

苗族

The Miao

小注解 · Footnotes

① 苗族银饰：苗家女子从出生开始，家里就着手为其准备一套银饰，这套银饰从头到脚，件数繁多。苗家有“以钱为饰”的习俗，戴银饰品是一种财富的象征，因而形成了苗家人对银饰品的三大审美特征：以大为美、以重为美、以多为美。

① Silvery ornaments of the Miao: Miao families begin to prepare a set of silver ornaments for a girl from the time of her birth, and such a set of silver ornaments contains a large number of items, ranging from items on the head to those on the foot. The Miao people have a custom to "take money as ornaments;" they view silver ornaments as a symbol of wealth, and develop three aesthetic characteristics of silver ornaments: large sizes, heavy weight and large numbers.

苗族是中国西南地区人口较多的一个民族，苗族分布很广，主要在贵州、湖南、云南、四川、广西、湖北、广东、海南等省，大多数苗族人居住在贵州省。

The Miao form a relatively populous ethnic group in southwest China, and are widely distributed in Guizhou, Hunan, Yunnan, Sichuan, Guangxi, Hubei, Guangdong, and Hainan Provinces, although most live in Guizhou Province.

苗族是个爱美的民族。勤劳的苗族人用他们创造的刺绣、挑花、织花、蜡染、银饰装扮自己的衣着，美化自己的生活。喜戴银饰是苗族姑娘的天性，每到节日，穿得最漂亮的是妇女，她们身穿美丽的绣花衣裳，头上、脖子上戴着各种银饰^①，看起来异彩纷呈，美不胜收，素有“花衣银饰赛天仙”的美称。

The Miao like to be well groomed. They dress up and beautify their lives with handmade embroidery, cross-stitching, patterns, wax printing, and silver ornaments. Miao girls are especially born to love silver ornaments. On festive days, women dress most beautifully,



1



2

1. 身着花衣银饰的苗族姑娘
A Miao girl wearing colorful clothes and silver ornaments

2. 苗族蜡染
Wax printing of the Miao

wearing embroidered clothes with silver articles and varied silver ornaments^① on the head and around the neck. Their costumes and ornaments have been long praised.

苗族喜食酸味，用坛子腌的坛酸菜种类很多，还有酸辣面、酸干菜、酸泡菜、腌鱼（酸鱼）、腌肉（酸肉）等。酒是苗族人民常用的饮料，每家都酿制，有烧酒、米酒等。

The Miao people are fond of sour flavors, and produce various types of pickle with jars, including acid-hot noodles, acid dried vegetables, pickled fish (with an acid taste) and pickled meat (with an acid taste). Liquor is a common drink for the Miao people, and is brewed in every household, including distilled liquor and rice wines.

苗族的节日很多，主要有龙舟节、花山节、吃新节、赶秋节等。由于苗族分布很广，各地苗族人过的节日也有所不同。

The Miao people have many festivals, such as the Dragon-Boat Festival, the Flower-Mountain Festival, the New Crop Tasting Festival, and the Autumn Harvest Festival. Since the Miao are widely distributed, the festivals differ from place to place.

在节日里，苗族人要举行各种各样的庆祝活动，其中，吹芦笙、对歌、斗牛是最有特色的活动。芦笙是苗族人喜欢的一种管乐器，用很多根芦竹管和一根吹气管装在木制的座子上制成。芦笙音色明亮浑厚，男女均可吹奏。每当过节、婚嫁喜事、起房盖屋时，人们总要手捧芦笙，载歌载舞，以此抒发自己的欢乐和感情。

On festive days, the Miao people hold various celebration activities, among which the most characteristic are sheng (a reed pipe wind instrument) performances, antiphonal singing and bullfighting. The sheng is a favorite musical instrument of the Miao people. It is made of many reed pipes and a blowing pipe on a wooden base. The sheng has sonorous and rich timbre, and is played by both males and females. At every festival, weddings or house construction, people always play the sheng while singing and dancing to express their joy.

1. 苗族芦笙会

A party of sheng performance of the Miao people

