

道教的形成

一. 建議教節：1-2 節

二. 預期學習成果：

完成本課題後，學生能：

1. 了解世界不同宗教與中國道教出現的地域與時間。(知識內容)
2. 認識道教出現與黃巾之亂的關係。(知識內容)
3. 認識道教的修持和法術（養生、煉丹、治病）。(知識內容)
4. 透過閱讀文字資料、地圖、圖像、影片等，分析史事。(知識內容、技能)
5. 學習尊重不同的文化及宗教。(情意、態度)

三. 教學建議：

1. 因應非華語學生的中文能力，工作紙較多圖像，部分題目輔以英文，協助學生理解內容。
2. 題型包括選擇、圈示、短答等，思考題可以口語回答。
3. 教師可按學生學習情況加入討論環節，以增加學生之間的互動。
4. 教師教授課題時，除教授相關史實外，亦須指導學生認識中國的文明和文化，促進他們認識中國文化的特質。
5. 教師可因應學生的程度而選取適合的部分或教學活動施教。

四. 教學方案：

內容重點	流程
課節一（1-2 節）： 道教的形成	<ol style="list-style-type: none">1. 講解關鍵詞；2. 透過地圖及其他資料，帶出以下重點：<ul style="list-style-type: none">- 中國道教出現的地域與時間；- 道教的出現與東漢太平道及黃巾之亂的關係；- 道教的法術（煉製及服食仙丹、符咒、信奉神仙）。

備註：

1. 學校可參考本教材，並按學生的需要，以調適課程；
2. 可因應學生的中文程度刪去或減少當中的英文句子或詞彙；
3. 可同時參考課程發展處所出版的其他教材或為本調適課綱準備的其他示例；

4. 可考慮向學生提供更多全方位學習的經驗如到內地考察、參觀博物館等等。

XXX 中學
 中一級 中國歷史科課堂工作紙
 道教的形成
 (The Emergence of Daoism)

姓名 Name :

成績 Grade :

班別 Class :

批改日期 Date of Marking :

_____ ()

學習重點：

1. 了解世界不同宗教與中國道教出現的地域與時間 (The places and times for the emergence of different world religions and Daoism in China)
2. 認識道教出現與黃巾之亂的關係 (Origins of Daoism and the relationship of the Yellow Turban Rebellion with it)
3. 認識道教的修持和法術 (養生、煉丹、治病) (Practices, beliefs, and rituals of Daoism (healthy living, alchemy, healing))

一. 本節關鍵詞 (Key Terms)

	英文詞彙	中文詞彙/粵語拼音	中文詞彙/普通話拼音
1	Daoism	道教(dou6 gaau3)	道教(dào jiào)
2	Laozi	老子(lou5 zi2)	老子(lǎo zǐ)
3	Daodejing	道德經(dou6 dak1 ging1)	道德經(dào dé jīng)
4	Taiping dao	太平道(tai3 ping4 dou6)	太平道(tài píng dào)
5	Wudoumi dao	五斗米道(ng5 dau2 mai5 dou6)	五斗米道(wǔ dòu mǐ dào)
6	The Yellow Turban Rebellion	黃巾之亂(wong4 gan1 zi1 lyun6)	黃巾之亂(huáng jīn zhī luàn)
7	To improve health	養生(joeng5 saang1)	養生(yǎng shēng)
8	Immortality pills	仙丹(sin1 daan1)	仙丹(xiān dān)
9	herbal medicine	草藥(cou2 joek6)	草藥(cǎo yào)
10	Gunpowder	火藥(fo2 joek6)	火藥(huǒ yào)
11	Seeking luck and avoiding calamity	趨吉避兇(ceoi1 gat1 bei6 hung1)	趨吉避兇(qū jí bì xiōng)
12	Charms	符咒(fu4 zau3)	符咒(fú zhòu)
13	The Queen Mother of the West	西王母(sai1 wong4 mou5)	西王母(xī wáng mǔ)

二. 本節概要 (Key Points of the Chapter)

1. 道教是中國的本土宗教。	Daoism is the native religion of China.
2. 「太平道」及「五斗米道」是東漢末年的兩個道教教派。	Taiping dao and Wudoumi dao were two Daoist sects in the final years of the Eastern Han.
3. 東漢末年的黃巾之亂與道教的出現有密切的關係。	The Yellow Turban Rebellion, which broke out in the final years of the Eastern Han, had much to do with the development of Daoism.
4. 道教的法術是利用丹藥和符咒，幫人「養生」：延長壽命、擺脫死亡。	Daoists used pills and charms to help people to “improve health”, that was to extend lifespan and prevent death.

課節一：道教的形成 (The Emergence of Daoism)


一. 世界的宗教 (Religions of the World)


資料一：部分宗教的符號 (Source A: Some religious symbols)


1. 試將相關的宗教名稱填在方格內。(Please write the corresponding names of the religion in the blank spaces.)


伊斯蘭教 (Islam)	印度教 (Hinduism)
基督宗教 (Christianity)	猶太教 (Judaism)
錫克教 (Sikhism)	道教 (Daoism)
佛教 (Buddhism)	神道 (Shinto)


RELIGIONS



佛教
(Buddhism)



伊斯蘭教
(Islam)



印度教
(Hinduism)


猶太教
(Judaism)


道教
(Daoism)


神道
(Shinto)

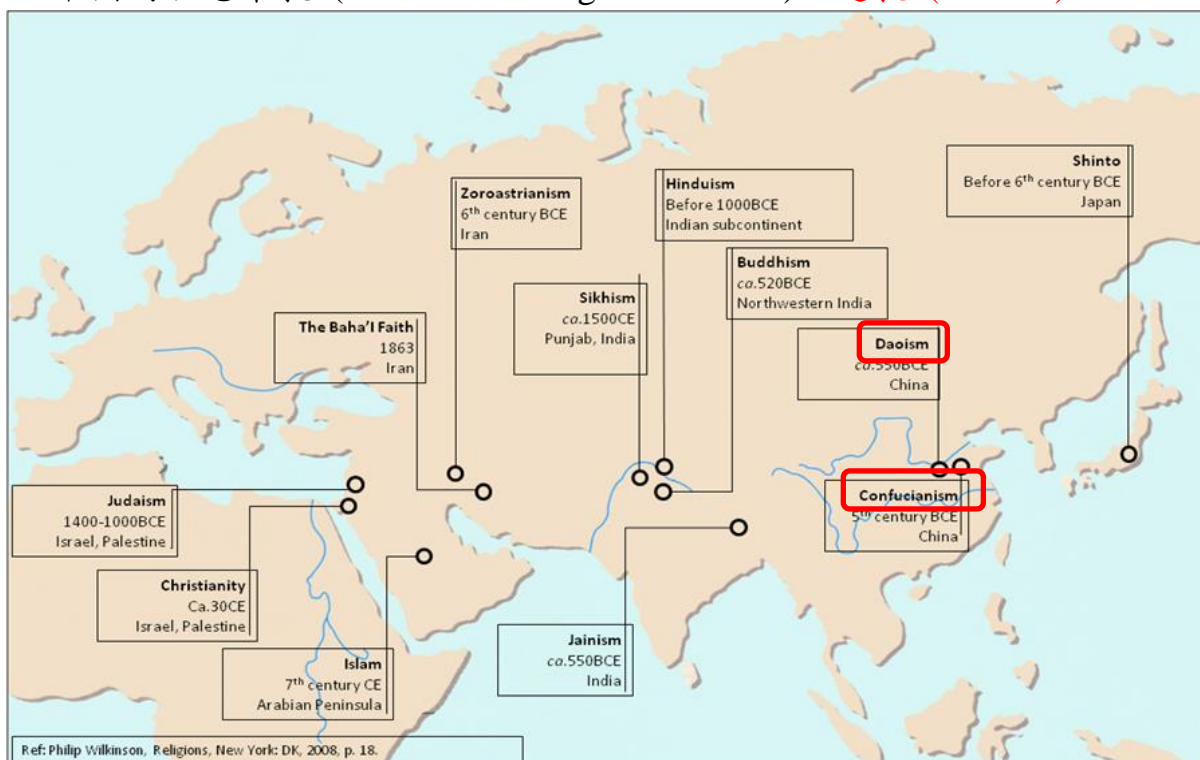

基督宗教
(Christianity)


