲	sentimental music 抒情音乐
operatic music 歌剧音乐	dance music 舞蹈音乐
court music 宫廷音乐	Western music 西方音乐
band music 管乐	theatrical music 戏剧音乐
orchestral music 管弦乐	stringed music 弦乐
Guangdong music 广东音乐	modern music 现代音乐
national music 国乐	country rock 乡土摇滚乐
part music 合奏乐	country music 乡土音乐
symphony 交响乐	new rock 新摇滚乐
church music 教会音乐	rock jazz 摇滚爵士乐
jazz 爵士音乐	beautiful music 优美音乐
martial music 军乐	sombre music 忧郁音乐
ceremonial music 礼乐	Chinese traditional music 中国传统 音乐



U 中国民间音乐 Unit 3 Chinese Folk Music



Key Sentences

流畅精句

1. He is not surprised at all that Chinese music is so mature and marvelous.
中国的音乐如此成熟和非凡,他一点也不觉得意外。
2. Quite a lot of folk songs have so far been collected from the locals.
到目前为止,已经从当地人中采集了相当多的民歌。
3. To my great surprise, Jim plays the Chinese Er Hu, and so well!
吉姆竟然会拉中国的二胡,而且拉得那么好,实在是让我大吃一惊。
4. Maybe you will fall in love with this ancient music someday.
也许有一天你会爱上这种古老的音乐。
5. Guangdong music is one genre of the rich and colorful national music.
广东音乐是一种内涵丰富、多姿多彩的民间音乐。
6. Most pieces of Guangdong music came from the folk music.
大部分广东音乐来自民间音乐。
7. As mentioned, in ancient times the Chinese music was often confined to the palaces and mansions.
在古代,中国的音乐只限于皇室成员和富有者来享受。
8. Sometimes, song and poem reciting were performed also at restaurants.
有时在餐厅也会欣赏到歌曲和诗朗诵。
9. Before the Song Dynasty, music was represented by the court musical activities.
在宋朝以前,音乐只能作为宫廷的一项活动。



10. It might be concluded that the popular music is a primary component of the recreational life of the townspeople, giving vent to their sentiments and interest in art.

总的来说,流行音乐是市民们生活娱乐其中的一个重要组成部分,也是发泄感情和艺术兴趣的重要组成部分。



Wonderful Paragraph 精彩片段

Paragraph 1

F 民间音乐 olk Music of Townspeople

Like any other ancient nations, the primitive Chinese sang folk songs at hunting, sacrificial rites, wooing, wedding, and pasturing. People pursued music for pleasure. The townspeople were more preoccupied by the “popular music” than by the “refined music” in spite of teachings of Confucianism. Compared with the refined music, the popular music sought after was often music overridden by sensual stimulation, so that the mind of the people might be fully liberated, and that their pursuits for life and love might be fully displayed.

Paragraph 2

G 广东音乐 uangdong Music

Guangdong music is good at depicting the minor facets of life, as well as being closely connected with revealing traditional emotions. To appreciate it, one should not be on the lookout for the great themes of social life, but for descriptions of natural scenery and objects, which bring a feeling of relaxation.



Paragraph 3

H 华尔音乐 Hua'er Music

Hua'er is sung in the fields and mountains by different ethnic groups of people. Every spring, natives dressed in their unique costumes gather together to take part in the annual Hua'er Meet. Young men and women sing and woo each other with love songs. It usually starts with a young man's initiation, and if the object of his interest responds by singing her admiration back to him, the song can last up to a few hours sometimes. The Hua'er gathering is also a time when middle-aged and elderly people meet old friends to reminisce. But the ancient music, which originated from agricultural civilizations, has been severely damaged by industrialization in recent decades.

Paragraph 4

A 音乐的用途 Aims of Music

In fine, the Chinese music is divided into "refined music" and "popular music", appreciated separately by scholars and the common populace. But both forms of music have three aims: recreation, moulding personality, and ethical teaching. The unification of the three is the ideal of the Chinese musicians.



Cultural Links 文化链接

民间歌舞

民间歌舞(包括乐舞)是在民间形成并流行于民间的舞蹈艺术。它由人民群众自创、自演,表现民族或地区的文化传统、生活习俗及劳动人民的精神面貌,具有鲜明的民族风格和浓郁的地方色彩。

民间舞蹈是音乐与表演相结合的艺术。它有两种音乐形式:民间歌舞是以歌与舞相伴随的形式,或边歌边舞,或歌、舞交替;民间乐舞是不带歌唱而只以乐器为伴奏的舞蹈形式,舞者或伴随器乐而舞,或边舞边演奏乐器。在民间歌舞与乐舞中,都使用器乐伴奏。伴奏乐器有的以丝竹乐为主,有的以打击乐为主,有的则全部采用打击乐器。在我国各民族的民间舞蹈中,载歌载舞、歌舞乐三者结合的形式更具有代表性。

Vocabulary 妙词连珠

acclaim 欢呼,称赞	touching 动人的
boundary 国境线	fig 无花果
nationality 民族	fresco 壁画
instrument 乐器	remote 远古的
solo 独唱,独奏	court 宫廷,法庭
discover 发现	imitate 模仿
category 种类,范畴	worship 敬神,拜神
string 琴弦	phoenix 凤凰
entitle 以……为标题	hammered 锤击
description 描写	dulcimer 扬琴
whisper 耳语,私语	genre 种类;式样
brochure 小册子	register 音区
chime 编钟	octave (音乐)八度音程;八度和音
bronze 青铜	plantain 热带产的一种香蕉树
hollow 空的	sway (使)摇摆
pluck 弹拨	quaver (指声音)颤抖
percussion 打击乐器	syncopate (指音乐)改变……韵律
wind 管乐器	modulate 转变……的声音或调子; 变音;变调
fiddle 提琴	squeal 长而尖锐的声音
compose 作曲	
affection 热爱,感情	



U 中国舞蹈艺术 Unit 4 The Art of Chinese Dance



Key Sentences

流畅精句

1. The art of Chinese dance traces its origins to even before the appearance of the first written Chinese characters.
中国的舞蹈艺术最早可以追溯到书写汉字的发明时期。
2. Chinese dance was divided into two types, civilian and military, during the Shang and Zhou periods of the first millennium B. C.
在公元前 1000 年的商周时期,中国的舞蹈分为两种:文舞和武舞。
3. In the large group military dance, on the other hand, the dancers carried weapons in their hands, and moved forward and backward in coordinated group motion.
在阵容庞大的武舞中,跳舞者都手执武器,整体向前向后动作一致。
4. Chinese used choreographic movements of the hands and feet to express their veneration of the spirits of heaven and earth, to act out aspects of their everyday life, and to give expression to shared feelings of joy and delight.
中国人通常在舞蹈中以手脚的动作来表达他们对天地的崇敬之情,来表达他们对日常生活的尊敬,同时也表达出了他们对喜悦的分享。
5. After the establishment of the Music Bureau in the Han Dynasty (206 B. C. - 220 A. D.), an active effort was made to collect folk songs and dances.
汉代乐府机构建立之后,就开始在民间大肆搜集歌曲和舞蹈。
6. Due to the more stable political situation during the Tang Dynasty, dance in China entered into a period of unprecedented brilliance.
由于唐朝政治局面比以往更为稳定,中国的舞蹈进入了空前盛世时期。



7. Each minority people or aboriginal group of China has its own folk dance forms.

中国的每一个少数民族都有自己的舞蹈形式。

8. In Taiwan Province, the development of Chinese dance has taken on a dynamic and multifarious personality.

在台湾省,中国舞蹈正体现出充满活力的特征。

9. Many universities and colleges in Taiwan province now have dance departments with teachers able to systematically cultivate professional dance talent.

现今台湾的很多大学都设有舞蹈专业,老师们也可以培养学生们的专业舞蹈技能。

10. Private dance societies work actively to interest children and youths in studying dance.

私立舞蹈团体通过活泼的演技促进儿童和青少年学习舞蹈的兴趣。

11. Dancing with a musical orchestra is very popular in South China, even today.

直至今天,伴随着交响乐跳舞在中国南方依然十分流行。

12. Inside today's dances in China, we can feel the spirit of the ancient dances, like we see in "Yangke" and "Gaoqiao".

从中国现今的舞蹈我们也能够感受到古代舞蹈的精神,就像我们从秧歌和高跷中看到的一样。

13. Most of the folklore dances were connected to the farmers' life.

大多数的民间舞蹈都与农民的生活有关。

14. The folklore dances reached a very high class, considering the qualifications and the physical abilities that were required.

鉴于资格和体力的需要,民间舞蹈达到了很高的层次地位。

15. Today, the dances and paintings are in all of China, although each area has its own style.

如今,虽然不同地区有着不同的特点,但舞蹈与绘画已经遍布华夏大地。



Wonderful Paragraph

精彩片段

Paragraph 1

C 舞蹈中的交际 Communication in Dance

Most people use sound to communicate in their everyday life, but a dancer on stage uses his limbs and body to do the same thing. Just like the Chinese language, Chinese dance has its own unique vocabulary, semantics, and syntactic structure that enable a dancer on stage to fully express his thoughts and feelings with ease and grace.

Paragraph 2

D 少数民族舞蹈 Dances of Minority People

Each minority people or aboriginal group of China has its own folk dance forms. The Miao people of south western China, for example, developed a lively form of antiphonal singing and competitive dance; the aborigines of Taiwan, influenced by their island life and environment, created hand-holding line dances as part of a harvest ritual. Folk dances directly reflect the lifestyles and customs of a people, and in addition to their artistic value as dances, they are a precious part of China's cultural heritage.

Paragraph 3

A 中国艺术中的一项精品 Piece of Chinese Art

The great art "Nishangyuyi" is the essence of the Chinese philosophy. The flow and the ability of changing in that dance were like a uniting force of two opposite ideas. It was a creation of harmony. "Nishangyuyi" and "The esthetics of Saint Leon" are sharing similar colors and characters.



Contrary to the west dance, here the values of the dance are pure and noble and each one of the several arts can be found: emotion, philosophy, movements, paint and music.

Jean Yu, the ancient dance expert says that the dance at Tang's time was not only uniting forces in the art, but also in the country.

Paragraph 4

D 舞剧 Dance Drama

Dance drama is a new type of performing art in China. In the late 1980s, Chinese dance drama became quite active. Many works of excellence, such as *Siluhuayu*, a large-scale dance drama which reflects the friendship of China with other countries in the Tang Dynasty, appeared. In addition, the ballet, which was introduced to China in the 1950s, is also developing quickly. Several Chinese ballet dancers have won prizes in international ballet competitions.



Cultural Links 文化链接

古舞

古舞分为文舞与武舞。《礼记·内则》云：“十有三年，说乐，育诗，舞勺；成童，舞象”。意谓孩子长到 13 岁就要教他学音乐诗歌舞蹈，先学文舞；年龄稍长，再学武舞。操武舞则手拿干盾斧戚之类，威武雄壮，既练武又健身。故古之武人文士皆善舞。鸿门宴上项庄拔剑而舞，祖逖闻鸡起舞，皆青史佳话；晋代谢尚更是一位出色的舞蹈家。



Vocabulary

· 妙词连珠

curtain (舞台上的)幕	medal 奖章,勋章
balcony (戏院的)楼厅	revolutionary 革命的
comedy 喜剧	adapt 改编
principal 主要的	sacrifice 献身,奉献
usher 引座员	thunderstorm 雷雨
stiff 呆板的	balletic 芭蕾舞的
dwarf 矮子	flourish 茂盛,繁荣
orchestra 联合,结合	edition 版本
woodwind 木制乐器	choreograph 编舞,动作设计
brass 铜管乐器	dance-drama 舞剧
percussion 打击乐器	reflect 反映,表现出
flatter 奉承	contemporary 当代的
occasionally 偶然,非经常地	witness 见证,目击
tango 探戈	goddess 女神
maturity 成熟,成熟期	butterfly 蝴蝶
evidence 见证,表明	zebra 斑马
numerous 众多的	farewell 再见,别了

5

中国戏曲艺术

Chinese Opera Arts

Unit 1 Formation of Chinese Operas



Key Sentences

流畅精句

1. Chinese dramas, Greek tragedies and comedies, and Indian Sanskrit plays were the three most ancient forms of dramas in the world.
中国戏剧、希腊悲剧与喜剧以及印度梵剧构成了世界最为古老的三种戏剧形式。
2. The Chinese audience found satisfaction and delight in dramas.
中国的观众在戏曲中可以感受到欣慰和喜悦。
3. An outstanding art form is not established solely on the basis of advanced theories.
杰出的艺术形式并不仅仅是在先进的理论上形成的。
4. The Chinese drama is characterized by an organic entirety, which comprises not only the script, performing skills and music, but also the relationship between the actors and the watchers.
中国的戏曲不仅是一个包含脚本、演艺技巧和音乐的有机整体,而且强调演员和观众之间的关系。
5. As a part of the overall Chinese cultural system, the Chinese drama was ingrained with the trait of the overall Chinese culture.

作为中国文化体系的一部分,中国戏曲自创作以来就具备一切中国文化的特点。

6. The sequences of the plots in the Chinese drama were often treated as short interludes, which were quite contrary to the Western dramatic treatments.

中国戏曲的情节时常被看作是短剧,这与西方的戏剧观点正好相反。

7. The flourish of the Chinese drama began with the Yuan dramas.

中国戏曲从元朝逐渐变得繁盛。

8. Hence, miscellaneous operas flourished all over China, with over 360 local operas known as “three hundred tunes” competing with each other.

多种多样的戏曲形式遍布中国,被称作“三百曲”的 300 多种地方戏曲争芳斗艳。

9. The whole Beijing seemed to be a giant theatre.

整个北京看上去就像一个大戏院。

10. Many schools of actors arose after the 1911 Revolution, radiating artistic splendor.

辛亥革命结束后涌现出了很多戏曲流派的演员,这个时期是艺术的光辉时期。



Wonderful Paragraph

精彩片段

Paragraph 1

A 中国戏曲简介 Brief Introduction of Chinese Opera

Dramatic performance was a powerful art that could capture audiences and stir the emotions, thereby influencing the attitudes of the people. China was known for its rich variety of dramatic performances as regular public entertainment. People enjoyed watching stage shows, regarding them as a desirable pastime. Of the variety of Chinese dramas, which were distin-

guished by different ethnic or provincial characteristics, Beijing Opera ranked above all others because of its unique integration of dialogue, singing, dancing, music and martial art.

Paragraph 2

Y元曲 Yuan Dramas

The flourish of the Chinese drama began with the Yuan dramas. In the Yuan dynasty, there were over eighty known playwrights, who composed more than five hundred dramas, one fourth of which are still retained now. Among the playwrights were the four great Yuan dramatists: Guan Hanqing, Bai Pu, Ma Zhiyuan and Zheng Guangzu. The representative Yuan dramas were the “Injustice Done to Dou E” by Guan Hanqing and “The Western Chamber” by Wang Shifu. Also, in the Yuan dynasty, the performing art was matured.

Paragraph 3

S当今中国戏曲的曲目 Styles of Opera in Recent China

In the period which saw the fall of the Qing Dynasty and the birth of the Republic of China (1875—1920), a large number of local operas sprang up, such as Pingju Opera, Yueju Opera, Yuju Opera of Henan Province, Huangmei Opera, Tea-picking Opera of Jiangxi Province, Flower-Drum Opera of Hunan Province, Huadeng Opera of Yunnan and Guizhou provinces. From the 1930s to the 1960s, many other types of opera appeared, such as Luju Opera of Shandong Province, Huju Opera of Shanghai, Quju Opera of Beijing, Pingxian Opera of Qinghai Province, Qianju Opera of Guizhou province, Jiju Opera of Jilin province and Longjiang Opera of Heilongjiang Province. In 1982, when Gazette of the Chinese Theater was compiled, China had more than 390 types of local operas.



Paragraph 4

The Setting of Chinese Opera

Originally, Chinese opera was performed before a simple backdrop, with the other three stage sides remaining open and empty. The setting itself was also extremely simple; but over centuries, actors or actresses have developed a set of sophisticated stylized stage symbolism. This includes a table, which might stand for an official's table, a hill or a bridge. The action is based on illusion. Gestures, footwork and other body movements express actions such as riding a horse, rowing a boat, opening a door, going upstairs, climbing a hill or traveling. In a word, each action of a performer is highly symbolic.

Paragraph 5

Styles of Facial Make-up

What appeals to foreigners most might be the different styles of facial make-up, which is one of the highlights of Chinese opera and requires distinctive techniques of painting. Exaggerated designs are painted on each performer's face to symbolize a character's personality, role, and fate. This technique may have originated from ancient religions and dance. Audiences who are familiar with opera can know the story by observing the facial painting as well as the costumes. Generally, a red face represents loyalty and bravery; a black face, valor; yellow and white faces, duplicity; and golden and silver faces, mystery.

Besides color, lines also function as symbols. For example, a figure can be painted either all white on his face, or just around the nose. The larger the white area painted, the more viperous the role.

T 中国戏曲的魅力 The Attraction of Chinese Operas

Of all the theatres in the world, the Chinese audiences enjoy the most freedom. They can play the operas as amateurs; and they can give whatever comments. They share the dreams of the dramas. "The world is a big stage; the stage is a small world." Although the traditional Chinese dramas have passed their prime period, many Chinese still attach their interest to them, on account of their elegance and sentimentality as well as on account of the optimism and leisurely entertainment they provide.



Cultural Links

文化链接

脸谱

脸谱由面具演变而来。面具的起源,可追溯至周代。周代的“傩”是一种驱鬼的宗教乐舞,舞者戴的就是一个“黄金四目”的假面具,这是宗教乐舞中的面具。汉代杂技也有戴假面具的,称为“象人”。至唐代“歌舞戏”中的“代面”,又称“大面”,则来自北齐的兰陵王。传说,兰陵王高长恭貌像妇人,自嫌不足威慑敌人,于是刻木为假面,戴着上阵,勇冠三军,齐人为此作“兰陵王入阵曲”。唐人又特创“兰陵王破阵舞”以纪念他。歌舞戏中的“代面”可说是戏曲中利用面具的滥觞,以后屡经沿革而成脸谱。虽则脸谱从什么时候开始,还不易确定,但《宋史·蔡攸传》已有“涂抹青红,杂倡优侏儒”的记载,可见宋代已有涂脸,亦即今日京剧之“脸谱”。



Vocabulary

妙词连珠

artistically 艺术地	negative 反面的
entertainment 娱乐	dummy 假的
convey 传达	mask 假面具
performance 演奏	facial 面部的
solo 独唱	sketch 概略地叙述
percussion 敲打乐器	exaggeration 夸张
irresistibly 不可抵抗的	instantly 立即
comedian 喜剧演员	upright 正直的
swirl 旋转	straightforward 正直的
backdrop 背景幕; 天幕	imperious 专横的
sophisticated 复杂的	treacherous 背叛的
symbolism 象征性	humorous 诙谐的
illusion 幻觉	shrilly 尖声地
gesture 姿势	melodic 有旋律的
footwork 步法	rhythmical 有节奏的
profession 职业	accompaniment 伴奏
unrestrained 无限制的	fiddle 小提琴
pleated 起褶的	register 音域
portray 表现	mandolin 曼陀林(一种拨弦乐器)
shrewish 泼悍的	unequal 不相等的
martial 尚武的	harmony 和谐
personality 个性	percussionist 打击乐器演奏者
satirical 挖苦人的	

U 京剧

Unit 2 Beijing Opera

Key Sentences 流畅精句

1. One of China's most famous art forms is the 200-year-old Jingxi (Beijing Opera).
具有 200 年历史的京戏是中国最著名的艺术形式之一。
2. The action swirls around four traditional characters and the many twists and turns of the plot are tunefully sung.
戏中的活动都是围绕着四个传统角色变换,而且曲折的情节是以优美的唱段叙述出来。
3. The four main characters are a scholar or statesman, a principal female character, a warrior or bandit, and a clown or a jester.
四个传统角色分别是生、旦、净、丑。
4. Beijing Opera is a treasure of the Chinese nation as well as a cultural symbol of China.
京剧是中华民族文化的瑰宝,是中国的国粹。
5. Beijing Opera can be divided into different types according to different criteria or approaches.
根据不同标准,从不同的角度,京剧可划分为不同的类型。
6. The roles of Beijing Opera are strictly classified.
京剧的行当划分严格而精细。
7. There are many schools of Beijing Opera, with distinctly different styles, each having its own merits.
京剧流派异彩纷呈,风格迥异各有千秋,在京剧舞台与艺坛上熠熠生辉。



8. The singing in Beijing Opera is melodious and sensational.

京剧唱腔悠扬委婉,声情并茂。

9. The music is graceful and charming, and the stage art is bright and colorful.

京剧乐队的演奏旋律优美,曲调动听,舞台美术绚丽多彩。



Wonderful Paragraph

精彩片段

Paragraph 1

A 京剧简介 Brief Introduction of Beijing Opera

One of China's most famous art forms is the 200-year-old Jingxi (Beijing Opera). Other regions have also developed distinctive operatic style. With its roots in musical forms dating from the Ming Dynasty, Beijing Opera offers an intricate display of song, pantomime, dance, and acrobatics. The action swirls around four traditional characters and the many twists and turns of the plot are tunefully sung.

