人文英语复习

文化常识词汇选择题：30个，一分一个（1235sectionA、sectionB课文与词汇，文化常识，练习）

习语选择题：10个，一分一个（1235sectionA\B练习，知识拓展）

阅读：一篇长对话（1235sectionD）和其他课外的阅读（判断题：共十分，深度阅读：5个，每个2分），一共20分

翻译（英译汉）：1235sectionA，共20分

作文：人文话题，共20分

**UNIT1**

SectionA、SectionB词汇和文化常识：

Hover盘旋；徘徊、hover over在…上盘旋

Vault天空；跳跃；拱形的弯曲

Vegetation植物

Sacred神圣的；sacred flame 圣火；sacred and inviolable神圣不可侵犯

Teem充满；多产的 teem with sb/sth；be teem with sb/sth充满…

Livestock牲畜；livestock breeding、farming畜牧业

Nostril鼻孔

Rib肋骨

Subdue征服；subdued被征服的

Vast巨大的，浩瀚无垠的空间；vast majority大部分；vast scale大规模

Array大堆，排列；an array of一群

Genesis创世纪、genesis起源、idiom谚语、Grospel福音节、Holy Bible 圣经、Eve夏娃、Adam亚当、prophetic预言的、Jesus耶稣

Bear忍受，结果实

Christianity基督教、Islam伊斯兰教、Buddhism佛教、Grace希腊、Palestine巴勒斯坦、Asia小亚细亚、Catholicism天主教、The Orthodox eastern东正教、Protestantism新教

Joint venture合资企业、fig leaves无花果树的叶子、dove鸽子、adversity逆境、legacy遗产、sim原罪、curse/damn诅咒

Zeus宙斯、Hera赫拉、Poseidon波塞冬、Presephon冥后、Hermes赫尔墨斯、Aphrodite阿佛洛狄忒、eros丘比特

oak橡树

acorn橡子

nectar甘露

Heed注意，heedless不留心的，heedful留心的、paid heed to注意、heedness注意

Satyr萨堤尔

Peep一瞥，偷看；peeper偷窥;peep at sb/sth偷看

Beehive蜂房

Rheumatism风湿

Scorch烤焦；scorching/scorched灼热的

Wicked邪恶的，evil邪恶的，wickedness邪恶

Undo消除，废止

Mortal凡人，凡人的；mortally致命的；mortality必死性

Gossamer薄纱

Swarm一群；swarm into涌入;swarm with 充满

Sting叮；sting sb向某人索取高价

Fan煽动

lay up存储、lay sb up把某人放在一旁、by means of依靠、contribute to贡献

in a good faith真诚的

文化常识：

1、《圣经》(the Bible 或the Holy Scriptures)由《旧约》(the Qld Testament)和《新约》,《旧约》最早是用希伯来语OHebrew)写成的，《新约》则用希腊文写成（耶稣）。

2、伊斯兰教，基督教，，佛教为世界三大教

3、Adam: the symbol of being old,obsolete and primitive 亚当:古老、陈旧、原始的象征

Adam's ale: water Adam's apple: the protruding part in a man's throat 亚当的苹果:男人喉咙里突出的部分

Adam's profession: agriculture,gardening亚当的职业:农业，园艺

Adam's son: men or human beings亚当的儿子:人或人类

Adam and Eve: the first humans created by God亚当和夏娃:上帝创造的第一批人类

4、十四位主神

宙斯（Zeus）：天神。克罗斯洛（Cronus or Kronus）和瑞亚（Rhea）之子，掌管天界，是第三代神王。它是宇宙的统治者，能够使用雷电惩罚神与人。他在罗马神话中叫朱庇特(Juplen)。

赫拉（Hera）：天后。克洛诺斯和瑞亚的长女，宙斯的姐姐和妻子。赫拉是掌管婚姻的女神，代表女性的美德和尊严。她在罗马神话中叫朱诺(Juno)。

波塞冬（Poseidon）：海神。克洛港斯和瑞亚的儿子，宙斯的兄弟。他掌管大海，脾气暴躁生性贪婪。他在罗马神话中叫尼普顿(Neptune)。

哈得斯(Hades)宙斯的兄弟，掌管冥府，同时也是财富之神，有一顶可以隐身的帽子。他生生残忍，十分可怕，但很守信。他在罗马神话中叫普路托(Pluto)。

阿波罗（apollo）：太阳神，掌管音乐、诗歌、预言等。由斯和勒托之子，与阿耳忒弥斯是双生兄妹。

阿耳求弥斯(Artemis)：月亮女神，掌管狩猎、动物、分娩等。宙斯和勒托之女，与阿波罗是生兄妹。她在罗马神话中叫狄安娜(Diana)。

雅典娜(Athena)：智慧女神，也掌管园艺、女红等。她是智慧、理智和纯洁的化身。她在罗马神话中叫密涅瓦(Minerva)。

赫斯提亚(Hestia)：宙斯的姐姐，掌管万民的家事。她在罗马神话中叫维斯塔(Vesta)。O阿佛洛狄忒(Aphrodite)：爱与美之神。宙斯与迪俄涅的女儿，从海里的泡沫中生出。她在罗马神话中叫维纳斯(Venus)。

赫淮斯托斯(Hephaestus)：火神，为众神制造武器和铠甲。宙斯与赫拉之子，神中唯一丑陋者，但其妻却是爱与美之神阿佛洛狄忒。

赫尔墨斯(Hermes)：众神的使者，商业和发明创造之神，亡灵的接引神。宙斯和迈亚之子。他在罗马神话中叫墨丘利(Mercury)。

德墨忒耳(Demeter)：农业女神。克洛诺斯和瑞亚之女，宙斯的姐姐。她在罗马神话中叫刻瑞斯(Ceres)。

狄俄尼索斯(Dionysus)：酒神。宙斯和塞墨勒之子。他在罗马神话中叫巴克斯(Bacchus)。阿瑞斯(Ares)：战神。宙斯与赫拉之子，粗暴而嗜血。他在罗马神话中叫马耳斯(Mars)。

5、希腊神话中的典故：

the Achilles' heel:惟一的致命弱点；要害

the Amalthea's horn / horn of plenty:丰饶角；丰饶的象征the Midas touch:赚大钱的本领；事事处处能赚钱的本领

pile Pelion on Ossa:高了又高；难上加难

Procrustean bed:逼人就范之物；强求一致的制度(或政策等)

a sop to Gerberus:贿赂

sow dragon's teeth:播下不和(或毁灭)的种子

Sphinx's riddle:斯芬克斯之谜；难解之谜

swan song:(诗人、音乐家等的)最后作品(或言行等)；告别演出

between cup and lip:在将成未成之际

Adam's apple 喉结

the salt of the earth 中坚力量，高尚的人

the Whiting 'ah the wall 不祥之兆

Benjamin's mess 最(很)大的份额

the apple of the eye 心爱之物，掌上明珠

separate the sheep from the goats 区别好坏，分清良莠

under the rose 私下的／私密的

a Gordian knot 难以解开的难题

a Penelope's web 故意拖延的策略

win laurels 成功／胜利

be all Greek to 不懂，为某人所不理解的

an apple of discord 争执的起源

bone of bones and flesh of flesh骨中骨肉中肉

what is done, can not undo done覆水难收

**The Creation of the World**

**世界的创造**

In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep,and the Spirit of God was hovering over the waters.

起初，上帝创造了天地。那时地空虚混沌，渊面黑暗，神的灵在水面上运行。

And Gof said, "Let there be light," and there was light. God saw that the light was good, and he separated the light from the darkness.God called the light "day," and the darkness he called "night". There was evening, and there was morning- the first day.

神说，要有光，就有了光。神看光是好的，就把光暗分开了。上帝称光为“昼”，称黑暗为“夜”。有晚上，有早晨——这是第一天。

And God said, "Let there be a vault between the waters to separate water from water." So God made the vault and separated the water under the vault from the water above it. And it was so. God called the vault "sky."And there was evening, and there was morning - the second day.

神说:“诸水之间要有穹苍，将水分开。”于是上帝造了穹窿，把穹窿下面的水和上面的水分开。事情就是这样。上帝称穹窿为“天空”。有晚上，有早晨，是第二日。

And God said, "Let the waters under the sky be gathered to one place,and let dry ground appear." And it was so. God called the dry ground"land," and the gathered waters he called "seas." And God saw that it was good.

神说:“天下的水要聚在一处，使旱地露出来。”事情就是这样。神称旱地为“地”，称聚集的水为“海”。上帝看这样很好。

Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their yarious kinds." And it was so. The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their various kinds. And God saw that it was good. And there was evening, and there was morning- the third day.

神说:“地要生菜蔬和结种子的菜蔬，并结果子的树木，各从其类，果子都含核。”事情就是这样。地上长出青草，结种子的菜蔬，各从其类;结果子的树木，各从其类，都有核。上帝看这样很好。有晚上，有早晨，是第三日

And God said, "Let there be lights in the vault of the sky to separate the day from the night, and let them serve as signs to mark sacred times,and days and years. And let there be lights in the vault of sky to give light on the earth." And it was so. God made two great lights- the greater light to govern the day and the lesser light to govern the night. He also made the stars. God set them in the vault of sky to give light on the earth, to govern the day and the night, and to separate the light from the darkness. And God saw that it was good. And there was evening, and there was morning -the fourth day.

神说、穹苍中要有光体、可以分昼夜、作记号、定节期、日子、年岁。让天穹中有光，照亮大地。”事情就是这样。神造了两个大光，大的管昼，小的管夜。他还创造了星星。上帝把它们安置在天穹中，照亮大地，管理昼夜，区分光明与黑暗。上帝看这样很好。有晚上，有早晨，是第四日

And God said, "Let the waters teem with living creatures, and let birds fly above the earth across the vault of the sky." So God created the great creatures of the sea and every living thing with which the water teems and that moves about in it, according to their kinds, and every winged bird according to its kind. And God saw that it was good. God blessed them and said, "Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth." And there was evening, and there was morning - the fifth day.

上帝说:“水要多多滋生有生命的生物;要有雀鸟飞在天穹之上。”于是神造出海里的大鱼、和水中所滋生各样昆虫、各从其类。又造出各样飞鸟、各从其类。上帝看这样很好。神就赐福给这一切，说:“滋生繁多，充满海中的水;雀鸟也要多生在地上。”有晚上，有早晨，是第五日

And God said, "Let the land produce living creatures according to their kinds: the livestock, the creatures that move along the ground, and the wild animals, each according to its kinds." And it was so. God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good.

神说，地要生出活物来、各从其类、牲畜、地上的昆虫、野兽、各从其类。事情就是这样。神就造出走兽，各从其类，牲畜，各从其类，并地上一切的昆虫，各从其类。上帝看这样很好。

Then God said, "Let us make mankind in our image, in our likeness so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and all the living creatures that

move along the ground."

神说:“我们要照着我们的形像，按着我们的样式造人，使他们管理海里的鱼，空中的鸟，地上的牲畜和一切走兽，并地上一切的昆虫。”

So God created mankind in his own image, in the image of God he created them. God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. Now God had planted a garden in the east, in Eden; and there he put the man he had formed. God made all kinds of trees grow out of the ground - trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil.

所以上帝按照自己的形象创造了人类，按照上帝的形象创造了他们。神用地上的尘土造人，将生气吹在他鼻孔里，他就成了有灵的活人。神在东方的伊甸立了一个园子。他把所造的人放在那里。神使各样的树从地里长出来，可以悦人的眼目，其上的果子好作食物。园子的中央是生命树和分别善恶树。

God took the man and put him in the Garden of Eden to work it and take care of it. He commanded the man, "You are free to eat from any tree in the garden, but you must not eat the fruit from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."

上帝把这个人放在伊甸园里，让他工作和照料伊甸园。又吩咐他说:“园中各样树上的果子，你可以随意吃，只是分别善恶树上的果子，你不可吃，因为你吃的日子必定死。”

Then God said, "It is not good for the man to be alone. I will make a helper suitable for him." But for Adam no suitable helper was found. So God caused the man to fall into a deep sleep, and while he was sleeping,he took one of the man's ribs and then closed up the place with flesh. Then God made a woman from the rib he had taken out of the man, and he brought her to the man.

上帝说:“那人独居不好。我要为他造一个帮手。”但是亚当没有找到合适的帮手。于是神使那人沉睡，趁他睡着的时候，取下他的一根肋骨，又用肉把他合拢。神就用那人身上所取的肋骨造了一个女人，领她到那人面前。

Then the man said:

"This is now bone of my bones and flesh of my flesh；She shall be called 'woman,' for she was taken out of man."

那人说:“这是我骨中的骨，肉中的肉，可以称她为女人，因为她是从男人身上取出来的。”

This is why a man leaves his father and mother and is united to his wife, and they become one flesh.

所以人要离开父母，与妻子连合，成为一体。

God blessed them and said to them, "Be fruitful and increase in number, fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."

神就赐福给他们、又对他们说、你们要生养众多、遍满地面、治理全地。也要管理海里的鱼，天上的鸟，和地上各样行动的活物。”

God saw all that he had made, and it was very good. And there was evening, and there was morning-the sixth day.

