UNIT 1:

Different from the fierce, evil and earthly dragon image in the West, the Chinese dragon is often considered to be an auspicious, powerful andheavenly creature,which is associated with good luck, the ruling power, and the sky.

和西方龙"凶残、邪恶、俗世的"形象不同，中国龙总是被认为是"吉祥、威武、神圣的"动物，它总是和好运、统治力和天空联系在一起。

Since almost every ethnic group has its own mythical gods and stories about their creative actions.There is not a systematic, integrated, and homogenous “Chinese mythology" held and transmitted by all the Chinese people. (para.1)

因为几乎每个民族都有自己的神话神和关于他们创造性行为的故事。所以，这儿没有一个系统的、完整的、同质的“中国神话”被所有中国人持有和传播。

Additionally, it illustrates that at least as late as the middle of the Western Zhou Dynasty, the myth about Yu controlling the flood had already been spread, and it had been historicized into a legend about a great hero or a great king in the upper class of society. (para.2)

此外，青铜器上的铭文还说明，至少在西周中期，大禹治水的神话已经传播开来，并载入史册，成为一个关于上层社会的伟大英雄或伟大国王的传说。

In China, there is no sacred canon recording myths, beliefs, or sacred history like the Bible or the Koran, nor were there any literati, troubadours, or shamans (sorcerer or sorceress) who collected myths from oral tradition and compiled them into a systematic and integrated mythology, like the Greek collections attributed to Homer and Hesiod. Rather, myths in ancient China were usually spread in scattered and fragmented forms in various written material. (para.3)

在中国,没有像《圣经》或《古兰经》那样的圣书专门记录神话、信仰、或宗教历史,也没有像希腊诗人荷马和赫西奥德那样的文人、行吟诗人、或巫师来收集口述传统的神话并编译成系统完整的神话。相反，中国古代神话通常在各种书面材料中以分散和碎片化的形式传播。

The Chinese dragon is a far different beast from its Western counterpart. Smaug from J. R. R.Tolkien’s “The Hobbit” is perhaps the most widely known dragon from recent Western fiction, a cruel, avaricious and bloodthirsty creature whose lair under the Lonely Mountain identifies him as a creature of the earth. (para.1)

中国龙与西方龙截然不同。托尔金的《霍比特人》中的带翼火龙 Smaug 可能是最近西方小说中最广为人知的龙了，一个残忍、贪婪、嗜血的生物，其孤山下的巢穴表明它是地球上的生物。

In China, there is no sacred canon recording myths, beliefs, or sacred history like the Bible or the Koran,nor were there an literati, troubadours, or shamans (sorcerer or sorceress) who collected myths from oral tradition and compiled them into a systematic and integrated mythology like the Greek collections attributed to Homer and Hesiod.

在中国没有诸如《圣经》或《古兰经》这样的宗教圣典来记录神话,信仰或神圣的历史,也没有文人学士;行吟诗人,或萨满巫师从口述(文学)的传统中收集神话并把它们编撰成系统、完整的神话集--比如像荷马和赫西奥德所作的希腊神话集那样。

Fierce beasts like tigers and gentle creatures like deer roamed with equal abandon across the rocky hills.诸如老虎般的猛兽和鹿般温和的动物，都一样自由自在地漫步于山石之间。

It remains to be seen whether modern Chinese remain as much in the thrall of dragon worship as their ancestors,and if the phenomenon holds true in the 21st century.

现代中国人是否依然像他们的祖先那样深受"龙崇拜"的影响，以及"龙崇拜"现象是否还存在于21世纪，这些都尚待分晓。

By contrast, the Chinses dragon is an auspicious creature, symbolizing strength, wisdom, good luck and power the elements of wind and water. (para.2)

相反，中国龙是一种吉祥的生物，象征力量、智慧、好运和权威，能够呼风唤雨。

Dragons’ association with thunder, lightning and rain may have prompted the widespread belief that there are more likely to be a flurry of natural disasters in a Dragon year, and Chinese New Year celebrations the world over will include ceremonies and prayers dedicated to warding off the possibility of such a calamity striking people’s homes. (para.5)

