

# CONTENTS

<b>1</b>	<b>Cultural Progress</b>	<b>1</b>
1.1	<i>The Pre-Qin Period: The Budding Stage of Chinese Culture</i>	2
1.1.1	<i>Pre-Xia Culture</i>	2
1.1.2	<i>Culture of the Xia, Shang, and Zhou Dynasties</i>	2
1.1.2.1	<i>Rites and Music</i>	3
1.1.2.2	<i>Religion and Belief</i>	3
1.1.2.3	<i>Birth of Chinese Character Writing</i>	3
1.1.2.4	<i>Bronze Wares</i>	4
1.1.2.5	<i>Astronomy and Calendar</i>	4
1.1.3	<i>The Spring and Autumn Period and the Warring States Period</i>	4
1.1.3.1	<i>The Hundred Schools of Thought</i>	5
1.1.3.2	<i>Literary Classics</i>	7
1.1.3.3	<i>Set of Bells</i>	8
1.2	<i>Chinese Culture Takes Shape</i>	8
1.2.1	<i>Cultural Achievements of the Qin and Han Dynasties</i>	8
1.2.1.1	<i>Confucianism as the Dominant School of Thought</i>	9
1.2.1.2	<i>Unification of Culture in the Early Qin Dynasty</i>	9
1.2.1.3	<i>Fu and Yuefu</i>	10
1.2.1.4	<i>Thriving of Historiography</i>	10
1.2.1.5	<i>Sophisticated Science and Technology</i>	10

1.2.1.6	<i>The Silk Road</i>	12
1.2.1.7	<i>Architecture</i>	12
1.2.2	<i>From the Wei to the Southern and Northern Dynasties</i>	13
1.2.2.1	<i>Co-existence of Confucianism, Taoism, and Buddhism</i>	13
1.2.2.2	<i>Novelty in Literature</i>	15
1.2.2.3	<i>Achievements in Painting and Calligraphy</i>	15
1.2.2.4	<i>Zu Chongzhi's Pi and Jia Sixie's Qi Min Yao Shu</i>	15
1.3	<i>From Sui to Song: Thriving Stage of Chinese Culture</i>	16
1.3.1	<i>Culture of the Sui and Tang Dynasties</i>	16
1.3.1.1	<i>Imperial Examination System of the Sui and Tang Dynasties</i>	16
1.3.1.2	<i>Poetry of the Tang Dynasty</i>	17
1.3.1.3	<i>Calligraphy, Painting, Music, and Dance</i>	19
1.3.1.4	<i>Architecture in the Sui and Tang Dynasties</i>	21
1.3.2	<i>Culture of the Song Dynasty</i>	22
1.3.2.1	<i>The Rise of Neo-Confucianism</i>	22
1.3.2.2	<i>Song Ci (Poetry of the Song Dynasty)</i>	23
1.3.2.3	<i>Education in the Song Dynasty</i>	25
1.3.2.4	<i>Calligraphy and Painting in the Song Dynasty</i>	25
1.3.2.5	<i>Historiography in the Song Dynasty</i>	26
1.3.2.6	<i>Technology in the Song Dynasty</i>	26
1.4	<i>From the Yuan to Qing Dynasties: Consolidation of Chinese Culture</i>	28
1.4.1	<i>Practical Science in the Ming and Qing Dynasties</i>	28
1.4.2	<i>Introduction of Christianity and Islam</i>	29
1.4.3	<i>Academic Integration</i>	30
1.4.4	<i>Zaju and Novels</i>	30
1.4.5	<i>Cultural Exchange Between China and the West</i>	31
1.4.6	<i>Architecture of the Yuan, Ming, and Qing Dynasties</i>	32
1.4.6.1	<i>Dadu City of the Yuan Dynasty (Beijing)</i>	32
1.4.6.2	<i>The Imperial Palace</i>	32
1.4.6.3	<i>The Ming Tombs</i>	32
1.4.6.4	<i>Suzhou Garden</i>	32
1.4.6.5	<i>Old Summer Palace</i>	33

