



用英语说中国

INTRODUCE CHINA IN ENGLISH

风俗民情

Folk Customs

© 主编 刘 泓 浩 瀚



科学技术文献出版社



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前言 Foreword

中国是一个历史悠久的文明古国,其深厚的文化内涵就基奠在广袤的风俗民情当中;同时中国又是一个多民族的大国,56个民族将其独有的文化习俗融合在一起,就形成了当今的古国文明。随着2008年的不断临近,我们有责任也有义务去学习和传播中国的风土民情,为的是让世界人民在奥运会光环的照射下能够更多地领悟到中国文化的精神并能更好地了解中国的民俗风情,这对于实现世界范围内的多元文化共享无疑具有极为深远的意义。

为此我们特别推出了《用英语说中国——风俗民情》这本书。

全书分为:习俗、中国日历、中国传统节日、中国少数民族、民间工艺、民间游艺、民间竞技、民间文艺、民间礼仪九个部分。全方位地介绍中国民俗风情,体现中国特色。

本书每个单元内容又分为:

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中国民俗风情的双重丰收。

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民俗风情。

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。

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1 | 习俗

Custom

U 中国服饰文化 Unit 1 The Culture of Chinese Clothing

Key Sentences 流畅精句

1. Dress, or adornment culture is a culture formed in the course of protecting people's bodies and beautifying their images.
服饰文化, 或称衣饰文化, 是指人们在保护身体器官或美化体形的过程中所形成的风俗文化。
2. Dress culture is characterized by distinctive development stages.
服饰文化往往具有鲜明的时代性。
3. Nowadays, the dress and adornments, even separate parts of garments, can find their prototype in ancient dress.
人们现在的服装佩饰, 甚至服装的各个部件, 也都能从古代的服饰中找到它的原型。
4. From the Wei dynasty to the South and North dynasty, China was in a period of ethnic merging. The dress of this period was characterized by diversified styles and obsolescence.
魏晋南北朝是一个民族大融合的时期, 这一时期的服饰文化也显得异彩纷呈, 并且变化的周期越来越短。

5. Skirt-wearing was a fashion among women in the Tang Dynasty.
唐代女子盛行穿裙子。
6. There have been different customs between men's dress and women's dress in China.
中国男士及女士衣着习惯不同。
7. Clothes had become a distinct symbol of professions as different clothes corresponded with different careers in ancient China.
在古代中国,不同的职业着不同的服饰,并成为各种职业的鲜明标志。
8. Originally, dress did not symbolize social status, but the situation changed after class polarization.
服饰原来没有地位标志的特征,而是随着阶级、等级的分化而后起的。
9. People usually wore different clothes on different occasions.
人们在不同的场合,往往要穿戴不同的服饰。
10. Ceremonial dress differs from practical dress as it only caters to the needs of social etiquette such as the mourning dress in ancient China, a purely ceremonial dress.
礼仪型的服饰与实用、观赏型的服饰不同,它完全出于社会礼俗的需要,只重礼仪,而不重实用或观赏。如中国古代的丧服,就纯粹是礼仪型的服饰。



Wonderful Paragraph 精彩片段

Paragraph 1

The Development of Chinese Clothing

Chinese clothing saw a rapid development during the Wei, Jin, and Southern and Northern dynasties (220—589). Some time before 265, the cultures and esthetic views of the peoples in north and south China merged because of the moves initiated by frequent wars. Many philosophical

schools of thought influenced both people's lives and the conceptions of clothing design. The Tang Dynasty (618—907) wrote the most brilliant page in the history of Chinese clothing. People's clothes were more varied than before because the state was more open to the outside world and people became more cosmopolitan in their thinking. The clothes for women could be called fashionable because they changed rapidly and were showy. When a new style came out, many people took to it.

Paragraph 2

A 关于服饰的质地 About Clothes Texture

Clothes are different not because of their style and design, but because of the cloth texture too. With the development of silk dyeing industry, silk clothing is various in color and so they are called in many ways, such as “绢(juan), 缣(jian), 素(su), 纨(wan), 纱 sha), 绡(xiao), 绸(chou), 罗(luo)”, etc. These words tell how silk are made and dyed in various ways and, at the same time, show also the class difference when people are dressed in different silk.

Paragraph 3

D 古代服饰的不同种类 Different Kinds of Ancient Clothes

Since remote ages, people usually wore different clothes on different occasions. So far as individual clothes was concerned, there were civilian clothes, working suit, ceremonial dress. And there were different ceremonial dress on different ceremonial occasions—such as wedding dress, mourning apparel, etc. Different clothes were also worn in different weathers such as umbrella, parasols, alpine rush rain capes and bamboo hats. The dress custom defined by different occasions also restrained people's behavior in their daily life. If people wore inappropriate, they might incurs blames for their inconsistency with customs. Changes occurred to the uses of this dress, such as a special rain cape and bamboo hats called suoyi and douil. The former



used to be a rainproof cape, but later as it was mainly worn by fishermen, it gradually evolved into the career symbol of fishermen. The latter used to be a heat stroke proof utensils, later it was also used for rainproof.

Paragraph 4

C服装与穿戴者的身份 **clothes and Wearer's Position**

Clothing in ancient China told something about the wearer's position in their daily life. The color, fabric, and jewelry all had a meaning to the person. Also the type of jewelry a person wore showed what position they had in society. High ranking people wore the finest silk in public. Peasants wore a long, shirt like garment made of hemp fiber. Hemp is a rough fabric that is made of plant fibers. A man wore a hat in public almost always. The hat showed the man's job and status in society. Fashions for the rich changed as the years went by, but the poor still had to wear the same clothing until recently. Women's long hair had to be put in a knot type bun thing that the Chinese called a topknot that was held in place by hair pins and other fancy hair ornaments. Also the wealthiest women wore very elaborate makeup.

Paragraph 5

T佩饰的演变 **The Change of Chinese Garments**

Before the 1920s, women's garments remained two-piece, with little difference from Qing Dynasty garments. Shortly after the Revolution of 1911, as more Chinese students studied in Japan, the influence of Japanese women's wear on young Chinese women could be seen in a narrow, long blouse with a high collar and a long black skirt. Known as "modern garments," these clothes were accompanied by little jewelry.

In the 1920s, Chinese women started to be conscious of "the beauty of curvaceousness," and traditional straight, loose garments were replaced by close-fitting ones. Women of that period wore blouses narrow at the waistline, with small stand-up collars, sleeves reaching the elbows, and a curving

hemline. The blouses were decorated on the collar, sleeves, front and hem. The skirts, which earlier had been pleated and reached the feet, were not pleated and shorter, though the hem still fell below the knees. The skirts were also decorated along the hem, sometimes with colorful, sparkling jewelry.

Paragraph 6

C 中国的旗袍 Chinese Qipao

The general characteristics of the early QiPao were a single piece of cloth that would cover the whole body, down to the feet. Around the neck, the collar would be high to help secure outfit. The materials was loose, with slits on the side only allow for easier movement.

While the Qing Dynasty fell, the center of Chinese fashion became Shanghai, where the Western influence was the highest. It was there that the form of QiPao we see most commonly today: slender fit and shorter sleeves, with two big slits at each side of the hem, for convenient movement, but now wonderfully display the slender legs of women. Simplicity is one of its features from the collar, loop, chest, waist and hips to the lower hem. QiPao almost varies with a woman's figure. Practicality always goes with beauty. Like a Chinese woman's temperament, QiPao is elegant and gentle.



Cultural Links

文化链接

中国旗袍

旗袍是满族旗人的服饰,在清代时便得了旗袍的称呼。它以其优美典雅的造型,简洁合理的结构,鲜明浓郁的民族风格,广为妇女所喜爱。

近代旗袍的流行,始于 20 世纪 20 年代初,到 40 年代已逐渐成为妇女平常的衣着。经过数十年的发展和演变,与当年满族旗人所穿的旗袍已不



尽相同,由开始的大袖改为小袖,长袖变为短袖到无袖,宽身变为紧身。这种演变已将清代原有的旗袍形式完全抛弃,只是还保留着“旗袍”这一名称而已。

旗袍的造型优美,娴静中呈活泼之感。它不同于海外的那些袒胸露背、紧裹身体的女装,又充分体现人体的自然美,显得合体,适合不同身份、不同年龄的妇女穿着。

旗袍袖子的长短,袖口的大小,领子的高低,衣襟的斜直,下摆的上下,都可能使旗袍的形式有充分的变化余地。



Vocabulary

妙词连珠

costly dress 昂贵服装	Chinese-style jacket and trousers 短装
civilian clothes 便衣	garments; clothes; costume; dress 服装
plain/everyday clothes; informal dress 便装/便服	work clothes/rig; boiler suit 工作服
ill-fitting clothes 不合身服装	woman's gorgeous dress 红装
fitted clothes 合身的衣服	bright-colored clothes 花衣服
cloth gown 布衣	double-layered clothes 夹衣
bath gown 长浴衣	body building clothes 健美服装
mini 超短服	second-hand/old clothes 旧衣服
ready-to-wear dress; store clothes 成衣	finery 华丽的服饰
spring clothing/clothes/outfit 春装	travel suit 旅行套装
patched dress 打补丁的衣服	terry garments 毛巾布衣服
zipper front clothes 带拉链服装	fur clothing 毛皮服装
monolayer jacket 单上衣	cotton clothing 棉布衣服
monolayer clothes 单衣	underwear; underclothes 内衣
ermine 貂皮服装	boy's clothes 男童装
clothes made-to-order 定制服装	men's fashion 男子时装
winter clothing/clothes 冬装	woollen dress 呢制服装

cowboy suit 牛仔装	slip-on 套穿服装
leather clothing 皮革衣服	suit 套装
outlandish clothes; fantastic garb 奇装异服	extra large-size garments 特大号服装
everyday clothes/wear; ordinary clothes 平日服装	large-size garments 大号服装
creased dress 起皱服装	medium-size garments 中号服装
teenagers' clothes 青少年服装	outsize garments 特号服装
light-weight clothes 轻便服装	children's clothes 童装
autumn clothing/clothes 秋装	maxiskirt 长大衣
easycare clothes 日常便服	jacket; clothes; outfit 外衣
walking dress/suit 散步服	summer clothing/wear/clothes 夏装
upper outer garments; jacket 上衣	school uniform 校服
rich dress; splendid attire 盛装	new clothes 新装
fashionable dress; latest fashion 时装	embroidered clothing 绣花衣服
hand-sewed clothes 手工缝制的衣服	school uniform 学生服
night attire/clothes/dress 睡服	babies' wear; infant outfit 婴儿服装
pyjama bottom 睡裤	bath robe; bathing suit 浴衣
pyjama tops/jacket 睡衣	sports wear 运动服装
pyjamas; pajamas 睡衣裤	longuette 中长服
all-season clothes 四季服装	traditional Chinese clothing; Chinese style clothes 中山装



U 姓氏文化 Unit 2 The Name Culture



Key Sentences

流畅精句

1. In China, most people's names have two parts, the family names and the given names.
在中国,大多数人的名字都包括两部分:姓和名字。
2. In ancient China, however, naming was very complicated and involved a lot of things, such as the name of the tribe and the place where a person lived.
在古代中国,名字非常复杂,而且包含了很多内容,诸如部族的名称、居住的名称等。
3. The purpose of adopting xing was to clarify one's race, ancestry and to determine whether it was appropriate for one person to marry another.
采用姓氏的目的是为了区分种、宗族,以及男女双方婚配是否合适。
4. Ancient Chinese people knew very well that marriage between close relatives might breed unhealthy and less intelligent offsprings.
古时人们就早已清楚近亲结婚会生出不健康或者智力低下的后代。
5. Baijia Xing (One Hundred Surnames), a book compiled in the North Song Dynasty, listed 472 surnames, beginning with Zhao, Qian, Sun and Li.
成书于北宋时期的《百家姓》一书,列出了 472 个姓,前四个是赵、钱、孙、李。
6. There were 19 most popular Han surnames, and people with the 19 surnames accounted for 55.6% of China's total population.

在姓氏当中,有 19 个是最为常用的,并且这 19 个姓氏占到了中国总人口数量的 55.6%。

7. In ancient China, ming and zi were different from each other.

在古代中国,名与字是不同的。

8. It is said that the original purpose of giving each person a name was for convenience.

据说,最初起名字的原因是为了方便称呼。

9. The purpose of having zi is to get respect from other people.

有“字”的原因是为了得到别人的尊敬。

10. Ancient Chinese people's ming and zi were often related and they complemented each other.

古人的名和字往往有关联,并且互为补充。

11. Hao was a person's complimentary address or honorific title, which is similar to today's pseudonym.

号是除一个人名、字以外的称谓,是一个人的美称,或是对某人的尊称,和现今的笔名差不多。

12. The practice of having hao did not become popular until after the Tang Dynasty.

文人取别号的习惯,一直到唐代以后才开始广为盛行。

13. People got their hao either from themselves or from other people.

号的命取,主要有两条途径:一是自取别号,二是他人赠号。

14. After the Song Dynasty, it became popular for scholars to address each other with their hao, while their names were seldom used.

宋代以后,文人之间喜欢以号相称,而真实名字反而不太常用。

15. The three most common family names are Zhang, Wang and Li.

张、王、李这三个姓氏是三个最普通的姓氏。

16. As given names, all Chinese traditionally received a "milk name" at birth, and a "formal name" upon entering school.

在起名时,传统意义上讲都会在刚出生时取一个“乳名”,入学后会有一个“大名”。



Wonderful Paragraph 精彩片段

Paragraph 1

T中国人名字的构成 The Formation of Chinese Names

In China, most people's names have two parts, the family names and the given names. One person may have different names. For example, when they are very young at home, they usually have pet names. In school and society they use their formal names. If someone is a writer, he or she has a pen name. Most of the names have special meanings. Some show their parents wishes. Girls' names show that their parents want them to be nice.

Paragraph 2

C中国人常用的姓氏 Chinese Common Used Surnames

There were not many matriarchal tribes in ancient China, in other words, there were not many different xing, therefore only a small number of today's xing (surnames) were passed down from pure ancient xing. Based on The Spring and Autumn Annals, Gu Yanwu sorted out 22 ancient Surnames; and by studying ancient Chinese documents, Zhang Taiyan and other scholars found another 59 ancient Surnames. Altogether no more than 81 Surnames.

Paragraph 3

T名字的起源 The Origin of Chinese Names

It is said that the original purpose of giving each person a name was for convenience. Ancient people found that whenever it was dark, they couldn't see each other and they couldn't tell who's who. Each person was

given a name, so that they could address each other easily, even in the dark. Later, people became more and more particular about their names. Under the influence of political, economic and other factors, people had different preferences at different period of time.

Paragraph 4

H怎样称呼中国人 **How to Address Chinese People**

It is customary to address Chinese by their given name, using the title Miss, Mrs. , or Mr. until persons become good friends and know other's nicknames. There are a large range of official titles and formal address forms in daily use, especially occupation-linked titles such as doctor, professor, and mayor. Younger members address elder members according to their formal role within families such as elder brother, cousin, sister-in-law and so forth.



Cultural Links

文化链接

中国人的名字

旧时人们有取称谓的习惯。古时人有名又有字。诞生三个月后命名。男二十冠而取字,女十五许嫁行笄礼取字。字与名通常义相比附,以字释名。名的构成因朝代不同而略有差异:有名后加“父”者,如伯禽父、仲尼父;有名前加“子”者,如子产、子路;有名前加排行者,如叔向、季路;有名前加助词者,如佚之狐;还有以排行、数目字取名者,等等。在礼节上,一般是自称或称呼下辈时用“名”,称呼尊长时用“字”。一些少数民族则行父子连名、母子连名等。

Vocabulary

妙词连珠

pet name 爱称	given name 名字(不包括姓)
jaw-breaking name 拗口的名字	masculine personal name 男性名字
pen name 笔名	pet name 昵称,小名
alternative name 别名	maiden name 娘家姓
common surname 常见的姓	feminine personal name 女性名字
nickname 绰号	(personal) name 人名
your(given) name 大名	infant(/child's pet) name 乳名
one's formal personal name 大名	posthumous name 谥号
good 好	familiar name 熟悉的名字
name 名字	popular name 通俗的名字
surname of one's husband 夫姓	namesake 同名入
paternal surname 父姓	new name 新名
maternal surname 母姓	surname; family(/clan/last) name 姓
double-barreled surname 复姓	surname and personal(/full) name 姓名
maiden name 闺名	surname 姓氏
your name 贵姓	stage name 艺名
former name 单用名	original name 原来的名字
assumed name 化名	real name 真名实姓
pseudonym; false(/fictitious)	Chinese surname 中国姓
name 假名字	
Christian/baptismal/first/proper name 教名	
bad name; infamy 骂名	
visiting/calling card 名片	

U 婚嫁习俗

Unit 3 Marriage Customs

Key Sentences

流畅精句

1. Chinese marriage was systemized into custom in the Warring States Period.
中国的婚嫁是在战国时期形成的一种习俗。
2. The Wedding Letter refers to the document which will be prepared and presented to the bride's family on the day of the wedding to confirm and commemorate the formal acceptance of the bride into the bridegroom's family.
迎书指的是迎亲当天男方准备好给女方的书柬,作为男方正式迎娶女方的标志。
3. It was customary for the girl's family to distribute the bridal cakes they received from the boy's family to friends and relatives.
按照习俗,女方家需要将男方送来的礼饼送给亲友品尝。
4. Red is the traditional Chinese symbol of joy and is a theme repeated in the wedding clothing and other ritual wedding objects.
在中国的传统中,红色象征着喜庆,是婚礼的主色调,在选择结婚礼服和其他婚礼用品时,人们都会选择红色。
5. Symbolism plays a role in Chinese weddings as it does in the wedding traditions of other countries.
象征手法在中国婚礼中和在其他国家的婚礼传统中起着同样的作用。
6. On the day after the wedding, the bride awoke early to honor the ancestors.



婚礼过后的第二天,新娘早早地就起床去祭拜祖先。

7. Traditionally, the newlyweds are to return to visit the bride's parents one or three days after the wedding.

按照传统,新婚夫妇要在婚礼过后一天或者三天回来拜访女方的父母。

8. Traditional marriage customs lost its popularity due to the collapse of feudal marriage custom and its complexity.

由于封建婚俗的衰落和婚礼过程的繁琐,传统的婚礼风俗习惯已不再流行。

9. Now, traditional marriage custom revives in some places and attracts will-be-couples.

现在,传统婚俗在一些地方又盛行起来,吸引了大量即将走入婚姻殿堂的人们。



Wonderful Paragraph

精彩片段

Paragraph 1

The Meaning of Wedding

Ever since ancient times, there has been a saying that the three most delightful moments in one's life come with success in the imperial examination, marriage and the birth of a son. From the Qin (221BC-206BC) to Qing (1644-1911) Dynasties, the feudal system dominated over two thousands years. During this period, the importance of getting married was far more than that a person found his better half. For the male side, it determined the prosperity and even the future fame of their family; while for the female side, it meant that parents lost the chance of seeing their daughter for a long time. Thus to choose an ideal partner was vital for both the individual and the family.



Paragraph 2

C封建婚姻的条件 Conditions Required in a Feudal Marriage

In feudal society, a marriage would be decided not by a young couple's love, but by their parents' desires. Only after a matchmaker's introduction and when parents considered the two family conditions were similar and could be matched, would the marriage procedures go forward. Conditions that should be taken into consideration included wealth and social status. If a boy's family was well-off or an official family, his parents would never permit him to marry a girl from a poor family. Essential to the marriage process were the commonly recognized "three Letters and six etiquettes". The three letters were the betrothal letter, the gift letter with a gifts list and the wedding letter used on the day the bridegroom met his bride at her home. Six etiquettes then led to the final wedding ceremony.

Paragraph 3

P婚礼中的剪纸艺术 Paper-Cut in Wedding

At wedding ceremony, paper-cut "Fish playing around lotus," "Fish biting lotus," "Lotus bearing seeds" and "Happy dolls" (baby with coiled hair holding a pair of fish) are pasted on the ceiling of the bridal chamber.

Fish, being a proliferous legendary animal, is often used to symbolize having multiple children. A yin-yang paired fish became a cultural code in Chinese folk art works.

Paragraph 4

P新郎迎娶新娘的全过程 Procession from the Groom's House to Obtain the Bride

Because traditions varied from region to region, there were some cases in which the groom stops to have dinner with the bride's family. There he



would receive a pair of chopsticks and two wine goblets wrapped in red paper. These gifts were symbolic of his receiving the joy of the family in the person of their daughter. In some regions, the groom would be presented with other symbolic gifts such as sweet longan tea, two hard-boiled eggs in syrup and transparent noodles. Yet another regional custom was the groom's given soup with a soft-boiled egg. He was expected to break the yolk of the egg as a symbol of breaking the bride's ties with her family.

Paragraph 5

T婚礼仪式 **he Wedding Ceremony**

The wedding ceremony itself was simple. Bride and groom were led to the family altar, to pay homage to Heaven and Earth, the family ancestors and the Kitchen God. Tea, with two lotus seeds or two red dates in the cup, was offered to the groom's parents. Bride and groom bowed to each other and the marriage ceremony was completed. In some regions both also drank wine from the same goblet, ate sugar molded in the form of a rooster, and shared the wedding dinner.

Paragraph 6

R婚姻中的红色 **ed in Marriage**

To the Chinese, red is the color of happiness, success, good fortune and prosperity. This tradition is thought to date back to prehistoric times, when early humans worshipped the sun. Red, therefore, is the dominant color at a traditional Chinese wedding—the hall is covered with red paper-cuts of the Chinese character for “double happiness”, the bride wears a scarlet wedding dress and the bridegroom pins a red flower to his lapel. This not only adds a sense of merriment to the occasion, it also indicates the couple's desire for a happy, prosperous marriage.

Cultural Links 文化链接

花轿

轿子起源比车子要晚许多。从唐朝起,才有官轿。南宋孝宗为皇后制造了一种“龙肩舆”,上面装饰着四条走龙,用朱红漆的藤子编成坐骑、踏子和门窗,内有红罗茵裤、软屏夹幔,外有围幃和门帘、窗帘。可以说,这是最早的“彩舆”(即花轿)。这以后,历代帝王都为后妃制造彩舆,而且越来越华丽。把轿子运用到娶亲仪式来,这个转变发生在宋代,后来才渐渐成为民俗。这个变化是和“迎亲”仪式中的其他变化同时出现的。例如这时迎亲已改在早晨进行,新郎要披红插花,所以新娘坐的轿子也改成鲜艳的花轿。

Vocabulary 妙词连珠

bowing to the groom's ancestors 拜公婆	father-in-law 公公
worshipping the bride 拜天地	matchmaker; go-between 红娘
worshipping one's ancestors 拜祖先	double happiness 红双喜
firecracker 爆竹	sedan 花轿
betrothal gifts (from the bridegroom to the bride's family) 彩礼	painted candles used at the wedding 花烛
attending a wedding 参加婚礼	visiting the bride's parents 回门
celebrating at the wedding feast 吃喜酒	dowry; trousseau 嫁妆
marrying; getting married 出嫁	wedding ceremonies 结婚礼仪
contracting a marriage 定亲	marriage paraphernalia 结婚用物
exchanging bows 对/交拜	gift book 礼簿
feudal ethical code 封建礼教	six ceremonies of betrothal and marriage 六礼
authority of the husband 夫权	go-between; matchmaker 媒人
	presenting betrothal gifts 纳彩



groom's family 男方	wedding feast 喜酒
teasing the bride (on wedding night) 闹洞房	wedding candy 喜糖
bride's family 女方	wedding scroll 喜幛
son-in-law 女婿	marriage interview 相亲
mother-in-law 婆婆	marriage bed 新婚之床
taking a wife; marrying 娶亲	bridegroom; groom 新郎
entering the bridal chamber 入洞房	hat worn by the groom 新郎礼帽
accompanying the bride 送亲	bride 新娘
marriage proposal 提亲	red silk veil 新娘面纱
love knot 同心结	pledge 信物
placing names of couple in front of ancestral altar 问名	fetching the bride 迎亲
daughter-in-law 儿媳	father-in-law 岳父
wedding (dragon and phoenix) cakes 喜饼	mother-in-law 岳母
tea party given by the bride on the day of wedding 喜茶	determining a favourable day 择日
	marriage witness; chief witness at a wedding ceremony 证婚人
	person who presides over a wedding ceremony 主婚人

U 葬礼习俗

Unit 4 Funeral Customs



Key Sentences

流畅精句

1. On the passing away of the father, the eldest son becomes the head of the family.
当父亲过世,长子就成为一家之主。
2. Leadership passes to the eldest son of the eldest son or the grandson of the father.
家族权利由长子长孙或这位父亲的孙子掌握。
3. The funeral ceremony, traditionally lasts over 49 days, the first seven days being the most important.
根据传统,葬礼持续 49 天以上,第一个七天(一七)最为重要。
4. The burial of the dead (cremation is traditionally uncommon) is a matter taken very seriously in Chinese societies.
在中国社会,人们十分重视死者下葬(传统上火化不太常用)。
5. Improper funeral arrangements can wreak ill fortune and disaster upon the family of the deceased.
不适当的葬礼安排可能给死者的家庭带来不幸和灾难。
6. According to Chinese custom, an older person should not show respect to a younger.
根据中国习俗,年长者不应向年纪较轻的人表达尊敬。
7. If a baby or child dies no funeral rites are performed, as respect cannot be shown to a younger person; the child is buried in silence.
如果一个婴儿或儿童夭折,并不举行葬礼,因为不能向一个年纪较轻的人表示尊敬:孩子被悄悄地埋葬。



8. Funeral rites for an elderly person must follow the prescribed form and convey relevant respect.

年长者的葬礼则必须遵守特定的形式并表达相应的敬意。

9. A traditional Chinese coffin is rectangular with three “humps”, but it is more usual in modern times for a western style coffin to be used.

传统的中国棺材是长方形的,带有三处“驼峰”,但现在多用西式棺材。

10. When a death occurs in a family all statues of deities in the house are covered with red paper (so as not to be exposed to the body or coffin) and mirrors removed from sight, as it is believed that one who sees the reflection of a coffin in a mirror will shortly have a death in his/her family.

当一家有丧事,家中所有的神像都要盖上红纸(为了不暴露在遗体或棺材前),所有的镜子要撤走,因为人们认为看到了镜子里棺材的映象,他或她的家中很快就会有丧事。

11. During the wake, the family do not wear jewellery or red clothing, red being the color of happiness.

在守夜过程中,家属不能戴珠宝或穿红衣服,因为红色表示高兴。

12. It is customary for blood relatives and daughters-in-law to wail and cry during mourning as a sign of respect and loyalty to the deceased.

按照习俗,血亲和媳妇在葬礼时哀悼痛哭,以表示对死者的尊重和忠诚。

13. The length of the wake depends upon the financial resources of the family, but is at least a day to allow time for prayers to be offered.

守夜的长短取决于家庭的经济状况,但至少要用一天来举行祈祷。

14. The coffin is not carried directly to the cemetery but is first placed on the side of the road outside the house, where more prayers are offered and papers scattered.

棺材并不是直接送去墓地,而是首先放在屋外的马路边。这时人们会为死者祈祷,也会撒更多的纸钱。

15. A piece of colored cloth is worn on the sleeve of each of the children, blue by the grandchildren and green by the great-grandchildren.
在这 100 天中,每个家庭成员要在袖子上佩戴一块有色的布,以表示对死者的悲痛的感情。
16. Chinese belief holds that seven days after the death of a family member the soul of the departed will return to his/her home.
中国人的信仰一般认为,一个家人死后 7 天,分离的灵魂将会回到他/她的家中。



Wonderful Paragraph

精彩片段

Paragraph 1

A 中国人对死亡的看法 Brief Introduction of Death in China

The keynote for funeral and memorial service is spiritual eternity and continuation of life after death. Death at old age is a normal course of life referred to as “passing away” or “return to heaven”, which means back to mother’s body of the universe. Wedding and funeral are “red and white happy events” in Chinese culture.

Paragraph 2

F 葬礼仪式 Form of the Funeral Ceremony

The funeral ceremony, traditionally lasts over 49 days, the first seven days being the most important. Prayers are said every seven days for 49 days if the family can afford it. If the family is in poor circumstances, the period may be shortened to from 3 to 7 days. Usually, it is the responsibility of the daughters to bear the funeral expenses. The head of the family should be present for, at least the first and, possibly the second, prayer ceremony. The number of ceremonies conducted is dependent on the financial situa-



tion of the family. The head of the family should also be present for the burial or the cremation.

Paragraph 3

T埋葬 **he Burial**

Chinese cemeteries are generally located on hillsides as this is thought to improve the feng shui. The further up the hill the grave is, the better its situation is thought to be. When the procession arrives at the graveside it is taken down from the hearse and, again, all present turn away from the coffin, and also turn away when it is lowered into the grave. Family members and other relatives throw a handful of earth into the grave before it is filled. After the funeral, all clothes worn by the mourners will be burned in order to avoid the bad luck associated with death. After the coffin is buried, the keeper of the cemetery will also offer prayers for the deceased. Family members and relatives are presented with a red packet (a sign of gratitude from the deceased family, and the money contained in it must be spent) and a white towel, also as a sign of gratitude but also for funeral guests to wipe off perspiration.

Paragraph 4

F当今葬礼中的民间习俗 **olk Custom in Modern Funeral**

Modern funeral and memorial service have changed the old custom in many ways. Origami and other imitation articles are no longer used. Wreath is used for sacrificial burials, which is seen as sun flower; and instead of making paper posts, people now use ever green cypress twig to symbolize the tree of life. It is a different art form, but the same cultural implication.

Cultural Links 文化链接

黑纱的由来

现在,世界各地均以臂戴黑纱表示对死者的哀悼。这一习俗源于英国。过去,表示哀悼的色彩,各国有所不同,用黑色表示哀悼源于欧美。在古代欧洲的许多原始民族中,只要有人去世,死者的亲属便立刻把自己伪装起来,或在身上涂黑色泥巴,穿上草衣服,或用黑布将全身包藏起来。其目的是把“死神”吓跑或不让“死神”认出来。这种伪装避难的方式后来演变为穿黑色丧服。当一个贵族死了,他的仆役都要为他穿黑色丧服志哀。英国一仆役在购不起丧服的情况下,提倡用一块黑纱佩戴在左臂上表示哀悼。这种节俭易行的戴黑纱丧礼为广大民众所采用,很快普及到全世界。

Vocabulary 妙词连珠

lament 哀辞	funeral procession 出葬
mourning for the dead 哀悼死者	in mourning 戴孝
crying piteously; wailing 哀号	memorial speech 悼词
wailing 哀哭	mourning the dead; grieving over somebody's death 悼念死者
funeral music; dirge 哀乐	mourning ceremony 悼念仪式
grieved; sad; distressed 哀伤	sarcophagus 雕花石棺
grief; deep sorrow 哀痛	incinerator 焚化炉
burying the dead 安葬	bone ash; ashes of the dead 骨灰
grief 悲伤	cinerary casket 骨灰盒
hearse 殡车	coffin 棺材
funeral parlour 殡仪馆	black crepe 黑纱
funeral and interment 殡葬	funeral affairs 后事
veneer coffin 薄皮棺材	(floral) wreath 花圈
mourning with deep grief 沉痛悼念	



cremation 火葬(化)	burning paper (as an offering to the dead) 烧纸
crematorium; crematory 火葬场	heartfelt condolence 深切哀悼
holding a memorial ceremony for 祭奠	standing as guards at the bier; keeping vigil beside the coffin 守灵
funeral cloth expressing condolence 祭帐	strictly observing rites for the dead 守丧
making arrangements for a funeral 料理后事	mourning for parent 守孝
hearse 灵车	graveclothes; shroud; cerements 寿衣
bier 灵床	attending a funeral; taking part in a funeral procession 送殡; 送葬
coffin containing a corpse; bier 灵柩	inhumation; burial (of the dead) in the ground 土葬
mourning hall 灵堂	dirge; elegy 挽歌
hemp clothes; sackcloth 麻衣	elegiac couplet 挽联
joss note 冥钞	mourning (dress) 孝服
grave 墓葬	filial piety and fraternal duty 孝悌
putting a body into a coffin; encoffin 入殓	remains (of the deceased) 遗容
mourning staff 丧棒	remains (of the dead) 遗体
mourning apparel 丧服	be immortal; eternal glory to... 永垂不朽
funeral gift 丧礼	funeral (/burial) rites; funeral 葬礼
funeral arrangements 丧事	paper banner 纸幡
obsequies; funeral (ceremony) 丧仪	paper ingot (/money) 纸钱
burial; funeral 丧葬	paper mannikin 纸人
mourning band 丧章	memorial meeting 追悼会
funeral bell; (death) knell 丧钟	posthumous award 追赠
offering up a sacrifice; laying offerings on the altar 上供	
burning joss sticks 烧香	

2 中国年历

Chinese Calendar

U 中国阴历 Unit 1 Chinese Lunar Calendar

Key Sentences 流畅精句

1. In English, yin li means “the lunar or agricultural calendar.”
在英语中, 阴历的意思是“月亮历或者农历”。
2. Yin li actually contains a mixture of solar and lunar elements.
阴历事实上包括太阳和月亮的周期在里面。
3. In China, many traditional festivities in a year are usually calculated according to the lunar calendar.
在中国, 一年里的很多传统节日通常都是根据阴历来计算的。
4. The Chinese Lunar New Year—known as Spring Festival today in China—is the biggest holiday in China.
中国阴历新年——春节, 是中国最重要的节日。
5. The Chinese lunar calendar is the longest chronological record in history dating back to 2 600 BC.
中国的阴历可以追溯到公元前 2 600 年, 具有最长的编年史。
6. New Year Day can fall anywhere between late January and the middle of February.
新年往往在一月末和二月中之间。

7. Each lunar year is associated with one of 12 zodiac animals.
每年都对应着十二生肖中的一种属相。
8. Each lunar year is given the name of one of these animals: the rat, the ox, the tiger, the hare, the dragon, the snake, the horse, the goat, the monkey, the chicken, the dog and the pig.
每一年都会对应着以下动物其中的一个名字: 鼠、牛、虎、兔、龙、蛇、马、羊、猴、鸡、狗和猪。
9. Each Chinese month starts on the day of the new moon.
一个月要从新月的出现开始算起。
10. The New Year celebrations last for 15 days, from the new moon to the full moon.
新年的庆祝往往持续 15 天, 从新月到满月。



Wonderful Paragraph 精彩片段

Paragraph 1

The Origin of Solar Calendar and Lunar Calendar 阴历与阳历的起源之说

Although China has adopted the Gregorian calendar in common with most other countries in the world for official and business purposes, the traditional Chinese calendar continues to define the dates of festivals and is used for horoscopes. The calendar has a very long history going back to the Xia (21st century BC-16th Century BC) and Shang Dynasty (16th century BC-11th century BC). It is based on a unique combination of astronomy and geography through observation and exploration. It is also referred to as the Lunar Calendar, Yin calendar, Xia calendar or the old Chinese calendar.

Following its creation in the Xia Dynasty, succeeding reigns continued to use the calendar but modified it from time to time. The Han Dynasty rulers instituted the Taichu calendar, while during Tang Dynasty the Huangji calendar was introduced and it was adopted by Japan, Korea and Vietnam. With



the founding of the Republic of China in 1912, the Gregorian calendar was brought into use. Although ethnic groups such as Tibet and Dai have their own calendars, in essence they resemble that of the Han people. Islam reckons its own religion festivals according to the Islamic Calendar.

The calendar has links with natural sciences such as agriculture and astronomy, solar terms, the four seasons and traditional festivals such as the Spring Festival. There are links also with the Five Elements' of which the ancient Chinese believed the physical universe to be composed namely, metal, wood, wood, water, fire and earth. Finally, of course, is sheng xiao- the symbolic animals associated with each year on a 12-year cycle.

Paragraph 2

C中国阴历 Chinese Lunar Calendar

The Chinese lunar calendar is the longest chronological record in history dating back to 2 600 BC. Like the Gregorian calendar, the Chinese Lunar Calendar is a yearly one, but the start of the lunar year is based on the cycles of the moon so that New Year Day can fall anywhere between late January and the middle of February. Each lunar year is associated with one of 12 zodiac animals.

Paragraph 3

W人们度过阴历的活动 What Will People Do at Lunar Year

Each Chinese month starts on the day of the new moon. And the full moon comes on the 15th day of the month. The New Year always starts between January 21 and February 20. On the last day of the lunar year, there is a big family dinner. All members of the family except married daughters try to be present at this meal, even if they have to travel many miles to reach the home of their parents. Old quarrels are forgotten, and everybody is happy. After the dinner, the children keep awake to welcome the New Year.

Cultural Links

文化链接

阳历的起源

阳历来源于古罗马的儒略历,它的产生与欧洲基督教的发展有直接关系。据传说,耶稣被钉死在十字架上三日后复活,恰好是春天。早期基督教徒庆祝复活节的日子曾因地而异相当混乱。后复活节定为春分月圆后的第一个星期日。随着岁月的流逝,春分就慢慢地靠近冬天了。为了使复活节回到春天去,罗马教皇格列高利十三世根据天文学家提出的方案,对儒略历进行改革。修改后的儒略历称为格列历,是以太阳周年运动视为制历依据的一种纯太阳历,因此俗称阳历,它不仅解决了复活节与天时不合的问题,而且具有很高的精度。

Vocabulary

妙词连珠

solar 太阳的	hoof (马及其他动物的)蹄
Gregorian calendar 公历	forked 有叉的;分叉的
rotation 循环	fore leg (四足动物的)前腿
a leap year 闰年	hind 在后的;后面的
calculate 计算	Gregorian calendar 公历
rooster 公鸡	zodiac 十二组成的一套;周期;圆周
constellation 星座;星座区域	horoscope 占星;星位
lunar 阴历的	compliment 恭维;称赞
mansion (天)宿(指28宿中1宿)	heat(up) 使热;变热
totem 崇拜;物图腾	galore 丰富地
hinterland 海岸	picky 吹毛
stem (树木的)干	friction 不和;冲突
cycle 循环	rash 太匆忙;轻率而不用心思的
decree 法令;政令	tiff (朋友或熟人间的)小争执;小口角
gender 性	

escalated 使逐步上升	gourd 葫芦
resourceful 资源丰富的;资财充足的	bonded 黏合的
tranquil 安静的;平静的;宁静的	parchment 羊皮纸
transaction 交易	documentation 文件证据;文献资料
assertive 断然的	taboo 禁忌
nicotine 尼古丁	altar (教堂的)神坛;祭坛
fatigue 疲劳;疲倦	ceramics 陶艺
spree 纵情狂欢	mainstay 主要依靠;主要资源;支柱
harsh 粗糙而令人不愉快的	pastoral 牧人及田野生活的
optimum (形容词用法)最佳的;最适宜的;最有利的	uppermost 最高的;最主要的
disrupt 分裂	felt 毛毡;毛织品
squander 浪费(时间,金钱)	pasture 牧地;草原;牧草
shady 不诚实的;不可靠的	banquet 宴会
turbulent 狂烈的;混乱的;无秩序的	congratulatory 祝贺的;庆贺的
meticulous 注意细节的;仔细的;精确的	slice (尤指面包或肉片的)薄片
credibility 信任;可靠	astrology 占星术
frivolous 不庄重的;不重要的	sly 顽皮的;淘气的
intuitive 直觉的	cunning 吸引人的;动人的
reap 获得;收到;得到	pilgrimage 朝圣者的旅途
backstabber 暗箭伤人的人	accursed 被控告的
crutch 支撑物;支架	Sakyamuni (佛教)释迦牟尼
roller coaster 急转突变的行为	confront 面对;面临
jeopardize 使受危险	conquer 击败;克服(敌人;恶习等)
susceptible 易感的;敏感的	deity 神性
flaunt 夸耀	efficacious (不用于人)有效的
hygiene 卫生学;卫生法	tantras 密教经典;密教哲学
plateau 高地;高原	command 博得;命令
livestock 家畜;牲畜	subdue 征服;克服;压制
mutton 羊肉	monograph 专论;论文;专题研究报告



Unit 2 Chinese Solar Terms



Key Sentences

流畅精句

1. Solar Terms is a calendar of twenty-four periods and climate to govern agricultural arrangements in ancient China and functions even now.
节气是古代中国乃至现代时期农业管理的二十四历。
2. Today the year comprises 24 Solar Terms.
现今一年包含二十四个节气。
3. These solar terms have meaningful titles.
节气都有意义深远的名称。
4. In each month there are often two solar terms.
每个月基本上包含两个节气。
5. The Winter Solstice indicates the period of winter and people always want to keep themselves warm.
冬至表明了冬季时节人们对温暖的渴望。
6. The Beginning of Summer will bring abundant rain and lead directly to the harvest.
立夏会带来大量的雨水,直接作用于庄稼,有助于丰收。
7. The Beginning of Spring symbolizes the start of a lunar year and warmer weather.
立春标志着阴历年的开始和温暖气候的来临。
8. The Clear and Bright Festival is a moment of importance for it is the day on which to worship ancestors.
清明是祭祀祖先的重要节日。
9. Greater Snow is the day around which we will have dancing snow.
大雪节前后,天空会飘下纷纷扬扬的雪花。

10. For farmers heavy snow foretells a good harvest and so is regarded as auspicious.

对于农民来说,大雪预示着来年会有大丰收,因此这个节气被人们认为是吉兆。



Wonderful Paragraph

精彩片段

Paragraph 1

A 节气简述 Brief Introduction of Solar Terms

Solar Terms is a calendar of twenty-four periods and climate to govern agricultural arrangements in ancient China and functions even now. As we have mentioned the Chinese calendar is a lunisolar calendar, it takes into account the longest and the shortest days and the two days each year when the length of the day equals that of the night. In other words, the significant days are the Summer and Winter Solstices and the Spring and Autumn Equinoxes.

