

Unit 1

13 British Colonies (13个英属殖民地): The colonies established by Great Britain along the eastern coast of North America from 1607 to 1776, which later became the United States. These colonies were divided into three regions: New England (Massachusetts, New Hampshire, Connecticut, Rhode Island), Middle (New York, New Jersey, Pennsylvania, Delaware), and Southern (Maryland, Virginia, North Carolina, South Carolina, Georgia).

由英国于1607年至1776年间在北美东海岸建立的殖民地，后来成为美国。这些殖民地分为三个地区：新英格兰地区（马萨诸塞、新罕布什尔、康涅狄格、罗德岛），中部地区（纽约、新泽西、宾夕法尼亚、特拉华），以及南部地区（马里兰、弗吉尼亚、北卡罗来纳、南卡罗来纳、佐治亚）。

3 Gs (三大动机): Gold, God, and Glory — the main motivations for European exploration and colonization of the Americas.

黄金、宗教与荣耀——欧洲人探索和殖民美洲的主要动机。

Virginia Company (弗吉尼亚公司): A joint-stock company that established the Jamestown settlement in 1607 to profit from resources in the New World.

1607年建立詹姆斯敦殖民地的股份公司，目的是从新大陆的资源中获利。

Jamestown (詹姆斯敦): The first permanent English settlement in North America, established in 1607 in present-day Virginia.

1607年在现今弗吉尼亚州建立的北美第一个永久性英国殖民地。

Colony of Roanoke (罗亚诺克殖民地): An early English settlement in North Carolina that mysteriously disappeared, earning it the nickname "The Lost Colony."

北卡罗来纳州的一个早期英国殖民地，神秘消失，被称为“失落的殖民地”。

Virginia Charter (弗吉尼亚宪章): A document issued by King James I granting the Virginia Company the right to establish a colony in North America. With the strict class structure in England, if you were in the lower classes it was difficult to work your way out of that and never achieve full rights on your own.

However, if you were to go to the British colonies in America, help develop it, you would be given full rights as an Englishmen.

由詹姆斯一世国王颁布的文件，授予弗吉尼亚公司在北美建立殖民地的权利。在英国，阶级结构非常严格，如果你属于下层阶级，就很难摆脱这种阶级结构，永远无法独自获得充分的权利。然而，如果你去美国的英国殖民地，帮助开发它，你就会获得作为英国人的全部权利。

Unit 1

Powhatan Indians (波瓦坦印第安人): A Native American group in the Virginia area who initially interacted with the Jamestown settlers.

弗吉尼亚地区的印第安部落，最初与詹姆斯敦定居者互动。

Anglo-Powhatan Wars (英波战争): A series of conflicts between the English settlers in Virginia and the Powhatan Indians from 1610 to 1646.

1610年至1646年间弗吉尼亚的英国定居者与波瓦坦印第安人之间的系列冲突。

Starving Time (饥荒时期): The winter of 1609–1610 in Jamestown when settlers faced extreme food shortages, resulting in many deaths. Too much focus on profits vs. long-term sustainability.

1609年至1610年冬季詹姆斯敦的定居者面临极端食物短缺，导致许多人死亡。过于注重利润而非长期可持续性。

John Smith (约翰·史密斯): A leader of Jamestown who helped the colony survive through his leadership and by establishing relations with the Powhatan Indians. John Smith is going to provide discipline to the Jamestown colony by implementing “No work, no food”, encouraging them to start building a settlement with housing, food, and working together.

詹姆斯敦的领导者，通过其领导能力和与波瓦坦印第安人的关系使殖民地存活下来。约翰·史密斯将通过实施“不工作就没有食物”来为詹姆斯敦殖民地提供纪律，鼓励他们开始建立一个有住房、食物和共同工作的定居点。

John Rolfe (约翰·罗尔夫): An English settler in Jamestown credited with introducing a strain of tobacco that became a highly profitable cash crop for the Virginia colony. His marriage to Pocahontas in 1614 helped establish a temporary peace between the English settlers and the Powhatan Indians.

