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## 1. 中国风物 Chinese Cultural Icons 屈原与九畹溪的兰花 Qu Yuan and the Orchids of Jiuwan Stream

### -- 《用英语讲中国故事》基础级 P008

The story goes that when the poet Qu Yuan (屈原) was banished by King Huai of Chu due to the machinations of the king's evil ministers, he took his beloved orchids and bamboo-strip books, and set up a school on Fairy Mountain. One day, the Orchid Goddess of Fairy Mountain, while floating on a cloud, happened to pass a thatched cottage. Inside, Qu Yuan was teaching a class, vigorously promoting righteous conduct for the Kingdom of Chu. The goddess stood outside the window quietly listening, particularly impressed by the poet's deeply-felt patriotism. She knew that Qu Yuan had always loved orchids, so before she left she endowed three orchids which Qu Yuan had planted under the window with supernatural power.

相传，屈原遭奸臣陷害被楚怀王放逐，带着他心爱的兰花和书简在仙女山上办起了学堂。一天，仙女山的兰花娘娘云游路过一间茅舍，正好发现屈原讲课，于是站在窗外静静地听。屈原正慷慨激昂地向学生们讲授振兴楚国的道理。屈原那赤诚的爱国深情令兰花娘娘特别感动。她知道屈原向来喜欢兰花，临走时便将屈原栽种在窗下的三株兰花点化成精。

## 2. 中国习俗 Chinese Customs 未了的乡愁 Lingering Nostalgia

### -- 《用英语讲中国故事》提高级 P062-063

As a teenager, Yu Guangzhong would follow his parents to many places of interest in the historic city. On their return from the Sun Yat-sen Mausoleum, his father asked him: “Do you know whose tomb it is?”

“That's easy,” he replied. “It is Dr. Sun Yat-sen's.”

“Correct,” his father said, and continued, “So who was Sun Yat-sen?”

“He was a great pioneering revolutionary who proposed the Three Principles of the People, and the founder of the Republic of China!” Yu answered promptly. His father, giving him a thumbs-up, found that, as well as literary talent, his son was also good at political and historical knowledge. He believed that only with extensive reading could this be acquired, and now he was relieved.

余光中少年时代，父母经常带着他到处走走看看。南京是座历史文化名城，很多地方都留下了余光中的足迹。有一次，父亲带他去了中山陵。在回家的路上，父亲想考考余光中。他问

余光中：“你知道中山陵是谁的陵寝吗？”“爸爸，这个你可难不倒我。是孙中山先生的！”“那么你说说孙中山先生是什么人？他有什么贡献？”父亲接着问。“他是伟大的民主革命先行者，提出了‘三民主义’，也创造了中华民国！”余光中自信地回答。父亲为余光中竖起了大拇指。他知道儿子从小情感细腻，有很强的文学天赋，但政治历史方面怎么样还真拿不准。看来，孩子平时没少看这方面的书，父亲欣慰地笑了。

### **3. 中国人物 Chinese Sages and Great Figures 老子身上的中国智慧 Origin of Chinese Wisdom**

#### **-- 《用英语讲中国故事》熟练级 P127**

Laozi asked Confucius: “Why don't you learn from the noble virtue of water?” Confucius said, “What virtue does water have?” Laozi said, “Nothing else in the world has the supreme goodness of water. Water is the source of life, nourishing everything and producing all kinds of life. It gives nutrition to life without taking anything from it. This is the virtue of modesty. Water flows from high places to low places, and stays in lower places that others shun. It bears heavy burdens, stays humble and helps others. This is the virtue of kindness. Water is the softest thing in the world. It does not even have a fixed form, but can adapt to the shapes of all kinds of containers. It can open channels in soil and rock one hundred times harder than itself. The soft overcomes the hard, and the weak conquers the strong. This is the virtue of gentleness and tenacity found in water.”

