

中华民族

The Chinese Nation

黄帝和炎帝是中华民族的共同祖先。黄帝姓姬（Jī），号轩辕氏；炎帝姓姜，号神农氏。黄帝和炎帝是两个部落的首领，都生活在距今四五千年前的中国原始社会后期。当时，黄帝部落和炎帝部落都居住在黄河流域。炎帝族曾与中国东部的以蚩尤（Chīyóu）为首领的东夷集团发生战争，炎帝部落联合黄帝部落，打败了蚩尤。后来，炎帝部落和黄帝部落也发生了冲突，炎帝部落失败后，加入了黄帝部落。黄帝部落、炎帝部落和东夷以及南方的苗蛮集团经过长期的交往和融合，构成了华夏^①族的主干。华夏族自汉朝始称为汉族。

Huangdi and Yandi were the common ancestors of the Chinese nation. Huangdi's surname was Ji, and his assumed name was Xuanyuan Shi. Yandi was also a legendary ruler whose surname was Jiang and assumed name was Shennong Shi. Both Huangdi and Yandi lived in the late period of China's primitive society about 4,000 or 5,000 years ago, and were the leaders of two different tribes living along the Yellow River in present-day Shaanxi Province. A war once broke out between Yandi's tribe and the Dongyi group headed by Chiyou in east China; Yandi's tribe allied with Huangdi's to defeat Chiyou. Conflicts later occurred between Yandi's tribe and Huangdi's, and Yandi's tribe was assimilated into Huangdi's after the former was defeated. After long-term association and integration, Huangdi's tribe, Yandi's tribe, Dongyi



and the Miao group in south China formed the mainstay of the Huaxia ethnic group^①, who got the name of the Han in the Han Dynasty.

据说，黄帝教人们建筑房屋、喂养家畜，他还发明了车、船、乐器、衣帽、弓箭，他的妻子



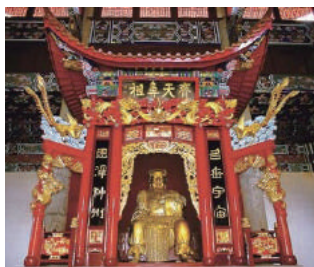
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小注解 · Footnotes

① 华夏：原指中原地区的人民，也是汉朝以前对汉族先民的称谓。后来则包括中国全部领土，也是中国的代称。古人以服饰美丽为“华”，以疆界广阔为“夏”，“华夏”的本意就是“文化繁荣而疆域辽阔”。

① Huaxia: Originally the people in the Central Plains of China, and also the name of the ancestors of the Han people before the Han Dynasty. Later, it contains the whole territory of China, and an allusion of China itself. The ancient Chinese people described the beauty of clothes as "hua," and the vastness of territory as "xia," so the original meaning of "huaxia" means "the prosperity of culture and the vastness of territory."

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嫫祖 (Léizǔ) 发明了养蚕, 史官仓颉 (Cāngjié) 创造了文字。炎帝教人制造农具、播种五谷、凿井取水, 他还亲尝百草, 发现了治病的药材。现在, 在陕西省黄陵县的桥山上, 还保留着黄帝陵和黄帝庙, 湖南省炎陵县也保留着炎帝陵。

Legend has it that Huangdi taught people how to build houses, breed livestock and grow crops, and invented the cart, boat, musical instruments, clothes, hats and bow and arrow, that his wife Leizu pioneered a silkworm-raising technique, and his historiographical official, Cangjie, invented written characters. Also according to legend, Yandi taught people to make agricultural tools, sow crop seeds, and dig wells. Moreover, Yandi sampled various herbs in person, discovering various herbal drugs for treating diseases. Still preserved to this day are both the Mausoleum of Huangdi and the Temple of Huangdi on Mount Qiaoshan in Huangling County, Shaanxi Province, and the Mausoleum of Yandi in Yanling County, Hunan Province.

中国自古以来就是一个统一的多民族国家, 经过数千年的繁衍发展与民族融合, “中华民族” 已成为了中国各民族及海外华人的统称。炎黄是中华民族兴起和统一的象征, 成为中华民族共同的祖先。现今的中华民族包括汉族和其他 55 个少数民族。其中汉族是中华民族的主体民族。

China has been a unitary multi-ethnic country since ancient times. After thousands of years of procreation, development and ethnic integration, "the Chinese nation" has become a common name for all ethnic groups of China and overseas Chinese. The emergence both of Yandi and Huangdi marked the rise and unification of the Chinese nation, making them the common ancestors of the Chinese nation as a whole. At present, the Chinese Nation consists of the Han and 55 minority ethnic groups, with the Han as the majority group.