Paragraph 2

W “节气”与“中气” What Are “Jie Qi” and “Zhong Qi”

These twenty-four solar terms each suggests the position of the sun every time when it travels 15 degrees on the ecliptic longitude. In each month there are often two solar terms; the first one is generally named “Jie Qi” and the other one “Zhong Qi”. Their dates are mirrored by the Gregorian calendar, so we find that during the first half of a year “Jie Qi” is around the 6th day of a solar month, “Zhong Qi” around the 21st; in the second half of a year, “Jie Qi” is around the 8th and “Zhong Qi” around the 23rd.



Paragraph 3

T冬至 **he Winter Solstice**

The Winter Solstice indicates the period of winter and people always want to keep themselves warm. In the northern China where the weather can be bitterly cold, our ancestors lacked sufficient warm clothing and would eat hot food to keep warm. Gradually there came a saying that only by eating dumplings can you avoid becoming so frozen that your ears drop off. Thus this custom is still widespread and on that day we eat steaming hot and delicious dumplings. In China we have a custom of counting nine (“Shu Jiu”), that is, from the Winter Solstice people calculated the number of days until a change of climate came about. Usually nine days is a section, there are a total of nine sections from the first Jiu to the ninth Jiu. In the folklore there is a widely prevailing ballad the general meaning of which is that: in the first and second Jiu (a section of nine days), we can't take our hands outside; in the third and fourth Jiu we walk on the ice; in the fifth and sixth Jiu we see the light green willow; in the seventh Jiu our river thaws and in the eighth swallows come; in the ninth cattle begin to work.

Paragraph 4

T立夏 **he Beginning of Summer**

The Beginning of Summer will bring abundant rain and lead directly to the harvest. Thus an agricultural adage is that “no rain, no rice” and “no rain, we will hang up the hoe.” In imperial China the emperors would perform a special rite to greet summer on that day. As the hot weather would cause people to lose weight and become exhausted it became the custom to weigh and drink tea as this was considered a guard against the torrid weather.

Cultural Links 文化链接

二十四节气

一年二十四节气中有的表示季节的,有的是表示温度、降雨、霜、露等气象现象的,有的是反映作物和自然气候的。

“二分”(春分和秋分)、“二至”(夏至和冬至)和“四立”(立春、立夏、立秋、立冬)是根据天文来划分的。当太阳位于黄经 0° 时,太阳光直射赤道,这时是春分;当太阳在黄经 90° 时,太阳直射的地方在北回归线,这时是夏至;当太阳位于黄经 180° 时,太阳直射的地方又回到赤道,这时是秋分;当太阳位于黄经 270° 时,太阳光直射南回归线,这时是冬至。“二分”、“二至”表示季节的转折点,“四位”表示季节的开始,是“二分”、“二至”中间的时间。

Vocabulary 妙词连珠

calendar 日历, 历法	solar 太阳的, 日光的
agricultural 农业的, 农艺的	early spring 初春
lunisolar 日与月的, 由于日月的引力的	early winter 初冬
significant 有意义的, 重大的, 重要的	early autumn 初秋
Solstices [天]至, 至日, 至点	early summer 初夏
Equinox 昼夜平分点, 春分或秋分	summer weather in spring 春行夏令
comprise 包含, 由……组成	in season 当令
ecliptic [天]黄道黄道的, 日(或月)食的, 蚀的	climbing season 登山季节
longitude 经度, 经线	winter 冬季
mirrored 镜似的	springlike(very mild)winter 冬行春令
Gregorian 罗马教皇	holiday season 度假季节
	windy season 多风季节
	second of the three ten-day periods of the hot season 二伏



heatstroke(sunstroke) prevention 防暑	last winter 去冬
hot season; dog days 伏暑	beginning of the hottest 入伏
hot summer days 伏天	three ten-day periods of the hot season 三伏
chilly(cold) winter 寒冬	three autumn jobs (harvesting, ploughing and sowing) 三秋
cold season 寒季	three summer jobs (planting, harvesting and field management) 三夏
late autumn 寒秋	the spring season: March, April and May 三春
last month of spring 季春	late autumn 深秋
last month of winter 季冬	sweltering summer heat 盛暑
season 季节	sweltering summer heat 盛夏
close(closed) season 禁猎(渔)期	season 时节
beginning of spring 开春	season 时令
losing appetite and weight in summer 苦夏	suffering from heatstroke 受暑
intense heat of summer 酷暑	heat; hot weather 暑
sultry (/scorching/broiling) summer 酷夏	summer vacation time 暑期
midwinter; depth of winter 隆冬	(summer) heat 暑气
tourist season 旅游季节	hot summer weather 暑热
time for the wheat harvest 麦秋	dog(/hot summer) days 暑天
next spring 明春	beginning of hot summer days 数伏
last of the three ten-day periods of the hot season 末伏	late in the autumn 晚秋
late spring 暮春	hard(/rigorous/severe) winter 严冬
midwinter; depth of winter 穷冬	hot summer; dog days 炎暑
after autumn (/the autumn harvest) 秋后	torrid(/hot) summer 炎夏
cool autumn days 秋凉	spring season 阳春
autumn(/weather) 秋令	raining(/wet/rainy) season 雨季
autumn scenery 秋色	early spring 早春
charming autumn scenery 秋色宜人	second month of winter 仲春
driving away summer heat 祛暑	second month of winter 仲冬

U 中国数字文化

Unit 3 Chinese Digital Culture



Key Sentences

流畅精句

1. Just like people all over the world, people in China traditionally associate luck with various things and numbers.
和世界其他地区人民一样,中国人也总是将运气和数字以及其他事物联系在一起。
2. The Chinese zodiac is also related to luck numbers, as well as “feng-shui”, a set of principle to the layout of furniture and the structure of the house.
中国的生肖也和幸运数字、风水以及家具的摆设、房屋的构造联系在一起。
3. Numbers are, in fact, originally coming from the early hunting practice.
数字最初是从狩猎活动得来的。
4. People believe that some numbers can bring fortune and luck.
人们认为一些数字可以带来好运气。
5. Influenced by religion and the Taoism, the Han people believe that even numbers are lucky numbers.
由于道教和其他一些宗教的影响,汉族人民普遍把偶数当作是幸运数字。
6. The Han people worship “ten”, the top of even number, which implies “perfect and satisfaction”.
汉族人民很崇拜“十”这个数字,因为这个数字包含了幸福美满的意思。



7. People's love for "ten" can be traced back to the times of Spring and Autumn and Warring States.

人们对“十”的喜爱可以追溯到春秋战国时期。

8. Today "ten" is often used to sum up the work of a year.

现今，“十”常常被用来总结一年的工作。

9. In expressions, "thousand" doesn't mean the exact number, but again it means "a lot".

在表达方面，“千”并不是一个确切的数字，但是它表示“很多”。

10. Similarly, there are many collocated saying with "thousand", and "thousand" often goes together with "hundred".

同样地，有很多与“千”有关的词语，而且还经常与“百”合起来使用。

11. In the minds of Chinese people, "zero" is the same as the Arabic number "0", which means "nothing".

在中国人的思想中，“零”这个字和阿拉伯数字“0”一样，表示什么都没有。



Wonderful Paragraph 精彩片段

Paragraph 1

T 中国数字的起源 The Origin of Chinese Numbers

Numbers came into use about 5 000 years ago in China. From "1" to "10" to hundred, thousand, ten thousand, the number system was complete even in Shang Dynasty and the decimal system even started since that time.

Numbers are, in fact, originally coming from the early hunting practice. The ancients worship numbers as they do to the language, so numbers are always culturally connotative. People believe that some numbers can bring fortune and luck, and some may bring misfortune and even disaster to them. In China, the mystery of numbers has been much influenced by the

concept of Yin and Yang. Ancients divide the ten numbers into two groups: the odd numbers are Yang, implying "the Heaven, the male"; while the even numbers are yin, implying "the Earth, the female".

Paragraph 2

E 偶数与奇数 Even Numbers and Odd Numbers

As a rule in day-to-day life in China, it is customary to regard even numbers as being more auspicious than odd numbers. In China, traditionally gifts are given as a part of the celebration for all occasions. Thus, guests will always give even-numbered presents. As the number two, usually suggests germination and harmony, at wedding celebrations, decorations are invariably set out in pairs: a pair of red candles, a pair of pillows, and couplets hung on two sides of the hall. Six, pronounced as "Liu", conveys indirectly its homophony's meaning—Do everything smoothly; and eight in Chinese has a similar sound to "Fa", which means to make a fortune. All business men favor this number very much. However four, is the exception to the even number rule as it sounds like "Si" (death). So when people choose car license tags, phone numbers, and room numbers, they try to avoid it.

Paragraph 3

C 汉语数字中的“一” Chinese Number "One"

The Han People worship "yi" since ancient times. They hold the belief that all things on earth comes from "yi", because "yi" has the similar meaning with "yuan", "shi", "chu", meaning "the source". The Taoist believes that "One makes two, and two make three, and three make everything on earth." "yi" sometimes means complete. For example, "all the things", "yi" often goes together with other words expressing "quantity", but means "whole or complete". For example, "with mud all over the body", "lead a poor life the whole lifetime". Even when "yi" goes with "little", "small" or



other words expressing “small amount or little quantity”, “yi” again means “whole, complete”. For example, “not soiled by a speck of dust”, “not be the least negligent”, etc. According to the latest Chinese dictionary, the collocated expressions beginning with the word “yi” has a list of more than 640 entries.

Paragraph 4

C 汉语数字中的“十” Chinese Number “Ten”

Today “ten” is often used to sum up the work of a year. For example, “Ten Best Singers of the Year”, “Ten Best National Sport Star of the Year” “Ten Most Important National News in 2004”, and “Ten Most Important World News in 2004”, etc. When the new China was founded in 1949, there was “a 10-year anniversary celebration” for the founding of the nation in 1959, which was “big and grand”. The Han people do things in that way because they like round number and round figure, which in their minds means “perfect and satisfaction”.



Cultural Links 文化链接

古代建筑多用“九”

过去,北京的许多建筑都和“九”这个数字有关。如北京内城最早有“九”个城门;天安门的城楼是“九”楹重楼;故宫四个角楼的结构是“九”梁十八柱;皇家建筑物大门上的钉数是横“九”纵“九”,北海和故宫的九龙壁都是“九”条龙等。

这些建筑物为何都与“九”这个数字有关系呢?原来,按过去“阴阳”的说法,奇数为阳,偶数为阴。而“九”是阳数中最大者,称为“极阳数”。在古代,常用“九”数象征天子。

《易经》上说,“九”数含有吉祥之意。因此,古代皇家建筑多用“九”或“九”的倍数来建造,以象征皇帝是至高无上的“天子”。

至今,人们仍喜欢用“九”或者“九”的倍数来表示数目众多,如十八般兵器、九霄、九泉、九腔十八调、十八层地狱、十八罗汉、三十六计、七十二行、十万八千里等。

Vocabulary

妙词连珠

associate 使发生联系,使联合	livestock 家畜,牲畜
embarrass 使困窘,使局促不安,阻碍,麻烦	thatched 茅屋匠
germination 萌芽,发生	cottage 村舍,小别墅
invariably 不变地,总是非	renewal 更新,复兴,恢复,续借,重申,补充
favor 好感,宠爱,关切,欢心,好意,喜爱	time 时间,时候,时机,节拍,期限,次数,时期,比赛限时
license 许可(证),执照许可,特许	harem (伊斯兰教教徒之)闺房,闺房里的妻妾群,为一个雄性动物所控制的许多雌性动物
longevity 长命,寿命,供职期限,资历	derogative 减损的,毁损的
eternality 使永恒,使不灭	dubious 可疑的,不确定的
notion 概念,观念,想法,意见,打算,主张	disorderly 混乱的
connotative 隐含的,内涵的	picky 吹毛求疵的
antithesis 对立面	multiple 多样的,多重的
sculpture 雕刻,雕刻品,雕塑,雕塑品[地理],刻蚀	the whole country 整个国家
descended 从一个祖先传下来的	scatter in all directions 四下散开
collocation 排列,配置,词的搭配	fall apart 分裂
derogative 减损的,毁损的	multicolored 五彩缤纷的
bum 游荡者,游民	colorful 华美的,色彩的,有趣的
rash [地]皮疹轻率的,匆忙的,鲁莽的	big and tall 高大的



U 中国生肖文化

Unit 4 Chinese Zodiac Culture



Key Sentences

流畅精句

1. For a long time there has been a special relationship between humans and the 12 zodiacal animals.
长期以来,人们与十二生肖之间有着特别的关系。
2. People under this rat sign are usually smart and willing to accumulate wealth and to take efforts to be successful.
属鼠的人往往很聪慧,懂得积累财富,而且尽可能去取得成功。
3. The ox is sedulous, simple, honest, and straightforward.
牛的特点是坚忍不拔、淳朴、诚实、勇往直前。
4. Tigers, considered to be brave, cruel, forceful and terrifying, are the symbol of power and lordliness.
虎往往被认为勇猛、残暴、强大而可畏,是力量与权势的象征。
5. People born in the year of the tiger are tolerant, staunch, valiant, and respected.
虎年出生的人忍受能力强、坚定、勇敢而且受人尊敬。
6. The rabbit has represented hope of the Chinese people for a long time.
兔子是很久以来中国人民希望的象征。
7. People born under the sign of the rabbit are gentle, sensitive, modest, and merciful and have strong memory.
兔年出生的人明智、敏感、谦虚、仁慈而且具有很强的记忆力。



8. The dragon enjoys a very high reputation in Chinese culture.
龙在中国人的心目中享有很高的地位。
9. People born in the year of the snake often have a good temper, a skill of communicating, and a gracious morality, but they are likely to be jealous and suspicious.
蛇年出生的人往往脾气好、交流能力强、有高尚的道德情操,但可能会存在着嫉妒心理和猜忌心。
10. People born in the year of the horse have ingenious communicating techniques and in their community they always want to be in the limelight.
马年出生的人有着很强的交流能力,而且在交流过程中,他们总希望自己成为众人的焦点。
11. People under the sign of the sheep are tender, polite, filial, clever, and kind-hearted.
羊年出生的人温柔、懂礼貌、孝顺、聪慧而且是热心肠。
12. Most people born in the Year of the Monkey are lively, flexible, and versatile.
猴年出生的人大多数都很活泼而且多才多艺。
13. The rooster is almost the epitome of fidelity and punctuality.
属相鸡是忠实诚信的代表。
14. The dog is the human's friend who can understand the human's spirit and obey its master, whether he is wealthy or not.
狗是人类的朋友,不论主人是否富有,它都会理解主人的心情并且遵从主人的命令。
15. People born in the Year of the Pig are honest and frank.
猪年出生的人诚实而坦诚。



Wonderful Paragraph 精彩片段

Paragraph 1

The Origin of Chinese Zodiac

In ancient times, our ancestors counted the years with 10 celestial stems and 12 terrestrial branches. Although this was scientific, most people were illiterate and could not memorize or calculate easily. Thus the animals that influenced people's lives were chosen to symbolize the terrestrial branches: the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig.

For a long time there has been a special relationship between humans and the 12 zodiacal animals. Humans admired them, took them as totems, and in the artistic field, those animal signs were among the features of those themes. This can be reflected in artisans' paper-cut works, New-Year pictures, pottery and bronze wares, especially on the bronze mirrors before the appearance of glass ones, on which elaborate forms showed creativity and passion as well as wishes for a good life.

Paragraph 2

Character of Persons under the Rat Sign

Though in people's eyes, the rat is not adorable, and even some Chinese sayings that related to it have almost derogatory meanings, it ranged as the head of the Chinese zodiac. It was recognized as an animal with spirit, wit, alertness, delicacy, flexibility and vitality.

People under this rat sign are usually smart and willing to accumulate wealth and to take efforts to be successful. Throughout their life, there will be many other people who can bring great fortune to them. Thus despite timidity, most of them are happy and harmonious with others.

Paragraph 3

C龙年出生人的性格 **Character of Persons under the Dragon Sign**

The dragon enjoys a very high reputation in Chinese culture. It is the token of authority, dignity, honor, success, luck, and capacity. In ancient China, a dragon was thought to speed across the sky with divine power. Emperors entitled themselves exclusively as “dragon”; their thrones were called “dragon thrones”, their clothes “dragon gowns”.

People under the sign of the dragon are lively, energetic and fortunate. They often can be leaders and try to go for perfection. When they meet with difficulties, they are not discouraged. But they are a little arrogant, and impatient, and women are over-confident. If they overcome these defects, they can have a brighter future.

Paragraph 4

T生肖的运用 **The Use of Zodiac Animal Signs**

A Chinese horoscope may predict that a person born in the Year of the Horse is “cheerful, popular and quick to compliment others”. The year of a person’s birth is considered the primary factor in determining a person’s personality, physical and mental attributes, ability and level of success and happiness throughout his or her lifetime. Events and occurrences in a given year are influenced by the nature of that year’s animal.

Animal signs also have a useful social function for determining someone’s age. Instead of asking directly how old a person is, the Chinese often ask about his or her animal sign, which places a person within a cycle of 12 years. This is a popular way to socialize.



C 中国的马文化 China's Horse Culture

With the development of the horse breeding industry, abundant experiences were accumulated throughout the ages. The most famous master was named Bole, and others like him that followed also adopted the name. The word "Bole" became a Chinese idiom. The monograph on distinguishing fine breeds of horses by Bole is the earliest of its kind in the world. Other monographs on the subject also appeared during the Tang Dynasty.

Horses in China are mainly distributed in the northern regions, including the vast area of Xinjiang and Qinghai in the west of Lanzhou, Inner Mongolia, Northeast China and the northern part of North China, the mountainous regions in Sichuan Province, Yunnan and Guizhou Plateau. The number of horses in Northeast, Northwest and North China accounts for three-fourths of the country's total.



Cultural Links 文化链接

十二生肖

十二生肖的产生,有着天文学的背景。在原始时代,先民们体验着寒暑交替的循环往复。宋代洪皓《松漠纪闻》载:“女真旧绝小,正朔所不及,其民皆不知纪年,问则曰‘我见青草几度矣’,盖以草一青为一岁也。”宋代孟珙《蒙鞑备录》也记:“其俗每草青为一岁,有人问其岁,则曰几草矣。”年又有观天者发现月亮盈亏周期可以用来丈量岁的长短,发现十二次月圆为一岁,这一发现,是初期历法最精度的成果之一,“十二”便视为传达天意的“天之大数”。天干需地支为伴,日月相对,天地相对,就非“十二”莫属了。

清代刘献《广阳杂记》引李长卿《松霞馆赘言》:“子何以属鼠也?曰:天开于子,不耗则其气不开。鼠,耗虫也。于是夜尚未央,正鼠得令之候,故子属鼠。地辟于丑,而牛则开地之物也,故丑属牛。人生于寅,有生则有

杀。杀人者，虎也，又寅者，畏也。可畏莫若虎，故寅属虎。卯者，日出之候。日本离体，而中含太阴玉兔之精，故卯属兔。辰者，三月之卦，正群龙行雨之时，故辰属龙。巳者，四月之卦，于时草茂，而蛇得其所。又，巳时蛇不上道，故属蛇。午者，阳极而一阴甫生。马者，至健而不离地，阴类也，故午属马。羊啖未时之草而茁，故未属羊。申时，日落而猿啼，且伸臂也，譬之气数，将乱则狂作横行，故申属猴。酉者，月出之时，月本坎体，而中含太阳金鸡之精，故酉属鸡。于亥中，猪则饮食之外无一所知，故亥属猪。”

关于十二生肖的排列，还有各种传说，这类故事，或似开心解闷的笑谈，或似贬恶扬善的寓言，文学成分较浓。但是，生肖座次的排定，绝非一朝一夕，也不是一代人所能完成的。最初未必就是一次提名十二种，也许只有四五个，也许曾有过超额的局面，后来优胜劣汰，定额定员并定位了，一直传至今日。

Vocabulary 妙词连珠

celestial 天上的

terrestrial 陆地

illiterate 不识字，没受教育的

memorize 记住，记忆

calculate 计算，考虑，计划，打算

rooster 雄禽

rat 老鼠

recall 回忆，回想，记起，取消

encountered 鼓励，奖励

straightforward 正直的，坦率的，简单的，易懂的，直截了当的坦率地

zodiac [天]十二宫图，黄道带

mice 老鼠

zodiacal 黄道带的，黄道带内的

bronze 青铜(铜与锡合金)，铜像

elaborate 精心制作的，详细阐述的，精细精心制作，详细阐述

alertness 警戒，机敏

flexibility 弹性，适应性，机动性，挠性

accumulate 积聚，堆积

timidity 胆怯

harmonious 和谐的，协调的，和睦的，悦耳的

indicate 指出，显示，象征，预示，需要，简要地说明

sedulous 坚韧不拔的

fractious 易怒的，倔强的，脾气不好的



straightforward 正直的,坦率的,简单的,易懂的,直截了当的	divine 神的,神圣的,非凡的,超人的,非常可爱的牧师
laborious (指工作)艰苦的,费力的,(指人)勤劳的	arrogant 傲慢的,自大的
obstinate 倔强的,顽固的	defect 过失,缺点
bestow 给予,安放	malevolence 恶意,狠毒
cajolery 甜言蜜语,诱骗	cattiness 如猫的性格,阴险
cautious 谨慎的,小心的	acumen 积聚,堆积
terrifying 极大的,可怕的	divination 预言
lordliness 贵族式,皇室气派,权势	limelight 引人注目的中心
accompanying 陪伴的,附随的	superficial 表面的,肤浅的,浅薄的
tolerant 容忍的,宽恕的,有耐药力的	pessimistic 悲观的,厌世的
staunch 坚定的	fleece 羊毛(尤指未剪下的),羊毛状之物,绒头织物,羊毛大衣呢
valiant 勇敢的人勇敢的,英勇的	filial 子女的,孝顺的,当作子女的
shortcoming 缺点,短处	marquis (英国等的)侯爵
virtuous 善良的,有道德的,贞洁的,有效力的	versatile 大学运动代表队,大学
tender 嫩的,温柔的,软弱的	epitome 摘要
stimulated 刺激,激励刺激,激励	fidelity 忠实,诚实,忠诚,保真度,(收音机,录音设备等的)逼真度,保真度,重现精度
pregnant 怀孕的,重要的,富有意义的,孕育的	invincible 不能征服的,无知的
harelip 兔唇	monsters 圣体匣
merciful 仁慈的,慈悲的	dexterous 灵巧的,惯用右手的
spice 香料,调味品,趣味,意味,情趣	affluence 富裕,富足
meditative 沉思的,爱思考的,冥想的	frank 免费邮寄特权坦白的,率直的,老实的
	roundabout 迂回的,转弯抹角的道路交叉处的环形路,迂回路线,兜圈子的话

3

中国传统节日

Chinese Traditional Festival

U

春节

Unit 1 The Spring Festival



Key Sentences

流畅精句

1. Spring Festival, the traditional Chinese New Year's Day, is China's most important national holiday.

春节就是中国传统意义上的新年,是中国最重要的节日。

2. Almost everyone in China's cities enjoys at least three days off work to celebrate Spring Festival, and the celebration lasts even longer in rural areas.

在中国的城市里,人们最少都会有三天的假期来欢度春节,而在农村地区,时间还要长一些。

3. On the day before New Year's day, many families decorate their front doors with a pair of couplets designating good fortune.

在除夕那天,人们都会在自家门前贴上对联象征来年的好运。

4. Children set off firecrackers, play games and carry colorful lanterns in hand as they visit friends.

和同伴们在一起时,孩子们都要放鞭炮,玩游戏,并且手里都提着五颜六色的灯笼。



5. Dumplings are an indispensable food for northerners during their New Year's celebration.

在庆新年期间,饺子是北方人必不可少的食物。

6. Following dinner, most families watch special holiday variety shows on television, which last well into New Year's Day.

除夕饭后,大多数家庭都要有一些春节特别节目,这些节目往往持续到新年的到来。

7. Many families stay up very late, some even stay up all night, playing cards, laughing, chatting, or telling stories to the children.

在除夕之夜,很多家庭都睡得很晚,有的甚至熬夜,家人们在一起打牌,说笑,聊天或者给孩子们讲故事。

8. On New Year's Day the children receive gifts of money in red envelopes from their parents and grandparents.

在春节那天,孩子们都会从自己的父母和爷爷奶奶那里收到包着红包的压岁钱。

9. Southerners like to eat Nian Gao, or "New Year Cake"—a sweet, sticky, brown cake made of rice flour and sugar.

南方人在新年喜欢吃年糕——一种用米面和糖做的茶色的米饼。

10. Nian Gao is a homonym for "higher each year" and symbolizes improvement in life, year by year.

年糕的同音就是“一年更比一年高”,象征着人们的生活一年更比一年好。



Wonderful Paragraph 精彩片段

Paragraph 1

A 春节概述 Brief Introduction of Spring Festival

Spring Festival, the traditional Chinese New Year's Day, is China's most important national holiday. The date of the new year is still determined by

the lunar calendar even though the government of the Republic of China adopted the international Gregorian calendar in 1912. New Year's Day typically occurs sometime in early spring (February).

Paragraph 2

W人们过春节时的活动 **hat Would People Do in Spring Festival**

The Spring Festival like Christmas Day in the western countries, is the most important festival in China. Children like it very much because they can have delicious things to eat, pretty clothes to wear and many nice things to play with. When Spring Festival comes, people away from their hometowns usually come back and spend it with their families. People mainly do two things during the festival. One is eating, and the other is playing. They usually buy different kinds of food and make different kinds of delicious dishes, and play in different ways.

In the spirit of setting things straight, all account books should be balanced, debts paid off, and houses cleaned before New Year's Day. Then houses, businesses, and streets are decked and draped with banners, flowers, and scrolls of vivid red, a traditionally lucky and demon-dispelling hue. People exchange red-wrapped gifts, most commonly the hong bao—cash enclosed in a compact red paper packet—and offer their friends propitious edibles such as red dates (whose Chinese name, hong zao, sounds like the words for “prosperity comes soon”) and tangerines (whose Cantonese pronunciation, kat, sounds like that of the word for “lucky”).

Paragraph 3

C中国人的拜年 **hinese Bainian**

Early on the first morning of the Spring Festival, families set out to pay a lunar New Year visit to each other after the members of each family greet each other with lunar New Year wishes. This is called in Chinese Bainian, meaning paying the Spring Festival visits and greetings. Usually, the young



pay a visit to the old while the people about the same age share equal greetings; then, visits are paid in sequence to relatives of close kinship, relations, neighbors, teachers, friends and colleagues. To kowtow used to be one of the rites involved in paying the spring Festival visits, but now it is replaced by the Spring festival greetings with best wishes, for instance, wishes for a good fortune. When the junior pay the senior the Spring Festival visit, the latter are supposed to give the former some money as a gift, which is known "money for an added age."

Paragraph 4

C红包 Chinese Hongbao

Giving hongbao (red packets or red envelopes) during the Chinese New Year is another famous tradition. Red packets are every child's dream during the Chinese New Year. A red packet is simply a red envelope with money inside to symbolize luck and wealth. Red packets are symbolically handed out to younger generations by parents, grandparents, relatives, close neighbors and friends. The practice represents a desire for good fortune and wealth in the coming year.



Cultural Links 文化链接

春 节

每当农历(阴历)十二月三十日子时(深夜十二点钟)一过,春节就来了。春节,是农历的一岁之首,俗称“大年”。春节的来历,在我国大约有四千多年的历史了。它是我国民间最热闹、最隆重的一个传统节日。古代的春节,是指农历二十四个节气中的“立春”时节,南北朝以后才将春节改在一年岁末,并泛指整个春季,这时大地回春,万象更新,人们便把它们作为新的一年的开始。到了辛亥革命后的民国初年,改农历为公历(阳历)后,便将正月初一定为春节。但至今人们仍习惯将过春节称为过年。我国人

民在过春节时,有许多富有积极意义和健康有趣的习惯。如春节前的卫生大扫除,有利于预防疾病,增进健康;贴门神和春联,挂红灯和燃放爆竹礼花以及耍龙灯等,则能烘托节日热闹喜庆的气氛。

Vocabulary 妙词连珠

scrolls 对联	the lunar year 农历
demon-dispelling 驱除妖魔鬼怪的	solar terms 节气
propitious edibles 吉利的食物	1st solar term 立春
tangerine 柑	end 末
swearword 咒骂语	unoccupied;leisurely 闲
inadvertently 漫不经心地	season 时节
blurt out 脱口说出	look back;review 回顾
inauspicious 不吉利的	reunite 团聚
resourceful 足智多谋的	stick 贴
peach-wood charms 桃符	antithetical couplet 对联
vogue 流行	custom 风俗
decree 命令	replace 交替
time-honored 确立已久的	meet;come upon 逢
barrage 火网;倾泻	full of joy 喜气洋洋
chive 细香葱	atmosphere 气氛
couplet 对联;对句	follow the old conventions 沿袭
dispel 驱赶;赶跑	(of firecrackers) cracking 劈啪
ginger 生姜	firecrackers 爆竹
Gregorian calendar 格里历(即阳历)	injure;harm;hurt 伤害
onion 洋葱	peaceful;tranquil 安宁
paper-cut 剪纸	bind;wrap 裹
pastry 糕点	light;kindle;ignite 点燃
reunion meal 团圆饭	clear 清脆
streamer 横幅	dazzling 耀目
tranquility 安宁	flame 火焰



U 元宵节 Unit 2 The Lantern Festival



Key Sentences

流畅精句

1. At first these dances were a prayer for favorable weather.
起初跳这些舞是为了祈祷风调雨顺。
2. It is said that the custom of eating Yuanxiao originated during the Eastern Jin Dynasty in the fourth century, then became popular during the Tang and Song periods.
据说吃元宵源于公元4世纪的东晋时期,在唐宋年间得到广泛传播。
3. The fillings inside the dumplings or Yuanxiao are either sweet or salty.
元宵的馅可能是甜的,也可能是咸的。
4. The salty variety is filled with minced meat, vegetables or a mixture.
咸馅的元宵里包含了碎肉,蔬菜或者肉和菜都有。
5. The way to make Yuanxiao also varies between northern and southern China.
做元宵的方法在南方和北方不一样。
6. This festival dated back to the Warring States Period, when people observed the custom of watching lanterns under moonlight.
元宵节可以追溯到战国时期,那时人们的习俗就是在月亮底下赏花灯。
7. It is said that people began to mark the Lantern Festival in the Han Dynasty.
据说是在汉朝人们才把这一天定为元宵节的。
8. In the Song Dynasty, the government legally established this custom as a social rule.
宋朝政府特颁布诏令,把元宵节赏灯作为一项制度确定下来。



9. Nowadays, the Lantern Festival lasts only one day, on which different lantern appreciation activities are held.

现在各地一般只限于正月十五这一天为节日,各地普遍举行各式各样的灯节。

10. Other entertainment includes guessing riddles on lanterns, drum beating, walking on stilts, playing dragon lanterns, rowing boats in streets, and going to fairs.

在元宵节之际,还有猜灯谜、敲年鼓、踩高跷、耍龙灯、跑旱船、赶庙会等娱乐活动。

11. At home, people usually eat dumplings and sweet dumplings made of glutinous rice.

一般家庭还要吃元宵、包水饺,以示庆祝。



Wonderful Paragraph

精彩片段

Paragraph 1

A 元宵节概述

Brief Introduction of the Lantern Festival

The Lantern Festival occurs on the fifteenth day of the first lunar month according to the old Chinese calendar, when a full moon provides enough light for the various ceremonies and activities traditionally held throughout China. Customarily, family members reunite for a meal of Yuanxiao, round, sweet dumplings made of glutinous rice flour served in soup, which symbolize a wish for the family's happiness and good luck all year.

Paragraph 2

C 悬挂灯笼的喜庆气氛

Celebrating with Lanterns

The Lantern Festival is a traditional festival in China. The way of making lanterns differs according to the natural environment. Lanterns are different



in the north and the south. In Northern Shaanxi Province, women in the countryside use sorghum stalks to make lantern frames, then they paste red paper on the frames. In this way, they make all sorts of lanterns, such as pumpkin lanterns, persimmon lanterns and sheep lanterns. They also cut potatoes into a bowl shape. Then they put oil into the bowl-shaped potatoes and place lampwick in them and cover the potatoes with red paper lampshades. People hang red lanterns over the gates of their cave dwellings. Willow trees are also decorated with coloured paper. Red lanterns are hung here and there on willow trees. The trees are called lantern trees or spark trees.

Paragraph 3

C元宵 Chinese Yuanxiao

Round sweet dumplings traditionally are eaten for happiness on the Lantern Festival. Today these dumplings also are a popular dessert in China, and come in two varieties: one is made of white and brown sugar, sweet-scented osmanthus, nuts and sesame seeds; the other has meat and vegetable fillings. Recently Chinese have begun adding chocolate for a truly unique flavor, even though traditional boiled dumplings, fried sweet dumplings are becoming popular.

Paragraph 4

A关于元宵的故事 Legend of Yuanxiao

A legend tells the origin of eating yuanxiao on the night of the first full moon after the lunar New Year. The goddess of the moon, Chang'e swallowed a magic potion belonging to her husband and flew to the moon to become a fairy. Her husband, Houyi, missed her so much that he became ill. So on the eve of the first full moon after his illness, the goddess sent a young fairy to Houyi, telling him that she would descend to earth to be with him, but he should first make sticky rice balls in the shape of the round



moon and put them on the table. Then he had to repeat her name over and over until she appeared.

No one knows whether she reunited with her husband or not, but this is how yuanxiao gained popularity.

Paragraph 5

T元宵节的历史由来 **he History of Lantern Festival**

Lantern Festival has a history of more than 2 000 years. It started in West Han Dynasty when emperor gave orders that all people light lamps at that night to show respect to Buddha. Since then the festival soon popularized. In Tang and Song Dynasties, lantern display continues for 5 consecutive nights, starting from 13th to 17th of the first lunar month. In Qing Dynasty, the festival became even more recognized, as lanterns displayed from 8th to 17th—a 10 consecutive nights, the longest time in history. Today, in city parks or in the open squares, various kinds of lanterns are highly hung and displayed, and palace lantern, running horse lantern, flower-and-plant lantern, etc. have added to the bright night and attracted many people who rarely come out at night.



Cultural Links **文化链接**

元宵节

元宵节是我国人民传统的民族节日,正月十五闹元宵追溯起来历史源远流长。

据记载,两千多年前,周勃平定“诸吕之乱”后,汉文帝上台,鉴于平定之日是正月十五日,于是,汉文帝每年这天夜晚,便出宫游玩,和老百姓同乐。在古语中,“夜”又叫“宵”,“正月”又称“元月”,因而,汉文帝将正月十五日定为“元宵节”。从此,人们便在正月十五日的晚上,在自家门前张灯结彩,喜气洋洋地欢度元宵节。



到了宋朝,开始流行一种独特食品。用糖和各种果肉做馅,外面滚上糯米粉,呈小球形状,清水煮熟食用,香甜可口,这种食品最早叫“浮元子”,因为煮熟时漂浮在水面上,后来才改称“元宵”。窃国大盗袁世凯忌讳这个名字,因为“元”和“袁”,“宵”和“消”是同音,故其疑虑“元宵”有袁世凯被消灭之意。1913年元宵节前,袁世凯下令将“元宵”改为“汤圆”。袁死后,民间又恢复了“元宵”的名称。



Vocabulary

妙词连珠

agility 敏捷	be popular 流行
enliven 使有生气;使活跃	dance 舞蹈
gauze 薄纱	play the part of; act 扮演
glutinous rice 糯米	knight 武士
homage 尊敬;敬意	coloured ball 彩球
monastery 庙宇;寺庙	tease 逗引
neon [化] 氖; 氖气灯; 霓虹灯	meek docile 温驯
rattan 藤; 藤条	scratch where it itches 搔痒
ribbon 缎带; 丝带	lap feather 舔毛
stilt walking 踩高跷	roll about 打滚
sweet-scented osmanthus 桂花	shake feather 抖毛
yangko 秧歌	action; movement 动作
the Warring States Periods 战国	valiant 勇猛
monopolize 垄断	figure 形象
get rid of 摆脱	jump 跳跃
civilian 平民	throw oneself down onto 跌仆
filling; stuffing farce 馅	leap and turn the air 腾转
symbolize; stand for symbolise 象征	magical; mystical 神异
lucky; auspicious 吉利	lucky; auspicious 吉祥

U 清明节

Unit 3 The Clear and Bright Festival

Key Sentences 流畅精句

1. Qingming (Pure Brightness) is a traditional festival highlighted by worship at ancestral graves.
清明是人们祭祀祖先、扫墓的传统节日。
2. Qingming marks the start of spring plowing in China's north and of spring sowing in the south.
在北方,清明是人们耕地翻土的开始,在南方是人们播种的标致。
3. Following tradition, people used to pay their respects to their ancestors by sweeping family graves clean of the winter's debris.
根据传统,人们往往在清明节为祖先的墓碑扫去冬季的尘埃,借此来表达他们对祖先的尊敬。
4. At this time of year the days grow longer and the sun warmer, bringing enchanting springtime scenery.
从这天起,天逐渐变长,变暖,逐渐萌生了春的气息。
5. Today swinging is still thought to contribute to one's good health, to balance brain functions, and to cultivate courage.
现今,荡秋千仍然被认为是一项有助于身心健康,平衡脑功能和增强勇气的活动。
6. In ancient China, Qingming was by no means the only time when sacrifices were made to ancestors.
在古代,清明并不是纪念祖先的惟一节日。
7. Springtime, especially in North China, is the windy season, just right for flying kites.
春季,尤其是在中国北方,是清风吹拂的季节,正是放风筝的好时候。

8. Visitors should go to Tian'anmen Square to see kites of all shapes and sizes.

游客可以到天安门广场去观看各种形状和大小不同的风筝。

9. One day before there is a Cold Food Festival, which originates in Spring and Autumn Period.

清明节的前一天叫做寒食节,这种叫法源于春秋时期。

10. Then Cold Food Festival becomes a day for offering sacrifice to ancestors.

寒食节现在成为了祭祖先的日子。



Wonderful Paragraph

精彩片段

Paragraph 1

T清明的涵义 he Meaning of Qingming

Qingming (Pure Brightness) is a traditional festival highlighted by worship at ancestral graves. Usually it falls between April 4-6. The festival marks the fifth solar term of the traditional Chinese lunar calendar, which divides the year into 24 such terms according to the position of the earth as it orbits the sun. The names of the terms are used as guideposts for agriculture and certain Chinese festivals in China. Qingming marks the start of spring plowing in China's north and of spring sowing in the south. At this time people also customarily make offerings to family ancestors, go on outings and flying kites.

Paragraph 2

W人们怎样过清明节 hat Would People Do in Qingming

In ancient China, Qingming was by no means the only time when sacrifices were made to ancestors. In fact such ceremonies were held very fre-

quently, about every two weeks, in addition to other important holidays and festivals. The formalities of these ceremonies were in general very elaborate and expensive in terms of time and money.

Qingming is not just a day of remembrance, it is also a day to celebrate the coming of spring, often by going out for a picnic. With the coming of spring, nature wakes up, dressing the world in green. All is new, clean and fresh.

Paragraph 3

N清明节后的自然变化 **Natural Change after Qingming**

A society of natural farming economy employed slash-and-burn cultivation, burning mountains and destroying forest. Spring was a time when grass and trees start sprouting. To keep a balanced ecology and to preserve a better living environment was a necessity to human being's own survival. It was said in Li Ji—Yue Ling, "During this month, the air pressure of the sky comes down and the air pressure of earth rises up. When the sky and earth come together, grass and trees germinate. It is an edict from god to start farming."

Paragraph 4

T清明节的起源 **The Origin of Qingming**

Continued upkeep of loved ones' tombs is the purpose of a Chinese holiday called Qing Ming Jie, which means "clear and bright." Traditionally falling on the 105th day after the lunar winter solstice, this is the time for inspecting and cleaning graves. In this balmy, crystalline time of year, the very sky looks fresh-swept and flawless, refreshingly "clear and bright."



A 与“寒食节”起源相关的一个故事 **Legend Related to the Origin of the Cold Food Day**

According to the legend, during the Spring and Autumn Period, a person named Jie Zhitui followed his master Chong'er, the prince of Jin, and stayed with him during all the 19 years when the prince was in exile. Jie Zhitui was so loyal to his master that once when the prince was starved to death, Jie cut one piece of flesh from his leg to feed his master so as to save his life. However, when the prince ascended the throne and became king of the Jin state, he forgot about Jie Zhitui completely. He awarded all his other followers except Jie. Jie, on his part, left his master with his old mother without even one word of complaint. The local people were very indignant about this and they compiled a rhyme to satirize the king. The king learned about this and in order not to ruin his reputation, he ordered his men to go to Jie's home to bring him back, yet they failed to find Jie. The king then learned that Jie had hidden in the Mian Mountain, so he ordered his men to search the mountain, again, they failed to find Jie. The king knew that Jie was a filial son, so he thought if he set the mountain on fire, Jie, for his mother's sake, would definitely come out. Based on this thought, he ordered his men to set the mountain on fire. The fire lasted three whole days and nights, yet to the king's disappointment, Jie never came out. In the end, Jie and his mother's burned bodies were found beside a tree. That was the 103th day after the Winter Solstice. The local people admired Jie Zhitui for his moral integrity. To commemorate him, they ate cold food and restrained from making fire on that day and the following two days. This is how *han-shi*, the Cold Food Day, came into being.

