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水鏡儉民
有似克忱
正明勤國
清廉克忱

李鳴

一九九三年九月

勤政慮明

李瑞琰

一九九五年

偉人
大民
公領
袖

劉華清

一九九三年
十月

海闊天空之量
先忧後乐之心

薄一波



一九九三年九月卅日

序

值此毛澤東同志誕辰一百周年之際，中央警衛局組織人員，拍攝、整理、編輯了《平凡與偉大——毛澤東中南海遺物軼事》畫冊，這是一件非常有意義的工作。

《關於建國以來黨的若干歷史問題的決議》指出：毛澤東是偉大的馬克思主義者，是偉大的無產階級革命家、戰略家和理論家。毛澤東作為一個執政的無產階級政黨的領袖，他以對馬克思主義、對人民利益的忠誠，始終極為關注艱難締造的黨和人民政權的鞏固，並為消除黨和政府中的腐敗現象及脫離群眾現象而做了堅持不懈的鬥爭。他自己則率先垂範，始終保持了艱苦奮鬥的作風，始終保持了共產黨人的政治本色，把自己的一生都獻給了中國人民的解放事業和共產主義事業，贏得了黨和群眾的擁護和支持，也贏得了中國各族人民和世界各國人民的愛戴和尊敬。畫冊以毛澤東同志在中南海豐澤園故居的遺物為主要素材，加以有關的軼事，真實、生動地反映了他嚴於律己、清廉為政的高尚情操，反映了他為中華民族的解放和建設事業殫精竭慮、嘔心瀝血、鞠躬盡瘁、死而後已的偉大人生。畫冊對於端正黨風，反腐倡廉，發揚艱苦樸素、艱苦奮鬥的優良傳統是一份極好的教材。

正如小平同志所說：毛澤東思想培育了我們整整一代人。毛澤東思想永遠是我們全黨、全軍、全國各族人民的寶貴精神財富。緬懷毛澤東，我們不能忘記他的豐功偉績，更要讓毛澤東始終倡導的艱苦奮鬥的優良作風永遠不斷地發揚光大。

宋任窮

INTRODUCTION

On the occasion of the centennial of Mao Tse-tung's birth, "Greatness out of the Ordinary-A Photographic Album of Mao Tse-tung's Zhongnanhai Memorabilia", which was created by the collective work of photographers and editors brought together by the security department of the central committee of the Communist Party, is ready for publication. I commend the department for the most worthwhile work that it has accomplished.

It was cited in the "Resolution on a Number of Historical Issues Concerning the Party for the Period since after the Founding of New China" that Mao Tse-tung is a great Marxist, a great proletariat revolutionary, strategist and theoretician. As the leader of a proletariat party which has remained in government power, Mao who was dedicated to Marxism and the interest of the people, showed great concern for the stability of the party's hold on power and the stability of the people's government, and had worked ceaselessly for the elimination of corruption and bureaucratic arrogance. He always conducted himself as he had preached, maintained the spirit of industriousness and the political tradition of the Communist Party. He devoted all his life to the liberation of the Chinese people and to the communist cause. He commanded the unreserved support of the party and the populace, and the affection and respect of people of different ethnic origins and from around the world. The book contains mostly photographs of Mao's Zhongnanhai memorabilia from the Fengzeyuan garden and many interesting anecdotes about Mao. It truthfully reflects a life of great self-restraint and highly ethical official conduct, a life of devotion, hard work and ultraism dedicated to the liberation of the people and national reconstruction, a life of true greatness. The book will also serve as a most fitting text of instruction for the rectification of the party, for the drive against corruption and for the enforcement of government ethics, and for the call for hard work and thriftiness.

As Deng Xiaoping once pointed out, 'Mao Tse-tung thought' educated an entire generation of Chinese. It will remain a spiritual treasure house cherished by all the members of the Communist Party, of the military services and of the nation. When we commemorate Mao Tse-tung, we should keep the memories of Mao's great accomplishments alive, keep the spirit of hard work and devotion, which was advocated by Mao, alive.

Song Renqiong

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卷首語

1949年6月15日，毛澤東住進了中南海。

自這天起，這位新中國的偉大領導者就一直住在這裏，直到1976年9月9日，他依依告別了自己終生為之奮鬥的事業，告別了他日夜懸挂在心的千千萬萬同胞。

當年，中南海裏的任何一句有關毛澤東工作、學習、生活的話，都會引起千千萬萬人的關注、議論、思考和傳遞。因為他們關心毛澤東，敬仰毛澤東，熱愛毛澤東，跟着毛澤東走……今天，任何有關毛澤東的著述，生平，逸聞軼事又都引起了千千萬萬青年人的崇敬和神往，他們尋找毛澤東，研究毛澤東，因為他們在求索自己人生追求之路、民族振興之路……

毛澤東一共做了27年零3個月的中南海居民，在中南海留下了一批記錄着他工作、學習、風範、稟性的遺物。

當我們懷着敬仰和眷念的心情，在毛澤東誕辰一百周年之際，把這本《平凡與偉大——毛澤東中南海遺物軼事》畫冊捧給您的時候，我們仿佛聽到每一件遺物都在向人們講述毛澤東的每一個真實的故事，我們在他平凡的生活中看到了這位領袖的偉大。

德高於人，人必敬之。

毛澤東中南海遺物是歷史的最好見證。

FOREWORD

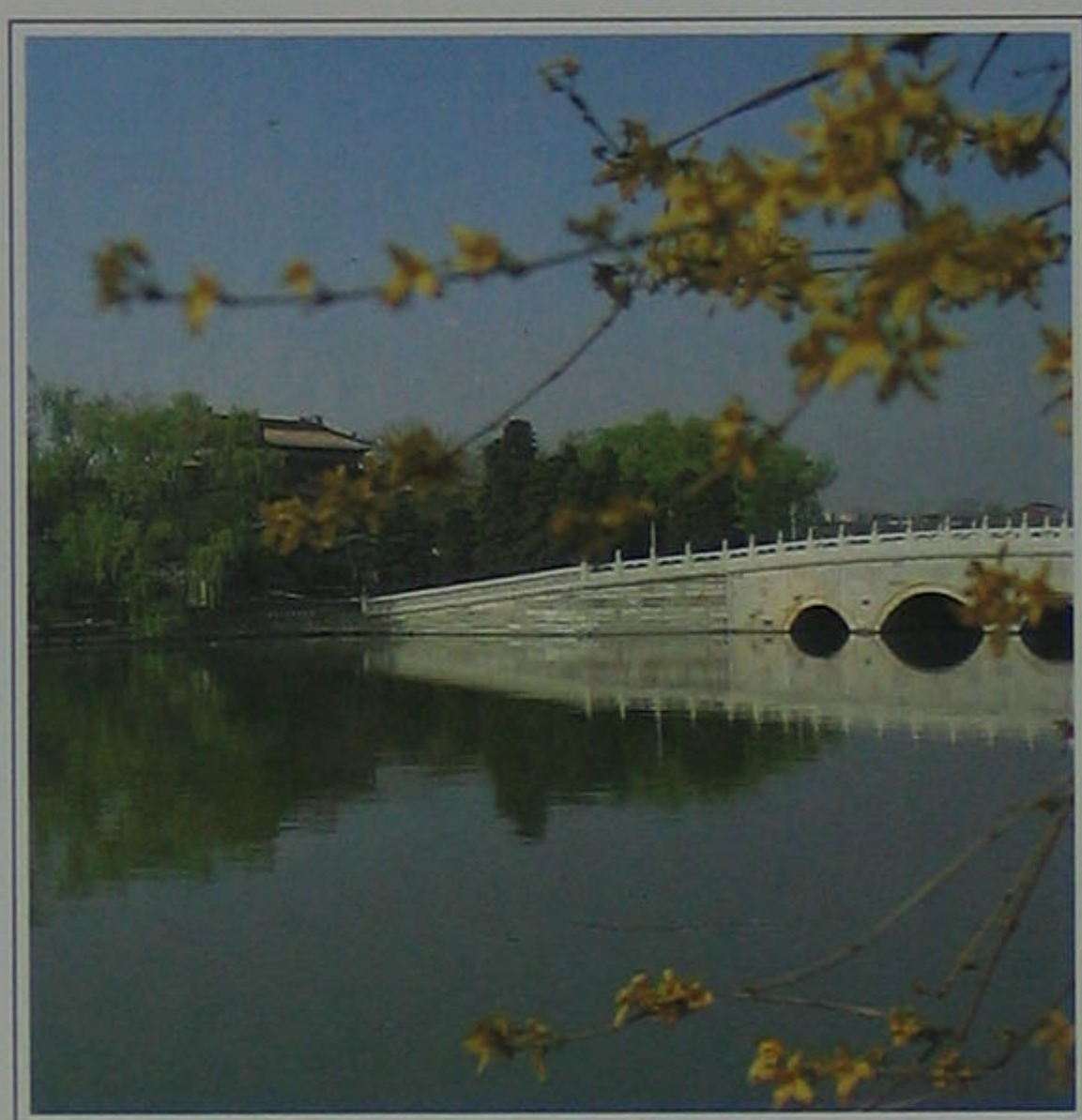
Mao Tse-tung moved into Zhongnanhai palace on June 15, 1949. Ever since then, Mao, a great leader of new China, had lived in this palace right through September 9, 1976 when he had to give up his hold on the noble cause he had devoted his entire life to and bid his last farewell to the hundreds of millions of Chinese whose fate had been his concern always.