老子问孔子“你为何不学学水的高尚品格呢？”孔子说：“水有什么品格呢？”老子说：“天下最善的莫过于水了，水是生命之源，滋润万物，哺育了各式样的生命，自己却只给予生灵养分而不会从它们身上为自己争些什么，这是其谦虚的美德；水由高处向低处流，最终停留在众人不喜欢的卑下的地方，还要忍辱负重、帮助别人，这是其善良的美德；水是世间最柔软之物，甚至没有固定的形态，但能够适应各种容器的形状，还能在比自己坚硬百倍的土壤、岩石上开辟出通路以柔克刚、以弱胜强，这是其柔和坚韧的品格。”

### **4. 中国成就 Chinese Achievements 屡创“世界第一”的港珠澳大桥 The Hong Kong-Zhuhai-Macao Bridge**

#### **-- 《用英语讲中国故事》基础级 P204**

After innumerable difficulties had been overcome, on July 7, 2017 the Hong Kong-Zhuhai-Macao Bridge was fully opened. Seen from the air, the winding bridge looks like a long dragon. From Zhuhai Bay, the bridge stretches for over thirty kilometers above the sea, together with

six-point-seven kilometers of tunnels under the seabed, to end in Hong Kong. On the way, there are three specially modeled cable-stayed bridges, named “China Connection,” “Dolphin” and “Sail,” respectively, capable of sustaining a total of three hundred thousand tons of wheeled cargo.

Su Quanke remarked, “The bridge not only links the three geographical regions, it also forms a link between our thoughts and feelings, including the creative superiority we have developed over centuries.”

工程师们克服了一个又一个难题，港珠澳大桥于 2017 年 7 月 7 日实现了全面贯通。从空中俯瞰大桥，那逶迤的桥身如一条长龙，从珠海洪湾这端起，穿行三十多公里后消失于海中，经过海底 6.7 公里的隧道穿行，再次跃出水面，直达香港。同时，桥身上还建设了“中国结”“海豚”“风帆”三座造型独特的斜拉桥，三十万吨巨轮也能顺利通过。

正如苏权科所言：“它不仅把三地的地理联系起来了，它把我们的思想感情，包括我们几百年来创造的优势的东西都能够联系起来了。”

## **5. 中国艺术 Chinese Arts 高山流水遇知音 Classical Music: Story of Mountains and Streams**

### **-- 《用英语讲中国故事》提高级 P285**

Delighted, Bo Ya followed his teacher on a boat, his zither on his back, to Mount Penglai by the East Sea. Upon arrival, his instructor told Bo Ya to rest, and then sought the immortal guidance. After waiting amidst the towering mountains and green fields for a long time, Bo Ya set off in search of his instructor. As his path rounded a peak, he was startled by the marvelous scene before him. A crystal-clear waterfall revealed itself from the mists, the water splashing like pearls with hauntingly beautiful melodies never heard on Earth before. Inspired, Bo Ya sat and played a fabulously intoxicating tune. He was lost in his music until his teacher laughed behind him: “Ha! I see that you’ve found the immortal guidance!”

一天，老师对伯牙说：“我带你去寻一个仙师点化点化，好吗？”伯牙高高兴兴地背着琴随老师乘船来到东海蓬莱山。老师让他坐地休息，自己去找仙师去了。伯牙在这巍峨苍郁的山野中，久等不见老师归来，便沿一条山路寻去。绕过一个山头之后，不想却有一幅奇景出现在眼前：云中见飞瀑，雾中流清泉，水花四溅似珍珠，水声回荡如仙乐。伯牙顿时灵感涌起，便席地而坐，抚琴而成妙曲，陶醉其间。突然，他的身后传来老师的声音：“哈哈，哈哈……仙师被你找到了。”

## **6. 中国精神 Chinese Spirit 平凡岗位上的不平凡奉献**

### **Train Ticket Seller Sun Qi**

#### **-- 《用英语讲中国故事》熟练级 P390**

Sun smiled at all the people who came to her window, believing that her smile could make them feel friendly. For that purpose, she specially put a mirror on her desk to remind herself to keep a smiling face at all times. It might be quite easy to smile at one passenger, but when Sun had to handle nearly 2,000 travelers every day, it was remarkable for her to keep a smiling face for all of them. In fact, she didn't need to do that in her work; she did it just to make the passengers feel at home. Working in the service industry, Sun considered it her highest goal to make the passengers as satisfied with her work as possible.