Cultural Links 文化链接

清明扫墓

扫墓的由来,初见于《礼记》:“王者祭天地。诸侯祭山川,卿大夫祭王祀,士庶人祭其先。”所谓祭其先者,即老百姓祭自己的祖先。早在春秋时代,民间就有了“吉日良辰,郊祀野祭”之风。但真正形成一种仪式,始见《唐书》:“唐开元二十年敕:寒食上墓,礼经无文,近代相传,寝以成俗,宜许上墓,同拜扫礼,编入五礼,永为定式”。后《宋史·唐格传》里有“清明往钱塘扫墓”之句。这说明,扫墓的习俗盛于唐、宋时期。可是,扫墓之举为什么选择清明呢?也许有以下几种原因:其一,清明时节气候转暖,雨水增多,草木蔓生,陵园墓地下不免要荒芜或塌陷,需要修整。其二,清明前后,山清水秀,桃红柳绿,人们借此大好春光,去之郊野,扫墓踏青。其三,据载,春秋时代,晋国介之推被焚于清明前一日(寒食节)。这可能与人们怀念这位历史人物有关。不过,旧社会的扫墓活动,带有迷信色彩。欧阳修在《新五代史》中提到:“寒食野祭而焚纸钱……”解放后,祭祖扫墓的礼仪虽有,但多年来大力宣传移风易俗,推行火葬,已将清明节演化为缅怀革命先烈的扫墓活动了。

Vocabulary 妙词连珠

bouquet 花束

cypress 柏树

contestant 竞争者;参加比赛者

dissemination 播种;传播

epicenter 中心;集中点

eulogize 颂扬;赞扬

exquisitely 精巧地;精致地

gong 锣;铜锣

solar term 节气

wreath 花圈;花环

forbear 忍耐

renew 使更新

outings 远足

exile 流放

customary 符合风俗或习惯的

lunar 月亮的,阴历的

Gregorian calendar 公历

ward (off) 躲开;避免



homophonic 同音的	elaborate 精心制作的,详细阐述的,
splutter 发出爆裂声	精细详细描述
cremation 火葬	remembrance 回想,记忆,问候,纪
sticky rice 糯米	念品,记忆力
jujube 枣子	sprouting 发芽,萌发
walnut 核桃	germinate 发芽,发育,使生长
cemetery 墓地	edict 布告,法令
clasp 紧握;紧抱	upkeep 维持,维修费
reed 芦苇	balmy 芳香的,温和的,止痛的(空
meticulous 非常仔细的	气)温和的
aquatic 水上的	crystalline 水晶的
orbit 轨道,势力范围,生活常规,绕	flawless 无瑕疵的,无缺点的,无裂
……轨道而行	缝的



U 端午节

Unit 4 The Dragon Boat Festival



Key Sentences

流畅精句

1. The fifth day of the fifth lunar month is a traditional Chinese festival dedicated to the great patriotic poet Qu Yuan for his devotion to his native state.
阴历五月初五是中国人民的一个传统节日,为了纪念以身殉国的伟大诗人屈原。
2. It is a tradition to eat zongzi, pyramid-shaped dumplings made of glutinous rice wrapped in bamboo or reed leaves, with different fillings added for interest.
吃粽子是中国的一项传统。粽子是用糯米、竹叶或苇叶和各种馅料包成的三角形饺子。
3. At the news of the poet's death, the local people raced out in boats in an efforts of searching his body.
当时楚人因舍不得贤臣屈原死去,于是有许多人划船追赶拯救。
4. In many places along rivers and on the coast today, the holiday also features dragon-boat races.
如今,赛龙舟这一传统习俗仍然是很多沿海城市的主要庆祝活动。
5. The Dragon Boat Festival for the people in northern Guizhou was to make totem dog with mugwort and hang it on lintels.
贵州北部的人们往往在龙舟节那天制作带有面具图腾狗,并且把它们挂在门窗上。
6. In northern Shanxi, the symbol of perpetuity must be pasted in the center of the lintel on the Dragon Boat Day.

在陕西北部,人们在龙舟节那天往往把象征着永恒的标志贴在门窗的中间。

7. In the eyes of the Chinese community, red, yellow, blue, white and black five colors are the colors that compose the universe.

在中国人眼中,红、黄、蓝、白、黑这五种颜色组成了宇宙万物的色彩。

8. The Dragon Boat Festival—the 5th day of the 5th lunar month—is also called Daughters' Festival, or Poets' Festival.

端午节又称端午、重五、重午、端阳、天中节、女儿节、诗人节等,时间在农历五月初五。

9. Most of the people across the country eat Zongzi, which is the most important commemorating activity.

全国各地城乡居民大都吃各色粽子,这也是这一节日习俗的重要内容。



Wonderful Paragraph

精彩片段

Paragraph 1

A 端午节概述 Brief Introduction of the Dragon Boat Festival

Chinese festivals are usually associated with special foods as well as fun ("heat and noise"). On this festival Chinese people prepare and eat zongzi, and the excitement is provided by dragon boat racing—hence the English name for the holiday. To understand the Dragon Boat Festival, and most things Chinese, you have to know a little ancient history.

Paragraph 2

T 端午节起源 The Origin of the Dragon Boat Festival

Qu Yuan's poem "Li Sao" written about his own life and other important ones are all filled with his deep love for his country. At last, however, he was



so discouraged that he had to end his life by throwing himself into the Miluo River. It is said that the people rushed out in their boats to try to save him when they heard the terrible news, but it was too late. Also, they were so sad that they threw rice in the water to feed Qu Yuan's spirit, so now we can see the dragon-boat races and have a kind of Chinese food named "zong-zi" for us to entertain friends, especially children, during the Dragon-Boat Festival.

Paragraph 3

T吃粽子的习俗 The Custom of Eating Zongzi

It is a tradition to eat zongzi, pyramid-shaped dumplings made of sticky rice wrapped in bamboo or reed leaves, with different fillings added for interest. According to one popular story, such dumplings were thrown into the river as food for the fish and shrimp to keep them from eating QuYuan's body. These dumplings now are boiled and eaten on the holiday. Suzhou in Jiangsu province and Ningbo and Jiaxin in Zhejiang province are known for their zongzi with date and sweet bean paste, ham, or bacon filling. Beijing is famous for date and preserved fruit fillings. They are made in various shape, three-or four-cornered, or in the shape of a pillow, ax, ox horn and pagoda. The largest ones may weigh half a kilogram. For more than 2 000 years, people not only in China but also in Southeast Asia, Japan and Vietnam have maintained the tradition of eating zongzi on the Dragon Boat Festival.

Paragraph 4

C艾蒿 Chinese Mugwort

Chinese mugwort was considered a magic herbal medicine to cure heat and damp related disease in ancient time. As a result, Mugwort became a legendary panacea to idol. According to the Chinese local chroni-

cles, "Use cattail on the Dragon Boat Day and insert mugwort at the door side prevent bad luck and get rid of illness", and "paste cattail and mugwort paper cow on the door on The Dragon Boat Day keeps sickness away." In the fifth Lunar month, every household started hanging red ornaments, putting out cattail dragon or mugwort tiger, and decorating windows with auspicious red paper toad. Young girls cut out letter "Fu" in layers for good luck; and small kids wore bright red toad made of broomcorn, garlic, and other plants to ease the heat of the summer and keep off disease. These customs are still widely practiced today as folk festivities on the Dragon Boat Day.



Cultural Links

文化链接

端午节的由来

农历五月初五,是我国的传统节日端午节。端午节的名称是怎么来的呢?端就是开端、初始的意思。古时,“五”和“午”互为谐音而通用。古人认为,“五”是阳气始盛之数,因此五月的第一个逢五日就叫“端午”,也称为“端阳”。

现在每逢端午节,人们总会想起屈原的。但郭沫若等同志经过考证认为,端午节最早并不是纪念屈原,而是为了纪念伍员。伍员,字子胥,春秋时代楚国人,公元前522年,因父兄被楚平王杀害,投奔吴国,帮助阖闾刺杀吴王僚夺取了王位。伍员率兵伐楚,攻破楚国郢都,报了父兄之仇。后伍员遭受谗言诽谤,于公元前484年自杀而亡,尸体被装入皮革做的袋里投入钱塘江中。传说从此钱塘江常起怒涛,汹涌澎湃。于是吴国百姓在每年的五月初五要举行“迎涛”仪式来纪念伍员。

 Vocabulary
妙词连珠

commemorate 纪念

progressive 进步的

corruption 堕落

wandering 徘徊的

patriotic 爱国的

fervor 热情

vanquish 征服

reed 芦苇

chinaberry 楝树

capitulator 投降者

lull 间歇; 暂停

oarsman 划船手

overtone 联想; 暗示

prow 船头

pyramid-shaped dumpling 粽子

realgar 雄黄

rejuvenate 使恢复活力

slander 诽谤; 诋毁

trophy 奖品; 银杯

abound *vi.* 充满; 多

amino acid 氨基酸

append 附加

cinnamon 肉桂; 肉桂皮

condiment 调味品

longan pulp 龙眼肉

spleen 脾

walnut 胡桃

water chestnut 欧菱; 荸荠



U 中秋节

Unit 5 The Mid-Autumn Day



Key Sentences

流畅精句

1. On the Moon Festival, people eat moon cakes, a kind of cookie with fillings of sugar, fat, sesame, walnut, the yoke of preserved eggs, ham or other material.
在中秋节,人们在面饼中加入糖、油脂、芝麻、胡桃、腌蛋、火腿和其他材料做成月饼食用。
2. Originally, moon-cakes were a family tradition.
起初,月饼只是一种家庭的传统食品。
3. The moon-cakes made in various parts of the country have very different flavors.
不同地区做出来的月饼有着不同的味道和特色。
4. Guangdong moon-cakes are perhaps the most delicately made.
广州月饼可能是制作得最为精良的一款了。
5. The moon is said to be at its loveliest on this night: its roundest, brightest, and most magical.
中秋节这天晚上的月亮是最美好的:最圆,最亮而且最具有神秘色彩。
6. The cakes are filled with sweet bean paste or lotus seed, and at the very heart of each is a boiled egg yolk to symbolize the moon.
月饼里夹着甜豆沙或者莲籽,在馅的正中再放一个煮好了的蛋黄,象征着月亮。
7. The Miao, who live in the mountains of Guizhou Province, hold a harvest celebration at this time of year.
苗族生活在贵州省的山区,往往在每年的这个时候庆祝丰收。

8. Since the Mongolians in northern China are avid equestrians, they celebrate by riding their horses at full gallop on the vast grassland as the full moon rises in the east.

由于蒙古族人民生活在中国北部而且他们渴望成为骑手,因此,当圆月从东方升起时,他们就会在广阔的平原上骑马飞驰,以此来庆祝中秋。

9. Today, many celebrate by going to a concert, coffee shop, bar, and club for amusement or by taking a short sightseeing trip to a scenic spot.

现如今,很多人在中秋节这天都会去欣赏音乐会,或者去咖啡厅、夜总会,或者乘坐游览车外出观赏一些景点。



Wonderful Paragraph

精彩片段

Paragraph 1

A 中秋节概述 Brief Introduction of Mid-Autumn Festival

On the 15th day of the 8th month of the lunar calendar, the moon is round and the Chinese people mark their Moon (or Mid-autumn) Festival. The round shape to a Chinese means family reunion. Therefore the Moon Festival is a holiday for members of a family to get together wherever it is possible. On that day sons and daughters will bring their family members back to their parents' house for a reunion. Sometimes people who have already settled overseas will come back to visit their parents on that day.

Paragraph 2

T 中秋节的月亮 The Moon in Mid-Autumn Day

In the Chinese cosmology, the moon—not the sun—is the dominant orb, and not only has its radiance inspired countless poets, priests, and



peasants alike, but its waxings and waning have inspired the calendar according to which most of Asia plots yearly events. It's only natural that a lunar year should include a holiday set aside for appreciation of the moon. The Mid-Autumn Festival, aka Moon Festival, a Chinese staple since the Song dynasty, is just that. The moon is said to be at its loveliest on this night, its roundest, brightest, and most magical.

Paragraph 3

M月饼 **oon Cakes**

Celebrations are held at night with moon cakes playing a predominant role. These are small round tarts baked with different fruit fillings—date, pear, apple and pomegranate among others. People used to lay out a feast with good wine. When the moon was rising in a clear sky, they would place the moon cakes and fresh fruit on a table as an offering. Even today a family will sit around the table, enjoying the beautiful moon and eating moon cakes and fruit. Those who are away from home try to return for a family reunion, giving the occasion its other name—Family Reunion Festival.

Paragraph 4

F制作月饼的民间工艺 **olk Arts in Making Moon Cakes**

Eating moon cake is a palatable custom of the Mid-Autumn Festival. The moon cake relief patterns are numerous and colorful, both in terms of art and cultural implication. Fairy tales told through moon cake relief patterns include “A pairing fish”; “Baby with coiled hair”; “Sal tree of life”; and story of the jade hare from the moon palace.

T吃月饼的意义 The Meaning of Eating Moon Cakes

Eating moon cakes is one of the important activities. There are three interpretations about its origin. Firstly, as the story goes, it was evolved from the custom of presenting the elderly glutinous rice cakes to show their respect. Another interpretation traces its origin to the Yuan Dynasty. The leaders of rebellors against the rule of Yuan nationality inserted into moon cakes the notes calling for uprising. When people ate cakes, they saw the notes and answered to the call for rebellion. Since then, it has become a custom to eat moon cakes. Still another interpretation is that eating round moon cakes on a full - moon night symbolizes family reunion.



Cultural Links 文化链接

月饼的由来

相传,月饼始于唐朝。唐明皇八月中秋梦游月宫,看见匾上写着“广寒清虚之府”六个字。从此民间形成祭月之风,逐渐发展为中秋赏月,制作出月形食品。时至南宋,《武林旧事·卷六·蒸作从食》中始有“月饼”的正式名称。关于中秋吃月饼还流传着这样一个生动而有意义的传说:

元朝末年,阶级矛盾激化。足智多谋的刘基(伯温)想出了一个绝妙的好主意:为了秘密发动群众,把统一在农历八月十五日晚上约期起义的秘密传单,制作在一种叫月饼的饼子内,当参加起义群众吃到月饼时,就都知道起义行动时间,从而一呼百应,群起反抗残暴的元朝统治者。据说现今制作的月饼背面中间贴的小方块线,即是由此而来。



Vocabulary

妙词连珠

avid 渴望的;做起(某事)劲头十足	Sung dynasty 宋朝
的	grapefruit 葡萄柚
equestrian 骑马者;骑手	pemelo 柚子
pomegranate 石榴;石榴树	stack 堆
prevalent 流行的;盛行的	ubiquitous 普遍存在的
stave 挡开;避开	corrugated 有波纹的
tart 果馅饼;小烘饼	moon-viewing 赏月的
token 标志;象征	Tsukimi 观月
cosmology 宇宙哲学	pavilion 亭阁
orb 星球	soup 汤面
radiance 光辉	broth 肉汤
waxing 月盈	moonlight 月光
waning 月亏	reunion 团聚
plot 计划	sacrificial 献祭的
appreciation 欣赏	walnut 胡桃

U 重阳节

Unit 6 The Double Ninth Day

Key Sentences

流畅精句

1. In ancient time, numbers were mysterious and were divided into yin and yang.
在古代,数字被人们神秘地划分为阴和阳两部分。
2. Researchers explain that the holiday originated in rites of worship to the heavenly God held on high land by China's northern nomadic groups in ancient times.
研究人员表明,重阳节习俗的起源是古代中国北方的游牧民族登高拜祭天神。
3. Autumn is the best season to climb mountains, as the weather is pleasant, the sky clear and the air crisp.
秋天秋高气爽,是爬山的最好时节。
4. Chrysanthemum shows are usually held in big cities across China and attract numerous visitors, because the chrysanthemum is eulogized as the "gentleman" of flowers.
菊展往往在中国的一些大城市里举办,会吸引大量的游客;这是因为菊花被人们称赞为花中的君子。
5. Chrysanthemum tea is believed to purify the heart and improve eyesight.
菊花茶清心明目。
6. In the tradition of respect for elders in China, the government calls on relevant department throughout the country to organize activities to help senior citizens.



在中国传统的敬老方面,政府呼吁相关部门要搞一些对老年人有所帮助的活动。

7. Viewing chrysanthemum on the day is a delight.

重阳节赏菊是一种快乐。

8. It is said that the chrysanthemum wine is good for one's eyes and helps bring blood pressure down.

据说菊花酒对视力有益处,而且能够降低血压。

9. Present people no longer drink the chrysanthemum flower wine and wear cornel twigs in hair on the Double Ninth Day, and only a few regions' people still follow the custom of eating the Double Ninth cake.

今天重阳节饮菊花酒和插茱萸的习俗已成为历史,吃重阳糕的习俗也只在个别地区的民间存在。



Wonderful Paragraph
精彩片段

Paragraph 1

重阳节概述

Introduction of Double Ninth Festival

The Double Ninth Festival began to be observed in the Warring States Period. In the Han Dynasty, it was called Zhuyu Festival, or Chrysanthemum Festival as there was a custom of drinking chrysanthemum wine, eating colored cakes, and hanging an herb called zhuyu (cornus officinalis) on the door. The festival comes when the day is clear with sunny skies and crisp air—a favorable time for climbing mountains. So climbing is a popular activity to mark the day in many places. The custom of hanging zhuyu on the door and climbing mountains started in the Han Dynasty, which was endowed then with the significance of eliminating diseases and subjugating disasters. In the Tang Dynasty, the custom of climbing and appreciating

chrysanthemum became so widely spread as to be taken as the main activity on this occasion, and to these, there added other activities, such as going to the mountain fair, offering sacrifices at the ancestral graves, hunting out-sides, worshipping the God of fortune, bounding girls' feet. Nowadays, the Double Ninth Festival day is fixed as the Elderly Day, on which activities are held to show respect and love to the elderly people.

Paragraph 2

T重阳节起源 **he Origin of Double Ninth Festival**

Double Ninth Festival falls on the ninth day of the ninth lunar month. It is one of the popular traditional Chinese festivals. According to traditional Chinese yin and yang theory, nine is a yang number, therefore it is also called Double Yang Festival. For some time in history, it was called Mountain-Climbing Festival and Zhuyu Festival, as there was a custom of climbing mountains and wearing zhuyu (a herb). According to Miscellany of the Western Capital written by Liu Xin in the Han Dynasty, as early as in the West Han Dynasty, the practice of wearing zhuyu and drinking chrysanthemum wine on Double Ninth Festival was popular, and it was considered beneficial to people's health and conducive to longevity.

Paragraph 3

C重阳节的民间习俗 **ustoms for the Double Ninth Day**

The ninth day of the ninth lunar month is the Double Ninth Festival. It occurs in the middle of autumn and peasants use the day to celebrate the harvest with varied activities:

a. Viewing chrysanthemum on the day is a delight. Chrysanthemums are flowers that smell sweet and blossom in spite of cold, frosty weather. At flower shows, thousands of chrysanthemums are on display. People appre-



ciate them, poets write odes about them and artists paint them.

b. Drinking chrysanthemum wine is another custom. It is said that the chrysanthemum wine is good for one's eyes and helps bring blood pressure down.

c. People also climb mountains or go boating.

Paragraph 4

M 重阳节登高 Mountain Climbing in the Double Ninth Day

Autumn is the best season to climb mountains, as the weather is pleasant, the sky clear and the air crisp. People revel in the beautiful autumn scenes, and enjoy the fresh air and warm sunshine. As a pastime, mountain climbing is good for keeping fit. The fragrant cornel can be used as herbal medicine. It may not possess the magic to exorcise evil spirits, but it does repel mosquitoes. That is why mountain climbers often carry a bundle of the plant.



Cultural Links

文化链接

关于重阳节的传说

我国古代把九叫做“阳数”，农历九月九日，两九相重，都是阳数，因此称为“重阳”。传说东汉年间，道士费长房预言，其徒弟桓景家中，在九月九日要遭大难，如果戴茱萸，饮菊花酒，到高山上去，就可以避难，桓景听了他的话，一家人去山上避了一天，回来看到家中的鸡犬羊都死了。从此，人们就过起了重阳节，有了重九登高的风俗。

 Vocabulary
妙词连珠

chrysanthemum 菊花

ode 颂歌

starry 布满星星的

cowherd 牧牛者

magpie 喜鹊

shuttle 梭子

calculate 计算

bucket 水桶

horserace 赛马

transparent 透明的

cornel 山茱萸

devout 虔诚的

exorcise 驱除

heed 注意;留意

nomadic *a.* 游牧的

revel *vi.* 狂欢;作乐

sage 哲人;圣人;贤人

ward 防止;避开

auspicious 吉利的;兴隆的

consecutive 连续的

spur 促进;刺激

affluent 富裕的

throng 聚集的人群

netizen 网民

elbow 用肘推;用肘挤

cater 提供饮食服务

bourgeoisie 资产阶级

4 中国少数民族

Chinese Minorities

U 少数民族概况

Unit 1 A Brief in Chinese Minorities



Key Sentences

流畅精句

1. Most of the 7 percent of the minorities live in the vast areas of the West, Southwest and Northwest.
大多数的少数民族人口都生活在西部、西南部和西北部的广阔地区。
2. Although minorities account for about 7 percent of the population, they are distributed over some 50 percent of Chinese-controlled territory, mostly in the sensitive border regions.
虽然少数民族的人口只占全国总人口数的 7%, 但他们却占据着 50% 以上的地区, 而且绝大部分都是在边境地区。
3. Equality, unity and common prosperity are the fundamental objectives of the government in handling the relations between ethnic groups.
平等、统一和共同富裕是中国政府在处理少数民族问题上的根本目标。
4. All nationalities in China are equal, as stipulated by the Constitution of the People's Republic of China.
根据中华人民共和国宪法规定, 任何民族在中国都享有平等地位。

5. All national autonomous regions are inalienable parts of the People's Republic of China.

所有的民族自治区都是中国不可分割的部分。

6. Organs of self-government in regional autonomous areas enjoy extensive self-government rights beyond those held by other state organs at the same level.

少数民族自治区不但享有与其他地区同等的权力,而且还享有更广泛的自治权。

7. The people's government takes care to accord respect to the traditions and customs of the minority groups.

中国政府尊重少数民族的风俗习惯。

8. Since 1949, many of the old customs and traditions that benefit production and prosperity have been further developed.

自 1949 年以来,很多有利于生产和繁荣的旧传统习俗都得到了进一步的完善。

9. China is a country with great diversity of religions, with over 100 million followers of various faiths.

中国是一个宗教繁多的国家,10 亿人口信仰广泛。

10. Islam probably first reached China in the mid-seventh century.

伊斯兰教在中国最早见于 7 世纪中期。

11. Christianity reached China several times after the seventh century, and was introduced to the country on a large scale after the Opium War of 1840.

基督教在 7 世纪后曾多次传入中国,最大规模的一次是在 1840 鸦片战争后。



Wonderful Paragraph 精彩片段

Paragraph 1

A 中国少数民族简介 Brief Introduction of Chinese Minorities

There are altogether 56 peoples in China, among which 55 are officially recognized ethnic minorities except Han. The defining elements of a minority are language, homeland, and social values. The 53 ethnic groups use the spoken languages of their own; 23 ethnic minorities have their own written languages.

Paragraph 2

S 少数民族地区的自治 Self-government of Ethnic Minority

All nationalities in China are equal, as stipulated by the Constitution of the People's Republic of China. They take part in the administration of state affairs as equals, irrespective of their numbers or the size of areas they inhabit. Every minority nationality is represented in the National People's Congress, which is the highest organ of state power of the People's Republic of China.

Paragraph 3

T 处理少数民族之间关系的政策 The Policy in Handling the Relations between Ethnic Groups

Equality, unity and common prosperity are the fundamental objectives of the government in handling the relations between ethnic groups. China exercises a policy of regional autonomy for various ethnic groups, allowing ethnic group sliving in compact communities to establish se lf-government and direct their own affairs.

In most of China's cities and country town, two or more ethnic groups live together. Taking shape over Chian's long history, this circumstance of different ethnic groups living together in one area while still living in individual compact communities in special areas continues to provide the practical basis for political, economic and cultural intercourse between the Han and the various minority peoples, and for the functioning of the autonomous national minority areas system.

Paragraph 4

E少数民族文化 Ethnic Culture

The ethnic cultures of China's 55 minority nationalities with their exotic styles and diversified forms are an important part of the culture of the Chinese nation. So far there are 24 art schools and institutes designed for nurturing art talents from among the ethnic peoples. Statistics show that China has 59 ethnic song and dance troupes and 526 art performance groups in the autonomous regions for ethnic peoples. All minority nationalities have their own writers, and in the Chinese Writers' Association there are over 600 ethnic writers, accounting for 11.1 percent of its total membership. With the development and prosperity of China's ethnic art and literature, a lot of literature and art works have cropped up and some artists are quite active on the Chinese stages, TV screens.

Paragraph 5

T回族的风俗 The Custom of Hui Ethnic Groups

The Hui ethnic group is one of China's largest ethnic groups. The Hui people take Chinese as their common language and wear very similar clothing with Hans. Their distinctive headgear is the main difference. Hui men traditionally wear a white skullcap and the women often wear a veil, keeping their faces covered.

The religion of the Huis is Islam. Moslems pray and hold religion activi-

ties in a mosque. The mosque is also a symbol of Hui architecture. The Hui eat rice and wheat as staples, along with beef, mutton, chicken, fish and various vegetables. Other types of meat such as horse, donkey, mule, dog and other ferocious birds and animals, as well as animals, which have died, are forbidden. Pork is especially forbidden.



Cultural Links

文化链接

中国少数民族文化习俗

中国的少数民族,除了回族、满族用汉语外,其他都使用本民族的语言。像蒙古、藏、维吾尔、朝鲜等 21 个少数民族还有自己的文字。许多兄弟民族创作了光辉的历史文学作品,蒙古族的《元朝秘史》,彝族的《阿诗玛》等,都有很高的历史价值和艺术水平,是中国文化宝库中的瑰宝。有些少数民族能歌善舞,这早已为国内外人民所熟知。

由于各民族形成的历史不同,所以各自的习俗和传统节日也不一样。蒙古族有“那达慕大会”;在这一天人们举行摔跤、赛马、射箭等活动。彝族有“火把节”,在这一天,人们唱歌跳舞,庆祝丰收。傣族有“泼水节”,在这一天,人们互相泼水,预祝在新的一年里,人畜两旺,五谷丰登。



Vocabulary

妙词连珠

ethnic 民族的	revenue 收入;(尤指)国家税收
volatile (人等)易变的;多变的	accord 给予
autonomy 自治区	custody 监禁
stipulate 规定;约定	penal code 刑事法规
irrespective of <i>prep.</i> 不考虑;不顾	Islamic 回教的
inalienable 不能分割的	subsidy 补贴
designate 指明;表明	transplant 移植
enact 制定(法律);规定	polygamy 一夫多妻

polyandry 一妻多夫	clergy [宗]神职人员;教牧人员
indigenous 本地的	protestantism 新教
Shamanism 萨满教	sorcery 巫术;魔法
Eastern Orthodox Christianity 东方正 统基督教	canon 标准
adhere to 追随;依附	exotic 奇异的;异乎寻常的
Theravada (佛教)小乘	crop up 意外的发现
Lamaism 喇嘛教	mural 壁画
zenith (名誉、幸运等)极盛时期	gala 节目的;欢乐的
mosque 清真寺	totem 标志物;象征物
imam 伊玛目(清真寺内率领穆斯 林做礼拜的人)	yarn 纱;线
	motif (艺术作品的)主题;主旨



U 少数民族语言

Unit 2 Languages of Chinese Minorities



Key Sentences

流畅精句

1. With increasing economic strength, education and media in minority languages have seen a marked improvement.
由于经济快速发展,少数民族语言的教育和传播工作已经取得了非常明显的进步。
2. The languages used by ethnic nationalities in China belong to several different language families.
少数民族的语言应归为几个不同的语系。
3. The language of the South Asian family is used by three ethnic groups.
有三个少数民族的语言可归为南亚语系。
4. It is not uncommon that several ethnic nationalities speak the same tongue.
几个少数民族语言相同并不奇怪。
5. In the 1950s, the government helped more than twenty peoples to revise or invent their written languages.
20 世纪 50 年代,政府帮助 20 多个民族创制或修订文字。
6. The Indo-European is the smallest family with only two languages: Russian and Tajik.
印欧语系(在中国)是最小的语系,只有两种语言,俄语和塔吉克语。



Wonderful Paragraph 精彩片段

Paragraph 1

W 少数民族的书面语言 Written Languages of Minority Peoples

There are twenty-one minority peoples that have their own written languages, but only a small number of them are in active use. The most heavily used are: Tibetan, Mongolian, Uighur, Kazak, Korean and Dai. Others used include Yi, Zhuang, Yao, Booyei, Kyrgyz, and Uzbek. In the 1950s, the government helped more than twenty peoples to revise or invent their written languages. However, many of them have not shown special interest in using the scripts. On the contrary, many of them prefer to use the Chinese character.

Paragraph 2

C 汉语言大家庭 Chinese Language Families

The languages in China fall into five language families: Han-Tibetan, Altaic, Austro-Asiatic, Malayo-Polynesian and Indo-European. The first one is the biggest, with three major branches and dozens of languages. The three branches are: Zhuang-Dong, Tibeto-Burman and Miao-Yao. The second largest family is Altaic with two major branches: Turkic and Mongol-Tungus. This family of languages is dispersed across the north of China. The big ones are: Mongolian, Uighur, Kazak, Kyrgyz, Uzbek, Manchu and Korean.

There are just three languages in the Austro-Asiatic family. They are Wa, Blang and Deang. All of them are on the southwestern border. The Malayo-Polynesian languages are spoken by the natives on the Taiwan Island. The Indo-European is the smallest family with only two languages: Russian and Tajik.



Cultural Links

文化链接

“少数民族”一词的来历

我国开始引用和使用“民族”一词是在 19 世纪后半期。1924 年 1 月，孙中山先生在主持制定的《中国国民党第一次代表大会宣言》中，第一次使用了“少数民族”一词。中国共产党最早使用这一词是在 1926 年 11 月，此后在 1928 年 7 月党的“六大”通过的文件里又强调“少数民族”一词。建国以后，“少数民族”一词袭用下来，指的是汉族以外的各民族。



Vocabulary

妙词连珠

category 种类	vast; extensive 辽阔
Sino-Tibetan language family 汉藏语系	territory 疆域
the language of the Altay family 阿尔泰语系	create 创造
the language of the South Asian family 南亚语系	material 物质
the language of the Indo-European family 印欧语系	spirit 精神
the language of the South Island family 南岛语系	wealth 财富
unite 统一	past dynasties 历代
broad; wide 广大	ruler 统治者
live; inhabit 居住	create, make 制造
exercise autonomy 自治	split; divide 分裂
autonomous region 自治区	balance 平衡
arduous 艰苦	backward; fall behind 落后
open up 开拓	carry out 实行
	equal 平等
	policy 政策
	forbid; prohibit 禁止
	discriminate against 歧视
	area 区域

inhabit a region (as an ethnic group)	habits and customs 习俗
聚居	tradition 传统
unanimous 一致	wrestle; wrestling 摔跤
common 共同	shoot with an arrow 射箭
brilliant; glorious 光辉	torch 火把
literature 文学	sprinkle (water); splash water 泼水
value 价值	wish sb. success 预祝
treasure-house 宝库	ancestry 祖先
rarity; treasure; gem 瑰宝	richly endowed; rich 富饶
be good at singing and dancing 能歌	rich and colourful; splendid 多姿多
善舞	彩
know very well 熟知	decorate 装点
each; respective 各自	



U 少数民族节日 Unit 3 Festivals of Chinese Minorities



Key Sentences

流畅精句

1. The Tibetan New Year is one of the most important Tibetan holidays.
藏历新年是藏族同胞最重要的节日之一。
2. It is said that Heaven offers the “new water” to Tibetan people, and the fuller the bucket is with this new water, the more prosperous the family will be in the coming year.
据说上天把“吉祥水”赐予藏族人民,谁家盛水的桶越满,来年谁家就越富有。
3. The Torch Festival is the principal festival of Yi nationality in Southwest China.
火把节是中国西南彝族的传统节日。
4. The Water Splashing Festival takes place on the second day of the Dai people's New Year, which falls about a fortnight after the Han people's Clear and Bright Festival.
傣族新年在清明节两周以后,而泼水节就在傣族新年的第二天。
5. The ritual water splashing is the Dai people's way of bestowing blessing and happiness for the recipient.
猛烈地向别人泼水是傣族人最好的祈祷和祝福。
6. The Nuolaozi Festival is a traditional festival celebrated by the Khal-khas people in the Xinjiang Uygur Autonomous Region.
诺劳孜节是新疆维吾尔地区柯尔克孜族人民的传统节日。
7. Hua'er (flower) Festival has been celebrated for generations among the Tus, Huis, Salars, Dongxiangs and Bonans in Qinghai and Gansu provinces and the Ningxia Hui Autonomous Region.

花儿会是青海、甘肃、宁夏一带土、回、撒拉、东乡、保安等民族传统的节日。

8. The Third Month Fair, also known as Avalokitesvara (Guanyin) Fair, is a festival grandly celebrated by the Bai people living in the Dali Bai Autonomous Prefecture of Yunnan Province.

三月节又称观音节,是云南大理的白族人民的盛大节日。

9. The Water-Splashing Festival originated in India.

泼水节起源于印度。

10. Heshi Festival is the New Year of the Lisu, most of whom live in Yunnan Province.

盍什节是云南傈僳族人民庆祝新年的节日。

11. The Knifeladder-Climbing Festival is a traditional folk festival for the Lisu nationality in Yunnan Province.

刀杆节是云南傈僳族的民间传统节日。

12. The Miao's New Year, with distinctive national flavor, is the traditional festival of the Miao nationality of China.

苗年是我国苗族的传统节日,具有浓郁的民族色彩。



Wonderful Paragraph

精彩片段

Paragraph 1

A 少数民族习俗简介 Brief Introduction of Minority Customs

Among the 56 nationalities of the Chinese people, there have been much exchanges, interactions and assimilation. Owing to these, there have been formed many similar customs related to typical festivals of each nationality. For example, the important festivals of Han nationality are also observed by other minority nationalities. Moreover, Han nationality shares similar methods to fix festival dates with the Mongolians, the Manchus, the Koreans, the Zhuangs. Although the festival dates of these nationalities are dif-



ferent from those of the nationality of the Yis, the Tibetans, the Lisus, the Chiangs, the Tungs, the Pumis, the Tajiks, Jinis, the Tuchias, the Tulungs, and the Hanis, nearly all the festival activities of these nationalities either involve celebrating harvest, offering sacrifices to ancestors and gods, family reunion and amusements, or convey wishes for happiness and valuing time. As for ways of festival celebrations, such as the way family get together, the way they sit up through the lunar New Year's Eve, or pay visits on the lunar New Year's Day, they share more similarities than differences. Those who have settled down away from their native land have also become assimilated with the local customs while retaining customs of their own nationalities.

Paragraph 2

C 古尔邦节 Corban Festival

Corban Festival is an important Muslim festival, which lasts three days from the 10th of the 12th month according to the Islam calendar.

Just before the festival all Muslim families sweep their houses, fry dough rings, toast pancakes and slaughter sheep or cattle, to mark the occasion. Early on each morning of the festival days Muslims bathe, dress neatly and go to mosques for services. When they meet there amid clarion and melodious music, they shake hands, embrace and exchange words. Then they follow an imam into the mosque hall while chanting along, where they are to hold the festive rite, watch the sacrificial animal slaughter and listen to the imam chanting Koran. After the rite, better-off families each slaughter a sheep, one head of cattle or a camel. The custom has it that part of the animal meat is to be offered to imams and other Muslim leaders, the rest is to be offered to relatives or friends, and the bones and blood are to be buried to keep them sacred.

During the festival Muslims usually visit their relatives or friends, presenting gifts, while the hosts treat them to mutton, deep-fired cakes, and fruit. Both parties cordially exchange blessings while they take the foods. Young

Muslims sing and dance in courtyards or on grounds, late into night.

Paragraph 3

T藏历年 Tibetan New Year

The Tibetan New Year is celebrated from December 29 through January 15 by the Tibetan calendar. The calendar, with a history of 1000-odd years, has retained its peculiarities although it was greatly influenced by the Han and other nationalities.

Traditionally all Tibetan families start, in the middle of December, to prepare butter, milk tea, buttered tea, Qingke wine, mutton and some other holiday food. On the night of December 29, they do a thorough cleaning and dump all the waste at crossroads, believing that the dirty things harmful to the health and happiness of the family members are thrown away with it.

On New Year's eve, the family clean up their courtyard and spray water on it. They adorn the doors and windows with colorful fragrant cloth, and display on a table a Qiema (a container), a sheep head, Qingke wine, fruit, etc.

Before daybreak on Tibetan New Year's Day, people burn pine rosin and place dyed Qingke barley and ears of wheat on the roof, a wish for a prosperous new year. Women get up early to carry home buckets of auspicious water from the river. The other family members stay in bed, waiting to wash their faces with the water. This done and livestock fed, men put on new Tibetan robes and boots while women are dressed with colorful Bangdian (that is, aprons), and headdress dotted with corals, agates and pearls. The mother of the family then places the Qiema before everyone and each takes a little Zamba out of it while saying prayers like Zhaxidele (all the best) and Geshaersang (Happy New Year). Visits not allowed, all the family members stay home and enjoy holiday food and drinks.



Paragraph 4

T火把节 **orch Festival**

Torch Festival, a traditional festival of the Yi, Bai, Lisu, Na xi, Pumi, Hani and some other minority nationalities inhabiting southwest China, falls around the 24th of the 6th lunar month.

On the day of the festival, the Yis and Bais of the Dali Bai Autonomous Prefecture in Yunnan Province would build in villages big, pagoda-shaped pine torches wrapped up with layers of dried firewood and pine branches. In addition, there stand small torches at the doorway of every household. At dusk, carrying small torches, villagers gather around a big torch and wait for the exciting moment to come when the big torch is lit. Then, holding their flaming torches high, the villagers walk around their houses and fields. The flaming torches make the night a bright day. People then meet at a bonfire, singing, dancing or drinking through the night in the hope of bountiful crops in the coming year.

Paragraph 5

W泼水节 **ater-Splashing Festival**

The Water-Splashing Festival is the New Year, as well as the most important traditional festival, observed by the Dai nationality in Yunnan Province of China. The festival usually lasts 3-5 days somewhere between early the 6th month and early the 7th month of the Dai calendar.

The second day of the festival, which is the liveliest, sees water splashing. All people, men and women, old and young, taking along buckets or basins, come to broad streets. The streets are lined, on both sides, with containers of clear water which is scent or has petals floating on. When the entertainment begins, festival celebrators splash the water over their relatives, friends or acquaintances, wishing that they would be lucky and free from adversities or diseases. The ways to splash water fall into gentle splashing

and violent splashing, depending on how intimate the target is to the splasher and how old the target is. The gentle splashing is done to venerable elders. In doing it the splasher, while speaking some blessing words, pulls away an elder's collar and gently tips into the opening a ladle of clean water which flows down the target's back, while the target should willingly accept the splashing and reciprocate the splasher's good wishes by blessing. The violent splashing is done to others but the elder. In doing it the splasher is free to splash water, from a gourd ladle, a basin or a pale, over a target, and the target likewise splashes back. The more water one bears, the happier he feels. All the amusement makers dance, sing, and laugh heartily while splashing, entirely lost in pleasure. Some young men even go to bamboo dwelling houses and splash water over girls there, a symbol of love.