1.5	<i>Chinese Culture in Modern Times</i>	33
1.5.1	<i>The Evolution of Political Thought</i>	33
1.5.1.1	<i>“Opening the Eyes to See the World”</i>	33
1.5.1.2	<i>The Westernization Movement and Bourgeois Reform Thought</i>	34
1.5.1.3	<i>Revolutionary Thought and the Kuomintang</i>	34
1.5.1.4	<i>Marxism and the Communist Party of China</i>	35
1.5.1.5	<i>Mao Zedong Thought</i>	35
1.5.1.6	<i>Deng Xiaoping Theory</i>	36
1.5.1.7	<i>The CCP’s Scientific Outlook on Development</i>	36
1.5.2	<i>Culture and Education</i>	37
1.5.2.1	<i>The Imperial University of Peking and Tsinghua University</i>	37
1.5.2.2	<i>Overseas Education</i>	37
1.5.2.3	<i>Literature</i>	37
1.5.2.4	<i>History</i>	38
1.5.2.5	<i>Rapid Development of the News Publishing Industry</i>	38
1.5.3	<i>Art</i>	39
1.5.3.1	<i>The Introduction of Western Music</i>	39
1.5.3.2	<i>Great Talents in Painting</i>	39
1.5.4	<i>Military Industry, Transportation, and Space Technology</i>	39
1.5.4.1	<i>Modern Military Industry</i>	39
1.5.4.2	<i>Transportation</i>	40
1.5.4.3	<i>Two Bombs and One Satellite</i>	40
1.5.4.4	<i>Space Technology</i>	40
	<i>References</i>	41
2	<i>Geography and Tourism</i>	43
2.1	<i>Geographical Features</i>	43
2.1.1	<i>Location, Landforms, and Climate</i>	43
2.1.2	<i>Mineral Resources</i>	45
2.1.3	<i>Mountains, Major Bodies of Water, and Islands</i>	45
2.1.3.1	<i>Mountains</i>	45
2.1.3.2	<i>Rivers</i>	45

	2.1.3.3	<i>Lakes</i>	46
	2.1.3.4	<i>Seas</i>	47
	2.1.3.5	<i>Islands</i>	47
2.2		<i>Tourism Resources</i>	48
	2.2.1	<i>Natural Heritage</i>	48
	2.2.1.1	<i>Wulingyuan Scenic and Historic Interest Area</i>	48
	2.2.1.2	<i>Jiuzhaigou Valley Scenic and Historic Interest Area</i>	49
	2.2.1.3	<i>Huanglong Scenic and Historic Interest Area</i>	50
	2.2.1.4	<i>Stone Forest Scenic Area in Kunming</i>	51
	2.2.2	<i>Cultural Heritage</i>	52
	2.2.2.1	<i>The Great Wall</i>	52
	2.2.2.2	<i>Mausoleum of the First Qin Emperor</i>	53
	2.2.2.3	<i>Imperial Palace of the Ming and Qing Dynasties in Beijing</i>	54
	2.2.2.4	<i>Lushan National Park</i>	55
	2.2.3	<i>Natural and Cultural Heritage (Mixed Heritage)</i>	55
	2.2.3.1	<i>Mount Taishan</i>	55
	2.2.3.2	<i>Mount Emei Scenic Area</i>	57
2.3		<i>Landscapes</i>	58
	2.3.1	<i>Guilin</i>	58
	2.3.2	<i>West Lake Cultural Landscape of Hangzhou</i>	60
	2.3.3	<i>Mountain Resort of Chengde and Its Outlying Temples</i>	61
	2.3.4	<i>Classical Gardens of Suzhou</i>	62
	2.3.5	<i>The Riyuetan Lake Scenic Spot</i>	62
	2.3.6	<i>Yangtze Gorges Scenic Spot</i>	63
		<i>References</i>	65
<b>3</b>		<b>Traditional Chinese Medicine and Chinese Materia Medica</b>	67
	3.1	<i>TCM's Theoretical System</i>	67
	3.1.1	<i>Formation of TCM's Theoretical System</i>	68
	3.1.2	<i>Development of TCM's Theoretical System</i>	69
	3.1.2.1	<i>A Wealth of Practice in the Wei to the Tang Dynasties</i>	69
	3.1.2.2	<i>Contention and Breakthrough in the Song to Yuan Dynasties</i>	70