Paragraph 2

T 京剧的起源 The Origin of Beijing Opera

Although it is called Beijing opera, its origins are not in Beijing but in the Chinese provinces of Anhui (安徽) and Hubei (湖北). Beijing opera got its two main melodies, Xipi and Erhuang, from Anhui and Hubei operas. Much dialogue is also carried out in an archaic dialect originating partially from those regions. It also absorbed music and arias from other operas and musical arts such as the historic Qinqiang as well as being very strongly influenced by Kunqu (昆曲), the form that preceded it as court art. It is regarded that Beijing opera was born when the Four Great Anhui Troupes came to Beijing in 1790. Beijing opera was originally staged for the



court and came into the public later. In 1828, some famous Hubei troupes came to Beijing. They often jointly performed in the stage with Anhui troupes. The combination gradually formed Beijing opera's main melodies.

Paragraph 3

京剧中的角色类型 The Roles Classification in Beijing Opera

The roles of Beijing Opera are strictly classified. There were altogether ten types of roles in the beginning, which were sheng, dan, jing, chou, mo, fu, wai, wu, za, and liu. Later, they were reclassified into four major roles, namely sheng (male), dan (female), jing (painted face), chou (clown). And each role was further divided. With Beijing Opera becoming better and approaching perfection day by day, there have appeared many outstanding performers regarding each type of role. Yu shuyan, Yan Jupeng, Ma Lianliang, Tan Fuying, Zhou Xinfang, Gao Qingkui, and Li Shaochun are famous laosheng (old men) players; Yang Xiaolou, Shang Heyu, Gai Jiaotian wusheng (young warriors) players; Mei Lanfang, Cheng Yanqiu, Shang Xiaoyun, Xun Huisheng, Zhang Junqiu, Yan Huizhu and Guan Sushuang dan (female) players; Gong Yunpu and Li Duokui laodan (old women) players; Jin Shaoshan, Hao Shouchen, Hou Xirui, Qiu Shengrong, Fang Rongxiang, and Yuan Shihai jing (painted face) Players; Wang Changlin, Xiao Changhua and Ye Shengzhang chou (clown) players. All of them have a style of their own, playing an important role in the development of Beijing Opera, serving as a link between past and future, and have developed a school of their own. There are many schools of Beijing Opera, with distinctly different styles, each having its own merits.

Paragraph 4

著名的京剧表演艺术家:梅兰芳 Famous Actor: Mei Lanfang

In the course of the development of Beijing Opera, a number of talented actors created highly distinctive singing and acting techniques, adapting



the traditional skills learned from their masters to take advantage of their own abilities and giving rise to different schools. The very influential Mei School, for instance, was founded by the most famous Beijing Opera actor of modern times, Mei Lanfang, who made continuous improvement to singing, movements, recitative, music, costumes and make-up in the course of many years of stage performance. His repertoire included A Woman Feigning Madness, The Drunken Beauty and The King Bids Farewell to His Concubine.

Paragraph 5

T梅兰芳所架起的戏剧之桥 **he Bridge of Drama Built by Mei Lanfang**

The success of Mei Lanfang's overseas performance was attributed to his long-cherished determination to reform the old Chinese drama, especially, after he had been given strong support by the Beijing Chinese Dramatic Institute. And he had also made clear his ambition of promoting international cultural exchange through the performance of Chinese dramatic art. This was indicated in his farewell speech in Shanghai before his departure for the United States, "I realize the wide cultural gap existing between China and America; however, it is my ambition to make the best of this opportunity to build a bridge over such a gap through the exchange of dramatic art. And that is why I am travelling to America with my troupe, which should serve as an essential introduction of Chinese culture."

Paragraph 6

T面部化妆 **he Painting of Face**

About the Painting of Face, it is said that this special art derived from the Chinese opera has different origins. But no matter what its origin is, the facial painting is worth appreciating for its artistic value. The paintings are presentations of the roles of the characters. For example, a red face usually depicts the role's bravery, uprightness and loyalty; a white face symboli-

zes a sinister role's treachery and guile; a green face describes surly stubbornness, impetuosity and lack of self-restraint. In addition, the pattern of the facial painting reveals the role's information too. In a word, the unique makeup in the opera allows the characters on the stage to reveal them voicelessly.

Cultural Links 文化链接

京剧

京剧是唱、念、做、打四项并重的剧种。唱词大部分是七字句和十字句的排句,如果上句用仄韵,下句就用平韵,唱起来韵味很浓。唱腔以二黄、西皮为主,同时也吸收了昆腔、梆子等曲调。京剧的念白清楚、鲜明、爽朗,音调抑扬顿挫,富有韵味。做工就是表演技巧,京剧既继承了徽剧特有的武技,又加以舞蹈化,形成了独有的特色。武打即武工,有长靠和短打,动作准确利落,刚健有力。

Vocabulary 妙词连珠

absorb 吸收	rise and fall 抑扬顿挫
traditional opera 戏曲	rich in 富有
fine essence 精华	agile 利落
reform 改革	vigorous 刚健
type (or genre) of drama 剧种	harmonious 和谐
compile 编	get sth. back 讨
oblique tones 仄	fax 税
level tone 评	boxing coach 大教师
lingering charm 韵味	offer make an apology 赔礼
hearty 爽朗	evil person 恶徒



role 角色	empire 帝国
skill in wushu 武艺	instill 逐渐灌输
gentle and quiet 文静	populace 平民
vivacious 活泼	magistrate 地方行政官
armour 铠甲	professional 职业性的
optimistic 开朗	stagecraft 演出技术
amusing 逗笑儿	minimal 极微的
flower bed 花坛	orchestral 管弦乐(团)的
flourishing 繁荣	high-pitched 声调高的
Beijing opera 京剧	innovation 创新
Anhui opera 徽剧	accomplished 有造诣的
Shaanxi opera 秦腔	incorporate 包含
Erhuang 二黄	operatic 似歌剧的
repertoire 曲目	distinctive 有特色的
moral 道德	

U 地方戏曲 Unit 3 Regional Operas

Key Sentences 流畅精句

1. Kunqu has a longer history than any other operatic forms in China, including Beijing Opera.
昆曲比中国其他任何一种戏曲(包括京剧)的历史都要久远。
2. Kunqu is really worthy of the honor.
昆曲的确与这份荣誉相称。
3. Kunqu has had significant influence on other traditional Chinese operatic forms.
昆曲对于其他的传统戏曲形式颇具影响。
4. The painted facial patterns always appeal to us.
脸谱总是很吸引我们。
5. The lyrics are simple and easy to understand, and the rhythm is strongly accented.
豫剧唱词通俗易懂,节奏鲜明,吐字清晰,行腔酣畅。
6. Hebei Bangzi is divided into two types: traditional operas and contemporary operas.
河北梆子分传统剧目和时装剧目两大类。
7. Sichuan Opera was divided into various schools in its long period of evolution, as different tunes were prevalent in different regions.
川剧生长期的发展过程中,由于各种声腔的流行地区不同,艺术的师承关系也不同。
8. There are six types of roles in the Sichuan Opera, namely sheng, dan, jing, mo, chou, za.
川剧的行当总分为生、旦、净、末、丑、杂六大类。



9. Sichuan Opera has a strong realist tradition, its performance real and exquisite, witty and humorous.

川剧表演具有深厚的传统特色,表演真实细腻,幽默生动,生活气息浓郁。

10. In short, the essence of Sichuan Opera performance is absolutely true to life, which has been inherited by generations and generations of players.

简言之,川剧就是生活的真实写照,这个宗旨在川剧演员中代代相传。



Wonderful Paragraph

精彩片段

Paragraph 1

H 黄梅戏 Huangmei Opera

Huangmei Opera, formerly known as Huangmei tunes or tea-picking opera, was based on the folk songs and dances in the bordering area of Anhui, Hubei and Jiangxi provinces in late 18th century. The local songs were mostly tea-picking tunes widely spread in the area of Huangmei. Later, one group of people brought the opera to the Anqing area, Huaining County, Anhui Province, mingling it with the local folk art by using the local dialect and recitation, and developed its own characteristic features. It was later known as the Huai tune, which is, in fact, the predecessor of the present-day Huangmei Opera. The tunes of Huangmei Opera maintain its flavor of folk songs, light and melodious, graceful and sweet-sounding. With an exquisite and touching performance, it is greatly appreciated by the audiences across the country.



Paragraph 2

Y豫剧 u Opera

Yu Opera, also called “Henan Clapper Opera” or “Henan High Tune”, is a major local opera in Henan Province and enjoys nationwide popularity. There are four styles in Yu Opera: Xiangfu (from Xiangfu County), Yudong (East Henan), Yuxi (Western Henan) and Shahe (Shahe County). It is noted for its skill-demanding melodies, fluent tune, strong rhythm and intensive use of spoken language. Its simple and plain performance as well as its strong local flavor, always provokes the applause of the audience. There are more than 600 traditional plays in the repertoire of Yu Opera. Famous performers are Chang Xiangyu, Chen Suzhen, Cui Lantian, Gao Jie, Wei Yuan and Ma Lin.

Paragraph 3

P评剧 ing Opera

Pingju dates from the end of Qing and the beginning of the Republican Era. It originated from a form of folk opera in Hebei, known as lianhualao and later absorbed singing and acting techniques from Hebei Clapper Opera, Beijing Opera, Luanzhou Shadow Plays and Leting Dagu, a kind of verse narrative sung to the accompaniment of a small drum and other instruments. Pingju is popular in Beijing, Tianjin, Hebei and Northeast China. Its tunes, dialogue and acting are deeply rooted from people's life so that it is lively and easy to understand.

Paragraph 4

S川剧 ichuan Opera

Sichuan Opera has a strong realist tradition, its performance real and exquisite, witty and humorous. It employs artistic exaggerations, and spe-



cial characters use stunts such as immortals who have a third eye on their forehead that they can open suddenly to show their magic power; quick changes of facial characteristics without makeup; jumping through burning hoops, and hiding of swords. In short, the essence of Sichuan Opera performance is absolutely true to life, which has been inherited by generations and generations of players.



Cultural Links

文化链接

评剧

评剧是近一百多年来新兴的地方剧种。大约在1900年左右,天津有了落子演出活动,可是当时执政的直隶总督杨子祥竟下了一道“有伤风化,永于力禁”的禁令,将所有落子艺人驱出天津境外。此后落子艺人戮力同心,对落子的内容和形式进行全面改革。1915年,月明珠、金开芒等人再次组班进津演出,打开了局面。根据一些史料和评剧界老艺人的回忆,评剧这个名称是天津文人林墨青给起的,评剧过去一直叫落子,是由李金顺起开始改称评剧的。



Vocabulary

妙词连珠

Bangzhiqiang 梆子腔	local opera with flute accompaniment
north Kunqu opera 北昆曲(河北)	吹腔
Caicha opera 采茶戏(江西、湖北)	Yunnan opera 滇剧(云南)
local opera of the Guangxi Zhuang Autonomous Region 彩调(广西)	Ganju opera 赣剧(江西)
Chaozhou opera 潮剧(广东)	Guiju opera 桂剧(广西)
Sichuan opera 川剧(四川)	Beijing opera 京剧
traditional Peking 传统京剧	Wuhan opera 汉剧(湖北)
	Shanghai opera 沪剧(上海)

Huadeng opera 花灯戏(云南、四川)	Shaoju opera 绍剧(浙江)
Huagu opera 花鼓戏	village theatrical performance 社戏
Huaiju opera 淮剧(江苏)	Sixian opera 丝弦(河北)
Huangmei opera 黄梅戏(安徽)	Zhuangju opera 壮剧(广西)
Anhui opera 徽剧(安徽)	Chinese operas characterized by singing and acting 文戏
Jinju opera 晋剧(山西)	Chinese operas characterized by acrobatic fighting 武戏
Shanghai style of Beijing opera 京剧海派	Wuju opera 婺剧(浙江)
Beijing style of Beijing opera 京剧京派	Wuxi opera 锡剧
Branch of Anhui opera 拉魂腔	modern Peking opera 现代京剧
Liuqin opera 柳琴戏(苏北)	xiangju opera 芗剧(台湾、福建)
Liuzi opera 柳子戏(山东)	Hunan opera 湘剧(湖南)
Fujian opera 闽剧(福建)	yangko opera 秧歌剧
south Kunqu opera 南昆曲(苏南)	Yangzhou opera 扬剧(江苏)
Nanxi 南戏	Henan opera 豫剧(河南)
Pingju opera 评剧(东北、华北)	guangdong opera 粤剧(广东)
Qianju opera 黔剧(贵州)	Shaoxing opera 越剧(绍兴)
Shanxi opera 秦腔(陕西)	poetic drama set to music 杂剧
opera derived from ballad singing 曲剧	Chinese operas 中国戏曲



U 中国的戏剧 Unit 4 Chinese Operas



Key Sentences

流畅精句

1. In fact, the very concept of “genres of Chinese opera” appeared in the mid-Qing dynasty, so as to distinguish the various local operas that sprang up one after another.
实际上,直到清朝中期,为了区别于日渐繁荣的地方剧,才开始对中国戏剧进行分类。
2. In general, Chinese Operas can be divided into three genres.
通常来说,中国戏剧可分为三大类。
3. Everyone who sees a performance of Chinese opera can grasp what the actor or actress is doing even without understanding the language.
欣赏过中国戏剧的人都会感到,即便是语言不通,也可以理解演员所表达的内容。
4. In traditional Chinese operas there is a minimum of stage equipment.
在传统的剧目中,舞台道具很少。
5. Over the centuries, traditional Chinese operas have evolved, but have not lost their vitality.
几个世纪以来,中国传统戏剧不断发展,魅力不减。
6. Today, more than 390 traditional Chinese operas are still being performed throughout the country.
今天,全国各地仍在上演着 390 多种中国传统剧种。
7. I think the musical comedy we saw last month was very good.
我觉得上个月我们看的那场音乐剧很不错。

8. They had constant changes of scenes, and I love variety.

剧中舞台布景经常更换。我就喜欢换花样的。



Wonderful Paragraph

精彩片段

Paragraph 1

G 中国戏剧的风格 genres of Chinese Operas

In general, Chinese Operas can be divided into two genres. The first is based on the story-telling and ballad-singing arts such as Huju Opera of Shanghai, Yuju Opera of Henan Province, Luju Opera of Shandong Province. Tibetan Opera has also been greatly influenced by the ballad tradition of that nationality. The second genre developed on the basis of songs and dances, such as Yangko, a folk dance popular in the north China, and Flower-drum Opera, Tea-picking Opera and Flower-lantern Opera in south China.

Paragraph 2

S 上海大剧院 Shanghai Grand Theatre

Shanghai Grand Theatre has become a representative building in Shanghai for its unique style and beautiful outlook. With a total construction area of more than 62 000 square meters and a total height of 40 meters, it has 10 storeys, 2 for underground, 2 for lofts and 6 on the ground. When night falls, the crystal-like theater glitters in infinite brilliance, giving people an impression of metropolitan art.



T 舞台技巧 he Techniques of Stage

In traditional Chinese operas there is a minimum of stage equipment; the time, environment, relations among the roles and the characters of the people in the story are all demonstrated through singing, speaking and body movements. This type of artistic exaggeration is brought to perfection in the superb martial arts skills of the performers when simulating battles. Stylized patterns of singing, dialogue, acting and acrobatics were gradually formed—all in coordination with specific musical rhythms.



Cultural Links

文化链接

中国歌舞剧院歌剧团

中国歌舞剧院歌剧团创建至今已有 50 余年历史,歌剧团由演员队、合唱团组成。

早期以郭兰英老师为代表的歌剧表演艺术家创作演出的《白毛女》、《窦娥冤》、《小二黑结婚》等歌剧深受中外观众的喜爱,堪称中国民族歌剧的经典。近年来,歌剧团又涌现出一批优秀的中青年歌剧表演艺术家,由他们演出的歌剧《星光啊星光》、《古兰丹姆》、《伤逝》、《原野》等也同样成为深受广大观众欢迎的保留剧目。

多年来,歌剧团一直承担着国家重大演出任务,许多优秀演员还在国际、国内的重大声乐比赛中取得了优异的成绩,为国家和剧院赢得了荣誉,在国际文化交流方面,演出遍及美国、德国、瑞士、俄罗斯、日本等国家,受到当地观众的热烈欢迎和赞誉。

半个多世纪来,歌剧团在全体演职员共同努力下,为中国歌剧事业的发展做出了应有的贡献。

Vocabulary
妙词连珠

scene 场	dramatic aesthetics 戏剧美学
traditional opera 传统戏曲	dramatic criticism 戏剧评论
monodrama 单出头;独角戏	dramatic art 戏剧艺术
production 导演	pantomime 哑剧
local operas 地方戏曲	acting 演技
musical drama 歌舞剧	actor 演员
audience 观众	actor's art 演员艺术
radio drama 广播剧	double-edged sword 宝剑
chorus 合唱团	skullcap 便帽
masque 假面剧	cymbal 钹
theatre 剧场	tablet of office 朝笏
dramatis persona 剧中人物	necklace 朝珠
marionettes 木偶剧	redwood clappers 搭板
act 幕	big cymbal 大钹
spectacular drams 闹剧	big drum 大鼓
plot 情节	unlined long gown 大褂
script 台词	top hat 大礼帽
stage lighting 舞台灯光	big gong 锣
art of the stage 舞台艺术	property 道具
change of scenery 舞台转换	dizi 笛子
drama theatre 戏剧	cloak 斗篷
dramatic performance 戏剧表演	tutu 短裙
conflict of theatre 戏剧冲突	erhu 二胡

6

中国影视艺术

The Art of Chinese Films and Television

U 中国电影 Unit 1 Chinese Film



Key Sentences

流畅精句

1. A completed film and the final copy look like an individual's work; actually it is the collaborative production of all staffs with different skills and talents.

一部摄制完毕的电影,最后的拷贝,好像是某一个人的作品,实际上它是很多具有各种不同特技和才干的人们的协作产物。

2. Among them, five kinds of people play important roles: the scriptwriter, the cinematographer, the film cutter, the actor, the director.

在这些人中,以下五种人的作用是具有决定性的。编剧,摄影师,剪辑师,演员和导演。

3. Education films are made for schools. Training films for industries.

教育片是为学校做的;技术培训片是为工业用的。

4. Advertising films are made to promote something from automobiles to political candidates.

广告片是用来推销各种商品和宣传各种事物的,如推销汽车和宣传政治候选人。



5. Documentary films present events and present situation of society, politics and history.

记录片是介绍社会、政治或历史的事件和现实的。

6. Generally speaking, the movie is one of the most popular forms of entertainment through the world.

总的来说,电影是世界上最普及的一种娱乐形式。

7. A classical movie is one that has made contributions on the following movies and will be mentioned and watched again and again even though they are not much known.

经典电影对以后的电影做出很多贡献,会被反复提及和观看。

8. An art movies is one with artistic ambitions, and may be shown in the type of cinema known as an art house.

艺术电影可能就是在那种被称为艺术馆的电影院里放映的具有艺术气质的电影。

9. The producer's job is to develop the project through the script process, to obtain finance support, and to arrange for the personnel who will work on the film.

制片人的工作包括在编剧过程中制定出整个制作企划、筹集资金、安排剧组人事等。

10. The difference between a fair director and a good director is that a good director can play anything he thinks.

一个一般的导演和一个优秀的导演的区别在于优秀的导演能够拍摄出任何他所能想到的东西。

11. Interpretation is a result of the unique life experience and genetic makeup the individual.

理解能力是个人独一无二的生活经历和遗传因素造就的。

12. Style is the way in which a director translates his interpretation onto film.

风格就是导演将他的理解转化到电影上的方式。



Wonderful Paragraph

精彩片段

Paragraph 1

A 电影发展概述 General Introduction of Movies' Development

At first, movies pleased people just because the experience of watching them was new. Trains dashed toward the camera, crowds walked along the avenues of distant cities, soldiers marched, waterfalls dashed over rocks, and everyone was delighted. There, in the black and white shadow one could see larger-than-life images of reality—and they moved! But images alone cannot keep people interested for ever. Within a few years, such motion pictures became less popular. Film producers had to begin searching for new ideas to win back the crowds.