上帝看到他所造的一切都很好。有晚上，有早晨，是第六日。

By the seventh day God had finished the work he had been doing;so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

到第七日，神完成了他的工，就在第七日歇了他一切的工，安息了。创1神赐福给第七日、定为圣日、因为在这日他歇了一切创造的工、就安息了。

Thus the heavens and the earth were completed in all their vast array.

这样，天地在广大的格局中都造好了

**UNIT2**

SectionA/B单词和文化常识

单词：Renassance文艺复兴

Stagnation停滞；stagnate停滞;stagnant停滞的

Ensue因而产生；ensuing接着发生的；ensue from由…产生

Florence佛罗伦萨

Sumptuous奢华的；luxurious/gorgeous/magnificant

Clergy圣职人员;clergyman神父=priest

Pagan异教徒

Petrarch彼特拉克

Cicero西塞罗

Virgil维吉尔

Vitruvius维特鲁威

Extol赞扬

Symmetry对称；syymmetrical对称的；symmetrize使对称

Gothic哥特式的

Spire尖塔

Depict刻画；depictive描写的；depiction描写

Linear线的；linear algebra线性代数

Chiaroscuro明暗对比法

Pythagoras毕达哥拉斯

Pervasive流行的；pervade遍布；pervasim渗透；pervious可渗透的

Emancipation解放

Enlightenment启蒙运动

Artisan工匠，craftsmant工艺

Burgeoning激增的，burgeon萌芽

Loom织布机

Vista景观

Virgin原始状态的

Formidable可怕的

Compactly紧密的；compact合约，压紧

Arbitrary任意的，武断的

Impetus推动，促进

Devastation毁灭；devastate

Ammunition弹药

Puritan清教徒

Ritual程序、仪节

Protestant新教徒

Jurisdiction司法权

Abide遵守

Pilgrim清教徒前辈移民；pilgrim朝圣者

Charter许可证

Heretic异教徒

Emerge from幸存下来

Feudal封建的；feudalism封建主义；feudalistic封建的

Noble贵族

Show off炫耀

Foreign currencies外币

Sought out寻找

Delighted in感到高兴

Model on模仿

Held in high esteem 十分敬重

Employ oneself in doing 忙于做某事

Improportion成比例；out of improportion不成比例；direct proportion 成正比inverse proportion成反比

Nothing more than只不过

Emigrate 出境；immigrate入境；migrate迁移

Trickle水滴

Meager贫乏的

Textile纺织

Evict驱逐

Enclosure movement圈地运动

Game野味

Cultivation无家可归的

Cargoes货物

Endow赋予

Vessel传播

Impetus to驱动力

Subsequent随后的

Venture into/on 冒险…

Cavalier保皇党，骑士

With regard to/in regard to至于，关于

Utensil用具

Upheaval巨变

In accordance with与..相一致

To one’s liking合某人的胃口

Nothing ventured, nothing gained不入虎穴焉得虎子

Cast lot抽签，抓阄

文化常识1 清教徒(Puritans)是16世纪60年代在英国国教会内部出现的新的宗教派别。他们要求按照加尔文教“纯洁”国教会，清除国教中的天主教旧制和繁琐仪式，如废除主教制和圣像崇拜，减少宗教节日等；只承认《圣经》是信仰的唯一权威，强调所有信徒在上帝面前一律平等；要求摆脱王权对教会的控制；提倡“勤俭清洁”的生活，因而得名“清教徒”。16世纪末，清教徒遭受迫害，清教运动转入低潮。17世纪，许多清教徒移民新大陆。美国许多价值观诸如个人主义、努力工作、尊重教育等在很大程度上来源于清教徒的信仰。

2《五月花号公约》(Mayflower Compact)是北美第一份成文的社会契约。

3文学“前三杰”：但丁·阿利盖利(Dante Alighierj)(1265-1321)：文艺复兴的先驱，意大利诗人，现代意大利语的莫基者。其代表作《神曲》（The Divine Comedhy）以含蓄的手法批评和揭露中世纪宗教统治的腐败和愚蠢，被认为是中世纪资产阶级叩响近代社会大门的思想解放之作。

弗朗西斯克·彼特拉克(Francesco Petrarch)(1304-1374)：意大利诗人。其十四行体抒情诗集《歌集》表达出早期人文主义者对新生活的向往与追求。他提出以“人的思想”代替“神的思想”，被称为“人文主义之父”。

C乔万尼·薄伽丘(Giovanni Boccaccio)(1313-1375)：意大利作家。其代表作《十日谈》批判宗教守旧思想，主张“幸福在人间”，被视为文艺复兴的宣言。 DecameTo

4艺术“后三杰”： Write

列奥纳多·达·芬奇(Leonardo da Vinci)(1452-1519)：意大利文艺复兴时期最负盛名的

美术家、雕塑家、建筑家。他的作品多体现出智慧、深邃、严谨的气息，其独特的艺术语言是运用明暗法创造平面形象的立体感。代表作有壁画《最后的晚餐》、《安吉里之战》和肖像画《蒙娜丽莎》、《岩间圣母》，著作有《绘画论》。

C拉斐尔·桑西(Raphael Sanzio)(1483-1520)：意大利杰出的画家。其作品具有古典精神优雅、秀美、圆润、柔和的风格，代表作有油画《西斯廷圣母》、肖像画《卡斯蒂廖内像》和《披纱女子像》、壁画《雅典学院》等。他的一系列圣母画像和中世纪画家的同类题材作品不同，都以母性的温情和青春健美体现了人文主义思想。

米开朗基罗·博那罗蒂(Michelangelo Buonarroti)(1475-1564)：意大利文艺复兴时期伟大的画家、雕塑家、建筑师，文艺复兴时期雕塑艺术最高峰的代表。他创作的人物雕像雄伟健壮，气魄宏大，充满了无穷的力量。代表作有雕像《大卫》、《摩西》、《被缚的奴隶》和《垂死的奴隶》，西斯廷教堂天顶画《创世纪》，教堂壁画《末日审判》等。

Renaissance

文艺复兴

"Renaissance," French for "rebirth," perfectly describes the intellectual and economic changes that occurred in Europe from the fourteenth through the sixteenth centuries.

“文艺复兴”在法语中是“重生”的意思，它完美地描述了从14世纪到16世纪欧洲发生的智力和经济变化。

Durig the era known by this name, Europe emerged from the economic stagnation of the Middle Ages and experienced a time of financial growth. Also, and perhaps most importantly, the Renaissance was an age in which artistic, social, scientific, and political thought turned in new directions.

在这个时代，欧洲摆脱了中世纪的经济停滞，经历了一个金融增长的时期。而且，也许最重要的是，文艺复兴是一个艺术、社会、科学和政治思想转向新方向的时代。

In the feudal structure of the Middle Ages, the nobles who lived in the country provided the king with protection in exchange for land. In feudal cities, where there was a small middle-class population, life was a little easier and individuals had the freedom to pursue whatever trade or industry they liked.

在中世纪的封建结构中，居住在乡间的贵族为国王提供保护，以换取土地。在封建城市，中产阶级人口较少，生活相对轻松一些，个人可以自由从事自己喜欢的贸易或行业。

Many Italian coastal cities became centers for trade and commerce and for the wealth and education that ensued. One of the cities that exemplified these new trends was Florence.

许多意大利沿海城市成为贸易和商业中心，以及随之而来的财富和教育中心。佛罗伦萨是代表这些新趋势的城市之一。

As the fortunes of merchants, bankers, and trades people improved,they had more than enough money to meet their basic needs for food, clothing, and shelter. They began to desire larger, more luxurious homes,fine art for these residences, sumptuous clothing to show off their wealth in public, and exotic delicacies to eat. These desires of the middle class stimulated the economy.

随着商人、银行家和商人的财富增加，他们有足够的钱来满足他们对食物、衣服和住所的基本需求。他们开始渴望更大、更豪华的住宅，为这些住宅装饰精美的艺术品，在公众面前炫耀自己财富的华丽服装，以及异国风味的美食。中产阶级的这些欲望刺激了经济。

The middle-class population also had leisure time to spend on education and entertainment. In fact, education was essential for many middle-class professions. Bankers and accountants needed to understand arithmetic. Those trading with other countries needed knowledge of foreign currencies and languages. Reading was essential for anyone who needed to understand a contract.

中产阶级也有闲暇时间花在教育和娱乐上。事实上，教育对许多中产阶级职业来说是必不可少的。银行家和会计师需要懂算术。那些与其他国家进行贸易的人需要了解外国货币和语言。对于任何需要理解合同的人来说，阅读都是必不可少的。

In the Middle Ages, books had been costly and education rare; only the clergy had been regular readers and owners of books. Most books had been written in Latin, considered the language of scholarship. In the Renaissance, the educated middle classes, who could now afford books,demanded works in their own languages. Furthermore, readers wanted a greater variety of books. As the demand for books grew, the book trade began to flourish throughout Europe, and industries related to it, such as papermaking, thrived as well. The result of all of this was a more literate populace and a stronger economy.

在中世纪，书籍是昂贵的，教育是罕见的;只有神职人员经常阅读和拥有书籍。大多数书都是用拉丁文写的，拉丁文被认为是学术语言。在文艺复兴时期，受过良好教育的中产阶级，现在买得起书，要求用自己的语言写作。此外，读者想要更多种类的书。随着图书需求的增长，图书贸易开始在整个欧洲蓬勃发展，与之相关的工业，如造纸，也蓬勃发展。所有这一切的结果是一个更有文化的民众和更强大的经济

Books also helped to spread awareness of a new philosophy thatemerged when Renaissance scholars known as humanists returned to the works of ancient writers. Previously, during the Middle Ages, scholars had been guided by the teachings of the church, and people had concerned themselves with actions leading to heavenly rewards. The writings of ancient, pagan Greece and Rome, called the "classics," had been greatly ignored. To study the classics, humanists learned to read Greek and ancient Latin, and they sought out manuscripts that had lain undisturbed for nearly 2,000 years.

当文艺复兴时期被称为人文主义者的学者重新研究古代作家的作品时，书籍还有助于传播一种新哲学的意识。以前，在中世纪，学者们受教会教义的指导，人们关心的是导致天堂奖励的行为。古代异教希腊和罗马的著作，被称为“经典”，被大大忽视了。为了研究经典，人文主义者学会了阅读希腊文和古拉丁语，他们寻找了近2000年来未受干扰的手稿。

The humanists rediscovered writings on scientific matters, government, rhetoric, philosophy, and art. They were influenced by the knowledge of these ancient civilizations and by the emphasis placed on man, his intellect, and his life on Earth.

人文主义者重新发现了有关科学问题、政府、修辞学、哲学和艺术的著作。他们受到这些古代文明知识的影响，也受到对人、人的智力和人在地球上生活的重视的影响。

The rebirth of classical studies contributed to the development of all forms of art during the Renaissance. Literature was probably the first show signs of classical influence. The Italian poet Petrarch delighted in studying the works of Cicero and Virgil, two great writers of the Roman age, and he modeled some of his own writings on their works. As one of the first humanists, and as a writer held in high esteem in his own time,he influenced the spread of humanism-first among his admirers, and later throughout, the European world.

文艺复兴时期古典研究的复兴促进了各种艺术形式的发展。文学可能是最早显示出古典影响的迹象。意大利诗人彼特拉克(Petrarch)喜欢研究罗马时代两位伟大作家西塞罗(Cicero)和维吉尔(Virgil)的作品，并以他们的作品为原型创作了自己的一些作品。作为最早的人文主义者之一，作为一个在他自己的时代受到高度尊重的作家，他影响了人文主义的传播——先是在他的崇拜者中，后来在整个欧洲世界。

The recovery of ancient manuscripts showed the humanists how the Greeks and Romans employed mathematics to give structure to their art.The relationship between these two studies is most evident in architecture,where numerical ratios were used in building design.

古代手稿的恢复向人文主义者展示了希腊人和罗马人是如何利用数学来构建他们的艺术的。这两项研究之间的关系在建筑中最为明显，在建筑设计中使用了数值比率。

The humanists also used the writings of Vitruvius, a Roman architect, to guide them in their architectural designs. Vitruvius extolled the virtues of proportion and symmetry in architecture, and he explained how the human body represented the beauty of proportion in nature. The result of these studies was a new philosophy of beauty in building. Gothie spires and decorations imitating movement towards heaven were replaced by elegant symmetry demonstrating the intellect of man.

人文主义者也使用罗马建筑师维特鲁威的著作来指导他们的建筑设计。维特鲁威颂扬了建筑中比例和对称的优点，他解释了人体如何代表了自然界的比例之美。这些研究的结果是一种新的建筑美学哲学。模仿朝向天堂运动的哥特式尖顶和装饰被展示人类智慧的优雅对称所取代。

Paintings of the Renaissance demonstrate the application of humanistic ideals learned from the ancients. In works from the Middle Ages, saints and Biblical figures are arranged in unnatural, geometric groups, and backgrounds are nothing more than washes of gold. Renaissance painter depicted the human figure as realistically as possible,often with backgrounds of the natural world. Science had taught the artist how to show linear perspective— that is, how to represent objects in relative sizes so that smaller objects appear to be farther from the viewer than larger objects. Careful use of light and shadow (called "chiaroscuro")made figures appear full and real.