In those heady days, the hearts of those living beyond the walls of Zhongnanhai would quicken at any word about Mao's daily work and life. The news would be much talked about and passed around, for they cared about, revered and felt affectionate toward Mao and were eager to follow his words. Today, writings by, biographies and anecdotes about Mao have again caught the fancy of millions of young people who are rediscovering and studying Mao at a time when they are exploring directions for their own life and for the rise of their nation.

Mao resided in Zhongnanhai for 27 years and three months, leaving in the palace a host of memorabilia documenting his work, research, moral character and personality.

On the centennial of Mao's birth, we dedicate this "Photographic Album of Mao Tse-tung's Zhongnanhai Memorabilia" to our readers with reverence and reminiscence. Each of these memorabilia offers a glimpse at Mao's real life and from the ordinariness of this life we may find the greatness of a true national leader.

When a man's virtue transcends the ordinary, he is to be revered by others, to which Mao's Zhongnanhai memorabilia will stand to testify.



中南海裏的普通居民

毛澤東是位震驚世界的巨人。一位國際友人說，他一揮手就能改變世界風雲。小平同志說：“如果沒有毛澤東同志的卓越領導，中國革命有極大的可能到現在還沒有勝利，那樣，中國各族人民就還處在帝國主義、封建主義、官僚資本主義的反動統治之下，我們黨就還在黑暗中苦鬥。所以說沒有毛主席就沒有新中國”。

毛澤東以他那超人的智慧使苦難的中國終於走上了一條光明大道，為億萬人民謀得了解放和幸福，但他卻從未為自己想到過任何一點兒特殊。

黨的七屆二中全會上，毛澤東諄諄告誡全黨：“務必使同志們繼續地保持謙虛、謹慎、不驕、不躁的作風，務必使同志們繼續地保持艱苦奮鬥的作風。”

在這次會議上，毛澤東還提出四條約法：不做壽，不請客，不送禮，不用人名起地名。以後，他又反復強調這些約法並於1956年4月在中央政治局會議上把它變為約法六章：不做壽，不送禮，少敬酒，少拍掌，不以人名作地名，不要把中國同志和馬、恩、列、斯并列。

真正偉大的人從來都把自己當成一個最普通的人。

毛澤東以自己的身體力行實踐了他的約法。

在中南海裏，毛澤東始終把自己當成一個公民。他是中南海裏一個最老實本份、從不越規的普通公民。

毛澤東的偉大，在他的平凡行為中得到了充分的體現。

An Ordinary Resident of Zhongnanhai

Mao was a political giant whose accomplishments had shaken the world. The political climate of the world would change with "a wave of his hand", so commented one of his foreign friends.

Deng Xiaoping once said, "It is most probable that the Chinese revolution would not have achieved the success as it has, had there not been the outstanding leadership of comrade Mao Tse-tung. The people of different ethnic origins in China would have been living under the reactionary rule of imperialists, feudal tyrants and officio-capitalists. The Communist Party would have been still searching in the dark. It can be said that there would not have been a new China had there not been Chairman Mao".

Mao with his extraordinary vision led a China in deep misery onto a road leading to a bright future of liberation and happiness for hundreds of millions of ordinary Chinese. But he had never thought of gaining privileges for himself in return.

In a speech he delivered at the second plenary session of the seventh Communist Party congress, Mao urged all the party members "to maintain the tradition of modesty and prudence and guard against arrogance and impatience; to make sure that all comrades of the party maintain the tradition of hard work and dedication."

At the same meeting, Mao proposed establishing rules against birthday celebrations for top leaders, using government money to entertain private guests, presenting gifts to top leaders and naming places after top leaders. He promoted these rules on many occasions and at a polibureau meeting in April of 1956 he proposed a six-point rule be formally established, which included no birthday celebrations for top officials, no presentation of gifts, less toasting at official dinners, less applause, not naming places after top officials and not ranking Chinese leaders after Marx, Engels, Lenin and Stalin.

Men of true greatness all regard themselves as nothing extraordinary.

Mao himself practiced the rules that he proposed and preached.

He always regarded himself as an ordinary resident in Zhongnanhai, being the most prudent and rule-abiding of all.

Mao's greatness was fully reflected in his ordinary actions.



毛澤東和毛岸英(右二)、劉松林(右一)、李訥在一起。

Mao Tse-tung with Mao Anying (second from right),
Liu Songlin (first from right) and Li Na.



豐澤園，舊為清朝歷代皇帝每年春季舉行“演耕”儀式的場所。1949年6月毛澤東由西山雙清寺搬進中南海，居住於此，直到1968年8月18日遷入“游泳池”新址。

Fengzeyuan (The Garden of Harvest and Plenty) was used during the 18th and 19th century for ritual ceremonies marking the advent of spring plough attended by emperors. Mao took up residency in this garden in June, 1949 when he moved in Zhongnanhai from the Twin River Monastery in the Western Hills. It remained his place of residence up until August 18, 1968 when he moved into a new residence near the swimming pool.



