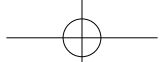


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Unit

# 11

# Peking Opera







## Lead-in

Match the programs of Peking Opera with the English translations.

### Programs

- 1 《贵妃醉酒》
- 2 《拾玉镯》
- 3 《霸王别姬》
- 4 《穆桂英挂帅》

### Translations

- a *Farewell My Concubine*
- b *The Drunken Concubine*
- c *Picking up the Jade Bracelet*
- d *Mu Guiying Takes Command*

# 1

PART

## Appreciating and Interpreting

### The Art of Listening: Old-style Theaters

be wont to (do) 习惯于 (做)

1 In the past, people visiting Beijing would invariably go to a theater to see a Peking Opera performance. When we see a show today, we say “watch an opera.” But old Beijingers say “listen to an opera” instead. What counts in Peking Opera is singing, whereas performance is highly stylized. Audiences **are wont to** listen to singing with eyes shut and hands beating time. When they like a particular line, they would shout “bravo!” These are typical fans.

incidental *n.* 附带事件

2 Old-style theaters where Peking Opera was performed before the 1950s were called *xiyuanzi*, which literally means “opera courtyard.” Facilities in *xiyuanzi* were rather simple. The stage was square, with three sides extending right into rows of seats for the audience. At an early date in the Qing period, *xiyuanzi* was called “tea courtyard.” At the time, audiences paid for the tea but not the opera they watched. For customers, their main purpose in coming to the “tea courtyard” was to drink tea, whereas watching an opera was sort of “**incidental**.” In the Qing period, a show in *xiyuanzi* could last as long as 10-12 hours, all in the daytime. Customers also paid for snacks such as sunflower seeds and roast peanuts. Tea charge was not charged until before the start of the last but one item on the day’s theatrical program. A striking feature of *xiyuanzi* in old Beijing was “hot towel throw.” Waiters, shouting “here comes the towel,” would throw steaming towels to audiences, with





great accuracy. Waiters accepted tips and never **haggled** over their size.

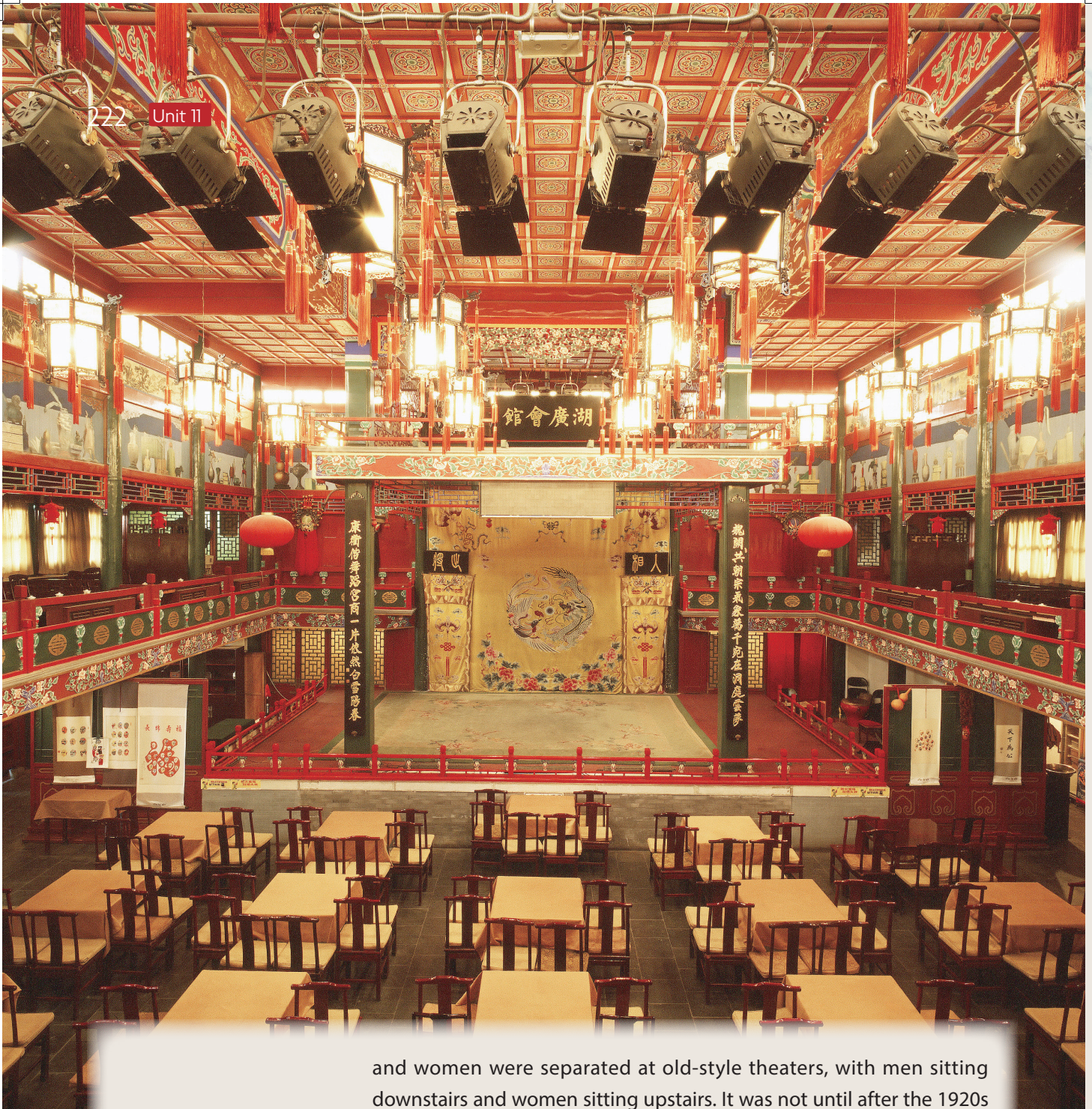
haggle v. 讨价还价

- 3 "Tea courtyards" were later called *xiyuanzi*, or old-style theaters. In the 1920s, they became known as theaters, and the stage was patterned after stages in the West. *Xiyuanzi*, which was of a traditional architectural style, was smaller than a typical Western theater in capacity, but what audiences heard in *xiyuanzi* was original singing of actors and actresses, free of a loudspeaker.
- 4 In the middle and late periods of the 19th century, as Peking Opera gained popularity, the number of *xiyuanzi* in Beijing increased, and most of them were located in a flourishing commercial district south of the Qianmen Gate Tower. Viewed from the above, the district is situated on the city's north-south axis.
- 5 The stage in an old-style theater was not big. Stages were first paved with wooden planks and later covered with carpets. This was to make sure that actors making **summersaults** would not hurt themselves. At the stage front were usually erected two columns on which were written words in praise of the troupe performing at the time.
- 6 In the rear of the stage hung an embroidered curtain, which was the private property of the leading actor of the day. The curtain bore patterns of flowers and birds, in a style compatible with the leading actor. Seeing the curtain, audiences knew who was going to play the lead.
- 7 Below the stage was dirt ground. Later, ground was paved with bricks and still later with cement. In an early period, audiences sat on benches facing one another across oblong wooden tables. This sitting posture facilitated chatting and eating snacks but was not suitable for watching a theatrical performance. It was not until after 1914 that long benches with back support were placed parallel to the stage, enabling audiences to face the stage. On the back of the benches were nailed long-framed planks, on which were placed teacups. At the time, men

summersault n. 翻筋斗







and women were separated at old-style theaters, with men sitting downstairs and women sitting upstairs. It was not until after the 1920s that men and women sat together. At the back of the rows of seats was usually placed an oblong table with the sign "The Suppression Seat" on it. When a play started, fully-armed soldiers came to sit behind the table to deal with any possible **commotion**. On a holiday the theater owner would hand them envelopes stuffed with money to seek their protection.

commotion *n.* 骚乱





- 8 During the early stage of *xiyuanzi*, there were no newspapers, nor were there ads or posters. The method of promotion was to place at the *xiyuanzi* gate stage **properties** for the evening's show. For people who loved Peking Opera, a look at the stage properties was enough for a guess at what the show was for the evening. For example, a block of stone pointed to *The Yanyang Building* (《艳阳楼》) and a big spear *Battling Down-sliding Chariots* (《挑滑车》). A heap of weapons of different kinds indicated that the evening's last play would be *Havoc in Heaven* (《闹天宫》). The weapons were used to **subdue** the Monkey King, hero of the play. A day's program was printed on a piece of yellow paper with a wood block and sold for a penny or two. It was not until after the 1920s that programs were printed with lead types.
- 9 Peking Opera had a close relationship with the Qianmen Gate Tower area in Beijing, which was a **cradle** of folk culture in the city. In the early years of Peking Opera, the Qianmen Gate Tower area was where the city's entertainment, catering industry, commerce and people's cultural activities were concentrated. It was right in this area that Peking Opera grew and thrived. Not only were Peking Opera's old theaters and the homes of actors and actresses concentrated here, but many Peking Opera fans and people connected with theatrical shows lived in the area. In the more than 50 years from the early 20th century to 1957, the Qianmen Gate Tower area was home to some 600 famous artists of Peking Opera, *pingju* Opera, acrobatics and *quyi* (folk art forms including ballad singing, storytelling, comic dialogs, **clapper talks** and **cross talks**). These performing artists had learned their art from different masters and each had his unique skill. At the time, Tianqiao, south of the Qianmen Gate Tower, was a thriving, densely populated downtown area of Beijing. And Tianqiao's soul was Beijing's traditional folk culture.

property *n.* (戏剧、电影等中用的) 道具

subdue *v.* 征服; 制服

cradle *n.* 摇篮; 发源地

clapper talk *n.* 快板儿

cross talk *n.* 相声

Source: Xu Chengbei (2003). *Peking Opera* (Chen Gengtao Trans.). Beijing: China Intercontinental Press.



## Reading Comprehension

**1** Decide whether the statements are true (T) or false (F) according to the passage.

- 1 When seeing a show, old Beijingers say “watch an opera.”
- 2 Facilities in *xiyuanzi* were rather simple. The stage was square, with four sides extending right into rows of seats for the audience.
- 3 At an early date in the Qing period, audiences paid for the tea but not the opera they watched in the “tea courtyard.”
- 4 In the Qing period, tea charge was not charged until before the start of the last but one item on the day’s theatrical program.
- 5 In the middle and late periods of the 19th century, most of *xiyuanzi* were located in a flourishing commercial district south of the Qianmen Gate Tower.

**2** Answer the following questions according to the passage.

- 1 Why do old Beijingers say “listen to an opera” instead of “watch an opera”?
- 2 What is “hot towel throw”?
- 3 What is the difference between *xiyuanzi* and a typical Western theater in the 1920s?
  - 4 How did audiences know who was going to play the lead?
  - 5 What was the method of promotion during the early stage of *xiyuanzi*?







## Language Focus

### 3 Complete the sentences with the information from the passage.

- 1 At an early date in the Qing period, the main purpose of customers in coming to the “tea courtyard” was to \_\_\_\_\_, whereas \_\_\_\_\_ was sort of “incidental.”
- 2 At the stage front were usually erected \_\_\_\_\_ on which were written words in praise of \_\_\_\_\_ performing at the time.
- 3 It was not until after 1914 that long benches with back support were placed \_\_\_\_\_ the stage, enabling audiences to \_\_\_\_\_.
- 4 At the time, men and women were separated at old-style theaters, with \_\_\_\_\_ sitting downstairs and \_\_\_\_\_ sitting upstairs. It was not until after the 1920s that men and women \_\_\_\_\_.
- 5 In the early years of Peking Opera, it was in \_\_\_\_\_ area that Peking Opera grew and thrived.

### 4 Translate the paragraph into English by using the expressions given in brackets.

京剧是中国的国粹。京剧的服装和脸谱（facial makeup）受到人们的喜爱。不同类型的服装反映人物不同的社会地位。脸谱是京剧中塑造人物形象的重要手段，它是用不同的颜色在脸上勾画出来的。脸谱的颜色让人一看便知角色的善恶。比如白色代表阴险狡诈（treachery），黑色代表直率鲁莽（forthrightness and recklessness），蓝色代表刚强骁勇。

## Development

5 Every country or region has its own type of opera. Italian Opera was born around the year 1600 and has continued to play an important role in the history of opera. What do you know about Italian Opera? Work in groups and compare it with Peking Opera.



# Reading and Understanding



## The History of Peking Opera

discern v. 觉察出

1 As you know, many foreigners first learn about Chinese culture through numerous Chinese restaurants found all over the world and soon **discern** that China is a country with delicious cuisine.

2 The second impression of Chinese culture is often Peking Opera whose facial makeup is now almost a symbol of China. Many countries design posters using Peking Opera makeup to symbolize Year of Chinese Culture. Therefore, to understand Chinese culture, some knowledge of Peking Opera is very important.

3 Peking Opera came into existence in the not too distant past, but it is full of mysteries for Westerners. Peking Opera, rooted in Chinese culture, is very different from Western dramas.

Sanskrit n. 梵文; 梵语

4 Chinese operas, ancient Greek drama, and **Sanskrit** drama are considered three ancient dramas in the world. Ancient Greek drama is a form of theater from ancient Greece. It reached its most significant form in the 5th century BC and heavily influenced the theater of ancient Rome and of the Renaissance. Ancient Greek drama and Sanskrit drama were the great pieces Greece and India had given to the world. Unfortunately, Chinese operas are the only survivor of these three ancient dramas in the world. The other two have become history. So, Chinese operas are the cream of Chinese culture and even of the world culture.





- 5 Chinese operas were derived from the songs and dances of the primitive society. During the reign of Emperor Jiajing in the Ming Dynasty, *Kunqu* Opera came into being. As one of China's representative classic operas, *Kunqu* Opera nourished and nurtured many other operas, so it is called the mother of Chinese operas.
- 6 It was during the reign of Emperor Qianlong in the Qing Dynasty that Peking Opera emerged. [A] In 1790, an Anhui troupe led by Gao Langting came to Beijing to participate in the performances in celebration of the 80th birthday of Emperor Qianlong. [B] It was soon followed by three other theatrical troupes from Anhui. [C] During their practice, these Anhui troupes assimilated the performing characteristics of other operas such as *Kunqu* Opera and *Shaanxi* Opera and were affected by Beijing dialect and customs. [D] What these Anhui troupes were offering was Peking Opera and a unique theatrical variety came into being.
- 7 Peking Opera, which had developed from rural shows, had a wide range of 1) \_\_\_\_\_. They included not only members of the 2) \_\_\_\_\_ family, high-ranking 3) \_\_\_\_\_ and scholars, but also merchants, townspeople and handicraftsmen. So gradually, Peking Opera became a townspeople-4) \_\_\_\_\_ performing art.
- 8 After 1860, Peking Opera further developed. In 1867, Peking Opera spread to Shanghai. Peking Opera in Shanghai gradually developed some unique characteristics and later the division of Shanghai School came into being.
- 9 In 1919, Mei Lanfang, a very famous Peking Opera actor, went to Japan to stage performances. Since then, Peking Opera troupes have frequently staged performances in foreign countries. And the rest of the world regarded Peking Opera as the 5) \_\_\_\_\_ of traditional Chinese operas. Now, Peking Opera is the most popular and influential opera in China with a history of over 160 years. Full of Chinese culture, Peking Opera presents to audiences a(n) 6) \_\_\_\_\_ full of attractive stories, beautiful paintings and costumes, graceful gestures and martial arts.

**1** Decide whether the statements are true (T) or false (F) according to the passage.

- 1 Chinese operas, ancient Greek drama and Sanskrit drama are considered three ancient dramas in the world.
- 2 The birth of *Kunqu* Opera in the Yuan Dynasty marked the maturity of traditional Chinese operas.
- 3 As one of China's representative classic operas, *Kunqu* Opera nourished and nurtured many other operas, so it is called the mother of Chinese operas.
- 4 In 1860, Peking Opera spread to Shanghai.
- 5 Peking Opera is the most popular and influential opera in China with a history of over 160 years.

**2** Look at the four square brackets marked [A], [B], [C] and [D], which indicate where the following sentence could be added in Paragraph 6. Where would the sentence fit best?

These Anhui troupes stayed in Beijing and offered performances to the local people.

**3** Complete the sentences in paragraphs 7 and 9 with suitable words from the box.

A oriented	B representative	C royal
D encyclopedia	E audiences	F officials

**4** Complete the sentences with the information from the passage.

- 1 \_\_\_\_\_ is a form of theater from Ancient Greece. It reached its most significant form in the \_\_\_\_\_ and heavily influenced the theater of \_\_\_\_\_ and of the \_\_\_\_\_.
- 2 Unfortunately, \_\_\_\_\_ are the only survivor of these three ancient dramas in the world.
- 3 Chinese operas were derived from the songs and dances of the \_\_\_\_\_.
- 4 Peking Opera in Shanghai gradually developed some unique features and later the division of \_\_\_\_\_ came into being.
- 5 In 1919, \_\_\_\_\_, a very famous Peking Opera actor, went to \_\_\_\_\_ to stage performances.



