

CONTENTS 目录

民族篇
Ethnic Groups

概述
Introduction 002

中华民族
The Chinese Nation 004

汉族
The Han 007

壮族
The Zhuang 009

满族
The Manchu 011

回族
The Hui 013

苗族
The Miao 015

维吾尔族
The Uyghur 017

彝族
The Yi 019

蒙古族
The Mongolian 021

藏族
The Tibetan 024

朝鲜族
The Korean 027

傣族 The Dai	029
---------------	-----

高山族 The Gaoshan	032
--------------------	-----

民俗篇
Folk Customs

概述 Introduction	036
--------------------	-----

传统节日 Traditional Festivals	037
-------------------------------	-----

吉祥图案 Auspicious Designs	043
----------------------------	-----

十二属相 Twelve Symbolic Animals	049
---------------------------------	-----

中国人的姓名 Names of Chinese People	052
-----------------------------------	-----

庙会 Folk Temple Fair	055
------------------------	-----

传统服装 Traditional Costumes	057
------------------------------	-----

中国茶 Chinese Tea	060
--------------------	-----

中国酒 Chinese Wine	063
---------------------	-----

中国菜 Chinese Cuisine	066
------------------------	-----

传统美德篇
Traditional Virtues

概述 Introduction	070
--------------------	-----

爱国情怀 Patriotic Sentiments	071
------------------------------	-----

崇尚操守 The Advocating of Integrity	073
-------------------------------------	-----

尊老爱幼 Respecting the Aged and Caring for the Young	075
--	-----

尊师重教 Honoring the Teacher and Stressing Education	078
勤劳俭朴 Industry and Frugality	081
勤奋好学 Diligent and Eager to Study	083
谦虚礼让 Modesty and Comity	086
诚实守信 Honesty and Trustworthiness	089
乐善好施 Being Glad to Give to Charities	092

古代科技篇 Ancient Science and Technology

概述 Introduction	096
四大发明 Four Great Inventions	098
辉煌的天象观测成就 Splendid Achievements of Astronomic Observation	103
古代历法与二十四节气 Ancient Chinese Calendar and 24 Seasonal Division Points	105
精妙的古代天文仪器 Ingenious Astronomic Instruments of Ancient China	108
伟大的数学贡献 Great Contributions to Mathematics	112
算盘与珠算 Abacus and Calculation with an abacus	115
自成体系的中医药学 Unique Traditional Chinese Medical Science	117
中医的特色疗法：针灸、推拿、刮痧和拔火罐 Unique Therapies in Traditional Chinese Medicine: Acupuncture, Moxibustion, Massage, Scraping Treatment and Cupping Therapy	120
农学经典：《齐民要术》与《农政全书》 Agricultural Classics: <i>Qi Min Yao Shu</i> (Essential Skills to Benefit the People) and <i>Nongzheng Quanshu</i> (Encyclopedia of Agriculture and Pertinent Ideology)	123
古为今用的水利工程——都江堰 The Dujiangyan Irrigation Project	125

黄道婆与中国棉纺织业 Huang Daopo and the Cotton Textile Industry of China	127
中国 17 世纪的工艺百科全书——《天工开物》 <i>Tiangong Kaiwu (The Exploitation of the Works of Nature)—A</i> Craftwork Encyclopedia of China in the 17th Century	129

语言文字篇
Spoken and Written Chinese Languages

概述 Introduction	132
汉语 The Chinese Language	133
普通话和方言 Standard Chinese and Dialects	135
《汉语拼音方案》 Scheme of Chinese <i>Pinyin</i>	138
汉字的起源与形体演变 The Origin and Evolution of Chinese Characters	140
“六书”与《说文解字》 <i>Liushu (Six Categories of Chinese Characters) and Shuo Wen Jie</i> <i>Zi (The Etymological Dictionary of Chinese Characters)</i>	143
繁体字与简化字 Original Complex Chinese Characters and Simplified Chinese Characters	146