毛主席的
中南海出入证

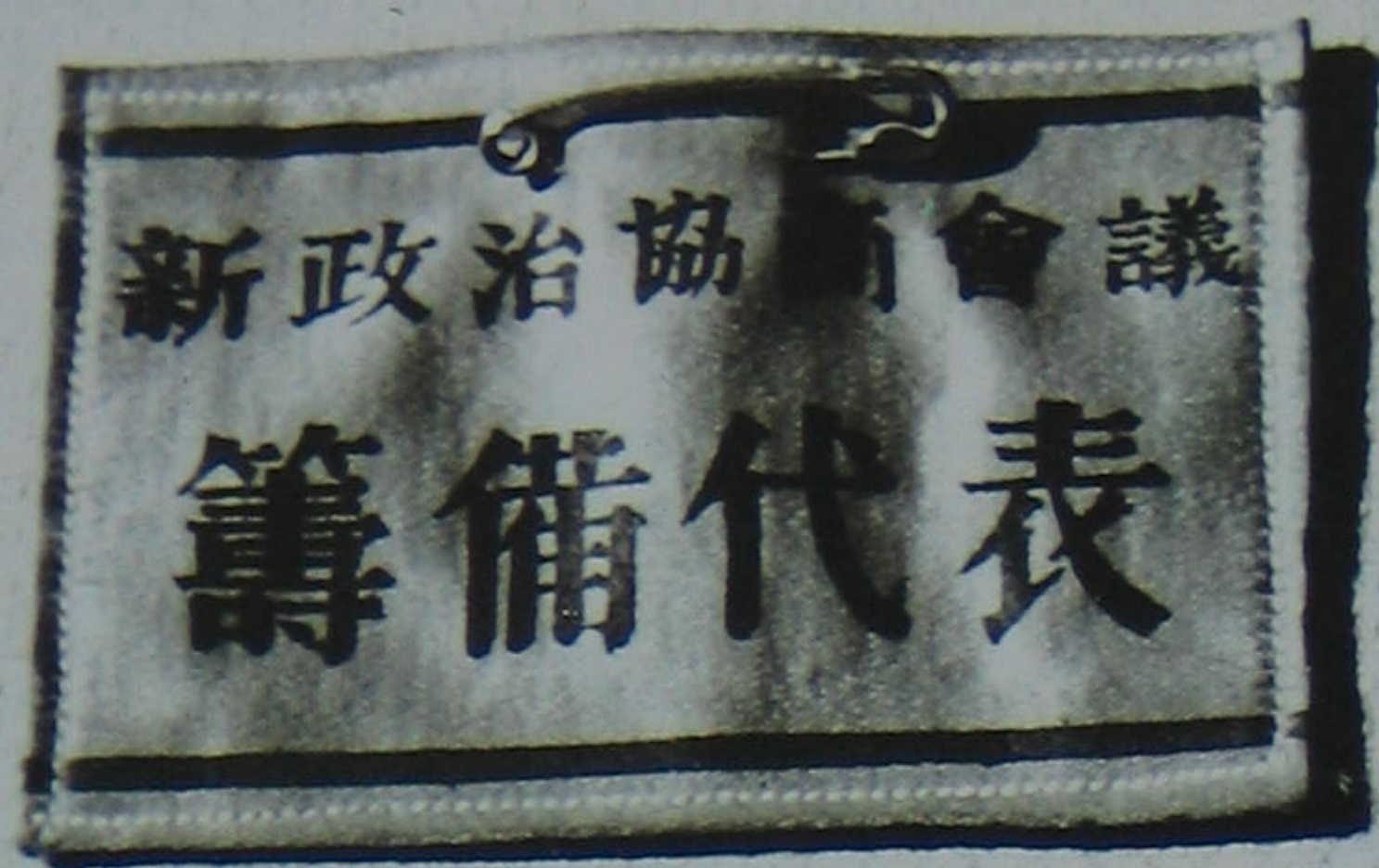
毛澤東是黨的領袖，共和國的締造者，但他處處用人民公僕的標準嚴格要求自己。他和普通工作人員一樣，領取了中南海出入證和中央人民政府徽章。

Commanding such esteem as the leader of the Communist Party and the founding father of the new republic, Mao exercised great modesty and self-restraint, calling himself the servant of the people and registering like any other regular Zhongnanhai worker for his identification card and badge for the national people's government.



毛澤東在新政協籌備會議上。

Mao at a preparatory meeting of the new political consultative conference.



毛澤東出席新政治協商會議籌備會的代表證

毛澤東佩戴的政協徽章

毛澤東出席一屆三次政治協商會議的出席證

The identification card used by Mao for the preparatory meeting of the new political consultative conference.

The badge used by Mao for the political consultative conference.

The identification card used by Mao for the third session of the First Political Consultative Conference.



毛主席出席
第一屆政協全體
會議的代表證

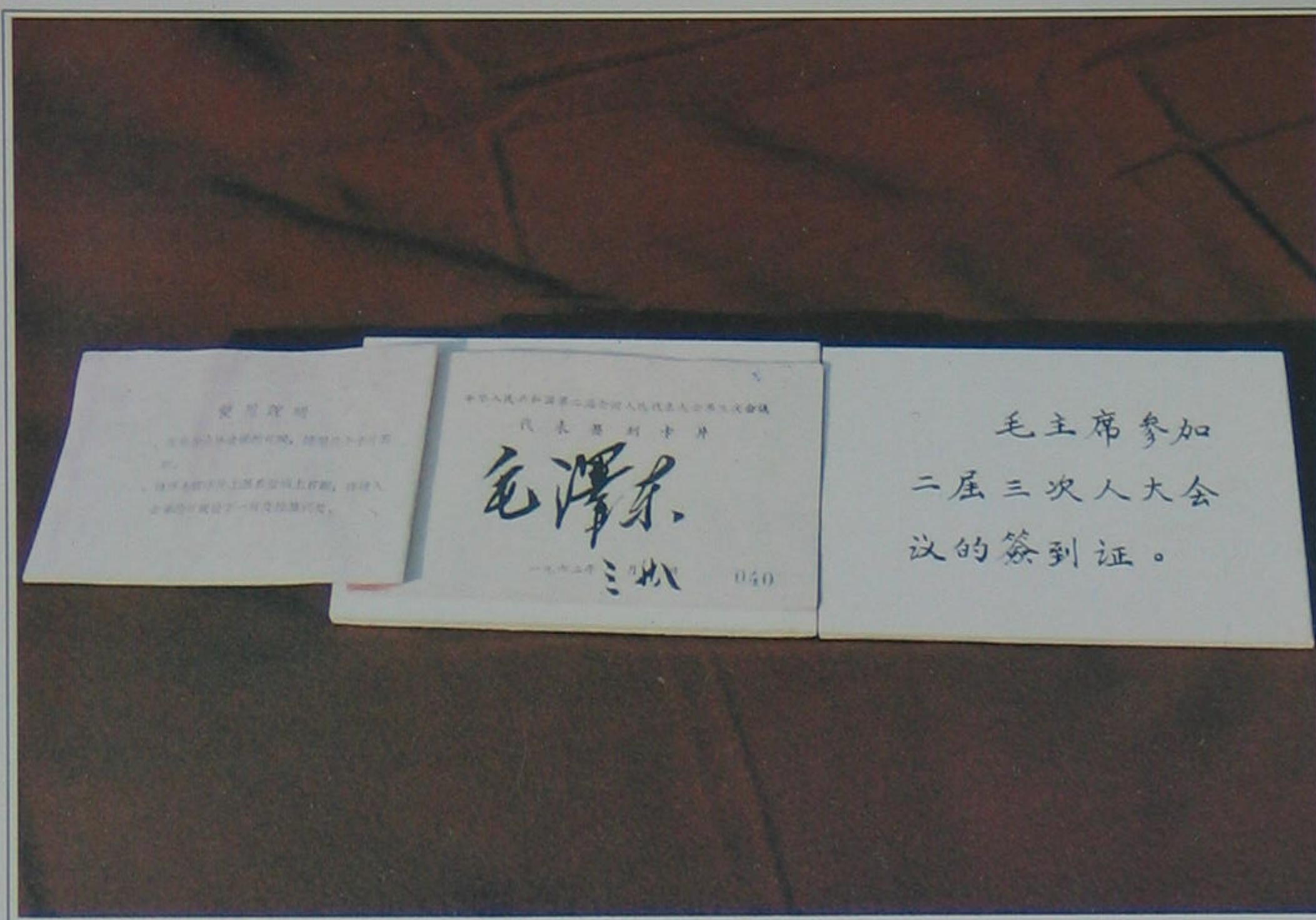


毛主席佩戴過
的中國人民政治協
商會議紀念章

1949年6月在北平召開新政治協商會議籌備會第一次全體會議，成立以毛澤東為主任的政協籌備會常務委員會，負責起草共同綱領，擬定政府方案等，全面展開籌建新中國政權的工作。