## Peking Opera: Roles and Facial Makeup



- 1 Peking Opera features character categorization. The characters of Peking Opera are classified according to gender, age, disposition, profession, and social status. Nowadays there are four major roles in Peking Opera. They are *sheng*, *dan*, *jing*, and *chou*.
- 2 *Sheng* represents a grown-up male who is generally positive. It can be further divided into *laosheng*, *wusheng*, and *xiaosheng*. *Laosheng*, representing decisive and honest middle-aged or old men, usually specializes in singing or martial arts. It is the most common male character in Peking Opera and, with artificial beards, it is also called *xusheng*. *Wusheng* represents young generals skilled in martial arts. Sometimes they hold long-handle weapons, wear armor, look dignified and have a moderate skill of singing and recitation. Sometimes they hold short-handle weapons, wear short clothes and their action is swift. *Xiaosheng* represents clean-shaven and handsome young men, frequently portrayed in love stories. Usually they are scholars. As a feature of Peking Opera, *laosheng* is given priority in many programs and *xiaosheng* is relatively obscure. In the history of Peking Opera, famous actors playing the role of *xiaosheng* were very few in number. It is quite different from Western dramas where the young hero is very important and is played by highly acclaimed actors. In performance, the striking feature of *xiaosheng* is speaking and singing with a combination of real and false voices. Usually the false voice is very sharp, thin, and high-pitched which makes *xiaosheng* different from *laosheng*. The false voice of *xiaosheng* is also different from that of *dan*. It should be strong but not rough. It should not be as gentle as a woman's voice. So the singing of *xiaosheng* is very difficult.
- 3 *Dan* represents various female characters, including *huadan*, *laodan*, *qingyi*, and *wudan*. *Huadan* plays young women with a frank and open-minded personality. They are maidservants from humble families or young ladies in rich families. *Laodan* stands for elderly women. They usually use their natural voices which are rich, loud, high-pitched and **melodious**. *Qingyi* generally stands for young or middle-aged women

melodious *adj.* 音调优美的



of strong character and refined disposition. Most of them are faithful wives, loving mothers, and pure women from the feudal society. *Wudan* represents, women skilled in martial arts, including generals, heroic outlaws and fairies.

subtlety *n.* 机敏

- 4 In the history of Peking Opera, there are a lot of famous actors with great accomplishments. The famous “Four Great *Dan* Actors,” Mei Lanfang, Cheng Yanqiu, Shang Xiaoyun, and Xun Huisheng, have made great contributions to the performance of the *dan* role and the development of Peking Opera. Historically *dan* used to be performed by male actors. The four famous *dan* actors have created various images of ancient Chinese women and expressed their tenderness, elegance, and **subtlety**. Mei Lanfang had beautiful voice and stage appearance with elegant dancing and movements. He crafted a noble and natural image reaching the peak of female-role performance. He had made innovations to the art of Peking Opera in different aspects. He composed many new melodies, and introduced facial expressions, movements and techniques of dancing to the accompaniment of singing from *Kunqu* Opera to Peking Opera. He created various dances, such as the silk dance, sword dance, sleeve dance, and **duster** dance. He was the first to use *erhu* to support *jinghu* to accompany singing by the female role. He also made innovations to facial designs, hairstyles and costumes in Peking Opera. Mei Lanfang’s performances fully demonstrated Chinese classical beauty. And he had headed several performance tours to the United States, Japan and European countries, winning an international reputation for Peking Opera. He is worthy of the title “Master Artist of Peking Opera.”

duster *n.* 尘拂

provocation *n.* 挑衅

- 5 *Jing* is the most romantic and exaggerated role in Peking Opera. Actors playing *jing* usually put on facial makeup. Most of them have a rough and bold character. They speak loudly and may shout at the slightest **provocation** and may use force if they are angry. *Jing* can be divided into the singing-oriented type, or *wenjing*, and the martial type, or *wujing*. They usually wear colorful paint on faces and are also known as *hualian*.

foil *n.* 陪衬者

- 6 *Chou* serves as a **foil** to the leading character and usually is the first to go on the stage during a performance. “No *chou*, no play” has long been a popular saying in China. The *chou* actors usually wear a patch of white around their eyes, and their nose is sometimes outlined in black. *Chou*



represents far more characters than *sheng*, *dan* and *jing*. They can be all kinds of people from high-ranking officials to servants and soldiers, from scholars to farmers and traders. They can be old or young, male or female. They can be deaf, blind or lame. And they can be kind-hearted or evil. *Chou* can also be divided into *wenchou*, which is the gentle clown, and *wuchou*, or martial clowns.

- 7 Seeing a Peking Opera performance for the first time, a foreigner would usually wonder: Why are the faces of the actors painted red, black, white, yellow or green? Are they masks? But masks could be separated from the face while facial makeup cannot. So, facial makeup in Peking Opera is different from masks.
- 8 The facial makeup in Peking Opera is a unique way to tell stories. There are about thousands of facial makeup patterns in Peking Opera and different patterns have different meanings. At an early date faces were painted mostly in red, white and black. As plays increase in number,

opera artists use more colors and lines to paint on the faces of characters. The color patterns are called *lianpu*, or facial makeup. When the face of a character needs to be exaggerated, the facial makeup is used. Facial makeup can tell the personality of a particular character. Different colors in the facial makeup have different meanings. For example, red means uprightness and loyalty. A black face represents a rough and forthright character. Blue means bravery and pride. White means treachery and cunning. So facial makeup in Peking Opera can arouse the interest of the audience and make Peking Opera performance much more interesting.

- 9 *Jing* usually wears complicated facial makeup patterns and different *jing* characters wear different facial makeup patterns. Compared with *jing*, *chou* usually wears very simple facial makeup patterns with a white patch on the face. But *chou* usually can make a greater impression on the audience than the *jing* character. And all the audience like their humor and jokes very much. With the development of Peking Opera, there have been established rules on how to paint a facial makeup pattern and what a pattern represents. The facial makeup reveals Chinese people's evaluation on historical figures. For example, Cao Cao, a Han Dynasty prime minister, has a white face. It tells us that he was treacherous and cunning. Guan Yu, a general of the Three Kingdoms period, has a red face. From this, we know he was a loyal person. And Zhang Fei, also a general of the Three Kingdoms period, has a facial makeup pattern of a butterfly. The pattern of butterfly is a masterpiece perfectly combining personality and artistic design. Judge Bao has a black face. From this, we know he was impartial and **incorruptible** as a judge. And a distorted face, drawn with asymmetrical lines, means a villain or someone whose face was wounded.

incorruptible *adj.*  
廉洁的; 正直的





**1** Decide whether the statements are true (T) or false (F) according to the passage.

- 1 *Xusheng*, with artificial beards, presents the most common male character in Peking Opera.
- 2 *Xiaosheng* presents young generals skilled in martial arts.
- 3 *Qingyi* mostly stands for faithful wives, loving mothers, and pure women from the feudal society.
- 4 *Jing* is the most romantic and exaggerated role in Peking Opera and its actors usually have facial makeup.
- 5 *Chou* is the least important role in Peking Opera and often leaves little impression on the audience.

**2** Complete the following tables about roles and the colors of facial makeup in Peking Opera.

Table 1

Roles	General Introduction
<i>Sheng</i>	Representing a grown-up male who is 1) _____
<i>Dan</i>	a. Representing various 2) _____ characters b. Including <i>huadan</i> , <i>laodan</i> , <i>qingyi</i> , and <i>wudan</i>
<i>Jing</i>	a. The most romantic and exaggerated role in Peking Opera b. Usually having 3) _____
<i>Chou</i>	a. Serving as 4) _____ to the leading character b. Usually the first to go on the stage during a performance

Table 2

Colors of facial makeup	Meanings
Red	5) _____
6) _____	A rough and forthright character
Blue	7) _____
8) _____	Treachery and cunning

### 3 Complete the sentences with the information from the passage.

- 1 Peking Opera features \_\_\_\_\_. The characters of Peking Opera are classified according to gender, \_\_\_\_\_, disposition, \_\_\_\_\_, and \_\_\_\_\_.
- 2 *Laosheng*, representing decisive and honest \_\_\_\_\_ men, usually specializes in \_\_\_\_\_.
- 3 *Xiaosheng* represents \_\_\_\_\_ and handsome young men, frequently portrayed in \_\_\_\_\_.
- 4 Actors of *laodan* usually use their \_\_\_\_\_ which are rich, loud, \_\_\_\_\_ and melodious.
- 5 Actors of *chou* usually wear \_\_\_\_\_ around their eyes, and their nose is sometimes \_\_\_\_\_ in black.

### 4 Match the characters in Peking Opera with their facial makeup.

1 Cao Cao

a



2 Guan Yu

b



3 Zhang Fei

c



4 Judge Bao

d



5 A villain

e



## 3

## PART

## Watching and Doing



Watch the MOOC “Peking Opera” and complete the tasks.  
For non-MOOC learners, you can scan the QR code to watch the video clips and complete the tasks.

**I** Watch the part of “Introduction” and fill in the blanks.

Peking Opera is an intriguing and mellow form of 1) \_\_\_\_\_ Chinese theater. With elaborate and colorful costumes and 2) \_\_\_\_\_ makeup, performers produce vivid portrayals of characters by utilizing the skills of 3) \_\_\_\_\_, singing, dancing and combination of 4) \_\_\_\_\_ that are symbolic and suggestive, rather than realistic, creating a theatrical effect far beyond the 5) \_\_\_\_\_ of the stage in terms of both time and 6) \_\_\_\_\_. The warring scenes, for example, are rendered with pretended 7) \_\_\_\_\_ and acrobatic movements rather than brutal violence. The formulated and hyperbolic mask 8) \_\_\_\_\_ are to reveal the individuality of different characters, allowing the 9) \_\_\_\_\_ to read their 10) \_\_\_\_\_ through their painted faces. Therefore, to understand Chinese culture, some knowledge of Peking Opera is very important.







**2** Watch the part of “The Four Major Roles of Peking Opera” and translate the following expressions into English.

- |            |             |
|------------|-------------|
| 1 剑舞 _____ | 2 绸舞 _____  |
| 3 袖舞 _____ | 4 拂尘舞 _____ |
| 5 武术 _____ |             |

**3** Write an essay on the topic “How to Appreciate Peking Opera.” The beginning of the essay has been written for you.

Peking Opera is an art which pays equal attention to singing, speaking, acting and fighting. These four basic skills are combined together to tell a story. Each action by the performer is highly symbolic. Feelings and ideas are often expressed through these symbolic motions. So, we should know how to appreciate the beauty of a virtual world.

...





## Difficult Sentences

1 In the rear of the stage hung an embroidered curtain, which was the private property of the leading actor of the day. The curtain bore patterns of flowers and birds, in a style compatible with the leading actor.

在舞台后边会悬挂一个绣花的帘子，这个帘子是当天主角儿的私人物品。帘子上点缀着不同的花鸟图案，与主角儿的风格一致。

2 At the back of the rows of seats was usually placed an oblong table with the sign "The Suppression Seat" on it. When a play started, fully-armed soldiers came to sit behind the table to deal with any possible commotion. On a holiday the theater owner would hand them envelopes stuffed with money to seek their protection.

靠后的座位处常常设一张长方桌，桌上立一个写着“弹压席”字样的牌子。开戏后，军警全副武装入座，维持治安。逢年过节戏园主人还给军警送红包以求得保护。



## Useful Expressions

Qianmen Gate Tower 前门城楼

north-south axis 南北中轴线

leading actor 主角

facial makeup 脸谱

ancient Greek drama 古希腊戏剧

Sanskrit drama 梵剧

Shaanxi Opera 秦腔

Kunqu Opera 昆剧



## Mini-Pedia

### Music of Peking Opera: *Xipi* and *Erhuang*

Unlike Western operas, the music of Peking Opera is not really created by a composer, but based on sets of traditional codified tunes. The singing mainly follows two sets of tunes, *xipi* (西皮) which is used to express happiness, anger or agitation, and *erhuang* (二黄) which is used to express a subdued mood such as loss in deep thought, sorrow and melancholy.

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## Unit 1 Confucian Thought on Heaven and Humanity

- 1 Confucius<sup>1</sup> (551-479 BC), known in China as Kongzi, given name Qiu and alias Zhongni, was a native of Zouyi (present-day Qufu in Shandong Province) of the State of Lu during the Spring and Autumn Period<sup>2</sup> (770-476 BC). A great thinker, educator and founder of Confucianism, Confucius is an ancient sage (圣人) to the Chinese people. His words and life story were recorded by his disciples (弟子) and their students in *The Analects*<sup>3</sup> (*Lunyu*).
- 2 An enduring classic of Chinese culture, *The Analects* has influenced all thinkers, writers and politicians in the over-2,000-year-long history of China after Confucius. No scholar could truly understand this long-standing culture or the inner world of the ancient Chinese without this book.
- 3 Much of Confucian thought on Heaven and people represents universal human values. This is perhaps why Confucian thought in the 21st century still retains the interest of not only the Chinese but also people in other parts of the world.



- 1 Confucius: 孔子。名丘，字仲尼，春秋时期鲁国人。伟大的思想家，教育家，儒家学派创始人。
- 2 the Spring and Autumn Period: 春秋时期。简称春秋，东周的一个时期，因鲁国编年史《春秋》而得名。
- 3 *The Analects*: 《论语》。儒家经典之一，由孔子门徒及再传弟子编纂，主要记载了孔子及其弟子的言行。

### Confucius on Heaven: the Source of Everything

- 4 In the Shang (1600-1046 BC) and Zhou<sup>1</sup> (1046-256 BC) dynasties, the prevalent concept of “Heaven” was that of a personified god, which influenced Confucius. Generally, however, Confucius regarded “Heaven” as nature. He said, “Heaven does not speak in words. It speaks through the rotation of the four seasons and the growth of all living things.” Obviously, Heaven equaled nature, in the eyes of Confucius. Moreover, nature was not a lifeless mechanism separate from humans; instead, it was the great world of life and the process of creation of life. Human life was part and parcel of nature as a whole.
- 5 Confucius’ equation of Heaven with the creation of life was an innovative (革新的) idea in his time. The natural process of life creation was the “way of Heaven”. This idea was later developed in *The Book of Changes*<sup>2</sup> (*Yijing*), as it stated “Continuous creation of life is change.”
- 6 As the natural process of creation of life, Heaven was the source of all living things and the source of all values. This was the “virtue of Heaven”. Thus, *The Book of Changes* said, “The great virtue of Heaven and Earth is creating life.”
- 7 In the natural process of creation of life, Heaven had its inner purpose in creating all things as well as protecting and improving life. Heaven had originated humanity, and humans were obliged to accomplish this purpose. In other words, humans are born with a sense of “heavenly mission”, and this is the meaning of human life.
- 8 Confucian “Heaven” also had a certain sacred element, which was related to its being the source of life. Thus Confucius required people to hold Heaven in awe. He said that a person of virtue must “respect his heavenly mission”, listen to and live out the purpose of Heaven by caring for and improving life.
- 9 Under the influence of Confucius, the ancient Chinese developed a sense of awe and belief



1 Zhou: 周朝。中国历史上继商朝之后的朝代,可分为西周和东周两个时期,其中东周时期又称“春秋战国”,分为“春秋”及“战国”两部分。

2 *The Book of Changes*: 《易经》。也称《周易》,儒家重要经典,包括《经》和《传》两部分,通过八卦的形式,推测自然和社会的变化,提出了若干富有朴素辩证法的观点。



in Heaven. To them, Heaven was the highest sacred being, with its profound mystery never to be fully understood by mortals. It was not a supernatural, personified deity (神), but was the world of ever-generating life. As the most intelligent of all beings, humans should take to heart the purpose of Heaven by cherishing life. If one remained “ignorant and disrespectful of one’s heavenly mission” by killing or maiming (残害) life, one would be punished by Heaven. Confucius said, “He who offends against Heaven has none to whom he can pray.” The Confucian respect for and belief in Heaven represented a form of religious spiritualism of the ancient Chinese.

- 10** In the 21st century, the Confucian caveat (告诫) of “standing in awe of the ordinances of Heaven” still holds true, as human society begins to pay greater attention to ecological civilization. Humans should indeed listen to the voice of nature, respecting and loving it as the world of life. This is our sacred mission and gives value to all human life.

### Confucius on People: *ren* (仁) and *li* (礼)

- 11** *Ren* and *li* are the two core concepts of Confucius’ doctrine about people.
- 12** When his student Fan Chi asked him about *ren*, Confucius replied, “Love people.” This is Confucius’ most important interpretation of *ren*. Love for the people is universal love. Confucius further emphasized that this kind of love should “begin with the love for one’s parents”. He believed no one could love people in general if they did not even love their own parents. Confucius regarded “filial (子女的) piety and fraternal (兄弟的) duty” as the essence of *ren*. *The Doctrine of the Mean*<sup>1</sup> (*Zhongyong*) quotes Confucius as saying, “The greatest love for people is the love for one’s parents.” He also said, “Children should not travel far while their parents are alive. If they have no choice but to do so, they must retain some restraint.” He did not mean that children should not leave their parents at all. What he meant was that children should not make their parents anxious about them while away from home. Confucius said again, “Children should think often of the age of their parents. They should feel happy for the health and longevity of their parents. They should also feel concern for the aging of their parents.”



1 *The Doctrine of the Mean*: 《中庸》。儒家经典之一，原属《礼记》的一篇，宋代把它和《礼记》中的《大学》独立出来，同《论语》、《孟子》合称“四书”。



丹枫呦鹿图  
*Cry of Deer in a Red Maple Forest (detail),  
unknown artist, Song Dynasty, a scene of  
contentment and harmony, as valued by  
Confucian scholars*

- 13** By *ren*, Confucius meant universal love based on love for one's parents. How should people love one another then? Confucius said, "One should be aware that other people may have similar desires as oneself. While fulfilling one's desires, allow others to fulfill their desires as well." He further said, "Do not do toward others anything you would not want to be done to you." Thus from oneself to one's family, from family to society, one should extend love to all people. Mencius<sup>1</sup> (c. 372-289 BC), a great Confucian scholar, best summarized *ren* as, "loving one's parents, loving the people, loving everything in the world."
- 14** Today, the Confucian doctrine of "Do not do toward others anything you would not want to be done to you" still holds true for humankind.



1 Mencius: 孟子。邹(今山东邹县)人,孔子之孙孔伋的再传弟子,孔子学说的继承者与捍卫者,发扬了孔子的思想,后世常以“孔孟”并称,著有《孟子》一书。

- 15** *Li* refers to rituals, traditions and norms in social life. Of these, Confucius regarded burial rituals and ancestral worship rituals as the most important, because they arose from human feelings. He said, “A child should not leave his parents’ bosom (胸; 怀) until he is three years old.” He naturally loved his parents. The ritual of wearing mourning for a deceased (已死的) parent for three years was an expression of the child’s love and remembrance.
- 16** Confucius placed emphasis on *li* with the aim of preserving social order, stability and harmony. *The Analects* says, “The role of *li* is to maintain harmony among people.”
- 17** *Li* also has philosophical implications. While individuals have a limited lifespan, life in nature is everlasting. Life is given by one’s parents and extended through one’s children. In this way, a limited, individual life becomes merged with the limitless life of nature; the individual dream of eternal life can thus come true. Through burial rituals and ancestral worship rituals, people are able to experience the everlasting continuity of life, appreciating the value and meaning of life. This gives people metaphorical solace (安慰).