文艺复兴时期的绘画展示了从古人那里学到的人文理想的应用。在中世纪的作品中，圣人和圣经人物被安排在不自然的几何组中，背景只不过是金色的洗刷。文艺复兴时期的画家尽可能写实地描绘人物，通常以自然世界为背景。科学教会了艺术家如何表现线性透视——也就是说，如何以相对大小来表现物体，使较小的物体看起来比较大的物体离观众更远。仔细使用光和影(称为“明暗对照”)使人物显得丰满和真实。

Since the Middle Ages, music theorists had been studying proportions, a subject that the Greek mathematician Pythagoras had written about when discussing music. The theorists explained how to make different pitches (sounds) on stringed instruments by lengthening or shortening the strings by different proportions. Renaissance musicians carried on this idea in their own music.

自中世纪以来，音乐理论家一直在研究比例，这是希腊数学家毕达哥拉斯在讨论音乐时所写的主题。理论家们解释了如何在弦乐器上通过按不同比例延长或缩短弦来发出不同的音高(声音)。文艺复兴时期的音乐家在他们自己的音乐中延续了这一理念。

The Renaissance was a rebirth that occurred throughout most of Europe.However, the changes that we associate with the Renaissance first occurred in the Italian city of Florence and continued to be more pervasive there than anywhere else. The city's economy and its writers, painters, architects,and philosophers all made Florence a center of Renaissance culture.

文艺复兴是整个欧洲的重生。然而，我们与文艺复兴联系在一起的变化首先发生在意大利城市佛罗伦萨，并且在那里比其他任何地方都更加普遍。这座城市的经济以及它的作家、画家、建筑师和哲学家都使佛罗伦萨成为文艺复兴时期的文化中心。

**UNIT 3**

**The Diamond on the Throne**

**王位上的钻石**

At the time of her birth, no one thought Elizabeth would someday become queen of Great Britain. Her father, Prince Albert, was the second son of King George V and Queen Mary. Elizabeth got to enjoy the first decade of her life with all the privileges of being a royal without the pressures of being the heir apparent.

在她出生的时候，没有人想到伊丽莎白有一天会成为大不列颠的女王。她的父亲阿尔伯特王子是乔治五世国王和玛丽王后的次子。伊丽莎白享受了她生命的第一个十年，享受了作为王室成员的所有特权，而没有作为法定继承人的压力。

In 1936, the course of Elizabeth's life changed with the death of her grandfather, King George V. Her uncle became King Edward VIII, but he only ruled for six months. King Edward was in love with American divorcee Wallis Simpson, and had to choose between her and the crown.In the end, Edward chose Simpson and Elizabeth's father, Prince Albert,became King George VI.

1936年，伊丽莎白的人生轨迹随着她的祖父乔治五世的去世而改变。她的叔叔成为了爱德华八世，但他只统治了六个月。爱德华国王爱上了离过婚的美国女子沃利斯·辛普森，他不得不在她和王位之间做出选择。最后，爱德华选择了辛普森和伊丽莎白的父亲阿尔伯特亲王，成为乔治六世国王。

With the outbreak of World War II, Elizabeth and her sister largely stayed out of London, spending much of their time at Winsor Castle. From there, she made one of her famous broadcasts. Over the radio, Elizabeth sought to reassure children who had been evacuated from their homes and families. The 14-year-old princess, showing her calm and firm personality,told them that "in the end, all will be well for God will care for us and give us victory and peace."

随着第二次世界大战的爆发，伊丽莎白和她的妹妹大部分时间都不在伦敦，大部分时间都在温莎城堡度过。在那里，她做了一次著名的广播。通过广播，伊丽莎白试图安抚那些从家中和家人中撤离的孩子们。这位14岁的公主展现了她冷静而坚定的个性，她告诉他们:“最后，一切都会好起来的，因为上帝会照顾我们，给我们胜利与和平。”

Elizabeth soon started taking up other public duties and made her first public appearance inspecting the troops in 1942. She also began to accompany her parents on official visits within Great Britain. In 1945, Elizabeth joined the Auxiliary Territorial Service to help in the war effort. While her volunteer work only lasted a few months, it offered Elizabeth a glimpse into a different, non-royal world.

伊丽莎白很快开始承担其他公共职责，并于1942年首次公开亮相检阅部队。她还开始陪同父母在英国进行正式访问。1945年，伊丽莎白加入了英国领土辅助服务团，为战争出力。虽然她的志愿者工作只持续了几个月，但它让伊丽莎白瞥见了一个不同的、非王室的世界。

Elizabeth first met Philip Mountbatten, son of Prince Andrew of Greece, when she was only 13 and admired him from the start. Distant cousins, the pair kept in touch over the years and eventually fell in love.Her father, King George VI, was hesitant about the match. Mountbatten had ties to both the Danish and Greek royal families, but he didn't possess great wealth and was a bit rough in his personality. They made an unusual pair. Elizabeth was quiet and reserved while Philip was boisterous and outspoken.

伊丽莎白第一次见到希腊安德鲁王子的儿子菲利普·蒙巴顿(Philip Mountbatten)时，年仅13岁，并从一开始就很欣赏他。这对远房表亲多年来一直保持联系，最终坠入爱河。她的父亲乔治六世国王对这桩婚事犹豫不决。蒙巴顿与丹麦和希腊王室都有联系，但他并不富有，性格也有点粗鲁。他们是不寻常的一对。伊丽莎白文静而矜持，而菲利普却吵吵嚷嚷，直言不讳。

At the time of their marriage in 1947, Great Britain was still recovering from the damages of World War ||. Elizabeth is said to have collected clothing coupons to get fabric for her gown. The ceremony was held at London's Westminster Abbey on November 20. The couple wasted no time in producing an heir. Son Charles was born the following year and daughter Anne arrived in 1950. Elizabeth had two more children-sons Andrew and Edward -in the early 1960s.

1947年他们结婚时，英国还在从第二次世界大战的破坏中恢复过来。据说伊丽莎白收集了一些服装优惠券来购买做礼服的布料。婚礼于11月20日在伦敦威斯敏斯特教堂举行。这对夫妇不失时机地生了一个继承人。第二年，儿子查尔斯出生，女儿安妮于1950年出生。伊丽莎白在20世纪60年代初又有了两个孩子——儿子安德鲁和爱德华。

On February 6, 1952, King George VI died, and Elizabeth assumed the responsibilities of the ruling monarch. Her official coronation took place in June 1953 in Westminster Abbey. And for the first time, the ceremony was broadcast on teleyision, allowing people from across the globe to witness the pomp and spectacle of the event.

1952年2月6日，英王乔治六世去世，伊丽莎白接替了执政君主的职责。1953年6月，女王在威斯敏斯特教堂正式加冕。这一仪式第一次在电视上播出，让来自世界各地的人们见证了这一事件的盛况和壮观。

In her new role, Queen Elizabeth II had new political duties. She held weekly meetings with the country's prime minister, starting with Winston Churchill and every leader after him. As head of the Commonwealth, Elizabeth II traveled extensively. She also made visits to other countries as a representative of Britain, including a groundbreaking trip to Germany in 1965. Elizabeth became the first monarch to tour there since World War I.

在她的新角色中，女王伊丽莎白二世有了新的政治职责。她每周都会与英国首相会面，从温斯顿·丘吉尔(Winston Churchill)开始，到他之后的每一位领导人。作为英联邦的元首，伊丽莎白二世到处旅行。她还作为英国代表访问了其他国家，包括1965年开创性的德国之行。伊丽莎白成为第一次世界大战以来第一位访问那里的君主。

In 1969, she officially made Prince Charles her successor by granting him the title of Prince of Wales. To continue the rule of the Windsor family, Elizabeth pressured Prince Charles to marry. He finally decided to tie the knot in 1981. The wedding of Prince Charles to 19-year-old Diana Spencer drew enormous crowds in the streets of London and millions watched the proceedings on television.Public opinion of the monarchy was especially strong at that time.

1969年，女王正式册封查尔斯王子为她的继承人，授予他威尔士亲王的头衔。为了延续温莎家族的统治，伊丽莎白迫使查尔斯王子结婚。1981年，他终于决定结婚。查尔斯王子和19岁的戴安娜·斯宾塞的婚礼吸引了伦敦街头的大量人群，数百万人通过电视观看了婚礼过程。当时公众对君主制的舆论尤其强烈。

Elizabeth, as queen, has seen the monarchy come under attack during her lifetime. The once-revered institution has weathered a numbe of storms, including death threats against the royal family. In 1979, Elizabeth suffered a great personal loss when Lord Mountbatten, her husband's uncle, died in a terrorist bombing. Mountbatten and three others, including one of his grandsons, were killed. The IRA(Irish Republican Army), which opposed British rule in Northern Ireland, took responsibility for the attack.

作为女王，伊丽莎白在她的一生中目睹了君主制受到的攻击。这个曾经受人尊敬的机构经受住了一系列风暴，包括对王室的死亡威胁。1979年，伊丽莎白遭受了巨大的个人损失，她丈夫的叔叔蒙巴顿勋爵在一次恐怖袭击中丧生。蒙巴顿和其他三个人，包括他的一个孙子，都被杀害了。反对英国在北爱尔兰统治的爱尔兰共和军(IRA)声称对此次袭击负责。

In June 1981, Elizabeth herself had a dangerous encounter. She was riding in a special military parade to celebrate her official birthday, when a man in the crowd pointed a gun at her. He fired, but, fortunately, the gun was loaded with blanks, She had an even closer call the followingyear when an intruderbroke into Btuckingham Palace and confronted Elizabeth in her bedroom.

1981年6月，伊丽莎白本人遭遇了一次危险的遭遇。当时她正在参加一场特殊的阅兵式，以庆祝她的官方生日，人群中的一名男子用枪指着她。他开了枪，但幸运的是，枪里装的是空包弹。第二年，一名入侵者闯入白金汉宫，在伊丽莎白的卧室里与她对峙，伊丽莎白侥幸逃脱。

The love lives of her children have caused Elizabeth much heartacht as well. The rocky marriage of Prince Charles and Princess Diana made headlines for years before the coupleannounced plans to divorce in 1992. Prince Andrew's union with Sarah Ferguson ended up in the tabloids as well, with photos of Sarah with another man ran in papers.

孩子们的爱情生活也让伊丽莎白非常心痛。查尔斯王子和戴安娜王妃的不稳定婚姻在1992年宣布离婚之前一直是头条新闻。安德鲁王子和莎拉·弗格森的恋情也上了小报，莎拉和另一个男人的照片也登在了报纸上。

In 1997, Elizabeth herself went under intense media scrutiny in the wake of Princess Diana's death. Her incredibly popular daughter-in-law died in a car crash in Paris on August 31. For days, Elizabeth remained silent while the country mourned Diana's passing and she was sharply criticized for her lack of response.Stories circulated that the queen did not want to give Diana a public funeral, which only fueled public sentimenl against her. Nearly a week after Diana's death, Elizabeth returned to London and issued a statement on thy late princess.

1997年，在戴安娜王妃去世后，伊丽莎白本人也受到了媒体的密切关注。8月31日，她极受欢迎的儿媳在巴黎死于车祸。在举国哀悼戴安娜去世的几天里，伊丽莎白一直保持沉默，她因缺乏回应而受到严厉批评。有传言说女王不想为戴安娜举行公开葬礼，这只会加剧公众对她的不满情绪。戴安娜死后将近一个星期，伊丽莎白回到伦敦，发表了一份关于已故王妃的声明。

Despite the occasional call to step aside for Prince Charles, Elizabeth has remained steadfastly on the throne. Some of her duties have been passed on to her eldest son, but she still maintains a busy schedule of her own. Elizabeth handles roughly 430 engagement each year and supports more than 600 charitable organizations and programs.

尽管偶尔有人呼吁让位给查尔斯王子，但伊丽莎白仍然坚定地坐上了王位。她的一些职责已经转交给了她的大儿子，但她仍然保持着自己繁忙的日程。伊丽莎白每年处理大约430个项目，支持600多个慈善组织和项目。

Known to be a stickler for ceremony and tradition, Elizabeth has shown some signs of softening her stance. She had objected to the relationship between Prince Charles and Camilla Parker Bowles, especially because of the pair had been involved while the prince was married. When the pair married in 2005, Elizabeth and Prince Philip had a reception in their honor at Windsor Castle. Elizabeth has modernized the monarchy as well. She had dropped some of its formalities and made some of sites and treasures more accessible to the public.

众所周知，伊丽莎白是一个坚持仪式和传统的人，但她的立场有所软化。她曾反对查尔斯王子和卡米拉·帕克·鲍尔斯的恋情，尤其是因为这对情侣在查尔斯王子结婚时就已经交往过了。2005年这对夫妇结婚时，伊丽莎白和菲利普亲王在温莎城堡为他们举行了招待会。伊丽莎白也使君主制现代化了。她取消了一些手续，使一些遗址和宝藏更容易向公众开放。

Elizabeth celebrated her Diamond Jubilee in 2012. The celebration marked her 60 years as queen. As part of the jubilee festivities, a special service was held at Westminster Abbey on June 2nd, the 60th anniversary of her coronation. Elizabeth was surrounded by family at this historic event, including her husband Prince Philip, son Prince Charles and her grandsons Prince Harry and Prince William. British Prime Minister David Cameron was also on hand. Elizabeth may even surpass Queen Victoria as Britain's longest ruling monarch who reigned for 63 years. Elizabeth celebrated another happy event in 2013. Her grandson, Prince William,and his wife, Kate Middleton, welcomed their first child together, a son named George Alexander Louis on July 22, 2013. Elizabeth visited her new great-grandson after William and Kate returned home to Kensington Palace from the hospital.