	3.1.2.3	<i>Integration in the Ming and Qing Dynasties</i>	70
	3.1.2.4	<i>Deepening Development in Modern Times</i>	71
3.2		<i>TCM's Philosophical Background</i>	71
	3.2.1	<i>Essential Qi Doctrine</i>	72
	3.2.2	<i>Yin–Yang Theory</i>	72
	3.2.2.1	<i>Explaining the Human Body's Organic Structure</i>	73
	3.2.2.2	<i>Explaining the Human Body's Physiological Functions</i>	73
	3.2.2.3	<i>Explaining Pathological Changes</i>	73
	3.2.3	<i>Five Phases Theory</i>	74
	3.2.3.1	<i>Explaining the Five Zang Organs' Physiological Functions</i>	74
	3.2.3.2	<i>Explaining the Interrelations Among the Five Zang Organs</i>	75
3.3		<i>TCM's Understanding of Disease, Diagnosis and Treatment, and Health Preservation</i>	76
	3.3.1	<i>TCM's Understanding of Disease</i>	76
	3.3.1.1	<i>Etiology</i>	76
	3.3.1.2	<i>Theory of Pathomechanism</i>	77
	3.3.2	<i>TCM'S Diagnostic Methods</i>	79
	3.3.2.1	<i>Inspection</i>	79
	3.3.2.2	<i>Auscultation and Olfaction</i>	80
	3.3.2.3	<i>Inquiry</i>	80
	3.3.2.4	<i>Palpation and Pulse-Taking</i>	80
	3.3.3	<i>Therapeutic Methods Used in TCM</i>	81
	3.3.3.1	<i>Pharmacotherapy</i>	81
	3.3.3.2	<i>Acupuncture-Moxibustion</i>	83
	3.3.4	<i>TCM'S Primary Methods of Health Preservation</i>	84
	3.3.4.1	<i>Following Time</i>	84
	3.3.4.2	<i>Regulating Emotions</i>	85
	3.3.4.3	<i>Moderating Diet</i>	85
	3.3.4.4	<i>Regularizing Daily Life</i>	85
	3.3.4.5	<i>Physical Exercises</i>	85
	3.3.4.6	<i>Acupuncture-Moxibustion: Medicines</i>	86