### Confucius on the State of Life

- 18** Before Confucius, only the nobility had the right to education. He was the first figure in Chinese history to initiate private education. According to historical records, Confucius taught for many years and trained 3,000 disciples. A total of 72 of them excelled in the “six arts”, i.e., ritual, music, archery (箭术), (carriage) driving, calligraphy (书法), and mathematics. A great educator, Confucius has been admired by later generations as the “sage of sages”.
- 19** Confucius believed the basic goal of education was to cultivate “persons of virtue”, who should have sound character and uplifted minds. Such persons should be able to shoulder important social responsibilities and to make contributions to society. Confucius regarded lofty ideals, great virtue, love of people, and the “six arts” as the general principles of education. Of these, virtue was the most important. His students were involved in a variety of professions, including politics, trade, education, diplomacy, ritual ceremony, and classifying ancient books. Whatever they did, they all wanted to improve their learning of the humanities and to enhance their virtue.





虎溪三笑图

Three Masters Smiling beside Tiger Stream, unknown artist, Song Dynasty. Buddhist master Huiyuan (334-416), of the Eastern Jin Dynasty, bids farewell to two honored visitors at sunset – Confucian scholar and poet Tao Yuanming (c. 365-427), and Daoist high priest Lu Jingzhi (birth and death dates unknown). They are smiling as they walk along, though they have crossed Tiger Stream without knowing it. Huiyuan has thus broken his own rule of not seeing guests off across Tiger Stream.

- 20 Confucius emphasized aesthetic education. He said, “Studying *The Book of Songs*<sup>1</sup> (*Shijing*) inspires the spirit and helps one appreciate beauty. Studying *The Book of Rites*<sup>2</sup> (*Zhouli*) enables one to behave properly as a person of enlightenment. Studying music lifts the spirit and helps one to enjoy life.” He also said, “Simply knowing the highest standard of virtue (i.e., love for people) is not as good as setting it as one’s goal. Setting it as one’s goal is not as good as enjoying the practice of it.”
- 21 On one occasion, Confucius asked several of his disciples to talk about their aspirations. Zi Lu<sup>3</sup> and Ran You<sup>4</sup> wanted the opportunity to administer a state. Gongxi Chi wanted to



- 1 *The Book of Songs*: 《诗经》。中国古代第一部诗歌总集，编成于春秋时代，分为“风”、“雅”、“颂”三大类，保存了西周到春秋中期的诗歌作品305首，原称《诗》，汉以后列为儒家经典之一，称为《诗经》。
- 2 *The Book of Rites*: 《礼记》。中国古代一部重要的典章制度书籍，儒学经典之一，所收文章是孔子的学生及战国时期儒学学者的作品，此书由西汉礼学家戴德和他的侄子戴圣编定。
- 3 Zi Lu: 子路 (前542—前480)。仲由，鲁国卞之野人 (今山东平邑县仲村人)，孔子得意门生，七十二贤者之一，以政事见称。
- 4 Ran You: 冉有。春秋时儒者，冉氏，名求，字子有，鲁国人，孔丘弟子，七十二贤者之一。青年时曾做过鲁国季氏的家臣，后随孔子周游列国，孔子晚年归隐鲁国，冉有出力不少。

- 22** become a master of rituals. Zeng Dian<sup>1</sup> said, “My aspiration is different from theirs.” “That is acceptable,” said Confucius. “We are only talking about our own aspirations.” Zeng Dian then said, “(My dream is) to wear spring robes in late spring and to swim in the Yi River<sup>2</sup> with five or six adults and six or seven children. We shall enjoy the breeze where people pray for rain. Then we shall go home, singing all the way.” Confucius sighed, “Ah, I share Dian’s aspiration.” The different aspirations of the four students reflected their different outlooks on life. Confucius’ agreement with Zeng Dian indicates that while he stressed individual contribution to society, he regarded the highest state of life as harmony among people and harmony between people and nature. His was a true aesthetic outlook on life.
- 23** Under the influence of Confucius, Chinese thinkers of later generations all believed that students and scholars should not only increase their knowledge, but also and more importantly, broaden their minds and enhance their spiritual ethos (精神特质). In other words, they should continually seek the greater meaning and value of life. Many modern scholars think the theory on the perspective on life is the most valuable feature of Chinese philosophy. It all began with Confucius.



寄畅园 涵碧亭  
*Hanbi Pavillion in Jichang Garden, Wuxi, Jiangsu Province. "Hanbi" means "encompassing green", representing the Confucian ideal of keeping one's mind open and inclusive.*



- 1 Zeng Dian: 曾点。字子皙，亦称曾皙，春秋时期鲁国武城（今山东省平邑县魏庄乡南武城）人，孔门弟子七十二贤之一。
- 2 the Yi River: 沂河。又名沂水，淮河重要支流，发源于山东，经江苏流入黄海，是山东临沂的母亲河。

## Comprehension

### I. Skimming and Scanning

*Go through the passage quickly and answer the following questions briefly.*

- 1) What is *The Analects* mainly about?
- 2) What is Confucius' view on Heaven?
- 3) What is Confucius' innovative idea about Heaven?
- 4) What does the "heavenly mission" in Paragraph 7 refer to?
- 5) How is Confucius' concept of Heaven related to the modern ecological civilization?
- 6) What is Confucius' interpretation of *ren*?
- 7) According to Confucius, what is the most important part of *li*?
- 8) What qualities are "persons of virtue" supposed to have?
- 9) Why do people need to study music according to Confucius?
- 10) What did Confucius think of Zeng Dian's aspiration?

### II. Careful Reading

1. *Read the passage carefully and choose the best answer to each of the following questions.*

- 1) All the following are the titles of Confucius EXCEPT \_\_\_\_\_.  
A. an educator      B. a biologist      C. a scholar      D. a philosopher
- 2) The expression "filial piety" most probably means being \_\_\_\_\_.  
A. loyal to the state      B. obedient to sister(s)  
C. responsible for the family      D. dutiful to parents
- 3) Which of the following can best describe Confucius' view on the relationship between man and nature/Heaven?  
A. Brothers.      B. Husband and wife.  
C. Doctor and patient.      D. Mother and son.
- 4) Through burial and ancestral worship rituals, people can learn that \_\_\_\_\_.  
A. nature is lifeless so it will never die  
B. individual's life can be everlasting by joining nature  
C. they should be grateful to their parents for giving them lives  
D. individual's lifespan is short, so they should enjoy life as much as possible
- 5) Which of the following is the most important part of Confucius' curriculum?  
A. Music.      B. Calligraphy.      C. Virtue.      D. Mathematics.



- 6) Zi Lu, Ran You and Gongxi Chi's aspirations represent \_\_\_\_\_, while Zeng Dian's reflects \_\_\_\_\_.
- A. personal ambition; selfishness
  - B. lofty ideals; meaningless pursuit
  - C. personal struggle; generous contribution
  - D. individual contribution to society; harmony

2. Put each of the following into English and then compare your translation with that in the passage.

- 1) 天何言哉？四时行焉，百物生焉，天何言哉？
- 2) 生生之谓易。
- 3) 天地之大德曰生。
- 4) 获罪于天，无所祷也。
- 5) 仁者，人也，亲亲为大。
- 6) 父母在，不远游，游必有方。
- 7) 父母之年，不可不知也。一则以喜，一则以惧。
- 8) 己欲立而立人，己欲达而达人。
- 9) 己所不欲，勿施于人。
- 10) 子生三年，然后免于父母之怀。
- 11) 礼之用，和为贵。
- 12) 知之者不如好之者，好之者不如乐之者。

## Communication

*The following are some English idioms related to God. Try to translate them and then name at least five Chinese idioms about Heaven (tian). Identify the similarity and/or difference between Westerners' attitude toward God and that of Chinese people's toward Heaven.*

- 1) God bless
- 2) thank God
- 3) please God
- 4) for God's sake
- 5) God forbid
- 6) Man proposes, God disposes.
- 7) God helps those who help themselves.

## Application

*As is mentioned in the passage, Confucius' li is to maintain harmony. The following English quotes and proverb indicate that Westerners also place great emphasis on harmony. After studying the passage, how can we build a harmonious society in terms of our home, our campus, the country and the world?*

If there is righteousness in the heart, there will be beauty in the character. If there is beauty in the character, there will be harmony in the home. If there is harmony in the home, there will be order in the nation. If there is order in the nation, there will be peace in the world.

—proverb

Happiness is not a matter of intensity but of balance and order and rhythm and harmony.

—Thomas Merton

Observe good faith and justice toward all nations. Cultivate peace and harmony with all.

—George Washington

A life in harmony with nature, the love of truth and virtue, will purge the eyes to understanding her text.

—Ralph Waldo Emerson

Grace has been defined as the outward expression of the inward harmony of the soul.

—William Hazlitt



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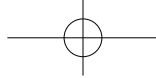
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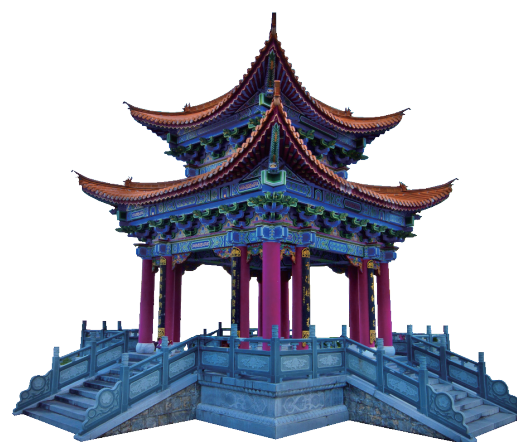




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## Overview

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China is a vast land with various landforms, different climate zones and a large number of rivers and lakes. As one of the four oldest recorded civilisations in the world, China has a long history without being interrupted. From ancient times till now, Chinese people, consisting of people of the Han nationality and other ethnic groups, have been living on the vast land, creating and developing her unique culture.

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## Lead-in Questions

- ① How many neighbouring countries does China have? Can you name them?
- ② Do you know when the recorded Chinese history begins? Can you make a list of the dynasties before the People's Republic of China?
- ③ How many ethnic groups are there in China? Which ethnic group gives you the deepest impression?
- ④ When did China begin its reform and opening-up policy?

### National Day

The Chinese celebrate 1 October as the National Day in honour of the founding of the People's Republic of China (PRC) on 1 October 1949.

### National Flag

On 27 September 1949, the First Plenary Session of the Chinese People's Political Consultative Conference (CPPCC: 中国人民政治协商会议) approved the proposal for using the red five-star flag as the National Flag of the PRC. The red colour of the flag symbolises revolution and the yellow colour of the stars the golden brilliant rays radiating from the vast red land. The design of four smaller stars surrounding a bigger one signifies the unity of the Chinese people under the leadership of the Communist Party of China (CPC).

### National Emblem

On 18 June 1950, the Second Session of the First CPPCC National Committee adopted the design and illustration of the National Emblem of the PRC. On 20 September that year, Chairman Mao Zedong ordered the promulgation (公布) of the National Emblem.

**4 May Movement:** On 4 May 1919 a revolutionary movement broke out, in which the Chinese people struggled against imperialism and feudalism. It marked the transition of the Chinese revolution from the old-democratic stage to the new-democratic stage. 五四运动，爆发于1919年5月4日的一场反对帝国主义和封建主义的革命运动。它标志着中国革命从旧民主阶段向新民主阶段的转变。

Composed of patterns of the National Flag, the Tian'anmen Gate, a cogwheel and ears of grain, it symbolises the New-Democratic Revolution of the Chinese people since the 4 May Movement in 1919 and the birth of New China under the people's democratic dictatorship led by the working class on the basis of the worker-peasant alliance.



### National Anthem

*March of the Volunteers* was written in 1935 with lyrics by the poet Tian Han and music by the composer Nie Er, honouring those who went to the front to fight the Japanese invaders in northeast China in the 1930s. Decided upon as the provisional National Anthem of New China on 27 September 1949, at the First Plenary Session of the CPPCC, the song was officially adopted as the National Anthem of the PRC on 4 December 1982 by the National People's Congress (NPC: 全国人民代表大会).

The lyrics of *March of the Volunteers* go as follows:

Arise, we who refuse to be slaves;  
 With our very flesh and blood  
 Let us build our new Great Wall!  
 The peoples of China are at their most critical time,  
 Everybody must roar defiance.  
 Arise! Arise! Arise!  
 Millions of hearts with one mind,  
 Brave the enemy's gunfire,  
 March on!  
 Brave the enemy's gunfire,  
 March on! March on! March on, on!

### National Capital

On 27 September 1949, the First Plenary Session of the CPPCC unanimously adopted a resolution



Tian'anmen Gate  
(天安门)

making Beijing, renamed Beijing as of the day, capital of the PRC.

Beijing is not only the nation's political centre, but also serves as its economic, scientific, cultural, and educational heart. As one of the famous ancient capital cities in China, Beijing is famous for its many places of historic interest and scenic beauty, like the Forbidden City, the largest and best-preserved collection of ancient buildings in China; the Temple of Heaven, a platform for the Ming and Qing emperors to perform sacrifices and solemn rites; the Summer Palace; the Ming Tombs; the Badaling section of the Great Wall.

## Geography

### Location and Boundary

Located in the east of the Asian continent, on the western shore of the Pacific Ocean, the PRC has a land area of about 9.6 million square kilometres, and is the third largest country in the world, next only to Russia and Canada.

From north to south, the territory of China stretches from the midpoint of the Heilongjiang River, north of the town of Mohe, to Zengmu'ansha at the southernmost tip of the Nansha Islands. From west to east, the country extends from its westernmost point on the Pamir Plateau to the confluence ( 交汇处 ) of the Heilongjiang River and Wusulijiang River.

China is bordered by the Democratic People's Republic of Korea, Mongolia, Russia, Kazakhstan, Kyrgyzstan, Tajikistan, Afghanistan, Pakistan, India, Nepal, Bhutan, Myanmar, Laos, Vietnam, the Republic of Korea, Japan, the Philippines, Brunei, Malaysia and Indonesia.

The Chinese mainland is flanked to the east and south by the Bohai Sea, Yellow Sea, East China Sea and South China Sea. A total of 5,400 islands scatter across the seas. The largest of these is the Taiwan Island. The Diaoyu Island and Chiwei Island are located to the northeast of the Taiwan Island. China's southernmost island groups are called the Dongsha, Xisha, Zhongsha, Nansha and Zengmu'ansha.

## Topography (地形)

China is a country of varied topographical features with highlands in the west and plains in the east. Mountainous land and very rough terrains make up about 67% of Chinese territory, basins and plains about 33%.

Taking a bird's-eye view of China, the terrain gradually descends from west to east like four steps of a staircase.

The first step is the Qinghai-Tibet Plateau in southwest China. With an average elevation of between 4,000 metres and 5,000 metres, it is known as the “roof of the world”. Its highest peak is called Mount Qomolangma. The surrounding snow-capped mountains are the origins of many of China's large rivers.

The second step includes the Inner Mongolia Plateau, Loess Plateau (黄土高原), Yunnan-Guizhou Plateau, Tarim Basin, Junggar Basin and Sichuan Basin, with an average elevation of between 1,000 metres and 2,000 metres.

**Mount Qomolangma:** the highest mountain in the world. It lies in the Himalayas, crossing the border of China and Nepal. Mount Qomolangma was first climbed in 1953 by Edmund Hillary, from New Zealand, and Tenzing Norgay, from Nepal, who were members of a British team. People sometimes mention the name “Qomolangma” when they are talking about an extremely difficult achievement. 珠穆朗玛峰，世界最高峰，位于中国与尼泊尔边界的喜马拉雅山脉。1953年，英国登山队的新西兰人埃德蒙·希拉里和尼泊尔人丹增·诺盖首次登上该峰。人们有时用 Qomolangma 指来之不易的成就。

Qinghai-Tibet Plateau  
(青藏高原)





The third step, dropping to 500—1,000 metres in elevation, begins at a line drawn around the Greater Hinggan, Taihang, Wushan and Xuefeng mountain ranges and extends eastwards to the coast of the Pacific Ocean. Here, from north to south, are the Northeast Plain, North China Plain and Middle-Lower Yangtze Plain. Interspersed amongst the plains are hills and foothills.

East of the third step is the fourth step of the staircase formed by the shallow waters of the continental shelf, an extension of the land into the ocean. The water here is mostly less than 200 metres deep.

### Rivers and Lakes

China abounds with rivers. Most of the large rivers have their source on the Qinghai-Tibet Plateau, and drop greatly between source and mouth. As a result, China is rich in water-power resources, leading the world in hydropower potential.

China's rivers can be categorised as exterior and interior systems. The catchment area ( 汇水面积 ) of the exterior rivers that empty into the oceans accounts for 64% of the country's total land area. The catchment area of the interior rivers that flow into inland lakes or

Yangtze River  
( 长江 )





disappear into deserts or salt marshes ( 沼泽地 ) makes up about 36% of China's total land area.

The Yangtze River is the longest river in China (6,300 kilometres), and the third longest river in the world. Its source is in the Tanggula Mountains on the Qinghai-Tibet Plateau. It flows through 11 provinces, autonomous regions and municipalities ( 直辖市 ). The Yangtze River is one of the main arteries of water transportation between eastern and western China. Many important ports and economic centres are located along it.

China's second longest river, the Yellow River, originates in Qinghai province and flows 5,464 kilometres to the Bohai Sea. As the most heavily silt-laden river in the world, the Yellow River has formed a raised-bed river ( 地上河 ) in the lower reaches. The Yellow River is seen as the cradle of Chinese civilisation and the spiritual home of the Chinese people.

Scattered throughout China are more than 2,800 natural lakes each having a surface area of over one square kilometre. Most of which are found on the Middle-Lower Yangtze Plain and Qinghai-Tibet Plateau. Freshwater lakes such as the Poyang Lake, Dongting Lake, Taihu Lake, and Hongze Lake mostly lie in the former area, while in the latter are saltwater lakes such as the Qinghai Lake and Nam Co Lake ( 纳木错湖 ). The Poyang Lake, in the north of Jiangxi province, is the largest of its kind. The Qinghai Lake, in northeast Qinghai province, is the largest of its kind.

Apart from the natural rivers and lakes, there are also many man-made canals. The most famous is the Grand Canal ( 大运河 ) between Beijing and Hangzhou, more than 1,700 kilometres in length. It passes through two cities (Beijing and Tianjin) and four provinces (Hebei, Shandong, Jiangsu and Zhejiang) and links five major rivers: the Haihe River, the Yellow River, the Huaihe River, the Yangtze River and the Qiantangjiang River. The canal was open to navigation over 1,000 years ago. It played an important role in facilitating trade between the south and the north and was regarded as the country's transportation and information "highway" before the advent of the railway.

Today, some of the canal's sections have been widened, deepened or

straightened out, and some water conservancy and ship locks have been added. This old canal still provides water transportation from north to south, irrigation water for the farmland on both sides, and cruise tours to the travellers from home and abroad.

