



二月二 龙抬头

Longtaitou Festival

吴

It's A Good Day For Haircut.



- 今天是农历二月初二龙抬头，又叫“龙头节”（Dragon Heads-raising Day），民间传说里，龙会在这天苏醒，腾云驾雾，遨游九天，兴风布雨，降下甘霖，滋养世间良田，也护佑着一代代龙的传人。
- 自古就有这样的说法：二月二，龙抬头，大仓满，小仓流。可见，这一天，对中国人来说是非常重要的。





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Longtaitou Festival - Wikipedia

The **Longtaitou Festival** (simplified Chinese: **龙抬头**; traditional Chinese: 龍抬頭; pinyin: Lóng Táitóu), also known as the Eryue'er **Festival** (二月二), is a traditional Chinese **festival** held on the second day of the second month of the Chinese calendar.





- The Longtaitou Festival , also known as the Eryue'er Festival (二月二) , is a traditional Chinese festival held on the second day of the second month of the Chinese calendar. Its name means "Dragon raising its head" because the dragon was regarded as the deity in charge of rain, an important factor in ancient agriculture. The festival is sometimes simply called "2 Month 2" (Er Yue Er, 二月二) for short.





- 在龙抬头，也被称为Eryue'er节（二月二），是一种传统的中国第二月的第二天举行的节日的中国历法。它的名字意为“龙抬起头”，因为龙被认为是负责降雨的神灵，而雨是古代农业的重要因素。该节日有时简称为“2月2日”（Er Yue Er，二月二）。







- Today, Longtaitou Festival is celebrated in various ways, most of which are still identical to those practiced in the ancient times, including eating Chinese pancakes (春饼) and dragon beard noodles. Perfume bags filled with the powder of ground fragrant herbs are made to be carried by women and children for good fortune, though they are no longer used as insect repellent as in ancient times. Another ancient celebration still practiced today is that Longtaitou Festival is the first day of the Taihao (太昊) temple fair that lasts until the third day of the third month of the lunar calendar. The fair is a celebration of ancestral deities Fuxi and Nüwa, and the Longtaitou Festival marks the beginning of this celebration.





- 如今，龙抬头以各种方式，其中大部分仍然是相同的那些古代实行，包括吃煎饼中国（春饼）和著名的龙须拉面。装满香精粉的香水袋是由妇女和儿童携带的，不过现在已经不像古代那样用来驱虫，而是为了获得好运。今天仍在进行的另一种古老的庆祝活动是，龙抬头节是太昊庙会的第一天，一直持续到农历正月初三。庙会是为了庆祝祖先神灵伏羲和女娲，龙抬头节则标记这次庆祝活动的开始。



- 其他表达方式
Dragon Heads-raising Day
Spring Dragon Festival
Longtaitou Festival
Eryueer Festival





龙抬头

二月二



“龙抬头”有哪些习俗？



- 龙抬头节是祈求来年丰收的重要祭祀仪式。除了祭拜龙王，土地公也被膜拜。庆祝龙台头节的另一个古老习俗是通过熏蒸来除掉家里的害虫，燃烧各种公认的驱虫剂的草药。
Longtaitou Festival is an important worship ritual of wishing for good harvest in the coming months. In addition to paying homage to the Dragon King, Tu Di Gong is also worshipped. Another ancient practice to celebrate Longtaitou Festival was to get rid of insect pests in homes via fumigation by burning various herbs with recognized insect repellent effects.





Having haircuts for good luck



- 民间流传“正月剪头死舅舅”的说法，很多人都不在正月光顾理发店，直到“二月二”才解禁。
- 正月不剃头源于“思旧”。正月一个月不剃头，以缅怀传统。“思旧”相沿既久，与“死舅”谐音，所以民间避讳。
- Since it's a folk taboo in traditional Chinese culture to have haircut in Zheng Yue, the first lunar month, Dragon Head-raising Day is the first time in the new year to have a haircut.





据说，这一天理发，有两个原因：

一是因为可以赶走霉运

going to the barber today can get rid of bad luck.

二是因为一月剪头发会 ✕ 舅舅

getting a haircut during the first month of the lunar calendar cause
your uncle to die. （虽然这只是迷信~）

go to the barber 理发

get a haircut 剪头发

lunar calendar 阴历





- 各种发型的英语表达
- bangs 刘海 slicked back 大背头 buzz/Crew cut 板寸 straight 直发 wavy 大波浪 curly Hair 卷发 waist-length hair 齐腰长发 shoulder-length hair 齐肩长发





- long hair 长发 medium-length hair 中长发 short hair 短发 bob hair 波波头 to part my hair in the middle/on the side 中分和偏分 pony-tail 马尾辫 plate hair 盘发 bun 发髻



二月二 龙抬头

农历二月初二，我国民间有“二月二，龙抬头”的谚语，表示春季来临，万物复苏，蛰龙开始活动，预示一年的农事活动即将开始。

天上“龙抬头”的同时，春天也慢慢来到了人间，雨水也会多起来。此时节，大地返青春耕从南到北陆续开始。民谚“二月二，龙抬头；大仓满，小仓流”，寄托了人们祈龙赐福、保佑风调雨顺、五谷丰登的强烈愿望。因此，二月二又被称为“春耕节”、“农事节”、“春龙节”，是汉族民间传统节日。



Eating "dragon" food





- People eat toufu balls in East China's Fujian province during this festival.
- 在福建省，人们在这个节日期间吃豆腐球。
- Traditional chengyao cakes are sold in Suzhou, East China's Jiangsu province.
- 苏州当地人会买撑腰糕，因为当地人在这一天吃撑腰糕的传统。





- People in parts of Shandong province eat fried beans to celebrate the festival.
- 山东部分地区的人们吃炒豆来庆祝二月二。
- There are also food with dragon names.
- 还有以龙命名的食物。
- Dumplings, spring rolls and popcorn are all given dragon names.
- 饺子、春卷和爆米花都有龙的名字。





- Noodles are called dragon's beard (long xu), dumpling are dragon's ears (long er), spring rolls are dragon's scales (long lin), and popcorn is called dragon seeds (long zi).
- 面条叫龙须，饺子叫龙耳，春卷叫龙鳞，爆米花叫龙子。





TIPS:

- 1.二月二吃的不是面条是“扶龙须”，寓意是：顺顺溜溜一整年being lucky the whole year.
- 2.据说，龙王为给民间降雨，触犯了天规被贬下界，玉帝规定：除非金豆开花，不然龙王别想回天庭。The God of Rain can't go back to heaven unless the golden beans bloom.所以就有了炸爆米花的传统，这样金色的豆子就开花了。





龙抬头

一声惊蛰 万物苏

春暖花开的春季，人体肌肉和韧带们比较僵硬，开春宜以适量人体机械的慢运动为主。