微笑能够让人觉得温暖，这就是孙奇选择对每一位前来购票的乘客保持微笑的原因。为了做到这一点，她特地在桌子上放了一面镜子，时时刻刻提醒自己保持笑容。一个人，一张车票，保持微笑接待不算太难，可孙奇一天要卖出将近两千张车票，对每个人都保持着微笑，是一件非常不可思议的事情。其实没有什么规定要求她这样做，可孙奇就想把自己的工作做到最好，让来往的乘客感到温暖。作为服务行业的从业人员，她在工作中的最高目标就是能够让乘客更满意。

## **7. 兵马俑 世界第八大奇迹 Terracotta Warriors The Eighth Wonder of the World**

#### **-- 《陕西：中华文明的肇始之地》（英文版）P10**

More than 2,000 years ago, Ying Zheng, the First Emperor of Qin, who had swept away rival states and unified all states in one China, attached great importance to the construction of his mausoleum. After inspecting many places and taking feng shui into account, he finally chose a site at the foot of Lishan Mountain.

He appointed Li Si, the prime minister, to oversee the planning and design of the mausoleum and recruited skilled craftsmen from all over the country to build a huge army of terracotta figures, not only with soldiers, but also with war horses, chariots and real weapons, which had to be made life sized.

According to the system used at that time, the names of the artisans who made the terracotta figures were also engraved on the body, thereby enabling inspectors to check the work of the artisans, eliminating substandard products and improving efficiency and quality.

## -- 《陕西：中华文明的肇始之地》（中文版）P9

2000 多年前，一扫六合、统一中国的秦始皇嬴政十分重视自己的陵墓修建。他考察了许多地方后，最后看中了骊山脚下的这块风水宝地。

秦始皇任命李斯主持陵墓的规划设计，并征调全国的能工巧匠，烧制规模庞大的陶俑军队，不仅要有军士，还要有战马、战车、兵器，并要求必须按原物的真实大小进行制作。

陶俑身上还刻有制作工匠的名字，这是秦国当时的一项制度，即器物的制造者必须把自己的名字刻在上面，供管理者检查。这样可以杜绝以次充好的现象，提高生产效率和质量。

## 8. 面条像裤带 奇字奇面 Biangbiang Noodles A Fantastic Dish with a Fantastic Name

### -- 《陕西：中华文明的肇始之地》（英文版）P50

The owner of the small food stall was an old man, graying at the temples but with a booming voice and nimble with his hands. Grasping two ends of a piece of dough, then throwing and beating it hard on the chopping board, he would loudly greet customers.

With his pulling, stretching, throwing and beating, the dough became wide and long, just like a “trouser belt.” The belt-like noodles flew into the air from the old man’s hands, took a U-turn and were pulled back, over and over again. After being thrown hard on the board with a “biang-biang” noise a few times, the noodles were dropped in the big iron pot of boiling water. As the belt-like noodles were roiling in the water, a ladle of cold water was poured over them, and the white noodles immediately became fine, bright and almost transparent.

### -- 《陕西：中华文明的肇始之地》（中文版）P42

店家是一位老汉，虽两鬓斑白，但声音洪亮、手脚利索，一边揪住面剂子的两头在案板上使劲地摔打，一边吆喝着，很是风光。

在拉、扯、摔、拌之间，面剂子变得又宽又长，像裤带一样，从老汉的手中飞向空中，又扭转着拉扯回来，在案板上“biang biang”几下，然后准确地落在翻滚冒气的大铁锅里。面条在开水中不断翻滚，老汉加一瓢凉水，白色的面立即发亮透明起来。