龙与雷声,闪电和雨的联想可能会促使人们普遍认为龙年更有可能发生一系列自然灾害。遍布全球的中国新年庆祝活动会有各种仪式和祈祷，旨在防止这种灾难波及到人们家中。

It remains to be seen whether modern Chinese remain as much in the thrall of dragon worship as their ancestors, and if the phenomenon holds true in the 21st century. (para.9)

现代中国人是否仍像他们的祖先一样对龙的崇拜如痴如痴，这种现象在 21 世纪是否依然存在，还有待观察。

Different from the cruel, evil and earthly dragon image in the West, the Chinese dragon is of ten considered to be an auspicious, powerful and heavenly creature, which is associated with good luck, the ruling power, and the sky.

(习题) 与西方残忍、邪恶、俗世的龙不同，中国龙被认为是吉祥、强大、神圣的动物，与好运、统治力量和天空有关。

UNIT 2:

The three-in-one historic ensemble of the Potala Palace forms an outstanding example of traditional Tibetan architecture.

布达拉宫三位一体的历史建筑群是西藏传统建筑的杰出代表。

It is not worth seeing the Five Great Mountains if you have been to Huangshan Mountain.

黄山归来不看岳。

Having radish in winter and ginger in summer,you stay healthy without doctor.

冬吃罗卜夏吃姜，不用医生开处方。

The Imperial Chinese Garden illustrated by the Summer Palace, is a potent symbol of one of the major world civilizations.

作为中国皇家园林的典范，颐和园是世界主要文明之一的有力象征。

The beauty and originality of the architecture of these three sites, their rich ornamentation and harmonious integration in a striking landscape, add to their historic and religious interest.

这三处遗址的建筑精美绝伦，设计新颖独特，加上丰富多彩的装饰以及与自然美景的和谐统一，更增添了其在历史和宗教上的重要价值。

The cliffs on both sides were dozens of Zhang high, dwarfing us so ghastly that it made my hair stand on end.

两边的悬崖有几十丈高，使人相形见绌，令我毛骨悚然。

There is a saying that the Chinese are best at using threekinds of knives; the first of these is the kitchen knife, of course (with the other two being thebarber's knife and the foot doctor's knife).

有种说法认为中国人最擅长使用三种刀;其中厨刀自然居首(其余两刀分别是剃刀和修脚刀)

There is no agreement on who should pay the costs imposed by new environmental standards.

谁来为新的环境标准所导致的费用买单，人们对此莫衷一是。

The best kind of tea grows wild on rocks; those cultivated in plantations are second in quality.

茶叶的品质，以山野自然生长的为最好，在园圃栽种的较次。

Just as there is paradise in heaven, there are Suzhou and Hangzhou on earth

上有天堂，下有苏杭

No matter how high the mountain is, its name will spread far and wide if there is a fairy

山不在高，有仙则名

To ascend another storey to see a thousand miles further

欲穷千里目，更上一层楼

This land so rich in beauty has made countless heros bow in homage

江山如此多娇，引无数英雄竞折腰

One can never be aware of the height of the sky or the depth of the earth if he does not climb up a high mountain or look down into a deep abyss

不登高山，不知天之高也；不临深溪，不知地之厚也

The endless river eastward flows, with its huge waves are gone all those gallant heroes of bygone years大江东去，浪淘尽，千古风流人物

A time will come to ride the wind and cleave the waves; I'll set my cloud-white sail and cross the sea, with raves

长风破浪会有时，直挂云帆济沧海

For I pick chrysanthemums under the eastern hedge, and far away to the south I can see the mountains采菊东篱下，悠然现南山

A flag-stone path winds up into the chilly hills, where houses are just discernible amid the thick white cloud

远上寒山石径斜，白云深处有人家

Using Kunming Lake, the former reservoir of the Yuan Dynasty’s capital and Longevity Hill as the basic framework, the Summer Palace combined political and administrative, residential, spiritual, and recreational functions within a landscape of lakes and mountains, in accordance with the Chinese philosophy of balancing the works of man with nature.（Para 2）