錫克教
(Sikhism)

資料二：世界主要宗教的分佈、首次出現時間及位置 (Source B: The distributions of the main religions around the world, including when and where they first emerged)

參考下圖，請圈出 (Read this map and then circle the following):

2. 你所信奉的宗教 (若地圖上沒有，你可自行加上) (Your religion (If the map does not have it, you may add it))
3. 中國的古老思想 (The ancient ideology of China)：儒家思想 (Confucianism)
4. 中國的古老宗教 (The ancient religion of China)：道教 (Daoism)



Judaism / Israel, Palestine	猶太教 / 以色列，巴勒斯坦	Jainism / India	耆那教 / 印度
Christianity / Israel, Palestine	基督宗教 / 以色列，巴勒斯坦	Hinduism / Indian subcontinent	印度教 / 印度次大陸
Islam / Arabian Peninsula	伊斯蘭教 / 阿拉伯半島	Buddhism / Northwestern India	佛教 / 印度西北
The Baha'I Faith / Iran	巴哈伊信仰 / 伊朗	Daoism / China	道教 / 中國
Zoroastrianism / Iran	祆教 / 伊朗	Confucianism / China	儒家思想 / 中國
Sikhism / Punjab, India	錫克教 / 印度旁遮普邦	Shinto / Japan	神道 / 日本

二. 道教的出現 (The origins of Daoism)

資料三：老子巨型石像，在今福建泉州，高 5.1 米，由天然岩石雕成 (Source C: A Giant Stone Statue of Laozi in Quanzhou, Fujian province. It is 5.1m high, carved from natural cliff rock)

道教的思想來自約公元前 5-6 世紀的思想家老子。他也是中國經典《道德經》的作者。(The ideology of Daoism came from the thinker Laozi in the fifth to sixth century BC. He was also an author of the Chinese classic, the *Daodejing*.)



資料四：《道德經》 (Source D: *Daodejing*)

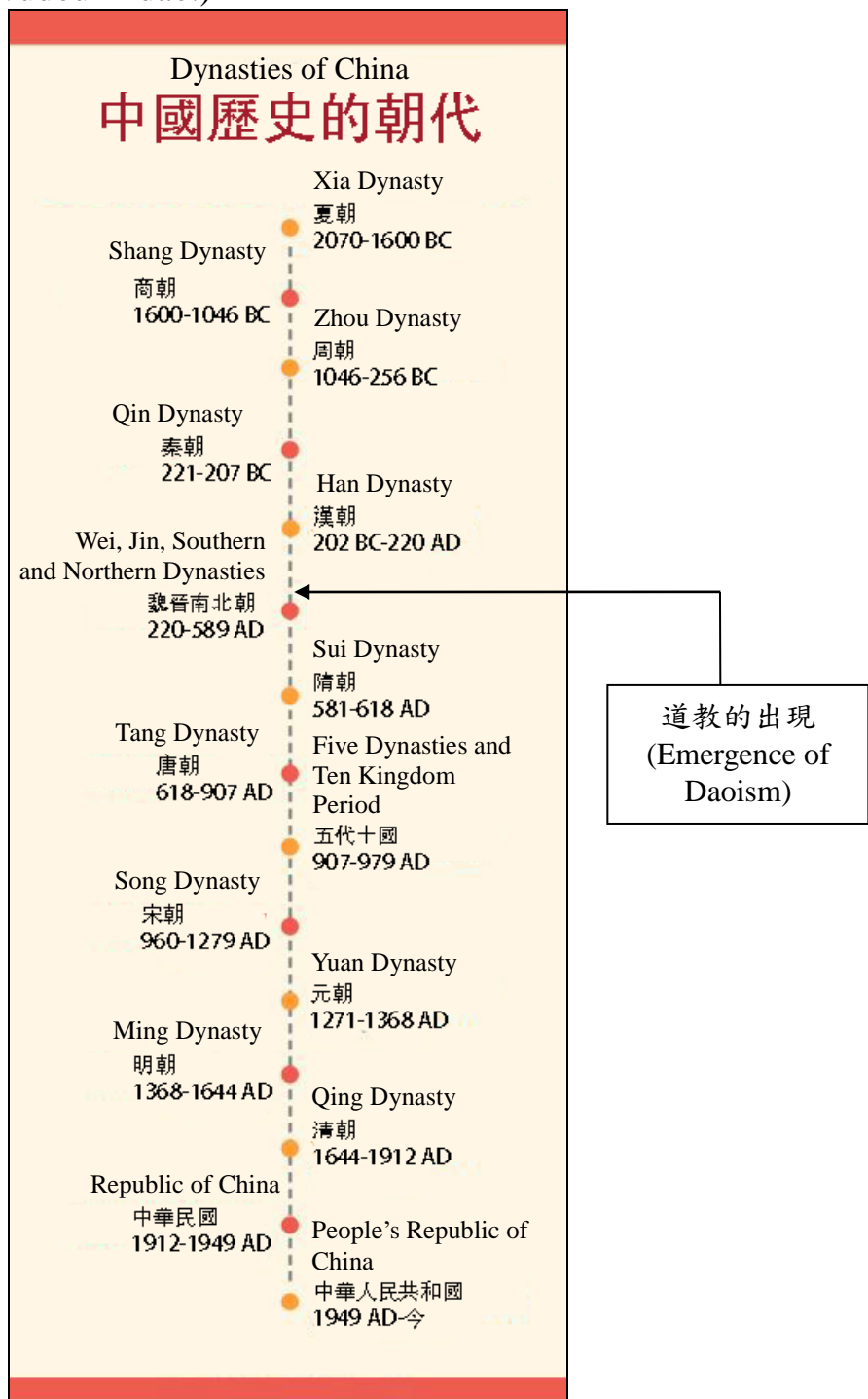
老子是《道德經》的作者 (The author of *Daodejing* was Laozi)



5. 活動：請統計班中最多同學信仰的三個宗教，並各自推舉一個代表，用 2 分鐘簡單介紹所信奉的宗教，如信仰的對象、重要的節期及儀式等等。(Activity: Please count which religion the most classmates belong to. Students may select a representative for each religion to use two minutes to explain their respective religions, including the worship focuses, important festivals and ceremonies.)