詹姆斯敦的英国定居者，他引入一种高利润的烟草品种，使其成为弗吉尼亚殖民地的重要经济作物。他在1614年与宝嘉康蒂的婚姻促成了英国定居者与波瓦坦印第安人之间的短暂和平。

House of Burgesses (伯吉斯议会): The first representative legislative assembly in the American colonies, established in 1619 in Jamestown, Virginia. It marked the beginning of self-government in the English colonies. Members were elected by property-owning settlers, and the body made laws and levied taxes, though its decisions could be vetoed by the Virginia Company or the English monarch.

1619年在弗吉尼亚詹姆斯敦成立，是美洲殖民地第一个代表制立法机构，标志着英国殖民地自治的开始。议员由拥有财产的定居者选举产生，负责制定法律和征税，但其决策可能被弗吉尼亚公司或英国君主否决。

Unit 1

Bacon's Rebellion (培根叛乱): A 1676 uprising in Virginia led by Nathaniel Bacon, consisting of landless settlers, indentured servants, and enslaved people frustrated by Governor William Berkeley's refusal to authorize attacks on Native American tribes to acquire land. The rebellion highlighted tensions between wealthy landowners and poorer settlers, as well as discontent with colonial governance. Although it was suppressed, it prompted changes, including a shift toward African slavery as a labor system.

1676年弗吉尼亚的一场起义，由内森尼尔·培根领导，参与者包括无地定居者、契约佣工和奴隶。他们对威廉·伯克利总督拒绝允许攻击印第安部落以获取土地感到不满。叛乱反映了富有地主与贫穷定居者之间的矛盾以及对殖民地治理的不满。尽管叛乱被镇压，但它促使了包括转向非洲奴隶制劳工制度在内的政策变化。

Headright System (土地授予制度): An incentive system established in 1618 by the Virginia Company to attract more settlers to the colony. Under this system, settlers were granted 50 acres of land for every individual they brought to the colony. It encouraged migration and played a significant role in the expansion of the Virginia colony but also exacerbated conflicts over land with Native Americans.

由弗吉尼亚公司于1618年建立的激励制度，旨在吸引更多定居者来到殖民地。根据这一制度，每带一名个人到殖民地的定居者可获50英亩土地。这一制度促进了弗吉尼亚殖民地的扩张，但也加剧了与印第安人之间的土地冲突。

Nathaniel Bacon (内森尼尔·培根): A wealthy but discontented planter in Virginia who led Bacon's Rebellion in 1676. Frustrated with Governor Berkeley's favoritism toward wealthy elites and his refusal to protect settlers from Native American attacks, Bacon rallied a diverse group of followers to demand greater access to land and political representation. He died of dysentery during the rebellion, which contributed to its collapse.

弗吉尼亚的一位富有但不满的种植园主，他于1676年领导了培根叛乱。他对总督伯克利偏袒富裕精英以及拒绝保护定居者免受印第安人袭击感到不满，因此召集了一群多样化的追随者，要求获得更多土地和政治代表权。他在叛乱期间死于痢疾，导致叛乱迅速瓦解。