Cultural Links

文化链接

苗 年

苗年是我国苗族的传统节日,具有浓郁的民族色彩。由于我国的苗族分布在贵州、云南、四川、湖南、广西等广大地区,因此,苗族人民过苗年的日期也就有所差别,总的日期范围在稻谷入仓和秋种完毕后的每年农历十月至十二月之间。

“踩芦笙”即跳芦笙舞,也是苗年的传统重点活动内容,一般多在斗牛结束后举行。苗族青年们成群吹起节拍轻快、雄浑有力的芦笙合奏曲,使整个舞场都沉浸在美妙的旋律之中,盛装的苗族姑娘们翩翩起舞,尽情欢乐。这种舞会还有“讨花带”的习俗,即当外村寨的小伙子到本村寨的芦笙场吹起“讨花带”的芦笙时,姑娘们就把花带挂在小伙子的芦笙上表示感谢。小伙子们得到花带后还要再回场中吹奏一、二次,以向姑娘们表示谢意。



Vocabulary

妙词连珠

public holiday 公假	Third Month Fair 三月街
national holiday 固定节日	The Hanis' New Year 年收扎勒特节
national festival 国庆节	Kuzaza Festival 苦扎扎节
festival 庆典	Water-Splashing Festival 泼水节
festivity 庆祝活动	Heshi Festival 盍什节
festal day 庆祝日	Knifeladder-Climbing Festival 刀杆节
Harvest Festival 收获节(基督教)	The Pumis' New Year 普米族大过年
ember days; E. D. 四季大斋日	The Miao's New Year 苗年
home leave 探亲假	Siyueba Festival 四月八
art festival 艺术节	Double Sixth Festival 六月六
music festival 音乐节	Singing Festival 歌墟节
gain day 盈余日	Danu Festival 达努节
feast day 斋戒日	Bird-Dispelling Day 赶鸟节
holy day 瞻礼日(天主教)	Yifan Festival 依饭节
Ghost Festival (15th of the 7th lunar month) 中元节	Gannian Festival 赶年
Lord's Day 主日(宗教、星期日)	Double Third Day 三月三
Hezhe Spring Festival 赫哲年	Bumper Harvest Festival 丰收节
Nadamu Festival 那达慕大会	Wushigao Festival 吾时高节
Aobao-Worshipping Festival 祭敖包	Nostalgia Festival 怀亲节
Lesser Bairam 开斋节	Munao Festival 木脑节
Corban Festival 古尔邦节	Kuota Festival 扩塔节
Nuolaozi Festival 诺劳孜节	Nadun Festival 纳顿会
Hua'er Festival 花儿会	Fireworks Festival 花炮节
Tibetan New Year 藏历年	Forging-Iron Festival 打铁节
Wanguo (Ongkor) Festival 旺果节	Duan Festival 端节
Torch Festival 火把节	Huijie Festival 会街节



U 少数民族风俗

Unit 4 Customs of Chinese Minorities



Key Sentences

流畅精句

1. The Bai people are well known for their fine stone and marble work and woodcarving.
白族人民精湛的木雕,石头和大理石石刻远近闻名。
2. The Hani really excel in magnificent jewelry, particularly earring.
哈尼族人具有高超的首饰制作工艺,其中以耳环为代表。
3. The Dai people are well presented by their unique costumes, textiles, and musical instruments.
傣族人民极具特色的服饰织物和乐器富有代表性。
4. The Miao people know how to celebrate and prepare their festivals including bullfighting, horse back riding, folk singing, and the unique Lusheng pipe playing.
苗族人非常擅长准备和庆祝他们自己的节日,诸如斗牛、赛马、赛歌以及独特的芦笙演奏。
5. Like other ethnic groups in China, the Qiangs are fond of dancing and singing.
与其他少数民族一样,羌族人民热爱唱歌和跳舞。
6. All Tibetans, men and women, like to wear ornaments.
藏族人民,不论男女,都喜好佩戴饰物。
7. Tibetans have many taboos that mould their daily life.
藏民们有很多禁忌,制约他们的日常生活。
8. Every Mongolian loves to prove his worth by demonstrating skills in horsemanship and archer, as well as wrestling.



每一个蒙古族人都愿意通过马术、射箭和摔跤来向他人证明自己的能力。

9. She women like to wear black short shirts decorated with lace on their collars, cuffs and garment fronts.

畚族妇女都喜爱穿黑色短衫,领口、袖口和前襟都用蕾丝花边加以装饰。

10. She people often express themselves via songs, and singing has become a way of communication.

畚族人民通常用唱歌的方式抒发情怀,唱歌已经成为他们的一种交流方式。

11. The She ethnic group believes in ghosts and gods, and worships their ancestors.

畚族人民相信鬼神,崇拜祖先。

12. Most Li practice traditional ethnic religions, including ancestor worship, worshipping earth gods and spirits.

多数黎族人民相信传统的民族宗教,包括祖先崇拜和自然崇拜。

13. The Li nationality dances combine art and physical culture and are brisk and lively.

黎族舞蹈将艺术和人体文化完美结合起来,跳起来欢快、生动。



Wonderful Paragraph

精彩片段

Paragraph 1

R少数民族的居住地 Regions Where the National Minorities Live

China is a country with 56 nationalities, among which Han nationality takes more than 91.5% of China's total population. The other national minorities together comprise the rest 8.5%. They mainly live in the southwestern regions, Inner Mongolia, Ningxia and Xinjiang Autonomous Regions and southeastern coastal regions. Traveling to such areas may help visitors get

to know the colorful and unique customs of people living there.

Paragraph 2

E少数民族的服饰与佩饰 **thnic Clothing and Silver Ornaments**

Entitled “Silver Art-Costumes of China’s Ethnic Minorities”, the exhibition features over 100 pieces of clothing and silver ornaments, including those of southern ethnic groups such as the Miao and the Zhuang, and those of northern ethnic groups such as the Mongol and the Uygur.

Silver ornaments also play an important part in the life of ethnic Chinese people as many minority ethnic groups believe that silver has the power to ward off evil spirits and that wearing silver ornaments represents the quest for fortune, peace and prosperity in life.

Paragraph 3

M苗族习俗 **iao People's Customs**

In Guizhou, among the ethnic groups the Miao people have the largest population. They have more than 158 festivals in a year, and more than 80 Miao unique customs to boast of. The Miao people know how to celebrate and prepare their festivals including bullfighting, horse back riding, folk singing, and the unique Lusheng pipe playing. At festival time, the Miao women wear their stunning silver jewelries often piling on five to six neck rings at a time, as well as chain loins, chest locks and multiple headdresses. Girls wear huge silver horned headdresses and crowns with delicate designs of birds, flowers and coins. As they gracefully move and dance, their jewelries and headdresses create wonderful musical sounds.

Paragraph 4

Q羌族习俗 **iang People's Convention**

The Qiang ethnic group is one of the oldest tribes in China. They have a



population of 198 300. Most of them live in the Aba-Tibetan Qiang Autonomous Prefecture in western Sichuan. Most Qiangs are believers of Animism. They worship white stones placed on roofs as the “Heavenly God”. Also, the Qiang people practice polytheism and tokenism. They worship their ancestors and nature. Like other ethnic groups in China, the Qiangs are fond of dancing and singing. Popular musical instruments include the Qiang flute, Sheepskin drum and Kouxian (a kind of stringed instrument made of bamboo).



Cultural Links 文化链接

藏族习俗

藏族是中国比较古老的民族,藏族人民信奉喇嘛教(佛教的一个分支)。过去,西藏实行封建农奴制度,这种制度具有政治、宗教统治力量,藏族人民的社会生活、风俗习惯都带有明显的历史传统和文化的痕迹。藏族人民,无论男女,都喜好佩戴饰物。他们通常将一只或两只胳膊裸露在外,将袖子缠在腰间,工作起来方便自如。糌粑、牛羊肉是藏民们的主要食物。在一些地区,藏民们也经常食用米饭和面条。所有的藏民都十分钟爱酥油茶、奶茶、酸奶和奶酪。

藏民们有很多禁忌,制约着他们的日常生活。他们不食用鱼虾、鸡蛋以及狗、驴、马和猫肉。寺庙附近不得进行采伐、钓鱼、狩猎、裸体等行为;在寺院内部,男人和女人不得坐在一起。



Vocabulary 妙词连珠

virtuosity 艺术品专家的技巧

ornament 装饰品

auspicious 兴隆的;幸运的

quest (长期的)探寻;探索

posthumous (指小孩)父亲死后出生的

accosts 跟……搭讪

raze 夷平;拆毁

incorrect habit 不合礼仪的习惯	social habit 社交习惯
city(/urban) custom 城市风俗	living(/life) habit 生活习惯
town habit 城市生活习惯	ways of the world 世故
traditional custom 传统习俗	common customs 世俗
native(/local) custom 当地风俗	ways of the world 世态
local custom 地方风俗	thinking habit 思维习惯
Oriental custom 东方风俗	foreign custom 外国风俗
evil(/vicious) habit 恶习	civilized custom 文明习俗
dissolute habit 放荡恶习	Western custom 西方风俗
prevailing custom/practice/habit 风尚	smoking habit 吸烟习惯
local conditions and customs 风土人情	habit; custom; usual practice 习惯
correct habit 符合礼仪的习惯	modern custom 现代风俗
antique custom 古风	country(rural) custom 乡村风俗
ancient/old custom 古老风俗	new custom 新风俗
fixed habit 固习	style of study 学风
curious habit 怪癖	dress habit 衣着习惯
bad/awful habit 坏习惯	exotic custom 异国习俗
spendthrift habit 挥霍习惯	tea habit 饮茶习惯
family custom 家风	alcohol habit 饮酒癖好
folk custom 民间习俗	abstemious habit 饮食有度的习惯
folk custom; folkways 民俗	time-honoured custom 由来已久的风俗
national habit 民族习惯	vagabond habit 游荡习性
odd(strange) custom 奇特习俗	primitive custom 原始风俗
general mood of society 社会风气	reading habit 阅读习惯
social custom 社会风俗	neat habit 整洁的习惯
	drinking/drink habit 纵酒习惯



U 蒙古族娱乐活动 **Unit 5 Sports and Activities of Mongolian People**



Key Sentences

流畅精句

1. Horse racing is one of the three major competition activities of the Mongolian people.
骑马是蒙古族人民三项竞赛活动之一。
2. The Mongolians regard horses as their close friends.
蒙古人民把马当作是他们最亲密的朋友。
3. Before the race, the riders will select their horses and invite experience persons to train them.
赛前,骑手要精心挑选马匹,并且让有经验的人加以训练。
4. The competing horses and riders will be dressed up.
参加比赛的人与马匹都要周身装束。
5. The riders that win the championship will be awarded big prizes.
在比赛中获胜者会被授予很高的奖赏。
6. Wrestling is a sports event widely loved by men.
摔跤是蒙古人民非常喜爱的一项活动。
7. Wrestler who have won championships in several contests of the banner will be given the title of "master sportsman" and become an honorary wrestler.
在摔跤中获胜的参赛者会被授予勇士的称号,并且非常受人尊敬。
8. Wide spread in Inner Mongolia, the Chopsticks Dance is often seen on festive or celebrative feasts with only one man as the dancer.
筷子舞在内蒙古地区十分流行,一般是在节日庆宴上由一名男子表演。
9. The dance's posture and movements are unrestrained and nimble. 筷子舞的姿势与动作灵活而无约束。

10. Reaching the climax, the dancer will be shouting while he is dancing to add to the fun.

当舞蹈到了高潮阶段时,跳舞者会大声呼叫,这也为节日烘托出了气氛。



Wonderful Paragraph

精彩片段

Paragraph 1

H 骑马 Horse Riding

Horse racing is one of the three major competition activities of the Mongolian people.

The Mongolians regard horses as their close friends. On festivals and holidays, the herdsman will host horse races. The distance can be up to dozens of kilometres. The contest can be divided into walking races and running races. The walking race is a competition of speed, steadiness and beauty. The running race is a competition of speed and resistance. The rectilinear distance for running on the grass is 20 to 30 km, the champion and runner-up will be determined without regard for their age. Before the race, the riders will select their horses and invite experience persons to train them.

The competing horses and riders will be dressed up. All competitors will wear beautifully clothes and riding boots, with color bands tied on their heads. When the contest starts, all the contestants will whip their horse. The riders that win the championship will be awarded big prizes. The horse will have a red ribbon hung on it, considered a major honor.



Paragraph 2

W摔跤 restling

Wrestling is a sport event widely loved by men. Normally, there are 256 wrestlers participating in the banner-class wrestling contests and the wrestling attire is the strong processed cowskin vest, Mongolian boots, broad-crotch trousers and leggings with auspicious cloud patterns. In addition, the wrestlers need also to wear a colorful belt and a necklace.

Before the contest, the wrestlers must line up in two rows, while the commander and four singers dispatched by various sides will sing loudly. When the song is sung for the third time, the wrestlers enter the field. Then, the presenter will declare the name and hometown of the wrestlers. The wrestlers then bow before the contest stage and turn right around the field and start to compete.

Paragraph 3

C杯舞 up Dance

It is a kind of dance popular in Erdos, Inner Mongolia. On a festive or celebrative feast, after eating and drinking to their hearts' content, people will grab wine cups from the table and start to dance to show their happiness. Each hand holds two cups and taps them to make different sounds: quick, slow, broken and trembling. And both hands will move to music and tap different rhythms. The movements include: both hands move in the line of a horizontal Arabic numeral "eight" and the upper body moves right and left as the hands move; two hands are crossed and tap the wine cups up and down, left and right while the body moves in the same direction; hands move in circles; both hands shake the wine cups at the second or the eighth position of the stage when the body moves in the same direction

with the hands and the line of sight moves in the opposite direction, that is to say, the ears follow whatever direction the wine cups are moving and listen to the sound; so-called circle movement: one hand hangs over the head while another hand moves in circles in front of the body; so-called horizontal swaying movement: both hands move to one side at the back, and the range of action is small around the hip, middle around the waist and big when one hand is over the head and another hand is behind the waist. At the end of some movements or at the linking part of two movements, some beautiful and fantastic movements can be seen. The lower body may kneel down or may be accompanied by various dance steps, such as round about steps. The head may carry a bowl or a lamp. As a mixture of toughness and gentleness, the dance appears graceful and simple and has lasting appeal.

Paragraph 4

C 筷子舞 Chopsticks Dance

Wide spread in Inner Mongolia, the Chopsticks Dance is often seen on festive or celebrative feasts with only one man as the dancer. Holding a bunch of chopsticks in one hand or two hands, the dancer remains on the same spot, shaking his shoulders quickly, along with the bending and stretching of legs and rocking of body. In a relaxed and smooth manner, the dancer clapping his own hands, shoulders, waist and legs, etc. by chopsticks and then proceeds in a circle or goes forward and backward in a straight line. The dance's posture and movements are unrestrained and nimble; the ways of clapping chopsticks are flexible and varied. Reaching the climax, the dancer will be shouting while he is dancing to add to the fun.



Cultural Links

文化链接

蒙古敖包

敖包原是元太祖成吉思汗征服蒙古高原各部落时的产物。蒙古高原统一后,部落之间的战争也已停止,喇嘛教开始传入高原,敖包便逐渐失去了原来的意义,成了宗教的产物。敖包越造越多,形状、布局、材料也逐渐翻新,不仅有土堆成的,还有用草木或石头建成的。有的是中间一个大的,且竖有一根高高的杆子,上面挂有黄、白、蓝等不同颜色的布幡,两边各排列六个小的,也竖起一根根杆,并挂有不同颜色的小布幡。每当风起时,这些布幡像军旗一样随风飘舞。

随着喇嘛教的不断兴盛,敖包在广大蒙古族人民心目中的地位也越来越高。外出的人们只要经过这些敖包,便诚惶诚恐地叩头参拜,并献上供品,有的人还给这些敖包堆上几块石头或添上一些土,以示对神灵的虔诚。

每年阴历五月,各部落都要在敖包举行“敖包会”。每当此时,男女老少都带着木碗,兴高采烈地到这里领受神的恩典。会上,许多喇嘛被请来念经,并绕着敖包洒圣水,燃烧松柏枝,以求苍天保佑风调雨顺、人畜兴旺。祭祀活动结束后,便开始牧民传统的竞技活动,各个赛场龙腾虎跃。晚上,一对对的姑娘、小伙子们怀着喜悦而神秘的心情,在敖包幽会,并订下终身。那首著名的《敖包相会》便是对这种情境的歌唱。



Vocabulary

妙词连珠

regard 关心,注意,尊敬,尊重,致意	steadiness 坚定性
festival 节日,喜庆日	resistance 反抗,抵抗,抵抗力
herdsmen (英国北部产)壮健绵羊品种	rectilineal 直线的,哥特式建筑的
dozens 一打,十二个	champion 冠军,拥护者,战士
kilometre 公里	whip 鞭子,车夫
competition 竞争,竞赛	ribbon 缎带,丝带,带状物,带子
	championship 锦标赛

wrestling [体]摔跤

participate 参与,参加

attire 服装

leggings (通常用复数)绑腿、裹腿、
护胫

auspicious 吉兆的,幸运的

belt 带子,地带

commander 司令官,指挥官

honorary 荣誉的,名誉的,(债务的)
道义上的

celebrative 为庆祝用的

horizontal 地平线的,水平的

Arabic 阿拉伯的

shake 摇动,摇,颤抖,震动

waist 腰部,腰,衣服的上身部分,背
心

hip 臀,蔷薇果,忧郁

fantastic 幻想的,奇异的,稀奇古怪
的,荒谬的,空想的

kneel 跪下

accompany 陪同陪伴

toughness 韧性,坚韧,刚性,健壮性

graceful 优美的

appeal 请求,呼吁,上诉,吸引力,要
求

Chopsticks 筷子

stretching 伸,拉伸,伸长[展],展览

shoulders 肩膀

relaxed 不严格的,不拘束的

posture (身体的)姿势,体态,状态,
情况,心境,态度

unrestrained 无限制的

nimble 敏捷的

flexible 柔韧性,易曲的,灵活的,柔
软的,能变形的,可通融的

varied 杂色的,各式各样的

5 民间工艺

Folk Handicraft

Unit 1 Chinese New Year Picture

Key Sentences 流畅精句

1. Textual researches indicate that block-printed Chinese New Year pictures originated from the Door Gods in ancient China.
据考证,木版年画来源于中国古代的门神。
2. The making of a wood block picture involves drawing, engraving, printing and mounting.
木版年画的制作包括绘画、雕刻、印刷和镶嵌。
3. Block-printed Chinese New Year pictures cover a wide range of subjects.
木版年画的题材极其广泛。
4. As a unique form of folk art, block-printed Chinese New Year pictures stand out in its artistic expression.
作为一种独特的民间艺术,木版年画的艺术表现力也与众不同。
5. Woodcut New Year picture is for the occasion of Chinese Spring Festival.
木版年画是为春节而做的。



Wonderful Paragraph

精彩片段

Paragraph 1

A 中国木版年画简介 Brief Introduction of the Block-printed Chinese New Year Pictures

The block-printed Chinese New Year pictures are a traditional form of folk art in China. They are pictures printed from wood blocks into which both the text and the illustration have been carved by hand, to celebrate the Chinese Lunar New Year, also known as the Spring Festival. They were the most expressive form of artistic representation of things in pictures from the invention of block printing in China to the advent of modern printing, and are still popular among the people.

Paragraph 2

T 木刻年画的特点 The Features of Woodcut New Year Picture

Woodcut New Year picture is for the occasion of Chinese Spring Festival. It features beautiful art design with bright, delightful colors. It fits the mood of the people longing for a happy life, a fresh start at the beginning of a year and a new cycle of perpetual life. Popular themes of New Year picture include house safeguard; family blessing; crop harvest; longevity; safety and prosperity.

Paragraph 3

R 木刻年画的著名产地 Reputable Areas of Manufacturing Woodcut New Year Picture

Reputable woodcut New Year picture manufacturing and printing shops were rampant across the country, namely, Yang Liuqing in Tianjin; Taohua Wu in Suzhou; Minazhu in Sichuan; Linfen and Xinjiang in Shanxi; ZhuX-



ianzhen in Henan; Long Hui Tan Tou in Hunan; and Pingdu, Liaocheng and Wei County in Shangdong; Wuqiang, Hebei; Zhangzhou, Fujian; Fushan, Guangdong; and Fengxiang, Shaanxi. With unique styles and features, they each held a place of its own in the forest of folk New Year picture.

Paragraph 4

Y杨家埠木板年画 **Yang jiabu Woodblock New Year Picture**

Yangjiabu Woodblock New Year Pictures originated in the Ming Dynasty. Yangjiabu is located near Weifang City in Shandong Province. The original settlers, mostly with the family name Yang, moved here from Zitong County in Sichuan Province during Hongwu reign period of the Ming Dynasty. The woodblock pictures used as New Year decorations have mainly Buddhist themes, while the horizontal wall pictures are based on woodblock illustrations.

Paragraph 5

Y杨柳青年画 **Yang Liuqing New Year Pictures**

One of China's three famous folk New Year picture styles, Yang Liuqing New Year Pictures originated in Yang Liuqing Town, in the western suburbs of Tianjin City, in the early 17th century. Adopting the method of integrating block printing and hand-colored decoration, they are characterized by varied themes such as brightness, vivacity, happiness, auspiciousness and fascination. The pictures by the young people in Yang Liuqing have enjoyed a high reputation in China.

Paragraph 6

T木版年画的艺术 **The Art of Block-Printed Chinese New Year Pictures**

As a unique form of folk art, block-printed Chinese New Year pictures stand out in its artistic expression. As far as their artistic creation is con-

cerned, these pictures are free from the limitations of time and space, with masterly generalized themes and sensationally exaggerated images. In terms of their brushwork or style, these pictures have inherited the traditional Chinese sketching techniques, with an accurate and well-conceived composition, simple yet bold lines, unsophisticated yet exaggerated images, bright and lively colors. As regards printing, black, red, green, blue and yellow are the preferred colors. In short, with skillfully contrasted colors, characteristic themes, honest and graceful figures, these pictures give off a strong local flavor.



Cultural Links

文化链接

天津杨柳青年画

天津杨柳青村刻印年画始于明万历年间,最早开业的画铺,约在崇祯年间,有戴廉增、齐健隆两家,清雍正、乾隆至光绪初,为最盛时期。杨柳青在明代的地方志里被称为“柳口”,因当地富产杨柳而得名。光绪年间全村共有 7 000 余户,居民不分男女老幼大部分是以印制年画为生,故有“年画之乡”的美称。直至 1927 年,杨柳青以南各村以绘画为生者仍不下 6 000 余人。杨柳青年画的产地并不限于杨柳青本地,而是包括杨柳青以南的 32 个村庄,如田家主、李家庄、赵庄子、古佛寺、雪家庄、炒米店等。杨柳青年画的内容多取材于小说、戏曲、神话故事、美女、胖娃娃等,寓寄喜庆、吉祥之意。或以典故、成语作为主题。



Vocabulary

妙词连珠

heritage 遗产;继承物
on the verge of 濒于
extinction 灭绝
successor 继承者

exponent 代表性;典型
consummate 完美的
lucrative 赚钱的
ignite 点燃;激起



miniature 小型的	picture made of sorghum stalk 高粱
phasing-out 分阶段(或逐步)停止	秆画
(或结束、完成)	burnt picture; poker work 火烙画
ascribe 认为是……的原因	cloisonne 景泰蓝
smuggle 走私	glassware 料器
figurine (陶土,金属等)小雕像;小	gold-coated 镏金
塑像	wheat straw (/wheat stalk/straw)
brocade 锦缎	patchwork 麦秆画
lacquer ware 漆器	picture in cork 木画
slipshod 马虎的	golden paint 泥金
potent 有力的;有效的	ox horn mosaics 牛角画
scroll 纸卷	fur patchwork 皮毛画
antithetical 对偶	mosaic floor 拼花地面
couplets 对句	lacquer painting 漆画
elaborate 细心完成的	cork patchwork 软木画
poster 招贴;招贴画	(tree) bark picture 树皮画
gilding; covering with gold leaf 包金	enamelware 搪瓷制品
shell (carving) picture; shell mosaic	gild; bronze 烫金
贝雕画	gold-overlaid 贴金
mural painting; fresco 壁画	iron openwork; iron (wall) picture 铁
glass painting 玻璃画	花画
painting on silk 帛画	mosaics 镶嵌工艺品
painted shell 彩蚌	marquetry 镶嵌细工
painted egg 彩蛋	feather patchwork 羽毛画
gold-plated; gilded 镀金	bamboo screen (/scroll) painting; paint-
patchwork 缝缀拼凑品	ing on a bamboo curtain 竹帘画

U 剪纸

Unit 2 Paper-Cut

Key Sentences

流畅精句

1. Paper-cuts were used for more purposes.
剪纸艺术用途广泛。
2. Everything can become the theme of paper-cut, from people to the things that can be found in everyday life such as birds and flowers, animals and insects.
日常生活中人们所习见的诸凡人物、花草、鸟兽,都成了剪纸的素材。
3. Nowadays paper-cut artisans fall into two groups, professional and amateur.
现在的剪纸艺人分为业余和专业两种。
4. Simple paper-cut works are usually those of amateur women practitioners.
简单的剪纸一般由妇女业余为之。
5. As far as techniques are concerned, paper-cuts are also classified into two kinds, one-page cutting and multi-page engraving.
从制作技术来说,剪纸分为单页的剪纸和多页的刻纸两种方法。
6. Some professional artisans go so far as to cut out lifelike patterns in their sleeves.
专业的剪纸艺人甚至在袖子里(相当于现在的暗箱操作)也能剪出形神毕肖的作品。
7. At present, the art of paper-cut is no longer confined to the "home" or "family".
现今,剪纸艺术已经走出了“家门”。



8. Of all folk art works, paper-cut is the most participated.
在所有的民间艺术作品中,剪纸是最为普遍的。
9. As a cultural carrier of the original Chinese philosophy, paper-cut is embodied in all aspects of folk custom and culture.
剪纸作为中国哲学的文化载体,无处不体现着民间传统和文化。
10. Folk paper-cut is a living fossil of art history.
民间剪纸艺术是艺术史的活化石。
11. With a vast territory and multi-ethnic population, Chinese folk paper-cut bears distinct national and geographical features.
由于我国地域辽阔,人口繁多,民间的剪纸艺术因地区不同而具有各自不同的特征。
12. In general art style, each art work brings out an unique, personal touch of the author.
从整体艺术形式上讲,每一件艺术品都蕴含了制作者独特的想法。



Wonderful Paragraph 精彩片段

Paragraph 1

A 剪纸简介 Brief Introduction of Chinese Paper-Cut

Of all folk art works, paper-cut is the most participated. Often characterized by geographical regions, paper-cut is rich with historical and cultural heritage. Even though it has only been two thousand years since the invention of paper, the cultural implication and art forms that paper-cut represents goes back all the way to primitive society 6 000 ~ 7 000 years ago. The cultural value it carries far exceeds the value of art itself; it enriches the entire original Chinese art system, art formation and color structure, having deep impact on philosophy, aesthetics, history, ethnology, sociology and anthropology.

Paragraph 2

T中国剪纸艺术的发展 **he Development of Chinese Paper-Cut**

Today, great strides have been made in the art of paper-cut in terms of the themes, patterns, cutting or engraving skills, mounting, and artisans or craftsmen, and many styles of paper-cut have been developed with the passage of time. Everything can become the theme of paper-cut, from people to the things that can be found in everyday life such as birds and flowers, animals and insects. In many parts of China, paper-cutting skill has become a must for women, old and young, and the symbol of a clever mind and nimble fingers for Chinese ladies as a whole.

Paragraph 3

F中国剪纸的特征 **eatures of Chinese Paper-Cut**

With a vast territory and multi-ethnic population, Chinese folk paper-cut bears distinct national and geographical features. In art style, northern China is more straightforward, unconstraint, and broad minded; while in the south, it is more exquisite and delicate, full of delight and witty. From the creators, the rural female folk artists use only a pair of scissors and paper to convey their conceptual figures and color effect which surpass time and space; while male-dominant career artists make paper carvings with superb delicacy and graciousness in a more realistic style and art language. From the functionality in social life, paper-cut for embroidery patterns are given more emphasis on the outline for decorativeness; while cave window decoration gives more delicacy to the inner pattern to let in light. In general art style, each art work brings out an unique, personal touch of the author.



Paragraph 4

H怎样制作出完美的剪纸 **How to Cut Perfectly**

It is easy to learn about cutting a piece of paper but very difficult to master it with perfection. One must grasp the knife in an upright fashion and press evenly on the paper with some strength. Flexibility is required but any hesitation or wiggling will lead to imprecision or damage the whole image. Engravers stress the cutting lines in several styles and there are four ideal but basic lines that they endeavor to master. They attempt to carve a circle like the moon, a straight line like a stem of wheat, a square like a brick, and jaggedly like the beard.

Paragraph 5

T陕西剪纸 **Themes in Shanxi Paper-Cuts**

The paper-cuts of Shanxi feature a wide variety of themes, including flowers, human figures, animals, legends, folk tales and stories from operatic works, and showing a bold and unrestrained style, simple and unsophisticated presentation and strong local characteristics. There are two types—colored and monochrome.

Paragraph 6

T剪纸所体现出的意义 **The Meaning of Paper Cutting**

People find hope and comfort in expressing wishes with paper cuttings. For example, for a wedding ceremony, red paper cuttings are a traditional and required decoration on the tea set, the dressing table glass, and on other furniture. A big red paper character “Xi” (happiness) is a traditional must on the newlywed’s door. Upon the birthday party of a senior, the character “Shou” represents longevity and will add delight to the whole celebration; while a pattern of plump children cuddling fish signifies that ev-

ery year they will be abundant in wealth.

Cultural Links

文化链接

剪纸的由来

西周(公元前 1100—公元前 771 年)初期,成王将梧桐叶剪成玉圭图像,赠其弟姬虞,封他到唐国(今山西西南部)去当诸侯,恐怕这就是有关剪纸的最早记载。春秋战国时代,已经有镂刻的金、银箔剪纸形式制品,镶贴到铜镜、漆器、木器上作纹饰。西汉武帝时(公元前 140—公元前 78 年),随着纸的应用和普及,剪纸逐渐转到植物纤维纸上来,当时既有金银铜箔和绢制成的剪纸,也有用植物纤维等纸料制成的剪纸。随着民俗的形成,剪纸的用途从工艺品的纹饰扩展到节日的仪式上。自汉代起,从剪纸又衍生出一种关节会动的皮影,后来转向舞台表演。

Vocabulary

妙词连珠

traditional motif 传统主题	form design 式设计
paper-cut window decoration; window flower 窗花	paper-folding 折纸
lantern 灯笼	decorative design 装饰图案
kite 风筝	handicraft 手工;手工艺
scissors; shears 剪刀	unsophisticated 不复杂的;简单的
paper-cut silhouette 剪影	monochrome 单色画
paper-cutting; paper cut; scissor-cut 剪纸	woodblock 木版
paper-cutting method 剪纸方法	stitching 缝纫;刺绣
paper-cutting style 剪纸风格	magpie 喜鹊
paper-cutting skill 剪纸技艺	phoenix 凤凰
paper-cutter 剪纸艺人	peony 牡丹
paper-cutting art 剪纸艺术	exaggerative 夸张的;夸大的
paper-cuttings 剪纸作品	vivacity 活泼;轻快
	auspiciousness 吉利;兴隆



Unit 3 Kites



Key Sentences

流畅精句

1. Kite flying is widespread in China, especially in Beijing and Weifang which are both epicenters of kite manufacturing and flying.
放风筝在中国很普遍,尤其是在北京和潍坊这两个生产风筝和放风筝的中心。
2. In kite making extremely thin strips of bamboo or wood are used to construct a frame, which is then covered with paper or gauze.
制作风筝时,要用很薄的竹条或木条作为风筝的骨架,然后用纸或者纱布包在外面。
3. The kites are made to resemble animals, figures and musical instrument.
风筝形状有的像动物,有的像人物,还有的像乐器。
4. A long time past, the Chinese made kites to use in wars.
很久以前,风筝在中国曾被用于战争方面。
5. The Chinese people also flew kites to bring good luck and to make their crops rich and tall.
中国人放风筝是为了带来好运气,或者是为了使庄稼长得丰硕长得高。
6. Of all the art forms in the Chinese culture, kites are one of the well-known handicraft arts beaming with national characteristics, and kite-flying has become a favorite pastime among the people.
在中国文化的百花园中,风筝是颇具中华民族特色的手工艺术之一,放风筝则是中国民间极为流行的一种游乐民俗。
7. As for the variety of the kites, there are soft-winged, hard-winged, dragon-shaped, multi-section, flat, tubular, three-dimensional, and free-style kites, with more than 100 themes.

在风筝的种类上,研制出了软翅类、硬翅类、龙型类、串型类、板子类、桶子类、立体类、自由类等多种型、上百种题材的风筝。

8. Chinese kites occupy a very important position in the world history of science and culture.

中国的风筝在世界的科学文化史上占有举足轻重的地位。



Wonderful Paragraph

精彩片段

Paragraph 1

A 中国风筝简介 Brief Introduction of Chinese Kites

Kites (feng zheng), known in ancient China as zhiyuan (paper kites) or muyao (wooden kites), fall into two major groups—the Southern Group and the Northern Group. In South China, kites are usually called yaozi (harrier) or banyao (wooden harrier), while in North China they are known as muyuan (wooden hawk), fengyan (wind hawk) or feiyuan (flying hawk). As a folk art, the Chinese kite is usually made of painted silk on a bamboo frame, with a silk string attached to it. Of all the art forms in the Chinese culture, kites are one of the well-known handicraft arts beaming with national characteristics, and kite-flying has become a favorite pastime among the people.

Paragraph 2

F 中国著名的放风筝城市 amous Cities of Kite Flying in China

Kite flying is widespread in China, especially in Beijing and Weifang which are both epicenters of kite manufacturing and flying. Kites are made in various styles by professional or amateur artists of different schools. Eulogized as China's kite capital, the city of Weifang in the northern province of Shandong hosts an International Kite Fair and kite-flying tournament every



spring just before Qingming. The event attracts numerous contestants from all over the world and a growing number of tourists from home and abroad.

Paragraph 3

T风筝在中国史上的作用 **he Purpose of Flying Kites in Chinese History**

A long time past, the Chinese made kites to use in wars. They would fly these war kites in the night. The kites were fixed so that they made strange sounds. The enemies were frightened and ran away. They thought those strange sounds were made by spirits in the sky.

The Chinese people flew kites to bring good luck and to make their crops rich and tall. Sometimes they would fly the kites over water, pulling hooks hung down to catch fish.

Paragraph 4

H怎样制作风筝 **ow to Make a Kite**

In kite making extremely thin strips of bamboo or wood are used to construct a frame, which is then covered with paper or gauze. Painting and mounting are vitally important. The kites are made to resemble animals, figures and musical instrument. Some have rigid wings while others have movable ones. Some can even make sounds like an organ, a gong or a drum while flying. With the application of new technology to kite making, China has an ever-growing variety of these exquisitely shaped and patterned creations.

Paragraph 5

K中国和其他国家在风筝方面的交流 **ites' Communication Between China and Some Other Countries**

Chinese kites occupy a very important position in the world history of

science and culture. It is believed that Chinese kites were introduced to Korea, Japan, Malaysia and some other countries after the Tang Dynasty before they were brought to Europe and America.

Cultural Links 文化链接

风筝的由来

据史载:风筝在我国已有两千多年的历史,早在春秋战国时代,就有人用木、竹做风筝,其代表人物相传是巧匠鲁班大师,他“削木成鸢,成而飞之,三日不下”。《韩非子·外储说左上》云:“墨子为木鸢,三年而成,蜚(飞)一日而败。”《墨子》则记载了“公输子削木为风筝用绳子牵引”,加之当时还没有发明纸,“木鸢”是用木料制作的,因而用现代话说,它们实际上是靠滑翔飞行的鸟形飞行器。到了汉朝,出现了用竹制框架,以纸糊之、以绳牵之、放之空中的“纸鸢”(音鸳)。到五代时,李邕在风筝上拴上竹笛,微风吹动,嗡嗡有声,很像“筝”声,因而得名“风筝”。

Vocabulary 妙词连珠

colour kite 彩色风筝	geometric kite 几何图案风筝
long-tail kite 长尾风筝	insect kite 昆虫形风筝
flying(/letting out/sending up) a kite 放风筝	dragon kite 龙形风筝
kite competition 放风筝比赛	bird kite 鸟形风筝
kite 风筝	flat kite 平板风筝
kite framework 风筝框架	delta-wing kite 三角翼式风筝
kite design 风筝图案	drawing in kite 收风筝
kite's tails 风筝尾巴	plastic paper 塑料纸
kite line 风筝线	box kite 箱形风筝
bowed kite 弓形风筝	swallow kite 燕形风筝
butterfly kite 蝴蝶型风筝	fish kite 鱼形风筝

Unit 4 Embroidery



Key Sentences

流畅精句

1. Suzhou embroidery is celebrated for its sophisticated stitching, vivid pictures, beautiful patterns and elegant colors.
苏绣以其熟练的做工,逼真的图案,精美的样式及其优雅的色调而闻名。
2. Human Embroidery emphasizes vivid patterns.
人物刺绣强调逼真的图案。
3. Embroidery is a traditional handicraft art, with a long tradition.
刺绣是一种传统的手工艺品,具有悠久的历史。
4. Embroidery products are made from soft satin and colored threads.
刺绣是用锦缎子和彩线制作而成的。
5. The discovery of silk as early as 5 000 years ago, and the production of silk thread and fabrics gave rise to the art of embroidery.
早在 5 000 年以前人们就发现了丝,从此丝线和丝织物都被用于刺绣。
6. Designs on embroidery include flowers, birds, landscapes, fish, worms and human figures.
刺绣的图案包括花、鸟、风景、鱼、虫和人物。
7. During the Daoguang Period of the Qing Dynasty, Sichuan embroidery industry took big strides forward.
在清代道光年间,四川的刺绣业发展迅速。
8. Traditional embroidery needlework displays patterns only on one side, but presently artists produce two-sided embroidery pieces, stitching different patterns on either side of the same satin cloth.

传统的刺绣只是在单面上绣图案,现今的艺术家们可以在双面绣图,而且可以在两面绣出不同的图案。

9. The art of Chinese painting has been applied to embroidery.

在刺绣过程中应用了中国的绘画艺术。

10. Most collected embroidery pieces that are considered top quality are based on classic paintings.

大多数所收集到的刺绣精品都是由于绣上了经典的图画。



Wonderful Paragraph

精彩片段

Paragraph 1

S 刺绣的类型和主题 Styles and Themes of Embroidery

Embroidery is a kind of traditional Chinese handicraft art, which is divided into the Suzhou, Sichuan, Guangdong and Hunan schools. Suzhou embroidery is celebrated for its sophisticated stitching, vivid pictures, beautiful patterns and elegant colors. Human Embroidery emphasizes vivid patterns. Guangdong and Sichuan embroideries feature popular motifs, such as a peacock spreading its tail, a magpie on the branch of a plum tree, pines and cranes as symbols of long life, two dragons playing with a ball, and a phoenix and peony. The embroidery items have varied themes: Some are romantic and exaggerative, others reflect the reality, or are vivid and true to life. Both are of practical and ornamental uses.

Paragraph 2

E 宋代的刺绣 Embroidery in Song Dynasty

The Song Dynasty saw a peak of development of embroidery in both quantity and quality. Embroidery developed into an art by combining calligraphy and painting. New tools and skills were invented. The Wenxiu Depart-



ment was in charge of embroidery in the Song court. During the reign of Emperor Hui Zong, they divided embroidery into four categories: mountains and waters, pavilions, people, and flower and birds. During this period, the art of embroidery came to its zenith and reputed workers popped up. Even intellectuals joined this activity, and embroidery was divided into two functions: art for daily use and art for art's sake.

Paragraph 3

T苏绣 **he Su Embroidery**

The Su Embroidery has a history of over 2 000 years. It was turned into mass production in Song Dynasty. During the late Ming Dynasty and early Qing Dynasty, the Su Embroidery was much influenced by the Japanese and Western fine arts. With traditional Chinese embroidery skills, it developed into simulated embroidery with ray effects. The Su Embroidery is known for its delicacy and elegance. Its design is usually very simple, highlighting a main theme.

Paragraph 4

T粤绣 **he Yue Embroidery**

The Yue Embroidery was fully developed in Tang Dynasty. The Yue Embroidery is rich and complicated in design with bright colors and strong decorative effects. The embroidery is characteristic of smooth and even. Though a wide range of designs, the most common ones on the Yue Embroidery are birds worshipping the Sun, the dragons and the phoenixes. The Yue Embroidery includes the Guang and Chao branches, which are also typical of their own stitching styles.

Paragraph 5

T刺绣技术的发展 **The Development of Embroidery Methods**

Current embroidery methods carry forward solid old traditions, but it also makes some innovations in stitching and modeling. Traditional embroidery needlework displays patterns only on one side, but presently artists produce two-sided embroidery pieces, stitching different patterns on either side of the same satin cloth. In some amazing designs, one side displays a cat, and the other a fish, both figures done on a single piece of transparent fabric and both are completed at the same time.

Paragraph 6

S刺绣的类型面临减少 **Types Facing Extinction**

Bian Embroidery was regarded as a National Treasure during the Northern Song Dynasty. Bian refers to the capital of the Northern Song Dynasty, Bianliang, today's Kaifeng. Bian Embroidery was mainly used by the royal family so it was also known as Court Embroidery or Official Embroidery. The style was exquisite, precise and elegant to match the demeanor of the royal family. However, with the collapse of the dynasty, Bian Embroidery collapsed, too.

Han Embroidery originated from Chu (Hubei Province) and flew to Wuhan from Jingzhou and Shashi. Tinted by the Chu Culture, Han Embroidery is characterized by a rich and gaudy color with bold patterns and exaggerated techniques. Han Embroidery came to its heyday in the middle and later Qing Dynasty and obtained golden medals in international expos and competitions. Embroidery Street was formed in Daxing Road, Hankou, with nearly 40 workshops engaged in it. Bombing by the American planes of a Japanese magazine nearby destroyed the street as weavers fled.

T 中国刺绣的使用和未来 The Use and Future of Chinese Embroidery

Today Chinese embroidery handicraft has not only come into the ordinary people's but also entered the world stage. Embroidery can be found on anything from garments, shoes, hats, tobacco pouches, bedsheet and pillowcases, embroidered portraits of gods, stage costumes, to household screens, hangings, calligraphy and paintings. With the constant emergence of new technology, Chinese embroidery as a traditional handiwork is displaying its boundless vitality in the present-day world.