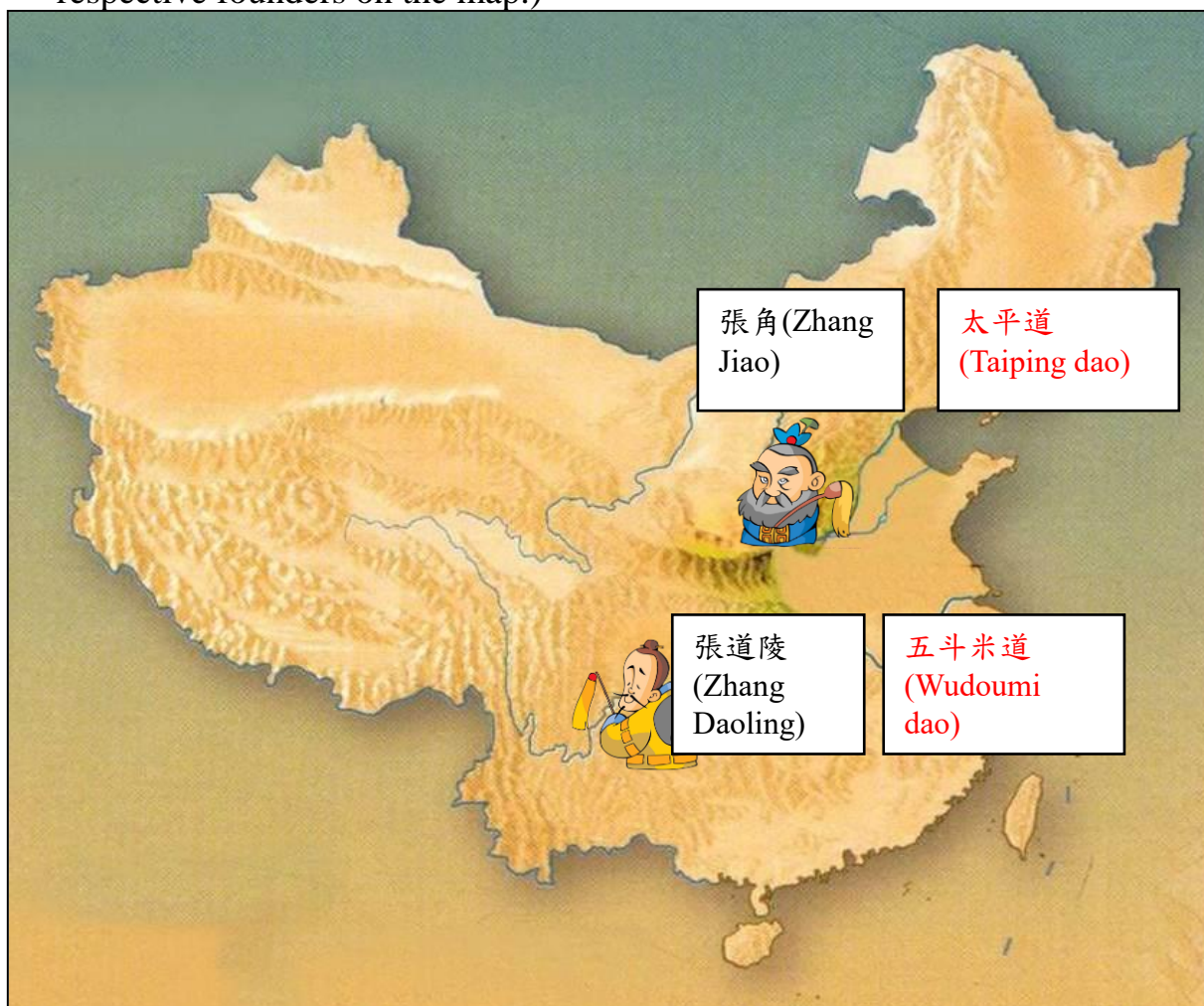
資料五：道教出現的時間 (Source E: Time of the emergence of Daoism)

東漢（25-220 年）末年，中國出現由張角和張道陵創立的南北兩個道教教派。在北方張角創立了「太平道」，張道陵則在南方創立了「五斗米道」。(In the final years of the Eastern Han (25-220) era, two Daoist sects emerged in China, headed by Zhang Jiao in the north and Zhang Daoling in the south. In the north, Zhang Jiao founded the sect of Taiping dao. In the south, Zhang Daoling founded the sect of Wudoumi dao.)



資料六：張角及張道陵所創立的道教教派 (Source F: The Daoist sects founded by Zhang Jiao and Zhang Daoling)

6. 活動：請將「太平道」及「五斗米道」的名稱寫在地圖上該道派創立人的旁邊。(Activity: Please write Wudoumi dao and Taiping dao next to their respective founders on the map.)

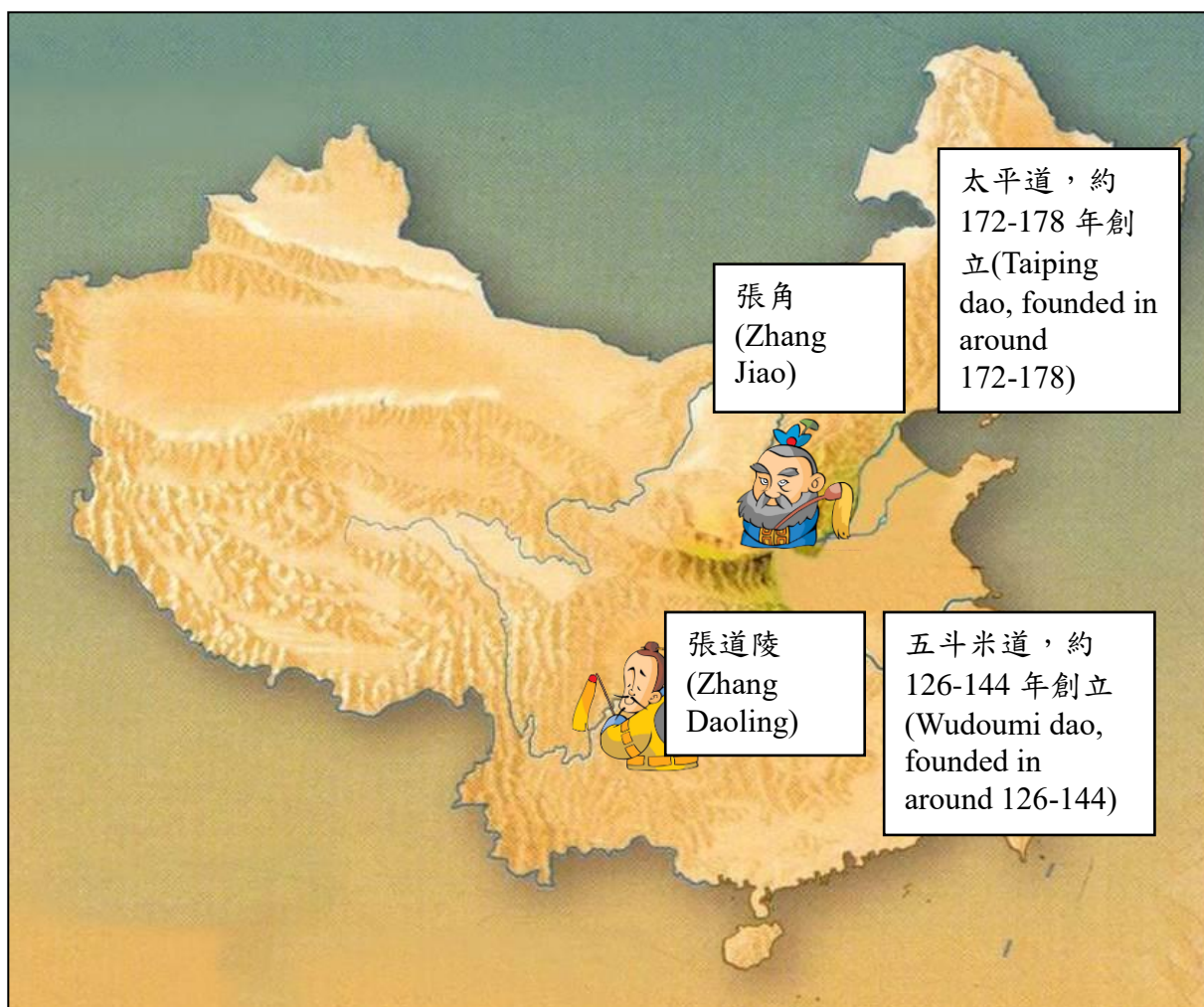


資料七：張角及張道陵所創立的道教教派及創立年份 (Source G: The Daoist sects founded by Zhang Jiao and Zhang Daoling and their founding years)

太平道約創立於公元 172-178 年，名稱是來自它的經書《太平經》。(The Taiping dao (Way of the Great Peace) was founded in around 172-178 and was named according to its scripture, Taiping jing (Book of the Great Peace).)

五斗米道的名稱是來自它要求入教者，須交米五斗。(The Wudoumi dao (Way of the Five Pecks of Rice) was named after its requirement of five pecks of rice from new believers.)

五斗米道相傳是由張道陵於 126-144 年在四川創立的，或由張修在公元 184 年正式創立。(It is commonly said that the Wudoumi dao was founded by Zhang Daoling from 126-144, but some scholars argued that it was actually founded by Zhang Xiu in 184.)