颐和园的设计遵照天人合一的中国哲学，利用昆明湖（原为元朝首都的蓄水池）和万寿山为基址, 既有山景又有湖景，集政治、行政、住宅、精神和娱乐功能于一身。

Situated at a strategic point along the Silk Route, at the crossroads of trade as well as religious, cultural and intellectual influences, the 492 cells and cave sanctuaries in Mogao are famous for their statues and wall paintings, spanning 1,000 years of Buddhist art. （Para 4）

莫高窟坐落在丝绸之路的战略要地，处于贸易、宗教、文化和思想影响的咽喉之地，492 个洞穴和洞穴保护区因其雕塑和壁画而闻名，涵盖了 1000 年的佛教艺术。

Since the Southern Song Dynasty (13th century) ten poetically named scenic places have been identified as embodying idealized, classic landscapes that manifest the perfect fusion between man and nature.（Para 8）

自南宋(13 世纪)以来，十处命名富有诗意的风景名胜区被认定是理想化的经典景观，体现了人与自然的完美融合。

The West Lake has influenced garden design in the rest of China as well as Japan and Korea over the centuries and bears an exceptional testimony to the cultural tradition of improving landscapes to create a series of vistas reflecting an idealised harmony between humans and nature.（Para 9）

几个世纪以来，西湖影响了中国其他地区以及日本和韩国的园林设计，并为改善景观创造一系列反映人与自然之间理想和谐的远景的文化传统提供了独特的证明。

The beauty and originality of the architecture of these three sites, their rich ornamentation and harmonious integration in a striking landscape, add to their historic and religious interest.（Para10）

三地精美又富有创意的建筑，丰富多彩的装饰，与周围绝美的自然景观和谐地融为一体，更增添了其历史和宗教特色(韵味儿)

There is a saying from ancient times that goes, “It is not worth seeing the Five Great Mountains if you have been to Huangshan Mountain.” In ancient China, Huangshan was considered as the loveliest mountain of the country in art and literary works. Nowadays the mountain still holds the same fascination for visitors, poets, painters and photographers who come on pilgrimage to the site. (Mini-pedia)

古语有云:“黄山归来不看岳。”在古代中国，黄山被认为是艺术和文学作品中最可爱的山。如今，这座山仍然吸引着前来朝拜的游客、诗人、画家和摄影师。

UNIT3：

Having radish in winter and ginger in summer, you stay healthy without doctor

冬吃萝卜夏吃姜，不用医生开药方

Food is what matters to the people

民以食为天

To feed well in the morning, full in the noon, less in the evening is a good way to keep healthy

早晨吃的好，中午吃得饱，晚上吃得少

No housewife can cook a meal without rice/If you have no hand you can't make a fist

巧妇难为无米之炊

What has been done cannot be undone

生米煮成熟饭

The flavors must not overpower the food, yet subtle enough to meet the tastes of those dining.

添加味道不能压倒食物原味，但要足够精细，以满足那些用餐者的口味。

Another point is that over festive periods, with the play of word’s phonetics, felicitous names of dishes may encourage people to guess what they are about to eat, thereby adding fun to eating.

另外，在节日期间，根据菜肴发音而来的贴切菜名会激励人们猜测他们将要吃什么，从而增添进食的乐趣。

Rather than for serving oneself a separate portion, the saucer is used for bones and shells or as a place to rest a bite taken from a communal plate when it is too large to eat all at once.

碟子不是用来给自己单独盛一份，而是用来放骨头和壳类。或者：当你从公用盘夹来的实物太大而不能一次吃完的时候，可用碟子装剩下的部分。

Eating usually begins in order of seniority, with each diner taking the cue to start from his or her immediate superior.

吃饭通常按资历或长幼顺序开始，每个就餐者都从其长辈或上级那里得到开始用餐的暗示。

It seems that Chinese cuisine has conquered much of the world. Some great chefs of the past have had their names committed to history books, where they glimmer alongside those of great statesmen and generals. It seems that even this was not enough, and some lucky ones were even promoted to premier or chancellor.