## Climate

Most of China lies in the north temperate zone, characterised by a warm climate and distinctive seasons, a climate well suited for habitation.

Most of China has a marked continental monsoon (季风) climate characterised by variety. From September to April the following year, the dry and cold winter monsoons blow from Siberia and the Mongolian Plateau, resulting in cold and dry winters and great temperature difference between northern and southern China. From April to September, warm and humid summer monsoons blow from the seas in the east and south, resulting in overall high temperature and plentiful rainfall, and little temperature difference between northern and southern China.

In terms of temperature, the country can be sectorised from south to north into the tropical zone, the subtropical zone, the warm-temperate zone, the temperate zone, the cold-temperate zone, and the Qinghai-Tibet Plateau alpine zone. Precipitation (降水量) gradually declines from the southeastern to the northwestern inland area, and the average annual precipitation varies greatly from place to place. In southeastern coastal areas, it reaches over 1,500 millimetres, while in northwestern areas, it drops to below 200 millimetres.

## Outline History

China has a recorded history of nearly 4,000 years and is one of the four homes of the world's earliest civilisations. The first primitive man known to have existed in China is Yuanmou Man (元谋人), who lived about 1.7 million years ago. Peking Man, who existed more than 600,000 years ago at Zhoukoudian (周口店), in the vicinity (附近) of modern Beijing, could walk upright, make and use simple tools, and

make use of fire. They possessed basic human characteristics.

Chinese dynastic history can be divided into two periods: the ancient period (ancient times—1840) and the modern period (1840—present).

## Ancient Period

Chinese history began with two legendary figures—Emperor Huang (黄帝) and Emperor Yan (炎帝), who, together with their tribes, inhabited the drainage area along the middle reaches of the Yellow River. By the time of the Xia dynasty (夏朝: 2070—1600 BC), after centuries of living side by side, these two tribes had gradually merged into one. Consequently, the Chinese people usually call themselves the “descendants of Yan and Huang (炎黄子孙)”.

It was during the Xia dynasty that the institution of slavery (奴隶制) began. There are many legends describing the life of the people in this period, especially of the three sage (贤明的) kings after Emperor Huang and Emperor Yan—Yao (尧), Shun (舜) and Yu (禹). Yao made great contributions to the lunar calendar (农历). His successor (继承人), Shun, was physically and intellectually gifted and was a man with great virtues. Yu was famous for conquering the floods. He inspired people to dig ditches to divert water away instead of building dams. He worked ceaselessly for 13 years and succeeded in controlling the floods. Legend has it that he was so busy that “thrice he had gone past his own house without even looking in”.

**lunar calendar:** traditional Chinese calendar, according to which a common year has 354 or 355 days in total, 12 months of 30 days or 29 days, and a lunar leap year has 383 or 384 days in 13 months. According to changes in the position of the sun, a solar year is divided into 24 seasonal division points to facilitate farming. The years are designated by pairing items from the Heavenly Stems and Earthly Branches respectively so that 60 years form a cycle. It is said that the lunar calendar was created during the Xia dynasty, hence the term, *Xiali*, or Xia calendar. 阴历, 中国的传统历法。平年 12 个月, 大月 30 天, 小月 29 天, 全年 354 天或 355 天。闰年 13 个月, 全年 383 天或 384 天。根据太阳的位置, 人们把一个太阳年分成 24 个节气, 便于农事。纪年用于和天干地支搭配, 60 年周而复始。这种历法相传创始于夏代, 所以又称夏历。

Following the Xia dynasty arose the Shang dynasty (商朝: 1600—1046 BC), the Western Zhou dynasty (西周: 1046—771 BC), the Spring and Autumn and Warring States periods (春秋战国: 770—221 BC).

In 221 BC, Ying Zheng, the highly gifted, ambitious king of the Qin



Emperor Qinshihuang  
(秦始皇)

Kingdom ended the turmoil and chaos ( 混乱 ) among dukes ( 诸侯 ) and kings in the Warring States period. He established the first united, centralised, multi-ethnic feudal monarchy ( 封建王朝 )—the Qin dynasty ( 秦朝 : 221—206 BC), styling himself “Shi Huangdi (meaning the First Emperor)”. Emperor Qinshihuang unified the language, the measurement system and the currency, set up the prefecture-county system ( 郡县制 ), constructed the famous Great Wall, and built extravagant ( 奢侈的 ) palaces and mausoleums.

The Han dynasty ( 汉朝 : 206 BC—AD 220) was established by Liu Bang, with its capital at Chang’an (now Xi’an). It is divided into two periods: the Western Han dynasty ( 西汉 : 206 BC—AD 25) and the Eastern Han dynasty ( 东汉 : AD 25—220).

The Han dynasty survived for 426 years. By the year 220, China evolved into the Three Kingdoms period ( 三国 ), in a tripartite balance ( 三国鼎立 ) of the Wei Kingdom ( 魏 : AD 220—265), the Shu Kingdom ( 蜀 : AD 221—263) and the Wu Kingdom ( 吴 : AD 222—280).

Following the Three Kingdoms period were consecutively the Jin dynasty ( 晋 : AD 265—420), the Southern and Northern dynasties ( 南北朝 : AD 420—589) and the Sui dynasty ( 隋朝 : AD 581—618). By the year 618, the Tang dynasty ( 唐朝 : AD 618—907), the commonly regarded glorious period in Chinese history, was founded by Li Yuan.

Following the Tang dynasty came the period of the Five dynasties and the Ten Kingdoms ( 五代十国 : AD 907—979). In 960, Zhao Kuangyin launched a rebellion. His lieutenants ( 随从将领 ) clothed him in the yellow imperial gown and asked him to ascend the throne ( 登基 ). Thus, he established the Song dynasty ( 宋朝 : 960—1279).

In 1206, Genghis Khan ( 成吉思汗 ) founded the Mongol Empire upon his unification of the scattered Mongol tribes. Kublai ( 忽必烈 ), a grandson of Genghis Khan, swept southwards across central China in 1271 and founded the Yuan dynasty ( 元朝 : 1271—1368) with Dadu (now Beijing) as the capital.

In 1368, the Ming dynasty ( 明朝 : 1368—1644) was founded by Zhu Yuanzhang. During the later period of the Ming dynasty, a new



military power in the northeast of China arose. Led by their chieftains (首领), the Manchu (满族) tribesmen on horseback fought with the Ming forces for years at the Great Wall, and finally established the Qing dynasty (清朝: 1644—1911).

## Modern Period

The Opium War (鸦片战争) was the turning point in Chinese history which marked the close of the ancient period and the beginning of the modern history. From 1840 on, imperialists made continuous inroads (侵犯) into China, and China gradually became a country of semi-feudal, semi-colonial status.

The Qing dynasty, the last of China's feudal dynasties, was finally overthrown by the Revolution of 1911 led by Sun Yat-sen (1866—1925). One year later, the Republic of China (中华民国) was founded under his leadership.

**Sun Yat-sen:** a Chinese political leader who established the Kuomintang Party in China, and helped to remove the last Qing dynasty emperor from power. He became the first president of the newly founded Republic of China in 1912. 孙中山，中国政治家，在中国创立国民党，领导了推翻末代清朝皇帝的运动。他于1912年任新成立的中华民国的开国大总统。

With the introduction of Marxism and Leninism into China and under the influence of the October Revolution in Russia, the 4 May Movement broke out in 1919, and in 1921 the CPC was founded, thus beginning a new period in Chinese history. After the anti-Japanese War and the Liberation War, the People's Republic of China was founded in 1949.

## Administrative Divisions

According to the Constitution of the PRC, China's administrative units are currently based on a three-tier system (三级建制): (1) The country is divided into provinces, autonomous regions, and municipalities directly under the Central Government; (2) provinces and autonomous regions are divided into autonomous prefectures, counties, autonomous counties, and cities; (3) counties and autonomous counties are divided into townships, ethnic minority townships, and towns.

At present China has 23 provinces, 5 autonomous regions, 4

**SAR:** SAR was specially designed for resolving the questions of Hong Kong and Macao based on the concept of “one country, two systems”. SAR is in a pattern within which two completely different social systems and ideologies can coexist. SAR has more autonomous power regulated clearly by laws, including executive, legislative and independent judicial power. 特别行政区，是基于“一国两制”的原则，为解决香港和澳门问题而提出的。特别行政区实行两种社会制度、两种意识形态并存的模式，依法享有高度自治权，包括执法、立法和独立司法权。

municipalities directly under the Central Government, and 2 special administrative regions (SAR). The 23 provinces are Hebei, Shanxi, Liaoning, Jilin, Heilongjiang, Shaanxi, Gansu, Qinghai, Shandong, Jiangsu, Zhejiang, Anhui, Jiangxi, Fujian, Taiwan, Sichuan, Guizhou, Yunnan, Henan, Hubei, Hunan, Guangdong, Hainan. The 5 autonomous regions are the Inner Mongolia Autonomous Region, the Ningxia Hui Autonomous

Region, the Xinjiang Uygur Autonomous Region, the Guangxi Zhuang Autonomous Region and the Tibet Autonomous Region. The 4 municipalities directly under the Central Government are Beijing, Shanghai, Tianjin, and Chongqing. Hong Kong and Macao are two special administrative regions.

## Population

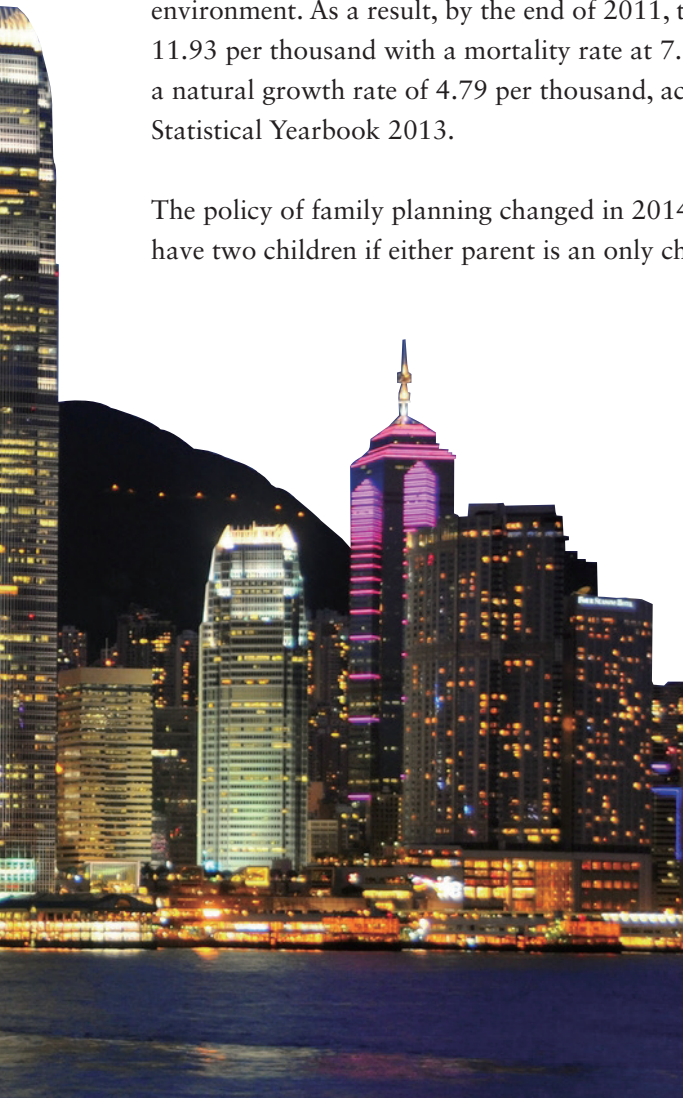
China, the most populous country in the world, had a total population of about 1,370.54 million at the end of 2010, with a population increase of 73,899,804 since the fifth population census in 2000, according to the Statistical Communiqué on the 2010 population census released by the National Bureau of Statistics on 28 April 2011.



Moreover, the country's population density is high, with about 142 people per square kilometre but unevenly distributed. The population density in coastal regions in east China is higher, and that in the central and west China is lower. The distribution pattern is determined by economic and geographic conditions.

When the PRC was founded in 1949, China had a population of about 541.67 million. Because of the stability of society, the development of production, the improvement of medical conditions, and a lack of awareness of the importance of birth control, China witnessed a rapid population increase to 829.92 million in 1970. Since the late 1970s, the Chinese government has been implementing the policy of family planning ( 计划生育政策 ), or “one child policy ( 独生子女政策 )”, hoping to control the population increase, improve population quality, promote the development of economy and society, and protect the environment. As a result, by the end of 2011, the birth rate stood at 11.93 per thousand with a mortality rate at 7.14 per thousand, creating a natural growth rate of 4.79 per thousand, according to China Statistical Yearbook 2013.

The policy of family planning changed in 2014. It allows couples to have two children if either parent is an only child.



Hong Kong  
( 香港 )

## Distribution of the Ethnic Groups

From the hinterlands (腹地) of the north to the lush (茂盛的) jungles in the south, from the mountains of Taiwan in the east to the top of the world in the west, China serves as home to 56 ethnic groups. The Han nationality, the largest group, makes up about 91.51% of China's vast population, and the world uses the term "Han culture" to refer to Chinese culture. The other 55 ethnic minority groups, nestled (安居) in China's vast frontiers, maintain their own rich traditions and customs. Great contributions have been made by the ethnic minority groups to China's culture and science. Many of China's beautiful poems, myths, folk tales, songs, and dances come directly from ethnic minority groups.

Compared with the Han nationality, the 55 ethnic minority groups are relatively small and differ markedly in culture and other aspects. According to the sixth national census conducted in 2010, the population of all the 55 ethnic minority groups totalled 113.79 million, accounting for 8.49% of the total population of China. The Mongolian, Hui, Tibetan, and Uygur peoples comprise the largest ethnic minority groups.

Although small in number, the 55 ethnic minority groups are distributed extensively throughout China. They are widely dispersed, often inhabiting strategically important border regions. The regions where they are most concentrated are Inner Mongolia, Xinjiang, Tibet, Guangxi, Ningxia, Heilongjiang, Jilin, Liaoning, Gansu, Qinghai, Sichuan, Yunnan, Guizhou, Guangdong, Hunan, Hebei, Fujian and Taiwan. Many ethnic minority peoples have traditionally established their villages in mountainous and pastoral areas, on high plateaux and in deep forests.



lovers of the Qiang ethnic group  
(羌族情侣)



Equality, unity, and common prosperity are the basic principles of the Chinese government in handling the relations between ethnic groups. In accordance with these basic principles, China practises a regional ethnic autonomy system, under which ethnic minority groups that live in compact ( 密集的 ) communities and autonomous organs practise self-government under the unified leadership of the state.

As for the principle of common prosperity, there has been great development in the ethnic minority areas in the past three decades. At present, all of China's five autonomous regions enjoy some preferential policies, which have brought visible profits to the ethnic minority areas. A number of infrastructure projects ( 基础设施建设 ) such as airports, expressways and water conservancy hubs have been built. In 2006 the Qinghai-Tibet Railway was extended to Lhasa, giving a rail connection to Tibet for the first time in its history. As a rapid, economical, all-weather transport channel of massive capacity between Tibet and the outside world, the railway has fundamentally changed the backward transport in the region.

Great efforts have also been made in the educational and cultural undertakings in the ethnic minority areas. By the end of 2008, the number of ethnic minority students attending schools of all levels and all types in the whole country amounted to about 21 million.

## Political System

The Constitution of the People's Republic of China is the fundamental law of the state.

The NPC is the supreme organ of state power. Local people's congresses are the local organs of state power. The Standing Committee of the NPC is the permanent organ of the NPC. The term of office of the NPC and its Standing Committee is five years. The NPC and its Standing Committee are empowered with the rights of legislation, decision, supervision, election and removal.



the Great Hall of the People  
(人民大会堂)

The CPC is the sole party in power in China. Apart from it, there are eight democratic parties in China. Multi-party cooperation and political consultation under the leadership of the CPC is the basic political system in China.

The State Council of the People's Republic of China is the highest executive organ of state power and the highest organ of state administration.

The CPPCC is a political advisory body under the leadership of the CPC and an organ for other political parties, mass organisations and personages of various social circles to take part in the running of the state.

## Economic Development and Reform

**GDP:** gross domestic product, the total market value of all the goods and services produced in a country in a specific period 国内生产总值, 一个国家在一定时期内所生产和提供的产品和服务的价值总和

China, economically backward before 1949, has become one of the world's major economic powers with the greatest potential. In the years following reform and opening-up in 1978, China's economy has developed at an unprecedented rate, and that momentum (势头) has been held steady into the 21st century. The restructuring of the economy and resulting gains have contributed to a more than tenfold increase in GDP since 1978.

Deng Xiaoping was the chief architect who led China's reform. The reform was designed to improve the socialist system, bring its benefits into full play and push forwards the drive for modernisation. It not only promoted the sustained, rapid and sound development of China's national economy, but also helped restructure its economic system. Most of China's economic growth is attributed to the Special Economic Zones of China that spread successful economic experience to other areas.

The successful reform has made China the world's second largest economy by nominal GDP and by purchasing power parity, only after the United States. It is now the largest exporter and second largest importer of goods in the world, and is also the largest manufacturing economy in the world.

The government's 12th Five-Year Plan, adopted in March 2011, now emphasises continued economic reforms and the need to increase domestic consumption in order to make the economy less dependent on exports in the future.

## Exercises

### Part One

#### Comprehension

① Fill in the following blanks with the information you learn from the reading text.

- 1 The red colour of the National Flag of the PRC symbolises \_\_\_\_\_ and the yellow colour of the stars the golden brilliant rays radiating from the vast red land. The design of four smaller stars surrounding a bigger one signifies \_\_\_\_\_ under the leadership of \_\_\_\_\_.
- 2 China is a country of varied topographical features with \_\_\_\_\_ in the west and \_\_\_\_\_ in the east. Mountainous land and very rough terrains make up about 67% of Chinese territory, \_\_\_\_\_ about 33%.
- 3 The first primitive man known to have existed in China is \_\_\_\_\_, who lived about 1.7 million years ago. \_\_\_\_\_, who existed more than 600,000 years ago at Zhoukoudian, in the vicinity of modern Beijing, could walk upright, make and use simple

tools, and make use of \_\_\_\_\_.