伊丽莎白在2012年庆祝了她的钻石婚纪念日。庆祝活动是为了纪念她成为女王60周年。作为女王登基60周年庆典的一部分，6月2日在威斯敏斯特教堂举行了一场特别仪式。在这一历史性事件中，伊丽莎白被家人包围，包括她的丈夫菲利普亲王、儿子查尔斯王子以及她的孙子哈里王子和威廉王子。英国首相卡梅伦也出席了会议。伊丽莎白甚至可能超过维多利亚女王，成为英国在位时间最长的君主，女王在位63年。2013年，伊丽莎白庆祝了另一件快乐的事情。2013年7月22日，她的孙子威廉王子和他的妻子凯特·米德尔顿迎来了他们的第一个孩子，一个名叫乔治·亚历山大·路易斯的儿子。威廉和凯特从医院回到肯辛顿宫后，伊丽莎白看望了她的新曾孙。

Not one for the spotlight, Elizabeth likes to spend her free time on quiet pastimes. She likes to read mysteries, work on crossword puzzles and even to watch wrestling on television. For much of her life, Elizabeth has surrounded herself with dogs. She is especially known for her love of corgis. Also a horse enthusiast, Elizabeth breeds thoroughbreds and attends several racing events each year.

伊丽莎白不喜欢成为聚光灯下的人，她喜欢把空闲时间花在安静的消遣上。她喜欢读推理小说，玩填字游戏，甚至看电视上的摔跤比赛。伊丽莎白一生中大部分时间都与狗为伴。她特别喜欢柯基犬。伊丽莎白也是一名赛马爱好者，她饲养纯种马，每年都会参加几次赛马活动。

**UNIT ５**

lured （吸引，引诱）

prosperity（n. 繁荣；兴旺；成功

ownership （n. 所有权）

dropped anchor( 抛锚

intended(adj. 有意的；预期的 v. 打算)

destination(n. 目的地

Establish v. 创建；建立（尤指正式关系）；证实；

contagious adj. （病）接触传染的；（态度）感染性的

astonishing adj. 令人惊讶的；非常惊人的

Destination　n. 目的地adj. 作为目的地的

kidnap 　vt. 诱拐，绑架，劫持；拐骗

Dwindle　vi. 减少，变小，缩小；衰落，变坏，退化

demands 　v. 要求( demand的第三人称单数 )；需要；想要知道；查问

chronicler 　n. 年代记编（记录）者

hallmark 　n. 检验印记；特点，标志；质量证明vt. 给…盖上品质证明印记；使具有…标志

designate 　v. 命名，指定；指派，委任

Proclamation　n. 宣布，公布；公告，布告；宣言书

Prolific　adj. （艺术家、作家等）多产的；众多的；富饶的；（植物、动物等）丰硕的

staple 　n. 主要产品；主要部份；主食adj. 最基本的，最重要的

synonymous 　adj. 同义的，类义的；同义词的

Slaughter　n. 屠宰（动物）；强烈谴责，猛烈抨击vt. 屠宰（动物）；大屠杀，

parade 　v. 游行；展览；接受检阅n. 检阅；游行；

integral 　adj. 完整的；基本的；必须的

Commemorate　v. 纪念

bounty 　n. （由政府提供的）奖金，赠物，赠金

Millennium　n. 一千年；千禧年

The Great Depression 经济大萧条

Synonymous with 与…同义

The jury is still out 目前还没有定论

The Presidents’Day／The third Monday in　Ability Cultivation／ Good Friday 耶稣受难日.

**文化常识：**

1.印第安人(Indians)是对除因纽特人外的所有美洲原住民的总称。在15世纪末之前美洲原住民

并没有统一的称谓，1492年西班牙航海家克里斯托弗·哥伦布航行至美洲时，误以为所到之处为印度，因此将此地的土著居民称作“印度人”，后来被以讹传讹流传下来，至今仍是最普及的名称。印第安人分布于南北美洲各国，其族群及语言系属情况十分复杂，至今没有公认的分类。印第安人也分为很多种，玛雅人就是其中的一个种族。

2.感恩节的晚餐(Thanksgivingdinner)有特定的菜式组合，且富有传统特色，其中的主角就是

火鸡。通常人们在火鸡肚子里塞上各种调料和食品，整只烤出，由男主人用刀切成薄片分给大家,各人自己浇上卤汁撒上盐吃，味道十分鲜美。感恩节的传统食品还有甜山芋、玉蜀黍、南瓜饼、自己烘烤的面包及各种蔬菜和水果等。感恩节的餐桌上主妇们不是照往常一样摆放鲜花，而是摆放水果和蔬菜。中间还常常放上一个大南瓜，周围堆放些苹果、玉米和干果。人们一边享用美食一边愉快地回忆往事,直到最后一根蜡烛燃尽。

3.感恩节习俗(Thanksgiving customs)有着很好的沿承，流传至今，少有变化。每逢感恩节这一天，人们从天南海北归来与家人团聚，同时也不忘邀请好友、单身者或远离家乡的人共度佳节。感恩节宴会后，有些家庭常常做些传统游戏，如蔓越橘游戏、南瓜赛跑等等。感恩节假期为四天，举国上下热闹非常，城乡市镇到处举行化装游行、戏剧表演和体育比赛等，学校和商店也都放假休息。孩子们模仿当年印第安人的模样穿上离奇古怪的服装，画上脸谱或戴上面具到街上唱歌、吹喇叭。当天教堂里的人也格外多，按习俗人们在这一天都要做感恩祈祷。

4、经济大萧条(the Great Depression)是第二次世界大战前最为严重的世界性经济衰退。大萧

条以美国股票市场崩溃拉开序幕，很快席卷了全世界，给很多国家带来了毁灭性打击。幸运的是美国人拥有一位救世英雄般的总统罗斯福，他积极推行新政，不仅大大降低了失业率，刺激了经济的早日复苏，而且为美国投入二战及战后的快速崛起奠定了 也因此作为自亚伯拉罕·林肯以来最受美国和世界公众欢迎的总统而永载史册。

Thanksgiving Day

感恩节

In September 1620, a small ship called the Mayflower left England,carrying 102 passengers - a group of religious separatists seeking a newhome where they could freely practice their faith and other individuals lured （吸引，引诱） by the promise of prosperity（n. 繁荣；兴旺；成功） and land ownership （n. 所有权）in the New World.After a dangerous and uncomfortable crossing that lasted 66 days, they dropped anchor( 抛锚)near the tip of Cape Cod, far north of their intended(adj. 有意的；预期的 v. 打算) destination(n. 目的地) at the mouth of the Hudson River. One month later, the Mayflower crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth.

1620年9月，一艘名为“五月花号”的小船离开英国载着102名乘客--一群宗教分离主义者正在寻找一个新家，在那里他们可以自由地实践自己的信仰，以及受到新大陆繁荣和土地所有权承诺诱惑的其他个人。在持续了66天的危险而不舒服的穿越之后，他们在科德角附近下锚，离他们预定的目的地哈德逊河河口很远。一个月后，五月花号横渡马萨诸塞湾，清教徒们在那里开始了在普利茅斯建立村庄的工作。

Throughout that first hard winter, most of the colonists remained on board the ship, where they suffered from exposure and outbreaks of contagious disease. Only half of the Mayflower's original passengers and crew lived to see their first New England spring. In March, the remaining settlers moved ashore, where they received an astonishing visit froman American Indian who greeted them in English. Several days laterhe returned with another Native American named Squanto who had been kid napped by an English sea captain and sold into slavery before returning to his homeland on an exploratory expedition.

在第一个严冬里，大部分殖民者都留下来了在船上，他们遭受了暴露和爆发传染性疾病。“五月花”号最初的乘客和船员只有一半活着看到了他们的第一个新英格兰春天。3月，剩下的定居者搬上岸，在那里他们受到了一位美国印第安人的惊人拜访，他用英语向他们打招呼。几天后，他和另一个名叫斯匡托的美洲原住民一起回来了，斯匡托被一个英国船长绑架并被卖为奴隶，然后在一次探险中回到了他的祖国。

Squanto taught the Pilgrims, weakened by malnutrition（n. 营养不良） and illness.how to cultivate (v. 耕作，种植；培养（品质等）；结交（朋友）corn, catch fish in the rivers and avoid poisonous(adj. 有毒的；极令人厌恶的) plants. He also helped the settlers forge an alliance(n. 同盟，联盟，联合) with the Wampanoag, a local tribe（n. 部落，部族；）, which would endure(v. 忍受；持续 ）for more than 50 years and tragically(adv. 悲剧地，悲惨地) remains one of the sole examples of harmony（n. 融洽；和声；协调） between European colonists（ n. 殖民地开拓者，移民，殖民地居民( colonist的名词复数 )and Native Americans.

斯匡托教导因营养不良和疾病而衰弱的朝圣者如何种植玉米，在河里捕鱼，避免有毒植物。他还帮助定居者与当地部落万帕诺亚格人结盟，这一结盟将持续50多年，可悲的是，它仍然是欧洲殖民者和美洲原住民之间和谐相处的唯一例子之一。

In November 1621, after the Pilgrims’ first corn harvest proved successful, Governor William Bradford organized a celebratory feast and invited a group of the Native American allies, including the Wampanoag chief（n. 负责人；首领；酋长）Massasoit. Now remembered as American's “first Thanksgiving although the Pilgrims themselves may not have used the term at thetime -- the festival lasted for three davs.

1621年11月，在清教徒的第一次玉米收成成功后，总督威廉·布拉德福德组织了一个庆祝宴会，并邀请了一群美洲土著盟友，其中包括万帕诺亚格人的首领马萨索伊特。现在被铭记为美国的“第一个感恩节”尽管当时的朝圣者可能还没有使用这个词，但这个节日持续了三天。

While no record exists of the historical banquet's exact menu, the Pilgrim chronicler Edward Winslow wrote in his journal that Governor Bradford sent four men on a mission in preparation for the event, and that the Wampanoag guests arrived bearing five deer. Historians have suggested that many of the dishes were likely prepared using traditional NativeAmerican spices and cooking methods

虽然没有关于这次历史性宴会的确切菜单的记载，朝圣者编年史家爱德华·温斯洛在他的日记中写道，布拉德福德州长派出了四个人，为这次宴会做准备，万帕诺亚格的客人带着五只鹿到达,历史学家认为，许多菜看可能是使用传统的美洲土著香料和烹饪方法准备的。

Because the Pilgrims had no oven and the Mayflower's sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark标志 of contemporary当代的 celebrations, but lobster,seal and swans were on the Pilgrims'menu

由于清教徒没有烤箱，五月花号的糖供应到1621年秋天已经减少这顿饭没有馅饼、蛋糕或其他甜点，这已成为当代庆祝活动的标志但龙虾、海豹和天鹅出现在清教徒的菜单上。

Pilgrims held their second Thanksgiving celebration in 1623 to mar kthe end of a long drought that had threatened the year's harvest and urged Governor Bradford to call for a religious fast. Days of fasting and thanksgiving on an annual or occasional basis became common practice in other New England settlements as well.

1623年，朝圣者举行了他们的第二次感恩节庆祝活动，以结束一场威胁到今年丰收的长期干旱，并敦促布拉德福德州长呼吁举行宗教斋戒。每年或偶尔举行的禁食和感恩节活动在其他新英格兰定居点也成为了普遍的做法。

During the American Revolutionthe Continental Congress designated one or more days of thanksgivinga year, and in 1789 George Washington issued发布 the first Thanksgiving proclamation 公告in which he called upon Americans to express their gratitude for the happy conclusion to the country's war of independence and the successful confirmation确认of the U.S. Constitution. His successors john Adams and James Madison also designated days of thanks during their presidencies.

在美国革命期间，大陆会议指定了一年或几天的感恩年。1789年，乔治·华盛顿发布了第一个感恩宣言，呼吁美国人对美国的独立战争和美国宪法的成功确认表示感激之情。他的成功支持者亚当斯和詹姆斯·麦迪逊也在他们担任总统期间指定了感谢日。

In 1817, New York became the first of several states to officially adopt an annual Thanksgiving holiday; each celebrated it on a different day,however, and the American South remained largely unfamiliar with the tradition.

1817年，纽约成为几个州中第一个正式采用每年的感恩节节日的州；然而，每个人都在不同的日子庆祝，美国南方在很大程度上仍然不熟悉这个传统。

In 1827, the noted magazine editor and prolific writer Sarahosepha Hale -- author, among countless other things, of the nurseryrhyme“Mary Had a Little Lamb”-- launched a campaign to establish Thanksgiving as a national holiday. For 36 years, she published numerous editorials and sent scores of letters to governors, senators, presidents andother politicians.