（习题） 中国菜似乎已经征服了世界上的很多地方。过去的一些伟大厨师将自己的名字写进 了历史书，与那些伟大的政治家和将军的名字一起熠熠生辉。似乎这还不够，一些

幸运的人甚至被提升为总理或总理。

Noodles are the symbol of longevity in Chinese culture, so Chinese people will have a bowl of noodles on their birthday, and the noodle strands should not be cut up.

中国文化中“面条”寓意“长寿”，所以中国人过生日要吃面条，而且不能把面条折断。

Chinese cuisine involves eight major branches. Influenced by the geography, climate, local product and eating habit, each of the eight regional cuisines has its own distinctive features.

中国菜肴有八大菜系。受其所在地区的地理、气候、 物产和饮食习惯的影响，八大菜系各具特色。

Chinese people stress filial piety all the time. The practice of presenting the best or fine food first to the senior members of the family has been observed for countless generations.

中国人恪守孝道，历来在餐桌上将最好的食物首先呈给家中的长者。

In many parts of China, particularly northern China, wheat-based products including noodles and steamed buns predominate, in contrast to southern China, where rice is dominant.

在中国的许多地区，特别是北方地区，主要以面食为主，包括面条和馒头，南方 地区则以米饭为主。

The finer the grain the better, the more exquisite the meat the better.

食不厌精，脍不厌细

Vanity is vain, good food is good for body, gambling never really wins, and too much sex ends in nothing.

着威风，吃受用，赌对冲，嫖全空

Saints rule by keeping their people from starvation, not from boredom.

圣人为腹不为目

Noodles are the symbol of longevity in Chinese culture, so Chinese people will have a bowl of noodles on their birthday, and the noodle strands should not be cut up

在中国⽂化中“⾯条”寓意“⻓寿”，所以中国⼈过⽣⽇要吃⾯条，⽽且不能把⾯条折断。

Chinese cuisine involves eight major branches. Influenced by the geography, climate, local product and eating habit, each of the eight regional cuisines has its own distinctive features

中国菜肴有⼋⼤菜系。受其所在地区的地理、⽓候、物产和饮⻝习惯的影响，⼋⼤菜系各具特⾊。

Chinese people stress filial piety all the time. The practice of presenting the best or fine food first to the senior members of the family has been observed for countless generations

中国⼈恪守孝道，历来在餐桌上将最好的⻝物⾸先呈给家中的⻓者。

In many parts of China, particularly northern China, wheat-based products including noodles and steamed buns predominate, in contrast to southern China, where rice is dominant

在中国的许多地区，特别是北⽅地区，主要以⾯⻝为主，包括⾯条和慢头，南⽅地区则以⽶饭为主。

UNIT6：

In Month Seven the Fire Star is hardly spotted; in Month Nine winter coats are allotted.

七月流火，九月授衣。

The Solar Terms constitute calendar of twenty-four periods and climates used to govern agricultural arrangements in ancient China that functions even now. These twenty-four solar terms each suggest the position of the sun every time it travels 15 degrees on the ecliptic longitude. These solar terms have meaningful titles. Some of them reflect the change of seasons; some embody the phenomena of climate; and some indicate the change of climate.

节气构成了二十四节气的日历，用来支配古代中国的农业安排，至今仍在起作用。 这 24 个节气每一个都表明了太阳在黄道经度上运行 15 度时的位置。这些节气的名称都很有意义。其中一些反映了季节的变化;有的体现了气候现象;有些表明气候的变化。

Without a cloth coat coarse or fine, How can we last through the winter time!

粗布衣服都没有，怎样过冬心悲伤。

When the weather turns warm in spring, The orioles wake and start to sing.

春天太阳暖洋洋，黄莺吱喳枝头唱。

In Month Twelve we have a grand chase, To complete the hunt with good grace.

十二月大伙聚一起,继续打猎练武忙。

In Month Six we eat plums and wild grapes; In Month Seven we cook mallows and beans.

六月里野李葡萄尝，七月里煮葵烧豆汤。

In Month Twelve we chop the ice with hammers; In Month One we move it to the cellars.

腊月里凿冰冲冲响，正月里送进冰窖藏。

UNIT8：

Calligraphy is a mental exercise that coordinates the mind and body.

书法是一项调节身心的心智运动。

According to an old Chinese saying, “the way characters are written is a portrait of the person who writes them.”