- 4 Equality, \_\_\_\_\_, and \_\_\_\_\_ are the basic principles of the Chinese government in handling the relations between ethnic groups.

- ② Please give the full names of the following recognised abbreviations according to the reading text.

Abbreviations	Full Names	Chinese Names
PRC		
CPPCC		
CPC		
NPC		

## Part Two

### Translation

#### ① Term Translation

- 《义勇军进行曲》
- 京杭大运河
- 炎黄子孙
- 特别行政区
- 一国两制

#### ② Passage Translation

中国位于亚洲东部，太平洋西岸。陆地国土总面积约为960万平方公里，仅次于俄罗斯和加拿大，居世界第三位。中国地形特征复杂多变，西部为高原，东部为平原。山地和丘陵约占陆地总面积的67%，而盆地和平原约占33%。中国的大部分地区位于北温带，气候温和，四季分明，适宜人类居住。



## Part Three

### Critical Thinking and Discussion

The concepts of northern and southern China originate from differences in climate, geography, eating habits, physical traits, and festival celebrations.

- 1 Fill in the following table outlining the differences between northern and southern China.

	Northern China	Southern China
Climate		
Geography		
Eating Habits		
Physical Traits		
Festival Celebrations		

- 2 Discuss with your partner if the differences are still obvious with the movement of population.
- 3 Report your discussion to the class.

## Part Four

### Communication

You are a university student and will attend an international student forum in which students from many other countries are also invited. In the forum, each student is expected to make a presentation on the topic “A Glimpse of My Country”.

Your presentation should include the following points:

- 1 geography;
- 2 climate;
- 3 people;
- 4 custom.



PART  
1

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## Philosophy & Religion, Literature, and Arts

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Culturally, indigenous (本土的) Confucianism and Taoism, and the religions of foreign origin such as Buddhism, Islam, Catholicism and Christianity have influenced the thought, literature and arts of Chinese people over the centuries, which have shown their lasting charm for thousands of years.

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# 1

## CHAPTER

# Philosophy & Religion



### Lead-in Questions

- ① How much do you know about Confucius?
- ② Do you know other influential Chinese philosophical schools (流派) in the pre-Qin times?
- ③ What is the homegrown Chinese religion?
- ④ Do you know any famous Buddhist mountains in China?



## Philosophy

Chinese philosophy is the collective designation ( 总称 ) for the various schools of thought. It developed independent of European and other civilised countries, with its own distinguishing features, unique concept systems and expressive ways. Chinese philosophy has become one of the three philosophy systems in the world, the other two being Western philosophy and Indian philosophy.

Chinese philosophy is the soul of traditional Chinese culture and has developed over several thousand years. Its origin can be traced back to the Xia, Shang, and Zhou dynasties. It began to take definite shape during the Spring and Autumn Period and enjoyed thriving development because of the emergence of the “contention and flourishing of numerous schools of thought”.

**contention and flourishing of numerous schools of thought:** The Spring and Autumn and Warring States periods were a time of great social change. At the time, various schools of thought emerged such as Confucianism, Legalism, Taoism and Mohism and scholars wrote, lectured and debated vigorously, creating a lively academic environment later described as the “contention and flourishing of numerous schools of thought”. 百家争鸣，春秋战国时代，社会处于大变革时期。这一时期产生了各种思想流派，如儒、法、道、墨，他们著书立说，互相论战，出现了学术上的繁荣景象，后世称为“百家争鸣”。

## Development of Ancient Chinese Philosophy

In general, ancient Chinese philosophy progresses through the following periods.

### Philosophy During the Pre-Qin Times ( 先秦子学 )

The philosophy in the pre-Qin times was marked by the emergence of various ancient philosophical views. The most influential schools were Confucianism, Taoism, Mohism and Legalism.

Confucianism is a school of thought represented by Confucius and Mencius. The school takes the teachings of Confucius as its core of thought and regards the words and deeds of Confucius as its highest code ( 准则 ) of behaviour. It advocates benevolence and justice, allegiance and forbearance ( 仁、义、忠、恕 ), the doctrine of the golden mean and values the ethical ( 伦理的 ) relations of men. It

**the golden mean:** way of wisdom of the Confucian school. The so-called “mean” by Confucius doesn’t mean compromise but a “moderate” and “just right” way when understanding and handling objective things. 中庸，儒家的一种主张。孔子所谓的“中”不是指折中，而是在认识和处理客观事物时的一种“适度”和“恰如其分”的方法。

emphasises the importance of family and societal order. Children must respect and be dutiful to their parents. The younger must obey the elder. The junior must follow the senior. The servants must serve their rulers. The influence of Confucianism is so predominant (显著的) that the word “Confucian” can directly represent traditional Chinese life and culture. Confucianism is not confined to (局限于) China. Neighbouring countries such as Japan and Vietnam also embrace (信奉) Confucianism in their national life and culture.

Taoism is a school of thought founded by Laozi and Zhuangzi. The school advocates the doctrine that Tao is the course, the principle, the substance, and the standard of all things, to which all people must conform (遵从). Based on the work of *Daodejing* (also named *Laozi*), Taoism promotes the belief that a person should live a simple life, not to strive for wealth, fame or power, which will only bring one worries and troubles. With proper behaviour and self-restraint, a person can achieve great inner strength and a prolonged (延长的) life.

**non-action:** letting things take their own course and doing nothing. It's the basic concept of Taoism, an attitude towards the world and political ideology held by ancient Taoists. 无为，意为顺其自然，不必有所作为，是道家的基本思想，古代道家的一种处世态度和政治思想。

The school favours the political principle of “achieving good government through non-action”.

Mohism, based on the teachings of Mozi, cherishes universal love which states that if all the people in the world loved one another, there would be no hatred, calamities (灾难) and hostilities. In politics and ethics Mohism advocates honouring virtuous people, opposing fatalism (宿命论) and aggressive wars, and upholding thriftiness and simple funerals.

Legalism, begun by Hanfeizi, believes that it is necessary to lay down laws to unify the thought of people, to promote agriculture to achieve affluence (富裕), to wage (发动) wars to gain strength and power, and to establish a system of bureaucracy (官僚制度). The Legalists also hold that contradiction is present everywhere, and the two sides of a contradiction are changeable.

### Orthodox Philosophy During the Han Dynasty ( 两汉经学 )

In the Han dynasty, Emperor Wudi instituted the campaign of “banning all schools of thought except Confucianism ( 罢黜百家，独尊儒术 )”. He ruled out various schools of thought and chose officials from those who were steeped ( 专心于 ) in Confucianism only. Consequently, Confucianism became an orthodox school that served as the ideological foundation of the feudal rule throughout the dynasties in China.

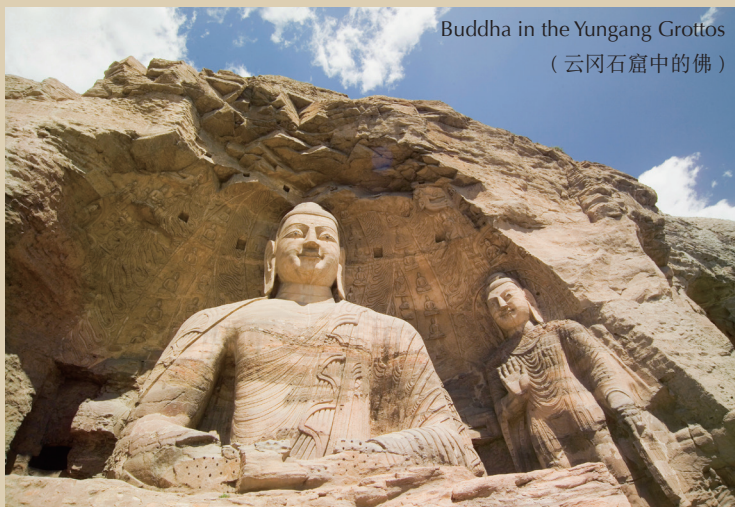
Orthodox philosophy advocates that Heaven affects human affairs and human behaviour finds responses in Heaven ( 天人感应 ) and that the power of the emperors are authorized by Heaven ( 君权神授 ). Natural disasters are Heaven’s punishment and condemnation of human behaviour. However, human moral conduct, and political and social upheaval ( 骚乱 ), in turn, will effect changes in Heaven. This theory, inspired by Dong Zhongshu, is at odds with Confucianism which holds that man is an integral part of nature ( 天人合一 ).

### Metaphysics During the Wei and Jin Dynasties ( 魏晋玄学 )

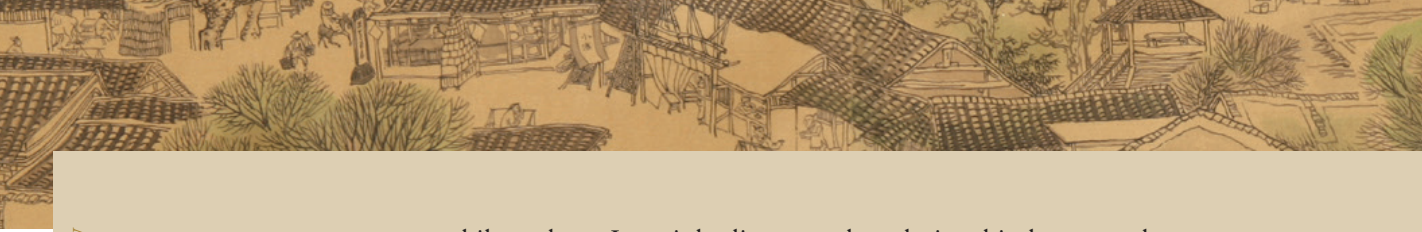
Metaphysics in China blended Confucianism and Laozi’s doctrines and was based on the famous classical works of *The Book of Changes* ( 《易经》 ), *Daodejing* and *Zhuangzi*, known as the “three profound studies ( 三玄 )”. To explore the noumenon ( 本体 ) of the universe is the theme of metaphysics. It mainly discusses the propositions of “existence versus non-existence”, “essentials versus non-essentials”, “words versus ideas”, “fundamentals versus practice” and “ethics versus nature”, etc.

### Buddhist Philosophy During the Sui and Tang Dynasties ( 隋唐佛学 )

During the Sui and Tang dynasties, Buddhism reached its apex ( 顶点 ). The Buddhist philosophy became aligned with the wisdom of Chinese



Buddha in the Yungang Grottoes  
( 云冈石窟中的佛 )



philosophers. It mainly discusses the relationship between the subjective and the objective. By analysing the spiritual phenomena and human rationality, it attempts to gain insight into the universe and human life.

### Neo-Confucianism During the Song and Ming Dynasties (宋明理学)

During the Song and Ming dynasties, the rationalistic Confucian philosophy was of great influence. A new Confucianism developed by incorporating Taoism and Buddhism. It mainly discusses the relationship between human beings, between man and nature, and between man and society, as well as the nature of human beings.

Neo-Confucianism has two main schools, the School of Principle (理学), and the School of Mind (心学). The former was represented by Zhou Dunyi, Cheng Hao, Cheng Yi and Zhu Xi, who argued that “rationalism” was eternal and was a spiritual existence before the world existed and that all things in the world were derived from “rationalism”. The latter was represented by Lu Jiuyuan and Wang Shouren, who advocated that “there is nothing outside the mind and no rationalism (or reason) outside the mind” and that “subjective consciousness is the origin of all things in the world”.

### Application Philosophy During the Ming and Qing Dynasties (明清实学)

During the Ming and Qing dynasties, philosophy focused on “self-examination”. The application philosophy stuck to the application of philosophy on the state affairs. People were searching for the answers to specific issues instead of abstract study. Creative ideas were encouraged.

## Basic Features of Ancient Chinese Philosophy

Despite the varieties of schools of philosophy, basically, ancient Chinese philosophers share the following common features:

### Stress on Spiritual Existence

Ancient Chinese philosophers studied different kinds of philosophical



problems based on reality and experience, but all of them paid attention to the study of existence. For example, Confucianism's knowledge of life through disposition and consciousness, Taoism's search for spiritual freedom and Buddhism's "Nirvana (涅槃)" all reflect their pursuit of complete spiritual happiness.

### Stress on Practice

One of the most important questions that ancient Chinese philosophers were concerned with was the relationship between knowledge and practice. According to Confucius, "To prefer it is better than only to know it. To delight in it is better than merely to prefer it. (知之者不如好之者，好之者不如乐之者。)" "To delight in it" means "to put it into practice and gain pleasure from it".

### Stress on Morality

Essentially, every school of ancient Chinese philosophy was a kind of moral philosophy. Almost all of them stressed moral practice. Through it, individuals could realise moral achievement and enjoy things a healthy social environment could provide—the monarch's benevolence and lower officials' loyalty, the father's kindness and son's filial piety (孝顺), the elder brother's friendliness and younger one's respect, and the mutual trust between friends.

### Stress on Harmony

The consistent tradition of ancient Chinese philosophy has been its stress on harmony between man and nature, and also between man and man. Mencius said, "Opportunities vouchsafed (赐予) by Heaven are less important than terrestrial advantages, which in turn are less important than the unity among people. (天时不如地利，地利不如人和。)" This well expressed the idea that harmony was the highest principle. Confucius further explained how to realise harmony between man and nature, man and man, man and society, and man and Heaven through the golden mean.

### Stress on Intuition

Ancient Chinese philosophy did not adhere to formal rules of structure and system in thought and often resulted in fragmented thoughts

Nirvana: (in Buddhism and Hinduism) enlightenment; a state of complete spiritual happiness beyond life and death, suffering and change 涅槃, (佛教和印度教中的) 觉悟, 一种超越生死, 悲欢变幻的境界

written on paper. It was through intuition and reflection on life experiences that philosophical ideas were formed.

Chinese Chan Buddhism ( 禅宗 ), which is the integration of Buddhist theology with Chinese traditional thinking, preaches epiphany ( 顿悟 ) and emphasises self-restraint and self-reflection by sitting still and reciting Buddhist scriptures ( 经文 ).

## Characteristics of Chinese Ethics and Morality

Ethics is the moral principle for dealing with people. Morality is the social ideology which serves as the norm for people's life and behaviour. Morals keep social life in order and within boundaries through public opinion.

**three obediences and four virtues:** These were the moral standards imposed upon women in feudal society. The traditional ideal of a woman was that she was a dependant being whose behaviour was governed by the three obediences (to father before marriage, to husband after marriage, and to son after becoming a widow) and four virtues (morality, proper speech, modest manner, and diligence). 三从四德, 封建社会强加于妇女身上的道德标准。传统的观念认为, 妇女是一个依附体, 其行为受到三从(未嫁从父、既嫁从夫、夫死从子)四德(妇德、妇言、妇容、妇功)的约束。

**three cardinal guides and five constant virtues:** These were the social norms prescribed by feudal morality. The three cardinal guides mean that a king should rule over his subjects; a father, his son; a husband, his wife. The five constant virtues refer to benevolence, righteousness, propriety, wisdom, and fidelity. 三纲五常, 封建道德规定的社会标准。三纲指君为臣纲、父为子纲、夫为妻纲; 五常指仁、义、礼、智、信。

Traditional Chinese ethics include both good and bad elements. Some reflect the high standard or moral pursuit of the Chinese people and embrace ethical wisdom of lasting value, while others are unsuitable in modern society. For example, the three obediences and four virtues and the three cardinal guides and five constant virtues have long been abandoned by the Chinese people.

## Seeking Harmony and Maintaining Equilibrium ( 平衡 )

To the Chinese people, "harmony" is a powerful word. There is nothing it cannot absorb and nothing it cannot cover. Harmony seeks peace, compromise, concord ( 一致 ), and unison ( 调和 ). Maintaining equilibrium is the ultimate purpose of harmony.

### Collectivism over Individualism

Traditional Chinese values attach great importance to collective interest. The interest of the society, the country and the family has always been given top priority, while that of the locality, the part, or the individual is sometimes ignored. An individual's value can be realised only within society as a whole, as that is the groundwork of one's existence.

### Spiritual Life over Material Life

Chinese people advocate morality in their behaviour. Self-cultivation in morals is emphasised, and is considered to be more important than one's material pursuit. It is fully characterised by showing filial obedience, being amiable (友善的) to others, respecting ordinary people and appreciating moral conduct.

## Religion

China is a multi-religion country. There are indigenous Taoist religion and religions of foreign origin such as Buddhism, Islam, Catholicism and Christianity. Among the four religions of foreign origin, Buddhism and Islam are comparatively more influential in China.

### Taoist Religion

Lu Xun once said, "The Chinese roots are deep in Taoism. If one tries to comprehend Chinese history and culture, he must first comprehend Taoism and the Taoist religion."

The Taoist religion evolved out of witchcraft and necromancy, and self-cultivation techniques. Its highest belief is called Tao and its bible is *Daodejing* by Laozi.

The Taoist religion was founded by Zhang Daoling in the Eastern Han dynasty and became very popular during the Southern and Northern dynasties. Early followers had to pay five *dou* of rice, so it was also called the "Religion of Five *Dou* of Rice (五斗米教)". Since

witchcraft and necromancy: rites and ceremonies to offer sacrifices and the practice of making pills of immortality 巫术和方术, 巫师祭祀鬼神和方士采药炼丹之术

*dou*: unit of dry measure, equal to 10 litres 斗, 容量单位, 一斗等于十升

the believers called Zhang Daoling “Tianshi ( 天师 )”, which means “teacher or prophet ( 先知 ) from Heaven”, the religion became known as “Tianshi Religion ( 天师教 )”. Taoists revered ( 尊崇 ) Laozi as the originator of the Taoist religion and called him “Taishang Laojun ( 太上老君 )”.

From the Sui and Tang dynasties to the Northern Song dynasty, the Taoist religion was particularly under the protection of the royal court. Its social position improved, resulting in Taoism temples spreading nationwide. During the Ming dynasty, Taoism declined gradually.

### Taoist Temples

Taoist temples are places for Taoist priests to carry out religious activities. The layout of Taoist temples evolves from the traditional square-shaped Chinese courtyard; it also resembles that of Buddhist temples in design.

During the early years of the Taoist religion, most Taoist ascetics ( 修道者 ) lived in huts and even caves in remote mountains. Today, Taoist buildings include those on mountain summits ( 顶 ) overlooking the sea, in a garden or park style, or in a “grotto heaven ( 洞天 )” style. Many mountainous scenic locations and buildings have Taoist names, such as the Cave of Eight Immortals, the Immortal Bridge, the Heavenly Palace, the Incense Burner Peak, etc.