Paragraph 2

T 当代喜剧电影 The Modern Condition of Comedy Films

Comedy films have found a bigger stage in Chinese cinema in recent years. However, insiders say it's very difficult to produce good comedy, and that Chinese films face great challenges. The box office miracle that Kungfu Hustle created, as well as the popularity of New Year films, which boast funny dialogues and happy endings, all point to the great potential of comedy films in China. Not only have actors like Stephen Chow and Ge You become comedy superstars, but funny dialogue between characters has become classic lines. However, insiders say comedy is facing hard times. The death of comedic actors Fu Biao and Gao Xiumin in 2005 was bad news enough for the industry. But even director Feng Xiaogang, known for the immense humor in his films, is taking a turn away from comedy to shoot an ancient costume movie called The Banquet. Comedic actor Liang



Tian says many filmmakers are shunning the genre because of the great difficulty in shooting these types of films.

Paragraph 3

F中国的电影业 Film Industry in China

Only one in ten films made in China last year attracted an audience, indicating major problems in the domestic cinema market, says an official in charge of film administration. Zhang Hongsen, deputy director of the film bureau under the State Administration of Radio, Film and Television, told the on-going 13th Beijing Student Film Festival that only 90 of a record 260 films had been screened in China's cinemas last year. He blamed the inadequate supply of cinemas and screens, citing SARFT figures that show at the end of last year, China had just 1 243, cinema complexes with 2 668 screens owned by 36 cinema companies. The bureau was formulating policies to allow more domestic and foreign capital to invest in the building and renovation of cinemas, he said. "The bureau was boosting the number of mobile cinemas in rural areas, campuses, factories and mining areas and seeking more film broadcast media, such as the Internet, television and audiovisual products by helping strengthen film makers' copyright awareness and fight against piracy."

Paragraph 4

T中国电影业存在的问题 The Problem of Chinese Film Industry

Funding has also been a big problem for the development of the Chinese film industry. In recent years, however, the state has adjusted its policies and sanctioned private investment. Mean while, relevant departments have worked out preferential policies aimed at developing the film industry. It is estimated that five years after China's entry into the WTO, annual potential box office sales will be in the region of US \$ 1 000 million to 1 500 million, with an annual increase of over 15 percent.



Cultural Links

文化链接

“电影”起源

1895 年电影诞生,不久传到中国。当时观众发现,这种西洋的新发明,与中国古老的皮影戏很相像,于是人们就自然地把电影这种艺术形式叫做“影戏”或“活动影戏”了。但电影终究不同于皮影戏,电影放映是用电作光源的。那时,也把“活动影戏”叫做“电光影戏”。以后,人们也是为了顺口,就简化成“电影”了。



Vocabulary

妙词连珠

Trailer 电影预告片

sold out 卖光

opening day 首映日

box office 电影票房

favorite 最喜欢的

acting 演技

Chinese kung-fu 中国功夫

direct 导演

feel like 想;渴望

go to a movie 去看一场电影

prefer 更喜欢

literary film 由文学著作改编的电影

star 明星

pair 搭档

look forward to 期望

visit to the cinema 到电影院去

went out 熄灭

screen 银幕;屏幕

felt ashamed 感到丢人

following 追随者

mundane 世俗的;平凡的

ingratiate 使迎合;平凡的

opulent 富余的;丰富的;丰饶的;繁茂的

niche 适当的职位

advent 到来;出现

promulgation 颁布

carryover 遗留物

opportune 正好的;恰好的;及时的,适宜的

scenery 风景;景色

crowd (人)群

avenue (城市中的)大街

aisle (教学,戏院等的)侧廊

cartoon 卡通片;动画片

critic 批评家;评论家

attract 吸引

channel 波道;频道

documentary 记录片;纪实(小说)

serial 连续的



U 中国电视业 Unit 2 Chinese Television Industry



Key Sentences

流畅精句

1. Television has become one of the most influential forms of communication today.

今天的电视已经成为最富感染力的交流形式之一。

2. The influence of this powerful medium ranges widely from most beneficial to extremely detrimental.

人们既可以从电视中获益匪浅,也可能因之受害颇深。

3. Many people now worry about the effect that TV has on the young, and on society in general.

现在许多人都在担心电视对年轻一代以至整个社会的影响。

4. TV has transformed information. It not only gives the news instantly, but also shows it in pictures—more powerful than words.

电视传播信息,它在不断地发布消息的同时,还能配以图片,因此比单纯的词语更具威力。

5. I heard it through the grapevine.

我通过小道获悉的消息。

6. To spread knowledge is to spread happiness.

传播知识就是播种幸福。

7. In 2004, the global production value of gaming, animation and derivative products reached over \$ 500 billion.

在2004年,全球游戏业、动画业以及其他娱乐业的产值超过了5千亿美元。



8. The Chinese TV market is facing three dramatic changes: the migration from CRT to flat panel TVs, and the similar moves from analog to digital TV broadcasting and from traditional distribution to networking.

中国的电视市场正在面临着三个显著的变化:从 CRT 过渡到平板电视,以及相类似的从模拟电视过渡到数字电视广播,从传统的经销活动扩展到网上营销。



Wonderful Paragraph 精彩片段

Paragraph 1

The Development of TV Market

Television, which made its first serious appearance in 1939, did not become common until the early 1950s. Since then, millions of children have grown up in front of the set, and many people now worry about the effect that TV has on the young, and on society in general. Many ordinary parents wish it had never been invented. Like almost anything else, television has its good and its bad sides. One should surely thank its inventors for the joy and the interest that they have brought into the lives of the old, the sick, and the lonely—all those who, without it, would have no pleasure and no window on the world.

Paragraph 2

Chinese TV Market

In 2004, the global production value of gaming, animation and derivative products reached over \$ 500 billion. The production value of the Chinese animation industry recorded over RMB 30 billion in 2004, RMB 70 billion in 2005 and is projected to reach RMB 300 billion in 2009. Analys International believes that an environment conducive to the development of the



Chinese animation industry has been securely formed. An upsurge in Chinese animation investment, which is represented by substantial private capital in Jiangsu and Zhejiang provinces, has caused Hangzhou (capital of Zhejiang province) to become a significant animation base in China. The continued development of the animation industry will bring about a profound impact on TV program markets. China-made animation programs will reach 70% of the overall Chinese TV animation market by the year 2009.

Paragraph 3

T电视市场的转变 **he Changes of Chinese TV Market**

The Chinese TV market is facing three dramatic changes: the migration from CRT to flat panel TVs, and the similar moves from analog to digital TV broadcasting and from traditional distribution to networking. Corresponding to these changes are the establishment of Chinese audio and video-related standards, including the high definition code standard, high definition display standard, 3C standard, digital home standard and digital TV broadcasting standard.



Cultural Links 文化链接

电视的影响

电视能将世界生动地展现在我们面前。例如,电视能让我们知晓世界各地正在发生的事情。又如,家里有台电视,我们就可以在一天之内,甚至是一小时之内游览许多世界名胜:中国的万里长城、纽约的摩天大楼、埃及的金字塔,等等。而且电视还能让我们观看诸如体育竞赛、音乐会等各种形式的娱乐活动。今天的电视已经成为最富感染力的交流形式之一。它影响着包括从孩童到长者的每一个人的生活。人们既可以从中获益不匪,也可能因之受害颇深。那么如何有选择地收看电视节目是非常关键的。



Vocabulary

妙词连珠

series 电视连续剧	reality shows 由观众报名参与演出的电视节目
skit 电视小品	videotape 录像带
suit 适合;合……口味	soap operas 肥皂剧
laughter 笑声;大笑	episode 电视剧的一集
audiences 观众	TV ratings 收视率排行榜
commercials 广告	special guest 特别来宾
prime time 黄金时段	poll 民意票选
TV listings 节目时刻表	vote 投票
scene 电视节目的一个场景	scene 电视节目的一个场景
guest stars 客串演出的明星	late night news 夜间新闻
finale 电视影集的最后一集	volume 音量
preliminary 电视影集的第一集	top-rated 最受欢迎的
TV programs/TV shows 电视节目	scripts 剧本, 台词
drama 戏剧	
sitcome 情景喜剧	

7 中国绘画艺术

The Art of Chinese Painting

U 中国画简介

Unit 1 A Brief Introduction to Chinese Painting



Key Sentences

流畅精句

1. Chinese Painting has got an age of more than 2000 years old.
中国绘画有两千多年的历史。
2. Chinese painting is also closely related to the art of fine handwriting called calligraphy.
中国绘画往往与书法艺术紧密相关。
3. In judging paintings, the Chinese paid more attention to the brush-strokes than to the subject matter.
在评定绘画上,中国人注重于笔迹往往胜于绘画主题。
4. For thousands of years, this issue has puzzled historians and scholars in the field of the history of Chinese arts.
几千年来,绘画使艺术领域的历史学家和学者都大为惊讶。
5. A piece of painting normally consists of the painting itself, calligraphic writing and seal stamps.
一纸绘画一般包含了人物画、书法题字和图章三部分。
6. As with calligraphy, paintings by famous painters have been greatly valued throughout China's history.

和书法一样,名人绘画在中国历史上也享有很高的声誉。

7. Chinese painting originated in the remote period, dating back to 6 000 to 7 000 years ago.

中国绘画历史久远,可以上溯到六、七千年前。

8. Paintings on silk first appeared during the Warring States Period.

丝绸上的绘画最初出现在战国时期。

9. Wall painting developed during the Qin and Han dynasties.

壁画在秦汉时期得到发展。



Wonderful Paragraph

精彩片段

Paragraph 1

A 中国画简介 Brief Introduction of Chinese Painting

Chinese Painting has got an age of more than 2 000 years old. Three major kinds of subject matter dominate Chinese painting. They are birds and flowers; figures; and landscapes of the countryside, mountains and sea. Chinese painting is also closely related to the art of fine handwriting called calligraphy. Chinese painters use black ink to produce different tones and a brush to make many kinds of lines. Even when they added color, the ink drawing remained the basic of the design. In judging paintings, the Chinese paid more attention to the brushstrokes than to the subject matter.

Paragraph 2

S 中国画的类型 Types of Chinese Painting

Chinese painting, also known as the traditional national painting, one of the traditional fine paintings with a long history, has its unique and independent system in the world's fine arts field. Using brushes, ink, and Chinese pigments, a painting is drawn on a special kind of paper (Xuan pa-



per) or silk. The traditional subjects are figures, landscapes, flowers and birds. They are divided into two different styles: one is Gongbi, or meticulous painting, the traditional realistic style characterized by fine brushwork and close attention to detail, the other is Xieyi, or impressionist painting, the freehand brushwork style characterized by vivid expression and bold and vigorous outlines. The forms of painting include wall paintings, screens, scrolls, albums, and fan covers. There is also unique mounting and paper hanging skill for paintings.

Paragraph 3

A 中国画的鉴赏 Appreciation of Chinese Painting

The appreciation of the traditional Chinese painting is influenced by the traditional Chinese philosophy, which advocates observing the micro by way of the macro, and vice versa, not to be limited by a definite space and time, and not laying emphasis on the light and shadow of or the changes in color, or the detail of the external feature. The painter's perspective is mobile and many sided, and is not limited by a definite standpoint. The painter's effort is directed to observing the implicit essence and spirit of the object rather than the exact external appearance, i. e., omitting some detail but stressing the essence.

Paragraph 4

T 中国画体现出的艺术 The Art of Chinese Painting

Chinese painting is a pure art. It is lyrical enough to stand on an equal footing with poetry and contemplative thought. It has incomparable refinements of design and reveals subtle insights into nature and human beings. Painting in the traditional style involves essentially the same techniques as calligraphy. It is done with a brush dipped in black or colored ink; oils are not used. The line drawn by a brush has remained the core medium of Chinese painting throughout its history. Painters give ever-greater emphasis to the brush-line itself, tak-



ing it as their primary descriptive and expressive means.

Paragraph 5

R中国画画家的技术要求 **Requirement for Chinese Painter**

Much skill is required of the Chinese painter, who must wield the soft brush with strength and dexterity to create a wide variety of lines—thick, thin, dense, light, long, short, dry, wet, etc. Depending on his skills, he might specialize in detailed and delicate line drawing (Gongbi) or abstract, impressionistic (Xieyi) paintings. Line drawing is the basic training of a painter, who must learn it well before moving on to the delicate details of realistic scenes or the more abstract spirit of impressionism. Another special skill worthy of mention is painting with fingers instead of a brush, which creates a very different effect.

No matter what the subject or the style, traditional Chinese painting should be infused with imagination and soul. A traditional story that captures the Chinese view of painting tells about the establishment of a royal college of painting during the reign of Emperor Huizong. Examinations were held to recruit the best painters. Examinees were asked to draw a picture that reflected the joy of people who had just returned from a spring outing, an outing that had been so pleasant that even the horseshoes seemed fragrant. Many endeavored to depict this bright scene but only one work was chosen; the painter simply drew a horse's hoof followed by butterflies which were in graceful flight. This painter had managed to capture the essential spirit and beauty of the scene.

Paragraph 6

T中国画的影响 **The Influence of Chinese Painting**

The independent Chinese traditional art of painting had drawn increasing interest from the foreign art critics, who were beginning to study the Chinese classic art—viewing it for the first time as a unique school of the



Oriental fine arts. This was an important development, because until then, there were only three schools of Oriental fine arts, namely, Egyptian-Arab fine arts, fine arts of the Indian sub-continent and finally, Japanese fine arts, which had been popular in the West since the middle of the nineteenth century. The rediscovery of the Chinese fine arts led the Western art and cultural circles to recognize the existence of a new world in Oriental art. As a result, study of Chinese fine arts became a favourable subject for the Western art and academic circles.



Cultural Links 文化链接

中国的漆画

漆画,距今已有七千多年的历史。当时只是作为依附器皿而存在,在河姆渡文化中发现的“朱漆碗”,便是保存下来的最古老的漆画。可是直到20世纪的30年代,画家们、工艺美术家们将这种绘画艺术脱离开器皿,创立出独立的漆画作品。漆画以各种大漆为主要染料,运用金银、宝石、螺钿、蛋壳等材料,配以雕刻、镶嵌、彩绘、罩堆、打磨等技术方法制作。漆画具有版画的朴素,重彩的富丽,油画的厚重,水墨的清逸,浮雕的起伏,三彩的天趣,丰富多彩,自成一派。漆画可以独幅使用,也可装点壁饰和屏风,并可以批量生产,也可以以壁画的形式登上大雅之堂。



Vocabulary 妙词连珠

brush style 笔法

stroke 笔锋

style of mounting 裱法

mounting media 裱料

mounting 裱装

cloth mounting 布裱

rubbing style 擦法

grasses and insects 草虫

brush-side technique 侧锋

representative works 代表作



sunset 得意之作	rolled ink 播墨
non-outlining style 点垛法	imitating 临摹
elaborate style 工笔	edging of sarcenet 绫边
white outline method 色粉法	treasured painting 墨宝
contour style 勾勒	paint-splashing style 泼墨
traditional Chinese painting style 国 画风格	tone 气韵
flower and plant 花卉	portrait 人物
glossy damask mounting 花绫装裱	landscape 山水
novel technique in painting 画法新 颖	subject 题材
size of a picture 画幅	covering with paint 涂饰
screen beauty 画面美	scribble 涂鸦
annotation on a painting 画面题词	impressionistic style 写意
layers of ink 积墨	image 形象
still life 静物	tracing 印摹
	autograph 真迹
	framing 装框



U 中国画的种类

Unit 2 Categories of Chinese Painting



Key Sentences

流畅精句

1. With human activities as the major objects of description, figure painting is the earliest kind of traditional Chinese painting.

人物画以人物活动的主要描写对象,是传统中国画中出现最早的画科。

2. Traditional Chinese figure paintings are divided into five major categories: gongbi (detailed brushwork), jianbi (sketchy brushwork), xieyi (free hand brushwork), baimiao (outline drawing), and pomo (splash-ink).

中国古代人物画的表现方法有工笔、简笔、写意、白描和泼墨等多种形式。

3. Traditional Chinese landscape painting takes natural landscape as its object of description.

山水画是以自然风景为描写对象的中国传统画科。

4. Traditional Chinese landscape paintings go beyond the passive copying of nature.

中国古代山水画不是以再现自然为表现目的的。

5. Artistic conception is the soul of traditional Chinese landscape painting.

意境是中国山水画的灵魂。

6. In the Sui and Tang dynasties, landscape painting matured.

在隋唐时期,山水画走向了成熟。

7. Bird-and-flower painting is a kind of traditional Chinese painting that takes animals and plants as its subjects.

花鸟画是以动植物为主要描绘对象的中国传统画科。



8. Traditional Chinese flower-and-bird painting, which is very expressive, embodies the aesthetic relationship between the Chinese people and natural beings.

中国花鸟画集中体现了中国人作为审美客体的自然生物的审美关系,具有较强的抒情性。

9. The birds and flowers, therefore, are the medium and carriers by which the painters' emotions and ideas are expressed.

花鸟形象是抒发作者情感和意念的媒介和载体。

10. Traditional Chinese bird-and-flower painting has a long history of development.

传统的中国花鸟画历史悠久。

11. Although freehand brushwork in ink and brush was not the dominant form of painting in the Song Dynasty, it had immense influence upon and created favorable conditions for the development and prosperity of this style of painting in the Yuan, the Ming and the Qing dynasties.

尽管水墨写意花鸟画不是宋朝时期的主要绘画形式,但是为元明清写意花鸟画的发展与兴盛创造了条件,产生了深远的影响。



Wonderful Paragraph

精彩片段

Paragraph 1

三种类型中国画的发展 The Development of Three Kinds of Chinese Painting

The infancy of Chinese painting predated the appearance of written characters. The pre-historical culture and the whole Chinese cultural development had a close relation with it. The techniques used in figure painting had reached maturity during the periods from the later Zhou to the Han, Wei and the Six Dynasties. Landscape and flower-and-bird paintings had become an independent category in the Sui and Tang dynasties. There were many schools of wash and landscape painting artists in the Five Dy-



nasties and the Northern and Southern Song and landscape painting became a major sector.

Paragraph 2

F人物画 **Figure Painting**

Of all types of the traditional Chinese paintings, figure painting has the most cognitive value and instructive significance. It covers various aspects of the feudal society such as morality and human relationships, ethics and rites, historical stories, legends and fairy tales, social customs, religion, Buddhist monks and Taoist priests, beautiful ladies and portraits, and has an apparent didactic function. It reflects to a great degree such aesthetic and artistic thinking of Confucian scholars as being refined and cultivated, and being above vulgarism, all of which were propagated in the highly harmonious form of art so as to rectify one's mind and make people abstain from their desires. Observed carefully, a strong national sentiment can be perceived in most of the traditional Chinese paintings. The painters used their superior painting techniques and rich imaginative qualities to depict the material and spiritual life of the people of all ranks.

Paragraph 3

F花鸟画 **Flower and Bird Painting**

In the flower and bird painting, both expressing the external life and expressing the inner sentiments are stressed. (Expressing the external life means expressing the vitality and characteristics of the animal or the plant. Expressing the inner sentiments means expressing the sentiments of the painter like a poet expressing his sentiments.) The painter expresses through the landscape and the flowers-and-birds in his painting his own sentiments derived from his experiences in social life. Therefore, although the painter depicts mainly the natural objects, yet his work has a subtle relation with society and life. This is an important characteristic of the Chinese landscape painting and flower-and-bird painting.

L 山水画 Landscape painting

Beginning in the Tang Dynasty, the landscape painting came to the fore. The purpose was not to reproduce exactly the appearance of nature, but to grasp an emotion or atmosphere in such a way as to catch the “rhythm” of nature. In the Song Dynasty, landscapes of more subtle expression appeared. Emphasis was placed on the spiritual qualities of the painting and on the ability of the artist to reveal the inner harmony between man and nature.