Cultural Links

文化链接

中国刺绣

刺绣是中国民族传统工艺之一。约有两三千年以上的历史。著名品种有苏州的苏绣、湖南的湘绣、四川的蜀绣、广东的簪粤绣,合称“四大名绣”。此外有北京的京绣、温州的瓯绣等,风格因地而异。刺绣的技法有:错针、乱针、网、锁丝、纳丝、纳棉、盘金、平金、铺绒、刮绒、桃花等。绣品分日用及欣赏两类。



Vocabulary

妙词连珠

needlework 缝纫; 刺绣

satin 缎子

embroider 绣(花纹)

illuminate 照亮

time-consuming 费时的

luxurious 豪华的

amazingly 令人惊奇地

automatic 自动的

garment 衣服

geometrical 几何图案的

flora 植物群

fauna 动物群

marvelous 非凡的	velvet flower 绒花
veiled design incised in porcelain or woven in fabric 暗花	velvet bird 绒鸟
palm-leaf fan 芭蕉扇	velvet animal 绒兽
wall lantern 壁灯	patchwork 绒贴
patchwork; applique 补花	woollen needle-point embroidery 绒线绣
painted silk fan 彩绘绢扇	woollen needle-point tapestry 绒线绣 制品
drawn work 抽纱	woollen embroidery 绒绣
punchwork 抽绣	chenille toy 绒制玩具
embroidery 刺绣	coloured applique work 色贴布绣
silk embroidered picture 刺绣画片	gauze lantern 纱灯
cutwork 雕绣	cross-stitch embroidery 十字绣
hair embroidery 发绣	hand crochet article 手工钩针制品
silk-woven landscape 风景织锦	Sichuan brocade 蜀锦
palace lantern 宫灯	Sichuan embroidery 蜀绣
mandarin fan; a circular fan, original- ly used by court ladies 官扇	double-sided (/reversible) embroi- dery 双面绣
sunshade 旱伞	silk embroidery 丝绣
lace; trimming 花边	Suzhou embroidery 苏绣
festoon 花彩	sandal wood folding fan; sandal wood fan 檀香扇
drawing silk 画绢	Chinese boxes 套盒
brocade 锦绣	jacquard weave 提花
delicate embroidery 精巧绣品	cross-stitch work 挑花
silk scroll 绢本	rice-paper flower 通草纸花
silk flower 绢花	headdress flower 头花
silk figurine 绢人	round fan 团扇
silk fan 绢扇	rubbing from tablet 拓片
palm fan 葵扇	round silk fan 纨扇
gold drawing 描金	Venetian embroidery 万缕丝绣
plain embroidery 平绣	



cotton crochet bag 线结袋

Hunan embroidery 湘绣

embroidered garden stool 绣墩

(doing) embroidery 绣花

embroidered quilt cover 绣花被面

floss silk 绣花丝线

embroidered shoes 绣花鞋

embroidery needle 绣花针

pillow with an embroidered case 绣花枕头

ball made of silk strips 绣球

tapestry portrait; embroidered portrait
绣像

parasol; sunshade 阳伞

feather fan 羽毛扇

folding fan 折扇

paper flower 纸花

paper garlands 纸拉花

revolving scenic lamp 走马灯

Unit 5 Textile and Silk Industry



Key Sentences

流畅精句

1. Chinese textiles used to clothe rich people of many nations during a long course of history.
在很长的历史过程中,纺织的衣物仅仅供各国富有者穿。
2. The silk patterns in the Tang Dynasty had a unique style.
唐朝的丝绸图案别具风格。
3. The jacquard weaving technique improved greatly in the Song Dynasty.
在宋代,提花纺织技术得到了很大的发展。
4. Wool weaving was introduced to central China in the Ming Dynasty. 毛纺在明代传入中国。
5. With its long history, Chinese silk has been one of the oldest "envoys" of Chinese culture.
在历史长河中,中国的丝绸是中国文化传播的最古老的使者。
6. Suzhou is the generally recognized home of Chinese silk, or the silk capital of China.
苏州常被认为是中国丝绸的故乡,或者被称为丝绸之都。
7. Silk production in Suzhou has a history of more than 2 000 years.
苏州的丝织品有着 2 000 多年的历史。
8. Scientists have proven that the stretching resistance of silk is equal to that of copper wire.
科学家已经证实,丝的拉力与铜线的拉力几乎一样。
9. After the "Silk Road" was opened during the Han Dynasty, silk was transported to West Asia and Europe continuously from Suzhou.

丝绸之路自从汉代开放以来,丝绸就从苏州运送到西亚和欧洲。

10. In the beginning, Suzhou, Hangzhou, and Nanjing were equal in strength as silk producers.

在最初,苏州、杭州和南京的丝绸制造水平相当。

11. Everyone wanted to learn how to make silk, but they kept the secret carefully guarded.

每个人都想学会怎样制作丝绸,但当地人始终很谨慎地保守这个秘密。



Wonderful Paragraph 精彩片段

Paragraph 1

T中国的纺织史 The History of Chinese Textiles.

Among all the countries in the world, China is the country that first invented silkworm breeding and silk reeling, weaving, dyeing, printing and embroidery. It was the famous "silk country" in ancient days. Chinese textiles used to clothe rich people of many nations during a long course of history. They were the gem of ancient Chinese culture. Since the fifth century B. C. Chinese textiles, dyed silk and embroideries have spread to other parts of Asia, Europe and Africa via the Silk Route and won high praises. To this day, the traditional Chinese silk and won high praises. To this day, the traditional Chinese silk and embroidery are still popular all over the globe.

Paragraph 2

H纺织技术是如何传到外国的 How Did Silk-Making Technology Introduce to Other Countries

The Chinese learned to weave the thread into cloth. For 2 000 years they were the only people who knew how to make silk. Later, silk cloth was brought to Asia and Europe. It was called "The Cloth of Kings."



Everyone wanted to learn how to make silk, but they kept the secret carefully guarded.

Finally the secret was stolen. In the sixth century, two monks learned about the silkworms and their cocoon. They spent several years in China and found a way to take some silkworm eggs out of the country. One day they hid some eggs in the canes and walked out of China with them. It is said that the development of the silk industry in other countries came from those few eggs which the monks had carried out of China.

Paragraph 3

Y云锦 un Brocade

Yun Brocade was developed during the Yuan Dynasty although its origin could date back to the Southern Dynasty. Historical records suggest that prior to the Southern Dynasty there was no brocade in Nanjing until Emperor Liu Yu (363-422) had workers move to Jiankang (today's Nanjing) and established production there. Yun Brocade features quality material, refined weaving and the wide use of gold and silver threads. This magnificence gained the name of Yun, which is Chinese for "cloud". Elegant Yun Brocade ultimately became a precious artwork and no longer a fabric for day to day wear. In the Yuan, Ming and Qing Dynasties Yun Brocade was a royal tribute.

As the unique weaving skill cannot be undertaken by modern machinery, Yun Brocade remains very expensive.

Paragraph 4

T中国的丝绸之都 he Silk Capital of China

Suzhou is the generally recognized home of Chinese silk, or the silk capital of China. It is known to people who are interested in Chinese silk, that 90% of the genuine-silk trade in the world comes from China, and of the silk products exported from China, one third is from Suzhou. The large



assortment of Suzhou silk, long known for its quality and beauty, finds a brisk market in more than 100 countries and regions around the world. It has been praised as a “mythical fairy.”

Paragraph 5

M中国纺织业的现状 Modern Situation of Chinese Textile Industry

In today's reforming and opening China, while many mass production enterprises are the principal force in textile industry, traditional folk textile still has its share in the market. Along with the rise of people's living standard, folk textile as a practical and aesthetic handiwork has nevertheless won people's favor. Traditional spinning and weaving techniques and ancient looms are still playing their role in vast areas in the country. For example, the rural women in the southwest part of Shandong Province are still making a cotton fabric that enjoys a good reputation as “Luxinan brocade”, while the rural women in Mount Yimeng area's handmade printed cotton fabrics are also well liked in the world market. Traditional folk textiles as such enter into the lives of various nationalities carrying with them the strong cultural flavor and also bearing evidence of Chinese women's diligence and intelligence.



Cultural Links 文化链接

中国丝绸

中国的丝绸工业随着社会生产的发展而发展。唐代是中国丝绸生产的繁盛时代,当时,丝绸生产分工精细,技术高超,品种繁多,花式新鲜。江南的“缭绡”和“红线毯”是当时有名的产品。

丝绸用处很广,它不仅用来作衣料,还可以用来装裱书画,作礼品等。特别好的织锦常用来供人们欣赏。北京的故宫里,至今还陈列着许多丝织品,如龙袍、台毯、宫扇之类的东西。其中特别可观的是一件名叫“极乐世界图”的巨幅织锦,这是清朝时苏州织造的,长 451 公分,宽 195 公分,上面有佛像 274 尊,个个眉目清晰,表情生动,织工的精美大大超过了前代。

Vocabulary

妙词连珠

silkworm 桑蚕	(a kind of) silk gauze 罗
sericulture 养蚕(业)	linen 麻纱
brocade 锦缎	fabric made from waste silk 棉绸
caterpillar 毛虫	cotton velvet 棉绒
larva 幼虫	tulle 面罩用薄纱
economically 在经济上	damask 绮罗
spin 纺纱	georgette 乔其纱
pupae 蛹	crepe georgette 乔其绉
unwind 解开	zephyr 轻罗
nomadic 游牧的	rayon; artificial silk 人造丝绸
detention 拘留	man-made fibre piece-goods 人造纤维绸
geology 地质学	soft silk fabric in satin weave 软缎
escort 陪同	gauze 纱罗
corridor 走廊	changeable/shot silk 闪光绸
Mediterranean 地中海的	soft pongee 熟绸
snow-capped 积雪盖顶的	soft lawn 熟罗
foulard 薄绢	gauze 丝纱
chiffon 薄纱	jacquard silk 提花丝绸
drawnwork 抽纱品	georgette 透明纱
silk fabric with a geometric design 春绸	faille 线绢
soft plain-weave silk fabric 纺绸	twill silk 斜绸
poplin 府绸	chiffon 雪纺绸
Suzhou brocade 古香缎	printed silk piece-goods 印花丝绸
Canton crepe 广东绉纱	camblet 羽纱
lace 花边纱	brocade 云锦
figured satin; brocade 花缎	pure silk 真丝
pongee 苎绸(山东绸)	pure silk brocade 真丝织锦
lutestring 绢	tapestry satin 织锦缎
silk 绢绸; 丝绸	crepe 绉纱(绉绸)
gambiered canton silk 拷绸	Zhuang brocade 壮锦
damask silk 绉	
silks 绫罗	



Unit 6 Printing and Dyeing



Key Sentences

流畅精句

1. In China, folk printing and dyeing have a long history with diversified approaches and techniques.
在中国,传统的印染包含了多种方法和技术。
2. Dyeing originated from the ancient pressing-printing handicraft, and it was named “yaobanbu” in the Tang and Song dynasties.
印染来源于古老的捺印工艺,唐宋称之为“药斑布”。
3. Designs and patterns dyed on cloth with the traditional dyeing technique usually carry strong folk flavor.
民间印染所采用的图案多带有浓郁的民间色彩。
4. Folk dyeing handicraft, with its distinctive local feature and traditional cultural implication, is winning more and more urban people's favor.
在现代的都市生活中,具有鲜明地方特色和传统文化意蕴的民间印染工艺,赢得了越来越多的人的喜爱。
5. In printing, however, the color must be applied by special means.
色彩的运用在印染的过程中要用到特殊的技法。
6. The printing of yarns and warps is extensively practiced.
棉布的印染和弯曲印染需要不断地实战与练习。



Wonderful Paragraph 精彩片段

Paragraph 1

The Meaning of Printing and Dyeing in China

Printing and dyeing here refer to traditional folk handicraft of printing patterns on or dyeing various fabrics. In actual use, however, the term "printing and dyeing" may mean the folk technology of printing or the dyeing of fibrous fabrics in the broad sense, whereas in the narrow sense, it means a specific printing and dyeing approach, namely, a method of printing colored patterns on cloth by applying wax on the part that is not to be colored with hard paper printing plate. In China, folk printing and dyeing have a long history with diversified approaches and techniques. Having both practical and aesthetic value, printing and dyeing vividly reflect the simple, unaffected but profound cultural and artistic skills.

Paragraph 2

The Process of Wax-Dyeing

Wax-dyeing originated from ancient "laxie", the principle of which is to make use of the dye-resistant property of beeswax or insect wax by tracing a pattern drawn on a white cloth in melted wax, and when the wax oil congeals, the cloth is soaked into the indigo vat for dyeing. When the cloth is properly dyed, the cloth is taken out for drying so that the dye will permeate into the fibre. Finally the cloth is put into water and boiled until the wax is melted and removed from the cloth. Then the wax-dyed cloth is ready. As the wax is easily broken, the cloth is left with irregular cracks of color in the process of dyeing (commonly called ice cracks), creating a unique decorative effect. Wax-dyeing falls into two types: mono-color dyeing and double-dyeing. In some areas, four to five colors are dyed by means of process



printing, with the colors natural and diversified.

Paragraph 3

M现今的印染方法 **Methods of Printing at Present**

There are five distinct methods at present in use for producing colored patterns on cloth:

1. Hand block printing.
2. Block printing by machine.
3. Engraved plate printing.
4. Engraved roller printing.

5. Stenciling, which although not really a printing process may be classed here as one.

Paragraph 4

O其他印染方式 **Other Methods of Printing**

Although most work is executed throughout by one or other of the five distinct processes mentioned above, combinations of them are not infrequently employed. Sometimes a pattern is printed partly by machine and partly by block; and sometimes a cylindrical block is used along with engraved copper-rollers in the ordinary printing machine. The block in this latter case is in all respects, except that of shape, identical with a flat wood or coppered block, but, instead of being dipped in color, it receives its supply from an endless blanket, one part of which works in contact with color-furnishing rollers and the other part with the cylindrical block. This block is known as a surface or peg roller. Many attempts have been made to print multicolor patterns with surface rollers alone, but hitherto with little success, owing to their irregularity in action and to the difficulty of preventing them from warping. These defects are not present in the printing of linoleum in which opaque oil colors are used, colors that neither sink into the body of the hard linoleum nor tend to warp the roller.

Cultural Links 文化链接

蜡染工艺

以蜂蜡绘图的一种传统印染工艺。流行于布依、苗、瑶、仡佬等民族。用帚形蜡刀蘸蜡将花纹图案画在白布上,染色后,水煮脱蜡即现花纹,多为蓝底白花,也有红、黄、草绿、赭石诸色,具有鲜明的民族风格。史载秦汉时,即有“绘花于布,而后染之,去蜡则花现”的“蜡缬”。隋唐间,贵州点蜡幔驰名全国。北京故宫今存有 11 世纪和 17 世纪蜡染文物。关于蜡染的起源,布依族流传着这样一个故事:很久以前,一位仙女受观音菩萨派遣,下凡搭救生灵,至白水河,见善良的布依族人正受灾难危害,便向他们传授技艺,教青年种蓝靛、打铁制刀;教姑娘织布、画花;教老人养蜂、熬蜡。从此蜡染技艺代代相传。

Vocabulary 妙词连珠

baking stove 焙烘机	cloth washing machine 洗布机
baking oven 焙烘箱	brightening agent 增白剂
hypochlorite bleaching 次氯酸盐漂白	kier 煮布锅
bleaching 漂白	scouring 煮炼
bleached goods 漂白布匹	boil-off machine 煮炼机
bleaching croft 漂白车间	batch dyeing 分批染色
bleaching agent 漂白剂	cross dyeing 交染
bleaching and dyeing mill 漂染厂	hank dyeing 绞纱染色
singeing 烧毛	(dye)jigger 卷染机
rinsing 水洗	pulsator dyeing 脉动染色
mercerizing machine 丝光机	jet dyeing 喷射染色
desizing 退浆	piece dyeing 匹染
hydroextractor 脱水机	open width dyeing 平幅染色
contaminant 污物	total immersion jig 全浸染色机



dyeing speck 染斑	cylinder printing 滚筒印花
off shade 染色不均	electrostatic printing 静电印花
dye-house 染色间	screen printing 绢网印花
dyeing affinity 染色亲和力	blotch printing 满地印花
pattern card 染色样本	plate printing 平板印花
dye liquor 染液	flat screen printing 平网印花
dye stain 染渍	emulsion printing 乳化印花
hue 色彩(色调)	depth of shade 色度
shade 色泽	coloured paste 色浆
bleeding 渗色	duplex printing 双面复合印花
(colour) fading 褪色	register printing 双面印花
dye-uptake 吸色率(上染率)	multicolour printing 套色印花
pad 轧染	relief printing 凸版印花
dye padder 轧染机	colour roller 压印滚筒
pigment 颜料	printing machine 印花机
oxidation discharge 氧化拔染	cloud printing 云斑印花
discharge printing 拔染印花	photographic printing 照像印花
colour printing 彩色印花	cover printing 罩印
reserve(/resist) printing 防染印花	pearl printing 珠光光印
calender printing 辊筒印花	emboss printing 着色轧印

U 竹木藤器

Unit 7 Bamboo, Wood and Rattan Work

Key Sentences

流畅精句

1. The origin of braiding craft could be earlier than the origin of ceramics.
编织技术的起源比陶瓷要早。
2. The bamboo articles in Zhejiang have superb forms, made with slender bamboo strips as the body and wider bamboo strips as handles.
浙江的竹器有着极妙的外形,用细长的竹条做躯干,用较粗的竹条做手柄。
3. The bamboo articles in Sichuan province are famous for the tenuous plaiting.
四川省的竹器以薄著称。
4. In different places, due to the different technical traditions, the straw articles made are in varied styles.
由于不同地区有着不同的技术手法,制作成的草器也样式各异。
5. Plaited wheat straw hats have long been an important item for export.
编织而成的草帽常常用于出口贸易。
6. The current wood carving technology is not only used as decorations on furniture and architecture, but also used as visual artistic handiwork such as statues of Buddha and arhats, animals, wall hangings, etc.
今天的木雕工艺除用作家具、建筑的装饰外,更多的是用作观赏的木雕工艺品,比如佛、罗汉等人物像及动物像、壁挂等。
7. Like rattan ware, wickerwork falls into two categories: those for practical daily use and those for visual artistic pleasure.
和藤编一样,柳编的品种也包括日用器具和观赏工艺品四大类。



8. There are also straw ware of practical purposes such as teapot mats, cup mats, chair cushions, straw hats, slippers, sleeping mats, rugs, etc.

也有很多实用的草编制品,比如壶垫、杯垫、椅垫、靠背、草帽、拖鞋、草席、地毯等。



Wonderful Paragraph 精彩片段

Paragraph 1

B 竹器 Bamboo Articles

The styles of bamboo articles vary from place to place. The bamboo articles in Zhejiang have superb forms, made with slender bamboo strips as the body and wider bamboo strips as handles. Not only are they strong and durable, but also their different tints and widths produce diverse artistic effects. The bamboo articles in Fujian province have more than ten different patterns including the cross pattern and the flowering crabapple pattern, often tinged with gold or other colors to make it look more pretty.

Paragraph 2

W 木刻 Wood Carving

Wood carving refers to a folk handicraft involving carving decorative patterns or designs by hand on wood or wood ware; it also refers to the wood or carved wood ware. The famed wood carving technology today in China is mostly inherited from the Qing Dynasty, of which Dongyang wood carving in Zhejiang, mahogany carving of Suzhou, gold lacquer wood carving, palace lantern of Beijing and carved wood ship are the most representative carved wood ware today. The current wood carving technology is not only used as decorations on furniture and architecture, but also used as vis-



ual artistic handiwork such as statues of Buddha and arhats, animals, wall hangings, etc.

Paragraph 3

R 藤器 Rattan Ware

Rattan ware prevailed because of their unique artistic value as well as their durability and toughness. Most rattan ware are designed and made for household use, such as rattan chairs, rattan tables, rattan tea tables, rattan screens, rattan bookshelves, rattan baskets, rattan foodboxed, rattan fruit plates, rattan pen containers and rattan vases. Articles of this type serve practical purposes and also provide visual pleasure. Another type of rattan handiwork are designed and made purely for their aesthetic value. Examples are life-like animals and fruits, exquisite model vehicles and ships, etc. For these reasons, rattan ware produced in Yunnan, Sichun, Guangdong, Jiangxi are still very much loved even today. With its simple, unaffected yet elegant style, traditional rattan basketwork has entered the daily life of people.

Paragraph 4

S 草器 Straw Articles

There are in China many different materials suitable for making straw articles. In North China wheat straw is abundant. In the northern provinces of Hebei, Shandong, Henan, wheat straw articles are produced in great amounts. Plaited wheat straw hats have long been an important item for export. Besides, the yellow grass in Jiading and the salt water grass in Guangdong are dyed and processed into baskets, boxes, shoes, hats, cup cushions, crates, mattresses, toys and decorations, with superb skills and in many varieties.



藤编与草编

藤编是指用山藤等藤本攀缘植物的枝茎手工编制家用器具及工艺欣赏品的民间工艺,也用以指称用这种工艺编制的藤器。原始社会,人们借助藤条渡河,亦即原始的藤桥,可视为人类对藤类植物的早期利用。三国时期的史料中,有“藤甲军”的记载。藤甲是一种用藤条浸油后制成的盔甲,能够“渡江不沉。经水不湿,刀箭皆不能入”。《三国演义》就有诸葛亮火烧藤甲军的描写。

草编是指用麦秆、玉米皮或韧性较高的草类为材料手工编制的一种民间工艺品。尤以山东掖县的草编最为有名。中国各地的草编工艺,一般认为最初是由山东传出的,而山东各地的草编又均出自掖县。草编的品种以工艺品居多,包括花卉、禽兽、山川、树木等,其中尤以草贴画、草贴盒最受人们的青睐;也有实用兼观赏的草编制品,比如壶垫、杯垫、椅垫、靠背、草帽、拖鞋、草席、地毯等。其中山东昌邑一带的金丝草帽、江苏苏州的虎须席、上海嘉定的黄草编、山西潞城的草帽辫等,都是草编工艺中的佼佼者。



Vocabulary

妙词连珠

weaving; plaiting; knitting 编织

weaving a straw mat 编织草席

weaving a rug 编织地毯

weaving bamboo articles 编制竹器

straw plaited work 草编织品

tapestry 挂毯

wickerwork 柳条编织品

picture in straw 麦秸画

carved sandal-wood folding fan 檀香

扇

Chinese boxes 套盒

carved lacquer 剔红

rice-paper flower 通草花

bamboo basketwork 竹编织品

bamboo-root carving 竹根雕

straw bag 草包

floor mat 草地席

straw mattress; pallet 草垫子

straw basket 草篮子

straw hat 草帽



plaited straw (for making hats, baskets, etc.) 草帽辫	cane(/rattan) shield 藤牌
articles woven of straw; straw articles 草器	cane(/rattan) chair 藤椅
straw mat 草席	caner 藤椅编制工
straw sandals 草鞋	cane(/rattan) products 藤织品
grass basketry 草织盛具	rattan work 藤制品
wicker basket 柳条筐	basket 提篮
wicker suitcase/trunk 柳条箱	maize-leaf cushion 玉米皮编制的坐垫
rush(/cattail) bag 蒲包	maize-leaf articles 玉米皮制品
cattail leaf fan 蒲扇	wooden bed frame strung with criss-cross coir ropes 棕绷
cattail hassock; rush cushion 蒲团	palm woven ware 棕编制品
cattail(/rush) mat 蒲席	palm fibre 棕毛
rush products 蒲制品	coir raincoat 棕毛蓑衣
handbag 手提包	coir rope 棕绳
rattan helmet 藤盔	



U 泥塑 Unit 8 Clay Figure Modelling



Key Sentences 流畅精句

1. Clay figure modelling is also a plastic art, involving kneading with the fingers various figures, animals, flowers and plants out of clay.
泥塑也是一种造型艺术,是指用黏土和泥捏塑成各种人物、动物、花卉等形象的民间手工艺术。
2. Clay figure modelling varies with localities in technology, styles and subject matter.
泥塑由于地区不同,常常在制作技术、样式以及刻画程度上都有所不同。
3. Among the Chinese folk arts, the painted clay crafts are unique in their style.
在中国的民间艺术中,彩塑的样式是独一无二的。
4. The history of the painted clay crafts goes back to the Ming Dynasty, more than 600 years ago.
彩塑的出现可以追溯到 600 多年前明朝时期。
5. Chinese clay crafts usually do not copy the forms of the objects they depict.
中国的彩塑并不是将所描绘的事物轮廓刻画出来。
6. Often simply but neatly molded, they try to represent only the salient features of familiar animals or popular objects, with more interest in the idea than in the representation itself.
艺人们总是塑造一些很简单又为人熟知的事物,但他们对于自己产生想法的兴趣远远超过了作品本身。

7. The familiar clay tiger is not a blind imitation of the real tiger, but incorporates the characteristic features of tigers, lions and leopards in itself.

我们所熟悉的泥塑虎,并不是在想像中对老虎的模仿,而是将老虎、狮子和豹的真实特征融合在一起。

8. Through such proper exaggeration and distortion of the natural form of the tiger, the effect is that you have a vigorous, powerful, colorful and lovely toy tiger.

通过运用适当的夸张扭曲的手法将老虎的形态艺术化,所展现出来的就是一只栩栩如生、充满活力、色调逼真的可爱的玩具虎。

9. In the use of color, Chinese clay crafts do not copy life either.

由于色彩的调配、泥塑显得并不是在复制现实。

10. Chinese clay crafts are often painted in bright red, bright green and yellow. The romantic designs in flowing lines give them a bright, cheerful and lively look and send out the fragrance of country life.

泥塑通常用鲜艳的红色、绿色和黄色来描绘。这种流型的设计看上去清新、明快、活泼,展现出了乡村生活的芬芳气息。



Wonderful Paragraph

精彩片段

Paragraph 1

A 彩塑简介 Brief Introduction of the Painted Clay Crafts

Among the Chinese folk arts, the painted clay crafts are unique in their style. They are beautifully shaped, vivid, lively and lovely. They have become an art that is appealing to both the elite and the unsophisticated. The history of the painted clay crafts goes back to the Ming Dynasty, more than 600 years ago. Popular themes include mystical and historical figures, animals as well as fruits. The process of making such clay crafts is not very complicated. The artisan will first make a model, then make roughcast after



the model by using a mixture of clay and pulp, which are to be sun-dried, powdered, painted and finally varnished.

Paragraph 2

C 泥塑代表 Clay Figure Modelling

Clay figure modelling varies with localities in technology, styles and subject matter. For example, the longstanding painted clay work from Fengxiang, Shanxi has to go through over ten steps in the whole process. They include moulding the clay, turning over the base, gluing into the designed shape, polishing, painting, outlining, coloring, glossing, and so on. As a result, painted clay figures made in Fengxiang are very much loved for their bright color, vivid shape, dramatic composition and bold style. The main clay work includes tigers, five poisonous creatures (scorpion, viper, centipede, house lizard and toad), crouching cow, zodiac animals (the twelve symbolic animals used to denote the year of one's birth), toys, legendary figures like the eight immortals, and characters in the Three Kingdoms and Pilgrimage to the West. The famed clay figures produced in Wuxi fall into two types: the coarse, and the refined. The former is characterized by unsophisticated composition out of moulded shape, and bright color from hand painting with the theme of good fortune and happiness. The latter is made by kneading the clay with hands into sophisticated figures based on the wonderful scenes in Beijing opera or Kun opera. With each being a wonder, the refined clay figures are unique works of art created with painstaking effort. Other influential clay figure producers are Gaomi of Shandong, Beigou of Hebei, and Xunxian of Henan.

Paragraph 3

H 惠山泥塑 Huishan Clay Figurines

The Huishan clay figurines made in Wuxi, Jiangsu Province emerged in the Ming Dynasty and have a history of over 400 years. Thanks to their u-

nique art style, these colored figurines have been well received by the Chinese people throughout the country and have been sold to 50 countries and regions. Masters of the art have given demonstrations in Japan, the U. S., Australia and other countries. Hence Huishan clay figurines display the best color modeling art in the East.

Paragraph 4

T中国泥塑中的色彩运用 The Use of Color in Chinese Clay Crafts

In the use of color, Chinese clay crafts do not copy life either. Instead, they try to reflect the artistic reality. They prefer using bright colors and tend to bring the contrast between them into such clear relief that will give a saturation and bouncing visual effect. Chinese clay crafts are often painted in bright red, bright green and yellow. The romantic designs in flowing lines give them a bright, cheerful and lively look and send out the fragrance of country life.



泥塑工艺

泥塑也是一种造型艺术,是指用黏土和泥捏塑成各种人物、动物、花卉等形象的民间手工艺术。因塑成的作品通常还要施以彩绘,所以又称彩塑或彩绘泥塑;因泥塑作品中最有代表性的是泥人、泥娃娃,所以也称“泥人”或“捏泥人”。泥塑作品一般都有各自的名称,比如观音像、泥人等,但也统称为泥塑。

泥塑工艺在中国的历史可谓源远流长。早在神话传说时代,就有了女娲抟土造人的传说。新石器时期的陶器胚胎和彩陶,是彩绘泥塑工艺的真正开始。近期在新疆吐鲁番盆地的洋海墓址中发现的一尊泥塑人头像,距今已有 2 500 年历史,体现了先秦时期泥塑工艺的高度成就。在秦汉时期的各种陶俑、隋唐时期的寺庙塑像中,也无不包含着泥塑的工艺和色彩的艺术。



Vocabulary

妙词连珠

bust 半身雕像	color engraving 彩雕
shell carving 贝雕	coloured woodcut 彩色木刻
carved porcelain 瓷雕	porcelain carving 瓷雕
marble carving 大理石雕刻	boasting 粗雕
marble statue 大理石雕像	stipple 点刻
cut glass 雕花玻璃	cutting method 雕刻方法
carved furniture 雕花家具	cutting style 雕刻风格
carved ink-stone 雕花墨砚	artistic carving 雕刻工艺
carving tool; burin 雕刻刀	cutting skill 雕刻技艺
carving 雕刻品	root carving 根雕
carved beam 雕梁	bone carving 骨雕
carved lacquerware 雕漆	rough shape cutting 开料
statue 雕像	cerograph 蜡刻
gilt wood carving 金木雕	grinding; polishing 磨光
glass artware 料器	ivory carving 象牙雕
dough figurine 面人	circular carving 圆雕
wood carving 木雕	full relief 圆浮雕
clay figurine 泥人	bamboo carving 竹雕
lacquerware 漆器	bamboo-root carving 竹根雕
stone carving 石雕	colour modelling 彩塑
statuette 小雕像	modelling (moulding) art 雕塑艺术
coconut-shell carving 椰雕	modelling board 浮雕板
jade carving/sculpture 玉雕	dough modelling 面塑
jade carver 玉雕工	clay modelling 泥塑
bamboo-root carving 竹根雕	statue; moulding a statue 塑像
carved stone inscription 碑刻	modern sculpture 现代雕塑
ice carving 冰雕	

U 中国民间玩具

Unit 9 Chinese Folk Toys



Key Sentences

流畅精句

1. Chinese Knot is a type of national handicrafts with long history and profound cultural connotations.
中国结是具有长久历史和深厚文化内涵的中国手工艺品之一。
2. In Chinese language, "knot" has the meanings of "reunion, friendliness, warmth, marriage, love".
在汉语中,“结”有着团结、友好、温暖、婚姻和爱情的意义。
3. Nowadays, Chinese Knot has various products.
现今,中国结样式各异。
4. The Chinese knot, with its classic elegance and ever-changing variations, is both practical and ornamental, fully reflecting the grace and depth of the Chinese culture.
优秀、典雅而多样的中国结,不论是在实用方面还是装饰方面都充分地展现出了中国文化的底蕴和内涵。
5. As an indispensable part of traditional folk art, toys are a unique expression of the long and uninterrupted Chinese history.
作为传统民间艺术不可缺少的一项内容,玩具是中国文化持续性的独特表现。
6. Generally, the diverse variety of folk toys can act as decorations to be appreciated or as knickknacks to be played with.
总体上讲,玩具可以分为两类,一种是用于欣赏的装饰品,另一种是用于玩耍的小玩意儿。
7. Toys during festivals are quite flowery and customary.
节日期间的玩具都是五彩缤纷的。

8. Toys for appreciation and decoration stresses artistic conception.
用于欣赏的玩具往往强调艺术的内涵。
9. Sounds can increase the amusement of toys.
声响可以增添玩具的乐趣。
10. For Chinese who attach a great importance to the development of children's wisdom, jigsaw puzzle might be the most ideal choice.
对于可以增进儿童智力的玩具来讲,七巧板是最佳的选择。
11. Children love animal-shaped pillows or hats.
儿童们喜欢动物形状的枕头或者帽子。



Wonderful Paragraph 精彩片段

Paragraph 1

A 中国民间玩具概述 Brief Introduction of Chinese Folk Toys

As an indispensable part of traditional folk art, toys are a unique expression of the long and uninterrupted Chinese history. Religious beliefs, world view, taste, classical works and local customs, especially festivals and the 'Four Great Classical Chinese Literatures', are all represented by the use of various techniques requiring an artisans' deepest wisdom and creativity. The advantage is that the greater majority of people can enjoy the pleasure of toys that are easier to make and more widely available than other artistic works such as jade or silver wares, as they tend to utilize common articles that are readily available, such as cloth, grass, straw, clay, paper, and so on. Even so, it should be noted that these toys are not of a coarse manufacture, but of rustic simplicity and vivacity.

F 节日玩具 Festival Toys

Toys during festivals are quite flowery and customary. In the Spring Festival, people use firecrackers and fireworks; in the Lantern Festival, there are lanterns in the shape of lotus, monkeys, dragons, etc; in the Pure Brightness kites will be flown in the blue sky; and during the Dragon Boat Festival, people will take sachet with them. Old people's sachet looks like a peach, symbolizing longevity while children's sachets are of lovely patterns, with fragrant herbs inside to ward off evil spirits. In ancient times, they were also a token of love that a girl would give to her beloved.

Paragraph 3

C 中国结 Chinese Knot

During the very early period of Chinese cultural development, the ancestors had worshiped the immortals. Rope, pronounced as 'Sheng', shared a similar pronunciation with the word for gods ('Shen' in Chinese), and when written, it looked like a dragon, an auspicious animal in Chinese culture; knots, in Chinese 'jie' means vigor, harmony, and unification. Therefore, this unique Chinese knots artwork has been a popular gift for thousands of years and embodies best wishes. People wore it in the beginning as a decorative addition to clothing, and later, used it to decorate their houses. Though the weaving techniques are complicated, ropes, in hands of a deft craftsman appear effortless moving the shuttle in between the rows of ropes. A Chinese knot is usually symmetrical in structure and colorful with jade or porcelain beads. This no doubt adds more jubilation to any festive atmosphere.



Paragraph 4

J 拼图玩具 **Jigsaw Puzzle**

For Chinese who attach a great importance to the development of children's wisdom, jigsaw puzzle ("Qiqiaoban") might be the most ideal choice. Composed of 7 pieces in a certain shape, this toy requires one's brain exertion to join those pieces into a given pattern without leaving any gaps. The puzzle ring is another well-known game. It is said to originate from the Warring States Period (476-221 BC). Appearing to be one of the most incomprehensible games in the human history, it even aroused the attention of Western mathematicians. To separate the nine rings which are buckled together or to join separated nine rings together is quite intricate indeed.

Paragraph 5

T 实用的玩具 **Toys for Practical Use**

Besides being for play, folk toys can also be of practical use, as part of finery, bedding and foodstuff. Children love animal-shaped pillows or hats. Today, the mascot of Olympic Games 2008 in Beijing is the lovely panda hat to numerous zealots. For the foodstuff, flour's plasticity helps people's imagination come true. In Shanxi Province, people are still experts at steaming flour figures. Suppose how pleasant they will be when seeing vivid edible flour rabbits and pigs!



Cultural Links

文化链接

中国结

中国结是中国特有的民间手工编结装饰品,中国结经过几千年的结艺

演变现已成为广大群众喜爱的精致华美的艺术品。

中国结最大的特点是每个结从头到尾都是用一根线编制而成,每个结都有它的编造规律,每个结又都根据其形、意而命名,如果把不同的结相互结合,再与其他的吉祥饰物搭配起来便形成了造型独特,绚丽多彩,内涵丰富的中国传统吉祥装饰品,不同造型的组合表示一种强烈浓郁的美好祝福,赞颂与传达忠心至诚的祈祷和美好心愿,每个结都体现着我们中国人的聪明才智,愿我国的民族文化艺术发扬光大走向世界。

Vocabulary

妙词连珠

indispensable 不可缺少的,绝对必 要的	sachet 小袋,(熏衣等用的)香袋, 香料袋,香粉
uninterrupted 不停的,连续的,未受 干扰的,不间断的	symbolize 象征,符号表现
belief 信任,信心,信仰	longevity 长命,寿命,供职期限,资 历
artisan 工匠,技工	fragrant 芬芳的,香的
artistic 艺术的,有美感的,风雅的	herb 药草,香草
jade 碧玉,翡翠,老马	root 根,根部,根本,根源
straw 稻草,麦秆	porcelain 瓷器,瓷
clay 黏土,泥土	wax 蜡,蜡状物,增加,月亮由亏转 盈
coarse 粗糙的,粗鄙的	exquisite 优美的,高雅的,精致的, 剧烈的,异常的,细腻的,敏锐的
manufacture 制造,加工	distinctive 与众不同的,有特色的
rustic 乡村的	needlecraft 裁缝
simplicity 简单,简易,朴素,直率	collages 抽象派美术画
vivacity 随军小販	Choosing vbl. 选择,决定
decorations 装饰,装饰品	adorn 装饰
categories 加以类别,分类	shaggy 毛发粗浓杂乱的,蓬松的, 表面粗糙的
knickknack 小玩意儿	magnolia 木兰,玉兰类的植物
firecracker 爆竹,鞭炮	
lotus [植]连属荷(花),莲(花)睡 莲	

resemble 象, 类似	simplest 最简(单的化学)式
posture (身体的)姿势, 体态, 状态, 情况, 心境, 态度	blade 刀刃, 刀片
rarer 更稀罕的, 更珍贵的 (rare 的最高级)	puppet 傀儡, 木偶
ancestors 祖先的, 祖传的	screen 屏, 银幕, 筛子, 掩蔽物, 屏风
immortals [植] 不雕花(指蜡菊, 一年生灰白菊等菊科植物或其花, 因其花干后颜色和形状均不变)	steer 驾驶, 掌舵
pronounced 讲出来的, 显著的, 断然的, 明确的	wisdom 智慧, 明智的行为, 学识, 名言, 贤人, 至理名言
auspicious 吉兆的, 幸运的	exertion 尽力, 努力, 发挥, 行使, 运用
vigor 精力, 活力	gap 缺口, 裂口, 间隙, 缝隙, 差距, 隔阂
harmony 协调, 融洽	aroused 唤醒, 唤起, 鼓励, 引起
unification 统一, 合一, 一致	mathematician 数学家
decorative 装饰的	intricate 复杂的, 错综的, 难以理解的
complicated 复杂的, 难解的	buckled 有扣的
deft 敏捷熟练的, 灵巧的	finery 华丽的服饰, 漂亮, 装饰, 服饰, 鲜艳服装, 精炼炉
craftsman 工匠, 手艺精巧的人, 艺术家	foodstuff 食品, 粮食
symmetrical 对称的, 均匀的	pillow 枕头, 枕垫
jubilation 庆祝	mascot 福神, 吉祥的东西
atmosphere 大气, 空气, 气氛	zealots 热心的
amusement 娱乐, 消遣, 娱乐活动	plasticity 可塑性, 塑性
euphonious 悦耳	edible 可食用的

U 中国玉器

Unit 10 Chinese Jade



Key Sentences

流畅精句

1. In ancient times, jade was only used for personal ornaments.
在古代,玉只作为个人的装饰品用于佩戴。
2. Jade is a natural substance, but when it is processed and crafted by man into ornamental and ritual articles it becomes stamped with the mark of society and ritual articles it becomes stamped with the mark of society and becomes a part of culture.
玉是一种自然物质,但经过人的加工和雕琢后,它就具有了社会性的标志,成为社会文化的一部分。
3. Ancient Chinese jade ware reached a very high artistic level.
在古代,中国的玉器达到了很高的造诣。
4. Jade has a history in China of at least four thousands years.
在中国,玉器至少有四千年的历史。
5. Jade has influenced all walks of life.
玉器影响着中国人民生活的方方面面。
6. Jade craftwork were among the most precious and luxurious ones.
玉制工艺品最为珍贵,也最为奢侈。
7. People believed that jade was the expression of the most beautiful stone.
人们认为玉是最漂亮的石头。
8. In China, the most reputable jade producing area is Hetian in Xinjiang Province.
在中国,新疆的和田地区是生产玉最出名的地区。



9. Experts believe that, although more expensive, diamonds and gold cannot be compared with jade.

专家们认为尽管钻石和黄金都很昂贵,但他们仍难以和玉石媲美。

10. Having purchased a jade article is just half the process, of collecting.

买到了一块美玉仅仅是收集过程的第一步。



Wonderful Paragraph 精彩片段

Paragraph 1

A 中国玉器简介 Brief Introduction of Jade in China

Jade has a history in China of at least four thousands years. Unknown to some, jade is found contained within the development of religion and civilization, having moved from the use of decoration on to the others such as the rites of worship and burial. Although other materials like gold, silver and bronze were also used, none of these have ever exceeded the spiritual position that jade has acquired in peoples' minds — it is associated with merit, morality, grace and dignity. In the funeral objects of the people of the Western Han Dynasty (206 BC - 24 AD), for example, we can see only high officials were buried with jade articles.

Paragraph 2

T 古代对玉的使用 The Use of Jade in Ancient Times

Jade articles produced in ancient China were used in sacrificial ceremonies, rituals, funerals, and adornments. With their solid and smooth quality, and lustrous cloors, jade products have always been famous for their beauty and style.

In ancient times, jade was only used for personal ornaments. After the middle and later period of the Neolithic Age, large jade articles replaced

small ones. Large jade articles, usually symbolizing a certain political prestige, began to reflect the ideas of the social class system and ancient religions. Until this time, jade pieces had been regarded as merely ornaments, but the stone now became closely connected to a ritual system.