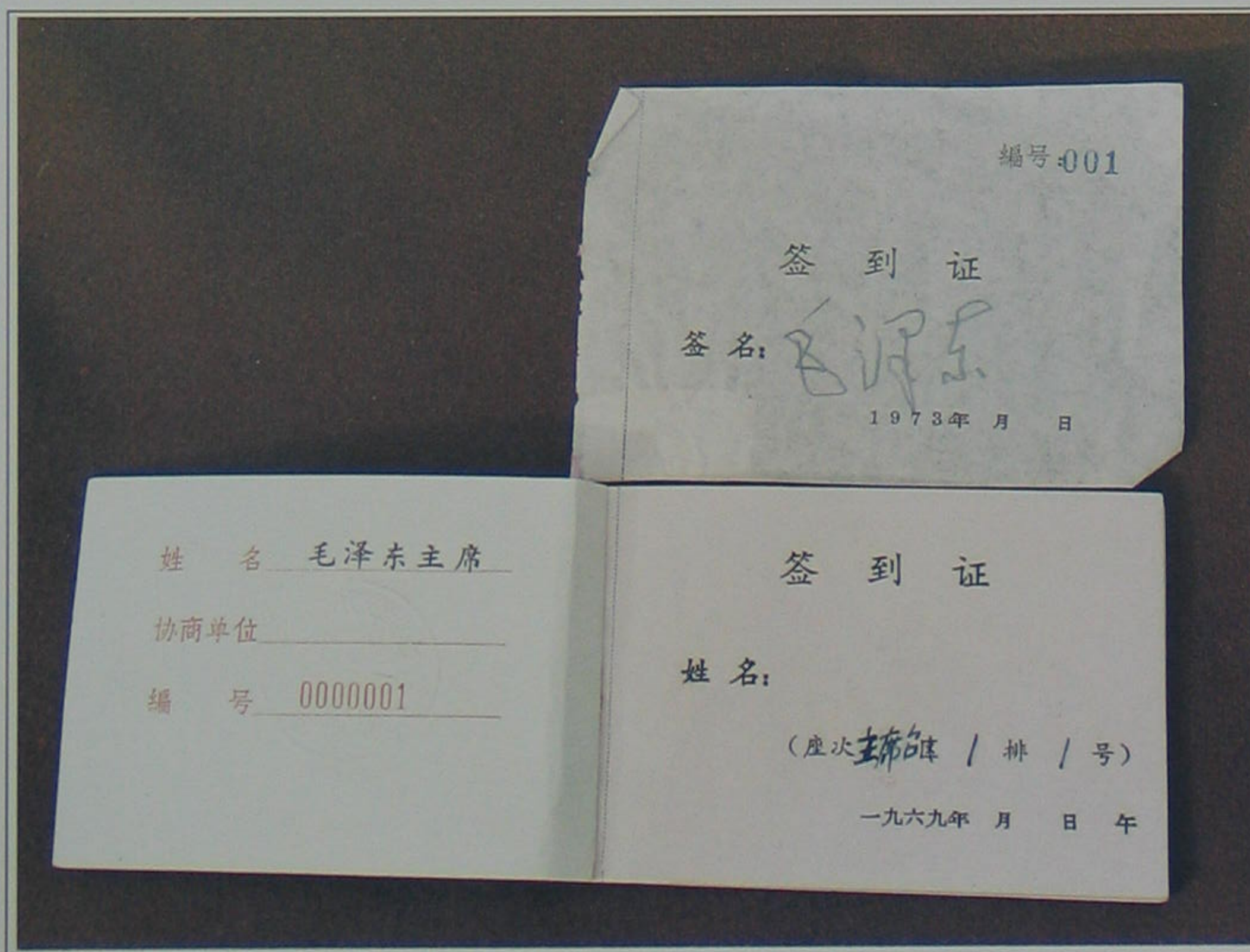
The first preparatory meeting for the new political consultative conference was held in Beijing (then called Beiping) in June, 1949, during which a standing committee was formed with Mao as its director to draft a common platform and organization plan for the new government, thus beginning the process of establishing a central government for new China.





每次與會前，毛澤東總是主動從機要秘書那裏拿過簽到證，認真地簽上“毛澤東”三個字，然後帶到會場，交給負責簽到的工作人員。

Before attending every meeting, Mao would ask for the registration card from his secretary and sign his name. He would then take the card with him and present it to the registration staff.

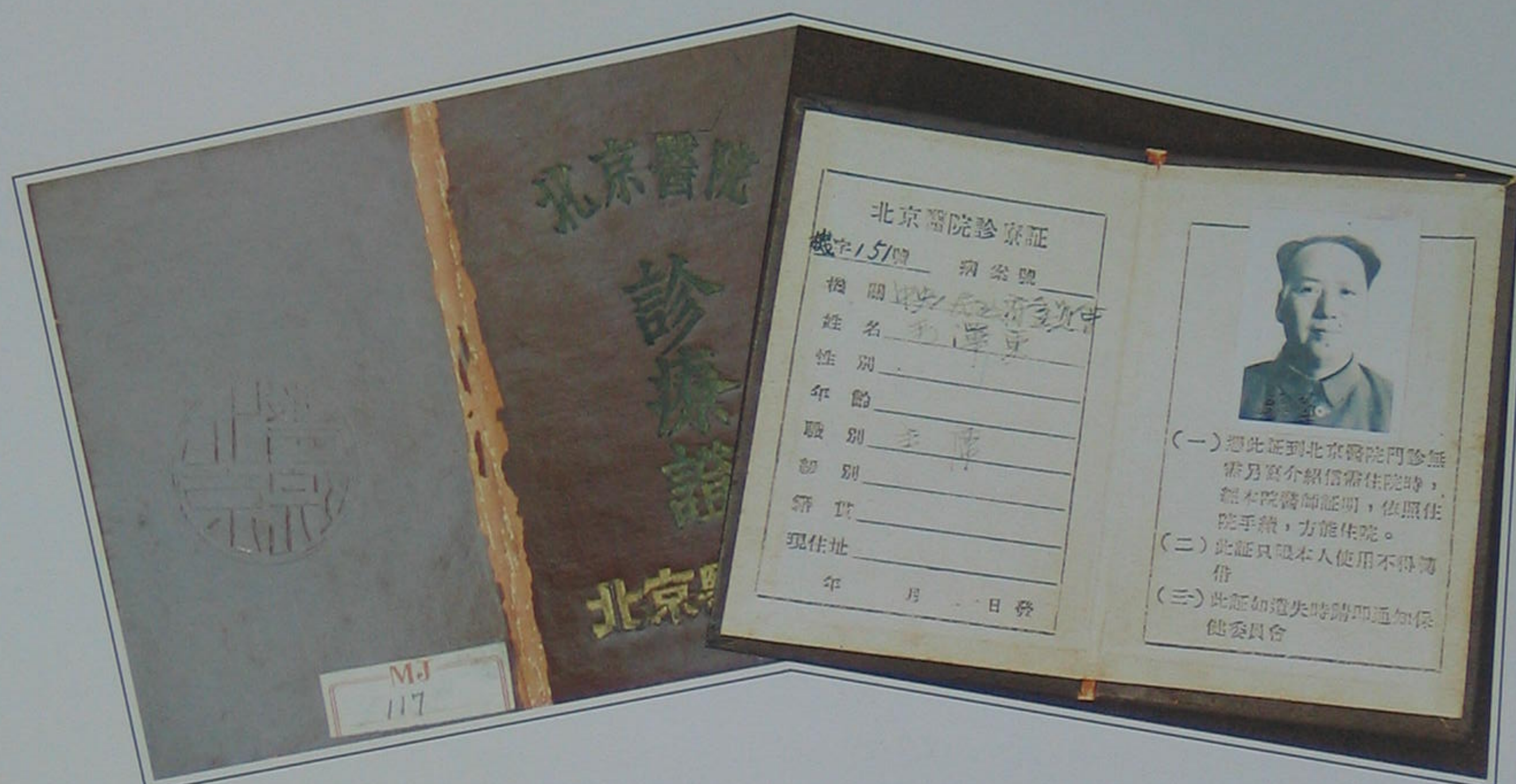


毛澤東簽字的出席證

The identification card with Mao's signature.

新中國成立後，毛澤東每次參加黨和國家的重大會議，都是憑代表證或出席證提前到達會場。在人民大會堂開會時，他總是先到“118”廳（即北京廳）等候。會場準備就緒後，毛澤東便和其他領導人一起走上主席臺就座。

After the founding of new China, Mao would invariably abide by the rules to show his identification card to gain admittance for all the major party or government conferences that he attended. He always arrived early. When a conference was held in the Great Hall of the People, Mao would wait in Room 118 (also known as the Beijing Room) and when the conference was ready to start, he would then proceed onto the rostrum with other government leaders.