Cultural Links

文化链接

我国绘画名称的演变

我国的绘画,最早叫“丹青”(丹,是一种红色;青,是一种蓝色)。据《汉书·苏武传》说:“竹帛所载,丹青所画。”从此,“丹青”便指绘画。但到了一代、北宋时期,由于绘画的发展,又改叫“图画”。自从苏东坡提出“诗画结合”的主张后,有些人又把它称为“无声诗”。其意思是说,画是一种不能吟咏的诗歌。到了清代,又有人把国画称为“绘事”。新中国建立后,继续使用“国画”一词。



Vocabulary

妙词连珠

landscape with horses 鞍马山水

imperial academy painting 官院画

grasses and insects painting 草虫画

flower bird painting 花鸟画

Foshan New-Year woodblock prints

historical figure painting 历史风俗人

佛山木刻年画

物画



Ling Nan school 岭南画派	refinement 优雅
landscape of "Lou Dong" school 娄东派山水	essentially 实质上;本来
ink bamboo school 墨竹派	expressive 表情丰富的
animal painting 禽兽杂画	album 相簿
realistic portrait 人物写实	media 媒介物
creative landscape 山水创作	ancestral 祖先的
landscape scenery 山水风景	landscape 风景
traditional Chinese paint of mountains and water 山水画	fore 前部
naturalistic landscape 山水写生	atmosphere 气氛
ink landscape 水墨杂画	ink-wash 水墨的
literati style 文人画体	realistic 现实的
Wu school landscape 吴派山水	conventional 习惯的
pictures delineated by fingers 指画	representation 代表
lyrical 抒情诗般的	virtuoso 行家里手
contemplative 沉思的	marvelous 令人惊叹的
incomparable 无可匹敌的	permanent 永恒的
	innovative 创新的
	accessible 可(或易)接近的



U 中国画的特点

Unit 3 The Features of Chinese Painting



Key Sentences

流畅精句

1. The techniques of traditional Chinese painting are divided into meticulous style and freehand style.
传统中国绘画手法分为工笔和写意两种。
2. In traditional Chinese painting, lines play a decisive role in the formation of images.
在传统中国画中,线条对于画的形成起到了至关重要的作用。
3. Traditional painting stresses the intrinsic colors of the object, varying the shades on the basis of the intrinsic colors.
传统绘画强调事物的固有颜色,并在此基础上变幻色调。
4. The principal forms include hanging scrolls, albums of paintings, fan surfaces and long horizontal scrolls.
传统绘画的表现形式包括挂页,画册,扇面画和长条幅。
5. For an album of paintings, artists paint on a certain size of xuan paper and then bind a number of paintings into an album, which is convenient for storage.
画册是画家们将很多幅特定大小纸张的宣纸画捆成的画卷,便于收藏和保存。
6. Chinese painters tend to use “moving perspective” in their works.
中国的画家善于从多角度绘画。
7. The artist's eye makes use of and controls nature.
画家们的灵感源于自然并将自然升华。
8. Traditional Chinese painting and calligraphy are different branches of art stemming from the same origin.



传统的中国绘画与书法是同一艺术起源的两个不同分支。

9. The development of Chinese painting through the ages constitutes an important part of the history of Chinese culture.

中国画经过数载的发展,已经成为中国文化史的一个重要组成部分。

10. The brushwork in the painting is energetic and sharp but steady with free and bold use of ink.

绘画中的笔锋雄浑而犀利,但挥墨均匀稳重而洒脱。

11. Long lines are used for the contours of mountains, like fully strained bows to frame up the mountain bodies.

用长线条来描绘山上轮廓,就像一张拉紧的弓将山体嵌入其中。



Wonderful Paragraph

精彩片段

Paragraph 1

L 中国画中的线条 Lines in Chinese Painting

In traditional Chinese painting, lines play a decisive role in the formation of images; and variations in lines are determined, in the main, by the method of using brushes. Ink occupies an exceedingly important position in traditional Chinese painting, with black being the main color. The use of ink involves processes such as showing the shades and texture of rocks and mountains by light ink strokes and applying dots and coloring.

Paragraph 2

T 中国山水画的独特之处 The Unique of Chinese Landscape Paintings

Unlike Western landscape paintings, traditional Chinese landscape paintings go beyond the passive copying of nature. It is a unique tradition of Chinese landscape painting to create artistic conception, viz. to seek a unity of form and spirit, of human feelings and natural settings, with an



emphasis on the expression of the painter's own thoughts and feelings. Landscape paintings appeal to viewers by the creative composition that results in "meaning beyond the picture and picture beyond the meaning." They try to preserve the painter's understanding and perception of the whole natural world, his/her thoughts and emotions, ideals and hopes, in the limited picturesque scene.

Paragraph 3

I 中国画的内涵 Implications in Chinese Painting

In comparison with Western painting, Chinese painting has a distinguished national form and artistic characteristics. After a careful study of the object, a painter can discover the rules of its structure, and then produce it by the mind's eye. It is not merely a simple copy, but it combines the object with the artistic concept of the producer, turning a natural image into an "artistic image." The object can become endowed with feelings, and instilled with the artist's essence and personality to achieve the effect of "being alike not only in spirit, but also in appearance." Not all the objects are to be drawn on the paper, and much space is left for the imagination.

Paragraph 4

C 中国画的特点 Characters of Chinese Painting

Throughout the history of Chinese painting one characteristic has prevailed—the consummate handling of the brushstroke. Paintings were executed in a dry or wet-brush technique, with an incredible versatility ranging from swirling patterns to staccato dots.

Cultural Links 文化链接

中国画中的色彩运用

中国绘画历来都十分讲究色彩的运用,南齐的谢赫,在《古画品录》中将“随类赋彩”作为“六法”之一。这一物象种类的不同而赋以不同色彩的理论,便是中国画用色的基础。

中国画讲究“随类赋彩”的同时,还十分重视空间环境对物象的影响。随着空间环境对物象的影响,随着空间环境的变化,物象的色彩也会随之发生变化。南北朝时的萧绎对这一现象曾做过仔细的观察,在《山水松石格》中谈到:“秋毛冬骨,夏荫春英,炎绯寒碧,暖日凉星。”这是我国最早说明季节、气候的不同,所引起的物象色彩的变化,特别是冷暖色调的变化。宋代郭熙的《林泉高致》中则概括了季节的变化对水色和天色的影响:“水色:春绿,夏碧,秋青,冬黑;天色:春晃,夏苍,秋净,冬黯。”清代的唐岱《绘事发微》引用郭熙的话,更是形容得有声有色:“山有四时之色,风雨晦明,变更不一,非着色以像其貌。所谓春山淡冶而如笑,夏山苍翠而如滴,秋山明净而如淡,冬山惨淡而如睡,此四时之气也。”

Vocabulary 妙词连珠

ultimately 最后	hallmark 标志
perspective 透视的	descendant 子孙
reinterpretation 重新解释	eccentric 古怪的人
designation 指定	individualistic 个人主义(者)的
classification 分类	monochrome 黑白
traditionist 传统主义者	umber 棕土的
revitalize 使恢复生气	freestyle 自由式的
emulate 同……竞争	expressionistic 表现派的
minimalist 抽象派艺术家	expressionism 表现主义



sparingly 谨慎地

highlight 最突出(或最精彩)的部分

dab 轻涂

meticulous 小心翼翼的

generalize 归纳

exceedingly 非常地

dilution 稀释

intrinsic 本身的

convenient 合宜的

folding 可折叠的

medieval 中世纪的

comparatively 比较的

communion 共享 absorbent 能吸收
(水、光等)的

rove 徘徊

canvas 油画布

8

中国书法

Chinese Calligraphy

U

中国汉字

Unit 1 Chinese Characters



Key Sentences

流畅精句

1. The Chinese writing system is one of the most ancient. It is at least 3 500 years old.

汉字是最古老的文字之一,至少有 3 500 年的历史。

2. This oracle bone inscription is a very mature writing system with a total of 4 500 characters, most of which have been deciphered.

甲骨文是一种非常成熟的文字,共 4 500 余字,多半已经释读。

3. It was soon established that these bones were used by kings and priests for divination to communicate with gods to solicit their instructions and prophecies.

考古学家很快确认,甲骨文是用来占卜的。商王及其巫师占卜祭天,以求天启神谕。

4. This writing system became the most reliable library and history of the Shang dynasty.

甲骨文成为商朝最可靠的文献和历史记录。

5. All words can be broken down into two or three simple elements. These are called radicals or roots.

所有的汉字都可以分解为两三个构造成分,即偏旁部首。

6. It is both interesting and enlightening to study the formation of Chinese characters.

研究汉字的构造既饶有兴趣又启发智能。

7. Rapid growth in digital science and technology has proved various advantages of the Chinese character over phonetic writings. It sure has a bright future defying most daring imagination before the digital age.

数字科技迅猛发展证明,汉字前途似锦,汉字有许多拼音文字难以企及的、数字时代之前难以想像的优势。

8. I notice that the written word has eliminated not only dialect boundaries but also language and national boundaries.

我注意到汉字不仅消除了方言的差异而且还消除了语言的差异,超越了国界。

9. Another theory is that it is the only language that is open to comprehension and thinking.

还有一个理论认为,汉语是惟一的一看就能懂、能思考的语言。

10. The Chinese writing system is one of “pictures”, near pictures or ideographs.

汉字的书写系统包括象形、指事、会意等。

11. Chinese is one of the four earliest written languages in the world, the others being ancient Egyptian, ancient Sumerian, and ancient Babylonian.

汉语是世界最为古老的四种语言之一,其他三种分别是古埃及文字、古代苏美尔文字和古巴比伦文字。



Wonderful Paragraph

精彩片段

Paragraph 1

T 汉字的起源 The Origin of Chinese Characters

Chinese characters are the written symbols of the Chinese language. In the long development of the language, ancient Chinese gradually devel-



oped Chinese characters from drawings. Drawings are a representation of things with lines, colors, and images. People expressed their knowledge, thoughts, and feelings through drawings. Drawing was a form of art entertainment during leisure as well as a means of communication between people. As time went by, people began to consciously use drawings to express themselves, thus developing drawn writing, the basis of Chinese characters.

Paragraph 2

甲骨文 Jia Guwen

“JiaGuwen” is one of the world’s four ancient language systems, and is the only one to sustain its use in transformations. The study of the characters is important to the research of political and economic situations as well as the culture, military power and folk arts of ancient China. The number of translated characters account for 40 percent of the total verified characters.

Paragraph 3

关于汉字发明的一些观点 Opinions on the Invention of Characters

In ancient China, different schools of scholars had diverse opinions on the invention of Chinese characters. Taoist held that the invention of characters would bring about cunning, hypocrisy and intrigue. These cunning people could even frighten the spirits. Confucian and Monists saw the invention as a tool for the accumulation and teaching of culture. They stressed that only characters could pass down the words and deeds of the ancient sagekings, and hailed the invention as a great achievement. Despite the differences in viewpoints, all were conscious of the great significance of the invention.



Paragraph 4

B汉字统一书写的益处 **enefit of Uniform Writing**

This uniform writing has helped China to unite and prosper in at least two ways. First, it is part of the cultural identity of people across dialects and ethnic groups. Without it the mutually unintelligible spoken dialects might have developed into different languages, and the minority peoples would not be able to share as common cultural legacy with the Han people. Second, the enduring writing has contributed to the political, social and cultural stability of the country for centuries.

Paragraph 5

T汉字文化的展望 **he Prospect of Chinese Characters**

In the information era, it has been very difficult for Chinese people to know how to solve the problem of Chinese characters' use in computers. As early as the end of the fifties of the 20th Century, China had begun the research work on automatic translation from Russian to Chinese in domestic computers. By the end of the sixties, Chinese telegraph encoder had been invented. In the seventies, China began to study and develop Chinese information processing technology systematically. In order to unify a standard Chinese code, the country publicized in 1980 "Domestic Standard Exchange Codes of Chinese." Since then the problem of Chinese characters' storage, display and printing in computers has been worked out. However, people were still confronted with the problem of how to type Chinese characters quickly into computers. Through dauntless efforts, various input methods have been invented. With the further application of such technologies as handwriting input and pronunciation input, the ancient Chinese characters have gained a second youth in today's information society and have a more promising future.



Cultural Links

文化链接

“文字”一词的来源

“字”字何以出现？溯其源，“字”的金文字形好像一间屋，里面有一个小孩的形状。故“字”的本义是生孩子。《周易·屯卦》：“女子贞不字，十年乃字”。意为女子占问，不生孩子，十年才能生孩子。《论衡·气寿篇》载：“妇人疏字者子活，数乳者子死。”意为妇女生孩子生得疏，孩子易活；生得密，孩子易死。“字”的“文字”意义何以产生？古人写字称“书”，写出的字亦称“书”；古人写的字如同画的画儿，故亦称“文”。“文”原是花纹之意。古字多为独体，所谓的“独体为文”。后两个或两个以上的形体组合在一起，或合起来表义，或有的表义，有的表声。这样，所组成的文字越来越多，如同人生孩子一样。故由几个形体组成的字就称字，所谓“合体为字”。久而久之，“文”与“字”不再有区别了，“文字”就统指语言的书写符号。



Vocabulary

妙词连珠

commendatory sense 褒义	radial 部首
inscription on a tablet 碑文	Chinese character written in the cursive hand 草字
original meaning; literal sense 本义	basic vocabulary; common words 常用字
original form of a character, as opposed to its present form 本字	morphology 词形
figurative sense 比喻义	meaning of a word 词义
reduction of strokes 笔画简化	embroidered character 刺绣的字
strokes of a Chinese character 笔画	carved character 雕刻的字
order of strokes 笔顺	iterative locution 叠字
derogatory sense 贬义	unsimplified Chinese character 繁体字
miswritten or mispronounced character 别字	



character 方块字	inscriptions on drum-shaped stone blocks 石鼓文
broad sense 广义	vertical 竖
standard Chinese pronunciation approved by the government 国音	narrow sense 狭义
meaning; implication 含义	pictographic characters 象形字
sinology 汉学	small character 小字
sinologist 汉学家	homophonic 谐音
horizontal 横	written character 写出的字
associative compounds 会意	simplified strokes 写法简化
inscriptions on bones 甲骨文	pictographic characters 形声字
phonetic loan characters 假借	rising tone 阳平
inscriptions on ancient bronze objects 金文(钟鼎文)	character cut in relief 阳文
Chinese character in official script 隶字	variant form of a Chinese character 异体字
Chinese words consisting of two characters 连笔字	high-level tone 阴平
the six categories of Chinese characters 六书	characters cut in intaglio 阴文
Chinese brush writing 毛笔字	extended meaning 引申义
artistic calligraphy 美术字	final vowel 韵母
right-falling stroke 捺	Chinese character 中国字
character components 偏旁	characters on a seal carved in relief 朱文
left-falling stroke 撇	inscriptions on bamboo slips 竹书
alphabetization 拼音化	transferred meaning 转义
level tone 平声	mutually explanatory 转注
	seal character 篆字
	literal meaning 字义

U 中国书法

Unit 2 Chinese Calligraphy

Key Sentences

流畅精句

1. Chinese writing originated approximately 4 500 years ago.
中国的书写大概起源于4 500年前。
2. It is thought that calligraphy came after the invention of the language.
据猜想,书法是在发明了语言之后才出现的。
3. Chinese calligraphy, like Chinese characters, first appeared during the Shang or Yin Dynasty.
中国的书法,像汉字一样,最初见于商殷时期。
4. The running script developed on the basis of the clerical script during the Jin Dynasty.
行书是建立在晋朝书法的基础上才发展起来的。
5. From the Song to the Qing dynasty, imperial families collected well-known calligraphic works when they were written on paper.
从宋朝到清朝,皇室都要把著名的书法作品收藏起来。
6. Although it uses Chinese words as its tool of expression, one does not have to know Chinese to appreciate its beauty.
尽管汉字作为书法的表达工具,但人们要想欣赏到书法之美却不须理解汉字。
7. Perfect harmony between mind and hand is required for Chinese calligraphy.
中国书法要求思想与手法完美结合。
8. Calligraphy, unlike writing for the sole purpose of social communication, is an art used to express the ideas, accomplishments, and feelings of the calligrapher.



书法不是像写字那样仅仅是为了达到社会交流的目的,而是一种用来表达作者思想、抱负以及自身感情的艺术。

9. Throughout history, philosophy has exerted a strong influence on calligraphy.

历史表明,哲学的运用对书法造成了很大的影响。

10. Calligraphy integrates the aesthetics of painting with those of music and dance.

书法整合了绘画、音乐和舞蹈的美学艺术。



Wonderful Paragraph

精彩片段

Paragraph 1

A 书法简介 Brief Introduction of Calligraphy

Calligraphy is an art dating back to the earliest day of history, and widely practiced throughout China to this day. Although it uses Chinese characters as its vehicle of expression, one does not have to know Chinese language to appreciate its beauty. Because in essence, Calligraphy is an abstract art. Brush pens have been used to practise and improve people's handwriting for thousands of years. It has become a tradition arts and crafts production in China.

Paragraph 2

T 书法的历史 The History of Chinese Calligraphy

Chinese calligraphy, like Chinese characters, first appeared during the Shang or Yin Dynasty. The initial stage lasted until the end of the Han Dynasty and the beginning of the Three Kingdoms Period. Characters gradually developed, beginning with the oracle bone script during the Shang or Yin Dynasty and ending with the running script and the standard script during



the Han Dynasty. During this long period, some other scripts came into being, including the bronze script, the large seal script, the small seal script, the clerical script and the grass script.

Paragraph 3

T书法的特点 **he Characters of Calligraphy**

Chinese calligraphy stresses the overall layout among words and lines. Beside the dense and sparse, proportional arrangement of the strokes of the words, a piece of calligraphy must have an overall harmoniousness that is not lack of changes. Especially the calligraphy of the cursive script and the running script often increases the interconnection between the words and the continuity of the momentum in order to achieve a music like rhythm. Beside the brush, ink and paper are also instruments of calligraphy. Together they produce varied effects. Calligraphists often pay much attention to the methods for the use of ink, which include the use of thick ink, light ink, dry ink, missing ink, wet ink, withered ink, swelling ink, etc.

Paragraph 4

H如何欣赏书法作品 **ow to Appraise Calligraphic Work**

It is very difficult to appraise a calligraphic work. This is because the requirements of a work include the practical function of communicating information through seemingly simple points and lines, the expressive function of communicating feelings, and the aesthetic function. The simpler the expression, the richer the content. The more abstract it is, the deeper its implication. It is a medium for expressing the mood, will, feelings, ideas and the pursuit of beauty of its producer. This requires the appraisers and connoisseurs to have extensive knowledge and keen observation.



Paragraph 5

F兰亭集序 **Foreword to Lanting Pavilion**

The “Foreword to Lanting Pavilion” is the best-known example of Wang Xizhi’s running hand. It is regarded as the “First Running Hand Under the Sun.” It is said that on the third day of the third month of the lunar calendar, in the year 353 (the ninth year of the reign of Emperor Mudi of the Eastern Jin Dynasty), Wang Xizhi and a group of eminent scholars gathered at Lanting Pavilion in Shanyin, Kuaiji, where, according to the conventions of an old sacrificial ceremony, they drank and enjoyed themselves on the bank of a river. When the wine cup flowing on the water stopped before one of them, that person would compose a poem immediately, otherwise he would have to take a drink. Wang wrote a foreword to the collection of all these poems: the “Foreword to Lanting Pavilion.”

Paragraph 6

R书法家的要求 **Requirement for Calligraphers**

True Chinese calligraphers emphasize that the hand should follow the mind when writing. They claim that calligraphers need to concentrate their thoughts and vital energies on the tip of the brush to obtain the perfect state of mind for writing. Only then will their hands be free to wield the brush as the “snake crawls and dragon flies.”



