

<<考古视野下的古代上海>>

图书基本信息

书名：<<考古视野下的古代上海>>

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### 内容概要

该书以上海的考古发现为主线，用文物资料诠释上海古代文明史，突出上海一以贯之的文化脉络，再现了上海古代先民社会生活的各个方面。

该书既符合上海史研究的需要，也与目前正在发展中的、把考古成果转化为公众可以接受的文化知识的“公众考古学”的宗旨相符。

现推出英文本，精选八十余幅插图，将传统文献、地下文献与文物遗存相结合，展示于读者眼前。  
作为“上海国际交流系列丛书”之一种，相信本书是中外读者了解古代上海文明起源与发展的一本图文并茂的小册子。

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书籍目录

Ancient Shanghai in an Archaeological Perspective  
History, the Memory of a City (Preface)  
The Beginning of Civilization  
The Peak of Pre—historical Civilizations  
The Era of Culture Blending  
Wu and Yue Kingdoms ,  
The Prosperity of Shanghai as a Town  
Shanghai in the South ,  
Epilogue : Western influence in China

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章节摘录

版权页：插图：people had more choices: they could boil the food in a pot. Fuand Ding found in Yangtze delta are typical utensils of this kind which directly use the heat from fire to cook food. In the late period of Songze civilization, a new cooker, Yan was invented, once again changing people's cooking style. Take the Yan found in Jinshanfen Site in Qingpu district, Shanghai for example. It is identical to a Ding, except having a ring on the interior to place the grate. It has a hole on the waist to ensure water being continuously added into the oven. Based on the shape of Ding, makers of Yan made minor changes and crafted it into a cooker particularly adapted to steam food. The invention of Yan changed people's way of using fire. It uses the steam from boiling water to cook food, utilizing the transfer of heat from the boiling water, it represented the people's understanding of the new form of energy. Beloved by gourmets, food cooked through steaming preserves the nutrition and taste of foods. Steaming is a unique traditional way of cooking in China and still an important way of healthy cooking nowadays.

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### 编辑推荐

《考古视野下的古代上海(英文版)》是上海国际交流系列丛书之一。

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