1827年，著名的杂志编辑、多产作家萨拉霍瑟法·黑尔发起了一场将《感恩节有一只小羔羊》作为全国性节日的运动。36年来，她发表了数字替代演说，并向州长、参议员、总统和其他政治家发送了数十封信。

Abraham Lincoln finally heeded her request in 1863.at the height of the Civil War, to “heal the wounds of the nation” He scheduled Thanksgiving for the final Thursday in November, and it was celebrated on that day every year until 1939, when Franklin D. Roosevelt moved the holiday up a week in an attempt to spur retail sales during the Great Depression. Roosevelt's plan, however, was met with passionate opposition, and in 1941 the president reluctantly (adv. 不情愿地，勉强地)signed a bill makingThanksgiving the fourth Thursday in November again.

亚伯拉罕·林肯终于在1863年听从了她的要求。在内战最激烈的时候，“治愈国家的创伤”将感恩节推迟在11月的最后一个星期四，每年都在那一天庆祝，直到1939年，富兰克林·d·罗斯福在大萧条期间提前了一周，试图刺激零售额。然而，罗斯福的计划遭到了强烈的反对，1941年，总统不情愿地签署了一项法案，使感恩节再次成为11月的第四个星期四。

In many American households, the Thanksgiving celebration haslost much of its original religious significance, instead, it now centerson cooking and sharing a rich meal with family and friends. Turkey,aThanksgiving staple which has become all but synonymous(adj. 同义的，类义的；同义词的) with theholiday, may or may not have been on offer when the Pilgrims hosted thefeast in 1621. Today, however, nearly 90 percent of Americans eat the bird ----whether roasted, baked or deep-fried - on Thanksgiving, according tothe National Turkey Federation.

在许多美国家庭中，感恩节庆祝活动已经失去了它最初的宗教意义，相反，它现在已经开始烹饪，并与家人和朋友分享一顿丰盛的晚餐。火鸡是感恩节的主食，几乎已经成为节日的代名词，当1621年朝圣者举办节日时，它可能有，也可能没有。然而，根据全国火鸡联合会的数据，如今近90%的美国人在感恩节吃这种鸟——无论是烤的、烤的还是油炸的。

Beginning in the mid-20th century and perhaps even earlier, the president of the United States has “pardoned” one or two Thanksgiving turkeys each year, sparing the birds from slaughter and sending them to a farm for retirement. A number of U.S. governors also perform the annual turkey pardoning ritual. Other traditional foods include stufing, mashed potatoes, cranberry sauce and pumpkin pie. Volunteering is a common Thanksgiving Day activity, and communities often hold food drives and host free dinners for the less fortunate.

从20世纪中期开始，甚至更早，美国总统每年“赦免”一到两只感恩火鸡，免于被宰杀，并把它们送到农场退休。一些美国州长也会举行每年一次的火鸡赦免仪式。其他传统食物包括口吃、土豆、蔓越莓酱和南瓜派。志愿活动是一项常见的感恩节活动，社区经常为不幸的人举办食物募捐活动和免费晚餐。

Parades have also become an integral part of the holiday in cities and towns across the United States. Presented by Macy's department storesince 1924, New York City's Thanksgiving Day parade is the largest andmost famous, attracting some 2 to 3 million spectators along its 2.5-mileroute and drawing an enormous television audience, It typically features marching bands, performers, elaborate floats conveying various celebrities and giant balloons shaped like cartoon characters.

游行也已成为美国各地城镇的节日不可分割的一部分。自1924年起，纽约市的感恩节游行是最大、最著名的，在2.5米里吸引了大约200万到300万的观众，吸引了大量的电视观众。它典型的特色是游行乐队、表演者、精致的花车运送各种名人和卡通人物形状的巨大气球。

For some scholars, the jury is still out on whether the feast at Plymouth really constituted the first Thanksgiving in the United States.Indeed,historians have recorded other ceremonies of thanks among European settlers in North America that predate the Pilgrims' celebration.In 1565, for instance, the Spanish explorer Pedro Menendez de Avileinvited members of a local tribe to a dinner in St.Augustine, Florida, after holding a mass to thank God for his crew's safe arrival.

对一些学者来说，关于普利茅斯的盛宴是否真的构成了美国的第一个感恩节还没有定论。事实上，历史学家还记录了在朝圣者庆祝活动之前，在北美的欧洲定居者举行的其他感谢仪式。例如，1565年，西班牙探险家佩德罗·梅内德斯·德·阿维勒邀请当地一个部落的成员参加佛罗里达圣奥古斯丁的晚宴，在举行了弥撒，感谢上帝的船员安全到达。

In ancient times.the Egyptians, Greeks and Romans also feasted and paid presents totheir gods after the fall harvest. Finally, historians have noted that Native Americans had a rich tradition of commemorating(v. 纪念，庆祝( commemorate的现在分词 )) the fall harvest withbfeasting and merry making long before Europeans set foot on their shores.As an annual celebration of the harvest and its bounty, moreover.

在古代，埃及人、希腊人和罗马人也在深秋收获后向诸神赠送礼物。最后，历史学家注意到，本土美国人有丰富的传统，即在欧洲人踏上他们的海岸之前就用盛宴和欢乐来纪念秋天。此外，作为每年庆祝丰收和丰收的活动。

Thanksgiving falls under a category of festivals that spans cultures,continents and millennia. Although the American concept of Thanksgiving developed in the colonies of New England, its roots can be traced back tothe other side of the Atlantic.

感恩节属于一个跨越文化、各大洲和数千年的节日类别。虽然美国的感恩节概念是在新英格兰的殖民地发展起来的，但它的根源可以追溯到大西洋的另一边。

Both the Separatists who came over on theMayflower and the Puritans who arrived soon after brought with them atradition of fortunate holidays -- days of fasting during difficult or critical（adj. 关键的；(病情或局势)严重的；批评的；评论家的；评判性的） moments and days of feasting and celebration to thank God in times of plenty.

来到五月花的分离主义者和不久到达的清教徒都带来了幸运的节日——在困难或危急时刻禁食的日子，在充足的时候感谢上帝的宴会和庆祝的日子。

**D篇翻译**

**第一单元**

**Great Yu Controlled the Flood**

**大禹治水**

Great Yu or Emperor Yu(c. 2200-2100 BC) was a legendary ruler in ancient China famed for his introduction of flood control, inaugurating dynastic rule in China by founding the Xia dynasty, and for his upright moral character.

大禹或禹帝(公元前2200-2100年)是中国古代一位传奇的统治者，以控制洪水、建立夏朝开创中国王朝统治和正直的品格而闻名。

According to several ancient Chinese records, Yu was the eighth great-grandson of the Yellow Emperor. When Yu was a child, his father Gun moved the people east toward the Central Plain. Emperor Yao enfeoffed Gun as lord of Chong, usually identified as the middle peak of Mount Song. Yu is thus believed to have grown up on the slopes of Mount Song, just south of the Yellow River.

根据中国古代的一些记载，禹是黄帝的第八个曾孙。禹还是个孩子的时候，他的父亲鲧将百姓向东迁往中原。尧帝封贡为崇主，通常被认为是嵩山的中峰。因此，禹被认为是在黄河以南的嵩山山坡上长大的

It was during the reign of Emperor Yao that the Great Flood began,a flood so vast that no part of Yao's territory was spared, and both the Yellow River and the Yangtze valleys flooded. The alleged nature of the flood is shown in the following quote:

"Like endless boiling water, the flood is pouring forth destruction.Boundless and overwhelming, it overtops hills and mountains. Rising and ever rising, it threatens the very heavens. How the people must be groaning and suffering!" —— Emperor Yao, as quoted in the Book of History, describing the flood.

在尧帝统治时期，大洪水开始了，洪水如此之大，尧的领土无一幸免，黄河和长江流域都被洪水淹没。所谓的洪水的性质在下面的引文中得到了体现:“就像无休止的沸水，洪水倾泻出毁灭。它无边无际，漫山遍野。它不断上升，威胁着天空。人们一定在呻吟和痛苦!”——《史记》中尧帝对洪水的描述

According to both historical and mythological sources, the flooding continued relentlessly. Yao sought to find someone who could control the flood, and turned for advice to his special adviser, or advisers, the Four Mountains, who, after deliberation, gave Emperor Yao some advice which he did not especially welcome.

根据历史和神话资料，洪水无情地持续着。尧想找一个能控制洪水的人，并向他的特别顾问四山咨询，四山经过考虑，给了尧皇帝一些他不太欢迎的建议

Upon the insistence of Four Mountains, and over Yao's initial hesitation, the person Yao finally consented to appoint in charge of controlling the flood was Gun, the lord of Chong, who was a distant relative of Yao's through common descent from the Yellow Emperor.

在四山的坚持和尧的犹豫下，尧最终同意任命Chong的领主Gun负责治理洪水，他是尧的远房亲戚，是黄帝的共同后裔。

Gun, Yu's father, was tasked with devising a system to control the flooding. He spent more than nine years building a series of dikes and dams along the riverbanks, but all of this was ineffective, despite (or because of) the great number and size of these dikes and the use of a special self-expanding soil.

禹的父亲鲧负责设计一套控制洪水的系统。他花了九年多的时间沿着河岸修建了一系列的堤坝，但所有这些都是无效的，尽管(或因为)这些堤坝的数量和规模都很大，而且使用了一种特殊的自膨胀土壤。

As an adult, Yu continued his father's work and made a careful study of the river systems in an attempt to learn why his father's great efforts had failed.

成年后，于继承了父亲的事业，并对河流系统进行了仔细的研究，试图了解父亲的巨大努力失败的原因。

Collaborating with Houji, a semi-mythical agricultural master about whom little is concretely known, Yu successfully devised a system of flood control that was crucial in establishing the prosperity of the Chinese heartland. Instead of directly damming the rivers' flow, Yu made a system of irrigation canals which relieved floodwater into fields, as well as spending great effort dredging the riverbeds. Yu is said to have eaten and slept with the common workers and spent most of his time personally assisting the work of dredging the silty beds of the rivers for the thirteen years the projects took to complete. The dredging and irrigation were successful, and allowed ancient Chinese culture to flourish along the Yellow River and other waterways of the Chinese heartland. The project earned Yu renown throughout Chinese history, and is referred to in Chinese history as"Great Yu Controls the Flood" or "Emperor Yu Tames the Flood."

他与半神话般的农业大师后稷合作，成功地设计了一套防洪系统，这对建立中国中心地带的繁荣至关重要。禹没有直接筑坝，而是修建了灌溉渠系统，将洪水排入农田，并花了很大的精力疏浚河床。据说，于与普通工人一起吃饭和睡觉，并且在十三年的时间里，他大部分时间都在亲自协助疏浚河流的淤泥床。疏浚和灌溉是成功的，使中国古代文化沿着黄河和中国心脏地带的其他水道蓬勃发展。这一工程为禹在中国历史上赢得了声誉，在中国历史上被称为“大禹治水”或“禹帝治水”。

In a mythical version of this story, Yu is assisted in his work by a yellow dragon and a black turtle (not necessarily related to the Black Tortoise of Chinese mythology). Another local myth says that Yu created the Sanmenxia —"Three Passes Gorge" of the Yellow River by cutting a mountain ridge with a divine battleaxe to control flooding.

在这个故事的神话版本中，禹有一条黄龙和一只黑龟(不一定与中国神话中的黑龟有关)协助他工作。另一个当地神话说，禹创造了三门峡——黄河的“三关峡”，他用神斧砍断山脊来控制洪水。

Traditional stories say that Yu sacrificed a great deal of his body to control the floods. For example, his hands were said to be thickly callused,and his feet were completely covered with callus.

传统的故事说，禹牺牲了他的身体来控制洪水。例如，据说他的手上长满了厚厚的老茧，他的脚上完全长满了老茧。

In one common story, Yu had only been married four days when he was given the task of fighting the flood. He said goodbye to his wife,saying that he did not know when he would return. During the thirteen years of flooding, he passed by his own family's doorstep three times, but each time he did not return inside his own home. The first time he passed,he heard that his wife was in labor. The second time he passed by, his son could already call out to his father. His family urged him to return home,but he said it was impossible as the flood was still going on. The third time Yu was passing by, his son was older than ten years old. Each time, Yurefused to go in the door, saying that as the flood was rendering countless numbers of people homeless, he could not rest.

在一个常见的故事中，禹结婚才四天，就被派去抗洪。他向妻子告别，说他不知道什么时候回来。在洪水泛滥的十三年里，他三次经过自己家的门口，但每次都没有回到自己的家里。他第一次去的时候，听说他的妻子要生了。当他第二次经过时，他的儿子已经可以叫他的父亲了。他的家人催促他回家，但他说这是不可能的，因为洪水还在继续。第三次路过时，他的儿子已经十多岁了。每次，禹都拒绝进门，说洪水使无数人无家可归，他不能休息

Following the taming of the flood, vegetation and wild beasts grew rampant, threatening the survival of the people. Yu taught his subjects the art of agriculture, and thus how to dominate the land and feed themselves in a regular and organized way.