中国有句老话，“字如其人。”

Official script also gave birth to cursive script where characters are often joined with the last stroke of the first that merges into the initial stroke of the next character, which made the writing process much faster. Running script falls somewhere between regular and cursive scripts.

草书来自于隶书。在草书中，汉字通常与前一个汉字的最后一笔连在一起，再与下一个汉字的第一笔连在一起，这使得书写速度大大加快。行书介于楷书和草书之间。

Xuan paper is soft and fine textured, suitable for conveying the artistic expression of both Chinese calligraphy and painting.

宣纸质地柔软细腻，适合中国书画的艺术表达。

By controlling the flexibility of the brush, the concentration of the ink and the absorbency of the paper, the artist can produce an infinite variety of calligraphic styles and forms.

书法家通过控制毛笔的柔度、墨汁的浓度以及纸张的吸水性，可以创造出无数种书体和书法形态。

Expressing the abstract beauty of lines and rhythms, calligraphy is a reflection of a person’s emotions, moral integrity, character, educational level, accomplishments in self-cultivation, intellectual tastes and approach to life.

书法表现的是线条与节奏的抽象之美，它能够反映出人的情感态度、操守品格、个性特点、文化水平、个人修养、知识品位以及人生态度。

Calligraphy is a mental exercise that coordinates the mind and body. It is a most relaxing yet highly disciplined exercise for physical and spiritual well-being.

书法是一项调节身心的心智运动，是极度放松同时又高度严谨的一项有益身心健康的运动。

According to Xunzi, the ruler stands in relation to his people as a boat stands in relation to water. Water could both carry the boat and overturn it.

荀子认为，统治者和人民的关系就像船与水的关系一样。水能载舟，亦能覆舟。

The top third graduates of this institution are entitled to further overseas study.

这所学校的毕业生当中排名前 1/3 的学生可以赴海外继续深造。(be entitled to)

As this art has a history of well-nigh two thousand years, and as every writer tried to distinguish himself by a new type of rhythm, or structure, therefore, in calligraphy, if in anything, we are entitled to see the last refinement of the Chinese artistic mind. (Para. 3)

由于（书法）这门艺术有近 2000 年的历史，且每位书法家都力图用一种不同的韵律或结构来标新立异，这样，在书法上，也许只有在书法上，我们才能够看到中国人艺术心灵的极致。

What is of significance to the West is the fact that, not only has it provided the aesthetic basis for Chinese art, but it represents an animistic principle which may be most fruitful of results when properly understood and applied. (Para. 4)

对西方来说，更有意义的事实是，书法不仅为中国艺术提供了美学基础，而且代表了一种万物有灵的原则。这种原则一经正确地领悟和运用，将硕果累累。

It has thus become an art cultivated with the same passion and devotion, dignified by as worthy a tradition, and held in as high esteem as painting itself. 因此，它已成为一种以同样的热情和精力培养出来的艺术，被视为一种值得尊敬的传统，和绘画本身一样受到高度推崇。

UNIT14：

Planning works in a controlled environment, but in a changing environment, competing plans collide, creating unexpected situations.

计划在受控的环境中有效，但在不断变化的环境中，相互竞争的计划会发生冲突，造成意想不到的情况。

By thinking, assessing and comparing these points you can calculate a victory, deviation from them will ensure failure.

通过思考，评定和比较这些点，你可以计算出一个胜利，偏离它们将确保失败。

The Plan of Attack defines the source of strength as unity, not size, and the five ingredients that you need to succeed in any war.

谋攻将力量的源泉定义为团结，而不是规模，以及在任何战争中取胜所需要的五种要素。

As such, it has found application as a training guide for many competitive endeavors that do not involve actual combat.

同样的，它已被应用为许多不涉及实战的竞争性努力的训练指南。

The book is also popular among Western business management, who have turned to it for inspiration and advice on how to succeed in competitive business situations.

这本书在西方企业管理人士中也很受欢迎，他们从这本书中获得了如何在竞争激烈的商业环境中获得成功的灵感和建议。

The Nine Situations describe nine common situations in a campaign, from scattering to deadly, and the specific focus you need to successfully navigate each of them.