這是毛澤東就醫的醫療證。指定醫院為北京醫院。有了疾病，毛澤東總是憑自己堅強的意志去戰勝它，所以他極少去醫院。

This medical care card was used by Mao, allowing for use at the Beijing Hospital. Mao rarely visited the hospital, trusting in self-healing with his own will power and inner strength.

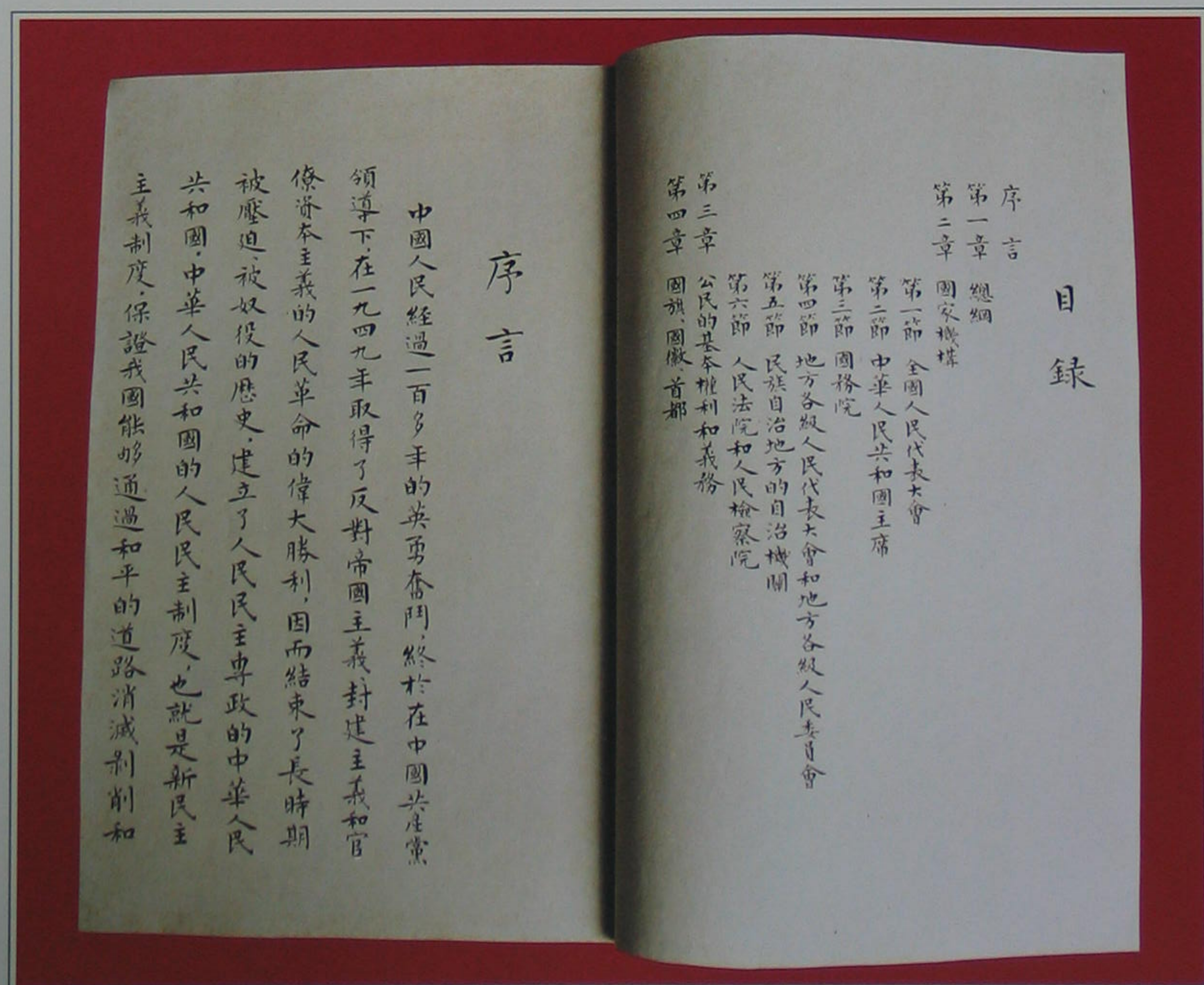
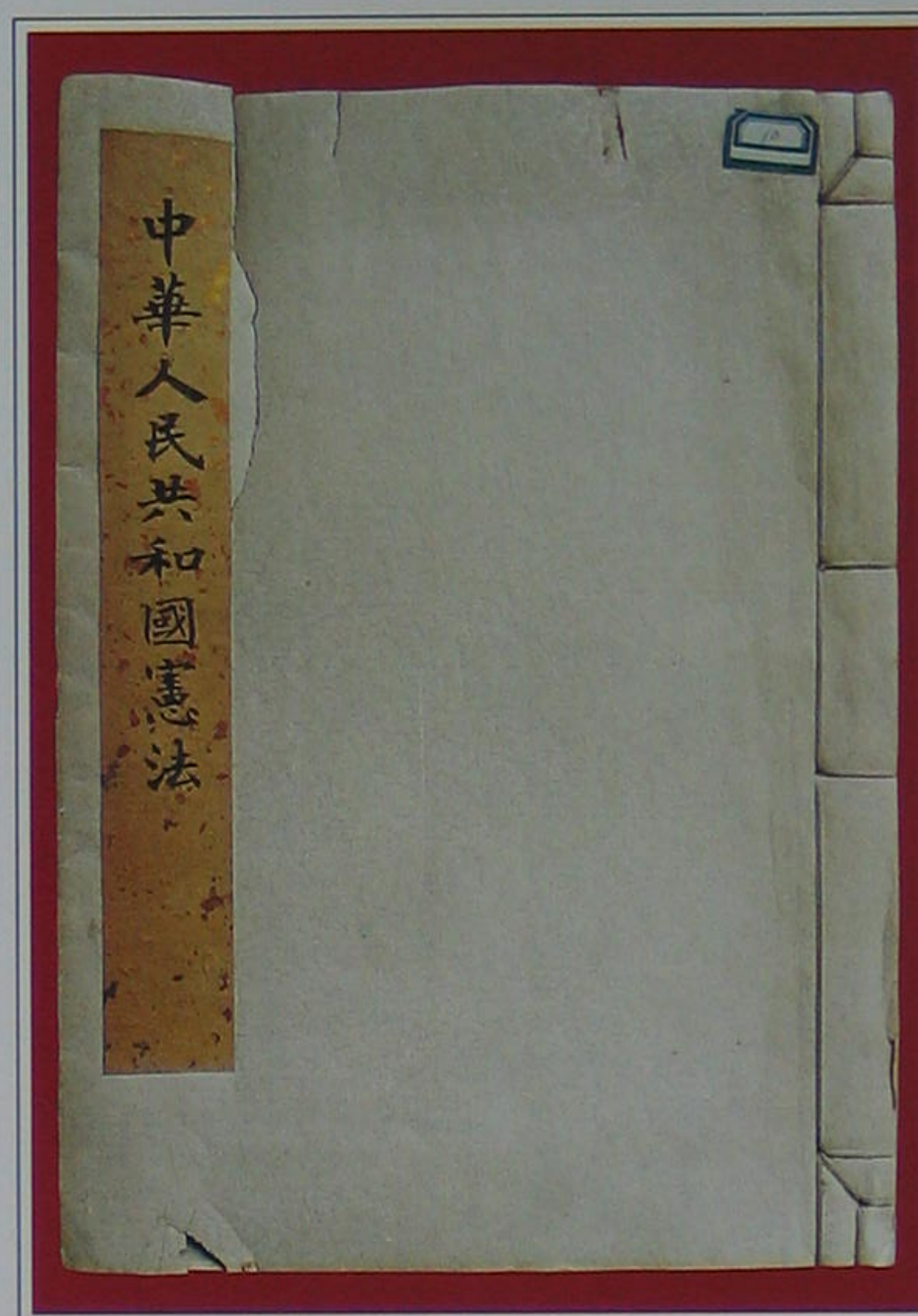


作為傑出的軍事家，毛澤東在長期的中國革命鬥爭中，運籌帷幄，決勝千里，創造了無數戰爭史上的奇蹟。這個持槍證是1950年12月由中央辦公廳主任楊尚昆按規定簽發給毛澤東的，實際上并未給他配發槍支。

Mao was an outstanding military strategist. During his extended revolutionary career, he was able to direct military campaigns successfully from a distance, creating many a miracle that have gone down in the military history. This gun permit was issued to Mao in December 1950 by Yang Shangkun, then chief of staff for the central committee of the Communist Party, according to regulations. In fact, Mao was not actually given a gun.