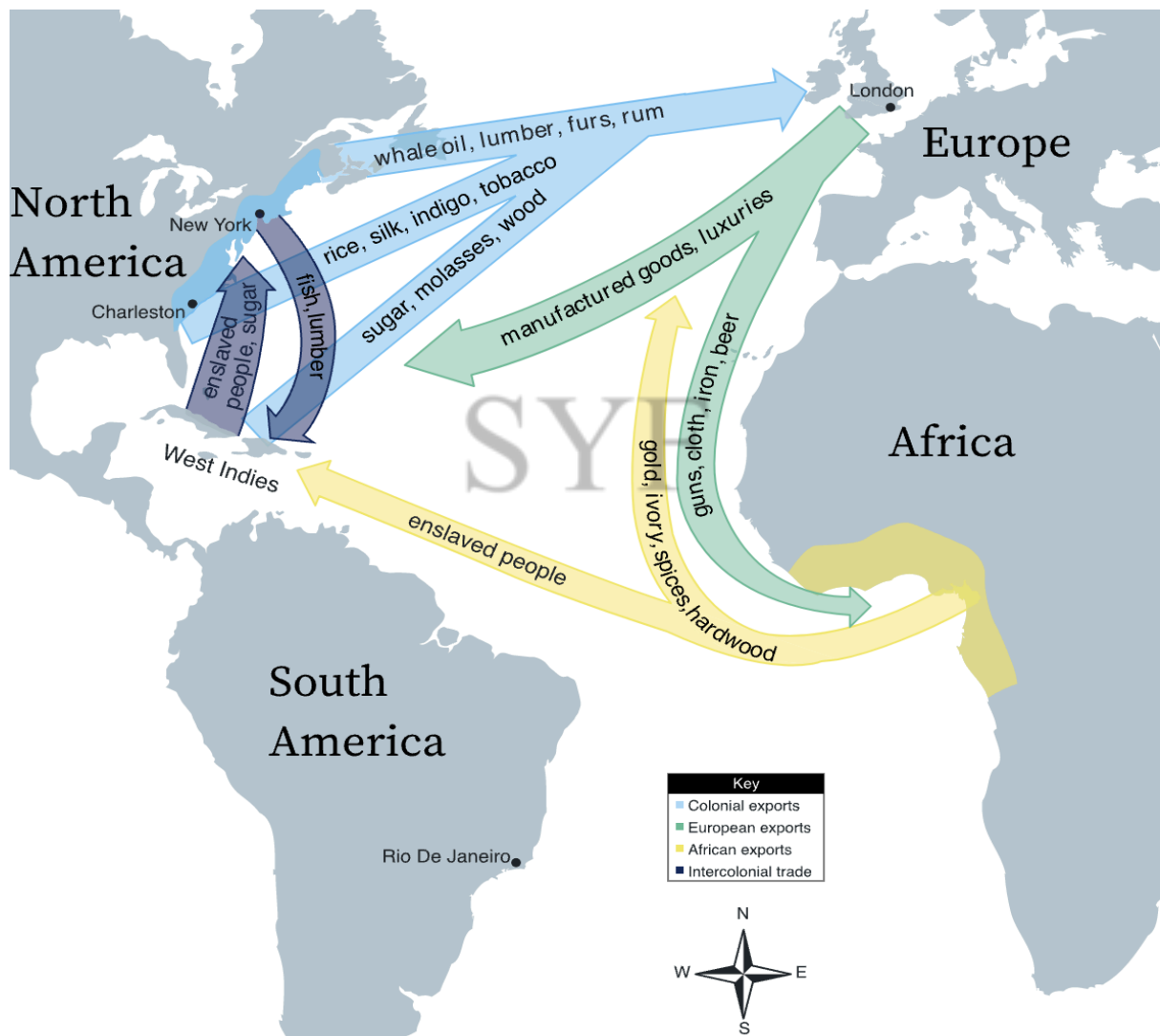
Atlantic Slave Trade (大西洋奴隶贸易): The transatlantic trade network that forcibly transported over 12 million Africans to the Americas between the 16th and 19th centuries. Enslaved Africans were shipped as part of the triangular trade, where European goods were exchanged for slaves in Africa, who were then transported across the Middle Passage to the Americas, and raw materials produced in the colonies were shipped back to Europe.

16至19世纪期间跨大西洋的贸易网络，强迫超过1200万非洲人被运往美洲作为奴隶。这一贸易是三角贸易的一部分，欧洲商品被用于交换非洲的奴隶，奴隶随后通过中间航程被运往美洲，而殖民地生产的原材料被运回欧洲。

Unit 1

Triangular Trade (三角贸易): A system of trade during the 16th to 19th centuries that connected Europe, Africa, and the Americas in a three-legged network. European goods, such as guns and textiles, were traded for enslaved Africans, who were transported across the Middle Passage to the Americas. In the Americas, these enslaved individuals produced raw materials like sugar, cotton, and tobacco, which were shipped back to Europe. This trade system perpetuated slavery.