九地描述了战役中的九种常见情况，从分散到致命，以及你需要成功驾驭每一种情况的具体重点。

Hence to fight and conquer in all your battles is not supreme excellence; supreme excellence consists in breaking the enemy’s resistance without fighting.

是故百战百胜，非善之善也；不战而屈人之兵，善之善者也。

Hence the saying: If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle.

故曰：知己知彼，百战不殆；不知彼而知己，一胜一负；不知彼不知己，每战必败。

This can be done in numerous ways: developing new ways to serve the market or by using subtle, indirect, and low-key approaches that will not draw a competitor’s attention or response.

这可以通过多种方式来实现:开发新的服务市场的方式，或者使用微妙的、间接的、低调的方法，这些方法不会引起竞争对手的注意或反应。

One case in point hails from in the burger wars between McDonald’s and Burger King.

一个恰当的例子来自麦当劳和汉堡王之间的汉堡大战。

The Art of War by the military strategist Sun Wu in the Spring and Autumn Period has enjoyed a history of over 2，500 years. The book consists of 13 chapters:Laying Plans, Waging War, Attack by Stratagem, Tactical Dispositions, Energy, Weak Points& Strong, Maneuvering, variation in Tactics, The army on the march, Situational Positioning The Nine Situations, Fiery Attack, and The Use of Spies. The military thoughts have been translated into over ten other languages:Japanese, English, French, German, Russian, etc. The book, regarded as the bible of the military is one of the most widely known and most influential military treatises of the Seven military classics. The strategies, tactics and philosophies such as "to subdue the enemy without fighting/to break the enemy, s resistance without fighting，"If you know the enemy and know yourself, you need not fear the result of a hundred battles have had a far-reaching influence on military leaders, politicians, and philosophers at home and abroad both in ancient and in modern times, with extensive applications in military political and economic

《孙⼦兵法》为春秋时期的军事家孙武所著，迄今已有两千五百多年的历史。该书共计⼗三篇：始计、作 战、谋攻、军形、兵势、虚实、军争、九变、⾏军、地形九地、⽕攻和⽤间。其军事思想已被译成⽇、 英、法、德、俄等⼗⼏种⽂字，享有兵学圣典”的美誉，是《武经七书》中流传最⼴、影响最⼤的⼀本军事著作。 它所阐述的“不战⽽屈⼈之兵”、“知⼰知彼，百战不殆”等战略战术和哲学思想，对古今中外的军事家、政治家、思想家产⽣了⾮常深远的影响，被⼴泛运⽤于军事、政治、经济等领域中。

UNIT15:

Such behavior is not found in Kung Fu training, because the nature of the training is such that a calm disposition and a feeling for one’s training partners are developed intrinsically, and harboring selfish, aggressive attitudes would work against the practitioners themselves.

这种行为在功夫训练中是找不到的，因为训练的本质是这样的，一种平静的性情和对训练伙伴的感情是内在发展的，而怀有自私、好斗的态度会对练习者自己不利。

In the story, the temple disciples with years of repetitive labor like cooking and carrying water gradually acquire Kung Fu skills without their knowing it.

在故事中，寺庙的弟子们经过多年的重复劳动，如做饭、挑水等，在不知不觉中逐渐掌握了功夫。

After grasping conscious movement, we can begin to interpret energy, and finally, from interpreting energy, proceed to spiritual illumination. (Para. 3)

在掌握了意识运动之后，我们可以开始释放能量，最后，从释放能量中促进精神的启迪。

Movement and consciousness must complement each other, For spirit is the ruler and flesh and bones his subjects. (Para. 8)

运动和意识必须相辅相成，因为精神是统治者，而肉体和骨骼则是臣民。

By first seeking to develop conscious movement in yourself and realizing it in your own body, you will naturally be able to know it in others. If you seek it first in others, it is likely that you will miss it in yourself.

通过首先寻求在你自己内发展有意识的运动，并在你自己的身体内实现它，你将自然地能够在他人内了解它。如果你首先在别人身上寻找它，你很可能会在自己身上失去它。