随着洪水的治理，植被和野兽猖獗，威胁着人们的生存。禹教他的臣民农业的艺术，从而如何统治土地和养活自己有规律和有组织的方式。

Emperor Shun, who reigned after Yao, was so impressed by Yu's engineering work and diligence that he passed the throne to Yu instead of to his own son. Yu is said to have initially declined the throne, but was so popular with other local lords and chiefs that he agreed to become the new emperor, at the age of fifty-three. He established a capital at Anyi, the ruins of which are in modern Xia County in southern Shanxi Province, and founded what would be called the Xia dynasty, traditionally considered as China's first dynasty.

尧之后的舜帝对禹的工程技术和勤奋印象深刻，他把王位传给了禹，而不是自己的儿子。据说禹最初拒绝了皇位，但由于受到其他地方领主和首领的欢迎，他同意在五十三岁时成为新皇帝。他在安义建立了都城，安义的遗址现在位于山西省南部的夏县，并建立了夏朝，传统上被认为是中国的第一个王朝。

Yu's flood control work is said to have made him intimately familiar with all regions of what was then Han Chinese territory. Yu divided the Chinese "world" into nine zhou or provinces. These were Jizhou,Yanzhou, Qingzhou, Xuzhou, Yangzhou, Jingzhou, Yuzhou, Liangzhou and Yongzhou. It was said that once Yu had received bronze from these nine territories, he created ding vessels called the Nine Tripod Cauldrons symbolizing the power and authority of the ruling dynasty.

据说禹的防洪工作使他对当时汉族领土的所有地区都非常熟悉。禹将中国的“世界”划分为九个州或省。分别是冀州、兖州、青州、徐州、扬州、荆州、禹州、凉州和永州。据说，禹从这九个地区获得青铜后，他就创造了象征统治王朝权力和权威的鼎，称为“九鼎”。

The system of flood control had contributed to dominating both the land and the subjects in a regular and organized way, which has affected all aspects of political societies in China for thousands of years. The flood control happened in the transitional period from paternal clan society to slavery society. The power framework formed in the flood control had great effect on the establishment of national organization, which led to the formation of slavery system. Meanwhile, the moral standard and thought,spiritual concept shaped in the flood control have penetrated into the Chinese culture system by inheritance and development, and become the important components of the splendid tradition of China.

治水制度使土地和臣民得以有规律、有组织地统治，影响了中国几千年来政治社会的各个方面。洪水治理发生在由父系氏族社会向奴隶制社会过渡的时期。在防洪中形成的权力框架对国家组织的建立产生了重大影响，从而导致了奴隶制的形成。同时，在防洪过程中形成的道德规范和思想、精神观念，也通过继承和发展，渗透到中华文化体系中，成为中华优秀传统的重要组成部分。

第二单元

**Zhang Qian's Mission and the Silk Road.**

**张骞的使命与丝绸之路**

Zhang Qian was an imperial envoy to the world outside of China in the 2nd century BC, during the time of the Han dynasty. He was the first oficial diplomat to bring back reliable information about Central Asia to the Chinese imperial court, then under Emperor Wu of Han, and played an important pioneering role in the Silk Road.

张骞是公元前2世纪汉朝时期出使国外的使臣。他是第一个将有关中亚的可靠信息带回汉武帝统治下的中国朝廷的官方外交官，并在丝绸之路中发挥了重要的先驱作用。

Zhang Qian was born in Chenggu district just east of Hanzhong in the north central province of Shaanxi, China. He entered the capital,Chang'an, today's Xi'an, about 140 BC as a Gentleman, serving Emperor Wu of the Han dynasty. At the time the nomadic Xiongnu tribes controlled what is now Inner Mongolia and dominated the Western Regions, Xiyu,the areas neighbouring the territory of the Han dynasty. The Han emperor was interested in establishing commercial ties with distant lands but outside contact was prevented by the hostile Xiongnu.

张骞出生在中国中北部陕西省汉中市东部的城固区。大约在公元前140年，他以君子的身份进入都城长安(即今天的西安)，侍奉汉武帝。当时，游牧的匈奴部落控制着现在的内蒙古，并统治着西域，西域毗邻汉朝的领土。汉朝皇帝有意与遥远的土地建立商业联系，但对外接触被敌对的匈奴阻止了。

The Han court dispatched Zhang Qian, a military officer who was familiar with the Xiongnu, to the Western Regions in 138 BC with a group of ninety-nine members to make contact and build an alliance with the Yuezhi against the Xiongnu. He was accompanied by a guide named Ganfu, a Xiongnu who had been captured in war. The objective of Zhang Qian's first mission was to seek a military alliance with the Yuezhi, in modern Tajikistan. However to get to the territory of the Yuezhi he was forced to pass through the land controlled by the Xiongnu, who captured him (as well as Ganfu) and enslaved him for ten years. During this time he married a Xiongnu wife, who bore him a son, and gained the trust of the Xiongnu leader.

公元前138年，汉朝派熟悉匈奴的军官张骞率领九十九人前往西域，与月氏接触，与匈奴结盟。陪同他的向导叫甘甫，一个在战争中被俘的匈奴人。张骞第一次出使的目的是寻求与月氏(今塔吉克斯坦境内)建立军事同盟。然而，为了到达月氏的领土，他被迫穿过匈奴控制的土地，匈奴俘虏了他(以及甘甫)并奴役了他十年。在此期间，他娶了一位匈奴妻子，并为他生了一个儿子，获得了匈奴首领的信任。

Zhang and Ganfu (as well as Zhang's Xiongnu wife and son) were eventually able to escape and, passing Lop Nor and following the northen edge of the Tarim Basin, around the Kunlun Mountains and through small fortified areas in the middle of oases in what is now Xinjiang, made their way to Dayuan and eventually to the land of the Yuezhi. The Yuezhi were agricultural people who produced strong horses and many unknown crops including alfalfa for animal fodder. However, the Yuezhi were too settled to desire war against the Xiongnu. Zhang spent a year in Yuezhi and the adjacent Bactrian territory, documenting their cultures, lifestyles and economy, before beginning his return trip to China, this time following the southern edge of the Tarim Basin. On his return trip he was again captured by the Xiongnu who again spared his life because they valued his sense of duty and composure in the face of death. Two years later the Xiongnu leader died and in the midst of chaos and infighting Zhang Qian escaped. Of the original mission of over a hundred men, only Zhang Qian and Ganfu managed to return to China.

张和甘甫(以及张的匈奴妻子和儿子)最终逃了出来，经过罗布泊，沿着塔里木盆地的北部边缘，绕过昆仑山，穿过现在新疆绿洲中间的小防御区，来到了大宛，最终到达了月之国。月之人是农业民族，他们生产强壮的马和许多不知名的作物，包括作为动物饲料的苜蓿。然而，越之人太安定了，不想与匈奴开战。在返回中国之前，张花了一年的时间在月芝和邻近的大夏地区，记录了他们的文化、生活方式和经济，这次他沿着塔里木盆地的南部边缘返回。在返回途中，他又被匈奴俘虏，匈奴再次饶了他的命，因为他们欣赏他面对死亡的责任感和镇静。两年后，匈奴首领死了，张骞在混乱和内讧中逃跑了。在最初的一百多人的使命中，只有张骞和甘甫成功地回到了中国。

Zhang Qian returned in 125 BC with detailed news for the Emperor,showing that sophisticated civilizations existed to the West, with which China could advantageously develop relations. The Shiji relates that "the Emperor learned of the Dayuan, Daxia, Anxi, and the others, all great states rich in unusual products whose people cultivated the land and made their living in much the same way as the Chinese. All these states, he was told, were militarily weak and prized Han goods and wealth." Upon Zhang Qian's return to China he was honored with a position of palace counselor.Although he was unable to develop commercial ties between China and these far-off lands, his efforts did eventually result in trade mission to the Wu-sun people in 119 BC which led to trade between China and Persia.

公元前125年，张骞带着详细的消息返回秦始皇，表明西方存在着复杂的文明，中国可以与之有利地发展关系。《史记》提到，“皇帝了解到大宛、大夏、安西和其他国家，这些国家都盛产特产，他们的人民耕种土地，以与中国人大致相同的方式生活。他被告知，这些国家的军事实力都很弱，对汉朝的商品和财富都很珍视。”张骞回国后，被封为宫中谋士。虽然他无法在中国和这些遥远的土地之间建立商业联系，但他的努力最终促成了公元前119年吴孙人的贸易使团，从而促成了中国和波斯之间的贸易

On his mission Zhang Qian had noticed products from an area now known as northern India. However, the task remained to find a trade route not obstructed by the Xiongnu to India. Zhang Qian set out on a second mission to forge a route from China to India via Sichuan, but after many attempts this effort proved unsuccessful. In 119-115 BC Zhang Qian was sent on a third mission by the emperor, to develop ties with the Wu-sun people.

在他的任务中，张骞注意到了来自现在被称为印度北部地区的产品。然而，任务仍然是找到一条不被匈奴人阻挡的通往印度的贸易路线。张骞开始了他的第二次任务，他想要开辟一条从中国经四川到印度的路线，但在多次尝试之后，他的努力都以失败告终。公元前119-115年，张骞第三次被皇帝派去发展与吴孙人的关系。

Following Zhang Qian's embassy and report, commercial relations between China and Central as well as Western Asia flourished, as many Chinese missions were sent throughout the end of the 2nd century BC and the lst century BC, initiating the development of the Silk Road.

在张骞的使节和报告之后，中国与中亚和西亚的商业关系蓬勃发展，因为在公元前2世纪末到公元前1世纪，许多中国使团被派往中亚和西亚，开启了丝绸之路的发展。

The Silk Road, or Silk Route, was a series of trade and cultural transmission routes that were central to cultural interaction through regions of the Asian continent connecting the West and East by linking traders, merchants, pilgrims, monks, soldiers, nomads, and urban dwellers from China and India to the Mediterranean Sea during various periods of time.

丝绸之路，或丝绸之路，是一系列贸易和文化传播路线，是文化互动的核心，通过亚洲大陆地区连接东西方，在不同时期将中国和印度的商人、商人、朝圣者、僧侣、士兵、游牧民族和城市居民连接到地中海。

Trade on the Silk Road was a significant factor in the development of the civilizations of China, the Indian subcontinent, Persia, Europe,and Arabia, opening long-distance political and economic interactions between the civilizations. Though silk was certainly the major trade item from China, many other goods were traded, and various technologies, religions, philosophies, as well as the bubonic plague (the "Black Death"), also travelled along the Silk Route. In addition to economic trade, the Silk Road served as a means of carrying out cultural trade among the civilizations along its network.

丝绸之路的贸易是中国、印度次大陆、波斯、欧洲和阿拉伯文明发展的重要因素，开启了文明之间的远距离政治和经济互动。虽然丝绸无疑是来自中国的主要贸易项目，但许多其他商品也被交易，各种技术、宗教、哲学，以及黑死病(“黑死病”)也沿着丝绸之路传播。除了经济贸易，丝绸之路还在其沿线的文明之间进行文化贸易。

Over many centuries trading activities along the Silk Road facilitated the transmission not just of goods but also ideas and culture, notably in the area of religions. Judaism, Buddhism, Christianity, Manichaeism,and Islam all spread across Eurasia through trade networks that were tied to specific religious communities and their institutions. Notably, established Buddhist monasteries along the Silk Road offered a haven, as well as a new religion for foreigners. The spread of religions and cultural traditions along the Silk Roads also led to syncretism. One example was the encounter with the Chinese and the Xiongnu nomads. These unlikely events of cross-cultural contact allowed both cultures to adapt to each other as an alternative.

几个世纪以来，丝绸之路沿线的贸易活动不仅促进了商品的传播，还促进了思想和文化的传播，尤其是在宗教领域。犹太教、佛教、基督教、摩尼教和伊斯兰教都是通过与特定宗教团体及其机构联系在一起的贸易网络在欧亚大陆传播的。值得注意的是，丝绸之路上建立的佛教寺院为外国人提供了避风港，也为外国人提供了一种新的宗教。宗教和文化传统沿着丝绸之路的传播也导致了融合。一个例子是与中国人和匈奴游牧民族的相遇。这些不太可能发生的跨文化接触事件使两种文化作为一种选择而相互适应。

The Xiongnu adopted Chinese agricultural techniques, dress style,and lifestyle. On the other hand, the Chinese adopted Xiongnu military techniques, some dress style, and music and dance. Many artistic influences were transmitted via the Silk Road, particularly through could intermix. Greco-Buddhist art represents one of the most vivid Central Asia, where Hellenistic, Iranian, Indian and Chinese influences examples of this interaction. Silk was also a representation of art. This is because silk served as a religious symbol, and most importantly, silk was used as currency for trade along the Silk Road.

匈奴采用了中国的农业技术、服饰风格和生活方式。另一方面，中国人采用了匈奴的军事技术，一些服装风格，音乐和舞蹈。许多艺术影响通过丝绸之路传播，特别是通过混合。希腊佛教艺术代表了最生动的中亚之一，其中希腊，伊朗，印度和中国影响了这种互动的例子。丝绸也是艺术的代表。这是因为丝绸是一种宗教象征，最重要的是，丝绸被用作丝绸之路沿线贸易的货币。

The voluntary conversion of Chinese ruling elites helped the spread o Buddhism in East Asia. Thus, it allowed Buddhism to become widespread in Chinese society. The Silk Road transmission of Buddhism essentially ended around the 7th century with the rise of Islam in Central Asia.