## 9. 曾国藩 洋务运动的先驱者 Zeng Guofan Pioneer of the Self-Strengthening Movement

### -- 《湖南：惟楚有才，于斯为盛》（英文版）P99

On the fourth day of the seventh lunar month, 1862, the weather was exceptionally clear. A boat

floated on the Yangtze River outside Anqing city. With a deck and hull of wood, it resembled traditional sailboats. It was powered, however, by China's first steam engine. Its structure resembled the foreign "reciprocating steam engine," where the steam from the boiler entered the cylinder, and the piston movement drove the wheels' rotation. Sailors on the river were astonished to see the small steamboat emitting smoke and traveling at an incredible speed with no sails. Zeng was elated by the successful trial run, writing in his diary: "The intelligence, wisdom, and craftsmanship of the Chinese are in no way inferior to those of foreigners."

## -- 《湖南：惟楚有才，于斯为盛》（中文版） P100

清同治元年（1862年）农历七月四日，天气十分晴朗。安庆城外的长江水面上，漂浮着一艘木壳轮船。这艘轮船的船板、船舷都是木质的，看起来与长江上来往航行的帆船区别不大，但是却没有挂上船帆，而是安了一架奇怪的机器，这就是中国人研制的第一台蒸汽机。它的结构与外国新型的“往复式蒸汽机”相类似，当锅炉中的蒸汽进入汽缸后，活塞运动就能带动圆轮旋转。江面上其他帆船上的人，都惊奇地看着这艘冒着烟的小轮船，没有张挂帆布却航行如飞，觉得非常不可思议。曾国藩看到小轮船试航成功，心情十分激动。他在日记中写道：“窃喜洋人之智巧，我中国人亦能为之”

## 10. 湘绣 以针代笔的艺术 Xiang Embroidery Using Needles to Create Artworks

## -- 《湖南：惟楚有才，于斯为盛》（英文版） P63

Li was an expert in poetry, painting, and embroidery. She had invented a new embroidery technique that captured the various moods of Chinese landscape paintings. By separating embroidery threads into finer shades one stitch at a time, she invented a new technique which became known as "blended needlework." It solved the problem of rigid color transitions and lack of vividness that had long plagued the art.

## -- 《湖南：惟楚有才，于斯为盛》（中文版） P62

李仪徽精通诗书和绘画，平日里也喜欢钻研刺绣技能用以自娱。为了用刺绣表现中国山水画蕴含的恬淡、清雅等各种意境，她经过无数次试验，找到了一种新的技法。她将刺绣丝线分了又分，以至于比头发丝还细。在需要交换颜色的地方，又留出空隙，用长短不齐的针脚，将不同颜色和色级的丝线搭配，一针一针掺进去。这种方法，正是后来名声大噪的掺针法。有了这个新技法，以往刺绣界颜色过渡生硬、形象不够生动的难题得以解决。

## **11. 追求卓越 永无止境的创新动力 Shanghai Academy of Spaceflight Technology Pursuing Excellence in Aerospace Innovation**

### **-- 《上海：兼收并蓄的活力之都》（英文版） P196**

SAST is an organization under China Aerospace Science and Technology Corporation. Its CZ-6 isn't just an ordinary member of the Long March family—it is its family. In 2015, the debut launch of the CZ-6 drew global attention with its amazing launch of twenty satellites with one rocket. For the first time, it used a high-pressure, high-thrust, non-toxic, pollution-free, staged combustion cycle engine fueled by kerosene and liquid oxygen developed and manufactured in China, inaugurating the operation of China's new-generation of carrier rockets.

On November 21, 2017, the CZ-6 carried out its second flight, sending the Jilin-1 Video 04, 05, and 06 satellites into space, becoming China's first new-generation carrier rocket to carry out a commercial launch.