Paragraph 3

A 玉的历史 History about Jade

People believed that jade was the expression of the most beautiful stone. A beautiful piece can be more valuable than fifteen cities and a man's life. Historic records tell of a story about a staunch man named Bian He who had a piece of jade called 'Heshi Bi' which was said to be the most priceless treasure in history. However, when Bian He discovered the piece, it was hidden under the veil of the coarse stone in which it laid. He did not dare to carve it but instead dedicated it to the King of State Chu. He never knew that he would pay two legs for his dedication, for the king did not know the real value of the jade and cut Bian He's legs off. He cried for three days and nights. Afterwards, the new king heard of him and wanted to see whether his jade was as precious as he said. When the jade was cut, all were startled by the delicate quality. Very soon, it became a national treasure and was called 'Heshi Bi'. So precious was the stone that it even became a source of conflict between the Qin State and Zhao State.

Paragraph 4

J 玉的保存 Jade Maintenance

Having purchased a jade article is just half the process of collecting. Jade is like a child that needs constant care. Enthusiasts need to work more to maintain this artwork, or blemishes may appear.

First, avoid bumping on hard surfaces as jade is delicate. Although sometimes a crack cannot be seen by the naked eye, the interior structure may have been damaged. As time goes on, it will appear and reduce the



value of the piece.

Second, protect jade articles from dust or greasy dirt. If tainted, they must be scrubbed with a soft brush and light suds and washed with clean water.

Third, when left unused it is best to store the jade in a case or box to protect it from being bumped. Fourth, jade should be kept away from perfume, perspiration or chemicals. The brightness of jade risks corrosion, especially emerald and other high quality jade, so it is better to clean it with a soft cloth after wearing it.

Fifth, do not expose jade to sunlight for a long time, or it may expand and the quality will change slightly.

Finally, jade has certain water content so keep it in an area of humidity to protect it from over-drying.

Paragraph 5

T 价值转变 The Change of Value

Jade articles induced by a primitive and hazy sense of beauty appeared and have undergone twists and turns in their development of more than 7 000 years from simple decorations to sacrificial ritual articles in ancient times and to symbolic fittings for lofty morality, and finally to art works of various types and varieties. They profoundly reflected the social consciousness of different historical stages. Especially in a certain stage of development, people made the natural properties of jade moralized, enabling it to play a special role in political, religious, ideological and cultural spheres and develop a unique function that other art works could not do. In the world cultural history, this cultural phenomenon has never been known in other countries and regions, and embodies a distinctive national character.

中国玉器历史

玉器是中国古代文明的一项重要内容。当新石器时代晚期,玉器的制作可能已发展为独立的手工业部门。在河姆渡文化、大汶口文化、良渚文化、红山文化、龙山文化的遗址中,均有精美的玉器出土。其中如玉斧、玉铲、玉兵器等,当有一定的实用价值。东汉袁康撰《越绝书》,书中记风胡子语,将人类使用的工具分为石、玉、铜、铁四个阶段,可能在一定程度上反映了实际发展的程序。当前,已有人根据考古中的玉器遗存,认为距今约四千至五千年的“铜石并用时代”,玉器已彻底脱离石器,不仅是当时人们财富与权力的象征,而且还是人们制造生产工具、生活用具、兵器乃至宗教礼器的主要材料品种之一,因而提出了“玉器时代”的命题。当时的玉簪、玉环、玉璜、玉玦一类是装饰用玉,为人所共知;而玉龙、玉鸟等可能为图腾神物,玉琮、玉璧等为宗庙礼器,具有宗教或权力的象征意义。在良渚文化遗址中,随葬玉璧、玉琮等礼器的墓主,应是有特殊地位的人物。红山文化的动物群玉雕,有龙、鸟、虎、龟、蝉、狗、蚕、鱼等,与商代玉器的主要题材相同,而与良渚文化的玉器群如玉琮、玉璧、玉璜、玉玦等,显系两个系统。但良渚文化的玉器群,同样在商、周得到继承和发展。如前面提到的玉璧、玉琮等,亦属商、周宗庙的礼器。春秋、战国迄秦、汉时期的玉器,礼玉渐少,而佩玉增多。春秋、战国是中国古代玉器发展的高峰时期,镂空、浮雕等手法普遍应用。当时,带有政治、道德与迷信色彩的成组佩列玉器盛行,称为组玉,玉璧、玉环、玉龙、玉璜、玉管等皆成为组玉的一部分。根据近年的考古发掘,关于各类组玉的组合形式与《三礼》所记的玉器制度,多有不符,因此,尚需从古代社会礼仪制度、习俗规范等方面,探索有关组玉的种种问题。汉代玉器引人重视的,是不断有金缕、银缕玉衣出土,生活用玉大量制作。三国、两晋、南北朝、隋、唐时期,玉器风格基本继承两汉传统,但实物流传甚少,墓葬出土数亦不多。宋、明时期,玉器制作以生活使用器皿为多,其中仿古之作十分发达。清代为玉器制作的振兴时期,当时,经济繁荣,宫廷手工艺与民间手工艺都已经有一定的发展。



Vocabulary

妙词连珠

decoration 装饰, 装饰品	stanch 使止血, 止, 止流, 止血
spiritual 精神的	veil 面纱, 面罩, 帐, 幕, 掩饰物, 遮
dignity 尊严, 高贵	蔽物, 口实, 假托
abstract 抽象的, 深奥的, 理论的	coarse 粗糙的, 粗鄙的
concrete 混凝土	dedication 贡献, 奉献
luxurious 奢侈的, 豪华的	afterwards 然后, 后来地
elegance 高雅, 典雅, 优雅, 雅致	jadeite [矿物] 硬玉
mandarin 官话, 普通话, 满清官吏	kidneys 菜豆, 四季豆
unpolished 未磨光的, 无光泽的, 未	dote vi. 昏聩, 溺爱
磨练的, 粗鲁的	chromium 铬
conviction 深信, 确信, 定罪, 宣告有	robustness 精力充沛的
罪	tremolite [矿] 透闪石
beloved 所爱的人, 爱人	Serpentine 蜿蜒的
concubine 妾, 情妇, 姘妇	

6

民间游艺

Folk Performance and Entertainment

Unit 1 Shehuo



Key Sentences

流畅精句

1. She Huo is now one of the traditional show for rural people of north-west of China to celebrate Chinese New Year (Spring Festival).
社火是中国西北地区人民庆祝新年的一项传统表演活动。
2. The celebration will culminate on fifth of the lunar year (Festival of Lanterns).
这项庆祝活动直到正月十五才结束。
3. Coming from the sacrifices of primitive society, She Huo has more than 5 000 years history.
社火由远古的祭祀活动发展而来,距今已有 5 000 多年的历史了。
4. People used the woody ladle painted with she Huo Mask to feed horses and cattle to prevent murrain, or hung the ladle-shape mask on the wall in their house to impetrate safety, harmony, and happiness.
人们用描绘着社火面具的长勺给马、牛喂食可以避免瘟疫的传播,将勺子形状的面具挂在屋中的墙壁上以乞求安定、和谐和幸福。
5. Shehuo originated in the Qin and the Han dynasties and developed in the Tang and the Song dynasties.

社火源于秦汉时期,在唐宋年间得到发展。

6. Now shehuo has become a folk recreational activity showing people's happiness and expressing their good wishes.

现在社火成为人们展示幸福、表达美好祝愿的一种民间娱乐活动。

7. Usually, the shehuo show includes stilt-walking, horse-riding, lion dances, dragon dances and the land-boat yangge.

一般来说,社火的活动内容主要包括高跷、赛马、舞狮、舞龙和旱船、秧歌等。

8. Shehuo not only displays traditional Chinese culture but adds flavor to people's happy life.

民间社火不仅展现了中国的传统文化,也使中国老百姓的日子过得更加红火。



Wonderful Paragraph

精彩片段

Paragraph 1

W 社火是什么 hat is Shehuo

Shehuo is now one of the traditional show for rural people of northern-west of China to celebrate Chinese New Year (Spring Festival). The show consists of Gao Qiao (walking on stilts), Pao Han Chuan (boat rowing on the ground), dragon and lion dancing etc. The string players make up as local opera figures and move forward in the main street and hundreds of people gather together to watch the performance. The celebration will culminate on fifth of the lunar year (Festival of Lanterns).

Paragraph 2

T 社火的历史 he History of Shehuo

Comeing from the sacrifices of primitive society, Shehuo has a history



of more than 5000 years. During the Dynasty of Shang and Zhou, specific ceremony was held by the royal court for driving devil away. Gradually, thus ceremony was introduced to civilian and shade into performance at temple fair to celebrate Chinese new year, to pray for rain, and to fete the god. The players made up like wearing a mask on the face. Audiences identified every individual mask to recognize what role the player acted. Afterward, people used the woody ladle painted with She Huo Mask to feed horses and cattle to prevent murrain, or hung the ladle-shape mask on the wall in their house to impetrate safety, harmony, and happiness.

Paragraph 3

S 当今中国的社火 Shehuo in Modern China

In recent years, with the improvement of people's living condition and the increase of international economic and cultural exchange, shehuo, as a special flavor of Chinese culture, tend to be more popular. Combined with advanced light and sound effect technology, shehuo is more varied in content and spectacular in scene. Shehuo not only displays traditional Chinese culture but also flavor to people's happy life.



Cultural Links

文化链接

社火的由来

社火,古称“社会”,北方亦称“过会”,南方或称“社夥(伙)”。本义是指在社日祭祀土地神时民间所举行的各种祭祀、游艺活动,后来则成为民间在节庆日举行的各种游乐活动的泛称。

社火来自古代的社日,起源于古老的土地崇拜。我国自古以农立国,所以自古以来就非常重视土地,并逐渐产生了对土地的崇拜信仰。社的本义就是土地神,《说文》谓:“社,地主也。”民间俗称社神,社公、社鬼、土地爷爷等,甚至给社公配了个老伴——社婆。祭祀土地神的地方,称社官、社



庙、社坛、民间俗称土地庙，兼祀谷神的地方则称社稷坛。



Vocabulary

妙词连珠

rituals 曲礼，(宗教)仪式，礼节
gnome 格言，箴言，土地神，侏儒
recreational 休养的，娱乐的
versions 高敏感度温差遥感器
flavor 情味，风味，滋味，香料
spectacular 引人入胜的，壮观的
show 表演
gather 集合，聚集
culminate 达到顶点
sacrifice 祭献，牺牲

primitive 原始的，远古的，粗糙的，
简单的
ceremony 典礼，仪式，礼节，报幕
mask 面具，掩饰，石膏面像
fete 款待
audiences 观众
ladle 勺子，长柄勺
murrain 瘟疫，家畜传染病
impetrate 宗祈求，祈求得到



U 烟花爆竹

Unit 2 Firecrackers and Fireworks



Key Sentences

流畅精句

1. When the Chinese New Year arrives, the sky is illuminated with fire-works and strings of lights to send off the old and ring in the new year.
当农历的新年刚刚开始时,天空中便绚烂夺目,盛开出辞旧迎新的火花。
2. Setting off firecrackers is one of the most popular customs in the Spring Festival celebration.
放鞭炮是春节最盛行的习俗之一。
3. In the Song Dynasty people began to set off firecrackers filled with gunpowder, instead of burning bamboo tubes, on New Year's Eve.
在宋朝,人们用火药制作鞭炮,代替以前的爆竹。
4. At first, people set off firecrackers for the purpose of keeping away evil spirits and seeking happiness.
最初,放鞭炮是为了驱赶邪恶,寻求幸福。
5. Now, firecrackers are set off more for heightening the festive air than for the original purpose.
现在,放鞭炮驱赶邪恶的用意逐渐淡化,更多的是为了增加节日的气氛。
6. Recently local regulations have been issued that forbid setting off fire-crackers in cities, for they can cause fire accidents and hurt people.
由于燃放烟花爆竹会引起火灾和造成人身伤害,所以近来各地市区都有规定禁止燃放烟花爆竹。



7. Despite these regulations, however, many citizens go out into the countryside to light firecrackers for the New Year celebration.

尽管有禁止燃放烟花爆竹的规定,但很多市民还会到乡村、郊区放烟花来庆祝新年。



Wonderful Paragraph 精彩片段

Paragraph 1

T爆竹的起源 The Origin of Setting Off Firecrackers

Setting off firecrackers is one of the most popular customs in the Spring Festival celebration. The crackles of firecrackers will burst reverberating across the heavens the moment the clock strikes twelve on New Year's Eve. Firecrackers are also set off when people pay New Year calls and offer New Year sacrifices to their ancestors. The firecracker is also known as the bamboo-cracker, which is linked with a tale. According to *Shen Yi Jing* (Classic of Rare Gods) by Dongfang Shuo (154-93B. C.), a writer in the Western Han Dynasty, a group of odd people, a little more than a feet tall, lived in the high mountains of west China in ancient times. Naked, they lived on shrimps and crabs and often stole salt from villagers' houses to spice their food. These odd people would make villagers run a fever if the latter encountered them. They feared nothing but the crackles produced by burning bamboo tubes. Hence villagers resorted to burning bamboo tubes to threaten them away. Thinking the way magical, later people burned bamboo tubes on New Year's Eve, supposed to exorcise all evil spirits. In the Song Dynasty people began to set off firecrackers filled with gunpowder, instead of burning bamboo tubes, on New Year's Eve. Now, firecrackers are set off more for heightening the festive air than for the original purpose.



Paragraph 2

T爆竹的演变 **he Evolution of Firecrackers**

Setting off firecrackers is a practice handed down from the remote past, when burning bamboo stems were burnt. Bamboo stems have joints and are hollow inside. When they are burnt, the air inside expands after being heated, and the stems themselves burst open and make a loud cracking sound. Later on, people placed gunpowder in the bamboo stems and thus invented firecrackers. Still later, paper rolls replaced bamboo stems. By the close of the Qing Dynasty, there were already special workshops in China making all kinds of firecrackers.

Paragraph 3

T爆竹所营造的气氛 **he Atmosphere Made by Firecrackers**

When the Chinese New Year arrives, the sky is illuminated with fireworks and strings of lights to send off the old and ring in the new year. Fireworks and firecrackers, known as yanhua and baozhu, were originally made of real bamboo and were traditionally set off to frighten the legendary monster, Nian. You can hear or see fireworks and firecrackers everywhere, which usually lasts for a few hours. Some people will continue to set off fireworks periodically throughout the first half of the first lunar month.

Paragraph 4

F爆竹与鞭炮 **irecrackers and Fireworks**

Firecrackers and fireworks have been one of the essential parts of Chinese festival culture. Firecrackers is a small explosive charge and a fuse in a heavy paper casing, exploded to make noise, as at celebrations. Fireworks refer to a device consisting of a combination of explosives and combustibles, set off to generate colored lights, smoke, and noise for amusement.



Fireworks are primarily known for colorful sparks while firecrackers for loud sound.

Firecrackers are of various kinds. They are generally subdivided into three categories: single-bang firecrackers, double-bang firecrackers (or cannon crackers), and cannonade crackers.

There are also various kinds of fireworks. In terms of the way of setting off, they are generally divided into ground fireworks, hand fireworks, hanging fireworks, sky fireworks, water fireworks, etc. Each of them can be further classified to nearly a hundred subcategories.



Cultural Links

文化链接

关于爆竹的传说

放鞭炮贺新春,在我国有两千多年历史。最早的爆竹,是指燃竹而爆,因竹子焚烧发出的哔哔叭叭的响声,故称爆竹。说起爆竹的起源,有个很有趣的传说。《神异经》上说:“西方山中有兽焉,长尺余,一足,性不畏人。犯之令人寒热,名曰山魃,后人遂象其形,以火药为之。”这是爆竹起源最早的记载,说明当初人们燃竹而爆,是为了驱吓危害人们的山魃,据说山魃最怕火光和响声,所以每到除夕,人们便“燃竹而爆”,把山魃吓跑。这样年复一年,便形成了过年放鞭炮、点红烛、敲锣打鼓欢庆新春的年俗。



Vocabulary

妙词连珠

originally 起初

enliven 使活跃

auspicious 吉利的

dazzling 耀眼的

seniors 年长的

tangerine 橘子

crunchy 易碎的

stem 茎

hollow 空的

cracking 爆裂的

savage 凶猛的

cracking 劈啪



firecrackers 爆竹

demons and monsters 魔怪

injure; harm; hurt 伤害

peaceful; tranquil 安宁

bind; wrap 裹

light; kindle; ignite 点燃

clear 清脆

dazzling 耀目

flame 火焰



Unit 3 Lantern Show



Key Sentences

流畅精句

1. The lanterns usually are made of thin bamboo strips, straw, rattan, metal or animal horns and covered with reel paper or gauze.
灯笼的轮廓是用薄竹片、稻草、藤条、金属或动物的角做成的,在轮廓外包上红纸或纱布就构成了灯笼。
2. Lanterns come in different shapes, such as bird, animal, flower and fish.
花灯有鸟类、动物、鲜花以及鱼类等各种不同的形状。
3. Fragrant smells waft in the breeze from the lanterns.
随着灯芯的燃烧,微风传送,香气飘逸,沁人心脾。
4. All the lanterns were found mingling with stars, presenting a very attractive view.
在灯市中,天上人间浑为一体,十分美丽。
5. In the Song Dynasty, the lantern display usually lasted five nights on end.
宋代元宵节放灯规定为五夜。
6. The ice lantern display first appeared one hundred years ago to mark the Lantern Festival in the northern provinces of China.
近百年来,中国北方的元宵节还有别具风情的冰灯,为元宵节放灯增添了新的内容。
7. An ice lantern display is a sea of lights, a feast for any visitor's eyes.
冰灯场内一片灯的海洋,供游人尽情领略欣赏。
8. The riddle guessing is another entertainment for the Lantern Festival.
猜灯谜是元宵节的一项文化娱乐活动。



9. Over the long years many books on riddles have been written, which contribute a lot to the entertainment.

千百年来一些文人学者编写了不少谜语书,有力地促进了灯谜文化的发展。



Wonderful Paragraph 精彩片段

Paragraph 1

T灯笼展的起源 The Origin of Lantern Show

Lantern show is the major folk activity of Lantern Festival or Yuanxiao Jie, which falls on the 15th of the first month of the Chinese New Year. The name derives itself from the fact that the first lunar month is called yuan month and in the ancient times people called night xiao. The 15th day is the first night to see a full moon. So the day is also called Yuanxiao Festival in China. According to the Chinese tradition, at the very beginning of a new year, when there is a bright full moon hanging in the sky, there should be thousands of colorful lanterns hung out for people to appreciate. At this time, people will try to solve the puzzles on the lanterns and eat yuanxiao (sticky rice ball with sweet stuffs) and get all their families united in the joyful atmosphere. Compared with the Spring Festival, which emphasizes family reunion, Lantern Festival is an occasion of entertainment.

Paragraph 2

H怎样制作灯笼 How to Make a Lantern

The lanterns usually are made of thin bamboo strips, straw, rattan, metal or animal horns and covered with red paper or gauze. They come in various shapes and sizes. Some are classified as palace lanterns while others are revolving lanterns that feature fables or pictures of animals. Now



technology and electronics are being used in festival lanterns, and neon lights side by side with traditional Chinese paper lanterns add more festivity to the holiday for both urban and rural dwellers.

Paragraph 3

T灯笼的外形 **he Shape of Lanterns**

Lanterns come in different shapes, such as bird, animal, flower and fish. Some lanterns are shaped like fruit, such as oranges, litchis, pineapples and others. Some are very modern like rocket and satellite lanterns. Fragrant smells waft in the breeze from the lanterns. Sandalwood incense is burned in octagonal palace lanterns.

Paragraph 4

I冰灯 **ce Lantern**

The ice lantern display first appeared one hundred years ago to mark the Lantern Festival in the northern provinces of China. There are two ways to make ice lanterns. One is to fill water into different moulds and then to freeze the water; the taken-out fillings, when connected to electric sources, are lanterns in different shapes. This is a way preferable for making smaller ice lanterns. The other is to cut different figures from great masses of natural ice with tools like axes, saws, shovels, files and so on. The figures may be in the shapes of mountain peaks, pagodas, towers, flowers and animals. When connected to electric sources, they are illuminating lanterns. An ice lantern display is a sea of lights, a feast for any visitors' eyes.

Cultural Links 文化链接

元宵放灯的由来

元宵放灯的习俗由来已久,据史料记载,秦始皇登基后的第二年正月十五,曾举办过一次规模盛大的燃灯祭祀地神活动,可视为正月十五放灯的最早记载,元宵放灯的习俗则开始于汉代,或谓开始于汉武帝祭祀太乙神,或谓源于纪念西汉文帝刘恒登基,或谓起自东汉明帝“燃灯表佛”,说法不尽统一。但最迟在东汉时期,已经有了正月十五街头挂灯,张灯一夜的明确记载,允许百姓通宵赏灯游玩。

Vocabulary 妙词连珠

derive 起源

reunion 团圆,重聚

envoys 外交使节,特使

curfew(中世纪规定人们熄灯安睡的)晚钟声,打晚钟时刻,宵禁令(时间)

enriched 浓缩的,富集的,强化的

numerous 号码牌,牌照

phoenix 凤凰,长生鸟,完人,完美之物

lotus 植莲属荷(花),莲(花)睡莲

flour 面粉

turnip 芜菁、甘蓝

strips 剥,剥去

horns(唱片)纹刺,角冠

gauze 薄纱,医纱布,薄雾

dwellers 住处

mould 肥土壤,模具

freeze(使)结冰,(使)冷冻,冻结

preferable 更可取的,更好的,更优越的

saws 锯齿修整器

shovels 铲,铁铲

riddle 谜,谜语,神秘人物



U 踩高跷 Unit 4 Stilts-Walking



Key Sentences

流畅精句

1. Unlike other forms of stilts, hand-held stilts are not tied or strapped to the wearer.

与其他的高跷不同,手扶高跷并不绑在一起,也不用皮带进行处理。

2. Peg stilts, also known as Chinese stilts, are the most common stilts used by professional performers.

短桩高跷也称为中国高跷,是专业表演者最经常使用的一种高跷。

3. Stilt walking, a recreational activity in rural areas, combines dance, drama and physical agility.

踩高跷集成了舞蹈、戏曲和身体的协调性,是农村地区的一项娱乐活动。

4. In China, there is an old custom called “walking on stilts”

踩高跷是中国的一项民间传统艺术。

5. This performance can be traced back to very ancient origins.

踩高跷有着很古老的起源。

6. In the Han Dynasty, stiltwalking, then called “stilts skill”, began to popularize among the public.

踩高跷也曾叫作“跷技”在汉代深受大众喜爱。

7. Through several thousand years of development, stilts-walking has greatly improved in style and become an important part of Chinese festive culture.

经过几千年的发展演变,踩高跷的花样不断增多,并且成为中国节日文化中不可缺少的一项内容。



8. Stilts-walking is not just a folk art and local musical art form; it is also a holiday folk performance and a great outdoor fun, especially popular in some country areas.

踩高跷不仅仅是一项民间艺术和地方性音乐艺术形式,它也是人们在节假日里的一项户外演艺,尤其是在一些农村地区更为流行。



Wonderful Paragraph 精彩片段

Paragraph 1

T高跷的历史 The History of Stilts-Walking

Stilts refer to a pair of long, slender poles each equipped with a raised footrest to enable the user to walk elevated above the ground. In China, there is an old custom called “walking on stilts”. It is a performance that employs two lengths of wooden sticks over three meters long to one’s feet and walking on them. It is also termed “tied-on long feet”. This performance can be traced back to very ancient origins. It is said that there was once a man named Lanzi in the state of Song who entertained the first Song emperor with his feet of walking and running with two wooden poles taller than himself attached to his lower legs. In the Han Dynasty, stiltwalking, then called “stilts skill”, began to popularize among the public. In the Song Dynasty, it was changed to “stepping-stilts” and the name “stilts-walking” was finally adopted in the Qing Dynasty. Through several thousand years of development, stilts-walking has greatly improved in style and become an important part of Chinese festive culture.

Paragraph 2

A中国踩高跷简介 Brief Introduction of Chinese Stilts-Walking

Stilt-walking, a recreational activity in rural areas, combines dance, dra-

ma and physical agility. Chinese stilts are usually 20 to 90 centimeters high. Using various props, performers play folk heroes or roles from popular dramas.

Paragraph 3

H 手扶式高跷 Hand-Held Stilts

Hand-held stilts typically come in two varieties (string and pole) and are common childhood toys. Unlike other forms of stilts, hand-held stilts are not tied or strapped to the wearer. Hand-held pole stilts are made of two long poles, each with a foot support on them. The stilter holds on to the upper end of the pole and rests their foot on the foot plate. Hand-held string stilts (also known as tin can stilts) are platforms with strings attached to them. The platforms, most commonly made of tin cans, hold the stilter's weight while the strings are used to pull the cans to the feet as the stilter takes a step.



Cultural Links 文化链接

高跷的起源与发展

高跷是我国一项传统的游艺活动。在原始社会,人们为采摘树上的野果,就在腿上绑两根木棍增加身高,这是跷技的最初形式。

据《列子·记符》记载:春秋时宋国有个叫兰子的人,善跷技;战国时,喜玩跷技的艺人,游走各国。看来,这个时期高跷已发展成一项杂技艺术。

到了宋代,高跷技艺又有发展。《武林旧事》记载,两宋时期的踏跷(即高跷)技艺高超,动作惊险,扣人心弦。后来,高跷又发展为一种民间舞蹈,称高跷秧歌。高跷秧歌在紧锣密鼓中配演小戏,即高跷戏,在春节和元宵节演出,很受人们喜爱。

 Vocabulary
妙词连珠

guessing game 猜谜游戏	outdoor/open-air game 室外游戏
amusement for adults 成人娱乐活动	play; game 玩耍
good rest 充分休息	chess 象棋游戏
spring amusement/entertainment 春季娱乐活动	recreation 消遣
huge/big amusement 大型娱乐活动	short rest 小憩
popular amusement 大众娱乐活动	game; play 游戏
marble game 弹子游戏	amusement; recreation; entertainment 娱乐
pleasures of senses 耳目之娱	public place of entertainment 娱乐场所
family game 家庭游戏	recreational activities; recreation 娱乐活动
street amusement 街头娱乐活动	recreation room 娱乐室
classroom game 课堂游戏	round-table game 圆桌游戏
just to amuse oneself 聊以自娱	card game 纸牌游戏
seesaw game 跷跷板游戏	hide-and-seek game 捉迷藏游戏
social entertainment 社交娱乐活动	
indoor/parlour game 室内游戏	



U 舞龙灯 Unit 5 Dragon Lantern Dance



Key Sentences

流畅精句

1. At the beginning of the year of the dragon, colorful dragons can be often seen dancing in streets.
在龙年到来时,街道上可以看到人们舞动色彩各异的龙的情景。
2. The Chinese dragon is often seen as a symbol of divine protection and vigilance.
中国的龙常常被认为是神圣守护者的象征。
3. At first these dances were a prayer for favorable weather.
起初舞龙只是为了乞求风调雨顺。
4. People in ancient China believed that rain was under the control of the dragon.
在古代中国,人们都认为龙是雨神。
5. About 3 000 years ago, the dragon dance was performed when people offered sacrifices to Heaven.
大约在3 000年前,人们在祭祀天的时候才舞龙。
6. The dragon lantern was an improved prop of the dragon dance performed when sacrifices were offered to Heaven.
龙灯是人们祭天时舞龙活动的一种演变。
7. The dragon lantern dance became a major item of entertainment during festivals, especially the Lantern Festival on the 15th day of the first lunar month.
在节日期间,尤其是在正月十五的元宵节当天,舞龙灯是人们一项主要的娱乐活动。

8. The number of segments of the dragon depends on the number of performers.

龙身有多少节,就有多少表演者。

9. A dozen or even dozens of people perform a dragon dance.

一般有十个或数十个表演者舞动一条龙。

10. When a huge dragon is dancing vigorously, it is an artistic treat for spectators.

当一条巨龙生动地舞动时,旁观者便可一饱眼福。



Wonderful Paragraph 精彩片段

Paragraph 1

T 龙的形象起源 The Origin of Dragon Image

It had been widely acknowledged that the dragon image originated during the Han Dynasty over 2 200 years ago, until the shocking discovery in 1988 of "the First Dragon of China". A dragon image built of shells from over 6 000 years ago, at the Ruins of Yangshao Culture in Puyang, Henan Province, which already possessed the major characteristics of later dragon images.

Paragraph 2

W 对龙的拜祭日 Worshipping Ceremonies for Dragon

The Chinese, regardless of where they live, celebrate festivals and happy occasions with dragon dances. At the beginning of the year of the dragon, colorful dragons can be often seen dancing in streets. Special worshipping ceremonies take place on the first and 15th day of every month. Dragon shrines and altars can still be seen in many places in China. They are usually located along seashores and riverbanks since it was believed that



most Eastern dragons lived in water. Everything connected with dragons is blessed.

Paragraph 3

D古代和现今舞龙的不同目的 **ifferent Purposes of Dragon Dances etween Ancient and Present China**

Dragon dances originated with ancient ceremonies for the Dragon King. At first these dances were a prayer for favorable weather. Today performers are more concerned with demonstrating their skills or unique techniques for simulating a dragon. Making a dragon for this dance using colorful paper or silk fabric requires special skills and craftsmanship.

Paragraph 4

T龙的制作 **he Making of a Dragon**

The head and body of the dragon are made of bamboo, wood, paper and cloth, and painted with pigments. The number of segments of the dragon depends on the number of performers. Usually it is a dozen or even dozens of meters long. When the dragon lantern dance is performed, the dragon head follows the movement of somebody waving a pearl-shaped ball while the dragon body moves forward or backward and turns up and down, displaying various postures of the legendary dragon.

Paragraph 5

D其他国家的舞龙 **ragon Dance in Other Countries**

While the dragon dance remains the central part of Lantern Festival processions to this day, Chinese communities outside of China have added cultural elements from their new countries to the Festival. You'll still see dragon dancing in a San Francisco Lantern Festival parade, for instance, but you're also likely to see western-style floats and marching bands, too.

Cultural Links 文化链接

舞龙的由来

春节期间,很多地方还有舞龙的习俗。龙是古代传说中的神异动物。舞龙的起源有悠久的历史。在宋人吴自牧著的《梦粱录》中,记述南宋临安(今杭州)元宵上灯的情景说:“……草缚成龙,用青幕遮草上,密置灯烛万盏,望之蜿蜒如双龙之状。”由此推算,舞龙距今也有七百多年了。人们所以要舞龙,是与古代劳动人民在农业生产中对自然现象缺乏科学知识有关,他们幻想龙是管雨的,想以舞龙来祈求神龙,以保风调雨顺和五谷丰登。

Vocabulary 妙词连珠

composite 各种不同部分或材料组成的	commune 与……感觉一致;与……很亲近
abdomen 腹部	annex 并吞;霸占(领土等)
cockle 鸟蛤;海扇	deign 屈尊;俯就
carp 鲤鱼	prototype 原型
crimson 深红色	boar 雄野猪
spine 脊椎骨	gorgeous 华丽的;灿烂的
specimen 标本	sinewy 坚韧的;强有力的
revere 崇敬;敬畏	conceive (of) 构思;想像
eternity 永恒;来世	muse 冥思
reptile (冷血的)爬行动物	beseech 恳求;祈求;央求
awe 敬畏	stalk 高视阔步;大踏步走
valiancy 勇敢	infinite 无穷的;无限的
chapel 小教堂;礼拜堂	impart 透露(秘密,新闻等)
derive (from) 源出;起源	mystique (艺术等)奥妙;秘诀
hypothesis 假设	civility 有礼貌;有礼貌的行为



entrance 使狂喜;使出神

integral 完整的;整个的

prance (指马)前足离地而以后足
向前腾跃

refined 文雅的;高尚的

marrow 髓;骨髓

grueling 严厉的;使人极度疲劳的

concoct 编造;捏造

follow suit 学样

ordain 决定;注定

celestial 天上的

yield 生产;出产;生

bestow 给予;援予;赐赠

coil 绕成盘状;盘绕

winged 有翼的;有翅膀的

balustrade 栏杆

rostrum 讲台;讲坛

gargoyle (建)怪兽状滴水嘴

colossal 巨大的

obsess 使占据心思;不断地困扰

replicas 复制品;摹写品

lore 学问或知识

primer 入门书

omnipresent 无处不在的;处处都在
的

oblivion 遗忘;忘却

effigy (木,石等的)肖像;雕像

muzzle 动物的鼻和嘴

uptilt 使向上翘起;使向上倾斜



U 舞狮子

Unit 6 Lion Dance



Key Sentences

流畅精句

1. The Chinese Lion Dance goes back some one thousand years.
中国狮舞可以追溯到一千年前左右。
2. The lions express joy and happiness.
狮子是喜悦与幸福的象征。
3. The Lion Dance also plays an important role in the consecration of temples and other building.
在庙宇或其他地方祭拜神灵时,舞狮子是一项很重要的活动。
4. There are even Lion Dance competitions featuring troupes from countries as far from China as Mexico.
即使是在距中国很遥远的墨西哥也不乏会见到舞狮子比赛的剧团。
5. The northern lion has a mane and four legs and is generally more realistic than the southern lion, which has a drape and can have two or four legs.
中国北方制作的狮子有尾巴和四条腿,而南方的则是一块帷幕,有两条或四条腿,因而看上去北方的要比南方的更为逼真一些。
6. For a proper lion dance, the movements must match the music played by a minimum of three pieces: drum, gong and cymbal.
一场比较成功的狮子舞,动作要与音乐相一致;音乐的演奏往往至少包括三种乐器、鼓、锣和钹。
7. The Chinese consider the lion dance to be a vehicle for dispensing all the good blessings of heaven to the whole community.
中国人认为舞狮是为民众向上天祈福的一种表现方式。



8. The lion dance is an extension of the Chinese martial arts and is always performed by martial artists.

舞狮子是中国武术的延伸,表演者也往往都会武术。

9. Lion dancing develops strength, flexibility and endurance as well as the ability to work in team and overcome obstacles through group effort.

舞狮子可以锻炼人的身体素质、灵活性和耐力,而且有利于促进团队的合作精神。

10. In the Chinese tradition, the lion dance is essential to ensure harmony and prosperity.

从中国传统上讲,舞狮子是为了确保和谐和繁荣。

11. Legends of the origins of lion dancing can be found in ancient Chinese literature.

关于舞狮子起源的传说可以在中国古代文学中了解到。

12. To the martial artist, it is an extension of the arts and incorporates various skills and techniques.

对于练武者们来讲,舞狮子既是艺术的延伸又是体现合作和技能的运动。

13. The lion dance identifies survival and the balance of hardship and joy.

舞狮子使人们对生存的观念以及困难与喜悦平衡交替的观念联结在一起。



Wonderful Paragraph 精彩片段

Paragraph 1

T舞狮的起源 The Origin of Chinese Lion Dance

The Chinese Lion Dance goes back some one thousand years. The first record of the performance of an early form of the Lion Dance dates to the



early Qin and Han Dynasties (Third Century B. C.)

The lions express joy and happiness. From the fourth day to the fifteenth of the New Year, lion dance groups would tour from village to village in traditional China.

Paragraph 2

D不同的表演风格 ifferent Acting Styles

From the perspective of acting styles, lion dance can be categorized into two types: gentle style and wild style. The former shows the lion's gentleness and loveliness by grabbing the ball, playing with the ball, rolling about, licking its fur, shaking its fur, scratching, rubbing its ears, caressing the lion cub, etc. The latter focuses on the lion's aggressiveness and high skills such as walking on the ball, scrambling for the ball, rolling the ball, diving for the ball, jumping and turning, climbing, walking on the seesaw, walking on pointed stakes and other highly skill-demanding feats. The wild style performance can be soul-stirring as it displays the lion's majesty and wildness.

Paragraph 3

S南方的舞狮 outhern Style Lion Dance

The southern style Lion Dance has become an extension of the Chinese Martial spirit, and is always performed by students of Kung Fu. Following the Lion Dance, you will see forms, or choreographed routines, performed by the Lion Dancers. The early martial artists, studying in Buddhist temples, imitated the fighting styles of the animals in nature that they observed such as the tiger and the crane, the primary styles taught at the AMAS. Other styles include the leopard, praying mantis, eagle, snake and dragon. The forms you will see imitate the movements and characteristics of these animals.



M 当今的舞狮 Modern Lion Dance

The lion dance is most commonly associated with the Chinese Lunar New Year, although it is performed throughout the year at many celebrations, holidays and festivals. In the Chinese tradition, the lion dance is essential to ensure harmony and prosperity. In its early history, lion dance was performed by actors and dancers. Today, this ancient custom is mainly kept alive by martial artists from traditional Kung Fu schools. Due to numerous championships in Asia and North America, lion dancing has now reached new heights in its popularity. Traditional lion dancing has evolved into a spectator sport replaced by dare-devil acrobatic feats, rivaling any circus performance. There is even a movement to include lion dance competition as an Olympic event.



Cultural Links

文化链接

中国狮舞

舞狮是春节庆典活动的一种。它原由外国传入,后为我国各地群众广泛传习。舞狮有北方舞狮和南方舞狮之分。

北方狮子舞,相传在1500年前的北魏时代,曾有一种木雕兽头的狮子舞,是由胡人从塞外传入中原的,魏武帝把它改称“北魏瑞狮”。到现代,北方舞狮有河北双狮、安徽青狮和湖南狮子等区分。

南方狮子舞:南方狮一般在广东流行,所以又称广东狮。广东狮历史悠久,据唐书《太平乐志》记载,始于南北朝。广东各地的狮子,形象各不相同。

Vocabulary
妙词连珠

consecration 供奉, 奉献, 献祭仪礼	scare 惊吓, 受惊, 威吓
troupe 剧团	ward 守卫, 保卫, 保护, 牢房, 病房, 行政区, 监护, 锁孔
realistic 现实(主义)的	ginger 姜, 生姜, 有姜味, 活泼, 元气, 精力, 淡赤黄色(的)
crouches 赌场上的总管理人, 副主持人	choreographed 舞蹈指导
horns(唱片)纹刺, 角冠	crane 起重机
snout 猪嘴	leopard 豹, 美洲豹, 美洲虎
thrusts 插, 戳, 刺, 推力, 猛推, 口头攻击	vehicle 交通工具, 车辆, 媒介物, 传达手段
gong 铜锣, 盘形钟	dispensing 剂量器
pranci(马)后足立地腾跃, 昂首阔步	flexibility 弹性, 适应性, 机动性, 挠性
cymbal 铙钹, 高音音栓之一	obstacle 障碍, 妨害物
initiates 开始	coordination 同等, 调和
synchronized 同步	agility 敏捷, 活泼
sequence 次序, 顺序, 序列	

U 鼓戏 Unit 7 Drum Dance



Key Sentences

流畅精句

1. The Hunan Flower-drum Opera developed from Hunan folk songs, and from one female role and a clown role to three singing roles.
湖南鼓戏是从湖南民歌中的一名女主角和一名丑角的表演中演变而来的三人表演形式。
2. In ancient China, drums were initially used in the army and beating drums was a signal of marching on.
在中国古代,鼓最早应用于军队,击鼓是命令士兵前进的信号。
3. Gradually, drums became a kind of accompanying musical instrument and drumbeating an independent singing and dancing form.
逐渐地,鼓成为一种伴奏乐器或同时作为演出道具的、独立的歌舞艺术形式。
4. The colored drum dance, also called flower-drum opera, is a folk singing and dancing performance acted by a male and a female, or by many people in some places.
花鼓也称花鼓戏,是一种多由男女二人对唱对舞的民间歌舞艺术形式,也有多人共同演出的。
5. As a popular dance, the colored drum dance can be found almost in any part of China.
花鼓在全国各地流传很广,几乎每一个地方都有自己的花鼓戏。
6. It is generally thought that waist drum dance derived from colored drum dance.
一般认为,腰鼓是从花鼓演变发展而来的一种民间舞蹈艺术形式。

7. The waist drum dance is characterized by strong and varied rhythm, vigorous and dynamic style, a harmonious combination between drum beating and dancing.

腰鼓的节奏强烈多变,舞姿刚劲奔放,特别讲究击鼓演奏与舞蹈动作的结合。



Wonderful Paragraph 精彩片段

Paragraph 1

T鼓的历史 The History of Drums

In ancient China, drums were initially used in the army and beating drums was a signal of marching on. Later on, drums began to be used in folk performance as a percussion instrument for controlling the rhythm. Gradually, drums became a kind of accompanying musical instrument and drumbeating an independent singing and dancing form. Among the traditional folk drum dances in China, the colored drum and waist drum dances are the two most representative types.

Paragraph 2

H湖南花鼓戏 Hunan Flower-drum Opera

Hunan Flower-drum Opera is the general name for all the local flower-drum operas and lantern operas in Hunan Province. They are divided into Changsha Flower-drum Opera, Hengyang Flower-drum Opera, Shaoyang Flower-drum Opera, and others, which have different styles. The Hunan Flower-drum Opera developed from Hunan folk songs, and from one female role and a clown role to three singing roles. There are about 400 plays in the flower-drum repertoire, and over 300 tunes. These plays can be divided, according to their structure and musical style, into Sichuan Tune, Daluo

Tune, Paizi and Xiaodiao. They all feature straightforward melodies and rich folk flavor. The famous actors include Liao Chunshan, Wang Yousheng and Zhang Shushen.

Paragraph 3

W腰鼓戏 **Waist Drum Dance**

Waist drum dance performance usually involves many people, sometimes hundreds, a magnificent sight for the viewers. During the performance, the drum is hung slantingly on the left-side of the performer's waist, and the dancer, with the drumsticks in each hand, dances and beats the drum at the same time. The waist drum dance is characterized by strong and varied rhythm, vigorous and dynamic style, a harmonious combination between drum beating and dancing. The drumbeats also vary from a single beat to varigated beats, from slow to insistent beats, which, when combined with performing movements, have vivid names such as "three nods of phoenix" "a good wash of the tiger's face", "drumming of the thunder god", "flying of the butterfly", "pecking of the chicken", "horse trotting", and so on.