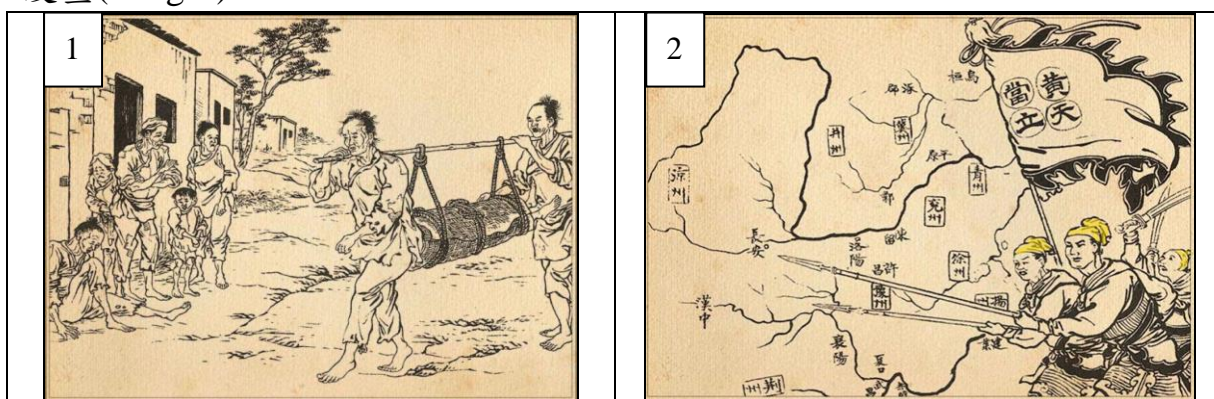
三. 東漢太平道與黃巾之亂 (The Taiping dao and the Yellow Turban Rebellion in the Eastern Han Dynasty)

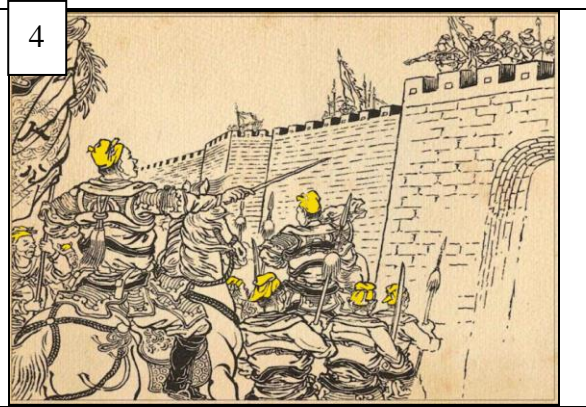
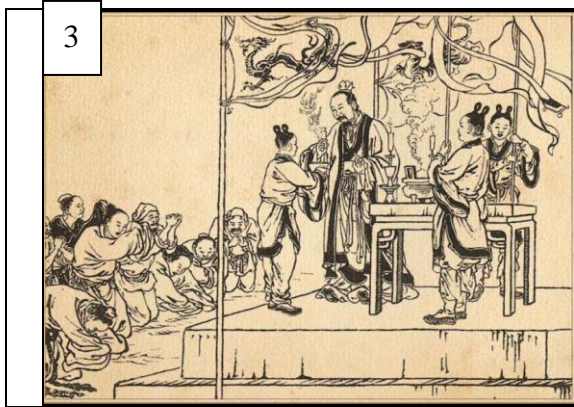
東漢末年(公元184-185年),中國出現了一場叫「黃巾之亂」的事件。這與道教的出現有密切的關係。(In the late Eastern Han era (184-185), the Yellow Turban Rebellion broke out in China. This had much to do with the development of Daoism.)

7. 活動:試參考文字描述,按時間先後,重新排列以下漫畫的次序。(Activity: After reading the description, place these four images in chronological order.)

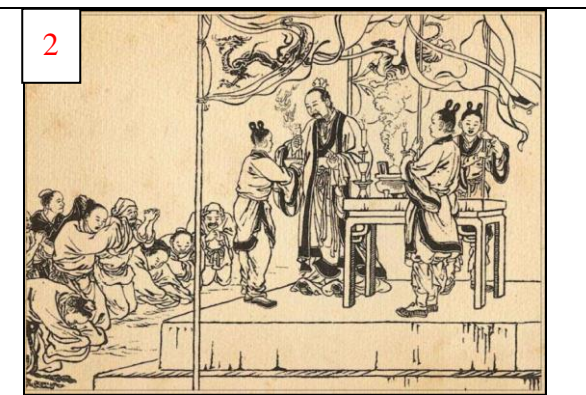
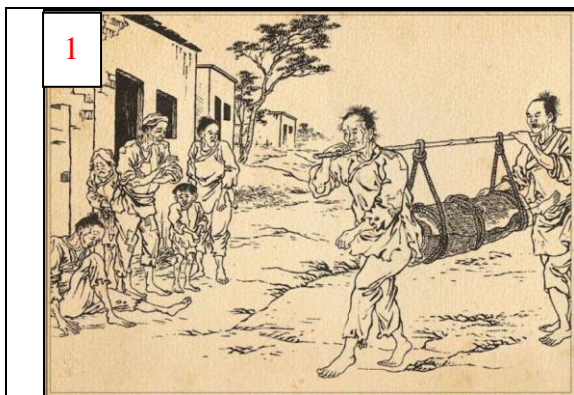
- | |
|--|
| 1. 東漢末年,災荒連年,百姓生活悲慘。(In the final years of the Eastern Han, famine persisted for many years, making the lives of commoners difficult.) |
| 2. 道士張角創立太平道,以符水為窮人治病,很多人都因此入了太平道。(Zhang Jiao, a Daoist priest, founded the Taiping dao and used talismans to treat people from illness. As a result, many people joined the Taiping dao.) |
| 3. 張角聲稱漢朝的命運即將終結,隨即將信徒組織起來,攻打各地的城池。起事者均以黃色頭巾為記號,被當代人稱為「黃巾賊」。(Zhang Jiao announced that the Han Dynasty was to end. He gathered his believers and attacked cities. Those who participated in the incident all wore yellow turbans as a mark of identification. They were therefore called the “Yellow Turban Rebels” by people of the time.) |
| 4. 稍後,各地都有「黃巾賊」作亂,他們高舉旗幟,上書「蒼天已死,黃天當立」,東漢朝廷面臨崩潰。(Shortly after, the Yellow Turban Rebellion spread to all over China. The rebels raised their flag and wrote letters to the authorities saying that “the azure sky has already died; the yellow sky will soon rise”. (note: the azure sky was referred to the Han dynasty, and the yellow sky was referred to the Yellow Turban rebels). Under the attacks of the rebels, the Eastern Han Empire was in danger.) |

漫畫(Images):



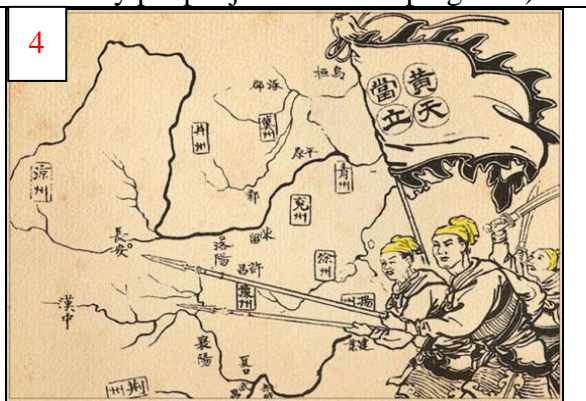


(圖片來源：宋儀編文；徐燕蓀繪畫，《黃巾起義》(連環畫)，上海：人民美術出版社，2006年，頁39, 44, 76, 192。)(Picture source: Song Yi, Huangjin qiyi, illustrated by Xu Yansun, 2006, pp. 39, 44, 76, 192)



東漢末年，災荒連年，百姓生活悲慘。
(In the final years of the Eastern Han, famine persisted for many years, making the lives of commoners difficult.)