毛澤東保存的廣東書法家麥華三手抄本憲法

This copy of the constitution in Mao's personal collection was hand-written by Mai Huashan, a calligrapher from Guangdong.





清廉如水的人民公僕

1949年初，中央機關在西柏坡準備進城之際，毛澤東對大家說，我們進北平可不是李自成進北平，他們進了北平就變了，我們共產黨人進北平是要繼續革命，建設社會主義的新中國。他多次告誡全黨要防止貪圖享受不願再過艱苦生活的情緒，“可不要以為進城了，當官了，就不求上進了，不願再過艱苦的生活了。那樣，就和李自成差不多了”。并談諧地稱進城是“進京趕攷”，“我們都希望攷個好成績”。

二十七年後，毛澤東帶着對親手創立的社會主義事業的熱戀，帶着對九億中國人民的忠誠，帶着對未竟事業的遺憾，悄然離開了人世。“進京趕攷”的結果表明毛澤東不是李自成，毛澤東用自己的畢生填寫了一份令億萬中國人民為之動容、嘆服和深思的答卷。答卷上閃爍着“艱苦奮鬥、廉潔奉公”幾個大字。

祇有中國共產黨能做到；
祇有中國共產黨的領袖能做到。

The Modesty and Decency of a Public Servant

In early 1949 when the national headquarters of the Chinese Communist Party were getting ready to move into Beijing from the temporary base in Xibaipo, Mao told his comrades that they should not end up like Li Zichen, leader of a major peasant uprising, who degenerated once in the national capital. The Communist Party would continue its revolution and build a socialist new China. He warned the party leadership on many occasions to guard against indulgence, luxury and the tendency to evade hard work. He once said, "if you think you have started living a city life, become officials and have no need to move ahead or endure hardship, you are not far from being like Li Zichen." He compared moving into Beijing to going for the imperial examinations and urged his comrades to prove their excellence.

27 years from then, Mao departed quietly, leaving behind his unending passion for the socialist cause that he helped to found, his devotion to the nine hundred million Chinese men and women and his regret for many things yet to be accomplished. The result of "imperial examinations" had proved that Mao was no Li Zichen. Mao's upright and decent life had deeply moved and inspired hundreds of millions of Chinese and touched their hearts in a most heartening way. He had put down in the 'exam paper', as it were, "hardwork, devotion and ethical conduct" as his answer.

Only the Chinese Communist Party was able to achieve the success as it did.

Only the leader of such a party could stand up to the test so brilliantly.



1942 年毛澤東在延安給幹部作報告，大力倡導“艱苦樸素，自力更生，自己動手，豐衣足食”的精神。

Mao was delivering a speech in 1942 to officials in Yanan, promoting the spirit of "modesty and thrift", of "self-reliance and working to achieve plenty".

角。

按以往開支情況和今後應該使用之範圍，經初步的研究結果，應包括這九個
主食四百五十元，每月用飯，一切主食品，包括各種肉類、菜蔬、蛋、

副食品一百廿元，包括水果、茶、糖、點心、牛奶、檸檬等；

日常用品十五元，包括毛巾、香皂、肥皂、牙粉、牙刷、手紙、毛紙等；

雜支零用十八元，包括洗、修衣服、買針線等；

房租費四十九元六角三分，包括房租、傢具、水电等費（只計算宿舍及小
房的一半，辦公室和會客室不計算在內）；

李敏、李訥的讀書和生活費每月平均按廿五元開支標準計算，共五十元
被褥費等）；

李大姐每月由此款抽三十元做為她的生活費；

自七月份實行工資制以後，為了作好這項全家的經濟管理工作，我

擬定了一個：『首長薪金使用範圍、管理辦法及計劃』，不知是否合當。

我已分別呈遞有關領導同志審查。現在呈請

主席、江青同志審查指正。

敬呈

主席

江青同志

職

李

銀

橋

十月廿一日

1955年7月實行薪金制後，毛澤東一家的經濟收支都由工作人員掌管。這份由李銀橋寫的《首長薪金使用範圍、管理辦法及計劃》特別注明，因私請客應由自己的薪金開支。他全家一天的生活費用是3圓，其中還包括招待私客的支出。保姆生活費、給孩子看病用的汽車費、醫療費都是自己掏，身邊的工作人員因外出陪他吃飯，也都是從他自己的工資裏支出。

When government officials began to be paid monthly salaries in July, 1955, Mao's family account was managed by his staff. This family budget with expenditure guidelines was prepared by Li Yingqiao, Mao's chief of security guards. It noted in particular that expenses for entertaining family guests should be drawn from Mao's salary. The daily expenses for the family were averaged at three yuan which also covered guest expenses. The expenses for hiring a house maid, using the government car to sent his children to hospital and their medical expenses, and even treating his bodyguards and secretaries to a meal when going out with him were deducted from his salary income.

一九六一年七月分收入、开支表

名 称	金 額	单 据	备 注
伙食费	654.82	71	
水费	86.65	16	
一般杂费	54.20	7	小孩生活费47元
个人杂费	20.00	1	
首长杂费	17.04	3	
房租	86.80		
澡费	3.60		
汽车	270		小孩看病用

公債里开支

一九六一年十月分收入、开支表

名 称	金 額	单 据	备 注
私人杂费	59.84	12	六十年十二月至五十年吃粮的共七十五元每元按八角计算。
私人杂费	115.11	8	六一年一月至五十年吃粮的共一百一十五元按一元计算。
医药费	1152.50	21	六一年三月至四月份的医药费
皮箱	700.00	1	李纳一只远新一只。
医药费	370.14	2	四月至八月份的医药费