### **-- 《上海：兼收并蓄的活力之都》（中文版） P164**

长征六号运载火箭可不是“长征”火箭家族中平平无奇的一员，它是这个家族的拓路者。2015年，长征六号一经亮相就以“一箭20星”的亮眼成绩吸引了全世界的目光。它首次采用了中国研制的高压、大推力、无毒、无污染的液氧煤油补燃循环发动机，拉开了中国新一代运载火箭投入使用的序幕。2017年11月21日，长征六号火箭第二次发射，以“一箭三星”方式将“吉林一号”视频04、05、06卫星发射升空，成为中国新一代运载火箭中首枚参与商业发射的火箭。

## **12. 江南制造局 中国民族工业的摇篮 The Jiangnan Shipyard The Cradle of Chinese National Industry**

### **-- 《上海：兼收并蓄的活力之都》（英文版） P138**

In the following decades, the Jiangnan Machine Works made remarkable achievements and quickly became the birthplace of modern Chinese industry. As “China's first factory,” the Jiangnan Machine Works created many “firsts,” such as the first lathe, the first steel, the first rifle, the first cannon, the first steam-powered warship, and the first ironclad warship. Driven by the Jiangnan Machine Works, one after another national enterprises and modern schools were built nearby, making Zhizaoju Road a thriving area of Shanghai. But at the time the Qing



government was too far gone, and there were also problems with this Works itself: compared to its foreign counterparts, it had higher production costs but produced less advanced weapons and suffered from internal corruption. So in the end, the Self-Strengthening Movement, epitomized by the Jiangnan Machine Works, wasn't able to turn the tide and create a new beginning for China.

## -- 《上海：兼收并蓄的活力之都》（中文版）P166

作为“中国第一厂”，江南制造局生产了中国第一台车床、第一支步枪、第一门钢炮、第一艘蒸汽动力军舰、第一艘铁甲军舰。在江南制造局的带动下，周边陆续建起了许多民族企业和新式学堂，制造局路因此成为上海的兴旺繁华地带。但是，此时的清政府已病入膏肓，江南制造局的枪炮生产成本高，质量也赶不上国外更先进的武器装备，制造局内部也存在贪腐的弊病，以自强求富为目的的洋务运动，最终未能挽大厦于将倾。

## 13. 孔子登泰山 Confucius Climbs Mount Tai

Confucius approached Mount Tai from the eastern road. Passing the One Heaven Gate, they turned north. The path grew progressively more rugged, and Confucius's steps became slower and he began to pant for breath. Every step seemed to get harder for him to make. His disciple said, "Master, let me help you." But the other replied, "There is no need. I can keep going." His disciple then suggested, "Well, have a rest, sir. Besides, we don't have to go right to the top." Confucius looked back down at the way they had come, and said in an earnest tone: "This path is like the road of life - full of thorns and briars. I have visited a number of states, and everywhere met with rebuffs. But I never thought of abandoning my quest or surrendering. We must go right to the top!"

孔子从东麓登山，过了一天门往北行走，路越来越崎岖。孔子的脚步渐渐慢了下来，气喘吁吁，每走一步都很艰难。弟子说：“老师，我扶着您走吧。”“不用，我还可以坚持。”“那您休息一会吧 咱们不一定要登顶啊。”孔子回望走过的路，语重心长地说：“你看这路就像人生之路，充满了荆棘。我周游列国，四处碰壁，但是从来没想到过放弃或降低追求，一定要登顶！”弟子不再多说，终于，二人登顶。

## 14. 三人行必有我师 Where Three Men Walk Together I Can Learn from One

Confucius suffered all kinds of hardships on his wide wanderings. Fortunately, he had his disciples to pull his wagon.

One day, the wagon, which had been going very smoothly, suddenly stopped, as the way was blocked. Confucius sent one of his disciples to find out what the problem was.

After a while, the disciple returned, and said, "Some children have blocked the road with a pile of bricks. No matter what I said, they refused to clear the road."

Another disciple jumped up, and said, "I'll make them clear it!"

But Confucius knew he was impatient, and hastily stopped him, saying, "Better let me go."

He asked the children what they were doing. One said, "We're building a castle."

Confucius asked, "Can't you let us go past?"

The boy replied, "All over the world, wagons give way to castles; how can a castle give way to a wagon?"