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(Zhang Jiao, a Daoist priest, founded the Taiping dao and used talismans to treat people from illness. As a result, many people joined the Taiping dao.)



張角聲稱漢朝的命運即將終結，隨即
將信徒組織起來，攻打各地的城池。
起事者均以黃色頭巾為記號，被當代
人稱為「黃巾賊」。(Zhang Jiao
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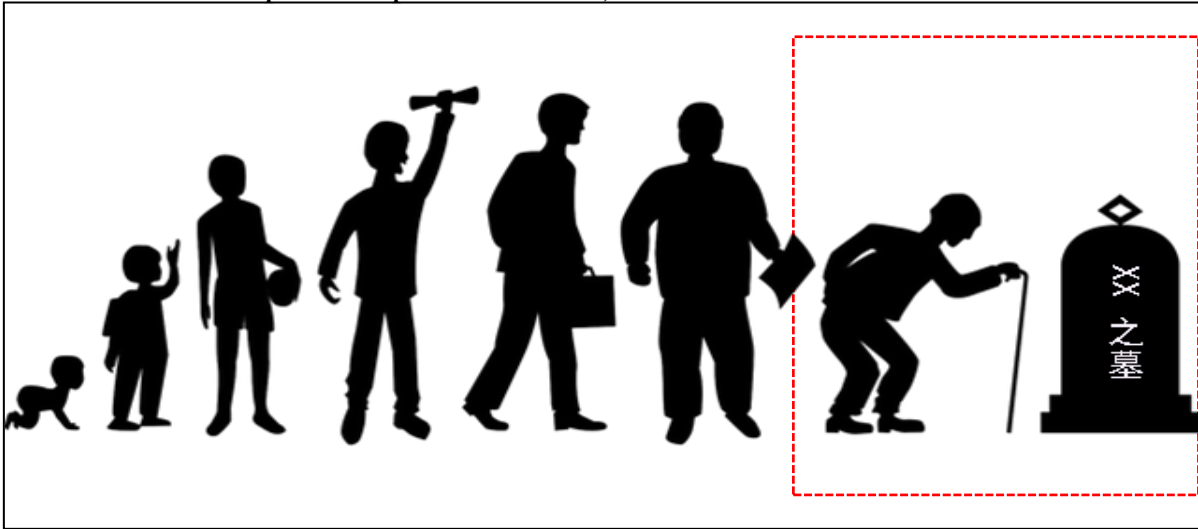
8. 為什麼道教於東漢末年出現？看過那幾張漫畫後，請你選出當時相關的社會現象。(Why did Daoism emerge in the late Eastern Han Era? After having seen the images from the last few pages, please choose which social factors were relevant to the Yellow Turban Rebellion.)

A. 發生大饑荒 (Large crop failure)	✓
B. 出現瘟疫(傳染病) (Epidemics (Infection diseases))	✓
C. 盜賊搶掠 (Looting)	✓
D. 商業興盛 (Economic prosperity)	
E. 火山爆發 (Volcano eruption)	

四. 道教的法術 (Daoist Practices)

資料八：道教法術的作用 (Source H: The purposes of Daoist practices)

道教的法術就是利用丹藥和符咒，助人「養生」，亦即延長壽命，擺脫死亡。(Daoists used pills and charms to help people to “improve health”, that is to extend lifespan and prevent death.)



資料九：東漢末年瘟疫蔓延 (Source I: The spread of plague by the end of the Eastern Han period)

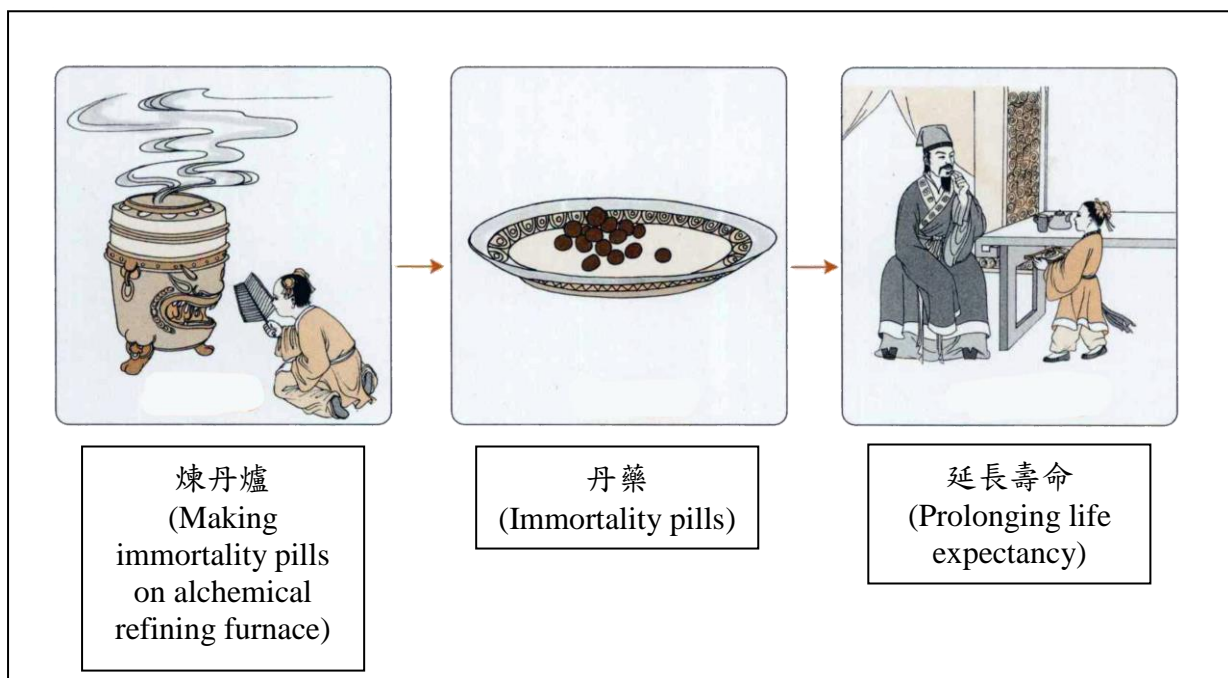
東漢末年，許多地方都有瘟疫蔓延，講求養生的道教因此大行其道。(By the end of the Eastern Han period, a plague had spread to many places. Daoism, which emphasized maintaining good health, therefore became very popular.)



(A) 養生：煉製及服食仙丹 (Improving health: Immortality pills)

資料十：煉丹 (Source J: Making immortality pills)

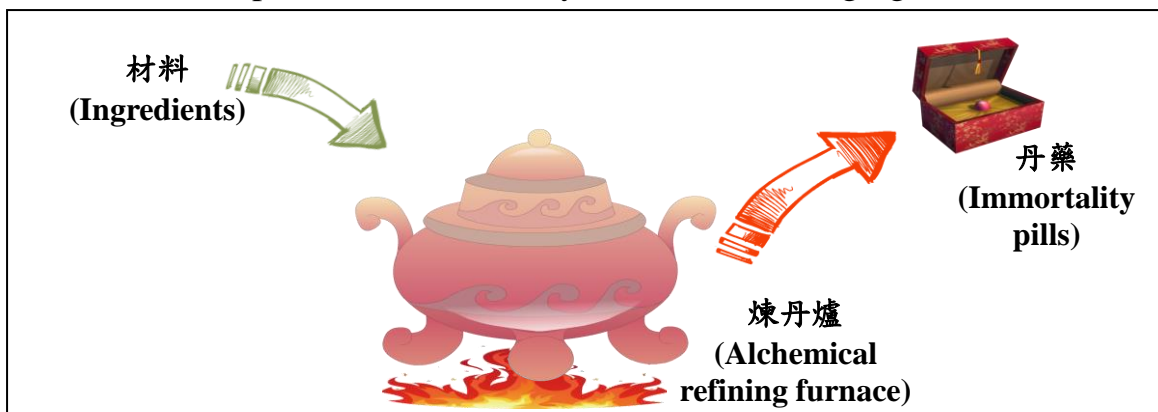
古時煉丹旨在延長壽命。(The aim of making immortality pills was to prolong life expectancy in the ancient times.)