16至19世纪连接欧洲、非洲和美洲的三边贸易网络。欧洲商品（如枪支和纺织品）被用于交换非洲的奴隶，这些奴隶通过中间航程被运往美洲。在美洲，这些奴隶生产了糖、棉花和烟草等原材料，这些原材料又被运回欧洲。此贸易体系助长了奴隶制。



Protestant Reformation (宗教改革): A 16th-century religious movement in Europe that sought to reform the Roman Catholic Church and led to the creation of Protestant churches.

16世纪欧洲的宗教运动，旨在改革罗马天主教会，并导致新教教会的建立。

Unit 1

Anglican Church (圣公会): The Church of England, established in the 16th century by King Henry VIII, separating from the Roman Catholic Church. It combines elements of Catholic and Protestant traditions.
亨利八世国王在16世纪建立的英格兰教会，脱离了罗马天主教，融合了天主教和新教的传统元素。

Separatist: Pilgrims (分离派：清教徒): English Protestants in the early 17th century who sought to separate entirely from the Church of England and later established Plymouth Colony in North America.
17世纪早期的英格兰新教徒，试图完全脱离英国国教，并在北美建立了普利茅斯殖民地。

Puritans (清教徒): English Protestants in the 16th and 17th centuries who aimed to purify the Church of England by removing Roman Catholic practices and founded Massachusetts Bay Colony.

16至17世纪的英格兰新教徒，致力于清除英国国教中的天主教传统，并建立了马萨诸塞湾殖民地。



| Pilgrims | Puritans |
|------------------------------------|--|
| Few | Many |
| Early (1620) | Later (1629-30) |
| Poor class | Upper middle class |
| Uneducated | Educated |
| Separatists from state church | Loyal |
| Settled in Plymouth | Salem, Boston |
| William Bradford, William Brewster | John Winthrop, John Endicott, Miles Standish |

Thus, we see them come over as families, which is different from the Southern colonies who were mostly single men looking to get rich (gold!) and leave. Now, these Northern colonists are coming to stay for religious freedom.

因此，我们看到他们以家庭为单位来到这里，这与南方殖民地不同，南方殖民地大多是单身男性，他们想发财（金子！）然后离开。现在，这些北方殖民者来到这里是为了宗教自由。

Mayflower Compact (《五月花号公约》): A 1620 agreement signed by the Pilgrims aboard the Mayflower that established a framework for self-governance and majority rule in Plymouth Colony. It is considered a foundational document of American democracy. It is considered the First Democratic Document, which introduced the principles of self-governance and majority rule.

1620年清教徒在“五月花号”上签署的一项协议，确立了普利茅斯殖民地的自治与多数决原则，被视为美国民主的奠基文件之一。它被认为是第一份民主文件，引入了自治和多数决原则。

Squanto and Wampanoag Indians (斯宽托和万帕诺亚格印第安人): Squanto, a Native American of the Patuxet tribe, taught the Pilgrims essential survival skills, such as planting crops and fishing. The Wampanoag Indians, led by Chief Massasoit, formed an alliance with the Pilgrims, ensuring their survival in the New World.

斯宽托是帕图克特部落的一名印第安人，他教授清教徒种植农作物和捕鱼等生存技能。万帕诺亚格印第安人由酋长马萨索伊特领导，与清教徒结盟，保障了他们在新大陆的生存。

Unit 1

First Thanksgiving (第一次感恩节): A 1621 feast shared by the Pilgrims and the Wampanoag Indians to celebrate the Pilgrims' first successful harvest.