Cultural Links 文化链接

书法的体式

汉字书法有不同的书体。常见的有篆书、隶书、正书、行书、草书。而每种书体还有不同的体式,如正书(楷书)中就有钟体、王体、欧体、颜体、柳

体、赵体等。每种体式都有自己的特点,如柳体笔画俊拔,结构谨严;而欧体跟欧阳询本人一样,外表虽恬淡和平,骨子里却有一股刚劲之气。所以说书法可以表现一个人的性格。书写得工整、美观的汉字,不仅是文化交流的工具,而且是获得美的享受的艺术品。

Vocabulary 妙词连珠

calligraphy 书法	graphic 绘画的
originate 发源	curved 草写的
approximately 大概	combination 联合
represent 表示	imitation 模仿
matchless 无与伦比的	deliberately 故意地
visual 视觉的	execute 制作
ornamental 装饰的	aesthetics 美学的
primitive 原始的	exert 用(力)
initial 最初的	vitalize 给予……活力
calligraphist 书法家	asymmetrical 不均匀的
calligraphic 书法的	momentum 动力
tablet 碑	dynamic 有活力的
inscription 碑文	suggestiveness 引起联想
all-round 全面的	imagination 想像力
varied 各种各样的	composition 构成
vehicle 工具	criteria 准则
fundamental 基础的	mysterious 神秘的
inspiration 好办法	serenity 平静
medium 手段	



U 文房四宝

Unit 3 The Four Treasures of the Study



Key Sentences

流畅精句

1. Traditionally the Four Treasures of the Study are a brush pen, an ink-stick, paper, and an ink-stone.
传统来讲,文房四宝指的是笔、墨、纸和砚。
2. With these four tools, Chinese painters or calligraphists are able to create the beauty of Chinese art.
正是有了文房四宝,中国的画家和书法家才得以创造出中国的艺术之美。
3. The brush was invented by Meng Tian according to legend.
传说毛笔是蒙恬发明的。
4. Wolf-hair brushes are actually made from weasel hair.
狼毫毛笔实际上是用黄鼠狼的毛做成的。
5. Rabbit-hair brushes are soft, flexible and absorbent and produce bold lines.
兔毫笔柔软有弹性,吸墨好,而且能写出粗笔画。
6. Sometimes a brush uses mixed hair in order to obtain a balance between heavy and light lines.
一支毛笔有时用很多种动物的皮毛做成,这是为了使粗细线条得以均衡。
7. The handle of the Chinese brush is made of bamboo, wood or porcelain.
毛笔的笔杆用竹子、木材或瓷器做成。
8. The ink-stick is the unique pigment of Chinese traditional painting and calligraphy.



墨是中国传统绘画与书法的独特颜料。

9. Paper is a Chinese invention, and it is widely accepted that paper was invented by Cai Lun of the Eastern Han dynasty.

纸是中国人发明的,人们普遍认为发明者应该是东汉时期的蔡伦。

10. The earliest ink slab was made of stone.

最初的砚是用石头做的。

11. During the Ming Dynasty, most of the ink slabs were made of duan stones, which were highly praised by scholars and calligraphers.

在明朝,大多数的砚都是用一种深受广大学者和书法家推崇的端石制成的。

12. During the Ming and Qing dynasties, the production of ink slabs became even more artistic.

在明、清时期,砚的制作更趋向于艺术化。



Wonderful Paragraph 精彩片段

Paragraph 1

A “文房四宝”简介 Brief Introduction of “Four Treasures of the Study”

The “four treasures of the study”—writing brush, ink stick, ink slab and paper—are writing tools with a long cultural tradition and unique artistic style created by the ancestors of the Chinese nation. They have played an important role in recording Chinese history, popularizing various cultures, and promoting the development of Chinese calligraphic and painting art over thousands of years.

Paragraph 2

W 毛笔 Writing Brush

The writing brush has a long history in China. In the beginning, people



wrote with bamboo sticks on bamboo slips. Around the time of the Warring States Period 2 200 years ago, the ancient Chinese began to tie rabbit hair to bamboo sticks to make the first writing brushes. The brushes of the early period were crude and simple, while later ones made of a mixture of deer hair and wool are characterized by the correct stiffness and good workmanship.

Paragraph 3

墨
Ink Stick

The pine soot ink stick is made of especially fine pine soot. After rinsing and sieving, the pine soot is mixed with cowhide glue, borneol and precious Chinese medicinal spices. The ink of such ink stick is dark and not lustrous, suitable for repairing old paintings and calligraphical works. The colored ink sticks include red, yellow, blue, white and green ink sticks. Beside being used for coloring of the traditional Chinese painting, it is also used for other graphics.

Paragraph 4

X宣纸
Xuan Paper

Writing paper for Chinese painting and calligraphy was produced in Jing County, Anhui Province. During the Tang Dynasty, Jing County was under the official administration of Xuanzhou Prefecture. Jing paper had to be transported to Xuanzhou before it was distributed elsewhere. So this paper was named xuan paper. It absorbs ink well and shows clearly the lines and strokes. It has great tensile strength, and it retains its quality a long time. Artists prefer using xuan paper mainly because their paintings and calligraphy can last many years.

砚台 Ink Slab

The ink slab is indispensable for Chinese calligraphy. It originated very early. Most ancient ink slabs unearthed by archaeologists were made in the Western Han Dynasty, when their forms were basically established. The ink slab is also called ink stone or ink tile, and is a Special Chinese cultural instrument, known as one of the “four treasures in a study”. It was considered by ancient Chinese as the first treasure of the four treasures.

Cultural Links 文化链接

文房四宝中的精品

自古以来,笔、墨、纸、砚被誉为“文房四宝”。而宣纸、徽墨、湖笔、端砚久负盛名,更是宝中之宝。

宣纸,唐代开始产于安徽泾县的宣城,因此得名。宣纸以楮皮和稻草为原料,制作工艺独特,工序复杂,种类繁多,它白度高,拉力强,透墨性能好,且最耐老化。它通常用于作画和毛笔写字。

徽墨,原产于安徽歙州,创造于唐末。它的墨色泽肥厚,质地沉重,再加上独具匠心的捣烟和胶方法,使得墨“光泽如漆,其里如玉”。

湖笔,在毛笔中独占鳌头,具有尖、齐、圆、健的特点。据说,秦始皇派大将蒙恬监造长城。一次蒙恬偶然见到城墙上沾有一撮羊毛,便随手扯下来,捆在一木板上,造出我国第一支毛笔。浙江吴兴的善琏镇修建了“蒙恬祠”,当地人开始了制笔生涯。

端砚,产于广东肇庆的端溪。端砚出墨快,细而不滑,坚而不燥,已有一千五百年的历史。端石颜色凝重端方,质地湿润细腻,花纹隐约深沉,又可加工成工艺品。端砚集砚台与艺术品于一体,格外受到人们的喜爱。



Vocabulary

妙词连珠

ink-stick 墨条	seal character 篆书
ink-stone 砚	official script 隶书
indispensable 必不可少的	regular script 正书
legend 传说	running hand 行书
decorative 装饰性的	characters executed swiftly and with strokes flowing together 草书
mother-of-pearl 祖母石	form of characters 体式
inlay 镶嵌物	beautiful 俊拔
pigment 颜料	strict 谨严
archaeologist 考古学家	frame 骨子
detect 发现	bold 刚劲
artificial 人造的	pleasing to the eye 美观
lacquer 漆	enjoy 享受
deteriorate 质量(或价值)下降	observe 遵守
prosperous 兴旺的	principle 原则
retain 保留	wish 欲
controversial 争论的	simple 单纯
pestle 杵	possess 具备
diverge 同源异流	overall arrangement 布局
pictographic 象形字	carry 载
imitate 模拟	hold the writing brush 执笔
image 形象	wield the writing brush 运笔
ridges 峰峦	copy 临摹
be continuous 绵延	an inscription on a tablet 碑文
tongue 舌	a house with a courtyard 宅
static state 静态	rinse 涮
dynamism 动势	in the course of time 久而久之
comment on 评论	
style of calligraphy 书体	

9 中国园林艺术

The Art of Chinese Garden

↓

U 传统园林的特点

Unit 1 Features of Traditional Gardens



Key Sentences

流畅精句

1. Now I know what the world famous Chinese gardens really look like.
现在我明白了闻名世界的中国园林究竟是什么样子。
2. It was in the Han Dynasty that the basic pattern of Chinese gardening was first formed.
正是汉朝的时候首次形成了中国园林的基本模式。
3. Did the owner's personality have anything to do with the style of the garden?
园林的主人的性格与园林的风格有没有关系?
4. All Chinese gardens seem to be cloned from the same parent.
一切似乎都是从一个母体上克隆出来的。
5. You've come to see the culture behind the garden.
你终于看到了园林背后的文化。
6. Knowledge and experience are required of any visitor visiting such gardens.
参观这种园林的游客都须具备一定的知识和经验。
7. A traditional garden was and still is supposed to be an imitation of Nature, or, as many people like to call it, a "microcosm of Nature".

传统的园林始终被认为是对自然界的模仿,往往被人们称为“自然的缩影”。

8. Four elements should be included in a garden—mountains, waters, flora and fauna, and architecture.

园林应包含四大景观:山、水、草木、鸟兽和建筑。

9. Mountains and water always go together in the Chinese language, landscape paintings, and garden designing.

在汉语语言、风景画和园林设计中常常出现“山水”这个词。

10. Emperors liked to have their gardens made large in area and majestic in appearance.

帝王们喜欢把他们的园林造得规模很大,外观很宏伟。

11. Monastic gardens are usually built half way up a mountain.

宗教寺庙通常建在半山腰。



Wonderful Paragraph

精彩片段

Paragraph 1

C 中国园林的特征 characters of Chinese Garden

Gardening is one of the important types of architectural art. Its essence is to construct beautiful surroundings by designing all the elements—mountain, water, building, road, indoor decoration, etc., in a harmonious and organic way. Therefore, compared to other types of architecture, gardening needs more spiritual and artistic character. In China, gardening began in the Qin Dynasty, and was fully developed in the later dynasties. However, it was in the Qing Dynasty that gardening obtained great achievements. Almost all of the extant gardens were bequeathed in this dynasty. In the developmental course of Chinese gardening, there are two categories: imperial gardens in Beijing and the private gardens in the South.

The Development of Chinese Garden

The ancient Chinese garden originated in the Shang and Zhou Dynasties, when monarchs began to build parks for their own leisure and pleasure. During the spring and Autumn period and the Warring States period, it was a fashion to build gardens. Until the Han dynasty private gardens appeared. After the Jin, Northern and Southern dynasties, private gardens came into vogue as the rich and powerful sought to express their sentiment in landscaping. During the Tang and Song dynasties, a poetic touch was added to the layout and scenes of a garden, and became a general feature. In the Qing Dynasty, garden architecture reached its peak.

Paragraph 3

Architecture of Chinese Garden

The Chinese garden architectures are characterized by taking advantage of the environment so that the natural scenes and human interests could be merged. The classic garden architectures are often embellished with calligraphy of poems and with paintings. They shun symmetry along an axis and adopt an irregular and complicated layout with plenty of large and small spaces. The appearance of a garden building should be aesthetic and expressive, and enhance the beauty of the surroundings. In details, exquisite decorative means should be made use of, such as pretty guard-rail, patterned windows, grilles, etc.

Paragraph 4

The Meaning of Imitating Nature

"Imitating nature" is the fundamental rule of China's art of horticulture. Whether in the magnificent imperial gardens, or in private gardens, much



attention is paid to the recreation of a natural environment in the garden. In the design of a small garden, the aim is to make a small space suggest an effect of more space. The settings in the garden should be disposed in such a way as to give a continuation of appeal. The design of a large garden should make good use of the hills and water in the natural environment to form a main scene, complemented by a number of subordinate ones. Particularly in a small private garden, every possible way is tried to condense a landscape scene to reproduce a picturesque miniature. In the harmonious relationship between man and nature, all things in nature are personified.



Cultural Links 文化链接

中国园林艺术

我国最早兴建园林始于商殷,其最初形式叫“囿”。据《史记》记载:纣王“好酒淫乐……益收狗马奇物,充牛宫室,益广沙丘苑台,多置野蜚鸟置其中”。说明我国造园是从畋猎囿游开始的。西周时,文王建灵囿,“方七十里”,其间草木丰茂,鸟兽繁衍,可谓我国最早的畋猎园。商周不只建囿苑,而且筑台掘沼。如纣的鹿台,武王灵台,既是观天文、察四时的建筑,也是登高眺望风景的地方。有的台上还营造亭榭。距今两千余年历史的河北省邯郸市内的武灵台上,便有“天桥雪洞”、“花苑在阁”诸景。是赵武灵王阅兵享乐的古丛台。

从囿苑发展到秦汉时代的宫苑,再到明清以风景为骨干的山水园——我国的园林艺术达到了最高峰。特别是自 1709 年开始,经过雍正、乾隆至嘉庆三个朝代一百多年的营造,出现了世界上一座规模最大,造园技术最高的“万园之园”——圆明园。我国便以“世界园林之母”的盛誉蜚声于世。

Vocabulary
妙词连珠

reveal 揭示, 泄露	lively 生气勃勃
divide 划分	pile 堆积
inscription 铭文, 碑文	perseverance 坚定不移
bone 骨	endurance 忍耐能力
tortoise 乌龟	lotus 莲花, 荷花
prototype 原型, 雏形	clean-handedness 清廉
square-shaped 方形的	clear-headedness 头脑清醒(的状态)
fence 围墙, 篱笆	orchid 兰花
decorative 装饰的	peach 桃花
hunting 狩猎	plum 梅花
ruin 毁坏, 毁灭	crane 仙鹤
original 原来的	peacock 孔雀
gardening 园艺	loyal 忠诚的
escape 逃避	pavilion 楼阁
concubine 妾, 妃	kiosk 凉亭
threat 威胁	pagoda 宝塔
charming 有魅力的	terrace 台阶
crisscross 纵横交错的	literary 文学上的
imitation 仿制品	couplet 对联
microcosm 微观世界	tablet 楹联
rockery 假山石	frustration 挫折, 坎珂
waterfall 瀑布	dismissed 被解职的
fountain 喷泉	let alone 更加用说
insight 洞察力, 见识	implied 内在的, 暗示的



U 北方皇家园林 Unit 2 Northern Imperial Gardens



Key Sentences

流畅精句

1. Imperial gardens in northern China show their striking characteristics different from the southern private gardens.
中国北方的皇家园林与南方的私家园林风格迥异。
2. As a main part of the Summer Palace, Kunming Lake covers an area of 220 hectares.
昆明湖占地 220 公顷,是颐和园的主要组成部分。
3. Setting a garden within a larger garden has been one of China's traditional architectural styles.
在大园林中建筑小园林是中国传统的一种建筑风格。
4. Beihai (North Sea) Park, situated in the west of the Imperial Palace, is another typical imperial garden, dating back more than 800 years.
位于故宫西部的北海公园,是一座拥有 800 多年历史的典型皇家园林。
5. A way from Beijing, in the northern part of Chengde, situated Chengde Summer Resort, also called the Temporary Imperial Dwelling Palace in Rehe.
承德的避暑山庄位于承德北部,距北京不远。它也被人们称作热河皇家行宫。
6. The Summer Palace is the best-preserved and largest ancient imperial garden with the highest cultural value in the world.
颐和园是目前世界上保存最完整、建筑面积最大、文化价值最高的古代皇家园林。

7. Composed by Wanshou Hill and Kunming Lake, the Summer Palace covers an area of 290 hectares or 2.9 million square meters, four times as large as the Forbidden City.

全国主要由万寿山和昆明湖两大部分组成,占地面积290公顷(290万平方米),约为皇宫紫禁城的四倍。

8. Most of the architectures inside the Summer Palace were catered to Cixi's individual needs.

颐和园内的大部分建筑都是按照慈禧的喜好,供其享乐而修建的。

9. The Beihai Park covers a total area of over 700 000 square meters, of which the water surface occupies more than half of it.

北海公园的面积共为70多万平方米,其中水面占去了一半以上。

10. The Beihai Park consists mainly of the two parts: the Lake of Beihai and the Qionghuadao-the Jade Flowery islet with the water to an average depth of 2 meters round it.

北海公园主要由北海和琼华岛两个部分组成。湖中平均水深为2米。

11. A royal park for emperors, the round city is 276 meters in perimeter, surrounded by a 4.6-meter-high wall, covering an area of 4 550 sq meters.

团城,是历代帝王的御园,周长276米,面积4 550平方米,城墙高4.6米,四周筑有城堞垛墙。

12. The Mountain Resort is also called the Temporary Imperial Palace in Rehe. It was built for the sake of stabilizing the frontier region and maintaining the unity of the multi-nationality country.

承德避暑山庄亦称承德离宫或热河行宫,是我国最大的皇家园林。山庄的建造主要为了巩固多民族国家的统一。

13. Its construction lasted 89 years from 1703 (the 42nd year of the Qing Kangxi reign) to 1792 (the 57th year of the Qing Qianlong reign).

康熙四十二年(公元1703年)开始建筑避暑山庄,至乾隆五十七年(公元1792年)竣工,历经89年。



Wonderful Paragraph

精彩片段

Paragraph 1

S颐和园 Summer Palace

Summer Palace situated in western outskirts of Beijing, the Summer Palace is the typical classical garden in China, and one of the most famous gardens in the world. It consists of the Longevity Hill and the Kunming Lake with a total area of 290 hectares, among which three fourths is covered by the lake. The whole garden is functionally divided into three sections, namely court reception area, residence area and sightseeing area. Combining the delicacy of private gardens in south China and the elegance of imperial gardens, the Summer Place has a significant place in the history of landscape gardening. The Summer Palace was inscribed on the world Heritage List in 1998 by the UNESCO.

Paragraph 2

B北海公园 Beihai Park

Beihai Park is 500 meters to the west of the north gate of the Forbidden City. The original royal park was out of bounds to ordinary citizens. It covers an area of over 700 000 sq meters, and more than half is water. Since the Liao Dynasty, the Jin, Yuan, Ming and Qing Dynasties built royal parks here. The lake and marsh in the Liao Dynasty was built into xanadu, the highest palace serving as a dressing table for Empress Dowager Xiao. Later in the Jin Dynasty, Qionghua (Jade Flower) Island, Yaoguang Hall and Guanghan Hall were constructed, and the Taihu stone of the Gen Mountain in the Song Dynasty was moved from Kaifeng, Henan. Xanadu was built into Daning Palace on the outskirts of the capital of the Jin Dynasty in 1179. Emperor Kublai Khan of the Yuan Dynasty then ordered the construction the



new capital Dadu, Surrounding Qionghua (Jade Flower) Island (renamed Wanshou Mountain) and Taiye Pool. Taiye Pool was cut into two parts, and the lake dug during the Ming Dynasty and Beihai, Zhonghai and Nanhai came into being. Many halls, chambers and pavilions were build successively along its banks during the Ming and Qing Dynasties. A Tibetan-style white pagoda was built on the original site of Guanghan Hall, and Wanshou Mountain renamed White Pagoda Mountain in 1651, the 8th year of Shunzhi reign. The original Taiye Pool and Qionghua (Jade Flower) Island were constructed into the largest and most beautiful royal park. When the eight-Power Allied force invaded Beijing in 1900, Beihai Park was the base for the headquarters of Japan, France and Russia, and almost reduced to ashes. Two years later, empress dowager Cixi renovated the park as a residence for herself. It remained closed to the public until 1925, marking an end of its history as imperial park.

Paragraph 3

C承德避暑山庄 **Chengde Mountain Resort**

Chengde Mountain Resort was the summer residence of the Qing Dynasty (1644—1911) imperial family. Extending over 5.64 million square meters in the urban area of Chengde, it is the largest imperial park extant in China. The construction of the resort began in 1703, or the 42nd year of the Qing Emperor Kangxi's reign, and last for 90 years. Scattered across the Mountain Resort are some 130 groups of structures built in different styles and totaling about 100 000 square meters in floor space. The Mountain Resort combines the delicacy of private gardens in south China and the elegance of imperial gardens in north China. It was inscribed on the World Heritage List by UNESCO in 1994.

Cultural Links

文化链接

圆明园

关于“圆”、“明”二字的含义，雍正正在《圆明园记》中说：“圆明意志深远，殊未易窥，尝稽古籍之言，体认圆明之德。夫圆而人神，君子之时中也；明而普照，达人之睿智也。”据此注释，“圆”当指品格修养达到博大精深，邃密周纯，无所不至的地步。“明”则是指贤明不惑，洞察民隐，政绩清明。圆明二字，概括出封建时代明君贤相的最高标准，也是对封建帝王的至高歌颂。

Vocabulary

妙词连珠

downtown 市中心的	blend 混合
Xanadu 行宫	equivalent to 相当于
best-preserved 保存最完整的	lamasery 喇嘛庙
composed by 由……组成	wane 衰退
veranda 走廊	ravish 抢夺
enchanted 迷人的	demolish 破坏
vicissitude 兴衰，变迁	court coup 宫廷政变
picturesque 风景如画的	marquis 亲王
take a fancy 看中	curry favor with 讨好
resort 胜地	commence 开始
subsequently 后来	imperial edict 上谕
soar 高飞	cater to 迎合
accustomed to 习惯于……	debacle 覆灭
majestic 宏伟的	lush 青葱的
predecessor 前任	indispensable 不可或缺的
confer 授予	chased 镂空的



incense burner 香炉

cloisonne 景泰蓝

wreath 缭绕

warmth chamber 暖阁

willow 柳树

myriad 无数的

memorial to the throne 奏折

adjacent house 跨院

locker room 更衣室

refreshment 茶点

porcelain platter 瓷盘

beddings 卧具

pendant lamp 吊灯

eunuch 太监

balmy 芳香的

magnolia 玉兰

verdant 翠绿的

henceforth 其后

Unit 3 Southern Private Gardens

Key Sentences 流畅精句

1. Who looks attractive whether she has little make-up or is richly painted.
淡妆浓抹总相宜。
2. Suzhou is unique in the world in terms of the number of gardens, their tranquil and serene environment, refined layout and exquisite building skills.
苏州的独特之处在于园林的数目, 静谧的环境, 精巧的布局和高雅的建筑风格。
3. The Humble Administrator's Garden, together with the other three—the Surging Wave Pavilion, Lion Grove and the Garden for Lingeri, make up the four most famous gardens in Suzhou.
拙政园和沧浪亭、狮子林和留园一起被称为苏州的四大园林。
4. The Humble Administrator's is the No. 1 among them.
拙政园为苏州第一园。
5. Kiosks, platforms, storied-buildings and pavilions are built on the edge of the water at random in most southern style gardens, so that the whole garden looks as though it's floating on water.
大多数江南园林里亭台楼阁依水而建, 使得整个花园看起来就像浮在水面上似的。
6. Most Suzhou gardens are centuries old and were once private gardens.
苏州的大多数园林都有几百年的历史了, 以前都曾经是私家花园。

7. Almost every building in the garden is decorated with inscriptions and calligraphy in different styles.

中国园林中的每幢建筑上几乎都有题词和风格多样的书法。

8. A southern style garden is actually comparable to a miniature reflection of nature, with mountains, rivers and lakes, trees and flowers, tamed animals and birds, and human architecture assembled together.