This reply caused Confucius to laugh bitterly, but he couldn't find the words to refute it. So, adopting a dignified posture, he bowed, and said, "Very clever! Teacher, your pupil salutes you."

孔子风餐露宿，浪迹天涯，还好有弟子陪着，为他赶车。  
 一天正走得好好的，马车突然停下不走了。孔子让弟子去看看怎么回事。过了一会儿，弟子回来说：“几个小孩在路上堆砌了一些土石，把路挡住了说什么都不肯让路。”  
 另一个弟子跳起来说：“让我去，看他让不让！”  
 孔子知道他脾气大，赶紧拦住说：“还是我去吧。”  
 孔子问：“小朋友们，你们在干什么呀？”  
 一个小孩说：“在修建一座城池。”  
 孔子说：“能不能让我们过去啊？”  
 小孩说：“世上只有车让城，哪有城让车的？”  
 这回答让孔子哭笑不得，可又找不出词儿来反驳，干脆表现得高姿态一点作揖道：“太有才了！老师在上，受学生一拜。”

## 15. 孔子论“仁” Confucius Said...

The notion of benevolence (仁) is a core value in China's ancient code of values contained in Confucianism, as well as an important benchmark for personal cultivation widely accepted by the Chinese nation. Throughout the dynasties there have been numerous interpretations of benevolence, but the very first one came from Confucius(孔子) himself. Confucius was an eminent thinker and prestigious educator of the Spring and Autumn Period (770-476 BC). He was said to have had over 3,000 students, of whom 72 were well-known historical figures. The Analects of Confucius records many of his discussions with his students, in which he wanted to induce them to think and learn. There is a story about some of his students discussing the concept of benevolence raised by their master. One of the students, Fan Chi, began the discussion: "The other day, the Master talked about benevolence, which I found hard to comprehend. So I went to him for elucidation. He told me that benevolence dictates a humble attitude in daily life, a proper respect for one's duties and commissions, and adherence to loyalty and righteousness in dealing with others. What do the rest of you think?"

孔子论“仁”

“仁”的概念是中国儒家思想的核心概念，同时也是中华民族认定的个人修养的重要内容。它的内涵被历朝历代的思想家阐释，最早对这个概念作出阐释的是春秋时期的大思想家孔子。

孔子是春秋战国时期著名的思想家，也是著名的教育家。据说他有三千多位弟子，其中非常有名的就有 72 位。《论语》中记录了许多孔子与他的学生探讨问题的故事。他喜欢在交流中引导学生思考知识与学问。

有一次，孔子的几位学生坐在一起，探讨老师关于“仁”的学说。

樊迟首先说：“前几天老师为我们讲述了‘仁’的道理，我却一直不能理解其中的内涵。我去请教老师，老师回答说：‘仁’就是在日常生活中保持一种谦恭的态度，面对自己的职责和任务要有敬意，与人交往的时候要秉持忠义的理念。你们怎么看？”

## 16. 孟母三迁 Mencius' Mother Moves Three Times

Mencius' (孟子) surname was Meng, and his given name was Ke. He lived in the Warring States Period and became a representative of the Confucian school of philosophy. Mencius was a thinker and teacher in ancient China over two thousand years ago.

When Mencius was very young, his father died, and his mother relied on weaving to support her family. They lived a hard life.

The place where they lived was not a nice one, being close to a cemetery. Mencius and the

neighborhood children used to learn the prostrations and wailing of the mourners and play mourning games. When Mencius' mother saw this, she could not help frowning. She said, "How can the future be bright for my child in this way?" She decided to move away from the place.

孟子姓孟名轲，他生活在战国时代，是儒家思想的代表人物，中国古代的思想家、教育家，离现在有两千多年了。

孟子很小的时候，父亲就去世了，母亲靠织布养家，日子过得很清苦。

他们住的地方也不好，离墓地不远，孟子常和邻居的小孩一起学着大人跪拜、哭号的样子，玩办丧事的游戏。孟子的妈妈看到了，不禁皱起眉头：“这样下去，孩子将来还能有什么出息？”母亲就带着孟子搬家了。