1621年，清教徒与万帕诺亚格印第安人共享的一场宴会，庆祝清教徒的首次丰收。

One of the differences between the Southern colonies and their initial encounters with the Natives, is that the Pilgrims will have friendly relations with the Natives because they know they are going to stay and want to develop friendly relationships with neighbors.

南部殖民地与他们最初与土著人的接触之间的一个区别是，清教徒会与土著人建立友好关系，因为他们知道土著人会留下来，并希望与邻居发展友好关系。

Massachusetts Bay Colony (马萨诸塞湾殖民地): A Puritan colony founded in 1630 by settlers led by John Winthrop. It became a major center for trade, religion, and governance in New England.

1630年由清教徒约翰·温斯洛普创建的殖民地，成为新英格兰地区贸易、宗教和治理的主要中心。

City on a Hill (山巅之城): A metaphor used by John Winthrop in his sermon to describe the Massachusetts Bay Colony as a model Christian society watched by the world.

约翰·温斯洛普在布道中使用的比喻，形容马萨诸塞湾殖民地是一个被世人瞩目的基督教模范社会。

John Winthrop (约翰·温斯洛普): The first governor of Massachusetts Bay Colony and a Puritan leader who emphasized communal responsibility and a "City on a Hill."

马萨诸塞湾殖民地的首任总督，清教徒领袖，提倡集体责任与“山巅之城”的理念。

Town Hall Meetings (市政厅会议): A form of local governance in New England where male property owners discussed and voted on community issues, laying the groundwork for American democracy.

新英格兰地区一种地方治理形式，男性财产所有者讨论并投票决定社区事务，为美国民主奠定基础。

Roger Williams (罗杰·威廉姆斯): A Puritan minister banished from Massachusetts for advocating religious freedom and separation of church and state; he later founded Rhode Island.

因主张宗教自由与政教分离而被马萨诸塞驱逐的清教牧师，之后建立了罗德岛殖民地。

Anne Hutchinson (安妮·哈钦森): A Puritan woman who challenged Massachusetts' religious authorities by promoting antinomianism, leading to her banishment and settlement in Rhode Island.

挑战马萨诸塞宗教权威、宣扬反律法主义的清教妇女，被驱逐后迁居罗德岛。

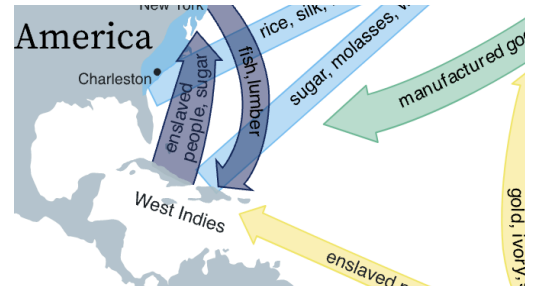
Unit 1

God and Cod (上帝与鳕鱼): A phrase symbolizing the Puritans' reliance on faith (God) and the fishing industry (cod) as economic and spiritual pillars in New England.

象征新英格兰地区清教徒对信仰（上帝）和渔业（鳕鱼）作为经济与精神支柱的依赖。

West Indies (西印度群岛): A region in the Caribbean that played a crucial role in the Triangular Trade, providing sugar and rum in exchange for enslaved labor and European goods.

加勒比海地区，在三角贸易中发挥了重要作用，提供糖和朗姆酒以交换奴隶劳动与欧洲商品。



Mercantilism (重商主义): An economic theory emphasizing government regulation of trade to maximize exports and accumulate wealth for the nation.

一种经济理论，强调通过政府调控贸易以最大化出口并为国家积累财富。

Navigation Laws (航海法): British laws restricting colonial trade to ensure it benefited England, requiring colonies to use English ships and trade primarily with Britain.

英国颁布的法律，限制殖民地贸易，以确保其利益服务于英国，要求殖民地使用英国船只并主要与英国进行贸易。

Salutary Neglect (有益的忽视): A British policy of lax enforcement of colonial regulations, allowing colonies economic and political autonomy in exchange for loyalty.