南方园林实际上是一个人工营造的小世界,有山,有水,有植物动物,还有人居住的建筑。

9. In such surroundings, the owners could enjoy the beauty of nature without having to step out of home. That's one of the principles of garden design in Southern China.

在这样的环境里,花园的主人可以不出家门就欣赏自然的美景。这是中国南方造园的一个基本原则。

10. The Pavilion of the Surging Waves, the Lion Grove, the Humble Administrator's Garden, Lingering Garden, the Fisherman Garden, and the Lotus Garden, all well-preserved, are masterpieces of the Suzhou gardening art.

沧浪亭、狮子林、拙政园、留园、渔翁园和莲花园皆保存完好,是苏州园林中的艺术精品。

11. These private gardens are usually built in urban areas, neighbored with simple but delicate and look tasteful and play multiple functions.

这些私家园林经常建在城区,简单而雅致,看上去秀色可餐。



Wonderful Paragraph

精彩片段

Paragraph 1

W 西湖 est Lake

West lake is surrounded by mountains on three sides and on the fourth by the city of Hangzhou. The lake is vast, with an average depth of 1.5



meters. One can easily touch the water, yet the lake shore is so well designed that one does not have to worry about getting one's shoes wet. Trees on the lakeside are luxuriant, and the many ancient pavilions and buildings provide a quaint, peaceful atmosphere. Grass is everywhere, but there are no signs in sight saying "No Trespassing!" People can not only walk on the grass but also sit or lie down for a rest. Wherever you go, there are paths and benches. Thus it is a pleasant and comfortable environment to enjoy the tranquil beauty of one of China's most famous spots.

Paragraph 2

L 留园 **Liu Garden**

Liu Garden is one of the two best gardens in Suzhou. There are four scenery parts. The central part mainly consists of hills and water; the east is good at its buildings, in which there is the largest hall in Suzhou; the north part shows countryside beauty, while the west is provided with mountain forest. Generally, the layout is characterized by magnificence, gracefulness and elegance. Walls of houses are artistically decorated according to their direction, shape, and elevation of the banks of streams, forming a plain and elegant appearance. The artistic features of gardening in Suzhou are embodied in light architectural forms, quietly elegant colors, smooth and fluent lines, gentle and clear outlines of houses.

Paragraph 3

C 苏州古典园林 **Classical Gardens of Suzhou**

Suzhou is located in the southeast of Jiangsu Province, and is called "Venice of the East" for its crisscross rivers and many arched-bridges. The classical gardens in Suzhou represent the quintessence of the gardens built in southern area of the Yangtze River, and demonstrate the varied styles of Song, Yuan, Ming and Qing dynasties. The gardens are not large but fascinating in their delicate design. The Canglangting (the Surging Waves Pa-

vilion), Shizilin (the Lion Grove), Zhuozhengyuan (the Humble Administrator's Garden), and Liuyuan (the Lingerling Garden) are four most famous gardens in Suzhou. In 1997, UNESCO inscribed the classical Gardens of Suzhou on the List of World Heritage.

Cultural Links 文化链接

拙政园

拙政园是苏州名园之一,突出水景,山明水秀,异常迷人。拙政园建于明代,由明嘉靖年间的御史王献臣所建。他因官场失意,回乡后想建一座园林。因为他懂得造园不是简单地模仿自然,必须源于自然高于自然。于是他让好友,著名画家、造园行家文征明承担了设计任务。文征明饱览过江南山水,对大自然具有较高的审美能力和描绘能力。他绘制的设计图《拙政园图一景图》,前后画了7年(该图现藏苏州博物馆),是一边设计一边施工,十分谨慎而认真。在王献臣、文征明等的努力下,历时11载,建成了名扬中外的拙政园。

Vocabulary 妙词连珠

canal 运河	rockery 假石,岩石庭园
proverb 谚语	assume 呈现
settle 定居	slink 轻手轻脚、偷偷摸摸地走动
mansion 定邸	accurate 精确的
exquisite 精致的,高雅的	make-up 化妆
lotus 莲	backdrop 背景
line 排列	moving 动人的
willow 柳树	import 含义,重要性
seclusion 隐蔽,僻静	saga 传奇



average 平均的	linger 徘徊
depth 深度	exchequer (个人的)钱财
shore 水边, 海岸	deluxe 豪华的
luxuriant 丰富的	vicissitude 变迁
quaint 离奇有趣的	ducal 公爵的
in sight 在视线内, 看得见	retrieve 再获得
trespass 非法进入	banister 栏杆
path 小径	grandeur 壮丽
tranquil 宁静的	maneuver 调遣; 调动
vogue 时尚	terrain 地势; 地形
grandiose 宏伟的	rugged 粗的; 崎岖的

10

中国陶瓷

Chinese Ceramics

U 中国陶器 Unit 1 Chinese Pottery



Key Sentences

流畅精句

1. The Chinese words “tao ci” (ceramics) are the general term for pottery and porcelain together.
陶瓷是陶器和瓷器的总称。
2. China is the home of pottery and porcelain and in English the word “china” (porcelain) is used to refer to China as a country.
中国是陶瓷的故乡,英语中就是用瓷器这一单词代指中国的。
3. Pottery has a long history in China. It was invented in the early New Stone Age.
陶瓷在中国有着悠久的历史,远在新石器时代的早期,我们的祖先就发明了陶器。
4. Pottery making in the West Zhou period followed the same technique and style handed down from the Shang Dynasty.
西周时期和陶器完全继承了商代的技术和风格。
5. Gray pottery was the most common type of pottery during the Qin and Han dynasties (third century B. C. —second century A. D.), but red and black pottery were also popular.

秦汉时期灰陶是应用最为普遍的一种陶器,而赤陶与黑陶在当时也很流行。

6. Great advances were made in pottery figures during the Qin and Han dynasties.

秦汉时期制陶技术得到很大的发展。

7. During the Tang Dynasty, a new low-temperature glazed ceramic called the Tang tricolor was developed.

在唐代发明了一种叫做唐三彩的低温凝结陶瓷。

8. Many of the tricolor pieces unearthed in Henan are figurines of northern Chinese tribes leading camels.

在河南出土的很多唐三彩碎片上面都描绘着北方游牧民族牵着骆驼的情景。

9. The Tang tricolor declined rapidly during the middle and late Tang, but revived later during the Northern Song.

唐三彩在中唐和晚唐时期开始衰落,但到了北宋又得到了复兴。

10. The terracotta warriors reflected the might of the State of Qin and the gallantry and bravery of its soldiers.

兵马俑反映了秦国的强大以及其军队的英勇及其规模的庞大。

11. Throughout the ages, China's porcelain has been admired and valued by the world for its usefulness and beauty.

年复一年,中国的瓷器以其实用性和精美的外观一直受到全世界的羡慕与推崇。



Wonderful Paragraph

精彩片段

Paragraph 1

The Origin of Chinese Pottery

Many pieces of pottery of the primitive society were excavated from China's Yellow and Yangtze river valleys, notably the Yangshao, Majiayao,

Dawenkou and Longshan cultures of the Yellow River valley and the Hemudu, Daxi, Qujialing and Liangzhu cultures of the Yangtze River valley over 6 000 years ago. Painted pottery gradually fell out of favor, while black, white, gray, and red pottery continued to develop and change in the succeeding period of time.

Paragraph 2

T中国陶器的历史 **he History of Chinese Pottery**

Pottery has a long history in China. It was invented in the early New Stone Age. According to archeological evidence, as early as 8 000 years ago, pottery bowls, plates, kettles, jars, stemmed cups, broad-mouthed receptacles, cooking vessels, etc. were used in people's lives as is indicated from the unearthed pottery in Peiligang Culture in Henan Province and Cishang Culture in Hebei Province. Among the articles unearthed in Cishang, a piece of pottery painted with curved pattern was discovered, the earliest painted pottery discovered in China. The subsequent more advanced earthenware unearthed represented the technique development at different phases in the New Stone Age, for example, painted pottery from Yangyun Culture, white pottery from Dawenkou Culture, black pottery from Longshan Culture, pottery of painted eggshell from Qujialing Culture, etc.

Paragraph 3

T中国陶器的发展 **he Development of Chinese Pottery**

The production of Chinese pottery started in the Shang Dynasty and matured considerably in the Eastern Han Dynasties. This long period was the inception period of pottery, and the pottery in that period was called the "primitive pottery". Both pottery and bronze were produced under high temperatures. "Ceramics and castings" used to be a combined term.



Paragraph 4

A古代陶器制品 **Ancient Pottery Products**

The shapes of pottery products made in the period from the Shang and Zhou to the Han and Tang were mostly derived from images of humans and things in society, the former being the main theme of modeling and design. The terracotta warriors mentioned above reflected the might of the State of Qin and the gallantry and bravery of its soldiers. Various models of other pottery products unearthed from the ruins of Han tombs reflected the various aspects of social life of the Han period. The figures of officials, musicians, dancers, acrobats and many others are also fine art works reflecting the cultural and economic development of the Tang period. Moreover, many colored glazed pottery works modeled in the shape of horses and camels in the Han and Tang Periods showed the use of animals at that time, profoundly reflecting people's understanding of nature and human-kind and the humanistic spirit in the periods under review.

Paragraph 5

T唐三彩 **Tang Tricolor Glazed Pottery**

The fine example of beautifully crafted pottery is the tricolor glazed pottery of the Tang Dynasty (618—907). The pieces were created by adding various metals oxide and baking at a low temperature. The glazed pottery would appear to be light yellow, reddish brown, shamrock or light green. The most popular were those of yellow, brown and green. The sculpting of figures, animals or daily appliances was amazingly in accord with the characteristics of Tang art—graceful and lively. Preferred by many foreigners to the region, the tricolor glazed pottery had been transported all over the world.

C 中国紫陶 Chinese Purple Clay Pottery

Another choice pottery that won great reputation for hundreds of years is purple clay pottery. It is well-known for its mild color, condensed structure, high intensity and fine particles. As early as the Song Dynasty (960 - 1279), people found purple clay teapots to look much more graceful than those of other materials. In the Ming and Qing Dynasties, tea developed as a simple and tasteful art. People who liked drinking tea held firm to the belief that tea in the purple clay pot smelled balmier and could retain the original quality; these teapots transferred heat slower and were more endurable of heat; after long times use, the teapot would not fade but become more lustrous. Modern people still delight in this classic fashion ideal.

Cultural Links 文化链接

唐三彩

唐三彩的出土始于清末。光绪二十五年(1899年)修筑陇海铁路时,在河南洛阳附近,从古墓中出土了很多的彩釉陶器。这些陶器在色彩上有一个共同特征,即在同一器物上黄、绿、白,或黄、绿、蓝,或黄、绿、赭等三种基本釉色交错使用。这批器物后来运到北京,引起了当时知名学者的重视,因其颜色都是由三种颜色装饰,定名为“唐三彩”。随着出土器物数量的增多,人们发现并不限于三彩,二彩、三彩、四彩、五彩都有。但“唐三彩”的名称已约定俗成,就继续沿用了。



Vocabulary

妙词连珠

black pottery 黑陶	be confined to 限于
formal 正式	noble 贵族
celadon 青瓷	collect 收藏
appear 呈现	sea transportation 海运
be forbidden to use 禁用	sell 销售
tea set 茶具	occasional 偶尔的
inverted bell 磬	The Peiligang Culture 裴李岗文化
white porcelain 白瓷	The Cishan Culture 磁山文化
clear 明显	The Hemudu Culture 河姆渡文化
writing brush 毛笔	The Yangshao Culture 阳韶文化
celadon and white 素瓷	storage 保管
coloured porcelain 彩瓷	powdered 粉末(装)的
sign 署名	hull 壳;荚
printed or written words 字样	irregular 无规律的
continue to use 沿用	uneven 参差不齐
government-owned kiln 官窑	The Daxi culture 大溪文化
private kiln 私窑	The Qujialing Culture 屈家岭文化
middle period 中叶	cauldron 大锅
in a period of great prosperity 鼎盛	tripod 三脚架
fine and smooth 细腻	dweller 居住者
shape 造型	herring 鲱鱼
synthetical 综合	aquatic 水生的
radiate 放射	manufacture (大量)制造
extraordinary 异形	regularity 规则性
bring forth new ideas 创新	eggshell 蛋壳
engage in trade 经商	goblet 高脚杯
import 输入	

U 中国瓷器 Unit 2 Chinese Porcelain



Key Sentences

流畅精句

1. With the development of social economy and foreign trade, pottery and porcelain had become an important source of revenue for the state government.

明代,随着社会经济的发展以及对外贸易的加强,陶瓷已成为国家财政的主要来源。

2. As indispensable utensils to people's daily life the world over, potter and porcelain articles made in China nowadays have also become decorations and collections for their artistic value.

目前,中国陶瓷不仅成为世界人民日常生活中必不可少的日常用具,而且成为颇具艺术欣赏价值的装饰品和收藏品。

3. Well-fired porcelain is non-porous and translucent. It produces a clear ringing sound like the sound of struck metal.

烧好的瓷器没有孔,而且是半透明的。敲击时的清脆声音听起来就像是金属在碰击。

4. From the Shang and Zhou dynasties, Chinese porcelain is called proto-celadon.

从商周起,中国的瓷器就被称作青瓷。

5. Complete sets of celadon vessels were manufactured as early as at the beginning of the Western Han Dynasty.

早在西汉初年,就生产了成套的青瓷器皿。

6. During the Tang Dynasty, celadon manufacture reached a high degree of perfection.

在唐代,青瓷的生产达到了一个顶峰。



7. While the kilns in South China manufactured celadon porcelain, white porcelain was produced in North China.
中国南部主要生产青瓷,而中国北部生产白瓷。
8. During the Tang Dynasty, the quality of white porcelain was greatly improved.
在唐朝,白瓷的技术得到进一步的提高。
9. Up to the 16th century, the Silk road was China's main caravan route for the export of porcelain to the West.
在16世纪,丝绸之路是中国陶瓷出口到西方的主要商业路径。
10. Since the Tang Dynasty, the sea route continued to expand to various countries in Asia, Africa, Europe and other regions.
从唐代开台,海上路径就不断向亚洲、非洲、欧洲以及其他大洲的多数国家延伸。



Wonderful Paragraph 精彩片段

Paragraph 1

A 中国瓷器简介 Brief Introduction of Chinese Porcelain

Porcelain articles are important Chinese cultural artifacts, a unique creation of Chinese people. China is well known by the world partly due to its porcelain products. In English, china means porcelain. With its unique cultural characteristics, porcelain products can represent China's age-old civilization. The shapes and decorations of porcelain products typically present a panorama of Chinese culture.

T中国瓷器的出土 The Discovery of Chinese Porcelain

China's earliest porcelain was proto-celadon which dates back to the Shang and Zhou dynasties. Its paste is called "china clay". Vessels excavated from a Western Zhou tomb in Tunxi, Anhui Province, for example, have a paste that contains a substance similar to the fine clay still used today in Jingdezhen kilns. The only difference between the remote and present pastes is that the older is not so carefully washed and refined.

Paragraph 3

P唐代的瓷器 Porcelain in Tang Dynasty

The Tang Dynasty was a time of unprecedented development— political, economic, and cultural—for the Chinese feudal society, and the porcelain industry was no exception. During this period, China began to export porcelain to foreign markets. Different porcelain kilns producing various styles appeared, such as the Yue Kiln of Yuezhou (present-day Neiqiu, Hebei Province). The practice of naming kilns after their locations lasted into the Song, Yuan, and succeeding dynasties.

Paragraph 4

P宋元时期的瓷器 Porcelain in Song and Yuan Dynasty

During the Song and Yuan dynasties porcelain was made at Jingdezhen and other kiln sites in southern China using crushed and refined China stone alone, but by the early eighteenth century China clay was being added to the China stone, in about equal proportions. Porcelain bodies made from China stone fire at a lower temperature, in the region of 1 200 degrees Celsius, than those made with a mixture of China clay and China stone, which require firing in the region of 1 350 degrees Celsius. China



clay when added to the body material produced a porcelain of great whiteness and of great strength. Whiteness, in particular, was a much sought after property of porcelain, especially that used for blue and white wares.

Paragraph 5

C中国的青瓷与白瓷 **Chinese Blue and White Porcelain**

It is believed that underglaze blue and white porcelain was first made in the Tang dynasty. No complete piece of Tang blue and white is known to exist, but shards dating to the eighth or ninth century have been unearthed at Yangzhou in Jiangsu province. It has been suggested that the shards originated from a kiln in the province of Henan. In 1957 excavations at the site of a pagoda in the province Zhejiang uncovered a Northern Song bowl decorated with underglaze blue and further fragments have since been discovered at the same site. In 1970 a small fragment of a blue and white bowl, also dated to the eleventh century, was also excavated in the province of Zhejiang. In 1975 shards decorated with underglaze blue were excavated at a kiln site in Jiangxi and, in the same year, an underglaze blue and white urn was excavated from a tomb dated to the year 1319, in the province of Jiangsu. It is of interest to note that a Yuan funerary urn decorated with underglaze blue and underglaze red and dated 1338 is still in the Chinese taste, even though by this time the large-scale production of blue and white porcelain in the Yuan, Mongol, taste had started at Jingdezhen.

Paragraph 6

P明清时期的瓷器 **Porcelain in Ming and Qing Dynasty**

The Ming and the Qing Dynasties saw another peak period in China's ceramic development. With the development of social economy and foreign trade, pottery and porcelain had become an important source of revenue for the state government. Ceramic technology improved further, giving rise to new achievements in this field including "sweet white glaze" in the Yon-

gle period, “cloisonne” in the Xuande period, and “three plain colors” in the Zhengde period. Among them, the boccario teapot of Zhengde period kept its prominence for the subsequent 500 years. In the Qing Dynasty imitation of the famous porcelain in the previous dynasties became a fashion; on the other hand, some new types of painted porcelain were created, for example, the five-colored porcelain and enamel color in the Kangxi period, and the pink-colored porcelain originating in the Kangxi period and mature in the Yongzheng period. Masterpieces of that period greatly enhanced the artistic value of ceramics and gave full expression to the outstanding achievements of the Qing Dynasty’s ceramic technology.