(圖片來源：張夢道，《圖解道教》，西安：陝西師範大學出版社，頁 73)(Image source: Zhang Mengdao, Tujie Daojiao, 2007, p.73)

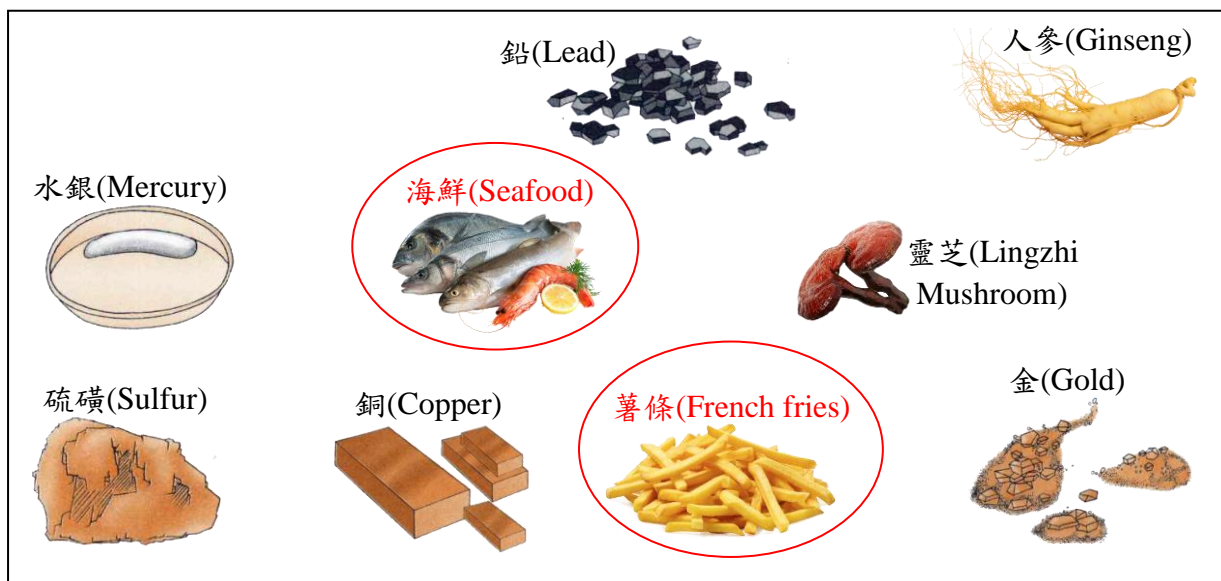
資料十一：煉丹的器具 (Source K: The tools used in making immortality pills)

用作煉丹的材料，主要是一些天然的礦物，配以珍貴草藥。目的就是希望當這些礦物被人體吸收，人們便可以像礦物一樣經歷千百年而不變。(The ingredients of the immortality pills consist of mainly natural minerals combined with expensive herbal medicine. The goal was to hope that when these minerals were absorbed by the human body, people could be like the minerals and experience millions of years without changing.)



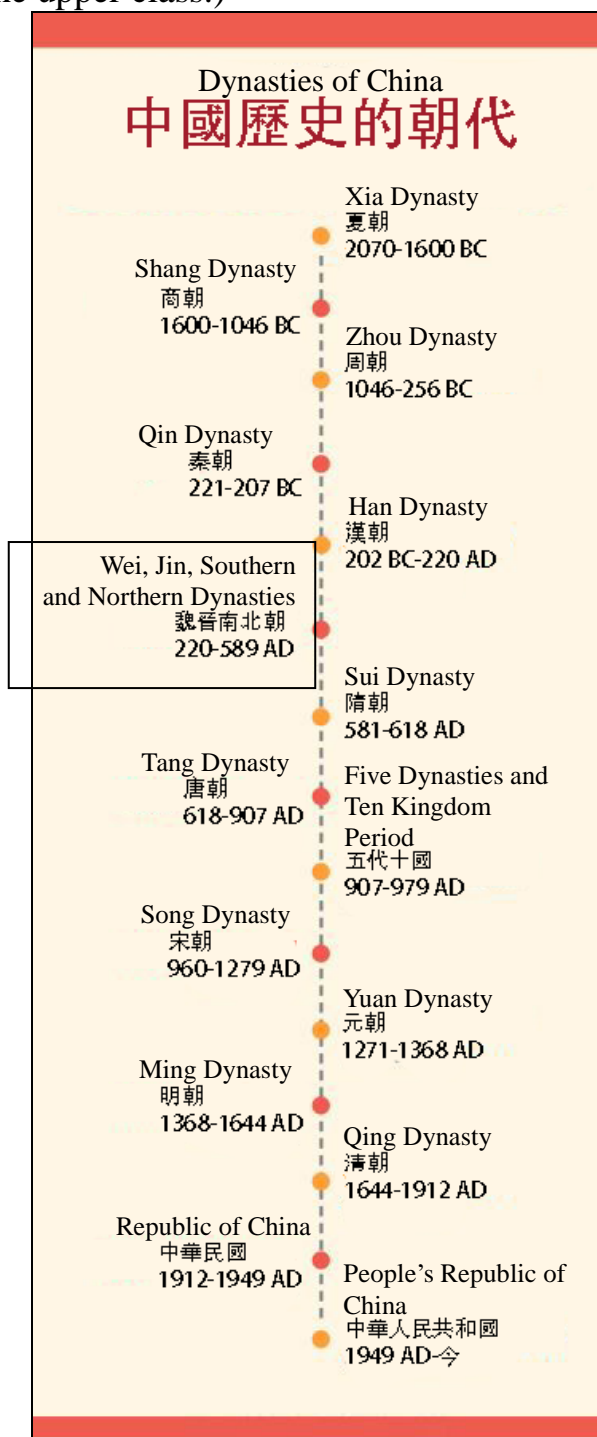
資料十二：煉丹的材料 (Source L: The ingredients of making immortality pills)

9. 活動：基於以上的原則，以下有兩項東西並不適宜用來煉丹，請你把它們圈出來。(Activity: Based on the above principle, there are two ingredients below that are not suitable to use for immortality pills. Please circle them.)



資料十三：道教盛行的時代 (Source M: Prevailing time of Daoism)

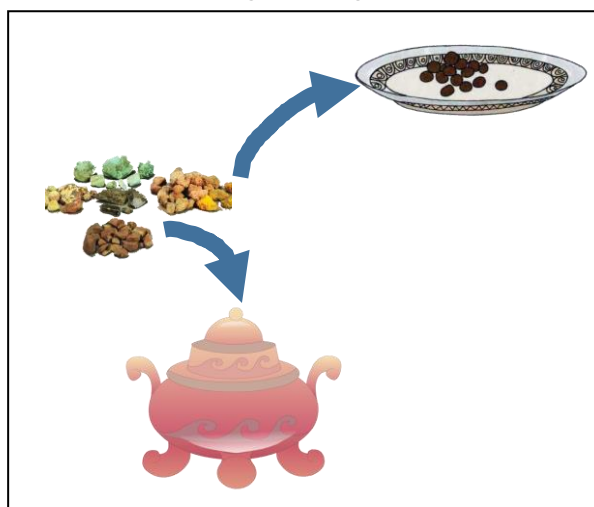
魏晉南北朝是道教盛行的時代，煉丹爐製成的「仙藥」，包括了風靡上流社會的大寶藥「五石散」。(Daoism was at its height during the Wei, Jin, Southern and Northern Dynasties. The pills that were made from alchemical refining furnaces included the “Five Minerals Powder” which were so fashionable in the upper class.)



資料十四：煉製「五石散」 (Source N: Making “Five Minerals Powder”)

所謂「五石散」，是此藥來自五種不同的礦物（綠松石、赭石、紫水晶、雄黃、硫磺）。(What was called the “Five Minerals Powder” was a medicine from five different minerals (turquoise stones, ocher pigments, amethyst, realgar, sulfur).)