英国对殖民地法规执行宽松的政策，以经济和政治自主权换取殖民地的忠诚。

King Philip's War (菲利普国王战争): A 1675-1678 conflict between New England colonists and Native American tribes led by Metacom (King Philip), resulting in significant losses for both sides.

1675年至1678年新英格兰殖民者与以梅塔科姆（菲利普国王）为首的印第安部落之间的冲突，双方均遭受重大损失。

Plantation Class System (种植园阶级体系): A hierarchical social structure in the Southern colonies based on wealth, landownership, and the use of enslaved labor. At the top were wealthy planters who owned large plantations and enslaved individuals, followed by smaller farmers, poor laborers, and enslaved Africans at the bottom.

南方殖民地以财富、土地所有权和奴隶劳动为基础的社会等级体系。最上层是拥有大片种植园和奴隶的富有种植园主，其次是小农、贫苦劳工，最底层是被奴役的非洲人。

Unit 1

The Stono Uprising/Rebellion (斯托诺起义/叛乱): A 1739 slave rebellion in South Carolina, where enslaved Africans attempted to escape to Spanish Florida. It was one of the largest uprisings in the colonies, leading to stricter slave laws.

1739年南卡罗来纳州的奴隶起义，奴隶试图逃往西班牙控制的佛罗里达。这是殖民地最大起义之一，导致更严格的奴隶法实施。

First Great Awakening (第一次大觉醒): A religious revival in the 1730s-1740s across the colonies that emphasized personal faith, emotional preaching, and a break from traditional church authority.

1730至1740年代在殖民地兴起的宗教复兴运动，强调个人信仰、情感化的布道以及对传统教会权威的挑战。

Half-Way Covenant (半约公约): A 1662 policy allowing partial church membership to individuals who had not undergone a full conversion experience, aimed at maintaining church influence.

1662年通过的政策，允许未完全经历宗教转变的人获得部分教会成员资格，以保持教会的影响力。

Jonathan Edwards (乔纳森·爱德华兹): A preacher during the First Great Awakening known for his fiery sermons emphasizing human sinfulness and divine wrath.

第一次大觉醒时期的布道者，以其充满激情的讲道著称，强调人类罪恶与神的愤怒。

George Whitefield (乔治·怀特菲尔德): An influential preacher during the First Great Awakening who spread revivalist ideas through emotional sermons and widespread public gatherings.

第一次大觉醒期间的有影响力的布道者，通过情感化的讲道和广泛的公众集会传播复兴主义思想。

Zenger Trial (曾格审判): A 1735 legal case in New York in which John Peter Zenger was acquitted of libel, establishing a precedent for freedom of the press in America.

1735年在纽约的法律案件，约翰·彼得·曾格被控诽谤无罪，确立了美国新闻自由的先例。

Enlightenment (启蒙运动): An 18th-century intellectual movement emphasizing reason, science, and individual rights, influencing political thought and revolutions.

18世纪的思想运动，强调理性、科学和个人权利，对政治思想和革命产生了深远影响。

John Peter Zenger (约翰·彼得·曾格): A New York printer tried in 1735 for libel against the governor; his acquittal helped establish the principle of press freedom in the colonies.

1735年因指控州长诽谤而受审的纽约印刷商，他的无罪释放帮助确立了殖民地新闻自由的原则。

Unit 1

John Locke (约翰·洛克): An Enlightenment philosopher who advocated natural rights, including life, liberty, and property, and influenced the American Revolution and Declaration of Independence.

启蒙运动哲学家，倡导包括生命、自由和财产在内的自然权利，对美国革命和《独立宣言》产生重要影响。

Both movements were important because they challenged the traditional authority (rule) of the church and the way the British government (constitutional monarchy) was treating them.

这两个运动都很重要，因为它们挑战了教会的传统权威（统治）以及英国政府（君主立宪制）对待教会的方式。

SYF