55 个少数民族中, 人口在 1,000 万以上的有壮族和满族; 人口在 1,000 万—100 万的有蒙古族、回族、藏族、维吾尔族、苗族、彝 (Yí) 族、布依族、朝鲜族、侗 (Dòng) 族、瑶族、白族、土家族、哈尼族、哈萨克族、傣 (Dǎi) 族、黎族等 16 个民族; 人口在 100 万—10 万的有傈僳 (Lì sù) 族、佤 (Wǎ) 族、畲 (Shē) 族、拉祜 (Lāhù) 族、水族、东乡族、纳西族、景颇族、柯尔克孜族、土族、达斡尔 (Dáwò'ěr) 族、仫佬 (Mùlǎo) 族、羌 (Qiāng) 族、仡佬 (Gēlǎo) 族、锡

1. 黄帝像
The statue of Huangdi
2. 陕西黄帝陵
The Mausoleum of Huangdi in Shaanxi
3. 炎帝像
The statue of Yandi

伯族等 15 个民族；人口在 10 万—1 万的有布朗族、撒拉族、毛南族、阿昌族、普米族、塔吉克族、怒族、乌孜别克族、俄罗斯族、鄂温克 (Èwēnkè) 族、德昂族、保安族、裕固族、京族、基诺族等 15 个民族；人口在 1 万以下的有高山族、塔塔尔族、独龙族、鄂伦春族、门巴族、珞巴 (Luòbā) 族、赫哲 (Hèzhé) 族等 7 个民族。

Among the 55 minority ethnic groups, the Zhuang and the Manchu have populations of more than 10 million; those with populations between 10 and 1 million totaling 16 are the Mongolian, Hui, Tibetan, Uyghur, Miao, Yi, Buyi, Korean, Dong, Yao, Bai, Tujia, Hani, Kazak, Dai and Li; those between 1 million and 100,000 are the Lisu, Wa, She, Lahu, Shui, Dongxiang, Naxi, Jingpo, Kirgiz, Tu, Dawoer, Mulao, Qiang, Gelao and Xibo, numbering 15 in total; those between 100,000 and 10,000 also amount to 15, which are respectively the Bulang, Sala, Maonan, Achang, Pumi, Tajik, Nu, Uzbek, Russian, Ewenke, Deang, Baoan, Yugu, Jing and Jinuo; and those less than 10,000 are the Gaoshan, Tatar, Dulong, Elunchun, Menba, Luoba and Hezhe, totaling 7.

中国的少数民族虽然人口相对数量很少，但是分布区域广泛，居住相对集中。广西、内蒙古、新疆、西藏、宁夏 5 个民族自治区分别是壮族、蒙古族、维吾尔族、藏族、回族几个较大的少数民族集中居住的地区。云南、青海、贵州、四川等省份也有大量少数民族聚居，其中，云南省内有 20 多个少数民族，是中国少数民族聚居最集中的省份。

Despite their relatively small populations, the minority ethnic groups of China live in compact communities spread over wide areas. Guangxi, Mongolia, Xinjiang, Tibet and Ningxia are five ethnic autonomous regions, which are respectively the concentrated habitation areas of several ethnic groups with larger populations, namely the Zhuang, Mongolian, Uyghur, Tibetan and Hui. In Yunnan, Qinghai, Guizhou, Sichuan and other provinces there are also the compact communities of minority ethnic groups. In particular, more than 20 minority ethnic groups inhabit Yunnan Province, making it the province with the most concentrated habitation of ethnic groups in China.



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1. 湖南炎帝陵

The Mausoleum of Yandi in Hunan

小知识 · Small Encyclopedia

中华：“中华”一词，大约在魏晋时就已经出现，南北朝已普遍使用，是由“中国”与“华夏”两个名称复合而成，意思是“位居中心而文化繁盛”。“中华民族”这个称谓始见于清末，辛亥革命以后被用来作为中国各民族对外的统一称号，包括中国历史上和现在的各民族在内。

Zhonghua: The emergence of the word "Zhonghua" dates back to the Wei and Jin Dynasties or so, and became popular in the period of the Southern and Northern Dynasties. It is a compound word of "Zhongguo" and "Huaxia," meaning "state in the central position and prosperous culture." The expression "Zhonghua Minzu" first occurred at the end of the Qing Dynasty, and began to be used for the general reference of all ethnic groups of China after the 1911 Revolution, including those of China both historically and at present.