4 核

制表

一九六一年四月分收入、开支表

单 据	备 注
36	因四月份主席外出工作，在途中请客比较多所以这个月的开支较多。
17	
6	其中包括李敏生活费16元、李纳26元、李大姐15元等。
1	
1	

毛澤東對自己、對家庭成員、親屬要求極嚴，絕不允許他們佔國家一分錢便宜。

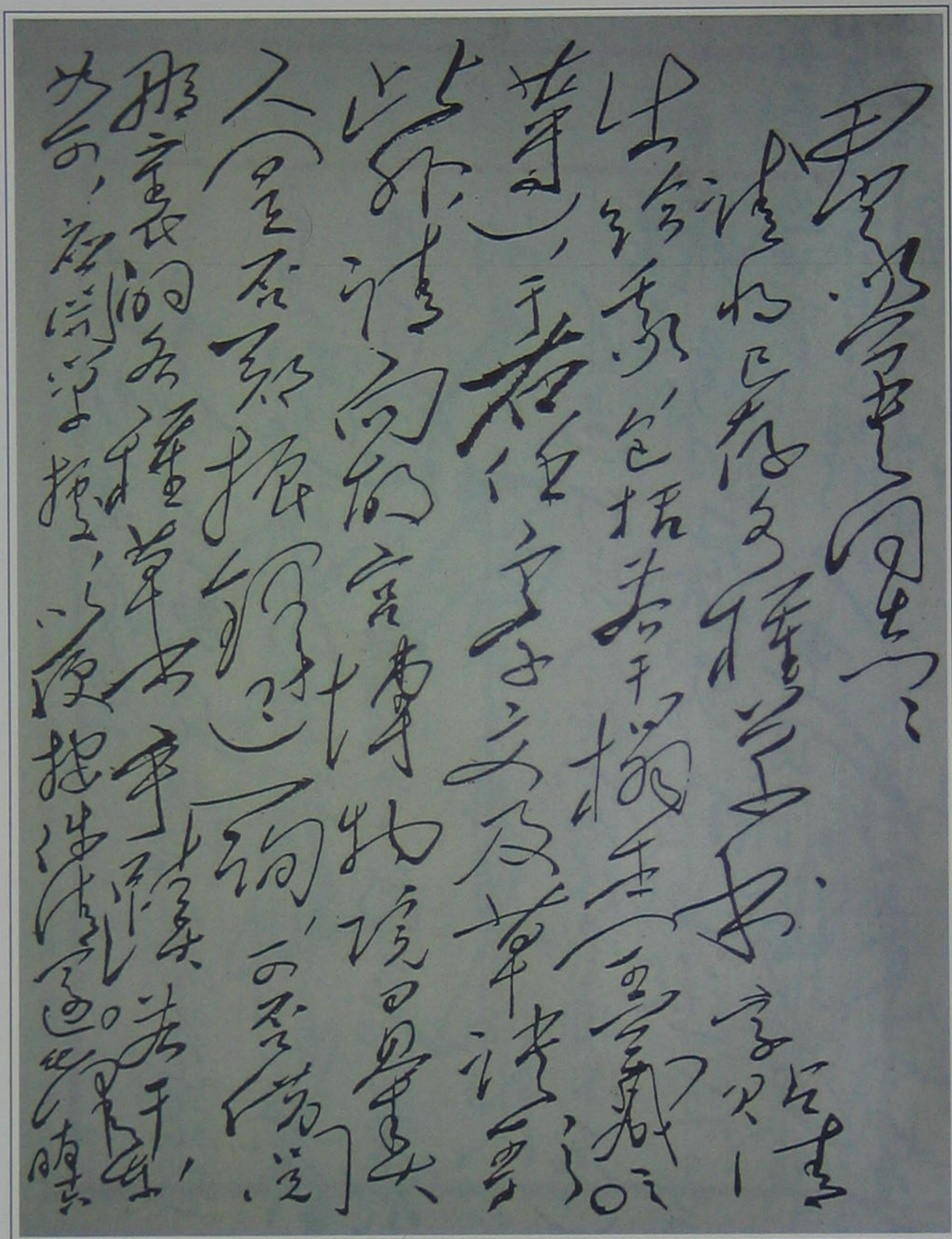
三年經濟困難時期，在北大讀書的女兒李訥平時回家，都是和工作人員一起在大竈用餐。有一次周末回來和父親在一起吃飯，毛澤東看到孩子饑腸轆轆，狼吞虎嚥的樣子，自己的飯也讓給李訥吃了。

晚上，工作人員對毛澤東說：“主席，李訥太苦了，你看是不是可以——”“不可以”，毛澤東接着說：“同全國人民比起來，她還算好一些。我是國家幹部，國家按規定給我一定待遇。她是學生，按規定不該享受就不能享受”。毛澤東不無憂傷地說：“還是那句話，誰叫她是毛澤東的女兒呢？還是各守本份的好，現在這種形勢尤其要嚴格”。

Mao was very strict with himself, his family members and relatives, forbidding them to take any advantage of government money.

During the three-year recession in the early 1960s, food became scarce. Normally, Li Na, one of his daughters who was a student at Peking University, would have her meals with Mao's staff when she came back home. During one weekend, Li came to visit and have a family meal with Mao, he gave up his own share to his daughter when he saw she was so famished.

In the evening, Mao's secretary asked if they should do something for his daughter. Mao's answer was a definite "no". He said, "she was already better off than most of the people in the country. I may be given certain allowance according to government rules, to which she is not entitled to." He continued with poignancy, "since she is Mao's daughter, she should conduct her life as she should, especially at a time such as this."



毛澤東極講信譽。五十年代，他曾借黃炎培老先生一本字帖，講好一個月歸還。可能此帖十分珍貴，不到期限，黃老先生就催問兩三次。毛澤東身邊的工作人員說，黃老太小氣，不夠朋友。毛澤東說：“黃老先生不夠朋友夠英雄”。一個月期滿，毛澤東小心地把字帖包好，送還給黃老先生。

1958年以來毛澤東在故宮博物院借了一些真蹟名帖，特意寫信囑咐他的秘書田家英，一定要開收據，以便按件清還。

Mao was a man of honor. During the fifties, he borrowed a copy of ancient calligraphy from Huang Yanpei, a senior scholar, for one month. Probably because this was an extremely rare copy, the scholar enquired about it a couple of times before it was due for return. Mao's secretaries complained that Huang was mean and unfriendly. Mao said, "he may be unfriendly, but he is certainly honest and brave". At the end of the month, Mao carefully wrapped up the calligraphy book and returned it to the scholar.

During the years after 1958, Mao borrowed a number of rare manuscripts and ancient copies of master calligraphers' writings from the Palace Museum. He wrote a note to his secretary insisting on filling in borrower's form so that each would be returned.

中南海管理局 往來款項結算通知書

總會字第 0633 号

我駐日内瓦使館轉來委託外交部收款書第 49 号单据共 4 張

計欠 165.60 法郎 按 0.56f 折人民币 94.23

茲將上項单据隨函送上，即請將款交還本部財務科以便轉還使館。

如外匯牌價變更時，以交款日之外匯牌價結算。

1961 年 7 月 17 日



注：本部地址：東單外交部街

聯繫電話：53831-361

本部開戶行：東四南分處

戶名：外交部

賬號：19743005

在主席稿內報銷。
請快仙朋同閱
報銷。江東興

遵照以往印信指示，托外交部
辦的。共兩打煙嘴。合人民
幣 94.23 元。可請作各種
材料招待費中報銷。請予
批報。 沈健華

毛澤東抽煙多，經外交部買了兩打帶過濾器的煙嘴，打算以招待費為名報銷，毛澤東吩咐工作人員，一定要在他自己的稿費中支出。

Mao was a heavy smoker and he asked officials at the Ministry of Foreign Affairs to buy two dozens of cigarette holders with filter for him. He told his secretary to make sure that payment be made from his income from royalties for his writings rather than from the government account.