Cultural Links 文化链接

宋代陶瓷

宋代的陶瓷工艺已经达到炉火纯青的境界,并取得了举世瞩目的辉煌成就。当时官窑辈出,私窑纷起,南北方各大名窑都形成了自己特有的工艺风格,并最终出现了宋代五大名窑,即河北曲阳(唐称定州)的定窑、河南向禹(宋称钧州的)钧窑、浙江处州的哥窑、河南临汝的汝窑(属耀州窑风格)、京城附近(北宋在汴梁,南宋在临安)的官窑。这其中还不包括大名鼎鼎的景德镇瓷器,以及陕西的耀州窑、浙江的龙泉窑、福建的建窑等。江西的景德镇原名昌南,唐代已开始烧制瓷器,但名声不显。宋真宗景德年间,该地的瓷器名扬天下,因此改称景德镇。景德镇的青白瓷可称天下第一,其瓷白如玉、薄如纸、声如磬、明如镜,景德镇也因此成为明清时期瓷器生产的中心。

Vocabulary

妙词连珠

vitreous 玻璃的	white porcelain lamp 白瓷灯
crystal 水晶般的	celadon water dropper 青瓷水注
porous 有孔的	long-necked vase in tridragon-shaped handle 三彩长颈瓶
translucent 半透明的	tri-coloured black horse 三彩黑马俑
proto-celadon 原始青瓷	tri-colour glazed camel carrying musicians 三彩骆驼载乐俑
excavate 发掘(尤指古物)	tri-coloured sitting female figurine 三彩女坐俑
dark blue-green 深青绿色的	tri-coloured tripod covered jar 三彩三足盖罐
pale grey 淡灰的	tri-colour glazed pottery camel 三彩陶骆驼
yellowish green 淡黄绿色的	tri-coloured pottery horse and groom 三彩陶马和牵马俑
brownish black 褐黑色的	white porcelain vase with veiled ornamentation 白瓷黯花瓶
lustrous 有光泽的	celadon vase with lotus paten 青瓷莲花托碗
decorative 装饰的	celadon vase with lotus paten 青瓷莲花碗
prospect 景象	celadon lotus-shaped jar 青瓷莲形罐
cobalt 钴	celadon ewer 青瓷执壶
polychrome 多色的	white porcelain incense burner with five legs 白瓷五足熏炉
emergence 出现	porcelain vase with dragon design in relief 雕龙瓷罐
tri-color 三色的	
frit 熔块	
manganese 锰	
permeate 渗入	
gorgeous 灿烂的	
conformity 遵从	
robust 强健的	
figurine 小雕像	
diplomatic 外交的	
caravan 商队	
navigation 水上运输	
shipment 装运	

11

中医药文化

Medicine Culture

U 传统中医 Unit 1 Traditional Chinese Medicine



Key Sentences

流畅精句

1. I know that smoking is really harmful to health.
我知道吸烟确实有害健康。
2. Acupuncture may cause a little pain, but it also causes a certain feeling of numbness and distention.
针灸可能有点痛,但也会使你感到有点麻木和发胀。
3. Acupuncture may have effect, but a prolonged treatment is needed.
针灸可以有效,但需长期治疗。
4. 400 years later, Zhang Zhongjing from the Eastern Han Dynasty wrote a book entitled *Treatise on Febrile Disease and Miscellaneous Diseases*.
四百年后,东汉时期的张仲景编写了《伤寒杂病论》。
5. According to Chinese theory, there are three treasures. These are jing, qi, and shen.
从中国传统的理论上讲有三宝,分别是精、气、神。



6. The harmony of yin and yang produces good health; disharmony leads to disease.

阴阳协调使身体健康, 阴阳失调就会产生疾病。

7. Traditional Chinese doctor uses acupuncture, herbs and food to help correct an yin-yang imbalance until the body returns to a healthy state.

传统的中国医生使用针灸、草药以及食物来帮助调节阴阳平衡, 直到从病体恢复到健康状态。

8. The Five Elements are five basic substances of natural phenomenon.

These include wood, fire, earth, meal, and water.

“五行”指五种基本的自然现象, 包括木、火、土、金和水。

9. Traditional Chinese physicians use numerous ways to treat illness by restoring the desired balance between yin and yang and among qi, shen, blood and bodily fluids.

传统的中医运用多种手段, 通过调理阴阳和气血津液的方式来治疾病的。

10. It has proved traditional to be a useful method to prevent and treat diseases and keep in good health with remarkable curative effects and few side effects.

中医疗效显著, 副作用少, 是人们防病、治病、强身健体的有效工具。

11. It is said that traditional Chinese medicine (TCM) is one of the great cultural legacies of the Chinese nation with a long history.

据说中医学是中华民族的伟大文化遗产之一, 有着悠久的历史。

12. TCM spreading outside China dates back to ancient times and it still keeps uprising.

中医学外传源远流长, 迄今不衰。

13. The four main diagnostic methods are inspection, auscultation and olfaction, interrogation, palpation of the pulses.

中医四大诊法指的是望、闻、问、切。



Wonderful Paragraph 精彩片段

Paragraph 1

A 中医简介 Brief Introduction of Chinese Medicine

Traditional Chinese Medicine is developed for more than five thousand years. Traditional Chinese medicine is unique because of its complete theoretical framework, diagnostic methods, pathology, pharmacology, and special methods of treatment including acupuncture and moxibustion, breathing therapy, and medical massage.

Paragraph 2

T 传统中医的发展 The Development of Traditional Chinese Medicine

Before the existence of the modern medicine, human beings depended solely on herbal medicines and other therapeutic methods to treat diseases and preserve health. Such a practice gave rise to the establishment of various kinds of traditional medicine with unique theory and practice, such as traditional Chinese medicine, Indian medicine and Arabian medicine, etc. Among these traditional systems of medicine, traditional Chinese medicine is a most extraordinary one based on which traditional Korean medicine and Japanese medicine have evolved. Even in the 21st century, traditional medicine is still of great vitality. In spite of the fast development of modern medicine, traditional medicine is still disseminated far and wide. In many developing countries, most of the people in the rural areas still depend on traditional medicine and traditional medical practitioners to meet the need for primary healthcare. Even in the countries with advanced modern medicine, more and more people have begun to accept traditional medicine and



other therapeutic methods, such as homeopathy, osteopathy and naturopathy, etc.

Paragraph 3

C中医对病的认识 **Chinese Attitudes toward Disease**

According to Chinese cosmology, all is born from the marriage of yin and yang. Harmony between the two produces good health; disharmony leads to disease. One of the major assumptions of traditional Chinese medicine is that disease is due to an internal imbalance of yin and yang, and so the strategy is to restore harmony and traditional Chinese doctors use acupuncture, herbs and special food to help correct yin-yang imbalance until the body returns to a healthy state. Another assumption is that each organ has a mental as well as a physical function, and all parts of the bodily whole are intimately connected.

Paragraph 4

T传统中医理论 **The Theory of TCM**

Traditional Chinese medicine is based on yin/yang—the opposing, complementary principles of nature—and the five elements of metal, wood, water, fire and earth, believed by ancients to be the basic components of the physical universe. In complying prescriptions, TCM (Traditional Chinese Medicine) doctors adopt the strategy of “governing a country”, the principle being to employ “monarch, minister, assistant and guide”, referring to the various roles played by the components of a prescription. Ancient TCM doctors thus introduced ethics and politics into the realm of medicine.

A 传统中医的成就 Accomplishment of TCM

TCM has achieved a new level in the prevention and treatment of common cardiovascular and cerebrovascular diseases, which are the most harmful to human health and the most widespread. According to Professor Weng Xinshi, a famous Chinese medical scientist, the 400-odd in-patients with acute myocardial infarction in the hospital where he works were randomly divided into two groups. One group were treated with Western medicine only, and the other group were treated with the combination of the same Western medicine and the “anti-myocardial infarction mixture” developed by the Academy of Traditional Chinese Medicine according to “treating principles of activating blood circulation and supplementing Qi.” It proved that the latter group had a lower incidence of complications and a lower death rate than the former group. TCM also has produced benefits in treating angina pectoris and high blood pressure. Scalp acupuncture has drawn international attention as a therapy for treating hemiplegic paralysis.



Cultural Links

文化链接

“中医”的概念

多数人只知“中医”即指中国古老的医学。但据考证,“中”与“医”连在一起而称“中医”,起自西汉。《汉书·艺文志》中的“有病不治,常得中医”,即其证。此“中医”系指:“本草药石之寒温,量疾病之浅深,假药味之滋,因气感之宜,辨五苦六辛致水火之齐,以通闭解结,反之于平。”可知此“中医”之概念,应是指使身体常保中和之气,以中和之气医治百病。



Vocabulary

妙词连珠

unique 独特的;惟一的	physician 医生
framework 构架;结构	coating 薄层
diagnostic 诊断的	nutrition 营养
pathology 病理的	moan 呻吟声
pharmacology 药理学	pulse 脉搏
acupuncture 针灸	urine 尿
moxibustion 灸术;艾灼	utilize 利用
therapy 治疗;疗法	herb 草本植物
phenomenon 现象	compile 编辑
element 要素	compendium 手册
restraint 克制	chronic 慢性的
liver 肝脏	acute 急性的
spleen 脾脏	insert 插入;嵌入
kidney 肾	perpendicularly 垂直的;直立的
correspond 调和	tilt 倾斜
physiological 生理的	intense 剧烈的,强烈的
symptoms 病状	trauma 创伤,损伤
internal 内部的	exertion 刺痛
external 外部的	limb 肢,臂
therapeutic 治疗学的;治疗术的	adhesive 有黏性的
circulate 流通	tape 胶带
longitudinally 纵向地	affix 贴上;粘上
blockage 阻塞	streptomycin 链霉素
palpate 摸;触;按	kanamycin 卡那霉素



U 传统中药 Unit 2 Traditional Herbal Medicine



Key Sentences

流畅精句

1. Can you fill the prescription for me?
你能给我配药吗?
2. Your prescription is ready.
你的药方已经配好了。
3. Just follow the directions on the bottle.
请按照瓶上的说明服用。
4. There's no miracle drug to cure a common cold.
没有什么奇药可以治愈一般感冒的。
5. Put the herbs into a pot, add about 300 ml of cold-water and let it simmer 20 minutes. Drain 40 ~ 50 ml of the decoction. This is the first dose.
把中药放入罐内,加水约 300 毫升,然后用温火慢熬 20 分钟。从罐中倒出 40 ~ 50 毫升煎好的汤药,这是头煎。
6. Don't throw the herbs away and do the same in the evening. This is the second dose.
不要倒掉药渣。晚上照样再煎一遍,那是二煎。
7. Take the first dose in the morning, the second in the evening. Remember medicinal herbs must be boiled down.
头煎早晨服用,二煎晚上服用。记住中草药必须煎浓。
8. These potential problems, what we call drug interactions, can even be harmful to your health.
这些潜在问题被称为药物的相互作用,对身体甚至是有害的。



9. It may be critical for you to read the instructions before you use a drug and take time to learn about drug interactions.

最主要的是服药前阅读药物说明书,并花一定时间了解药物的相互作用。

10. As long as the patient tells the doctor how the drug is affecting him, the doctor adjusts the dosage.

只要病人告诉医生某种药物对他的影响,医生会调整剂量。



Wonderful Paragraph 精彩片段

Paragraph 1

A 草药简介 Brief Introduction of Herbal Medicine

Herbal medicine has been a part of the written history of Chinese medicine for over 4 000 years. According to legend, the Chinese medicine started with Shennong, a legendary miracle doctor. It is said that he had tasted a hundred plants in order to find useful medical herbs. Chinese herbal medicine employs roots, bark, flowers, seeds, fruits, leaves, and branches, as well as ingredients from animals and minerals. When herbs are mixed together, their medical effectiveness increases. Moreover, these have a low risk of producing adverse reactions or side effects. Over 3 000 different herbs can be used, but only 300 to 500 of these herbs are commonly used.

Paragraph 2

H 华佗 Hua Tuo

Hua Tuo's greatest achievement was in surgery. he invented the anesthetic herb solution, which was a general anaesthetic. The procedure he took was as follow: At first the patient was told to swallow the anesthetic



solution along with wine; when the patient lost his sense as a drunken person, he cut open the patient's abdomen. If he found a tumor he cut it off. If it was an impaired intestine or stomach, he cut off the impaired part, cleaned the part, sewed up the part and applied on the part an ointment. About a week later it would heal up, and about a month later the patient would recover fully. Hua Tuo invented general anesthesia in the second or third century A. D. , earlier by more than 1 600 years than when the Western surgeons used ether or nitrous oxide to effect general anaesthesia. He was not only the first surgeon in China but also the first surgeon in the world to perform an abdomen operation with general anesthesia.

Paragraph 3

L 李时珍 Li Shizhen

The great pharmacologist Li Shizhen of the Ming Dynasty developed the science of materia medica to a new height. In his book Compendium of Materia Medica, he gave a detailed account of the properties, flavor, origin, shape, way of collecting, process of preparation, pathological study and prescription of each species of herbal medicine. Li corrected many mistakes in the discrimination of drugs, which had appeared in past works. He classified herbal medicines into 16 groups according to their natural origin and properties. Within each of these groups are subdivided into 60 sub-groups, making a creative contribution to drug classification.

Paragraph 4

C 中草药的特点 Characters of Chinese Herbal

The doctor usually concocts a remedy from one or two main ingredients appropriate for the illness. Then he/she adds other ingredients to adjust the formula to the patient's yin and yang condition to cancel out toxicity or side-effects of the main ingredients. Unlike western medication, the balance and interaction of all the ingredients are more important than the



effect of individual ingredients. A key to success, moreover, is the treatment of each patient as an individual.

Paragraph 5

H如何用草药治病 How to Treat with Herbs

Medicinal herbs must be gathered at the right time of the year, when they have the best therapeutic and medicinal value. In most cases, herbs and other medicinal materials are processed before they are used as ingredients of decorations. Pots of the right kind—usually pottery—are used to prepare decorations with, and the different ingredients are put into the pot for boiling in adhering to the order given by the doctor. In addition, special attention must be paid to the right duration and degree of heating as prescribed by the doctor. Prescription is, without doubt, the most significant thing. Different prescriptions are written for different diseases and even for the same disease, prescriptions may vary from patient to patient according to the specific conditions of each. Prescriptions by famous doctors of all ages are inevitably compiled into books to be passed on from generation to generation as textbooks and guidebooks for students of traditional Chinese medicine.



Cultural Links

文化链接

孙思邈

孙思邈, (公元 581—682) 隋唐民间医药学家。陕西耀县人。自幼刻苦钻研医学, 并在实践中积累了丰富的经验。他以普救病人为终生志愿, 不慕名利, 成了学识渊博的医学家。在长期行医中, 他总结出海藻可以治甲状腺肿大, 谷皮汤可以防治脚气病, 白头翁、黄连能够治痢疾, 朱砂、雄黄能够消毒等。存世著作有《千金要方》、《千金翼方》, 凡诊断、预防、针灸等, 无不详细记述。孙思邈对中国药物学有杰出贡献, 后人称他为“药王”。他常去采药的山被称为“药王山”。至今在药王山上还有他的庙宇和祠堂。

Vocabulary

妙词连珠

medicinal herbs 草药	diaphoretic 解表药
set prescription 成方	tincture; medicinal liquor 酒剂
medicine to be taken after being mixed with boiled water, wine, etc. 冲剂	potent drug 剧药
medicinal powder for insufflating in the throat, nose, etc. 吹药	wax capsule 蜡壳
great prescription 大方	good medicine 良药
bolus 大丸	blood-cooling drugs 凉血药
pill and powder made of melted or sublimated minerals 丹剂	medicine of a cold nature; antipyretic; cold-natured medicines 凉药
single drug prescription 单方	pill of antelope's horn and wee 羚翘 解毒丸
drugs for incised wound 刀创药	liushenwan 六神丸
first draught 第一服	myrrh 没药
poison; toxicant 毒药	narcotic; anaesthetic 蒙药
essential balm 风油精	secret prescription of excellent cura- tive effect 秘丸
royal jelly 蜂王浆	medicines for oral use 内服药
plaster 膏药	even-numbered prescription 偶方
revitalizing tonic 膏滋药	making up a prescription 配药
anti-rheum plaster 狗皮膏药	folk prescription 偏方
traditional Chinese medicine 国药	odd-numbered prescription 奇方
eccoprotic 后下药	heat-clearing drugs 清热药
tiger bone liquor 虎骨酒	anti-wetness drugs 去湿药
prescription for acute and serious dis- eases 急方	medicine of a hot or warm nature 热 药
decocting medicinal herbs 煎药	panax ginseng extraction 人参精
digestives and stomachics 健胃消化 药	be used as medicine 入药
	powder medicine 散剂



crude drug; dried medicinal herbs 生药	Chinese medicinal herb 中草药
wet-natured medicine 湿剂	medium dose 中等量
gruff 药渣	Chinese patent medicine 中国成药
a dose of medicine 一服药	Chinese materia medica 中药
medical herb in pieces 饮片	herbal analeptic 中药催醒剂
medicines for the treatment of 止咳平喘药	herbal anaesthetic 中药麻醉剂
hemostatics 止血药	making up a prescription of Chinese herbal medicine 抓药

Unit 3 Acupuncture and Moxibustion

Key Sentences 流畅精句

1. The "puncture" in acupuncture refers to insertions of tiny needles at certain very specific points on the surface of the body.
针刺术就是指将一根根细针刺入身体表面的特定位置。
2. The actual insertion of the hair-thin, disposable needles has been described as feeling like a mosquito bite.
头发丝细的一次性针精确定位插入,感觉像被蚊子叮了一样。
3. After insertion, the needles may be stimulated by twirling them or connecting them to a mild electric current.
针插入以后,通过转动,或者连接到较弱的电流产生刺激。
4. How do you feel when I rotate the needle?
我捻针时你有什么感觉?
5. For acute, temporary problems, it may have a few treatments.
对于急性的临时出现的问题,可能只要几次治疗。
6. An acupuncturist usually inserts acupuncture needles at critical points in the human body for multi-medicinal purposes.
针疗医生通常将针插入病人身体的关键部位来实现综合治疗。
7. Many doctors commonly use six to eight needles during treatment at most of times.
很多医生在大多数情况下都只用六到八根针治病。
8. Normally, each treatment takes 20 to 30 minutes; but this depends on the sensitivity and condition of the patient as the kind of disease is treated.



正常来讲,一次治疗过程大约需要 20 到 30 分钟,不过这也取决于病人对针灸的敏感度和病人自身的条件,以及疾病的种类。

9. Acupuncture is a method of treating a disease or relieving pain by inserting one or more metal needles at certain points of the human body.

针灸是一种用一根或多根金属针扎入人身体的特定部分来治病或减轻病人痛苦的医疗方法。

10. In order to get the desired effect, an acupuncturist should pay great attention to the basic techniques including the way the needles is inserted.

为了达到预期疗效,针灸医生应在扎针手法等基本技术方面下很大功夫。

11. Up to now, acupuncture combining with moxibustion is effective on over 300 diseases. In the internal, circulation, immune, digestion, neural, urinary and reproductive systems.

到目前为止,针刺和艾灸合起来共能治疗 300 多种疾病,包括内分泌、循环、免疫、消化、神经、泌尿、和生殖系统等的各类疾病。

12. So I can say Chinese traditional medicine and acupuncture emphasize prevention of diseases and nursing people's health compared with Western medicine.

所以我说,中国传统医学和针灸与西医相比侧重疾病的预防和调理。



Wonderful Paragraph

精彩片段

Paragraph 1

A 针灸学简介 Brief Introduction of Acupuncture

Acupuncture and moxibustion are traditional Chinese therapies that the ancient Chinese often used to prevent diseases and give emergency treat-

ments. Besides all kinds of pain, they can also be used to treat internal, surgical, gynecological and pediatric diseases and all kinds of diseases occurring in the skin, mouth, eyes, ears, nose and throat. Requiring simple tools, acupuncture and moxibustion are easy to do and can be done any-time and anywhere. They can especially increase the rescue rate among emergency patients.

Paragraph 2

H怎样运用针灸疗法 **How to Treat with Acupuncture**

Patients have different sensations. They may feel sore, numb, warm or swelling; but many say they feel relaxed when the needle is inserted beneath their skin. Many doctors commonly use six to eight needles during treatment at most of times but they may use ten or more needles if two or more symptoms need acupuncture treatment at the same time. For instance, if a patient has both back pain and a headache, the acupuncturist treats him/her for both symptoms at the same time. Some acupuncturists insert as many as 30 or more needles at the same time.

Paragraph 3

N针灸学的新技术 **New Techniques in Acupuncture**

With the research of acupuncture, new techniques have been invented. One of them is the electrical stimulation, in which a weak electric current is connected to the needle. Another is the point laser stimulation, in which a laser is concentrated on certain points. This therapy can increase the patient's immunity. The point magnetic therapy combines acupuncture and magnetic treatment. It is used to cure sprains and bruises, rheumatic arthritis and high blood pressure. Ear acupuncture has been very popular in China. More than two hundred points have been found on the ears and forty of them have turned out to be very effective.



T 针灸学的发展 The Development of Acupuncture

In recent times, acupuncture and moxibustion have developed rapidly, and a modern acupuncture and moxibustion system with stimulation of acupoints as the basis is fast taking shape worldwide. Various types of equipment for and methods of acupuncture and moxibustion have been developed and used. Diagnosis through acupoints is also becoming popular. With modern technology, scientists have made great progress in explaining the principles of acupuncture and moxibustion, the nature of main and collateral channels, and acupuncture anesthesia. It is clear that with future scientific discoveries about main and collateral channels, Chinese acupuncture and moxibustion will make even more contributions to human health.