3.4	<i>Chinese Materia Medica and Application</i>	86
3.4.1	<i>Performance of Chinese Materia Medica</i>	86
3.4.1.1	<i>Four Properties and Five Flavors</i>	87
3.4.1.2	<i>Ascending and Descending, Floating, and Sinking</i>	87
3.4.1.3	<i>Channel Tropism</i>	88
3.4.2	<i>Concerted Application and Contraindication of Chinese Materia Medica</i>	88
3.4.2.1	<i>Concerted Application</i>	88
3.4.2.2	<i>Contraindications</i>	89
3.4.3	<i>Prescriptions and Medication</i>	90
3.4.3.1	<i>Principles for the Composition of Prescriptions</i>	90
3.4.3.2	<i>Application of Prescriptions</i>	90
	<i>References</i>	91
4	<b>Music</b>	93
4.1	<i>Music in Remote Antiquity</i>	94
4.2	<i>Music in the Xia and Shang Dynasties</i>	94
4.3	<i>Music in the Western and Eastern Zhou Dynasties</i>	95
4.4	<i>Music in the Qin and Han Dynasties</i>	98
4.5	<i>Music in the Three Kingdoms, the Jin, and the Southern and Northern Dynasties</i>	99
4.6	<i>Music in the Sui and Tang Dynasties</i>	99
4.7	<i>Music in the Song, Jin, and Yuan Dynasties</i>	101
4.8	<i>Music in the Ming and Qing Dynasties</i>	103
4.9	<i>Music in Modern Times</i>	105
	<i>References</i>	112
5	<b>Arts and Crafts</b>	113
5.1	<i>Arts and Crafts in the Xia, Shang, and Zhou Dynasties</i>	113
5.1.1	<i>Prehistoric Arts and Crafts</i>	114
5.1.2	<i>Bronze Craft in the Shang and Zhou Dynasties</i>	116
5.2	<i>Arts and Crafts in the Han and Tang Dynasties</i>	119
5.2.1	<i>Arts and Crafts in the Han Dynasty</i>	120
5.2.2	<i>Arts and Crafts in the Tang Dynasty</i>	121
5.3	<i>Arts and Crafts in the Song and Yuan Dynasties</i>	123
5.3.1	<i>Arts and Crafts in the Song Dynasty</i>	123
5.3.2	<i>Arts and Crafts in the Yuan Dynasty</i>	125

5.4	<i>Arts and Crafts in the Ming and Qing Dynasties</i>	126
5.4.1	<i>Furniture Handicrafts in the Ming and Qing Dynasties</i>	126
5.4.2	<i>Metal Crafts and Lacquerwares in the Ming and Qing Dynasties</i>	127
5.4.3	<i>Ceramics in the Ming and Qing Dynasties</i>	128
	<i>References</i>	131
6	<b>Astronomy and the Calendar</b>	133
6.1	<i>Ancient Astronomy and the Calendar</i>	133
6.1.1	<i>An Overview of Ancient Chinese Astronomy and the Calendar</i>	133
6.1.2	<i>Introduction of Ancient Chinese Astronomy</i>	135
6.1.2.1	<i>Astronomy in the Xia, Shang, and Zhou Dynasties</i>	135
6.1.2.2	<i>Astronomy in the Qin and Han Dynasties</i>	136
6.1.2.3	<i>Astronomy in the Wei, Jin, and Southern and Northern Dynasties</i>	137
6.1.2.4	<i>Astronomy in the Sui and Tang Dynasties</i>	138
6.1.2.5	<i>Astronomy in the Song Dynasty</i>	139
6.1.2.6	<i>Astronomy in the Liao, Jin, and Yuan Dynasties</i>	140
6.1.2.7	<i>Astronomy in the Ming Dynasty</i>	140
6.1.2.8	<i>Astronomy in the Qing Dynasty</i>	141
6.1.3	<i>Famous Ancient Chinese Calendars</i>	142
6.1.3.1	<i>The Quarter Calendar</i>	142
6.1.3.2	<i>The Qianxiang Calendar</i>	142
6.1.3.3	<i>The Daming Calendar</i>	143
6.1.3.4	<i>The Dayan Calendar</i>	143
6.1.3.5	<i>The Twelve Solar Terms Calendar</i>	144
6.1.3.6	<i>The Shoushi Calendar</i>	144
6.1.3.7	<i>The Chongzhen Almanac</i>	145
6.1.3.8	<i>The Shixian Calendar</i>	145
6.2	<i>Famous Ancient Astronomical Institutions and Figures</i>	146
6.2.1	<i>Ancient Astronomical Institutions</i>	146
6.2.2	<i>Famous Ancient Astronomical Figures</i>	147
6.2.2.1	<i>Gan De</i>	147
6.2.2.2	<i>Luoxia Hong (140–87 BC)</i>	148