*huabiao*: paired ceremonial columns erected in front of a palace, tomb, etc., usually carved with dragon and phoenix patterns, with a transverse-engraved stone slab on its top 华表, 宫殿、陵墓等建筑物前面作装饰用的成对石柱, 柱身多雕刻龙凤图案, 上部横插着雕花的石板

In front of Taoist temples, there are usually mountain gates, *huabiao* and *fangan* ( 幡杆: a long, narrow flag hung vertically). Outside the *huabiao* is the earthly world, and inside is the celestial place.

The main halls usually stand on the central axis ( 中轴线 ), serving as places for people to worship Taoist gods and conduct Taoist rituals and ceremonies. In the main hall are enshrined ( 把……置于神龛内 ) the Three Pure Gods ( 三清 ) of Jade Pure ( 玉清 ), Upper Pure ( 上清 ) and Great Pure ( 太清 ). Followers worship them just as Buddhists worship Sakyamuni ( 释迦牟尼 ).





Eight Immortals Crossing the Sea  
(八仙过海)

### Eight Immortals in the Taoist Religion

The Eight Taoist Immortals were popularly worshipped by Taoist believers as well as ordinary people. They were Han Zhongli, Zhang Guolao, Lü Dongbin, Li Tieguai, He Xiangnu, Lan Caihe, Han Xiangzi and Cao Guojiu. There is a famous saying about them: “When the Eight Immortals cross the sea, each demonstrates their divine power. (八仙过海，各显神通。)”

For most Chinese people, the Eight Immortals represent eight factors in their daily life: men and women, the old and the young, the rich and the poor, the noble and the lowly. In addition, the Eight Immortals held common, everyday items in their hands—fan, fisherman’s drum, sword, gourd (葫芦), lotus, flower basket, flute, and castanets (响板)—endearing them to Taoist believers as well as to ordinary Chinese people. This explains why stories about the Eight Immortals have been so popular and influential in China. Special halls have been dedicated to the Eight Immortals in most Taoist temples.

### The Most Sacred Taoist Mountain—Dragon-Tiger Mountain

Taoists believed that the immortals lived in high mountains where they thought they would find elixirs ( 长生不老药 ) to attain immortality. And the Dragon-Tiger Mountain is recognised as the most sacred mountain of the Taoist religion.

The Dragon-Tiger Mountain is located at the southwestern suburb of Yingtian, Jiangxi province. It is the birthplace of the Taoist religion and a key scenic and tourist resort. It's said that the founder of the Taoist religion, Zhang Daoling, started to distill elixirs here. According to legend, when the elixirs were made, a dragon and a tiger were seen above the mountain. So, the mountain was renamed after those two celestial animals.

### Buddhism

Buddhism originated in India in the sixth century BC. Sakyamuni is said to be the founder of Buddhism. As the story goes, he was a prince. When he was young, he sadly saw that people suffered from poverty, pain, sickness and death. Around the age of 29, he chose to abandon the material world and searched for enlightenment. Sakyamuni came to a bodhi tree ( 菩提树 ) and sat down, falling into deep meditation ( 冥想 ). Afterwards he achieved enlightenment and became a Buddha.

It is commonly believed that Buddhism was first introduced into China around the first century. During the Sui and Tang dynasties, Buddhism entered its golden age. Abundant Buddhist temples were built nationwide. In India Buddhism was declining at that time, so China became the centre of the Buddhist world. Buddhism has always co-existed with Confucianism and Taoism in China.

The theory of Buddhism is based on the theory of samsara ( 轮回 ), referring to the passage through many states of existence that is involved in the endless cycle of death and birth. The path of a Buddhist is to achieve enlightenment.

One Buddhist doctrine is that everything in the world is changing,

transient ( 暂时的 ) and unreal. There is no independent entity ( 实体 ) or dictator. The cornerstone ( 基本观点 ) of Buddhist philosophy is the view that life is suffering, hence the doctrine of the Four Noble Truths ( 四圣谛 ): Life is suffering; the cause of suffering is desire; the answer is to quench ( 抑制 ) desire; and the way to this end is to follow the Noble Eight-Fold Path ( 八正道 ), which consists of right view, right intention, right speech, right behaviour, right livelihood, right effort, right mindfulness and right concentration.

### Buddhist Temples

Chinese Buddhist architecture includes pagodas ( 塔 ), temples and grottos ( 石窟 ). Earlier Buddhist temples usually combined pagodas and courtyard-style temples. Later they had a lot in common with the residences and palaces. They adopted the method of group combination with the courtyard as the centrepiece, which made them different from the temples in India or other Buddhist countries. Buddhist temples are built on an invisible central axis, facing the south. The front hall houses four statues, called the Four Heavenly Kings ( 四大天王 ). The statue of Maitreya ( 弥勒佛: Laughing Buddha) is in the middle of the hall.

The Great Buddha Hall ( 大雄宝殿 ) is devoted to the statue of Sakyamuni and other Buddhas. It has a main altar for daily Buddhist ceremonies and text recitals ( 诵经 ). Many cotton cushions ( 蒲团 ) are placed below the altar in rows on the ground, accompanied by a bell, a drum, and a *muyu*. The Eighteen Arhats ( 十八罗汉 ) stand against the east and west walls in the hall. It's said that they each have individual supernatural powers.

### The First Buddhist Temple—the White Horse Temple

The White Horse Temple, located in the east of Luoyang, Henan province, was the first officially built Buddhist temple in China in the Eastern Han dynasty. It was named after the white horse that carried the Buddhist scriptures from India to Luoyang, then the capital of the country. The Buddhist scriptures were brought back by pilgrims ( 朝圣者 ) sent to India by Emperor Ming of the Eastern Han dynasty.

*muyu*: wooden fish, a percussion instrument made of a hollow wooden block, originally used by Buddhist monks to beat rhythm when chanting scriptures 木鱼, 打击乐器, 也是僧人念经时敲打的响器, 用木头做成, 中间镂空



## The Famous Buddhist Mountains

Of the many Buddhist mountains, Mount Wutai, Mount Emei, Mount Putuo and Mount Jiuhua are accepted as the Four Sacred Buddhist Mountains in China. Millions of visitors from all over the world come to these Buddhist mountains every year for sightseeing or to gain an understanding of Chinese religious culture.

**Muhammad:** an Arab holy man, born in Mecca, who started the religion of Islam and was its most important prophet. Words delivered to him by God were later written down to form the holy book called the Koran. The Muslim calendar, the calendar which is used in the Islamic world, begins in AD 622, the year when Muhammad went from Mecca to Medina with his followers to escape from being badly treated for their religious beliefs. When Muslim people mention Muhammad's name, they usually add the words "peace be upon him" in order to show their respect. 穆罕默德，阿拉伯圣人，生于麦加。他始创伊斯兰教，是伊斯兰教中最重要的先知。他把上帝对他的启示记下来汇编成圣书，称《古兰经》。伊斯兰教纪元历是伊斯兰国家使用的一种历书，它从公元 622 年算起，穆罕默德于这一年为逃避宗教迫害从麦加率众迁到麦地那。穆斯林提到穆罕默德的名字时，通常要加上一句“愿他安详”以表示敬意。

## Islam

Islam was founded by the Arab prophet Muhammad and was introduced into China in the seventh century. For people of Islamic faith, there is only one God, Allah (阿拉真主). Muslims, who accept and submit to the will of Allah, believe that their God, Allah, has spoken to human beings many times in the past. But, it was Muhammad who delivered the divine message and established a social order.

The Arabic word "Islam" simply means "submission and obedience". Alternatively, it can mean peace, which signifies that one can achieve real peace of body and mind only through submission and obedience to Allah. Such a life of obedience brings peace of the heart and establishes real peace in society at large. The word "Islamic" in Chinese literally means "pure and sincere (清真)". A mosque is called *qingzhen* temple.

## Mosque

A mosque is always a high-domed building with sweeping arches, flowing arabesques (阿拉伯图案) and towering minarets (高耸的尖塔). Although there are differences, the major architectural components of all mosques are basically the same. Inside, a mihrab, or niche (壁龛), which symbolises the place where the prophet led the prayers, is set into the middle of the kibra wall (朝拜墙) in order to indicate the direction of Mecca. Outside, usually, there is a minaret from which the



faithful are called to say their prayers. Ordinarily, there is also a place for the ablutions ( 斋戒沐浴 ) required before prayer, usually containing running water.

Islam was brought to China peacefully. Arab traders who landed on the southern coast of China established their mosques in great maritime cities like Guangzhou and Quanzhou, and Muslim merchants travelling the Silk Road through Central Asia to China won converts ( 皈依者 ) among the Han Chinese in the north of the country. The Great Mosque in Xi'an is one of the oldest, largest and best-preserved Islamic mosques in China.

Muslims mostly live in the areas of the Xinjiang Uygur Autonomous Region, Ningxia Hui Autonomous Region, and 4 autonomous prefectures and 13 autonomous counties in other parts of China.



Dongguan Mosque in Xining  
( 西宁东关清真大寺 )

## Exercises

### Part One Comprehension

- ① Fill in the following blanks with the information you learn from the reading text.
  - 1 The philosophy in the pre-Qin times was marked by the emergence of various ancient philosophical views. The most influential schools were \_\_\_\_\_, \_\_\_\_\_, Mohism and \_\_\_\_\_.
  - 2 Ancient Chinese philosophers share some common features such as their stress on spiritual existence, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and intuition.
  - 3 Chinese ethics and morality focuses more on \_\_\_\_\_, collectivism and \_\_\_\_\_ life.
  - 4 China, as a multi-religion country, has indigenous Taoist religion and religions of foreign origin such as \_\_\_\_\_, \_\_\_\_\_, Catholicism, and \_\_\_\_\_.
  - 5 \_\_\_\_\_, located in the east of Luoyang, Henan province, was the first officially built Buddhist temple in China in the Eastern Han dynasty.
  
- ② Please explain the following terms briefly according to the reading text.
  - 1 golden mean
  - 2 non-action

### Part Two Translation

- ① Term Translation
  - 1 罢黜百家，独尊儒术
  - 2 佛经
  - 3 三从四德
  - 4 八仙过海，各显神通。
  - 5 《古兰经》

## ② Passage Translation

中国是个多宗教的国家。中国宗教徒信奉的主要有道教、佛教、伊斯兰教、天主教和基督教。道教是中国土生土长的宗教，而其他四种则是由其他国家传入中国的宗教。中国公民可以自由地选择自己的宗教信仰和表明自己的宗教身份。

### Part Three Critical Thinking and Discussion

The main stream of traditional Chinese culture is Confucianism, the core of which is the doctrine of the golden mean. Can you cite an example in your real life to illustrate your understanding of the doctrine?

### Part Four Communication

You are a member of the Classic Culture Association in your university. In order to celebrate Confucius' birthday, the association decides to hold a Confucius Cultural Festival (孔子文化节) on 28 September. You are assigned to be in charge of it. Please discuss with your group members and present a detailed proposal to the association. The proposal should cover the following points:

- 1 purpose of the festival;
- 2 the activities to be held in the festival;
- 3 the desired outcome.

# I THE LEGEND OF “NIAN”

## Introduction

In the Chinese language, the character *nian* (年) carries the meaning of the start of a year. Thus, the Nian Festival, also known as the Spring Festival, is a Chinese festival that celebrates the beginning of a new year.

Generally regarded as the most important traditional festival in China, the Spring Festival is celebrated by having family reunion dinners, exchanging greetings

and good wishes, giving *hongbao* (gift money in red envelopes) to children, setting off the firecrackers, performing the dragon dance and the lion dance, doing Chinese paper-cutting, putting up Chinese New Year pictures and Spring Festival couplets, etc.

The creature Nian has been imagined in various forms in different legends.



◉ Two scenes in the Chinese New Year picture *Embracing the New Year* by artist Huang Ruihu of the Qing Dynasty, depicting performances of the dragon dance (left) and the lion dance (right) during the Spring Festival





Driving off the plague evil



Worshipping the kitchen god



Setting off the firecrackers

◉ Three paintings from the Qing-dynasty artist Shen Zongqian's album of people on the eve of the Chinese Lunar New Year, held by the Jiaxing Museum, Zhejiang Province

## Story Time

There once was a beast called Xi (夕). When food became scarce in the harsh winter, it would come out looking for food in the nearby villages and attack or even eat the villagers.

The villagers were so scared of Xi that they begged the kitchen god, who was in charge of fire, to get rid of Xi. The kitchen god tried very hard but could do nothing with the ferocious beast. The Jade Emperor learned of the situation and sent a fairy child, Nian, to solve the problem.

Even though Nian made several attempts, Xi was still on the run. Fortunately, Nian was smart and good at observing. By

chance, he discovered that Xi was afraid of loud noises; therefore, he drove Xi off with the cracking sound of burning bamboo.

However, the peace only lasted for a few days, after which Xi returned.

This time, Nian found Xi was afraid of the color red, so he told the villagers to put red paper on their front door, hang red lanterns and then burn bamboo at midnight. As Nian had expected, Xi ran away that night and never showed up again. That day happened to be the last day of the year according to the Chinese lunar calendar.

## Cultural Links

### ► The main traditional Chinese festivals

Deeply rooted in ancient Chinese farming culture, most of the traditional Chinese festivals are scheduled according to the Chinese lunar calendar.

The main traditional Chinese festivals	Date (Chinese lunar calendar)
The Spring Festival	the 1st day of the 1st lunar month
The Lantern Festival	the 15th day of the 1st lunar month
The Dragon Boat Festival	the 5th day of the 5th lunar month
The Qixi Festival	the 7th day of the 7th lunar month
The Mid-Autumn Festival	the 15th day of the 8th lunar month
The Double-Ninth Festival	the 9th day of the 9th lunar month



◉ A Chinese paper-cut

### ► Chinese folk arts in the Spring Festival customs

There are many customs for celebrating the Spring Festival in China, among which Chinese paper-cutting, Chinese New Year pictures and Spring Festival couplets are three well-known folk arts.

Boasting a history of over 1,000 years, Chinese paper-cutting has various uses in folk culture. It is mostly intended to benefit health, promote prosperity, or simply for decoration. In 2009, it was inscribed on the UNESCO Intangible Cultural Heritage List.

Chinese New Year pictures mostly feature auspicious and joyous subjects, which range from plump babies to the Old God of Longevity, from landscapes to birds and flowers, from the plowing cattle in spring to rich harvests in autumn, to name but a few.

Spring Festival couplets are said to originate from *Taofu*, namely two peach boards with the names of door-gods, which people hung on the gate to pray for good luck and ward off evil spirits in ancient times. Nowadays, they are written with graceful calligraphy on red paper and affixed to both sides of the door frame. Adhering to certain lexical and tonal rules, the contents of the couplets are mostly about the Spring Festival, the beauty of nature and extending best wishes for a splendid future.



◉ A Chinese New Year picture



◉ A Spring Festival couplet

### ► Red in China

The ancient Chinese associated color with philosophy, etiquette, customs and so on. Therefore, each color has its own cultural connotation.

Red is the embodiment of ancient sun worship, representing brightness, warmth,

growth and prosperity. It is said that the color red gained increased popularity among the people during the Ming Dynasty, because the royal surname at that time was Zhu, literally meaning red. Today, red is still widely seen on festive occasions such as wedding ceremonies and the Spring Festival.



◦ Red in the Chinese wedding ceremony



◦ Red in the Spring Festival

▶ **The American family reunion day: Thanksgiving Day**

Thanksgiving Day is an important time for family reunions in the United States, which always falls on the fourth Thursday of November. Unlike Christmas, it is a

traditional festival that originated in the United States.

Legend has it that, aboard the ship *The Mayflower* in 1620, a group of English people sailed to America seeking a new life. That winter, the native people of America



offered them daily necessities and taught them the ways of planting, hunting and fishing. Thanks to the natives' help, they survived the harsh winter and had a great harvest the next year. To express their thankfulness, the English people invited the natives to share in a harvest feast, which would later become an annual tradition.



◉ Thanksgiving Day dinner, served with pumpkin pie, turkey, bread and so on

## Discussion

1. What are the customs for celebrating the Spring Festival in your hometown?
2. As globalization continues to develop, what do you think the significance of celebrating traditional festivals is?