服藥後，人體忽冷忽熱，肉體陷入一種莫名的苦痛之中，但精神則進入恍惚的境界。這種奇怪的副作用，使到魏晉時代不少貴族子弟，把五石散作為毒品服用。(After taking the medicine, the human body alternated between hot and cold, the physical body felt indescribable pain, but the mind entered into an absent-minded state. These strange side effects caused many nobles to use and abuse it as a drug during the Wei-Jin era.)



資料十五：魏晉時代的貴族子弟 (Source O: Nobles during the Wei-Jin era)

魏晉時代，服用五石散最有名的，叫做何晏 (?-249)，有人說他經常「魂不守舍」，意思就是靈魂離開了身體的人。(In the Wei-Jin era, the most famous user of the Five Minerals Powder was called He Yan (?-249). Some people described that his soul frequently vacated his own body.)



10.活動：以你所知，其他宗教會用什麼方法幫信徒治病及延長壽命？請你簡單介紹一下。(Activity: According to what you know, what methods do other religions use to help believers treat illnesses and extend life expectancy? Please briefly introduce these methods.)

A. 唸誦宗教經典 (Recite religious scriptures)	
B. 進行某些運動 (Physical exercise)	
C. 進行某些宗教儀式 (Perform religious rituals)	
D. 煉製藥物 (Create medicine)	

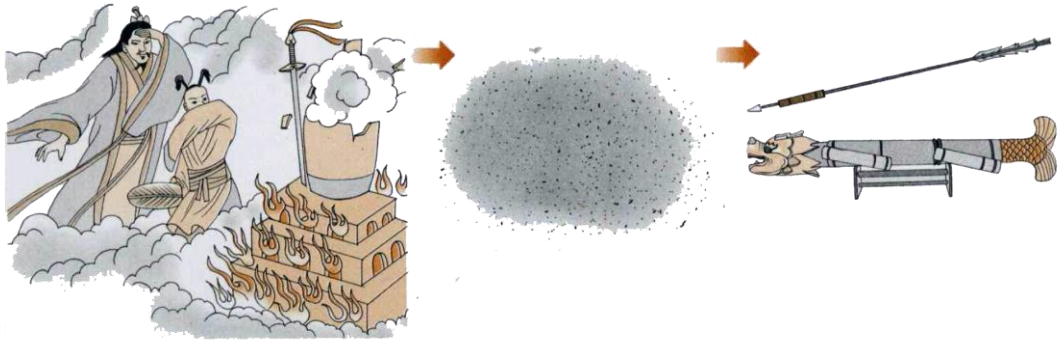
11. 這些道教的煉丹術士，也是古代的科學家。中國四大發明之一的火藥，相傳就是東晉著名的道士葛洪（284-364）發明的。請觀看影片：古代中國四大發明(英語，英文字幕) (The makers of Daoist immortality pills were also the scientists of the ancient era. Of the four great inventions of China, one was gunpowder. According to legend, it was Ge Hong (284-364 B.C.), a famous Daoist priest in Eastern Jin who had invented it. Please watch this video: The Four Great Inventions of Ancient China (English, English subtitles)) :

<https://www.youtube.com/watch?v=n4Pu0SAk7GU>

12. 請從上述短片中，列舉中國四大發明 (From the above video, list the four great inventions of China) :

1.	造紙術 (Papermaking)
2.	指南針 (Compass)
3.	活字印刷 (Printing)
4.	火藥 (Gunpowder)

資料十六：煉丹導致火藥的發明 (Source P: The making of immortality pills contributed to the inventions of gunpowder)



煉丹過程中，丹爐爆裂是經常發生的意外，不少道士會因此燒傷面容甚至死亡。(In the process of Chinese alchemy, it was normal for the alchemical refining furnace to accidentally explode. Many Daoist priests therefore suffered burned faces or even died.)

經過一次次的爆炸起火，煉丹道士逐漸意識到，若將硫磺、硝石和木炭按照某個比例配製，便製成會爆炸的「火藥」。(After experiencing these explosions, Daoist priests gradually recognized that if sulfur, potassium nitrate, and charcoal were put together in a certain proportion, it would become the explosive gunpowder.)

火藥的發明，使武器的製作出現重大改革，逐漸由兵刃時代進入了火器時代。(The invention of gunpowder led to important changes in weapons manufacturing. The bladed weapons era ended and the gunpowder era began.)

(圖片來源：張夢道，《圖解道教》，頁 229) (Image source: Zhang Mengdao, Tujie daojiao, p. 229)

(B) 趨吉避凶：符咒 (Seeking luck and avoiding calamity: Charms)

道士除了治病，還擅長使用符咒，聲稱替人趨吉避凶。而且對象不單是在生的人，還包括死去的人。(Apart from treating illnesses, Daoist priests were also experts at helping people to seek luck and avoid calamity with charms. The targets of these charms could be, not only living people, but also the dead.)

資料十七：鉛人二件，似是一男一女，時間約為漢朝至晉朝期間 (香港中文大學文物館藏)(Source Q: Two lead people. Seems to be one man and one woman. From Han to Jin eras. (CUHK Art Museum Collection))

下圖是漢代至魏晉南北朝間墓葬中常發現的「鉛人」—以鉛熔鑄而成的小模型。(The small models cast from lead shown below are called “lead people”. They were usually discovered inside the tombs built from the Han to the Wei, Jin, Southern and Northern Dynasties.)



作用：當一個人死去，可能仍未償還生前某種債項和刑罰，那有可能要他/她在另一個世界繼續償還。以鉛人陪葬，叫做「解謫」，作用是讓它來承擔這些未完的債項或罪刑，藉以減輕死去的人在另一個世界的負擔。(Purpose: When a man died, there was a chance that he still had debts and penalties to repay or serve and that these debts would continue in the afterlife. These “lead people” were buried alongside the dead person and were to undertake these incomplete debts or punishments for crime, lightening his burden in another world.)

13.活動：你信奉的宗教怎樣描述人死後的狀態或死後的世界？請班中同學用 2 分鐘簡單講解一下。(Activity: How does your religion describe what happens to people after death or in the afterlife? Please use two minutes in class to briefly explain to your classmates.)

資料十八：松人木牘，東晉建興二十八年（340 年）制造（香港中文大學文物館藏）(Source R: “Wooden man,” made around 340 A.D. (CUHK Art Museum Collection))

下圖是刻在木板正面的「松人」，以及寫滿在木板背面的符咒文字。這種符咒在漢代一直很流行。(The “wooden man” below was carved on the front of wooden boards. On the back of the board, there were charms written. These types of charms were very popular throughout the Han period.)

「松人」作用與「鉛人」相同，就是把生前所欠下的種種罪和債交給這個小木偶承擔，自己便可以繼續逍遙了。(The purpose of this “wooden man” was identical to the “lead people”. The small wooden image would undertake the sins and debts left behind by the dead person, leaving the dead person to continue free of these burdens in the afterlife.)