中国统治精英的自愿皈依帮助了佛教在东亚的传播。因此，佛教得以在中国社会广泛传播。随着伊斯兰教在中亚的兴起，佛教在丝绸之路的传播基本上在7世纪左右结束。

Today Zhang Qian's travels are associated with the major route of transcontinental trade, the Silk Road. In essence, his missions opened up to China the many kingdoms and products of a part of the world then unknown to the Chinese. The Central Asian sections of the Silk Road routes were expanded around 114 BC largely through the missions and explorations of Zhang Qian. Today Zhang Qian is considered a national hero and revered for the key role he played in opening China to the world of commercial trade.

今天，张骞的旅行与跨大陆贸易的主要路线——丝绸之路联系在一起。从本质上讲，他的使命为中国打开了当时中国人所不知道的世界上许多王国和产品的大门。丝绸之路的中亚部分在公元前114年左右扩展，主要是通过张骞的任务和探索。今天，张骞被认为是民族英雄，并因他在中国向世界商业贸易开放中发挥的关键作用而受到尊敬。

**第三单元**

**School Dropout to Nobel**

**从辍学到诺贝尔奖**

One of the most critically acclaimed and widely pirated of all Chinese writers, Guan Moye, better known as "Mo Yan", a pseudonym meaning"don't speak" in Chinese, is the 2012 Nobel laureate, the first Chinese national to win the Nobel for literature. He is the 109th recipient of the award. With the highest literary prize to Mo Yan, the Chinese literature now can proudly claim its place in world literature.

管谟业是2012年诺贝尔文学奖得主，也是第一位获得诺贝尔文学奖的中国人。管谟业的英文名“莫言”在中文里的意思是“不要说话”。管谟业是中国作家中最受好评、也被广泛盗版的作家之一。他是该奖项的第109位获得者。随着莫言获得最高文学奖，中国文学现在可以自豪地在世界文学中占有一席之地。

Mo Yan was awarded the Prize for his work "with hallucinatory realism merges folk tales, history and the contemporary." He has "a damn unique way of writing. If you read half a page of his writing you immediately recognize it as him," admits Peter Englund, the Permanent Secretary,Swedish Academy. Mo Yan, the name stands out amid wave of creativity,has written dozens of novels, novellas and short stories, which are mainly about quest for identity in terms of relationship, conducted in the context of traditional kinship systems and against backdrop of an increasingly commercial society. He writes about people at the bottom of the society, and is celebrated for his sensual imagery and lacerating expression. His works are not realistic, rather magical, Rabelaisian, satirical, steeped in blood and obsessed with food in uncomfortable ways. The works highlighted by the Nobel Judges: Red Sorghum (1986), Big Breasts and Wide Hips (1995), The Garlie Ballads (1988), and Frog (2009), laced with social commentary influenced by the social realism, have touched on many of contemporary China's most sensitive themes.

莫言获奖的理由是他的作品“将民间故事、历史和当代融合在一起，带有幻觉的现实主义”。他有“一种该死的独特的写作方式。如果你读半页他的作品，你马上就能认出是他，”瑞典学院常任秘书彼得·英格伦承认。莫言，这个名字在创作浪潮中脱颖而出，写了几十本小说、中篇小说和短篇小说，主要是在传统亲属制度的背景下，在日益商业化的社会背景下，从关系的角度寻求身份。他写的是社会底层的人，并以他的感官意象和刻骨的表达而闻名。他的作品不是现实主义的，而是魔幻的、拉伯雷式的、讽刺的、浸透着鲜血的、以令人不安的方式痴迷于食物的。《红高粱》(1986年)、《丰乳肥臀》(1995年)、《加利歌谣》(1988年)和《青蛙》(2009年)等获奖作品受到社会现实主义的影响，带有社会评论色彩，触及了当代中国许多最敏感的主题。

In most of his novels and short stories, Mo Yan paints sprawling,intricate portraits of rural China and its people, its culture, particularly the Gaomi culture. Through a mixture of fantasy and reality, he has created "a world reminiscent in its complexity of those in the writings of William Faulkner and Gabriel Garcia Marquez, at the same time finding a departure point in old Chinese literature and oral tradition."This is what the Nobel citation accompanies. Mo Yan writes big, bold novels that are as imaginative as they are sensuous, and also rooted in his social conscience. A major theme of his works is the constancy of human greed and corruption, despite the influence of ideology. He is part of a generation of writers who began looking through new eyes at Chinese society, particularly in the countryside, realizing that he could portray his family and the people, the villagers he is familiar with. His writing is powerful, visual and broad, dipping into history, fantasy and absurdity and is characterized by the blurring of distinction between the past and present, dead and living, as well as good and bad.

在他的大部分小说和短篇小说中，莫言描绘了中国农村及其人民、文化，尤其是高密文化的错综复杂的肖像。通过幻想与现实的混合，他创造了“一个让人想起威廉·福克纳(William Faulkner)和加布里埃尔·加西亚·马尔克斯(Gabriel Garcia Marquez)作品中的复杂世界，同时在中国古代文学和口头传统中找到了一个出发点”。这是诺贝尔奖的颁奖词。莫言的长篇小说大胆大胆，既富有想象力，又充满感性，同时也根植于他的社会良知。他的作品的一个主要主题是人类的贪婪和腐败的恒久不变，尽管意识形态的影响。他是这一代作家中的一员，他们开始用新的眼光看待中国社会，特别是在农村，意识到他可以描绘他的家庭和人民，他熟悉的村民。他的作品有力、直观、广泛，涉及历史、幻想和荒诞，其特点是模糊了过去与现在、死与生、好与坏的界限。

Mo Yan was born on 5 March 1955 in Gaomi, Shandong province,to a family of farmers in Dalan Township, a place never known to have produced literary talents, and an area of barren land and simple people,where much of his fiction is set. He attended a primary school in his hometown, but was interrupted in the fifth grade during the turmoil of the Cultural Revolution in 1966 when many of China's schools closed down.To escape poverty, he returned to the life of peasant in a farm for years,and then in a factory in 1973 that produced petroleum. After the Cultural Revolution he joined the People's Liberation Army in 1976 and after five years of military life, literature became his passion. While studying at the PLA Academy of Art from 1984 through 1986, he was given position at the Academy, which he left in 1997 and worked as a newspaper editor.Subsequently, he obtained a Master's degree in Literature from Beijing Normal University in 1991.

莫言于1955年3月5日出生在山东省高密大兰乡的一个农民家庭，那里从未出现过文学天才，那里土地贫瘠，人民朴素，他的大部分小说都是在那里发生的。他在家乡上小学，但在1966年文化大革命的动荡中，五年级的时候中断了学业，当时中国的许多学校都关闭了。为了摆脱贫困，他在农场过了几年农民的生活，然后于1973年在一家生产石油的工厂工作。1976年文革结束后，他加入了中国人民解放军。五年的军旅生活后，文学成了他的爱好。1984年至1986年在中国人民解放军艺术学院学习期间，他获得了该学院的职位，1997年离开该学院，从事报纸编辑工作。1991年获北京师范大学文学硕士学位。

He began writing in 1981, in the reform and opening up period.Alike many modern Chinese native writers who take their hometown as the chief inspiration for their fiction, Mo Yan's greatest source of creative inspiration was his own people, who live in his hometown Gaomi. He chooses for his milieu his native village but the place is more fictional than real. His village is extremely robust and individualistic, presumably as a result of the adverse environment and the turbulent age they lived in.Though Falling Rain on a Spring Night (1981) is the first novel of Mo Yan, his popularity was reconfirmed with Howard Goldblatt's English translation of Red Sorghum: A Novel of China (1993), a novella first published in China entitled Hong Gao-Liang Jia-zu(1986), and later expanded into a five-part novel in 1989, an epic that takes on issues like Japanese occupation, bandit cultures, and the harsh conditions of rural China.

他于改革开放时期的1981年开始写作。与许多以家乡为主要创作灵感的现代中国本土作家一样，莫言最大的创作灵感来源是他的家乡高密的同胞。他选择了他的家乡村庄作为他的生活环境，但这个地方与其说是真实的，不如说是虚构的。他的村庄是非常强大和个人主义的，大概是由于不利的环境和动荡的时代他们生活。尽管《春夜雨点》(1981)是莫言的第一部小说，但霍华德·戈德布拉特(Howard Goldblatt)的英文译本《红高粱:一部中国小说》(1993)再次证实了他的知名度。这部中篇小说首次在中国出版，名为《红高粱-梁家祖》(1986)，后来在1989年扩展成一部五部分的小说，这部史诗讲述了日本占领、土匪文化和中国农村的恶劣条件等问题。

The novel spans over 40 years in rural Gaomi Township, far removed from late 20th and early 21st century world through flashbacks and foreshadowing, beginning with the Japanese invasion in the 1930s."Sorghum," used here as food and as an ingredient of a potent wine, has been the focus and metaphor of peasant life during peace time. Mo Yan tells the story of three generations, set during the fratricidal barbarity when the Chinese battled both Japanese invaders and each other in a region where sorghum is grown in a particular time and place-a place where red sorghum, which forms a glittering sea of blood is the traditional spirit of the region. The story begins as a memory, being told by an unseen narrator, of his grandmother. The protagonist, a poor girl in late 1920s,is sent by her parents into a pre-arranged marriage with a much old man with leprosy, which represents the corruption of the Kuomintang period.The girl thoughtfully slips a pair of scissors into her blouse before being borne off by sedan chair to meet her husband. As her party makes its way through a field of sorghum, it is attacked by bandits, and her husband dies. But his murder enables the young woman to take over, and calm her husband's winery.

小说以20世纪30年代的日本侵华为起点，通过倒叙和铺垫，跨越了40多年的高密乡，远离了20世纪末和21世纪初的世界。“高粱”在这里被用作食物和烈性葡萄酒的原料，一直是和平时期农民生活的焦点和隐喻。莫言讲述了一个三代人的故事，故事发生在同族残杀的野蛮时代，中国人在一个特定的时间和地点对抗日本侵略者，在一个生长着高粱的地方，红高粱形成了一个闪闪闪烁的血海，这是该地区的传统精神。故事以一个看不见的叙述者讲述的关于他祖母的回忆开始。主人公是一个20世纪20年代末的穷女孩，被父母安排嫁给了一个患麻风病的老男人，这代表了国民党时期的腐败。女孩若有所思地把一把剪刀塞进上衣，然后坐上轿子去见她的丈夫。当她的队伍穿过一片高粱地时，遭到了土匪的袭击，她的丈夫也死了。但他的死使这位年轻女子得以接管，并使她丈夫的酒庄平静下来

Red Sorghum shows peasants who glorified the breaking down of clasy barriers and a brave struggle against Japanese invaders. It brings us into a world in which people work hard to find the means of survival and can be read as a parable of China's development, or as a hymn in praise of the way workers resisted the Japanese invaders. World War II plays a major role in the book, but Red Sorghum also looks into Chinese culture and family. Unique among modern Chinese novels, Red Sorghum winds up with evermore incredible and glorious epiphanies in the final chapters. The wild, open red sorghum field is also the stage on which a modern historical revolutionary romance is carried out.

《红高粱》表现的是农民们对打破藩篱、勇敢抗击日本侵略者的光荣。它将我们带入一个人们努力工作寻找生存手段的世界，可以被解读为中国发展的寓言，也可以被解读为歌颂工人抵抗日本侵略者方式的赞美诗。第二次世界大战是这本书的主要内容，但《红高粱》也关注中国文化和家庭。《红高粱》在中国现代小说中独具一格，它在最后几章中以前所未有的不可思议和辉煌的顿悟结束。荒蛮开阔的红高粱地，也是一部现代历史革命浪漫故事的上演舞台。

In his subsequent works: Tiantang Suantai Zhige, 1988 (The Garlic Ballads); Jiuguo, 1992(Republic of Wine); Fengru Feitun, 1995 (Big Breasts and Wide Hips); Shengsi Pilao, 2006 (Life and Death Are Wearing Me Out); Mo Yan embraced various approaches, from myth to realism, from satire to love story. But at base, he is a satirist of animal urges and animal longings:lust for food, lust for sex, and lust for dominion. His tales were always remarked by an impassioned humanism. In The Garlic Ballads, Mo Yan adopts a completely different approach. The novel marks a return to traditional realism and the facts of realism. Brilliantly Mo Yan developed and revived the peasant literature of earlier Chinese writers.

其后的作品有:《天堂蒜薹之歌》(1988);酒国，1992(酒国);丰乳肥臀，1995(丰乳肥臀);生死疲劳，2006(生死让我精疲力竭);从神话到现实主义，从讽刺到爱情故事，莫言采用了多种方式。但从本质上讲，他讽刺的是动物的欲望和渴望:对食物的欲望，对性的欲望，对统治的欲望。他的故事总是受到热情的人道主义的评论。在《蒜薹之歌》中，莫言采用了完全不同的手法。这部小说标志着对传统现实主义和现实主义事实的回归。莫言出色地发展和复兴了中国早期作家的农民文学。

While writing fictions, Mo Yan has written a number of essays and other type of prose and collected them in one volume in 1993 titled Shenliao (Supernatural Talk). All the stories, powerful in their own right,are terse and forceful, wondrous tales of men, and ghostly tales. Mo Yan also personalizes the social and political changes of China over the past decades in Change. The sleek volume is a representative of people's history on small events and everyday people. Mo Yan breathes life into history by describing the effect of larger than life events on the average citizen.