# 壹 “年”的故事

## 引

在汉语中，“年”这个字有“一年之始”的意思。因此，年节，也就是春节，是中国人庆祝新年开始的节日。

在中国，人们一般认为春节是最重要的传统节日，庆祝方式有：吃团圆饭、

拜年、给孩子们发红包、放鞭炮、表演舞龙舞狮、剪纸、贴年画和春联等。

在不同的民间传说中，“年”作为一种生物，被人们赋予了各式各样的形象。



◦ 清朝画家黄瑞鹤所绘年画《迎春图》中的两个场景，展现了春节时舞龙（左图）和舞狮（右图）的表演



逐除疫疠之气



祭拜灶神



燃放爆竹

◎ 清朝画家沈宗騫绘制的除夕人物图册中的三幅作品  
浙江嘉兴博物馆藏品

## 故事

曾经有一种唤作“夕”的野兽。每到食物稀缺的严冬，夕就会到附近的村庄觅食，袭击村民，甚至把他们吃掉。

村民们非常害怕夕，便向火神灶王爷祈祷，希望他除掉夕。灶王爷百般尝试，但对这头凶猛的野兽毫无办法。玉皇大帝知道了这个情况后，便派仙童“年”来解决难题。

尽管年想了不少办法对付夕，夕仍然逍遥在外。好在年很聪明，并且善于观察。一次偶然的机会，他发现夕惧怕

响声。于是，他点燃竹子，用爆炸声去吓唬夕，夕果然被吓跑了。

但是好景不长，几天后，夕又回来了。

这次，年发现了夕惧怕红色，于是他叫村民们在门前贴上红纸，挂上红灯笼，半夜再点燃竹子。正如年料想的那样，夕在当夜逃跑后，就再也没有出来兴风作浪了。这天正好是农历中一年的最后一天。

## 文化链接

### ▶ 中国主要的传统节日

中国的传统节日深深植根于古代的农耕文化，大多数传统节日都是按农历计算确定的。

中国主要的传统节日	日期（农历）
春节	1月1日
元宵节	1月15日
端午节	5月5日
七夕节	7月7日
中秋节	8月15日
重阳节	9月9日



◦ 剪纸

### ▶ 春节习俗中的中国民间艺术

中国有很多庆祝春节的习俗，其中剪纸、年画和春联是其中知名的三种民间艺术。

中国剪纸有着一千多年的历史，在民俗文化中有多种用途，其中大多数都作保健康、求财富或者装饰之用。2009年，剪纸被列入联合国教科文组织非物质文化遗产名录。

中国年画大多以吉祥、喜庆为主题，从胖娃娃到老寿星，从风景到花鸟，从春天的耕牛到秋天的丰收，不一而足。

古时候，人们将两块写着门神名字的桃木板挂在大门两侧，意在祈福辟邪，这种桃木板被称作“桃符”，据说春联即源于此。如今，人们将春联以优美的书法写在红纸上，贴在门框两边。春联的内容需要遵循一定的文字和音韵规则，大多数与春节、自然美景和对未来的美好愿望有关。





。年画



。春联

### ► 中国红

中国古人将颜色同哲学、礼仪、习俗等相结合，因此，每种颜色都有其独有的文化内涵。

红色体现了古代的太阳崇拜，代表着光明、温暖、生长和繁荣。据传，明朝皇室姓“朱”，字面意思是红色，因此越来越多的百姓喜欢上了红色。如今，红色常见于婚礼和春节这类喜庆的场合。



◦ 中国婚礼中的红色



◦ 春节中的红色

### ► 美国的家庭团聚日：感恩节

在美国，感恩节是一个重要的家庭团聚日，通常在每年11月的第四个星期四。与圣诞节不同，感恩节是起源于美国的传统节日。

相传在1620年，一群英国人为了寻求新生活而乘坐“五月花”号轮船来到美洲。那年冬天，美洲的原住民给他们送来了生活必需品，并传授他们种植、狩猎和捕鱼的方法。多亏了原住民的帮助，他们熬过

了严冬，并在来年迎来了大丰收。为表达感恩之情，这些英国人邀请原住民共享丰收的盛宴，后来该活动成为了一项传统，一年举行一次。



◦ 感恩节大餐  
有南瓜派、火鸡、面包等食物

## 讨论

1. 在你的家乡，庆祝春节的习俗是什么？
2. 随着全球化的发展，你认为庆祝传统节日的意义是什么？



UNIT

3

# Cuisine and dining etiquette

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There is no sincerer love than the love of food.  
— George Bernard Shaw

# Chinese cuisine and dining etiquette



## ● Passage 1 Chinese cuisine

- 1 Chinese cuisine is an important part of Chinese culture. There have been a multitude of cooking styles in China due to factors such as availability of resources, climate, geography, history, cooking techniques and lifestyle. In the early Qing Dynasty, the best known and most influential cooking styles were the traditional “four major schools of Chinese cuisine” — Sichuan, Shandong, Guangdong and Jiangsu cuisines, which represent the West, North, South and East China cuisines respectively. Later, four new schools of Chinese cuisine were added to form the “eight major schools of Chinese cuisine” — Shandong, Sichuan, Jiangsu, Guangdong, Fujian, Zhejiang, Hunan, and Anhui cuisines.
- 2 Shandong cuisine is famous for its wide selection of materials and use of diverse cooking methods. The raw materials are mainly domestic animals, birds, vegetables, and seafood, such as sea cucumber, abalone and scallops. The masterly cooking methods include stewing, roasting, boiling, quick frying, quick frying with flour, and crystallizing with honey. The most famous Shandong dishes include Sweet and Sour Carp, Braised Sea Cucumber with

Spring Onions, and Confucian dishes<sup>1</sup> such as Crystal Prawn Rings and Fried Chrysanthemum Shrimp Dumplings, which are beautifully designed and prepared with excellent cutting skills.

- 3 Sichuan cuisine has bold flavours, particularly the pungency and spiciness resulting from liberal use of garlic, chilli peppers, and the unique Sichuan pepper. UNESCO declared Chengdu, the capital of Sichuan Province, to be a city of gastronomy in 2010 to recognize the sophistication of its cooking. The most important spice in Sichuan cuisine is the Sichuan pepper with an intense, citrus-like flavour, which produces a tingly, numbing sensation in the mouth. Other commonly used spices in Sichuan cuisine are garlic, chilli peppers, ginger and star anise. Broad bean chilli paste is an important seasoning as in Mapo Tofu and Twice-cooked Pork. The cooking methods of Sichuan cuisine include stir-frying, steaming, braising, baking, and the most popular one — quick frying. There are a wide range of famous Sichuan dishes, including Gong Bao Chicken, Dry-fried Green Beans, Sichuan Hotpot, Spicy Slices of Poached Pork, and Dandan Noodles.
- 4 Jiangsu cuisine, represented by Huaiyang cuisine, is very refined and is presented colourfully and artistically. The chefs of Jiangsu cuisine emphasize bringing out the distinct natural flavours in various ingredients in their dishes. Reflecting its imperial origin, Jiangsu cuisine uses very elaborate and precise cooking methods. The commonly used methods include stewing, braising, simmering, and boiling, most of which can preserve the original flavours and maintain clarity, freshness, and mildness of the ingredients. Famous Jiangsu dishes include Wensi Tofu, Sweet and Sour Mandarin Fish, and Yangzhou Fried Rice.
- 5 Guangdong cuisine is famous for its use of fresh seafood and a wide variety of meat, including pork, beef, chicken, goose, duck etc. In traditional Guangdong cuisine, spices are used in modest amounts to avoid overwhelming the flavours of primary ingredients. Many cooking methods are used, but steaming and stir-frying are the most favoured. Other methods include shallow frying, double steaming, braising and deep-frying. Condiments used in Guangdong cuisine include spring onions, sugar, salt, soy sauce, rice wine, cornflour, vinegar, scallion oil, sesame oil and so on. Traditional Guangdong dishes include Roast Goose, Steamed Fish, Scalded Shrimp, Rice Noodle Rolls, and Wonton Noodles. Guangdong cuisine is also famous for the great variety

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1 Confucian dishes (孔府菜) refer to a Chinese aristocrat cuisine developed by the descendants of Confucius. The characteristics of Confucian dishes include a wide selection of ingredients, emphasis on freshness and nutritious value, extravagant and lavish banquets in strict social stratification order, and artistic presentation of dishes.



of soups such as Cantonese Seafood Soup, White Fungus Soup and Wax Gourd Soup.

- 6 Fujian cuisine is known to be light, soft and tender, with particular emphasis on an umami taste. Many diverse seafood and woodland delicacies are used, including local fish, shellfish, turtles, mushrooms and bamboo shoots. Unique seasoning from Fujian includes fish sauce and shrimp oil. The most commonly employed cooking methods in Fujian cuisine include braising, stewing, steaming and boiling. The most famous dishes in Fujian cuisine are Fo Tiao Qiang, Fried Oysters, Lychee Meat and so on.
- 7 Zhejiang cuisine is dainty and refined. Many cooking methods are used in Zhejiang cuisine, including sautéing, braising and stewing. The province is traditionally noted for confections made from sugar, beans, rice, and wheat. Zhejiang dishes are fresh and soft, with the flavour of mellow fragrance. The most popular Zhejiang dishes include Beggar's Chicken, Dongpo Pork, West Lake Fish in Vinegar Gravy and so on.
- 8 Hunan cuisine is well known for its hot and spicy flavours, fresh aroma and deep colours. Common cooking methods include stewing, frying, pot-roasting, braising and smoking. Known for its liberal use of chilli peppers, shallots and garlic, Hunan cuisine is known for being "purely hot" rather than "spicy and numbing" as in Sichuan cuisine. The most popular Hunan dishes include Beer Duck, Dry-wok Chicken, Homemade Bean Curd, Mao's Braised Pork, Pearly Meatballs, Fish Head Steamed with Chopped Chilli etc.
- 9 Anhui cuisine is known for incorporating wild herbs, fungi and mushrooms from the local mountains. The chefs of Anhui cuisine use comparatively simple cooking methods (chiefly braising and stewing). However, they are particular about controlling cooking time and temperature. Famous Anhui dishes are Li Hongzhang Hodgepodge, Egg Dumplings, Steamed Stone Frog and so on.



## Reading comprehension

### 1 Skimming and scanning

Read Passage 1 quickly and match each of the dishes with the school of cuisine it belongs to.

- |  |                            |
|--|----------------------------|
| _____ 1 Scalded Shrimp                     | <b>A</b> Shandong cuisine  |
| _____ 2 Egg Dumplings                      | <b>B</b> Sichuan cuisine   |
| _____ 3 Braised Sea Cucumber with Scallion | <b>C</b> Jiangsu cuisine   |
| _____ 4 Fried Oysters                      | <b>D</b> Guangdong cuisine |
| _____ 5 Gong Bao Chicken                   | <b>E</b> Fujian cuisine    |
| _____ 6 Dry-wok Chicken                    | <b>F</b> Zhejiang cuisine  |
| _____ 7 Dongpo Pork                        | <b>G</b> Hunan cuisine     |
| _____ 8 Wensi Tofu                         | <b>H</b> Anhui cuisine     |

### 2 Careful reading

Read Passage 1 carefully and complete the following table with the missing information.

Schools of cuisine	Materials	Cooking methods	Characteristics
Shandong			
Sichuan	/		
Jiangsu	/		
Guangdong			
Fujian			
Zhejiang			
Hunan	/		
Anhui			



## Verbal expression

### 1 Identifying the schools of cuisine

Translate the following names of Chinese dishes into Chinese and make judgment about which school of cuisine each of them belongs to.

- 1 Dezhou Braised Chicken
- 2 Sliced Beef and Ox Tripe in Chilli Sauce
- 3 Fish Ball Soup
- 4 Braised Pork Balls in Gravy
- 5 Nanjing Salted Duck
- 6 Spring Rolls
- 7 Stewed Soft-shelled Turtle with Ham

### 2 A recipe of Chow Mein

Chow Mein is a Chinese dish of stir-fried noodles with meat and vegetables. Here is a recipe of Chow Mein in the wrong order. Read the steps and arrange them in the right order, paying special attention to the language features of a recipe. Then try to work out a recipe of a dish that you are good at cooking.

- A** Heat a wok over high heat. Add 1 tbsp (tablespoon) groundnut oil and, when it is very hot and slightly smoking, add the chicken shreds. Stir-fry for about 2 mins and then transfer them to a plate. Wipe the wok clean. Reheat the wok until it is very hot, and then add some groundnut oil. When the oil is slightly smoking, add the garlic and stir-fry for 10 secs. Then add the mangetout and ham, and stir-fry for about 1 min.
- B** Add the noodles, soy sauce, rice wine, pepper, sugar, spring onions and 1 tsp (teaspoon) salt. Stir-fry for 2 mins. Return the chicken to the noodle mixture. Stir-fry for about 3-4 mins or until the chicken is cooked. Add 1 tsp sesame oil and give the mixture a few final stirs. Put it on a platter and serve immediately.
- C** Cook the noodles in a large pan of boiling water for 3-5 mins, then drain and put them in cold water. Drain thoroughly, toss them with 1 tbsp sesame oil and set them aside.
- D** Combine the chicken with the marinade ingredients and  $\frac{1}{2}$  tsp salt, mix well and then leave to marinate for about 10 mins.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

## Critical thinking and cultural exploration

### 1 Chinese breakfast vs English breakfast

The importance of breakfast can be shown by an old adage “Eat breakfast like a king, lunch like a prince and dinner like a pauper.” No discussion about Chinese food is complete without the introduction of Chinese breakfast. Chinese breakfast is light, but filling. Instead of “breaking” from the night’s “fast,” a Chinese “morning meal” is simply the first meal to kick-start your day. Listen to a recording, note down the common food in English breakfast, and talk about the differences between Chinese and English breakfast.



### 2 Is American-Chinese food “real” Chinese food?

Have you heard the complaint that American-Chinese food is not “real” Chinese food? Listen to a commentary in a radio programme to get the answer to the question “Is American-Chinese food ‘real’ Chinese food?” What’s your opinion about whether Chinese food should be localized when it is introduced overseas?





## ● Passage 2 Chinese dining etiquette

- 1 In traditional Chinese culture, eating has far more functions than just filling the stomach or bringing gastronomic pleasure. To ancient Chinese literati, the foremost function of eating was physical and mental cultivation. The second function was strengthening kinship and friendship. The ancient agricultural society of China advocated big families in which several generations lived under one roof. At meal times, family members sat in an order distinguished by status and seniority. Today, friends also sit together around a dinner table as eating together enhances communication, understanding and friendship.
- 2 Eating out is one of the most common ways to honour guests, socialize, and deepen friendship. Proper etiquette is very important to Chinese people who believe good manners invite luck and boorish conduct brings shame. Today, table etiquette is still taken as an indication of educational status. Therefore, it is necessary to know the basic Chinese dining etiquette.

### Seating arrangements for a Chinese banquet

- 3 Seating arrangements are probably the most important parts of Chinese dining etiquette. Other people are not supposed to be seated before the guest of honour or the most senior member is seated. When a family holds a banquet, the seat of honour is for the guest of the highest status, and the head of the house takes the least prominent seat. If a round table is used, the seat facing the door or entrance is generally the seat of honour. The seats on the right-hand side of the seat of honour are second, fourth, sixth etc in importance, while



those on the left-hand side are third, fifth, seventh and so on in importance, until they join together. In ancient times there was a piece of furniture known as the Eight Immortals table, a big square table with benches for two people on each side. The right-hand seat facing the entrance or facing east was for the guest of honour. In a grand banquet of many tables, the table of honour is the one furthest from the entrance or facing east. Of course, the seating arrangements may vary from region to region, but the seating order is generally observed on formal Chinese dining occasions. Therefore, if you arrive early, the smartest thing to do is to sit in the waiting area until other guests arrive.

### **Serving and eating etiquette**

- 4 A major aspect of eating etiquette is respect for seniority and superiority — children for their parents, subordinates for their superiors, younger for older, and hosts for guests. This is reflected not only in the order of seating, but also in serving and eating. One rule of serving is about where and how to place the teapot and dishes. It is impolite to place the teapot in a position where the spout is facing a diner since it is a sign of expelling or that this diner is unwelcome. Instead, the spout should always be directed to where nobody is sitting, usually just outwards from the table. The direction of the dish is considered particularly important when a whole fish is served. Usually the head is placed towards the most honoured guest to show respect for him or her.
- 5 The basic principle of eating is to start eating after the elders or superiors and stop when they do. There are some other rules to observe when a lazy Susan is in use. A lazy Susan is a circular rotating tray placed at the centre of a table and is used to easily share a large number of dishes among the diners. If the dishes come out one at a time or if there are some special delicacies, they are typically served to the guest of honour first and then rotated clockwise around the table. The host will often wait to serve himself or herself last. Dishes should typically not be removed from the lazy Susan and placed on the table. At most, one should hold the dish aloft while serving and then return it to its place on the tray. One should try to avoid moving the lazy Susan even slightly when someone is transferring food to his or her plate or bowl. It is common to take a smaller amount of food on the first round and to keep other diners in mind when one takes a larger second helping.

### **Taboos for using chopsticks**

- 6 Getting food with chopsticks has been the Chinese practice for almost 4,000 years. Over the millennia, rules and taboos regarding the use of chopsticks have been formed and incorporated into traditional behavioural etiquette. Many of these taboos are still valid in today's table manners. For example,

chopsticks should neither be used upside down, nor be placed vertically in a bowl, as this is the way of making a sacrifice to the dead. Another taboo is knocking on the tableware with chopsticks, which is seen as a sign of begging for food. It is bad-mannered to stir food with chopsticks to find what the diner wants or to use a chopstick as a fork by poking it into a piece of food. When the diner wants to put down their chopsticks during a meal, they should place them lengthways on a chopstick holder, or on the diner's own plate or bowl.

- 7 Through thousands of years of evolution, Chinese dining etiquette has developed into a set of generally accepted dining rituals and practices. However, there is variation in Chinese table manners due to the nature and purpose of a banquet and regional differences.



## Reading comprehension

### 1 Skimming and scanning

Read Passage 2 quickly and decide whether each of the following statements is true (T) or false (F).

- ( ) 1 Filling the stomach and bringing gastronomic pleasure are the two most important functions of eating in traditional Chinese culture.
- ( ) 2 When a family holds a banquet, the seat of honour is reserved for the head of the house.
- ( ) 3 The main serving etiquette mentioned in Paragraph 4 is about the position of the teapot and the dishes.
- ( ) 4 According to traditional Chinese etiquette, other diners cannot eat before the guest of honour begins to eat.
- ( ) 5 Many ancient taboos regarding the use of chopsticks are still observed today.
- ( ) 6 There may be regional variations in dining etiquette in China.

### 2 Careful reading

Read Passage 2 carefully and answer the following questions.

- 1 How many dining functions are mentioned in Paragraph 1? What are they?
- 2 Why is dining etiquette so important to Chinese people?
- 3 Which one is the seat of honour at a round table?
- 4 If you happen to be the youngest at a banquet of eight friends, which seat are you supposed to take?
- 5 What is the proper way to put the teapot down at dinner?
- 6 If you are the host for a banquet, when are you supposed to eat when a course is served?
- 7 Why is it a taboo to place chopsticks vertically in a bowl?
- 8 What factors can have an influence on the dining etiquette to be observed?



## Verbal expression

### 1 Table settings

Below is an introduction to the elements you'll need in English table settings. Read it and then try to compare the English table setting with the Chinese table setting.

- **Table linens**

Soften your tablescape with a tablecloth, napkins and place mats. Or opt for a table runner instead of a whole cloth. For outdoor festivities, you can find cork mats with matching block-printed napkins. Indoors or out, mix and match your table linens for a festive, casual feel or coordinate them for a more cohesive, formal look. You can also discover smaller, embroidered or printed table throws for accent tables to coordinate with linens that go on your larger tables.

- **Dinnerware**

Plates and bowls are the crown jewels of any table, indoors or out. For something versatile and elegant at the same time, opt for classic, pure white plates with subtle edging designs, and supplement them with a coordinated sugar bowl, creamer and teapot. Look for holiday dinnerware with sophisticated designs, including mix-and-match plaid designs for a warm, cozy dinner setting. Today's durable stoneware is finely detailed with designs and colours to look more like fine china. For outdoors, modern melamine plates in vivid colours look elegant enough.

- **Glassware**

You can never have too much glassware on hand. For indoor and outdoor use, acrylic glassware passes for fine crystal, and it's an ideal choice for active family dinners. Whatever glassware you're seeking for your dining room, kitchen or bar, you have a vast array of choices. From stemless wine and tasting glasses to water glasses, goblets and juice glasses, you might find that your glassware pieces become some of the most well-used essentials in your house.