(C) 信奉神仙 (Believing in Gods)

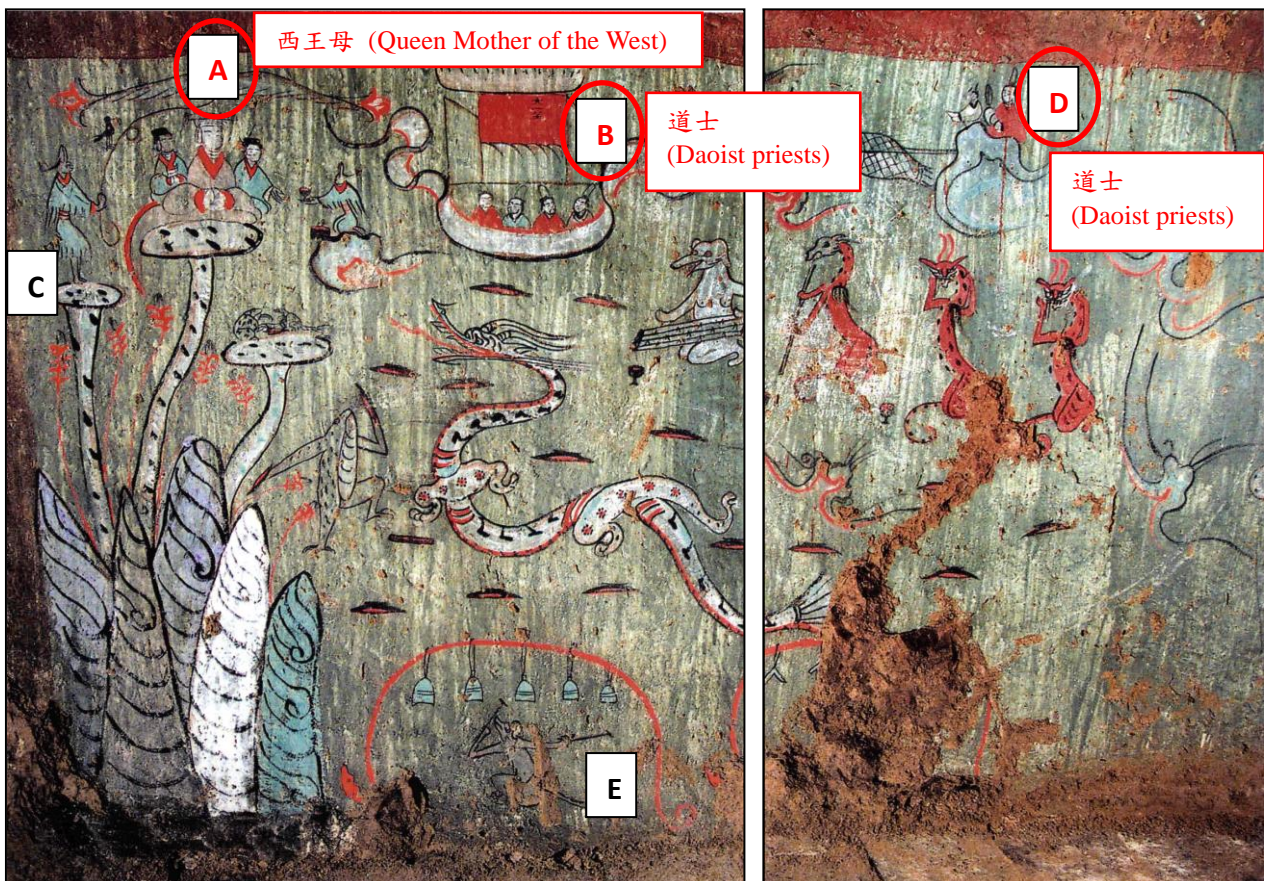
資料十九：西王母宴樂圖（墓葬壁畫） / 地點：陝西 / 年代：新朝—東漢間（9-200 年）(Source S: A mural portraying the Queen Mother of the West organizing a feast / Location of the mural: Shaanxi province / Year: between 9 and 200 AD)

道教相信很多神仙，西王母是地位極高的神仙之一。相傳她住在崑崙山上，主宰災疫。(Daoists believed in many gods. The Queen Mother of the West is one of the highest-ranking gods. According to legend, she lived in the Kunlun mountain, ruling disasters and plagues.)

一些出家修行的信眾稱為「道士」，他們相信修煉到某一境界，不單超越生死，還可以利用雲造船或車，往訪西王母。(Daoist priests believed that when they practiced Daoism and reached a certain level, they could not only surpass the line between life and death, but also ride a cloud to visit the Queen Mother of the West.)

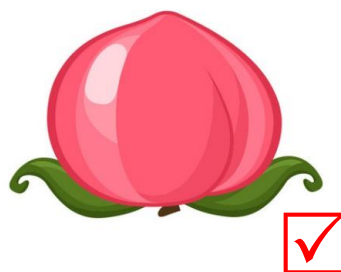
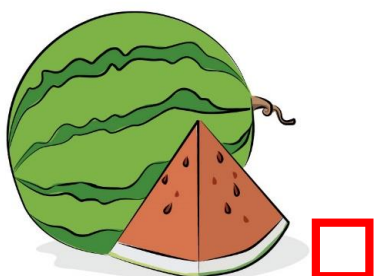
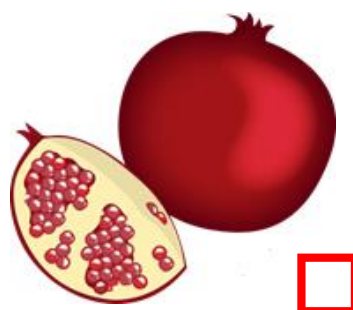
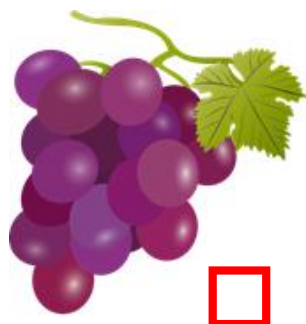
以下壁畫描繪了西王母設宴，白龍和一些動物會奏樂和跳舞助慶，而道士則騰雲駕霧趕來道賀。(The below mural portrays the Queen Mother of the West organizing a feast. A white dragon and some animals perform music and dance to assist celebrations. Some Daoist priests on clouds rush over to congratulate her.)

14. 活動：圖中哪一位是西王母？哪些是道士？請你找出來。(Activity: In the image, who is the Queen Mother of the West? Which are the Daoist priests? Please find them out.)



中國民間一直認為西王母對「養生」(保養身體)非常有心得，她所種植的某種水果，與道士煉制的仙丹，具有同樣的功效。(Chinese popular belief had it that the Queen Mother of the West was highly knowledgeable regarding “improving health”. The types of plants that she grew and the immortality pills that Daoist priests made were similarly efficient.)

15. 活動：猜猜下面哪種水果是西王母種植的？(Activity: Guess which type of fruit below was planted by the Queen Mother of the West?)



資料二十：《西遊記》中的孫悟空 (Source T: Sun Wukong in The Journey to the West)

中國一本很出名的小說《西遊記》(*The Journey to the West*)提到西王母設宴，但沒有邀請孫悟空(孫悟空據說是受印度史詩《羅摩衍那》[*Ramayana*]中的神猴哈奴曼[*Hanuman*]所影響而創作出來)，孫大怒，先吃了西王母用來款待嘉賓的蟠桃，再走到太上老君(即老子)的兜率宮，偷吃煉丹爐內的珍貴仙丹，還要帶著揶揄的口吻說：「跟吃炒豆子差不多！」(In China, *The Journey to the West* is a very famous fictional book. There, the Queen Mother of the West set up a feast but did not invite the Monkey King, Sun Wukong (it is said that the creation of Sun Wukong was inspired by *Hanuman*, the monkey god, from the Indian epic, *Ramayana*). Sun became angry and ate the peaches that the Queen Mother of the West was serving to her guests. He then ran to the Doulu palace belonging to his superior Laozi and stole the immortality pills in the alchemical refining furnace. He said mockingly, “Similar to eating fried beans!”)

故事雖然是虛構，卻反映自道教出現後，民間一直相信道教丹藥的功效，所以即使是「齊天大聖」也要偷吃呢！(Though the story is fictional, it reflects the popular belief in the Daoist immortality pills, such that even

the Monkey King needed to steal them to eat.)

16. 請觀看動畫片(普通話) (You may watch this cartoon) (Putonghua) :

https://www.youtube.com/watch?v=x0yLpacP_nk&t=56s



(圖片來源：王其編文；馬方路，朱玲繪畫，《西遊記四·大鬧蟠桃會》，上海：人民美術出版社，缺日期，頁 33) (Picture source: Wang Qi, Xiyou ji 4: Danao pantao hui, illustrated by Zhu Ling, Shanghai: Renmin meishu chunahshe, n.d., p.33)

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