6.2.2.3	<i>Zhang Heng (AD 78–139)</i>	148
6.2.2.4	<i>Zu Chongzi (429–500)</i>	148
6.2.2.5	<i>Yixing (683–727)</i>	149
6.2.2.6	<i>Shen Kuo (1031–1095)</i>	149
6.2.2.7	<i>Guo Shoujing (1231–1316)</i>	150
6.2.2.8	<i>Xu Guangqi (1562–1633)</i>	150
6.2.2.9	<i>Li Shanlan (1811–1882)</i>	151
6.3	<i>Ancient Astronomical Instruments</i>	151
6.3.1	<i>Astronomical Observation Instruments</i>	151
6.3.1.1	<i>Armillary Sphere (Hunyi)</i>	151
6.3.1.2	<i>Celestial Sphere</i>	152
6.3.1.3	<i>Water-Powered Armillary Sphere</i>	152
6.3.2	<i>Ancient Timing Instruments</i>	153
6.3.2.1	<i>Gnomon Shadow Template (Guibiao)</i>	153
6.3.2.2	<i>Sundial (Rigui)</i>	153
6.3.2.3	<i>Leakage Clepsydra (Louke)</i>	153
6.3.3	<i>Major Contemporary Chinese Observatories</i>	154
6.3.3.1	<i>Purple Mountain Observatory of the Chinese Academy of Sciences</i>	154
6.3.3.2	<i>Shanghai Astronomical Observatory of the Chinese Academy of Sciences</i>	154
6.3.3.3	<i>Shaanxi Observatory of Chinese Academy of Sciences</i>	155
6.3.3.4	<i>Yunnan Observatory of the Chinese Academy of Sciences</i>	155
6.3.3.5	<i>National Astronomical Observatory of the Chinese Academy of Sciences</i>	156
	<i>References</i>	156
7	<b>Chinese Architecture and Gardens</b>	157
7.1	<i>Ancient Chinese Architecture</i>	157
7.1.1	<i>Stages of Development of Ancient Chinese Architecture</i>	157
7.1.1.1	<i>Ancient Chinese Architecture of Primitive Society</i>	158
7.1.1.2	<i>Ancient Chinese Architecture of the Slave-Based Society</i>	158
7.1.1.3	<i>Ancient Chinese Architecture of the Feudal Society</i>	158



7.1.2	<i>Features of Ancient Chinese Architecture</i>	159
7.1.2.1	<i>Layout of Royal Buildings</i>	160
7.1.2.2	<i>Main Features of Ancient Chinese Architecture</i>	160
7.1.3	<i>Artistic Features of Ancient Chinese Architecture</i>	162
7.1.3.1	<i>The Decorated Roof</i>	162
7.1.3.2	<i>Artistic Foils on Buildings</i>	162
7.1.3.3	<i>Application of Color</i>	162
7.2	<i>Chinese Residential Architecture</i>	163
7.2.1	<i>Features and Forms of Chinese Residential Buildings</i>	163
7.2.2	<i>Typical Local or National Residential Buildings in China</i>	163
7.2.2.1	<i>Traditional Courtyard-Style Residential Buildings</i>	163
7.2.2.2	<i>Jiangnan Residential Buildings</i>	164
7.2.2.3	<i>Cave Dwellings in the Central Region of the Yellow River Basin</i>	164
7.2.2.4	<i>Residential Buildings of Log Cabin Construction</i>	164
7.2.2.5	<i>Ganlan Residential Buildings</i>	164
7.2.2.6	<i>Hakka Earth Building and Round-Dragon House</i>	164
7.2.2.7	<i>Blockhouses of the Zang and Qiang Ethnic Groups</i>	165
7.2.2.8	<i>The Mongolian Yurt</i>	165
7.3	<i>Chinese Landscape Architecture</i>	165
7.3.1	<i>Stages of Development of Chinese Landscape Architecture</i>	165
7.3.1.1	<i>From the Shang Dynasty to the Southern and Northern Dynasties</i>	166
7.3.1.2	<i>The Sui and Tang Dynasties</i>	166
7.3.1.3	<i>The Song, Liao, and Jin Dynasties</i>	167
7.3.1.4	<i>From the Yuan to the Qing dynasties</i>	167
7.3.2	<i>Royal Gardens</i>	168
7.3.2.1	<i>Distribution of Royal Gardens</i>	168
7.3.2.2	<i>Features of Royal Gardens</i>	168
7.3.2.3	<i>Artistic Achievements of Royal Gardens</i>	169
7.3.2.4	<i>Typical Royal Gardens</i>	170
7.3.3	<i>Private Gardens</i>	170
7.3.4	<i>Temple Gardens</i>	171