- **Flatware**

Like glassware, you may need more flatware than you think for casual and formal occasions and for indoors and out. Don't hesitate to mix and match; you can find so many gorgeous designs you might not want to pick just one. From brushed gold, rose gold and stainless steel utensils to serving sets with marble or copper handles, there's a design that can enhance any dinnerware set.



- **Table accessories**

Finish off any table with place card holders, napkin rings and printed wine sarongs. You can find place card holders to match any theme, from pineapples to shells or sea creatures for your seaside dinners. Match your napkin rings to your theme and choose a motif like braided rope or gold cutout rings. Protect your table and table linens with dinner plate chargers in all designs.

## 2 Instructions on the use of chopsticks

Chopsticks were invented almost 4,000 years ago in China. They were made of twigs and were first used mostly for cooking since they were perfect for reaching into hot oil or water. It is believed that chopsticks were used on the table around 400 BC. Below are instructions on how to use chopsticks. Read the instructions, and then work in pairs to do a role-play to give your own instructions on how to use chopsticks.

- 1 Rest one of the chopsticks between your thumb and forefinger.
- 2 Hold the other chopstick on the middle finger and against the nail of the ringer finger.
- 3 The best way to get comfortable with chopsticks is to move just the chopstick mentioned in the first step.
- 4 Now, pick something up using your chopsticks.



## Critical thinking and cultural exploration

### 1 Three seasons of *A Bite of China*

*A Bite of China*, which debuted in 2012, has become hugely popular nationwide for its quality introduction to some rarely-known and mouth-watering domestic cuisine. So far three seasons of the programme have been aired, with varied comments and ratings. Listen to an introduction to the TV programme, and then answer the following questions.



Questions:

- 1 When was the first season aired? What about the other two seasons?
- 2 Which season is the favourite among the three for most of the audience according to the ranking on a website mentioned in the recording?
- 3 According to the crew of the third season, what are the possible reasons for the criticism of the audience?

### 2 A case study: What's wrong with the reception?

At a banquet, a Chinese host or hostess may put food into the guest's bowl or plate to show his or her hospitality. But this may be embarrassing in case the guest is a foreigner who has different dining habits. Listen to a story and analyse it to see what was wrong with the hostess' arrangement. Then work out a better plan to welcome a foreign friend as in this case study.



# Cuisine and dining etiquette in the West



## Passage 3 Cuisine in the West

1 Western cuisine is a generalized term collectively referring to the cuisines of European countries and other Western countries which derive substantial influence from European settlers. The term is used by East Asians to contrast with Asian styles of cooking. Western cuisine is diverse by itself, although there are common characteristics that distinguish Western cooking from cuisines of Asian countries and others. Compared with traditional cooking of Asian countries, for example, meat is more prominent and substantial in serving size. Steaks and cutlets are common dishes and salads are an integral part of Western cuisine. Western cuisine also puts a lot of emphasis on sauces as condiments, seasonings or accompaniments. Many dairy products are utilized in the cooking process, including diverse cheeses and various fermented milk products. Below is a brief introduction to the cuisines in five English-speaking countries.

### British cuisine

2 British cuisine is the specific set of cooking traditions and practices associated with the United Kingdom, which has been described as “unfussy dishes made with quality local ingredients, matched with simple sauces to accentuate flavour, rather than disguise it.” However, British cuisine has absorbed the cultural influence of settlers, producing many hybrid dishes, such as the Anglo-Indian chicken tikka masala. British cuisine has traditionally been limited

in its international recognition to the full breakfast, fish and chips and the Christmas dinner. Other British dishes include the Sunday roast, steak and kidney pie, shepherd's pie, and bangers and mash. British cuisine has many regional varieties within the broader categories of English, Scottish and Welsh cuisines. Each has developed its own regional or local dishes, many of which are geographically indicated foods such as Cornish pasties, Yorkshire pudding, Cumberland sausage, and Arbroath smokies.

### **American cuisine**

- 3 The cuisine of the United States reflects the history of the nation. The European colonization yielded the introduction of a number of ingredients and cooking styles. Early Native Americans utilized a number of cooking methods in early American cuisine, which have been blended with early European cooking methods to form the basis of today's American cuisine. During the 1980s, upscale restaurants introduced a mixing of cuisines by combining Americanized styles of cooking with foreign elements, which was commonly referred to as New American cuisine. New American cuisine is a type of fusion cuisine which assimilates flavours from traditional American cooking and from other cultures and sometimes absorbs molecular gastronomy components. Some dishes that are typically considered American have their origins in other countries. American cooks and chefs have substantially altered these dishes over the years, to the degree that the dishes now enjoyed around the world are considered to be American. Hot dogs and hamburgers are both based on traditional German dishes, but in their modern popular forms they can be reasonably considered American dishes. Crab cakes were once a kind of English croquette, but over time as spices have been added, they and the Maryland crab feast have become two of Baltimore's signature dishes.
- 4 Generally speaking, in the present day the cuisine of the United States is very much regional in nature. For example, the cuisine of New England<sup>1</sup> is noted for its heavy emphasis on seafood, a legacy inherited from coastal tribes, who used the rich fishing banks offshore for sustenance. In contrast, southern states have some of the oldest known food, with Native American influences still visible in the use of cornmeal as an essential staple in desserts and pastries as varied as mince pies, pecan pies, pecan rolls, honey buns and quick breads.

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1 New England (新英格兰) is a northeastern region of the United States. It includes six states: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont.



## Canadian cuisine

- 5 The former Canadian Prime Minister Joe Clark believed that “Canada has a cuisine of cuisines. Not a stew pot, but a smorgasbord.” Canadian cuisine is a collage of dishes from the cuisines of aboriginal, European, Asian and Caribbean cultures. Although there are considerable overlaps between Canadian food and the rest of the cuisines in North America, many unique dishes are found and available only in the country, including poutine, butter tart, and peameal bacon sandwiches.

## Australian cuisine

- 6 Australian cuisine refers to the cuisine of Australia and its indigenous and colonial societies. Australian cuisine from the first decade of the 21st century shows the influence of globalization. British traditions persist to varying degrees in domestic cooking and the take-away food sector, with roast dinners, Australian meat pie, and fish and chips remaining hugely popular. But there are also new elements featured in these foods. Meat is a core component of the Australian cuisine, and to barbecue meat is considered traditional. Restaurants whose products include contemporary adaptations, interpretations or fusions of exotic influences are frequently termed “modern Australian.” The iconic Australian food is the Chiko Roll and Vegemite on toast. Other popular Australian food includes lemon delicious pudding and fairy bread.

## New Zealand cuisine

- 7 Similar to the cuisine of Australia, the cuisine of New Zealand is a diverse British-based cuisine, with Mediterranean and Pacific Rim<sup>2</sup> influences as the country becomes more cosmopolitan. New American cuisine and Asian culinary traditions have become popular since the 1970s. As a result of various developments, the food scene of New Zealand in the 21st century is in a state of flux: Pacific Rim fare’s reign is now the norm in most metropolitan eating out scenes, and traditional hearty settlers’ food, but reinterpreted with Pacific Rim cooking knowledge, is a popular cooking style in eating out scenes even in the most remote rural regions. Certain vestiges of traditional Kiwiana dishes remain popular throughout the country, such as meat pies, custard squares, and pavlova.

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2 The Pacific Rim (环太平洋地区) is the area around the rim of the Pacific Ocean.

## Reading comprehension

### 1 Skimming and scanning

Read Passage 3 quickly and decide whether each of the following statements is true (T) or false (F).

- ( ) 1 Western cuisine is the common cooking style of European countries and other Western countries.
- ( ) 2 British cuisine is internationally recognized because of its unfussy style.
- ( ) 3 American cuisine has incorporated various ethnic or regional cooking styles to form its own style.
- ( ) 4 American cuisine varies greatly from region to region.
- ( ) 5 Canadian cuisine is the same as that of the United States despite the different climates of the two countries.
- ( ) 6 Dishes of British origin are widely popular in Australia in both domestic cooking and the take-away food sector.
- ( ) 7 Cuisine in New Zealand metropolitan cities is much influenced by Pacific Rim cooking.

### 2 Careful reading

Read Passage 3 carefully and answer the following questions.

- 1 How is Western cuisine different to Asian cuisine in the way meat is served?
- 2 Why does the writer think that hot dogs and hamburgers can be “reasonably considered American dishes”?
- 3 Where are you likely to find seafood in America according to the passage?
- 4 What kind of food can you expect to find in a “modern Australian” restaurant?
- 5 What can we learn about the characteristics of Canadian cuisine from the quote from Joe Clark?
- 6 What is the evidence of the Pacific Rim influences on New Zealand cuisine?



## Verbal expression

### 1 Identifying Western food

The following are descriptions of eight dishes mentioned in Passage 3, marked from A to H. Read the descriptions carefully and match the dishes with the pictures by putting the corresponding letters on the blanks below the pictures.

- A** **Fish and chips** is a dish of English origin consisting of fried battered fish and hot chips. It is a common take-away food and an early example of culinary fusion.
- B** **Shepherd's pie** (made with minced lamb or mutton) or **cottage pie** (made with minced beef) is a meat pie with a topping of mashed potato. The defining ingredients are minced meat cooked in gravy with onions and sometimes vegetables, such as peas, celery or carrots.
- C** **The Sunday roast** is a traditional British main meal that is typically served on Sunday, consisting of roast meat, roast potato, and accompaniments such as Yorkshire pudding, sausages, stuffing, vegetables and gravy.
- D** **A crab cake** is a variety of fishcake that is popular in the United States. It is composed of crab meat and various other ingredients, such as bread crumbs, mayonnaise, eggs, and seasonings. Particularly the cake is then sautéed, baked, grilled or, the most popular choice, broiled, and then served.
- E** **Chicken tikka masala** is a dish of chunks of roasted marinated chicken (chicken tikka) in a spiced curry sauce. The sauce is usually creamy and orange-coloured.
- F** **Bangers and mash**, also known as sausages and mash, is a traditional dish of the British Isles made of sausages and mashed potato, and may consist of a variety of flavoured sausages made of pork, lamb or beef. The dish is sometimes served with onion gravy, fried onions, or peas.
- G** **An Australian or New Zealand meat pie** is a hand-sized meat pie containing diced or minced meat and gravy, sometimes with onions, mushrooms, or cheese. It is often consumed as a take-away food and often served with tomato sauce on the top.
- H** **A butter tart** is a type of small pastry tart highly regarded in Canadian cuisine and is considered one of Canada's quintessential desserts. The tart consists of butter, sugar, syrup, and egg filled into a flaky pastry and baked until the filling is semi-solid with a crunchy top.



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_



7 \_\_\_\_\_



8 \_\_\_\_\_

## 2 Ordering food in a restaurant

Listen to two conversations about ordering food in a restaurant and note down some expressions that may be useful when you are in such a situation. Then work in pairs and create a conversation about ordering food in a restaurant using the expressions you've got from the recording.



### NOTES

1 As a waiter or waitress

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2 As a customer

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# Critical thinking and cultural exploration

## 1 Differences between Western and Asian cuisines

Western cuisine and Asian cuisine are different in many ways. Listen to a recording and note down the three major differences mentioned in it.



NOTES	
1	_____
2	_____
3	_____

## 2 Fast food and its impacts on Chinese people

A study conducted by the *International Journal of Pediatric Obesity* tested the association between Body Mass Index (BMI) and fast-food consumption in Chinese children between the ages of 2 and 18 and found that the highest correlation between the two occurred between the ages of 10 and 12. While Chinese children consume less fast food than American children, Chinese children are becoming increasingly obese and it is likely that the influx of fast food in China is a contributing factor even though it might not be the principle culprit. Listen to a report and discuss in groups what measures should be taken to solve such a problem.





## ● Passage 4 Dining etiquette in the West

- 1 In many cultures, there are rules of etiquette pertaining to dining, whether at home or out in a restaurant. Below is the introduction to general table manners in the West.
- 2 Clothing choice is one important thing to be considered for a dinner invitation. When people dine in a casual environment, attire is much less important than it is at an elegant meal. In a relaxed atmosphere, T-shirts, jeans, shorts or sneakers might be appropriate. However, that type of clothing is not considered proper fine dining etiquette. Instead, women might want to wear a tasteful dress or an attractive trouser suit. Men may wish to wear slacks, a shirt and a jacket. In fact, many high-end restaurants have very strict dress codes. Men's and unisex hats should never be worn at the table. Ladies' hats may be worn in a restaurant.
- 3 Napkins should always be laid on the lap and brought up only to blot or pat your mouth, and should be placed unfolded on your chair if you need to leave the table during the meal or placed loosely folded or unfolded on the table when the meal is finished. A diner should never spit things into a napkin.
- 4 Traditionally, the host or hostess takes the first bite unless he or she instructs otherwise. In religious households, a family meal may commence with saying grace<sup>1</sup>, or at dinner parties the guests might begin the meal by offering some

1 A **grace** (餐前祈祷) is a short prayer or thankful phrase said before eating. Reciting such a prayer is sometimes referred to as "saying grace."

favourable comments on the food and thanks to the host or hostess. In a group dining situation it is considered impolite to begin eating before all the group have been served their food and are ready to start.

- 5 The fork may be used in the American style (in the left hand while cutting and in the right hand to pick up food) or the European continental style (fork always in the left hand). The fork is held generally with the tines down, and the knife is used to cut food or help guide food onto the fork. When no knife is being used, the fork can be held with the tines up. With the tines up, the fork balances on the side of the forefinger, held in place with the thumb and forefinger. Under no circumstances should the fork be held like a shovel, with all fingers wrapped around the base. A single mouthful of food should be lifted on the fork and you should not chew or bite food from the fork. The knife should be held with the base into the palm of the hand, not like a pen with the base resting between the thumb and forefinger. The knife must never enter the mouth or be licked. When soup is taken, the spoon is held in the right hand. You should scoop the soup in outwards movements. The soup spoon should never be put into the mouth, and soup should be sipped from the side of the spoon, not the end.
- 6 Food should always be tasted before table salt and pepper are added. Applying condiments or seasonings before the food is tasted is viewed as an insult to the cook. Butter should be cut, not scraped, from the butter dish using a butter knife and put onto a butter plate, not spread directly onto the bread. Bread rolls should be torn with the hands into mouth-sized pieces, and then buttered individually on the butter plate by using a knife. As with butter, cheese should be cut and placed on your plate before eating. If food must be removed from the mouth for some reason — a pit, bone, or gristle, the rule of thumb, according to Emily Post<sup>2</sup>, is that it comes out the same way it went in. For example, if an olive in a salad is eaten with a fork, the pit should be deposited back onto the fork inside your mouth, and then placed onto a plate. Food that is simply disliked should be swallowed. While eating, the diner should sit up straight, keeping elbows off the table. Food should always be chewed with mouth closed. Talking with food in your mouth is seen as very rude. Licking your fingers and eating slowly can also be considered impolite. It is also rude to slurp food, eat noisily or make noise with cutlery. It is impolite to reach over someone to pick up food or other items. Instead, diners should ask for items to be passed to them.
- 7 Phones and other distracting items should not be used at the dining table.

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2 Emily Post (埃米莉·波斯特) (1872-1960) was an American author famous for writing about etiquette.



Reading at a table is permitted only at breakfast, unless the diner is alone. Urgent matters could be handled, after an apology, by stepping away from the table. Should a mobile phone ring or if a text message is received, the diner should ignore it. In exceptional cases where the diner feels the call (or the text message) may be of an urgent nature, he should ask to be excused, leave the room and take the call (or read the text message) out of earshot of the other diners. When finishing eating, the diner should communicate this to other diners and place the knife and fork together on his or her plate. At family meals, children are often expected to ask permission to leave the table at the end of the meal.

- 8 Dining etiquette can vary in different cultures and dining situations. For the most part, however, many of the above rules apply.





# Reading comprehension

## 1 Skimming and scanning

Read Passage 4 quickly and decide whether each of the following statements is true (T) or false (F).

- ( ) 1 T-shirts and jeans should never be worn for a dinner invitation.
- ( ) 2 The diner should never spit into a napkin.
- ( ) 3 In the West, generally it is the host or hostess who should eat first.
- ( ) 4 Paragraph 5 is about the proper use of the cutlery: fork, knife and spoon.
- ( ) 5 Most of the rules discussed in Paragraph 6 can be summed up as “being considerate of others while eating.”
- ( ) 6 When eating with others, if you have to leave the table to handle an urgent issue, you should ask to be excused.
- ( ) 7 When finishing eating, the diner should place the knife and fork together on his or her plate.

## 2 Careful reading

Read Passage 4 carefully and answer the following questions.

- 1 Where and how should you put the napkin after meal?
- 2 When can the guests begin to eat in a group dining situation?
- 3 What should be avoided on the use of fork, knife and spoon respectively?
- 4 What utensils are needed if you want butter or cheese for your bread?
- 5 According to Emily Post, how should the pits be removed if olives are eaten by hand?
- 6 What is a child expected to do at the end of a family meal?



## Verbal expression

### 1 Kitchen utensils

Match the following pictures of some common kitchen utensils with their names. Then discuss in pairs their functions.

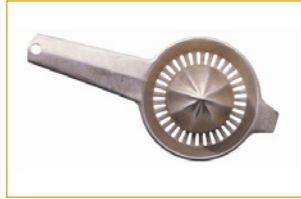
whisk  
egg slicer

rolling pin  
grater

lemon squeezer  
strainer



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_

### 2 Resting and finishing positions of tableware

When you are just pausing between bites, place your tableware in a resting position; and when you are done eating, place it in a finishing position.

Listen to a description of the resting and finishing positions of tableware in the European continental style, and try to draw simple pictures to illustrate the positions according to the description. Then introduce the tableware positions to your partner(s).



## Critical thinking and cultural exploration

### 1 Top 10 differences between Chinese and Western dining practices

In this unit, you have learnt that Chinese and Western cuisines and dining etiquette are different in many ways. Listen to a recording and note down the 10 differences between Chinese and Western dining practices mentioned in it.



#### NOTES

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- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

### 2 Importance of table manners

A survey shows that British table manners are in a parlous state, with two-thirds of British people eating with their elbows on the table and a quarter of them burping during meals. Some people believe that “people should feel comfortable and relaxed when eating,” while others insist that “if you don’t develop good table manners for your children, you should not be surprised if they grow up alienated and uncivilized.” Listen to a recording and explain why the pediatrician thinks that table manners are important.