Paragraph 4

F方山鼓戏 **Fangshan Drum Dance**

Fangshan drum dance also called "Sparrow Skipping", this folk dance originated in Fangshan, Jiangning District, Nanjing City. The dance imitates the movements of a sparrow, such as spreading its wings, pecking at grains, sitting on eggs and so on. The number of instruments has increased to 12 drums, 12 gongs and 10 cymbals. Colored flags accompany the Fangshan Drum Dance, making the scene more majestic.

Cultural Links 文化链接

花鼓戏

花鼓也称花鼓戏,是一种多由男女二人对唱对舞的民间歌舞艺术形式,也有多人共同演出的。花鼓在全国各地流传极广,几乎每一个地方都有自己的花鼓戏。

各地花鼓在演出形式上不尽相同,但通常都是男的击鼓,女的敲花鼓或云锣伴舞,二人对唱,击鼓者主要有3种姿势:低鼓,即系鼓于腰间;高鼓,即系鼓胸前;多鼓,即系鼓于头部、胸部、肩部、腿部,多者可达七八面鼓。花鼓的鼓点套路很多,常见的有“一点油”、“风搅雪”、“干炒豆”、“紧三锤”、“慢三锤”等。击鼓的技巧则有掏腰、掏腿、绕膝等高难度动作,并冠以“狮子滚绣球”、“秦王背剑”、“凤凰双展翅”等一些好听的名字。从演出风格上来看,各地花鼓大都热情奔放,刚劲洒脱,充分体现了中国人民淳朴、粗犷、开朗、乐观的性格特征。其中最有代表性的花鼓有安徽的凤阳花鼓、淮北的花鼓灯、山西的倒悬花鼓、晋南花鼓、山东的秧歌花鼓等,最有代表性的花鼓节目则是抗战时期的《拥军花鼓》。

Vocabulary 妙词连珠

renowned 有名的;著名的	imitate 模仿
manipulate (熟练地)操作	grimace 作怪相;做鬼脸
stonemason 石匠	arena 竞技场
peristyle (建)周柱列;周柱廊	flourish 兴旺
repertoire 戏	signal 信号
orchestra 管弦乐队	initially 最初,开头
enrich 使丰富;使改进	percussion 打击乐器
clapper 拍板;响板	rhythm 节奏,韵律
melody 美妙的音乐	clown 小丑,粗鲁愚蠢的人
sparrow 麻雀	melodie [法][音]小旋律歌曲

repertoire (准备好演出的) 节目, 保留剧目	dynamic 动力的, 动力学的, 动态的
straightforward 正直的, 坦率的, 简单的, 易懂的, 直截了当的	harmonious 和谐的, 协调的, 和睦的, 悦耳的
flavor 情味, 风味, 滋味, 香料	insistent 坚持不懈的
magnificent 华丽的, 高尚的, 宏伟的	butterfly [动] 蝴蝶, 蝶泳
vigorous 精力旺盛的, 有力的, 健壮的	sparrow [鸟] 麻雀
	cymbals 圆盘式张力装置
	majestic 宏伟的, 庄严的

U 踢毽子 Unit 8 Kicking Shuttlecock

Key Sentences 流畅精句

1. To make a shuttlecock, a piece of cloth wrapped around a coin is needed.
用一片布包裹一枚硬币,再用绳子勒紧就做成了毽子。
2. Shuttlecock kicking is not only of great fun, but also provides vigorous physical exercise.
踢毽子不但很有趣,而且能够锻炼身体。
3. Shuttlecock kicking has gained great favor both at home and abroad.
踢毽子这种游戏在国内外都深受喜爱。
4. The rules and method of play may be the same for all but the name given to the game differs from country to country.
踢毽子的规则基本上都一样,只是游戏的名称在各个国家不尽相同。
5. Although some kicking shuttlecocks can be bought in shops, most are home made.
虽然在商店可以买到毽子,但大多数人都是自己在家做。

Wonderful Paragraph 精彩片段

Paragraph 1

S 中国的踢毽子 Shuttlecock Kicking in China

Shuttlecock kicking, Ti Jian Zi, is another traditional popular folk game. Some records date its origin as far back as the Han Dynasty (206BC-

220AD). This game prevailed during the Tang Dynasty (618-907), when shops specializing in shuttlecocks business appeared. In the Ming Dynasty (1368-1644), formal competition of shuttlecock kicking was held. In the Qing Dynasty (1644-1911), shuttlecock kicking reached its climax in terms of both making technics and the kicking skills.

There are endless variations in terms of styles and methods of kicking—just as long as the shuttlecock remains in the air. With one leg fixed on the ground, the shuttlecock is kicked by the inner ankle of the other. Some other styles include kicking the shuttlecock back and forth between two people. Those who advance to a high level of mastery can perform some truly impressive feats. The challenge of the increasingly difficult levels of shuttlecock kicking has made it a popular and timeless game among the Chinese children. This game helps people strengthen their legs and enhance their concentration.

Paragraph 2

H 怎样踢毽子 **How to Play the Game**

The purpose of the game is to kick a specially constructed, usually home-made shuttlecock into the air and keep it there for as long as possible solely by the use of the feet. This is normally accomplished by administering repeated kicks with the instep of either foot.

If more than one participant, players form a circle and kick the shuttlecock to each other. A player who misses and lets it fall to the ground has to drop out of the game. This process of elimination is repeated, until the player who remains at the end is declared the winner.

Paragraph 3

V 游戏的种类 **ersions of Game**

China has two versions of game played with the kicking shuttlecock. The original one, called KAI MO IN in Canton, is still played by children and



young people who can make their own shuttlecocks. But for those who do not wish to go to that trouble there is more than one version of kicking shuttlecock on sale in the shops.

Then there is a modern version called simply “SHUTTLECOCK”, a game which utilises a net to separate opposing teams and is essentially a sport for the super fit athlete.

The sport has a governing body which lays down stringent rules for playing the game, including the use of yellow and red cards to indicate infringement of the rules.



Cultural Links 文化链接

山西踢毽子

踢毽子是山西一项传统的冬季民间体育活动,它可以使腿、脚、臂、腕、手、眼等身体各部位都得到锻炼。毽子分毽铤和毽羽两部分,毽铤多用铜钱或圆形的铅、锡、铁片制成,毽羽多用翎毛、羊皮、羊毛制成。

据唐代释道宣《高僧传·佛陀禅师》记载,五世纪末,北魏有个高僧佛陀禅师,在路过洛阳天街时,见 12 岁的少年慧光在井栏上踢毽子,一连五百,众人喧然,竞相观之。这里讲的就是早期的毽子。其实,在汉代砖雕中就有踢毽者的形象,可见毽子在两千多年前就已很盛行了。

山西踢毽子活动至今不衰,套数达二十多种,计有:旭(里外廉)、踢、把、丁、拐、鼓(过海)、拦子(拖抢)、站、跪、端、骗、的、二板、漏窟、顶灯、点灯、翻终、开弓、乎、盘等。此外还有其他难度较大的花样,如金鸡转弯、将军大上马等。每到冬季来临,到处可以看到结伴成群的青少年在校园、街头巷尾、场院踢玩,踢毽子可以计次数、赛花样、比技巧,其间韵味尽在。



Vocabulary

妙词连珠

pastime 消遣; 游戏	alliance 联合
vie 竞争; 相争	retain 保持
agenda 议事日程	empathy 同情
shuttlecock 毽球	intriguing 引起好奇(或兴趣的)
tug-of-war 拔河(比赛)	shed 使流出
yangko 秧歌	ordeal 对品格或忍受力的考验
regatta 赛船大会	cement 水泥
martial 勇敢的; 尚武的	stake 桩; 柱
nickname 绰号; 诨号	diversion 消遣; 娱乐
costume 服装式样; 戏装	deplete 耗尽
legacy 祖辈或先辈留下来的东西	confide 吐露(秘密等)
saga 英雄传记	coach 当教练(或指导等)
exile 流放	devotee 爱好者
insurgent 叛乱士兵	pose 提出
repress 镇压	durable 耐用的

U 皮影戏 Unit 9 Leather Silhouette



Key Sentences

流畅精句

1. Shadow plays are a traditional folk art, the origin of which can be traced back to the Western Han Dynasty.
皮影戏是一项传统的民间艺术,可以追溯到西晋时期。
2. Guanzhong shadow play figures are popular with collectors and as home decorations.
关中皮影戏以其艺术装饰和收藏家而闻名。
3. The music of the show is based on Beijing and local operas.
表演时的配乐一般是京剧或者地方戏曲。
4. Quanzhou City in Fujian Province is noted for its marionettes.
福建省泉州市以提线木偶闻名。
5. Leather silhouette coloring is usually bright and transparent, mostly in black, red, yellow, and green.
皮影戏的背景往往鲜亮透明,大多数是黑色、红色、黄色或者绿色。
6. Based on geographical localities, each place has its own unique style and characteristics in shadow figure design, music and instrument.
由于地区限制,每个地方都有自己独特的皮影设计、音乐背景和乐器。
7. China boasts a long art history of leather silhouette show.
在皮影戏方面,中国有很长的艺术史。
8. The vitality of Chinese leather silhouette show lies in its long history and its deeply rooted base in the masses.
中国皮影戏以其历史悠久、群众基础雄厚的特征而始终充满活力。



9. From the 13th to the 15th centuries, Chinese leather silhouette was introduced to Indonesia, Malaysia and other islands in Southeast Asia. 在 13 世纪和 15 世纪中间, 中国的皮影戏传到了印度尼西亚、马来西亚和其他东南亚地区。



Wonderful Paragraph 精彩片段

Paragraph 1

A 皮影戏简介 Brief Introduction of Shadow Play

Shadow plays are a traditional folk art, the origin of which can be traced back to the Western Han Dynasty. (206BC-24AD). With puppets made out of cow's leather or donkey hide, the shadow play figures of the Guanzhong area of Shaanxi Province are modeled on the stone relief patterns of the Han Dynasty, the academic-style painting of the Song Dynasty and folk paper-cuts. Guanzhong shadow play figures are popular with collectors and as home decorations.

Paragraph 2

H 皮影戏的历史 History of Shadow Puppets

More than 2000 years ago, a favorite concubine of Wu Emperor of the Han Dynasty died of illness; the emperor missed her so much that he lost his desire to reign. One day, a minister happened to see children playing with dolls where the shadows on the floor were vivid. Inspired by this scene, the smart minister hit upon an idea. He made a cotton puppet of the concubine and painted it. As night fell, he invited the emperor to watch a rear-illuminated puppet show behind a curtain. The emperor was delighted and took to it from then on. This story recorded in the official history book is believed to be the origin of shadow puppetry.



Shadow puppets were first made of paper sculpture, later from the hides of donkeys or oxen. That's why the Chinese name for shadow puppet is pi ying, which means shadows of hides. Shadow puppetry was very popular during the Tang and Song Dynasties in many parts of China.

Paragraph 3

T制作皮影的过程 **he Process of Making Shadow Play**

Regular shadow figure head is a full profile, known as "half face." Clown and villain sometimes are given half profile, called "70% face"; fairies and Buddha are shown with a full face. Shadow figure's body is mostly 70%. Carving of shadow figures is very particular. It requires using knife with ease and making turns smoothly. The hollowed-out facial outline, in particular, requires an exceptional skill in craftsmanship, making lines as thin as "stretching wires," sharp and translucent. Body figure using chisel engraving has a variety of designs, including snow flake, letter "Wan" shape, wealth and fortune, wintersweet, fish scale, pine needle and star eyes, etc. Leather silhouette coloring is usually bright and transparent, mostly in black, red, yellow, and green. Music accompaniment are four string and south string instrument; bowed instrument; four-string moonshaped instrument; drum, gong; flute; hand allegro and horn. Based on geographical localities, each place has its own unique style and characteristics in shadow figure design, music and instrument.

Paragraph 4

F皮影的特征 **eatures of the Shadow Puppet Show**

To overcome the limit imposed when only the profile of puppets can be seen, shadow puppets use exaggeration and heavy dramatization. The faces and the costumes of puppets are vivid and humorous. The flowery color, the elegant sculpting and smooth lines make shadow puppets not only props but also artwork. A shadow puppet takes as many as 24 procedures

and more than 3 000 cuts.

The design of the figures follows traditional moral evaluation and aesthetics. The audience can tell a figure's character by seeing his mask. Like the masks in Beijing Opera, a red mask represents uprightness, a black mask, fidelity, and a white one, treachery. The positive figure has long narrow eyes, a small mouth and a straight bridge of nose, while the negative one has small eyes, a protruding forehead and sagging mouth. The clown has a circle around his eyes, projecting a humorous and frivolous air even before he performs any act.

Paragraph 5

M传统皮影的现状 Modern Situation of Traditional Leather Silhouette

The rapid development of modern economy in urban and rural areas, coupled with the growing influence of television and film culture, traditional leather silhouette is almost precipitating into distinction nationwide except in a few regions in eastern Gansu and Liaoning Province. Now only some 200 leather silhouette troupes are still around, down from over 1000 nationwide in the 1980s.



Cultural Links

文化链接

中国皮影戏

皮影戏又名“灯影戏”、“土影戏”。皮影戏在我国起源很早,传说汉武帝的妃子李夫人死后,武帝时常想念,有个叫少翁的人,仿造李夫人的形象,用灯光照射到布帐上,武帝看到布帐上的人影,很像死去的李夫人,非常高兴,这可能就是皮影戏的雏形。两宋时期,开封和杭州等地的市镇上,设有许多影戏棚,演出三国故事等,非常热闹。元代时我国的皮影戏流传到了缅甸、波斯、爪哇等地。清代乾隆时,在中国传教的法国神父,又把中国的皮影戏带到了法国,并传到了英国和德国,它的演出,在欧洲曾轰动一时。

皮影戏中用以表演的皮质人形,称为皮影。最初是用素纸雕刻成形,后来采用羊皮或驴皮制作。先把皮子刮薄,雕出形象,再染色和罩油,然后通过灯光照射,在幕上映出皮影人的影像。皮影人一般高约一尺,身上有若干关节,用胡琴弦绞连,安上三至五根钢质细杆。表演者在幕后操纵。通过灯光投影,非常生动和逼真。音乐伴奏和歌曲,也都是具有地方特色的民间腔调。

Vocabulary

妙词连珠

translucent screen 半透明幕布	puppet body 木偶身体
rod-hand puppet 棒式手控木偶	member 木偶身体一部分
glove puppet show 布袋木偶戏	puppet play (show) 木偶戏
control rod 操纵棒	marionettes union 木偶戏联合会
manipulating string 操纵木偶提线	puppet stage 木偶戏戏台
traditional puppet play 传统木偶戏	miniature stage 木偶戏小舞台
Oriental shadow play 东方皮影戏	puppets association 木偶戏协会
galanty show 剪纸图像影子戏	puppetman 木偶艺人
street puppet show 街头木偶戏	puppet festival 木偶艺术节
puppet show 傀儡戏	European puppet show 欧洲木偶戏
puppet 木偶	shadow play troupe 皮影剧团
puppetry 木偶操纵术	shadow play; leather silhouette show 皮影戏
operating platform 木偶操纵台	silhouette 皮影戏幕上影像
puppetry 木偶动作	shadowgraph troupe 皮影戏演出团
toy drama 木偶剧本	parchment puppet 皮影戏用牛皮纸 偶
puppet theatre 木偶剧场	hide puppet 皮影戏用皮革偶
puppet company 木偶剧团	cardboard puppet 皮影戏用纸板偶
reader 木偶剧团读词员	shadow puppetman 皮影艺人
puppet troupe leader 木偶剧团团长	outdoor puppet show 室外木偶戏
puppet theatre 木偶剧院	string puppet 提线操纵木偶
puppetry 木偶皮影艺术	
puppetry society 木偶皮影艺术学会	



glove puppet; hand puppet 套指布袋木偶	rod puppet 细木棒操纵的木偶
marionette 提线木偶	stick puppetry 细木棒操纵术
marionette theatre 提线木偶剧场	modern puppet show 现代木偶戏
string puppet show 提线木偶戏	linen thread 亚麻线
marionette operator 提线木偶艺人	shadow play; leather silhouette show 影戏
head string 头部操纵提线	Chinese puppet play 中国木偶戏
stage frame 舞台前部	Chinese shadow play 中国皮影戏

7 民间竞技

Folk Sports

U 中国武术 Unit 1 Chinese Martial Arts

Key Sentences 流畅精句

1. The initial form of Wushu appeared during pre-historic times, when the people fought against nature, hunting for food and clothing, and guarding against attacks by animals and natural disasters.
早在史前时期就有了武术这个概念,那时人们是为了抵御自然界的灾害、猎取食物和衣服以及对抗猛兽的袭击和自然疾病的侵害。
2. In the early Qing Dynasty (1644—1911), Wushu was banned among the common people, but spread in secret Wushu organizations.
在清朝初年,武术在民间广泛宣传,但只在一些秘密的武术组织中才能传播。
3. After 1949, when the People's Republic of China was founded, Wushu developed in a healthy, all-around way, and was appointed one of the events in sports competition.
1949 年中华人民共和国成立以后,武术就在一种健康全面的氛围中得到发展,并且成为体育竞技当中的一项比赛活动。
4. Almost all of the Wushu schools in the past put morality first.
在以前的武术院校中,基本上都以武德为先。

5. Traditional Wushu morality includes patriotism, uprightness, politeness and faith. 传统的武德包括爱国精神、为人正直、谦虚礼貌和待人忠诚。
6. Wushu is characterized not only by exterior beauty, found in postures, movements, and techniques, but also deep interior beauty, emphasizing “life essence, vital energy, and spirit.”
武术不仅以外在的形体美著称,如架势、动作以及技巧;而且其内在美更为独特,被称作“生活之本,力量之源”。
7. With the development of modern science and technology, Wushu movies and TV dramas have become very popular.
随着现代科技的发展,上演的武术电影和电视剧深受大众喜爱。
8. The essence of Wushu rests on the theories of yin and yang, the five elements and eight diagrams.
武术的本质是阴阳学说、五行学说和八卦理论。
9. Chinese philosophy, medicine and Wushu mutually influenced one another in their development, all being founded on the same theories.
由于起源相同,中国的哲学、医药学和武术三者各自的发展过程中互为影响。
10. Styles of Chinese martial arts may be broadly categorized as the Northern style and the Southern style with reference to the geographical regions divided by the Huanghe River.
由于地域的限制和黄河的阻隔,中国的武术从广义上讲可以分为南、北两种。
11. In ancient China, human beings were regarded as the most valuable treasure of nature.
在古代中国,人类被认为是自然界中的无价之宝。
12. Those who respect human life will love life and understand Wushu.
只有尊重生活,才能热爱生活,也才能够理解武术的涵义。
13. The practice of Wushu is a hard task; it takes time and requires arduous effort.
练武是一种很辛苦的事,既耗费时间又需要付出艰巨的努力。



Wonderful Paragraph 精彩片段

Paragraph 1

T中国武术的起源 The Origin of Chinese Martial Arts

Wushu in China goes back to ancient times, originating from productive laboring of the ancient ancestry. In the primitive society, being out-numbered by animals and facilitated with only simple tools and inferior productive forces, people had to survive nature by gathering in groups. They lived on hunting with rocks and sticks. Hitting with their hands, kicking with their feet and cutting, chopping or stabbing with simple weapons, they performed all kinds of movements, which displayed certain skills either of defense or attacking. Primitive and instinctive as they were, these performances made up the substantial background of Wushu. In the clan society, there often occurred battles between the tribes. Armed forces became the means of plundering. Bows, arrows, casting stones and other rocky items appeared as weapons, being improved gradually according to the needs of fight. When having a rest, especially when celebrating their triumphs, people danced to the imitations of defending and attacking movements, stabbing, blowing and kicking. After prolonged attacking movements, stabbing, blowing and kicking. After prolonged accumulation, the experiences began to be raised to the level of consciousness, hence Wushu came into being.

Paragraph 2

A武术简介 Brief Introduction of Chinese Martial Arts

Chinese Wushu (Kungfu or martial arts), with a history of several millennia, has developed on the nourishment of traditional Chinese culture. In spite of many bans on it and suppression by feudal rulers, it has thrived among the common people instead of dying out. This evinces the strong at-



traction and vitality of Wushu in China. The present Wushu of different schools and styles embodies the wisdom and culture of all the ethnic groups in China throughout history.

Paragraph 3

T太极拳 **Taiji Boxing**

Taiji Boxing is characterized by the unification of mind, breath and motions (body), requiring concentration of mind and calmness of motions. "Mind works as a commander and body a soldier;" "When in motion all of the body moves. When at rest, all of the body rests." "Calmness is required for motion." Simple force is not preferred. Force is like a wheel and waist is its axis. The motions are continuous as a circle. The breath is deep and controlled by the diaphragm. Be concentrated, gentle and natural. Be stable as a mountain when not moving, and be flowing as a river when moving. The moves are characterized by roundness, softness, slowness, stability and evenness. They are extended but very well coordinated, and all are an anti-thetical unity of Yin and Yang (negative and positive).

Paragraph 4

C中国现代武术的种类 **Categories of Chinese Modern Martial Arts**

The modern martial arts consist of three categories: the boxing (Long Boxing, Taiji Boxing, South Boxing, Eight Diagrams Boxing, etc.); the weapon exercises (with long weapons, short weapons, soft weapons); and the sparring exercises (barehanded or with weapons). The martial arts have been created and developed by the Chinese people and are a precious national cultural legacy.

T 传统武德 Traditional Martial Morality

Traditional Wushu morality includes patriotism, uprightness, politeness and faith. In old times, the Wushu community followed strict regulations and commandments. For example, each school had strict requirements about teaching disciples. The regulations of Shaolin Temple included: "Disciples should be selected with great care, and Wushu shall only be taught to those have proved to be honest and upright." The Wudang School also had five rules on admitting disciples; a low-quality, insidious, or bellicose person or one who indulged in excessive drinking would be turned down. Wudang rules also forbade adultery, theft, viciousness, obscenity, and gambling.

Because Wushu's very nature is founded on attack and defense, the slightest neglect of moral discipline can result in injury or even death. In ancient times, the Wushu community forbade attacking a total of eight vital parts of the human body. Today, the modern Wushu community conducts competitions according to the requirements of modern sport, and therefore has drawn up competition rules and moral requirements according to current standards, so as to re-emphasize Wushu morality.

Cultural Links 文化链接

何为“十八般武艺”

我国古典小说在描写本领高强的英雄好汉时,总说他们十八般武艺件件精通。那么这“十八般武艺”究竟是怎样来的呢?

“十八般武艺”之说始于明代。明万历年间出版的《五杂俎》中说:“正统己巳之变(1449年,明英宗在山西土木堡被敌人所掳,史称土木之变,招募天下勇士。山西李通者,行教京师,试其技艺,十八般皆能,无人可与为敌,遂应首选。”据该书记载,十八般武艺为一弓、二弩、三枪、四刀、五剑、六

矛、七盾、八斧、九钺、十戟、十一鞭、十二铜、十三挝、十四笏、十五叉、十六把头、十七绵绳套索、十八白打(徒手打拳)。

十八般武艺也是我国古代各种兵器的通称;有些史料中按九长九短分:九长为枪、戟、棍、钺、叉、锐、钩、槊、环;九短为刀、剑、拐、斧、鞭、铜、锤、棒、杵。



Vocabulary

妙词连珠

self-defense 自卫	coordinate 使配合
willpower 意志力	cardiovascular(病等)心血管的
photographer 摄影师	respiratory 呼吸的
unorganized 无组织的	immune 免疫的
imitate 模仿	explosive 爆发性的
facilitate 使容易	exertion 努力
profound 高深的	beneficial 有益的
categorization 分类	chronic(病)慢性的
muscular 肌肉(发达的),强健的	ailment 病痛
routine 例行公事	reputation 名声
agility 敏捷	distracting 注意力分散
flexibility 灵活性	arteriosclerosis 动脉硬化(症)
endurance 忍耐	diaphragm 横膈膜
harrier 猎兔狗	elasticity 强性
ostrich 鸵鸟	ventilation 通风
octagon 八边形	metabolism 新陈代谢
unfathomable 深不可测的	carbon 碳
meditative 沉思的	dioxide 氧化物
breathing 呼吸	calcium 钙
simultaneous 同时发生的	phosphorus 磷的
postural 姿势的	upright 垂直的
relaxation 放松	suspend 悬挂

grit 咬紧(牙)

palate 上颚

swallow 咽下

protrude 伸出

flex 屈曲

inhale 吸入

squat 蹲

preferably 更好地

maximum 最大量

diligence 勤勉

persistence 坚持

arrogant 傲慢的

belittle 轻视

cooperative 合作的

grudge 勉强地给

bully 威吓

cudgel 棍棒

arduous 艰巨的



U 中国象棋 Unit 2 Chinese Xiangqi



Key Sentences

流畅精句

1. Xiangqi is the classic Chinese popular board game, usually known as Chinese Chess or Elephant Chess.
象棋是中国古典的棋盘游戏,通常被称为“中国象棋”或“象棋”。
2. Like international chess, Chinese chess is easy to learn, but difficult to play.
与国际象棋一样,中国象棋学起来简单但下起来困难。
3. Xiangqi is evolved from an ancient Chinese game called liubo, which was invented some 3 500 years ago.
象棋是由 3 500 年前左右的“六博游戏”演变而来的。
4. During the Tang Dynasty, xiangqi evolved into a game of generals, horses, chariots and soldiers that was more complicated than previous games.
在唐代象棋中只有将、马、车、兵四种棋子,但相对于以前来讲是最复杂的一种游戏。
5. Chinese chess is a very popular intellectual game with the Chinese people.
中国象棋是民间极为流行的一种智力竞技游戏。
6. Chinese chess originates from ancient bo and yi games, both of which were intellectual board games widespread during the pre-Qin period.
中国象棋来源于古老的博弈游戏。博和弈是先秦时期流行的两种智力游戏。

7. The term "xiangqi" (elephant chess) first appeared in Qu Yuan's poem Zhaohun in Chuci in the Warring States period.
“象棋”一词最早见于战国时期屈原的《楚辞·招魂》诗。
8. Today, Chinese chess has very standardized and specific rules of the game.
发展到现代,中国象棋游戏规则已经非常规范。
9. The game is won as soon as one player can make no move that prevents capture of his general.
被将的一方如果不能化解或无路可走,就算输了。



Wonderful Paragraph

精彩片段

Paragraph 1

A 中国象棋简介 Brief Introduction of Chinese Chess

Chinese chess is a very popular intellectual game with the Chinese people. The basic rule is as follows: each player has 16 pieces of chess, one general; two mandarins, two elephants, two chariots, two horses, two cannons and five soldiers. The player moves the pieces according to game rules with the ultimate aim of capturing the enemy general.

Paragraph 2

T 中国象棋的起源 The Origin of Chinese Chess

Xiangqi is evolved from an ancient Chinese game called liubo, which was invented some 3 500 years ago. It is said that it was invented by King Zhou of the Zhou Dynasty. In early times, xiangqi was also called "xiangxi", the Elephant Games. There are two possible reasons. First of all, the game pieces of general and soldiers in liubo were made of ivory and so called xiangqi, xiang meaning "elephant". Secondly, Chinese were known to in-

corporate elephants in military battles. The legendary Huang Di of 4,000 years ago allegedly had a fleet of elephants in his army, and it is recorded that elephants were used in combats during the Han Dynasty.

Paragraph 3

R象棋的规则 **Rules of Modern Chinese Chess**

Today, Chinese chess has very standardized and specific rules of the game. The chess board is a grid of nine files and ten ranks with ninety intersections called points on which the chess pieces are placed. In the middle of the playing field there is a river. The X-shaped area is called “nine palace”. The chess pieces differ in color (black for one side, red for the other). The setup of the chess pieces is like this: general in his palace, while on each side of the general from near to far are placed mandarin, elephant, horse and chariot. Cannons are positioned in their special places in the middle of each territory, and soldiers on the front line near the river. Usually the game starts with a move by the red side first, black side second. The object of the game is to capture the enemy general. The game is won as soon as one player can make no move that prevents capture of his general. This is checkmate. Stalemate, where one player has no legal move but is not in check, is a win for the last player to move.



Cultural Links

文化链接

象棋的由来

据说2000年以前,印度有一个非常残暴的国王。他不接受别人的意见,不相信群众的力量,自己独断专行,想干什么就干什么。国王有个亲信大臣,他想拿“君王不能离开臣民而存在”的道理来劝告国王,但又不敢公开提出自己的意见。他想出了一个暗示的办法:在木制棋盘上,用骨制的棋子组成两支军队进行战斗;每一方面有一个首脑——王,另有车、马、象、

兵四个兵种,组合成一个阵容的整体,王是最主要的棋子,王一死,战斗便结束;王同时又是很弱的一环,他只能依靠战友——即别的更有力的棋子保护,这些棋子必须在整个战斗过程中同心协力来保卫王。棋子里面比王还要弱的,要算是兵了。但如果善于指挥,使兵深入敌垒,走到对方的底格时,兵就可以变成最强的棋子。这就是第一盘象棋的产生。亲国王的大臣,把这种游戏介绍给国王,国王很欣赏它,但没有领会到它的意义。

象棋的活动从此就传播开了。它一方面往西传到波斯、阿拉伯和欧洲,经过改变,形成现代的国际象棋;另一方面往东传到缅甸、东南亚和中国。

据比较可靠的记载,中国最初出现象棋是在唐代。象棋在中国发生了很大的变化,古代的棋手参照祖国的围棋,把64个方格变成90个点。到了宋代随着火药的发明,又加上了炮,象棋的内容复经改革而成为具有我国民族特点的中国象棋。

Vocabulary 妙词连珠

chariot 车	domino 骨牌
simultaneously 同时发生的	rummy 一种纸牌戏
offensive 进攻的	versatile 多才多艺的
defensive 防御用的	diverse 不同的
angle 角度	brilliantly 灿烂地
limitation 限制	countless 数不尽的
cannon 炮	competitive 竞争的
opposing 对面的	tournament 锦标赛
file 纵列	rectangular 长方形的
combat 战斗	orchid 兰花
complicated 复杂的	chrysanthemum 菊
previous 以前的	subsequently 其后
transliteration 音译	playable 可玩的
plastic 塑性的	probability 可能性

lengthy 长的	chariots going a straight line 车走直
inevitable 不可避免的	horses moving diagonally 马走日
arranging chessman on board 摆棋子	corner square 盘角格子
losing 败	cannon hopping over a chessman to score 炮打隔子
soldier 兵	chessboard 棋盘
embattling; plot 布局	chess clock 棋钟
winning opposite chessman 吃子	chessman 棋子
counter check 反将	advancing 前进
chessboard squares 方格	check with discovering 闪将
pawn behind the enemy's line (not permitted to retreat) 过河卒(不得 后退)	giving up a chariot to save the mar- shal 舍车保帅
boundary limit 河界	winning 胜
black chariot 黑车	forfeiting chessman 失子
black cavalry(/horse) 黑马	marshal; command 帅(红)
black cannon(/artillery) 黑炮	double check 双将
black scholar 黑士	enclosure of a shape 田字格
elephant 黑象	leaping 跳马
moving sideways; sidling 横行	chess rules 下棋规则
red chariot 红车	elephants moving squarewise 象(相) 走田
red cavalry(/horse) 红马	chess enthusiast 象棋爱好者
red cannon(/artillery) 红炮	terms of Chinese chess 象棋用语
red scholar 红仕	chess set 一副棋子
councillor 红相	in check 应将
red chessman moving first 红子先走	occupying 占据
retreating 后退	intermediate check 中间将
alive 活棋	moving chessman 走棋
maneuvering 计诱	pawn; soldier 卒
smothering; checkmate 将死	
Check to your king 将一军	
army general 将(黑)	

U 中国围棋

Unit 3 Chinese Weiqi



Key Sentences

流畅精句

1. Like acupuncture, weiqi—a chess game—is a product of the Wei Jin period.
和针灸一样,围棋也是魏晋时期的产物。
2. Passed down through generations, weiqi became very popular during the Three Kingdoms(220AD-265AD) and Wei Jin period.
由于代代相传,围棋在三国时期和魏晋时期非常流行。
3. Weiqi reached its peak during the reign of Emperors Kangxi and Qianlong at the beginning of the Qing dynasty.
围棋游戏在清朝康熙乾隆年间达到顶峰。
4. Compared to other competitive games, weiqi is simple and easy to learn.
与其他竞技游戏相比,围棋简单而易学。
5. Victory in weiqi depends on the size of the encircled area and the number of pieces taken.
围棋的赢与输取决于在棋盘上占有面积的大小和棋子数的多少。
6. A full-size weiqi board has a grid of 19 horizontal and 19 vertical lines.
围棋的棋盘是由 19 条横线、19 条竖线交织而成的。
7. In the Three Kingdoms Period, it seems that weiqi experienced one of its times of peak interest.
早在三国时期,围棋游戏似乎也曾达到过一次高潮。
8. Players who were competent were ranked, from one to nine, the highest rank.
棋手因水平不同分为 9 个级别,级别越高,水平越高。



9. Today weiqi is more popular in Korea than anywhere else in the world.

现今,围棋在韩国最流行。



Wonderful Paragraph

精彩片段

Paragraph 1

The Origin of Weiqi

Legends aside, weiqi which originated before the Spring and Autumn Period (770BC-476BC) has a history of more than 4,000 years. The original chessboard consisted of only 17 horizontal and vertical lines forming 289 points. During the Jin Dynasty (256AD-420AD), it developed into 19 lines forming 361 points, which became the standard until today.

Weiqi reached its peak during the reign of Emperors Kangxi and Qianlong at the beginning of the Qing Dynasty. Numerous national champions and masters emerged and left behind many good chess manuals.

Paragraph 2

World Weiqi

Weiqi was taken to Japan before the year 1000, where it was cultivated at court and in certain Buddhist sects. In the 1950s, a professional weiqi system was established in Korea, when weiqi master Cho Nam-chul returned from professional training in Japan. Today weiqi is more popular in Korea than anywhere else in the world. It is estimated that from five to ten percent of the population regularly plays it.

H 怎样下围棋 How to Play Weiqi

Victory in weiqi depends on the size of the encircled area and the number of pieces taken. The winner is the one who has the largest enclosure and takes the most number of pieces.

At the beginning of the game, there is a large area on the chessboard, so it is easy to encircle and occupy the important positions. As the area is reduced, the player has to carefully assess which pieces will decide the outcome.

Cultural Links 文化链接

围棋的历史

围棋创始以后,经历悠长岁月,到周朝大概已普遍流行了。战国时期,围棋又向前跃进了一步。有人已懂得了围棋的战略战术,而且出现了围棋专家弈秋一类人物。

围棋活动自秦代到西汉末的 200 多年间,比较沉寂。但从东汉开始,又逐渐复兴起来了。以后历代都很盛行,棋艺也日新月异,不断提高。现在,围棋不仅在亚洲国家流行,而且也受到了西方许多国家人们的喜爱。

Vocabulary 妙词连珠

capture 占领

chase 追逐

conquest 征服

blockade 封锁

organically 有机地

variation 变化

fascinating 极美的

similarity 类似

devotee 爱好者

morality 道德

behavior 举止	literati 文人
rational 理性的	athletic 运动的
indifference 漠不关心	competitive 竞争的
generosity 宽宏大量	proficiency 精通
infinitely 无限地	amateur 业余从事者
emerge 出现	essential 必要的
grid 格子	opponent 对手
intersection 交点	diagonal 对角线的
charmingly 令人高兴的	liberty 自由
respective 分别的	blank 空白的
territory 版图	profitable 有利的
equipment 设备	neutral 中立的
co-exist 共存	subtle 精巧的
formalize 使正式	affect 对……发生作用
competent 有能力的	score 分数
linkage 连接	

U 赛龙舟

Unit 4 The Dragon-Boat Race



Key Sentences

流畅精句

1. It is said that the boat races were regarded as a symbol of the people's attempt to rescue Qu Yuan.
据说赛龙舟是人们试图抢救屈原的标致。
2. China has a long history of making big wooden boats sport.
中国制作大木船的历史很久远。
3. Different size boats hold different numbers of oarsmen, seated in pairs.
不同型号的船承载不同数量的水手,而且水手们要成对地做在船里。
4. The boat race is also very popular in Japan, Korea and Southeast Asia.
赛龙舟在日本、韩国和东南亚地区也非常流行。
5. The dragon boat race is mainly popular in the south of China, where water in rivers and lakes is plentiful.
赛龙舟主要流行于我国水资源充沛的南方。
6. The dragon-boat race is a boating game involving dragon-shaped long canoes propelled by a crew of many paddlers in unison.
龙舟竞渡,也称赛龙舟,是用一种狭长的龙形舟船,由多人同时划桨进行的划船竞赛活动。
7. By the time of Wei, Jin and the Southern and Northern dynasties, the dragon-boat race had become a very popular event.
早在魏、晋、南北朝时期,赛龙舟就已经是一项很流行的活动。
8. As a sporting activity, a traditional folk dragon-boat race differs greatly from an international dragon-boat race.



作为一项体育竞赛活动,民间传统的龙舟竞渡与现在的国际龙舟比赛有很大的差别。

9. The paddlers must be in even number and they must work in unison. Synchronicity is more important than strength.

划船必须成双成对,不能为单数,而且必须同时动作,齐心协力。在这项活动中,合作比力量更为重要。

10. So far many dragon-boat races have been held in various parts of China which have been successful and influential both at home and abroad.

迄今为止,龙舟竞渡已经在全国的很多地区广泛流行,对国内外具有很大影响。



Wonderful Paragraph

精彩片段

Paragraph 1

T 龙舟的起源 he Origin of Dragon Boat

The dragon boat race is mainly popular in the south of China, where water in rivers and lakes is plentiful. The custom has a legend behind. The wide-spread legend says that when Qu Yuan, a great patriotic poet of the States of Chu (present Hubei Province) in the period of the Warring States (475-221B. C.), drowned himself in the Miluo River of present Hubei for his motherland on the 5th day of the 5th lunar month in 278 B. C. , the local people boated down the river retrieving his corpse. They were joined by fishermen who were fishing in boats on Dongting Lake in present Hubei when they came to the lake. Since then the dragon boat race has been held to celebrate the Dragon Boat Festival.

S传统龙舟的类型 Types of Traditional Dragon Boats

Traditional dragon-boats can also be categorized into two types in terms of their roles: the show boat and the race boat. The former is an attractively adorned big boat for demonstration and performances with musical instruments like drums and gongs, and various feat shows to activate the atmosphere in the course of the race. The latter, on the other hand, is a narrow and long canoe decorated only on the bow and stern like the head and tail of a dragon. The race boat can be small, medium or big in size according to the number of paddlers it carries inside. Usually the small race boat is about 4 to 6 meters in length with the capacity of carrying 10 paddlers, the middle one 17 to 23 meters with 20 to 50 paddlers, while the large one can be as long as 30 to 33 meters and carry within it 60 to 100 paddlers. Occasionally there are exceptionally huge race boats with a capacity of 200 paddlers.

Paragraph 3

T龙舟竞渡的发展 The Development of Dragon Boat Race

Local people honor the memory of Qu Yuan on this day by holding dragon-boat races. It is said that the boat races were regarded as a symbol of the people's attempt to rescue Qu Yuan. For a long time now they have been a popular sport. China has a long history of making big wooden boats sport. The prow is a carved dragon's head, and the body is made in a dragon-like shape or following the design of fish, birds or shrimp. It is painted red, yellow, black or white according to the taste of the oarsmen. Different size boats hold different numbers of oarsmen, seated in pairs. Boat races are held in rivers going either up or downstream or from bank to bank, following the strict rules and regulations set by the State Physical Culture and Sports Commission. Winners are awarded trophies. Every year the "Qu Yuan



Cup” is held in China. The boat race is also very popular in Japan, Korea and Southeast Asia.

Paragraph 4

M当今中国的龙舟竞渡 **Modern Dragon Boat Race in China**

Today, people hold the race differently from place to place. Here are some instances. Along the Miluo River in Hubei Province, the festival celebrators hold a grand opening ceremony before the race starts. At the ceremony dozens of men in new clothes, with burning candles in hands, walk around boats three times to show worship of Lu Ban the master craftsman; then they carry, on their shoulders, an image of a dragon's head to the Temple of Qu Yuan, where they pay their respect to this saint; finally they tie red ribbons to the boats and pull them into the river for the race. At the crack of a signal gun, the boats race ahead like discharged arrows fitted to bowstrings while both banks are a hubbub of voices, a babel of firecracker explosions and a scene of fluttering colored banners. In Sichuan's Luzhou and its nearby regions, the racers in a dragon boat include a commander, a drummer and some rowers. The commander, standing on the bow, waves a pennant and sings a race song to synchronize rowing movements while the drummer beats a drum with all his might to cheer the rowers on. In the areas of Xiamen and Zhangzhou of Fujian Province, a big wooden boast is arranged lying at the finishing line. When race boats reach the line, a number of ducks are released from the big wooden boat is arranged lying at the finishing line. When race boats reach the line, a number of ducks are released from the big wooden boat into the river for all the racers to catch amid thunderous cheers of spectators on the banks. In Guangxi, racers may be either men or women, and they may row race boats either by hand or by foot.