文学篇
Literature

概述 Introduction	150
远古神话 Myths of Remote Antiquity	151
《诗经》 <i>The Book of Songs</i>	153
楚辞 <i>Chu Ci</i>	155
先秦散文 Pre-Qin Prose	157
汉乐府 <i>Yuefu Songs of the Han Dynasty</i>	159

南北朝民歌 Folk Songs of the Southern and Northern Dynasties	161
唐诗 Poetry of the Tang Dynasty	163
宋词 Ci Poetry of the Song Dynasty	166
元杂剧 Zaju of the Yuan Dynasty	168
明清小说 Fiction of the Ming and Qing Dynasties	170
20 世纪中国文学 Chinese Literature in the 20th Century	173

艺术体育篇 Arts and Sports

概述 Introduction	176
书法 Calligraphy	177
中国画 Traditional Chinese Painting	180
篆刻 Seal Cutting	184
盆景 Bonsai	186
民族音乐 Chinese Music	188
京剧 Peaking opera	191
地方戏 Local Chinese Opera	194
曲艺 Quyi	197
杂技 Acrobatics	200
皮影和木偶 Leather-silhouette Show and Puppet Show	203
武术 Martial Arts	206

象棋和围棋 Xiangqi (Chinese Chess) and Weiqi (Go)	209
---	-----

建筑篇
Architecture

概述 Introduction	214
宫殿建筑 The Imperial Palace	216
宗教和祭祀建筑 Religious and Sacrificial Constructions	219
塔 Ancient Pagoda	222
桥梁 Ancient Bridge	225
园林 Classical Gardens	228
楼亭轩榭 <i>Lou</i> (Storied Buildings) and <i>Ting</i> (Kiosk), <i>Xuan</i> (Pavilions) and <i>Xie</i>	231
民居 Civil Residences	233

工艺美术篇
Arts and Crafts

概述 Introduction	238
陶器 Pottery and Porcelain	239
瓷器 Porcelains	242
丝绸 Silk	245
刺绣 Embroidery	248
漆器 Lacquerware	251
景泰蓝 Jingtai Lan (Cloisonné)	253

玉雕 Jade Carving	255
剪纸 Papercutting	258
中国结 Chinese Knotting	261
蜡染、扎染和蓝印花布 Batik, Tie-Dye and Blue Print	263
微雕 Micro Carving	266
扇子 Fan	268
风筝 Kite	270
文房四宝 Four Treasures of Study	272
文物篇 Cultural Relics	
概述 Introduction	276
人面鱼纹彩陶盆 Colored Ceramic Basin with Human Face and Fish Patterns	277
红山玉龙 Jade Dragon of Hongshan Culture	279
后母戊鼎 Houmuwu Square Cauldron	281
越王勾践剑 Sword of King Goujian of Yue	283
秦始皇陵兵马俑 Terracotta Warriors and Horses	286
素纱襌衣 Unlined Plain Silk Gauze Garment	289
铜奔马 Bronze Galloping Horse	291
兰亭序 <i>The Preface to Lanting</i>	293
唐三彩骆驼载乐俑 Tang Tri-colored Glazed Pottery of Camel Carrying a Band	295

五牛图 <i>The Painting of Five Oxen</i>	298
清明上河图 <i>Riverside Scene on the Qingming Festival</i>	300
定窑孩儿枕 Baby-shaped Pillow from Dingyao Kiln	303
编织象牙席 Woven Ivory Bed Mat	305

思想信仰篇
Thoughts and Beliefs

概述 Introduction	308
儒家思想 Confucianism	309
道教 Taoism	312
佛教 Buddhism	315
民间信仰 Folk Beliefs	318

中外文化交流篇
Cultural Exchanges Between China
and Foreign Countries

概述 Introduction	322
丝绸之路 The Silk Road	324
佛教来华 The Introduction of Buddhism into China	327
遣唐使来华与鉴真东渡 Japanese Missions to China and Jianzhen's Eastward Voyages	330
郑和下西洋 Zheng He's Voyages to the Occident	333
西学东渐与东学西传 The Mutual Diffusion of Western and Chinese Learning	336