在写小说的同时，莫言还写了一些散文和其他类型的散文，并于1993年将它们合集成一卷，名为《神话》。所有的故事，本身就很有力量，简洁有力，是关于人的奇妙故事，也是关于鬼的故事。莫言还在《变化》中对中国过去几十年的社会和政治变化进行了个人化描写。流线型的体积代表了人们对小事件和日常生活的历史。莫言通过描写比生活更重大的事件对普通公民的影响，为历史注入了生命

Known as the foremost of modern and contemporary Chinese literature, Mo Yan, whose literary vision brings us into a social, cultural, and political world without making us feel uncomfortable, virtually, won a string of literary prizes including Neustadt International Prize for Literature (1998), Kiriyama Prize for Big Breasts and Wide Hips (2005), Fukuoka Asian Culture Prize XVII (2006), Newman Prize for Life and Death Are Wearing Me Out (2009), and Mao Dun Literature Prize for Frog(2011) etc. As a most translated writer of China, several of Mo Yan's works have been translated into English, mostly by Howard Goldblatt, Professof of East-Asian Languages and Literatures at University of Notre Dame, as well as into Russian, French, German, and many other languages, giving him an audience well beyond the Chinese-speaking world.

莫言被誉为中国现当代文学的先锋，他的文学视野将我们带入了一个社会、文化和政治的世界，而不会让我们感到不舒服，他获得了一系列的文学奖，包括1998年的Neustadt国际文学奖、2005年的Kiriyama丰胸宽臀奖、2006年的福冈亚洲文化奖、2009年的纽曼奖和2011年的茅盾文学奖。作为中国被翻译最多的作家，莫言的一些作品被翻译成英语，主要是由圣母大学东亚语言和文学教授霍华德·戈德布拉特(Howard Goldblatt)翻译成英语，也被翻译成俄语、法语、德语和许多其他语言，这使他的读者远远超出了华语世界。

**第五单元**

**Chinese Calligraphy**

**中国书法**

The history of Chinese calligraphy is as long as that of China itslf Calligraphy is a special category in China's world of fine arts and one of the most challenging Chinese art forms for a foreigner to appreciate or master. Calligraphy, or shufa, is one of the four basic skills and discipliney of the Chinese literati, together with painting (hua), stringed musical instruments (qin) and board games(qi)

中国书法的历史与中国本身的历史一样悠久，书法是中国美术界的一个特殊类别，也是外国人欣赏或掌握最具挑战性的中国艺术形式之一。书法，或称书法，是中国文人的四大基本技能和学科之一，与绘画(华)、弦乐器(琴)和棋盘游戏(气)并列。

Studying Chinese calligraphy one must learn something about the origins of Chinese characters, which can be traced to inscriptions on bones, tortoise shells and bronzeware - the earliest identifiable characten that belonged to the Shang dynasty (16th-1lth century BC). Through the centuries Chinese characters have changed constantly and are mainly divided into five categories today: the seal script (zhuan shu), official script(li shu), regular script (kai shu), running script (xing shu) and cursive script(cao shu). Chinese calligraphy, like script itself, has developed the above-mentioned styles according to various schools.

学习中国书法必须了解汉字的起源，汉字可以追溯到骨头、龟壳和青铜器上的铭文——最早可识别的汉字属于商朝(公元前16 - 11世纪)。几个世纪以来，汉字不断变化，今天主要分为五大类:篆书(篆)、隶书(隶书)、楷书(楷书)、行书(行书)和草书。中国书法就像文字本身一样，根据不同的流派发展出了上述的风格。

Seal characters, which were developed in the Western Zhou dynasty(1lth century-711BC) and were the earliest form of writing after oracle inscriptions, were the first unified and standardized characters of the nation. Official script is a simplified form of script since seal characters were too complicated for ancient officials to use when copying documents Official script led to the emergence of regular script, which was square in form, non-cursive and architectural in style, in the third century. Official script also gave birth to cursive script where characters are often joined with the last stroke of the first character merging into the initial stroke of the next, which made the writing process much faster. Running script falls somewhere between regular and cursive scripts.

篆书发展于西周(公元前11世纪-公元前711年)，是甲骨文之后最早的文字形式，是中华民族最早统一和规范的文字。隶书是一种简化的文字形式，因为古代官员在抄写文件时使用篆书过于复杂。隶书导致了楷书的出现，楷书的形式是方形的，非草书和建筑风格。隶书还产生了草书，草书中的字通常是由第一个字的最后一笔与下一个字的开头一笔合并而成的，这使得书写过程快了很多。运行脚本介于常规脚本和草书脚本之间。

Calligraphy is an art form that involves a great deal of theory and requires many skills; consequently there are few calligraphers that have reached the highest realm of calligraphy. Among the most outstanding calligraphers in ancient China were Wang Xizhi, Ouyang Xun, Yan Zhen qing, and Liu Gongquan, who are known for pioneering their own styles.

书法是一门涉及大量理论和需要许多技巧的艺术形式;因此，很少有书法家达到书法的最高境界。中国古代最杰出的书法家有王羲之、欧阳勋、颜真卿和刘公权，他们以开拓自己的风格而闻名。

To produce Chinese characters one will need a brush, paper, ink stick and ink stone, commonly referred to as the "Four Treasures of the Study."While brushes are varied, white-goat-hair, black-rabbit-hair and yellow-weasel-hair brushes are the main ones. On the basis of function, brushes are classified into three groups: hard, soft and both. Brush handles are usually made of bamboo, wood, lacquer or porcelain; ivory or jade handles are rare and precious.

制作汉字需要毛笔、纸、墨、砚，俗称“文房四宝”。笔刷种类繁多，以白山羊毛、黑兔毛和黄鼠狼毛笔刷为主。根据功能，刷子分为三类:硬、软和两者兼而有之。刷柄通常由竹、木、漆器或瓷器制成;象牙或玉柄是稀有珍贵的。

The ink stick is a unique pigment used for Chinese traditional painting and calligraphy. The most famous ink stick is hui mo (Anhui ink stick), made of pines that grow on Huangshan Mountain in Anhui Province. Clean water is needed to grind the ink stick, which must be balanced in the hand during the grinding or rubbing process. Press hard and rub lightly,slowly and evenly against the ink slab until a thick liquid-ink forms.

墨棒是一种独特的颜料，用于中国传统的绘画和书法。最著名的墨是徽墨，是用安徽省黄山上的松树制成的。墨棒的研磨需要用清水，在研磨或摩擦过程中，墨棒必须在手中平衡。用力按压，轻轻、缓慢、均匀地摩擦墨板，直到形成厚厚的液体墨水。

Paper was invented by Cai Lun in the Eastern Han dynasty (25-220)While paper comes in many varieties, Xuan paper, produced in the Jing Prefecture of Xuanzhou (today's Anhui Province), is considered the best for Chinese calligraphy. The paper is soft and fine textured, suitable for conveying the artistic expression of both Chinese calligraphy and painting. With a good tensile strength and mothproof quality, the paper can be preserved for a long time.

纸是东汉时期(25-220年)蔡伦发明的。纸有很多品种，而宣州荆州(今安徽省)出产的宣纸被认为是中国书法的最佳材料。纸张质地柔软细腻，适合传达中国书法和绘画的艺术表现力。具有良好的抗拉强度和防蛀质量，纸张可长时间保存。

Ink stones or ink slabs have been classified into three categories: Duan, She and Tao. Features common to all three ink slabs are the stone's hardness and fineness. Although the stone is hard and fine, it is not dry or slippery. Using a hard, smooth stone, liquid ink can be produced easily by rubbing the ink stick against the stone.

砚台分为段、社、道三种。这三种砚台的共同特点是石头的硬度和细度。虽然石头又硬又细，但不干不滑。用坚硬光滑的石头，用墨棒在石头上摩擦，就可以很容易地产生液体墨水。

While one has to conform to the defined structure of words, the expression can be extremely creative. To exercise humanistic imagination and touch under the faceless laws and regulations is also a virtue well appreciated. 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.

虽然一个人必须遵守词语的定义结构，但这种表达可以极具创造性。在无形的法律法规下，发挥人文的想象力和触觉，也是一种值得赞赏的美德。通过控制毛笔的柔韧性、墨水的浓度和纸张的吸水性，艺术家可以创作出无限多样的书法风格和形式。

Few nations in the world have calligraphy as a form of art. In China,calligraphy has maintained a close rapport with the country's cultural development. According to an old Chinese saying, "the way characters are written is a portrait of the person who writes them." 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.

世界上很少有国家把书法作为一种艺术形式。在中国，书法与国家的文化发展保持着密切的关系。中国有句古话:“字的写法就是字的写作者。”书法表现出线条和节奏的抽象之美，是一个人的情感、道德、品格、教育水平、修养成就、智力品味和生活态度的反映。

Chinese characters, which convey ideas, are regarded as the most abstract and sublime art form. In Chinese culture, calligraphy is often thought to be most revealing of one's personality. During the imperial era,calligraphy was used as an important criterion for selection of executives to the imperial court. Unlike other visual art techniques, all calligraphy strokes are permanent and incorrigible, demanding careful planning and confident execution. Such are the skills required for an administrator or executive.

汉字被认为是最抽象、最崇高的艺术形式，它传达着思想。在中国文化中，书法通常被认为是最能揭示一个人的个性的。在帝制时代，书法被用作挑选朝廷官员的重要标准。与其他视觉艺术技巧不同的是，所有的书法笔画都是永久的，不可救药的，需要仔细的规划和自信的执行。这些都是管理员或执行人员所需的技能。

Calligraphy is also a practical fine art. Exotic calligraphic inscriptions written on paper, wooden plaques or stone tablets serve as decorations of great artistic value. Calligraphy manifests the basic characteristics of all Chinese arts. Closely associated with paintings and commonly named as the two leaders of Chinese art forms together, calligraphy takes precedence over painting since it greatly inspired the art of painting. Moreover, calligraphy has influenced other typically Chinese art forms like classical poetry, seal cutting, sculpture, traditional music and dance, architecture and handicrafts.

书法也是一门实用的美术。写在纸上、木板上或石碑上的异域书法碑文是极具艺术价值的装饰品。书法体现了中国所有艺术的基本特征。书法与绘画密切相关，通常被称为中国艺术形式的两大领袖，它优先于绘画，因为它极大地启发了绘画艺术。此外，书法还影响了其他典型的中国艺术形式，如古典诗歌、篆刻、雕塑、传统音乐和舞蹈、建筑和手工艺品。

Chinese calligraphy is an Oriental art. Like chopsticks, it was once entirely Chinese, but as Chinese culture spread to Korea and Japan, Koreans and Japanese equally adore calligraphy as an important treasure of their heritage. Many Japanese schools still have the tradition of having a student contest of writing big characters at the beginning of a new school year. A biannual gathering commemorating the Lanting Xu by Wang Xizhi(the most famous Chinese calligrapher in the Jin dynasty) is said to be held ceremonially in Japan. There is a national award of Wang Xizhi prize for the best calligraphy artist. The office of Okinawa governor still displays a large screen of Chinese calligraphy as a dominating decor. Not too long ago, Korean government officials were required to excel in calligraphy.

中国书法是一门东方艺术。就像筷子一样，书法曾经完全是中国的，但随着中国文化传播到韩国和日本，韩国和日本人同样崇拜书法，把它作为他们文化遗产的重要财富。许多日本学校仍然有在新学年开始时举办学生写大字比赛的传统。一年两次的纪念王羲之(中国金朝最著名的书法家)《兰亭许》的聚会据说在日本举行隆重的仪式。曾获全国最佳书法艺术家王羲之奖。冲绳县知事办公室的主要装饰仍然是中国书法的大屏幕。不久前，韩国政府官员还被要求具备优秀的书法

Being a unique feature of the Oriental art, calligraphy is being more and more wildly accepted by the West. As once Picasso said, "Had I been born Chinese, I would have been a calligrapher, not a painter." In contrast to Western calligraphy, diffusing ink blots and dry brush strokes are viewed as a natural impromptu expression rather than a fault. While Western calligraphy often pursues font-like uniformity, homogeneity of characters in one size is only a craft. To the artist, calligraphy is a mental exercise that coordinates the mind and the body to choose the best styling in expressing the content of the passage. It is a most relaxing yet highly disciplined exercise indeed for one's physical and spiritual well-being. That may be the secret why historically, many calligraphy artists were well-known for their longevity.

书法作为东方艺术的独特之处，正越来越被西方所广泛接受。毕加索曾经说过:“如果我生在中国，我会成为一个书法家，而不是画家。”与西方书法相比，散墨和干笔被视为一种自然的即兴表达，而不是一种缺陷。虽然西方书法经常追求字体之类的一致性，但一种尺寸的汉字同质性只是一种工艺。对于艺术家来说，书法是一种协调心灵和身体，选择最佳风格来表达文章内容的心理锻炼。这是一种最放松但又高度自律的运动，确实有益于身体和精神健康。这可能是历史上许多书法艺术家以长寿而闻名的秘密。