Cultural Links

文化链接

中国针灸

针灸是我国独特的医疗方法,已有数千年的历史。古代医疗用的针有 9 种,即民间传说的“伏羲制九针”。在这 9 种医疗用针中,排针(外形像三棱锥)、火针(像剑)等属于破痈疮排脓血的器械,早已弃而不用。近代常用的有毫针、蜂针、长针及圆利针,临床上最常用的是毫针。历代医学家总结针灸实践经验,写出了大批针灸专著东汉著名医学家皇甫谧于公元 259 年左右写成的《针灸甲乙经》,就是我国最早的针灸书籍之一。全书共 12 卷,128 篇。其中 70 篇是谈论经络和穴位的,其余论述了脏腑、病因、病理、针法及各类疾病的针灸取穴等。这部书籍对我国晋代以后针灸学的发展,起了很大作用,在国外也有一定影响。至明代万历二十九年(公元 1610 年),针灸学家杨继洲,总结了明代以前针灸学的经验和成就,写了一部针灸学名著《针灸大成》。此外,尚有《针灸资生经》、《针灸聚英》等许多针灸著作,对促进我国针灸学的发展,做出了积极贡献。

Vocabulary

妙词连珠

twisting or twirling the needle 搓针	pulling the needle out; withdrawing the needle 排针
flicking the needle with finger tip after insertion 弹针	seven-star needle 七星针
deep insertion 深扎	shallow insertion 浅扎
galvanic acupuncture; acupuncture with electric stimulation 电针	sense of hotness 热感
electro-puncturing therapy 电针疗法	puncturing with heated needle 烧针法
short puncture 短刺	hand acupuncture; manual needling 手针
needling of the pinna 耳针疗法	hand-puncturing therapy 手针疗法
filiform needle in acupuncture 毫针	fluid acupuncture therapy 水针疗法
acupuncture needle 金针	soreness; feeling sore 酸
inserting the needle; pushing the needle in 进针	lifting and thrusting the needle 提插
nine acupuncture methods 九刺	lifting the needle 提针
nine forms of needles 九针	moxibustion 艾灸术
swift insertion 快针	moxa stick 艾条
cold stimulation 冷刺激	moxa cauterization 艾灼法
retention of the needle in the body 留针	scar moxibustion 瘢痕灸
numbness; feeling numb 麻	moxibustion by moving the moxa roll 回旋灸
puncturing shallowly with short needle 毛刺	indirect moxibustion 间接灸
face acupuncture therapy 面针疗法	cold moxibustion 冷灸
rotating the needle 捻针	mild moxibustion 温和灸
coupled puncture 偶刺	non-scarred moxibustion 无斑痕灸
	direct moxibustion 直接灸

12

宗教文化

Religious Culture

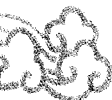
U 道教 Unit 1 Taoism



Key Sentences

流畅精句

1. Taoism is an indigenous Chinese religion.
道教是中国土生土长的宗教。
2. Taoism attaches great importance to life, while Buddhism to death.
道教在很大程度上重视生命,而佛教则重视死亡。
3. Taoism developed the mythologies into the theory of becoming animated with the help of a corpse—leaving a dead body to give people the false impression that the person was dead, while the real flesh had secretly become an immortal.
道教将神话引入理论,认为人借助于躯体可以获得新生——死亡之躯是留给人们的错觉,真实的肉体将永不腐朽。
4. Taoism claimed that the destination of immortals would definitely not be as lonely as in the Moon Palace.
道教宣称躯体不朽的目的就是死后绝对不会像在月宫中那么孤单冷清。
5. According to Taoist teachings, Taoist followers should save not only themselves, but also others, including the deceased.



根据道家理论的说法,道教子弟不光应该拯救自己,也应该拯救他人,包括已经去世者。

6. The diversified Taoist beliefs lead to its colorful and extraordinarily enormous pantheon.

纷繁的道家学说演化出了异彩纷呈的先哲祠。

7. The pills for external use in Taoism refer to those made of refined minerals such as cinnabar, lead and mercury, or added with Chinese medicinal herbs to become what are called elixirs of life.

道家所炼就的外用丹药指的是那些从矿物中提炼而成的朱砂、铅和水银,再加上一些草药的话就制成了所谓的长生不老药。

8. Taoist of the Quanzhen sect neither married nor ate meat.

全真教的教徒既不结婚也不吃肉。

9. The early Taoist taught the art of living and surviving by conforming to the natural way of things.

初期的道家学者通过顺从自然法则来传授生活和生存的艺术。

10. Throughout Chinese history, people weary of social activism and aware of the fragility of human achievements would retire from the world and turn to nature.

中国的历史表明,那些厌倦了社会生活的人们和感受到自己在社会中无法立足的人们往往都会远离喧嚣,过起了隐居的生活。



Wonderful Paragraph

精彩片段

Paragraph 1

T道教起源 The Origin of Taoism

Lao Zi and Zhuang Zi, living at a time of social disorder and great religious skepticism (see article on Confucianism), developed the notion of the Tao (Tao—way, or path) as the origin of all creation and the force—unknowable in its essence but observable in its manifestations—that lies



behind the functioning and changes of the natural world. They saw in Tao and nature the basis of a spiritual approach to living. This, they believed, was the answer to the burning issue of the day; what is the basis of a stable, unified, and enduring social order? The order and harmony of nature, they said, was far more stable and enduring than either the power of the state or the civilized institutions constructed by human learning. Healthy human life could flourish only in accord with Tao—nature, simplicity, a free-and-easy approach to life.

Paragraph 2

T道家理论 The Theory of Taoism

Laozi conceived of Tao as the phenomenon of change and reversal, in the sense of birth, growth and renewal. He believed in two opposite but complementary forces – yin and yang – that are exercised by everything in the universe; the hard and soft, strong and weak, long and short, high and low, and front and back. He said, “Something and nothing grow out of one another; difficulty and ease produce one another; long and short offset one another; high and low lean on one another; sound and voice harmonize with one another; and front and back follow one another.” His best-known paradox in this vein is: “Good fortune lies within bad, and bad fortune lurks within good.” These pairs of opposites coexist, as none can be without the other. But neither remains unchanged and might, depending on the circumstances, transform into their opposite.

Paragraph 3

T道观 Taoist Guan

Most of the Taoist places of worship were called guan (temples), others palaces, convents, nunneries, monasteries, towers, caves, halls, or temples. Some people called large ones palaces, and small ones temples; while others called the ones whose names were granted by emperors pal-

aces, and the others, temples. Each view had its own basis, but one should not think in absolute terms. With historical changes, the fact that the names matched reality would also be changed. Most of the palaces and temples were constructed ancient Chinese style with symmetrical layouts, the inscribed boards and couplets setting off each other, and the numerous murals and carved tablets were lent a classic flavor. Some of them were imbued with Taoist doctrines, while others had unique architectural and aesthetic features.

Paragraph 4

D道德经 ao De Jing

Dao De Jing is a philosophical prose that has had great influence on Chinese thought. It can be translated as “The Scripture of the Way and the Virtue”; and it covers many areas of philosophy, from individual spirituality to techniques for governing society. It is often referred as the book of 5 000 characters; and it has two parts dao and de. Dao De Jing has been translated into European languages; and in English alone, there are over 30 versions.

Paragraph 5

T道教与佛教的关联 The Relationship between Taoism and Buddhism

Taoism completed its religious system by absorbing the thought of Buddhism. In history, there existed a fierce controversy between Taoism and Buddhism. Apart from political factors, the controversy, culturally, was intended to seek a common ground and eliminate the differences. Therefore, in the history of their relationship, the mainstream of its development was a supplement in each other's religious tenets.



Cultural Links

文化链接

道教

道教是中国汉民族固有的宗教。它奉老子为教祖,把老子的《道德经》当作主要经典。《道德经》大义着重在论“道”,而创立道教的人也宣传自己信仰老子的“道”,因而把他们创立的这个宗教叫做“道教”。

道教对我国封建时代的政治、经济和文化思想都发生过深刻的影响;同时它也形成了自己独特的宗教神秘主义体系,积累了大量经籍与文献资料,是我国古代文化遗产中的一个组成部分。例如《太平经》,它是道教最早的经籍,虽已散失,但据有关文献记载,《太平经》内容庞杂,言及天地、阴阳、五行、干支、灾异鬼神以及当时的社会情况,主要是宣扬宗教和封建伦理观念,但也有一些篇章反映了劳动人民反对剥削,反对统治阶级聚敛财物,主张自食其力和救穷济困等思想。



Vocabulary

妙词连珠

picul 担	alchemist 炼金术士
cultivation 培养	cinnabar 朱砂
principle 原理	ingest 咽下
sect 派别	prefecture 府
uprising 起义	intentionally 故意地
weaken 减弱	accidentally 偶然地
witchcraft 巫术	browse 游览
recipe 烹饪法	scroll 卷轴
supernatural 神的	beget 生
personage 人物	myriad 无数
chastity 贞洁	righteousness 公正
vitality 活力	spirituality 精神上的事情

unnameable 难以形容的

inherent 固有的

mislead 把……带错方向

misleading 使人误解的

ineffable 难以形容的

passive 消极的

simile 直喻

yielding 听众的

emptiness 空虚

humble 谦逊的

self-effort 自我努力

productive 富有成效的

counter 反击

celestial 神圣的

cavern 洞穴

blissful 极乐的

doctrine 原理

habitation 居住

unfold 展开

continent 陆地

immortal 不朽的

dictate 命令

cosmos 宇宙

preserve 保存

eliminate 消除

physiological 生理学的

mental 精神的

tranquility 平静

herbalism 草药医术(学)

acupuncture 针刺疗法

decoction 煎熬的药

abstain 避开

dietetics 饮食学

abide by 遵守

preservation 保藏

nourishment 滋养

Unit 2 Buddhism



Key Sentences

流畅精句

1. Buddhism was first founded in India, advocating the “four great voids”, and believing that humanity is born into suffering.
佛教最初在印度形成,它提倡四大皆空,并且认为人生来就是接受磨难的。
2. Buddhism was also introduced into what is now the Xinjiang region from India around the first century AD.
大约在公元一世纪,佛教由印度传入了今天的新疆地区。
3. The introduction of Buddhism into China resulted in a great many people traveling abroad to seek knowledge of and preach the Buddhist scriptures.
佛教在中国的引入使得一大批人云游海外去寻求知识,并且宣扬佛法。
4. Scholar monks, being sent from Korea and Japan to study in China, usually stayed there for about 10 years.
从韩国和日本来的僧侣学者,往往在中国一待就是10年。
5. Buddhist cultural exchanges between China and other countries involved the import and export of culture on a large scale.
在中国同其他国家之间的佛教文化交流中也包含了很多其他方面的文化传递。
6. After the reunification of China under the Sui Dynasty (581–618), this difference in Buddhist style between south and north gradually went out of the picture.
在隋朝统治中国初期,佛教在中国就形成了南北不同的格局。

7. According to historical records, the earliest monks and nuns in Japan were Chinese and the earliest Buddhist temples there were also built by Chinese.

据历史记载,日本出现的最早和尚和尼姑都是中国人,而且最早的寺庙也是由中国人修建的。

8. Buddhism was founded in India around the 16th century B. C. It is said that the founder was sakyamuni.

佛教在印度大概形成于公元前十六世纪,据说创立者是释迦牟尼。

9. The basic teachings of buddhism are summed up in The Four Noble Truths; life is suffering; the cause of suffering is desire; the answer is to quench desire; and the way to this end is to follow The Eight-Fold Path.

佛教的基本教义是四谛:人生是苦,苦因是集,结局是灭,方法是八正道。

10. Buddhism made its entry into China very slowly and it entered the south of China by sea and the north by land.

佛教引入中国非常缓慢,并且通过海上运输和陆地运输才分别到达中国南部和北部。

11. About 65 Ming Di, A. D invited two Indian monks to China and he even established a monastery in the suburbs of Luoyang.

大约在公元 65 年,汉明帝邀请了两名印度和尚到中国,并且在洛阳城的郊区修建了一座寺庙。

12. About the 7th century, Buddhism entered Tibet from both central China and India.

大约在公元七世纪,佛教从中原地区以及印度共同引入西藏。



Wonderful Paragraph 精彩片段

Paragraph 1

T佛教在中国的引入 The Inception of Buddhist Scripture in China

The earliest Buddhist scripture introduced to China was in its Sanskrit version. This fact was corroborated by paragraphs of ancient Buddhist scripture written upon wooden boards in Sanskrit, dateable to the beginning of the first century, which was unearthed in the Niya ruins near Yutian of Xinjiang in 1906. The discovery was believed to be the oldest Buddhist scripture ever found. Since the land of Great Yuezhi had then become the holy site of early Buddhism, the Buddhist scripture introduced to China in that period was all translated from Prakrit, the vernacular used in northwest India, called Futu (Buddha) in Chinese. In the year of 65, the first Chinese religious delegation was dispatched from Luoyang to Great Yuezhi where they copied 42 chapters of Buddhist scripture and brought them back to China. After they returned to Luoyang in the year of 68, they started to translate it into the Chinese “Forty-two Chapters of Scripture.” While this translation itself was no longer in existence, it was quoted in an introductory article written by Xiang Kai of the Han Dynasty, which said the translation had come from Futu, thereby indicating it was based on a vernacular Indian version.

Paragraph 2

B中国的佛像 Buddhist Statues in China

By the Sui and Tang dynasties, Chinese Buddhist art had completed its process of sinification. Many Buddhist statues were produced with the bearing of a dignified scholar. Typical of these is the Buddha Rocana in the

Fengxian Temple at Longmen. This large statue of Buddha, dressed in Chinese-style kasaya with a round neck, looks dignified and kind-hearted and has an elegant and plump face with eyes expressing calm and insight. This fully expresses the Confucian aesthetic ideal of seeking a unity of internal and external qualities and virtue and beauty.

Paragraph 3

C中国的禅 Chinese Chan

In China, Chan developed from Bodhidharma, who is said to have come from southern India and introduced Buddhism here since 520. Therefore Bodhidharma has been regarded as China's first Chan master, though from Mahakasyapa's line he should be counted as the 28th. However, Chan Buddhism was divided into two rival schools, a southern school led by Hui Neng and a northern school led by Shen Xiu.

Paragraph 4

B西藏的佛教 Buddhism in Tibetan

The Tibetan people believe in buddhism, which spread into Tibet during the reign of Buto King Songtsan Gambo in the 7th century. It is an ancient strain of Tantric Indian Buddhism coupled with Tibetan Shamanism. It is called Lamaism and it believes strongly in reincarnation. Lama means "teacher" or "superior being". A lama must be a monk, but not all monks can become lamas. By the end of the 14th century, Tibetan Buddhism had had a variety of sects, which permeated Tibetan society.



佛文化

“佛”是梵文 Buddha 音译的简称。Buddha, 音译“佛陀”, 也作“浮图”、“浮屠”、“没驮”等。“佛陀”的原意是“觉者”、“觉司者”。佛教徒对其教主释迦牟尼尊称为“佛陀”或“佛”。后来, 佛经中记载的凡是能“自觉”(“大彻大悟者”)、“觉他”(“使别人大彻大悟者”)、“觉行圆满”(善于修身养性达到极致者)都称为“佛”或“佛陀”。因此, 有称佛教徒为“佛陀氏”(或浮屠氏)、佛经为“佛陀经”(或浮屠经)的。需要说明的是, 也有的把佛塔的音译“搣坡”误译作“浮屠”, 因而也称佛塔为“浮屠”; 如俗语“救人一命, 胜造七级浮屠”, 其中“七级浮屠”, 就是指“七级佛塔”。



clan 家族

luxury 奢华

discontented 不满的

encounter 遭遇

corpse 尸体

plunge 投(入)

starve 挨饿

rigorous 苛刻的

fast 斋戒

jut 使突出

self-inflicted 自使蒙受

extremity 极度

asceticism 禁欲主义

indulgence 沉溺

fig 无花果树

sermon 布道

summarize 概述

quench 抑制

aspiration 志向

mindful 留心的

absorption 吸收

nirvana 极乐世界

reincarnation 转世

monastic 修道院的

prevalent 流行的	transmit 播送
exude 渗出	essence 精髓
dissemination 宣传	inherent 固有的
inhabited 有居民的	immanent 内在的
appeal 吸引力	communication 交流
disunity 不统一	founder 创立者
mobility 流动性	devoutly 虔诚地
geographically 在地理上地	chant 吟诵
submit 使服从	discipline 纪律
hold sway 权势	strict 严格的
barbarian 未开化的	annotation 注解
nonetheless 仍然	edict 官方命令
assert 断言	consecrate 奉……为神圣
attain 达到	empress 女皇
contemplation 沉思	identical 同一的
intuition 直观(能力)	appearance 出现
devotion 献身	

[General Information]

书名=文化艺术

作者=浩瀚 李生禄主编

页数=223

SS号=11941720

DX号=000006323452

出版日期=2008年02月第1版

出版社=科学技术文献出版社

封面
书名
版权
前言

- Chapter 1 The Dietetic Culture 饮食文化Unit
- 1 The Tea Culture 茶文化
 - Unit 2 Alcoholic Culture 酒文化
 - Unit 3 Chinese Cuisine 烹饪技术
 - Unit 4 Food and Health 饮食与健康
- Chapter 2 Educational Culture 思想、教育文化
- Unit 1 Confucianism 儒家思想
 - Unit 2 Chinese Philosophy 中国哲学
 - Unit 3 Chinese Virtues Culture 中国道德文化
 - Unit 4 Traditional Chinese Etiquette 传统中国
礼仪
 - Unit 5 Ancient Educational Thought of China
中国古代教育思想
- Unit 6 Modern Educational System of China 中
国现代教育体制
- Unit 7 Ancient Chinese Books 中国古书
- Chapter 3 Chinese Poetry Culture 中国诗歌文化
- Unit 1 Chinese Language Culture 中国语言文化
 - Unit 2 The Poetic Culture before Tang Dynasty
唐朝以前的诗歌文化
 - Unit 3 Poetry in the High Tang Period 盛唐诗
歌
 - Unit 4 Song Poems 宋词
- Chapter 4 The Art of Chinese Music and Dance
中国音乐舞蹈艺术
- Unit 1 Traditional Music
Instruments 中国传统乐器
 - Unit 2 Classical Music 古典音乐

Unit 3 Chinese Folk Music 中国民间音乐

Unit 4 The Art of Chinese Dance 中国舞蹈艺术

Chapter 5 Chinese Opera Arts 中国戏曲艺术

Unit 1 Formation of Chinese Operas 中国戏曲的形成

Unit 2 Beijing Opera 京剧

Unit 3 Regional Operas 地方戏曲

Unit 4 Chinese Operas 中国的戏剧

Chapter 6 The Art of Chinese Films and
Television 中国影视艺术

Unit 1 Chinese Film 中国电影

Unit 2 Chinese Television Industry 中国电视业

Chapter 7 The Art of Chinese Painting 中国绘画艺术

Unit 1 A Brief Introduction to Chinese
Painting 中国画简介

Unit 2 Categories of Chinese Painting 中国画的种类

Unit 3 The Features of Chinese Painting 中国画的特点

Chapter 8 Chinese Calligraphy 中国书法

Unit 1 Chinese Characters 中国汉字

Unit 2 Chinese Calligraphy 中国书法

Unit 3 The Four Treasures of the Study 文房四宝

Chapter 9 The Arts of Chinese Garden 中国园林艺术

Unit 1 Features of Traditional Gardens 传统园林的特点

Unit 2 Northern Imperial Gardens 北方皇家园林

Unit 3 Southern Private Gardens 南方私家园林

Chapter 10 Chinese Ceramics 中国陶瓷

Unit 1 Chinese Pottery 中国陶器

Unit 2 Chinese Porcelain 中国瓷器

Chapter 11 Medicine Culture 中医药文化Unit 1
Traditional Chinese Medicine 传统中医
Unit 2 Traditional Herbal Medicine 传统中药
Unit 3 Acupuncture and Moxibustion 针灸
Chapter 12 Religious Culture 宗教文化Unit 1
Taoism 道教
Unit 2 Buddhism 佛教



公众号：铅笔钥匙 (qianbiyaoshi)

微信扫描二维码，关注我们公众号

优质教育资源每日免费分享

欢迎关注我们

本资源来源于网络收集整理，版权归作者所有

本资源为电子载体，分享仅限于家庭使用或交流心得

不得以任何理由用于商业用途，因此而造成的不良后果请自行承担！