Cultural Links 文化链接

赛龙舟

龙舟竞渡,也称赛龙舟,今称龙舟比赛,是用一种狭长的龙形舟船、由多人同时划桨进行的划船竞赛活动,通常于每年农历的五月初五在各地知名的江河湖泊中举行,是一种传统的民间体育竞赛项目。

龙舟竞渡起源于战国时期的楚国,开始只是为了纪念屈原而举行的一种祭祀活动。据史料记载,屈原是楚国的贵族,曾任楚国左徒兼三闾大夫。后因楚怀王听信谗言,将屈原流放于汉水以北;顷襄王继位后,又将屈原放逐江南。屈原自感无力挽救楚国的衰亡,于五月五日自沉汨罗江而死。老百姓很同情屈原的遭遇,为了避免屈原的尸体被鱼鳖吞食,便于五月五日这一天划着龙舟在江中驱赶鱼鳖,并将包好的粽子投放江中来喂鱼鳖,以保护屈原的尸体。建国以后,龙舟竞渡活动因其强烈的团队精神和深厚的文化底蕴成为一项全民健身运动,并成为一项国际性的体育竞赛项目。

Vocabulary 妙词连珠

plentiful 许多的,大量的,丰富的, 丰饶的	babel 混乱,嘈杂
patriotic 爱国的,有爱国心的	fluttering 舌的振动
motherland 祖国	rowers 划手
retrieving 减速飞行姿态	pennant 细长三角旗,短绳
candles 烛台架	synchronize 同步
saint 圣人,道德崇高的人,圣徒	thundrous 打雷的,像打雷的
ribbon 缎带,丝带,带,带状物,带子	spectator 观众(指比赛或表演)
arrows 植箭木(枝茎直而柔韧,昔印第 安人用以制箭,故名)	dropping the wrist 按桨
bowstrings 弓弦,绞索	hull resistance 船身阻力
hubbub 吵闹声,呐喊声,叫嚷声	coxswain 舵手
	starter's flag 发令旗
	starter 发令员



capsize 翻船	land 上岸
wake 航迹	course 水道
escort boat 护航船	boat trailer 拖船
regatta 划船比赛	sink 下沉(船)
rowing technique 划船技术	launch 下水(船)
boatman 划船运动员	rowing to starboard 向右划
stroke 划桨	rowing to portside 向左划
wave resistance 浪阻力	winning/finishing line 终点线
running water 流水	turning point 转弯点
raft 木筏	

8

民间文艺

Folk Literature and Art

U

中国民歌

Unit 1 Chinese Folk Songs



Key Sentences

流畅精句

1. Folk songs are the oral pieces created and collected by the labouring people in their working practice.
民歌是劳动人民在社会实践中口头创作的歌曲。
2. Work songs are the folk songs labourers sing with one person leading, while working in a group to synchronize their movements.
号子是一种直接伴随着劳动歌唱的民歌,通常在集体劳动时演唱。
3. Work songs show in the most direct and simple way the optimistic spirit of the working people.
号子用最直接、最简朴的方式表现了劳动人民乐观向上的精神,各种各样的劳动造就了各式各样的号子。
4. Field songs are created in the process of working in the field.
山歌产生在野外的劳动、生活之中。
5. Field songs are usually natural and beautiful without any artificial polishing.
山歌优美自然而不注重人工修饰。



6. Chinese folk songs have distinctive regional characteristics.

中国民歌具有很强的地域性。

7. Popular tunes are sung by the folks for relaxation, entertainment and celebration.

小调又叫“小曲”、“小令”等,常见于人民群众生活中的休息、娱乐、集庆等场合。

8. Popular tunes are sung for relaxation or during festival celebration not only by folk singers but also by professional and semi-professional singers.

小调常在劳动闲暇和节日集会期间演唱,演唱者不仅有一般的群众歌手,还有职业的和半职业的艺人。

9. Closely related to daily life, chants have practicality of a greater degree.

吟唱调是一种与日常生活的实际需要紧密联系、实用性较强的小调。

10. Popular songs are the tunes which have been enjoying discontinuous popularity.

时调是一种流传时间悠久、传唱范围广泛的小调。



Wonderful Paragraph

精彩片段

Paragraph 1

T中国民歌的起源 The Origin of Chinese Folk Songs

Like any other ancient nations, the primitive Chinese sang folk songs at hunting, sacrificial rites, wooing, wedding, and pasturing. "The working people sing at their work; the hungry people sing at their meals." (the "Book of Poems") Most folk songs listed in the guo feng (ballads) section in the "Book of Poems" are of this kind. Such ballads were mostly in the form of four syllables a line. The wide use of the form promoted the development of ballads. Take for instance, the first ballad listed in the "Book of Poems",



“Looking at Waterfowl”. It was a love song sung by a young man wooing a young woman. Its content was fresh and charming and its tonal pattern made it highly singable.

Paragraph 2

A 中国民歌介绍 An Introduction of Chinese Folk Songs

Folk songs are the oral pieces created and collected by the labouring people in their working practice. They are usually handed down orally, with constant artistic treatment, therefore they are the crystallization of wisdom of the labouring people.

It is not an exaggeration to say that folk songs are regarded as the father of traditional music. The other forms of Chinese traditional music are influenced by folk songs which provide them with richer sources and wider background.

Paragraph 3

F 地方民歌 Field Songs

Compared with work songs which are more of practical value, field songs' main function is to express people's feelings, offering people an vent to their distress and delight. Field songs are usually natural and beautiful without any artificial polishing. The words are usually popular and easy to understand. Besides, field songs are also quite different when sung by different people in different places at different time. Listening to field songs, one can always feel the simple-heartedness and honesty of the singers, their open and frank disposition and their positive attitude towards life.

Paragraph 4

T 藏族民歌 Tibetan Folk Songs

The tunes of the Tibetan Folk songs are strong or weak, long or short,



and the chorus singers join the lead singer in various unmbers and at different times. Chinese folk music is usually composed of five, six or seven-note scales. There are very few songs composed with a four-note scale, while three or two-note scales are extremely rare.

Local music scholars say the music may date back to the reign of King Songtsan Gambo (AD617—650), which means it has existed for at least 13 centuries. The words, melodies and dancing movements of boxie are not allowed to be changed. The performances we see today are perhaps almost the same as 1 000 years ago.

The art is passed down from one generation to another in families which perform the tradition. In today's Tibet, they perform boxie in ceremonies or festival occasions.



Cultural Links

文化链接

民歌的体裁

我国的民歌极其丰富多彩,按体裁形式,大致可以分为号子、山歌、小调三大类。

号子,也叫“劳动号子”,是在劳动过程中产生的与劳动节奏紧密结合,带有呼号的民歌。号子的演唱形式多为一领众和,其结构短小,节奏较为固定,音调铿锵有力,风格粗犷豪放。如湖南民歌《澧水船夫号子》、湖北民歌《打麦号子》。

山歌,是劳动人民在山野、田间、牧场即兴抒发思想感情的民歌。山歌音调高亢、嘹亮,旋律和节奏自由、舒展。如内蒙古民歌《牧歌》、苗族民歌《歌唱美丽的家乡》。

小调,也叫“小曲”,是流传于城镇集市并被加工提高,描写生活中各种情绪的抒情性民歌。小调结构比较规整,节奏富于变化,旋律流畅细腻。如《茉莉花》、陕北民歌《高山点灯》、台湾童谣《天黑黑》。

Vocabulary

妙词连珠

hammered 锤击	term 期限;期间
genera 种类;式样	sheath 鞘;套
batch (人或物的)一批	blade (刀,剑等的)刀
register 音区	glare 发强烈的光;发眩光
octave (音乐)八度音程;八度和音	glow 炽热
sway (使)摇摆	nominated 提名……为候选人
quaver (指声音)颤抖	homogenize 使类同;使统一
harness 马具	reminisce 回忆;话旧
syncopate (指音乐)改变……韵律	foster 抚育;养育
modulate 转变……的声音或调子; 变音;变调	clad 穿衣服;给……穿衣
squeal 长而尖锐的声音	trendy 时髦的
reincarnation 再生说;化身	dub 把……称为;授予……称号
embellishment (音)装饰音	accidental 偶然的;意外的
initiate 开始;着手	reform 改革;改进;改善
comprehensive 广泛的;无所不包 的;综合的	incorporate 使结合;使合并
tournament 联赛;比赛;竞赛	impulse 推动;推进
flamboyant 灿烂的	vision 想像力;先见力;洞察力
woo 向女子求婚;努力追求	brew 酝酿
perfume 香味;香水	triumphant 成功的
thunder 发出如雷之声	diverge 分叉;区分于
ornamental 装饰的	emit 发出;放射
monotonous 单调的;因单调而没趣 的	percussion 打击乐
imposing 因体积、特征、外表而给人 强烈印象的	vibe (感情上的)感应;共鸣;气氛
	debut 首次演出;初次演出



U 评书 Unit 2 Pingshu



Key Sentences

流畅精句

1. Pingshu (Popular Tales) is a quyi art form of oral storytelling.
评书是一种口述故事的曲艺形式。
2. The pingshu performer wore a gown and sat behind a table, with a folded fan and a gavel.
评书表演者身着长衫,坐在一张桌子后面,手拿折扇和醒木。
3. The storytellers often added their own commentaries on the subjects and the characters.
评书表演者往往会在讲演的过程中加进个人的评论。
4. The storytellers often explained the origins of and material objects in the stories.
说书者往往会将故事的整个过程和详细的事件讲得绘声绘色。
5. The audience, while watching their performances, was not only entertained, but also educated and enlightened.
听评书的观众,不仅可以从中得到身心的放松,而且会从故事当中深受教育和启发。
6. Pingshu performers talk in Putonghua.
评书用普通话演说。
7. The art of storytelling, with its broad mass appeal, resulted in the growth of other art forms, nurturing talented artists.
由于群众基础雄厚,因此说书艺术促进了很多其他艺术形式的产生与发展,滋养了一大批智慧的艺术家的。



Wonderful Paragraph 精彩片段

Paragraph 1

A 评书简介 Brief Introduction of Pingshu

Pingshu (Popular Tales) is a quyi art form of oral storytelling and it includes its namesake which is popular in northern China and pinghua in eastern China's Yangzhou. It developed into an independent art form in the early years of the Qing Dynasty (late 17th century). Though pingshu is performed orally, artists in the early period mainly hopped from the trade of changqu (melody singing), which shows the two forms' close link.

Paragraph 2

T 评书表演者的着装 The Appearance of Pingshu Performer

The pingshu performer wore a gown and sat behind a table, with a folded fan and a gavel (serving as a prop to strike the table as a warning to the audience to be quiet or as a means of attracting attention in order to strengthen the effect of the performance, especially at the beginning or during intervals). By the mid 1920s, these props had all disappeared, with the performer appearing only in a standing position in a gown or any other kind of clothes.

Paragraph 3

T 评书的影响 The Influence of Storytelling

The art of storytelling, with its broad mass appeal, resulted in the growth of other art forms, nurturing talented artists. Famous novels such as The Romance of the Three Kingdoms and serialized novels all emerged under the influence of the storytelling artists. Many great writers, in conse-



quence, continued from there to tread the path of literature. It can be thus considered that the art of storytelling represented by pingshu or pinghua is one of the genres imbued with special Chinese characteristics and the richest colors of Chinese aesthetics.



Cultural Links 文化链接

中国评书艺术

评书,古代称为“说话”,隋朝已发端,侯白《启颜录》记有亲王杨素喜听“说话”事。唐玄宗更是一个评书迷。

评书艺人昔称“说话人”。到宋代已达艺术巅峰。北宋汴梁高手云集,还组织了“雄辩会”,大师们在一起切磋技艺,出版书籍。据《东京梦华录》所载,当时已有李公佐等专家,可谓兴盛一时。

当时说话又分为四类:一为小说,二为讲史,还有讲经,合生。以小说、讲史影响最大,听众最多,达到“使观者如在目前,谛听忘倦,唯恐不得闻”的高水平。剧场当时称“瓦肆”,大者可容数千人。瓦肆又分为若干“勾栏”,很像上海“大世界”的格局。“说话”是从唐朝“变文”演化而来,到了宋时已去掉变文那种以唱为主的形式,与现在评书表演方式相差不远。说话人的脚本称为话本,有独创性和地方色彩,融合口语,杜撰些小故事插曲。说书人绘声绘色惟妙惟肖模仿表演,再现了生活人物,具有很强的艺术感染力。这些话本经文人改编成书,痕迹犹存。章回分节处正是说话的“扣儿”,即“请听下回分解”处。



Vocabulary 妙词连珠

namesake 同名的人,同名物

Yangzhou 扬州(中国江苏省一城市)

hopped 加啤酒花的麦芽汁

gown 长袍,法衣,礼服,睡袍

gavel 槌



commentaries 注释,解说词

enlightened 启迪,文明

appeal 请求,呼吁,上诉,吸引力,要求

nurturing 养育,培养

serialized 连载,使连续

tread 踏,步态,梯级,踏板,轮胎面,

交尾,鞋底

genres 生物属的,类的,一般的,普
通的,非特殊的

imbued 浸透

aesthetics 美学,美术理论,审美学,
美的哲学



U 相声 **Unit 3 Xiangsheng**



Key Sentences

流畅精句

1. Xiangsheng sometimes translated as crosstalk, is a traditional Chinese comedic performance in the form of a monologue or a dialogue.
相声,有时被评作串话,是带有中国传统喜剧风格的一种表演形式,总体上分为单口和对话两种。
2. The language, rich in puns and allusions, is used in a rapid, bantering style.
相声中的语言往往显得节奏快而又幽默,这是因为在其中运用了双关语和影射的表现手法。
3. Xiangsheng is one of China's foremost performing arts.
相声是中国最重要的表演艺术之一。
4. The term "xiangsheng" originally referred to the act of imitating someone's speech and actions.
“相声”一词最初是指模仿别人的言谈举止。
5. From the Qing Dynasty to the 1920s, xiangsheng gradually developed to become a style of comedic monologue.
从清代起到1920年,相声逐渐成为喜剧独白的一种形式。
6. Modern xiangsheng is made up of four skills - speaking, imitating, teasing, and singing.
现代相声包含四项技能:说、学、逗、唱。
7. Due to its humor, sarcasm and unique aesthetic effects, Xiangsheng has spread far and wide.
由于相声幽默、具有讽刺性和独特的艺术美,因此传播得极为广泛。

8. Xiangsheng has been introduced abroad and becomes popular in Southeast Asia including Burma, Singapore and Malaysia.
相声传到国外后,在东南亚国家包括缅甸、新加坡、马来西亚很快地流行起来。



Wonderful Paragraph 精彩片段

Paragraph 1

T相声的起源 The Origin of Xiangsheng

The earliest xiangsheng comedian known by name is Zhang Sanlu, who performed in the mid nineteenth century. After the widespread use of Mandarin from 1949, the popularity of xiangsheng increased throughout the People's Republic of China. It is a standard feature of CCTV's annual Spring Festival television program and other popular performing arts shows in China. Modern xiangsheng is made up of four skills-speaking, imitating (说), teasing (逗), and singing (唱).

Paragraph 2

F相声的种类 Forms of Xiangsheng

There are three forms of Xiangsheng.

The earliest form was performed by one person, and was called Dankou Xiangsheng. Its contents were mostly jokes and humorous stories.

Later, Duikou Xiangsheng or "cross talk", performed by two people, appeared. One man was called Dougen, and the other, Penggen. When A is the primary talker while B Chimes in, this is called Yitouchen (heavy-at-one-end), and the subject of argument between them is called Zimugen. Recitals and narration are called Guankouhuo, and imitations of opera songs and words are called Huhuo.

The third form of Xiangsheng performed by three or more people is called Qunkou Xiangsheng. It calls for one artist to say funny things, while others chime in and yet another makes them stray from the subject. Of the three forms, cross talk is the most popular and widespread.

Paragraph 3

T相声的表演 **he Performance of Xiangsheng**

Xiangsheng emerged in the Qing Dynasty during the reign of Emperor Xianfeng (1851-1861). Xiangsheng can be performed by one person (solo comic talk), two players (comic dialogue), and three or more people (group cross-talk), with the comic dialogue by two players being the main form of performance. In a comic dialogue, as a rule, the leading actor, helped by the supporting actor, provokes laughter of the audience with funny remarks. Due to its humor, sarcasm and unique aesthetic effects, Xiangsheng has spread far and wide. Vernacular Xiangsheng or Xiangsheng performed in ethnic languages, such as Tibetan Xiangsheng, has appeared in remote regions and areas inhabited by ethnic minorities. Furthermore, Xiangsheng has been introduced abroad and becomes popular in Southeast Asia including Burma, Singapore and Malaysia.

Paragraph 4

A一位著名的相声表演艺术家 **Famous Xiangsheng Artist**

Zhu Shaowen used to perform in the entertainment quarter of Beijing known as Tianqiao. He always began with a ragged verse that started and ended with the same word (something like a palindrome phrase). Then he imitated the street hawkers' peculiar cries and sang some ancient songs. As the audience grew, he started his proper Xiangsheng item. His stage name originated from a poem inscribed on a pair of bamboo clappers (a kind of percussion instrument) that he had used. The words on the clapper were, "Eating by begging from many houses and sleeping in ancient temples."

Never do anything against the law, and don't be afraid of seeing the emperor." Zhu's four apprentices all had similar-styled stage names.



Cultural Links 文化链接

相声的起源与特点

相声是一种人民群众喜闻乐见的说唱艺术形式,产生于北京地区,至今已有一百多年的历史了。相声的创始人是一位北京民间艺人,他原是京剧丑角,后因生活所迫,改行说唱笑话,经过长期的实践,他创造了单口相声。后来才发展成对口相声和群口相声。

相声是具有喜剧风格的语言艺术。它博采其他艺术说、学、逗、唱之长,但是以说为主。相声的艺术特点就是笑,无笑就不能算相声。相声艺术的笑来自它的特殊的艺术手段——包袱。“包袱”是一种比喻的说法,意思是采取种种艺术手段把可笑的东西包起来,到一定时候,突然把它打开,让那些可笑的东西一下子出现在观众面前,使观众大笑。



Vocabulary 妙词连珠

comic dialogue; cross talk 相声
love to see and hear 喜闻乐见
clown; buffoon 丑角
comedy 喜剧
collect from many places 博采
doctor 博士
thesis; treatise; paper 论文
brains; mind 脑筋
matchless 盖世
a remarkable piece of writing 奇文
close; intimate 密切

excavate; unearth 发掘
portray 塑造
reason; sense 情理
expect 意料
satirize; mock 讽刺
purchasing agent 采购员
ragged stall 破烂摊儿
a time, etc 番
examine oneself 反省
bashful 害臊
fortunately; luckily 幸亏



U 中国傩戏 Unit 4 Chinese Nuo Drama



Key Sentences

流畅精句

1. It was probably during the Song Dynasty that Nuo became a drama.
大概是在宋朝,傩才成为一个剧种。
2. Nuo Drama has great artistic value and is called the living fossil of drama.
傩剧拥有很高的艺术价值,因此被称为戏剧的活化石。
3. Masks carved out of quality camphor or willow wood are the soul of Nuo Drama.
用樟脑树或者柳树的木头雕刻而成的面具,是傩剧的灵魂。
4. A mask also has religious implications.
面具同样具有宗教的涵义。
5. Studies show that the influence of the Nuo Drama mask extends to the facial painting of Beijing Opera and the face changes of Sichuan Opera.
研究表明傩剧面具影响着今天京剧的脸谱和川剧的变脸。
6. Nuo Drama was at one time very popular in every part of China.
傩剧曾经传遍中国的大江南北。
7. Guizhou is the center of Nuo Drama in southwestern China.
贵州是中国西南部傩剧表演的中心。
8. People hope the drama can drive away bad luck and bring good harvest.
人们都希望戏剧能够驱逐背运,带来好收成。
9. The number of masks used in one drama ranges from several dozen to two hundred.
在一出戏中用到的面具往往在几十种到二百种之间。

10. Nuo Drama is popular among many ethnic groups in Hunan where both facial painting and masks are used.

傩剧在湖南一些少数民族地区非常流行,会用到脸谱和面具。

11. Making Nuo Drama masks provides more income than does performing.

制作傩剧的脸谱要比表演还赚钱。

12. Young people are no longer interested in the art; the youngest actors of Nuo Drama in many places are at least 40 years old.

年轻人对傩剧不感兴趣,最年轻的表演者也要在 40 岁。



Wonderful Paragraph

精彩片段

Paragraph 1

T傩剧的历史 The History of Nuo Drama

The Chinese character Nuo originally meant a patterned step to drive away evil during the last month of the Chinese lunar year. Later, Nuo evolved into a dance. Nuo has a long history; historical records disagree on when the practice first appeared. Some hold that Nuo started by the order of Zhuan Xiang, the grandson of Huang Di, while others hold that it began during the Zhou Dynasty. Despite the 1000 years' difference, the purpose of Nuo was to drive away devils, disease and evil influences, and to petition for blessings from the gods. At this time, Nuo was a sacrificial activity.

It was probably during the Song Dynasty that Nuo became a drama. Nuo Drama is the most direct and important expressive media of Nuo culture. It covers primitive religion, folklore and art, and integrates literature, music, dance, drama, painting, calligraphy, sculpture, and paper-cut. Nuo Drama has great artistic value and is called the living fossil of drama.



Paragraph 2

M 傩剧的脸谱 **Mask of Nuo Drama**

Masks carved out of quality camphor or willow wood are the soul of Nuo Drama. These two kinds of wood are durable and easy to carve. Furthermore, folklore holds that they contain spirits. A mask also has religious implications; as the symbol and medium of a spirit, masks are governed by strict rules. People believe that after performance of a certain ceremony upon its completion, a mask becomes a living god. Women are not allowed to touch a mask, much less put one on.

Paragraph 3

M 贵州傩剧的脸谱 **Masks Used in Guizhou Nuo Drama**

The number of masks used in one drama ranges from several dozen to two hundred. There are five kinds of masks used in Nuo Drama, namely: civilian general, military general, old general, young general and woman general with other minor roles like soldiers and Taoist monks. Generally speaking, the good are stately and dignified while the bad are ferocious. Mask carving abides by a set of strict rules. For example, eyebrows should be like a line for woman, an arrow for young generals and like fiery flames for military generals. The changes of facial expressions and decorations show the character of the figures in a Nuo Drama. They may be brave, ferocious, powerful, composed, arrogant, sly, tender, or amiable. Decorations include butterflies, grass, flowers, and ivies familiar to the locals.

Paragraph 4

Y 云南傩剧 **Yunnan Nuo Drama**

Leopard Nuo Drama in Chuxiong, Yunnan, differentiates itself by the fact that all dancers are painted with a leopard pattern on their nude

bodies. The ferocious and agile leopard is regarded as the most qualified to drive away devils. Leopards are played by twelve Yi boys about 10 years old. On the morning of the performance, young dancers will have the leopard pattern painted on their backs, hands, feet, and belly in black, white, red, and yellow colors. A yue-kin, a four-stringed plucked instrument with a full-moon-shaped sound box, is painted on their chests. Their faces are covered with palm leaves, and their heads are decorated with two pheasant tails. When the make-up is finished, dancers enter the role of leopards, prohibiting further talking.

Village rooftops connected by ladders or wood panels form the stage for the "leopards". At the climax of the dance, leopards run after young girls watching the show until the girls take them home where snacks have been prepared. Leopards eat some snacks as well as throw away some while continuing to dance. This devil-dispelling activity is performed in the rooms, kitchens and stalls of one family after another; the leopards dispel devils for all the villagers.



Cultural Links

文化链接

中国傩戏

古代,傩祭、傩戏的流行面很广,西南地区、长江流域、黄河流域、嫩江流域都有流行。但随着社会的发展和文化的演进,傩祭、傩戏在嫩江流域、黄河流域、长江中下游一带则日趋衰亡。然而偏僻的西南地区特别是少数民族地区,长期以来交通闭塞、科学技术落后、生产力水平低下形成的封闭性社会环境和少数民族特有的文化个性,以及中原文化、荆楚文化、巴蜀文化的渗透,为傩祭和傩戏的生存和发展提供了肥沃的土壤。以贵州为中心的广阔地带,包括贵州全省、云南东部、四川南部、重庆南部、湖北西南部、湖南西部和西南部、广西北部,时至今日仍为傩祭和傩戏流行的地区,而且保存的傩戏最多、品种最全、特色最为显著。这一地区丰富多彩的傩戏群大致可以归纳为三类,即地戏、傩堂戏、变人戏。

在傩祭中,面具起着十分重要的作用。傩祭之风盛行的商周时期,为



了在摊祭中获得强烈的祭祖效果,主持摊祭的方相氏佩戴着“黄金四目”面具。《周礼·夏官》说:“方相氏掌蒙熊皮,黄金四目,玄衣朱裳,执戈扬盾,帅百隶而时傩,以索室驱疫。”方相氏成了驱鬼逐疫、消灾纳吉的神化形象,那模样神秘可畏。在傩戏表演中,面具则成了傩戏造型艺术的重要手段,也是傩戏最为重要、最为典型的道具。演员佩戴面具是傩戏区别于其他戏剧的重要特征。



Vocabulary

妙词连珠

originally 最初,原先	occasions 场合,时机,机会
lunary 诚实	tassels 穗,缨
folklore media(通过)民间的传说媒介	masks 面具,掩饰,石膏面像戴面具,掩饰,使模糊
sculpture 雕刻,雕刻品,雕塑,雕塑品[地理],刻蚀	civilian 平民,公务员,文官
fossil 化石,僵化的事物	dignified 有威严的,有品格的
camphor [化]樟脑	ferocious 凶恶的,残忍的,凶猛的
willow 柳树,柳木制品	abides 容忍
durable 持久的,耐用的	fiery 火的,火焰的,炽热的,热烈的,暴躁的,[眼]炯炯有神的
contain 包含,容纳,容忍	decoration 装饰,装饰品
religious 信奉宗教的,虔诚的,宗教上的,修道的,严谨的	amiable 亲切的,和蔼可亲的
implication 牵连,含意,暗示	casually 偶然地,随便地,临时地
symbol 符号,记号,象征	belly 腹部,胃
ceremony 典礼,仪式,礼节,报幕员	prohibiting 禁止,阻止
facial 面部的	climax 高潮,顶点
military 军事的,军用的	snacks 小吃,快餐
serve 当仆人,服务,服役,供职,招待,侍候,供应,适合	troupe 剧团
	tambourine 小手鼓
	authentic 可信的

9 民间礼仪

Folk Etiquette

U 寻常问候 Unit 1 Common Greeting

Key Sentences 流畅精句

1. Handshaking was first introduced into China after the overthrow of the Qing Dynasty at the beginning of last century.
握手这种礼仪是在上世纪初清朝灭亡以后才传入中国的。
2. The most common form of greeting is ni hao, usually translated as "Good day" but literally meaning "You are well."
最常用的打招呼是“你好”，在英语中常译作“美好的一天”，确切来讲就是“你身体好”。
3. A most common greeting is "Where are you going?"
最普通的一句问候语就是“你去哪里？”
4. The handshake is now a common form of greeting among Chinese, but young Chinese tend simply to nod as a greeting.
在中国，握手是一种很普遍的问候方式，但年轻人往往以简单的点头作为问候方法。
5. The traditional greeting is to cup one's own hands (left over right), chest high, and raise them slightly as a salute.



中国人传统的问候是扣住双手(左手扣在右手上面),挺起胸脯,将双手放在胸前向对方致意。

6. Between persons known to each others, initial questions are likely to be about the other person's family life, especially about his or her children.

熟人之间在相互问候经常谈到的就是对方的家庭生活,尤其是子女的情况。

7. At present, the topic of weather is popular because it is completely impersonal.

现今,谈论天气是最为流行的交流方法,因为不涉及私人问题。



Wonderful Paragraph 精彩片段

Paragraph 1

C 中国人的普通问候 Common Greeting in China

In most cultures, when you meet acquaintances for the first time during a day, it is normal to greet them. The main purpose of this greeting is to build up a good relationship between the people concerned, and each language usually had a number of set phrases which can be used for this purpose.

The most common form of greeting is ni hao, usually translated as "Good day" but literally meaning "You are well." The same greeting phrased as a question ("How are you?") is "ni hao ma". The response is usually nihao. You may use it on any occasion regardless of the time of day or the social status of the person you are greeting.

Paragraph 2

H握手 Handshaking

Handshaking was first introduced into China after the overthrow of the Qing Dynasty at the beginning of last century. Besides the concept of a republic, thanks to Dr. Sun Yat-sen, many unknown and unforeseen practices were imported from Europe: to work on weekdays and to have day off on Sundays, the solar calendar, the brushing of teeth, and a few. In old China, the courteous behavior was that when people met or parted, they bowed to each other and cupped their own hands one in the other, moving them up and down several times in front of the chest to pay obeisance. After almost a century the westernized way of greetings has not yet become very popular among the masses, while the age-old national practices have almost been forgotten through neglect. Nowadays some Chinese have too stiff a neck to give a slight nod even at an international gathering, to say nothing of bowing. What a great pity!

Paragraph 3

T中国传统问候方式 Traditional Greeting in China

The traditional greeting is to cup one's own hands (left over right), chest high, and raise them slightly as a salute. In earlier times when greeting a person of superior social standing, it was customary to raise the hands as high as the forehead and to execute a low bow. This tradition has a history of more than 2 000 years, but nowadays it is seldom used except in the Spring Festival or on other special occasions.



Cultural Links

文化链接

握手的由来

故友重逢,新知乍见,握手寒暄,握手作别,已形成当前普遍的一种礼俗。

把握手为礼,起于何时,目前有两种说法:一种说法是起源于我国的汉代。见于《文选》汉苏武诗之三:“握手一长叹,泪为生活滋。”又《后汉书·李通传》:《光武》往答之,及相见,共语移日,握手极欢。”表示亲热之意。重归于好也叫握手言欢:《后汉书·马援传》:“援素与(公孙)述同里闾,相善,以为阮至,当握手欢如平生。”

另一说法是握手源于古代欧洲人习俗,表示伸手空空未持有武器。又说古代欧洲贵族有佩剑的习惯,仇人相见,拔剑相击;如伸手相握,表示友好。

两种说法虽不同,但流传至今作为友好睦邻的礼俗却是一致的。



Vocabulary

妙词连珠

cohesive 凝聚性的

obedience 服从

abstraction 抽象

vicinity 附近地区

durable 经久的

pension 退休金

pre-retirement 前退休

hobby 业余爱好

mobility 流动性

seniority 长辈

administer 掌管

memorial 追悼的

constitute 组成

extracurricular 课外的

dispute 争论

erupt 喷出

strained 紧张的

reverse 相反的

confirm 证实

appropriate 适当的

occupation 职业

identifiable 可认明的

familiar 熟悉的

inquiry 询问



destination 目的	cellular 多孔的
evolution 进展	dramatically 戏剧性地
ever-increasing 越来越多地	unannounced 未经宣布的
superior 上级的	unlikely 不太可能的
subtle 难捉摸的	acknowledgement 致谢
cross-cultural 跨文化的	interpreter 译员
misunderstanding 误解	modesty 谦逊
impersonal 非个人的	overflow 使胀满
punctuality 严守时间	compliment 赞美的话
appointment 约会	



U 叩头文化 Unit 2 Custom of Kowtow



Key Sentences 流畅精句

1. It is said that the history of kowtow can be traced back as early as the legendary Emperor Xuan Yuan.
据说叩头的起源可以追溯到传说中的黄帝轩辕氏。
2. There was no formal chair or bench before the Han Dynasty in China.
在中国汉朝以前没有正式的椅子。
3. People usually sat on mats made of reeds or bamboo strips at dinner-time, during discussions or reading.
人们在吃饭、聊天或者读书时常常坐在用芦苇或竹枝编成的垫子上。
4. Sitting is generally known as kowtow today.
以前坐着就相当于今天的叩头。
5. When meeting a guest, the host usually had to stretch the upper part of the body to show respect.
当客人来访时,主人就会伸直上半身以示尊敬。
6. To show enough respect, one had to perform kowtow in ancient times, especially to seniors and higher officials.
在古代为了表示更深的尊重,人们往往行叩头礼,尤其是在老人面前或迎接比自己高的职位官僚。
7. In the Han Dynasty, chairs and benches gradually appeared, which altered the original sitting gesture greatly.
到了汉代,椅子的出现大为改变了以前的坐姿。
8. During sacrifices and birthday celebrations for the elders, kowtow was also passed on from generation to generation.

在祭祖或者为老人祝寿时,叩头礼仍用于历代的晚辈们。

9. With the abolishment of the feudal system in 1911, kowtow also ended gradually.

由于在 1911 年封建制度被废除,叩头礼也就逐渐地退出了历史舞台。

10. In Buddhist or Taoist monasteries, kowtow is often performed before Buddhist or Taoist statues.

在佛教寺庙或道观里,人们往往在供奉的神像面前施叩头礼。



Wonderful Paragraph

精彩片段

Paragraph 1

A 叩头礼的简介 Brief Introduction of Kowtow

In historical operas and films, one can often see Chinese people performing kowtow—a traditional custom for worship on bended knees. It is said that the history of kowtow can be traced back as early as the legendary Emperor Xuan Yuan. How this custom originated and how it survived throughout history has a lot to do with the living standards and customs of ancient Chinese people.

Paragraph 2

W 叩头的场合 When to Perform Kowtow

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



T叩头礼的起源 The Origin of Kowtow

The connotation of the words “to sit” in ancient times was completely different from what we understand today. “Sitting” is generally known as kowtow today. Both knees bent down on the mat, with the buttocks resting on the heels. When meeting a guest, the host usually had to stretch the upper part of the body to show respect. Gradually, the custom of kowtow became a part of daily life.



Cultural Links

文化链接

手指跪拜礼

香港、广州、深圳等地风俗,给客人斟茶,客人往往用两指轻叩台面,作跪拜状答谢。传说此俗源于清乾隆时代。当年乾隆带了溟蛉义子周日青下江南,一路微服察访,两人少不了上茶馆下酒肆。皇帝扮成平民,在公众场合总不能时时摆出“万人之上”的架势,偶尔他也为周日青倒茶斟酒。但周日青岂敢消受,便弯曲食、中两指,轻叩台面,以作跪拜谢罪,此礼遂传人民间。不过现已简化为只用食、中两指尖轻叩台面,并不弯曲了。



Vocabulary

妙词连珠

fertility 丰产;多产

ginger 姜

resemble 相似;类似

homophonic 同音异义的

abundance 丰富;充裕

accumulation 积累

fidelity 忠贞;忠实

spot 察出;认出

platter 大浅盘

phoenix 凤凰

lobster 龙虾

lotus 莲子

assortment 各种各样	unrewarding 无报偿的;无得益的;
moss 苔;藓	不值得的
seaweed 海草;海藻	predetermined 先已决定的
pomelo 柚子	affinity 本性
kowtow 叩头;磕头	binding 有约束力的
trace 追踪;追溯	conjunction 结合
mat 席;垫	coincidence 巧合
connotation 内涵;含意	outcome 结果
buttock 臀部	prostration 倒下;平伏
alter 改变;更改	incense 香
abolishment 废除	compound 复合字
sneak 潜行;偷偷走	context 上下文
den 兽穴	downplay 贬低
dwelt 居住	haughtiness 傲慢
recreation 消遣;娱乐	diminish 减少
beckon 招手令他人走近点或跟着来	suggestion 暗示
bustling 喧嚷的;忙乱的	seesaw 前后动的,交互的
commonplace 平常的;平凡的	tuck 把……塞进
	evaluate 估……的价



U 宴会礼仪

Unit 3 The Etiquette of Chinese Banquet



Key Sentences

流畅精句

1. Chinese are very proud of their culture of cuisine and will do their best to show their hospitality.
中国人对自己的饮食文化引以自豪,对待朋友也会尽到自己的地主之谊。
2. Sometimes the host will serve some dishes with his or her own chopsticks to guests to show his or her hospitality.
有时主人会用自己的筷子给别人夹菜,这也是尽地主之谊的表现。
3. Never stick your chopsticks upright in the rice bowl, lay them on your dish instead.
不要将筷子直立着插入米饭碗里,可以平放到自己的碟子上。
4. Make sure the spout of the teapot is not facing anyone.
不要把茶壶嘴对着任何人。
5. Don't tap on your bowl with your chopsticks, since that will be deemed insult to the host or the chef.
不要用筷子敲击碗,否则会被认为是对主人的不尊重。
6. Never try to turn a fish over and debone it yourself, since the separation of the fish skeleton from the lower half of the flesh will usually be performed by the host or a waiter.
吃鱼时,不要自己动手将鱼翻身或者将鱼骨剔除,因为这些事往往应该由主人或服务员来做。
7. How to position the chopsticks is the course you have to learn.
如何摆放筷子也是需要学习的。

8. When dining with Chinese friends or business partners, it is always better for foreigners to try learning how to maneuver the chopsticks.
当同中国友人或商业伙伴一同就餐时,外国人最好应该学会如何使用筷子。
9. Dropping chopsticks will inevitably bring bad luck.
吃饭时掉筷子会带来不好的运气。
10. If your host serves you something that you don't like, you may simply leave it uneaten on your plate.
如果主人把你不爱吃的菜夹到了你的碟子里,你可以不去吃。
11. Traditionally, it is the host's duty to ensure that guests are well served.
传统来讲,让客人吃好是主人的职责。



Wonderful Paragraph

精彩片段

Paragraph 1

H吃饭时的坐姿 How to Sit at Dinner

The host and chief guest sit on opposite sides of the table, facing each other. The chief guest is seated at the head of the room, facing the door; the host with his or her back to the door. In most restaurant arrangements, the host is also closest to the door thus in a better position to give orders to the waiters as they come and go.

Other guests are seated to the left and right of the chief guest in descending order of rank or importance. This means that the two lowest ranking members in the party may end up seated to the immediate right and left of the host. This arrangement is just opposite of what Westerners might expect.



Paragraph 2

A使用筷子的注意事项 **Attention of Using Chopsticks**

Never stick your chopsticks upright in the rice bowl, lay them on your dish instead. Otherwise, it is deemed extremely impolite to the host and seniors present. The reason for this is that when somebody dies, the shrine to them contains a bowl of sand or rice with two sticks of incense stuck upright in it. So if you stick your chopsticks in the rice bowl, it looks like the shrine and is equivalent to wishing death upon a person at the table.

Paragraph 3

H怎样放置筷子 **How to Place Chopsticks**

The truth of using chopsticks is holding one chopstick in place while pivoting the other one to pick up a morsel. How to position the chopsticks is the course you have to learn. First, place the first chopstick so that thicker part rests at the base of your thumb and the thinner part rests on the lower side of your middle firmly trapped in place. At least two or three inches of chopstick of the thinner end should extend beyond your fingertip. Next, position the other chopstick so that it is held against the side of your index finger and by the end of your thumb. Check whether the ends of the chopsticks are even. If not, then tap the thinner parts on the plate to make them even.

Paragraph 4

T上菜的顺序 **The Order of Dishes**

For meat and vegetable dishes, there are cold dishes and hot dishes. Normally cold dishes are served before hot ones, dry dishes are served before soup. Hot dishes are the main course; usually there are even numbers of hot dishes, 4, 6 or 8. Sometimes there could be 16 or 32 dishes. The most sumptuous feast—Man Han Feast, has as many as 108 dishes. Soup is usu-

ally the last dish. In some places, however, fish (the Chinese word for fish is yu, which is a homonym of surplus) is the last dish, which symbolizes that there will always be a surplus of food for people to eat.



Cultural Links

文化链接

宴会种类与礼仪

宴会,是一种比较庄严隆重的宴请形式,有公宴、家宴。公宴都是借用饭店、宾馆的宴会厅,由政府或有关单位出面举行,其中以国宴最为隆重。家宴则以私人出面,在家庭寓所举行。国宴一般以副总理以上领导人身份出面。一般宴会,出席对象是“兵对兵,将对将”,而主人的身份一般高于来宾,以示尊重礼貌。宴请时仪式,由主人致欢迎词,客人致答词。这时主、客均停止饮食。国宴还常有乐队伴奏。宴会的席位不能乱坐,要以身份而定,一般是主要主人而对正厅门而坐,对面坐的是副主人。主人的右侧为上座,由首席宾客入座。如有翻译,就紧靠首席宾客,第二席宾客坐于副主人之右。为尊重女宾,其座位应较男宾为高。宴会还有一个特点,就是服务员对某些菜肴要主动分派给宴者,并注意随时斟酒。



Vocabulary

妙词连珠

wok 铁锅(带把的中国炒菜锅)

huddle 聚在一起

fundamental 根本的

intake 吸收

caloric 热量的

hospitality 殷勤招待

hospitable 好客的

lavish 非常慷慨的

uneaten 未吃的

overwhelm 征服

ensure 保证

chopstick 筷子

sufficient 足够的

purpose 目的

embarrassed 尴尬的

indefinite 不确定的

lacquered 上漆的

hospitality 款待



upright 直的;垂直的	hail 致敬;向……欢呼
spout 管口;嘴;喷水孔	longevity 长寿
tap 轻敲	strand 条;根
insult 侮辱	fertility 丰产;多产
debone 将(鸡、鸭、肉等)去骨	ginger 姜
deem 随之发生	resemble 相似;类似
capsize (使)倾覆;翻	abundance 丰富;充裕
chop (用斧或其他有刃的工具)劈; 剁;切	accumulation 积累
utensil (尤指家中的器皿;用具	fidelity 忠贞;忠实
pivot (以某物为轴心而)旋转	spot 察出;认出
morsel 小块;一小片(尤指食物)	platter 大浅盘
maneuver 设法调整;操纵	phoenix 凤凰
scoop 舀起	lobster 龙虾
uneven 不对等的	lotus 莲子
snapper (鱼)笛鲷	assortment 各种各样

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