7.3.5	<i>Regional Characteristics of Chinese Gardens</i>	172
7.3.5.1	<i>Gardens in the North</i>	172
7.3.5.2	<i>Lingnan Gardens</i>	172
7.3.5.3	<i>Jiangnan Gardens</i>	173
7.3.6	<i>Landscape Gardening Art</i>	173
7.3.6.1	<i>Spiritual Expression</i>	173
7.3.6.2	<i>Landscape Design</i>	174
7.3.6.3	<i>Waterscape and Rockery Scenery in the Garden</i>	175
7.3.7	<i>Architectural Elements in the Garden</i>	176
7.4	<i>Classic Books and Famous Craftsmen in Architecture</i>	176
7.4.1	<i>Classic Books on Ancient Chinese Architecture</i>	176
7.4.2	<i>Famous Craftsmen of Ancient Garden Architecture</i>	177
7.4.3	<i>Modern and Contemporary Chinese Gardens</i>	178
7.4.3.1	<i>Sun Yat-sen Mausoleum in Nanjing</i>	178
7.4.3.2	<i>Sun Yat-sen Memorial Hall in Guangzhou</i>	179
7.4.3.3	<i>The Great Hall of the People</i>	179
7.4.3.4	<i>Nanjing Yangtze River Bridge</i>	180
	<i>References</i>	180
<b>8</b>	<b>Clothing, Food, Housing and Transportation</b>	181
8.1	<i>Ancient Chinese Costume</i>	181
8.1.1	<i>Origination of Costumes</i>	181
8.1.2	<i>Costumes in the Xia, Shang and Zhou Dynasties</i>	182
8.1.3	<i>Costumes from the Qin Dynasty to the Southern and Northern Dynasties</i>	183
8.1.4	<i>Splendid Costumes in the Sui, the Tang, and Five Dynasties</i>	184
8.1.5	<i>Costumes in the Song Dynasty</i>	184
8.1.6	<i>The Unique Costume of the Yuan Dynasty</i>	185
8.1.7	<i>The Complex and Diverse Clothing Systems in the Ming Dynasty</i>	185
8.1.8	<i>Elegant and Luxuriant Costumes in the Qing Dynasty</i>	186
8.2	<i>Food Culture in Ancient China</i>	187
8.2.1	<i>The Origin of Food Culture</i>	187
8.2.2	<i>Classification of Food in Ancient Times</i>	188
8.2.2.1	<i>Shu in the Shang Dynasty</i>	188
8.2.2.2	<i>Ji in the Zhou Dynasty</i>	188
8.2.2.3	<i>The Five Cereals</i>	189

8.2.2.4	<i>Rice</i>	189
8.2.2.5	<i>Staple Food and Subsidiary Food</i>	189
8.2.3	<i>Eating Utensils and Methods of Food-Making</i>	189
8.2.4	<i>Changes of Diet Systems in Ancient Times</i>	190
8.3	<i>Dwellings of Ancient Chinese</i>	192
8.3.1	<i>The Origin of Architecture</i>	192
8.3.2	<i>Cities and Urban Architecture in Ancient China</i>	192
8.3.3	<i>Living Habits and Interior Design in Ancient China</i>	195
8.4	<i>Transportation in Ancient Times</i>	196
8.4.1	<i>Transportation in the Prehistoric Age</i>	196
8.4.2	<i>Transportation in the Xia, Shang, and Zhou Dynasties</i>	197
8.4.2.1	<i>Transportation in the Xia Dynasty</i>	197
8.4.2.2	<i>Transportation of the Shang Dynasty</i>	197
8.4.2.3	<i>Transportation of the Zhou Dynasty</i>	197
8.4.3	<i>Transportation from the Qin to the Tang Dynasties</i>	199
8.4.4	<i>Transportation from the Song to the Qing Dynasties</i>	201
	<i>References</i>	203
9	<b>Customs and Etiquette</b>	205
9.1	<i>An Overview of Chinese Customs and Etiquette</i>	205
9.1.1	<i>Li, Liyi, and Etiquette</i>	206
9.1.2	<i>Characteristics of Etiquette</i>	206
9.1.3	<i>Role of Folk Etiquette</i>	207
9.2	<i>Etiquette in Daily Life</i>	207
9.2.1	<i>Birth Ceremony</i>	208
9.2.2	<i>Enlightenment Rite</i>	211
9.2.3	<i>Puberty Rite</i>	211
9.2.4	<i>Wedding Ceremony</i>	212
9.2.5	<i>Birthday Rite and Longevity Rite</i>	213
9.2.6	<i>Funeral Rites</i>	214
9.2.6.1	<i>Funeral Vigil</i>	214
9.2.6.2	<i>Funeral Rite</i>	216
9.2.6.3	<i>Sacrificial Rites</i>	217
9.3	<i>Family Rituals</i>	218
9.3.1	<i>The Rite Between Father and Son</i>	219
9.3.2	<i>The Rite Between Husband and Wife</i>	219
9.3.3	<i>The Rite Between Brothers and Sisters</i>	220
9.3.4	<i>The Rite for the Young Woman</i>	221

9.4	<i>Social Etiquette</i>	222
9.4.1	<i>Manner Etiquette</i>	222
9.4.1.1	<i>Appellation</i>	222
9.4.1.2	<i>Greeting Etiquette</i>	222
9.4.1.3	<i>Visit and Social Activity</i>	223
9.4.1.4	<i>Catering and Gift Presenting</i>	224
9.4.1.5	<i>Respect Elders and Teachers</i>	225
9.4.2	<i>Letter Etiquette</i>	226
	<i>References</i>	226
<b>10</b>	<b>Traditional Festivals</b>	229
10.1	<i>Characteristics of Traditional Chinese Festivals</i>	230
10.1.1	<i>Focus on Agriculture</i>	230
10.1.2	<i>Secularity</i>	232
10.2	<i>Four Major Festivals</i>	234
10.2.1	<i>Spring Festival</i>	234
10.2.2	<i>The Clear and Bright Festival or the Qingming Festival</i>	236
10.2.2.1	<i>Eating Cold Food</i>	237
10.2.2.2	<i>Sweeping the Grave</i>	237
10.2.2.3	<i>Going Hiking in the Suburbs</i>	238
10.2.2.4	<i>Wearing and Transplanting Willow Twigs</i>	238
10.2.3	<i>The Dragon Boat Festival or the Duanwu Festival</i>	239
10.2.3.1	<i>Origin</i>	239
10.2.3.2	<i>Customs</i>	239
10.2.4	<i>The Mid-Autumn Festival</i>	241
10.3	<i>Other Festivals</i>	243
10.3.1	<i>The Lantern Festival or the Yuanxiao Festival</i>	243
10.3.2	<i>The Double Seventh Festival or the Magpie Festival</i>	245
10.3.3	<i>The Double Ninth Festival</i>	246
10.4	<i>Festivals of China's Minorities</i>	248
10.4.1	<i>Massive Participation</i>	248
10.4.2	<i>Recreational Activities in the Festivals</i>	249
10.4.3	<i>Social Purposes</i>	250
10.4.4	<i>Religious Purposes</i>	251
	<i>References</i>	251