七、凡首長需要的一切東西，托當地代辦的，必須貨款兩清，對方不要錢，我們就不收東西。

八、嚴格認真地執行中央關於不准請客送禮的通知中五條指示。

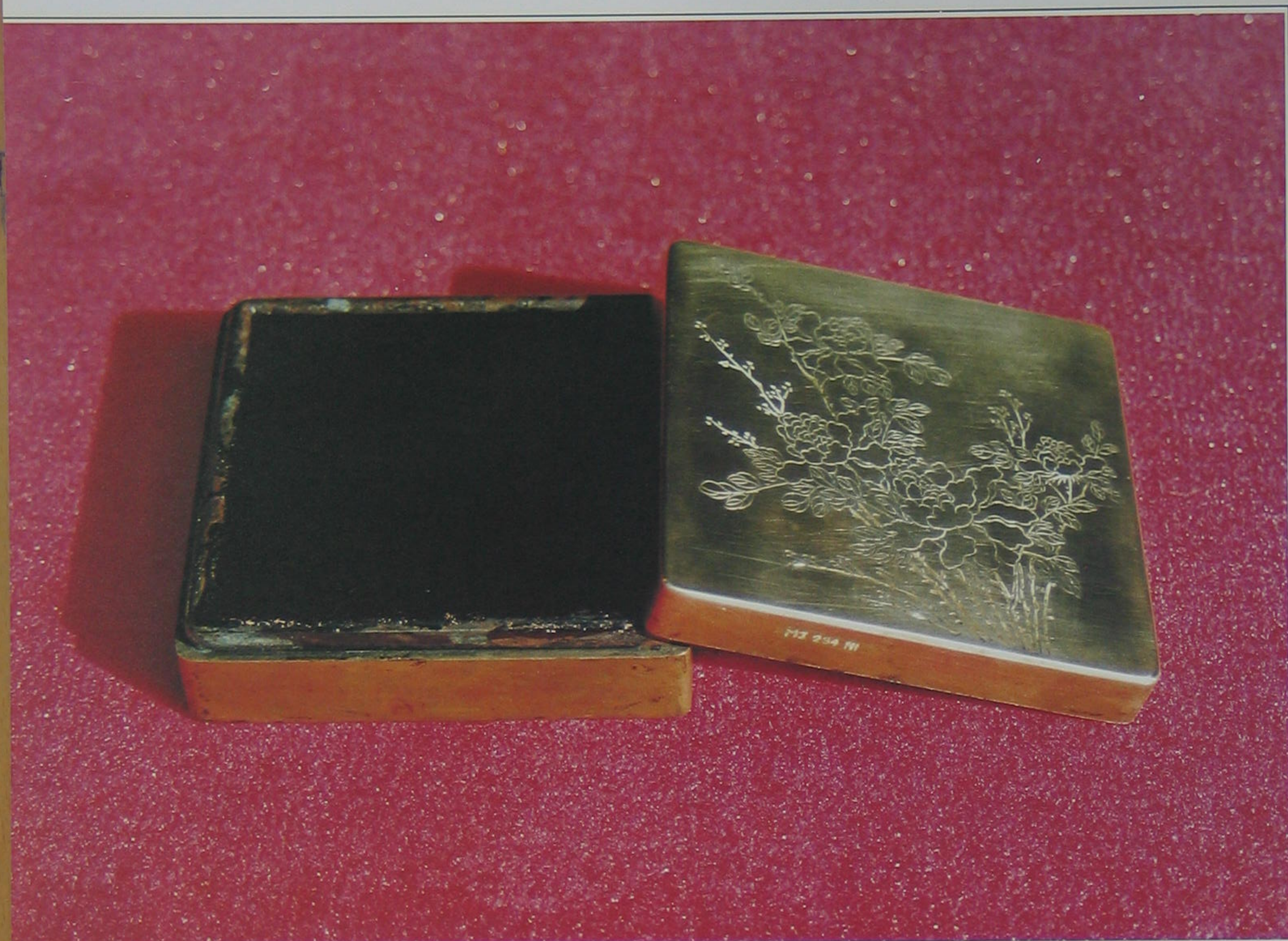
不得大吃大喝，請客送禮，公私不分，鋪張浪費。不得用任何名義向地方要東西不付錢。

九、除了有病，必須及時治療外，不得提出非必要的特殊的醫療要求。

十、本人生活上遇到困難，需要特殊解決的問題，應該報告領導，統一對外交涉，不得走小路，走后門。

毛澤東和工作人員外出時的約法及開支規定。

Rules for Money Expenditure when Travelling.



毛澤東在中南海豐澤園用的銅墨盒。毛澤東原先有個小墨盒，走到哪裏就帶到哪裏。有一次，毛澤東到杭州，住進汪莊招待所，看到所裏準備的這個大墨盒，用起來很方便，就對工作人員說：“你去請示一下所領導，我們換一個墨盒用，看行不行。”所負責人聽了後說：“主席需要，拿走就是了。”就這樣，毛澤東把自己用了多年的小銅墨盒留在了汪莊招待所，換回了這個大的。

This brass box for ink stand was used by Mao while in Fengzeyuan at Zhongnanhai. Mao used to use a smaller ink stand box which he took with him whenever he travelled. During his visit to Hangzhou, he saw this brass box at Wangzhuang Guest House where he stayed. He sent his secretary to enquire if he could swap his own ink stand box for this larger box which was convenient to use. The manager of the guest house happily obliged. Mao left the small brass box that he had used for many years at Wangzhuang Guest House and in exchange got this larger box.

礼品登记表										196 年 月 日	
编号	礼品名称	数量	来源	接收时间	附件	处理意见		经办人	备注		
						留用	处理				
226	水牛烟灰缸	1	肯尼亚总理 肯雅塔送	1964.8.18					已交	✓	
	猴皮	1							已交	✓	
227	大象牙	1	中印友会代表团 友好代表团赠	64					已交	✓	
228	镇章	1		1964.8.20					已交	✓	
229	大油画	1	越南总理 范文同送	1964.10					已交	✓	
	大锦旗	1	胡志明送范文同	1964.10					已交	✓	
230	主席和苏加索像	1	印度尼西亚总统	1964.10					已交	✓	

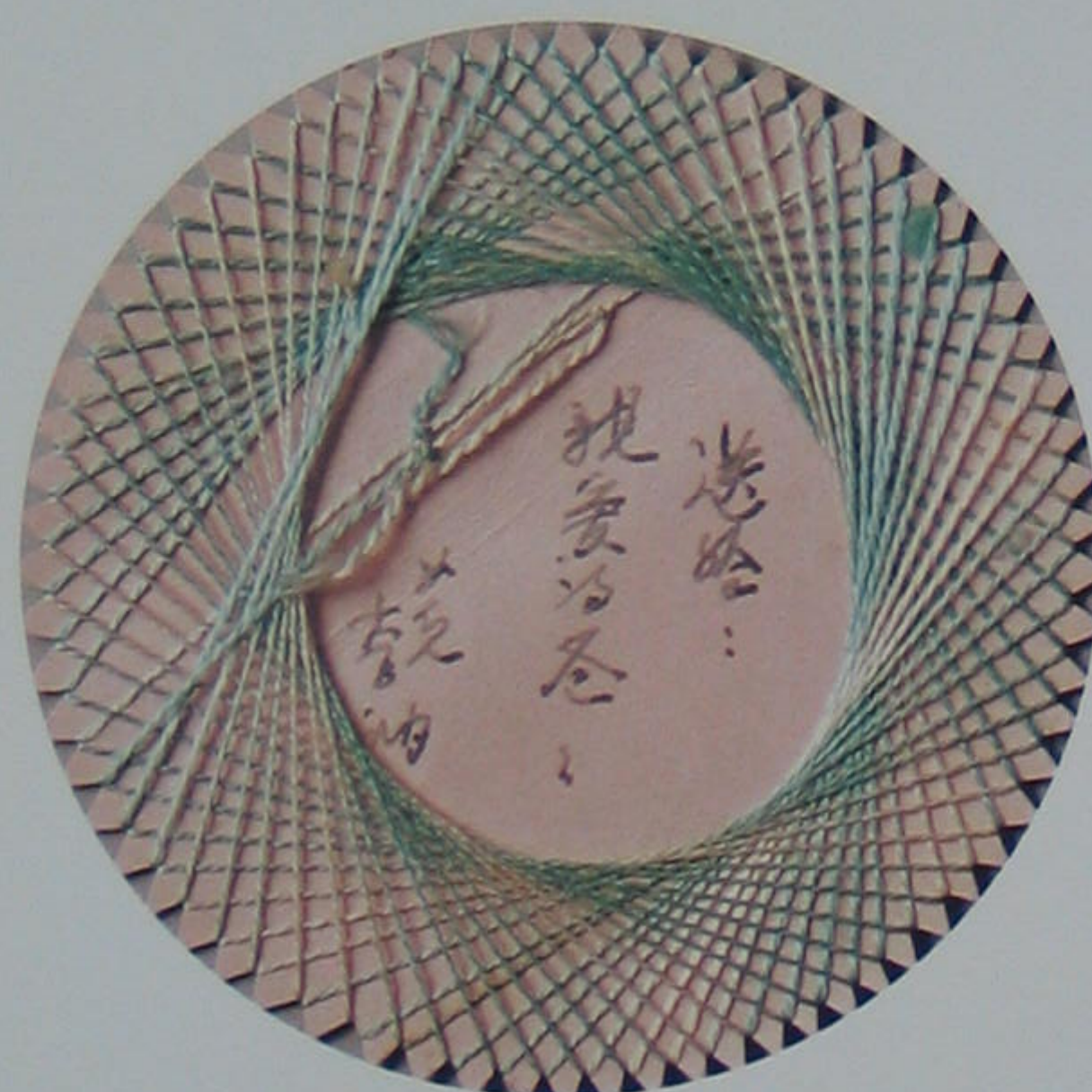
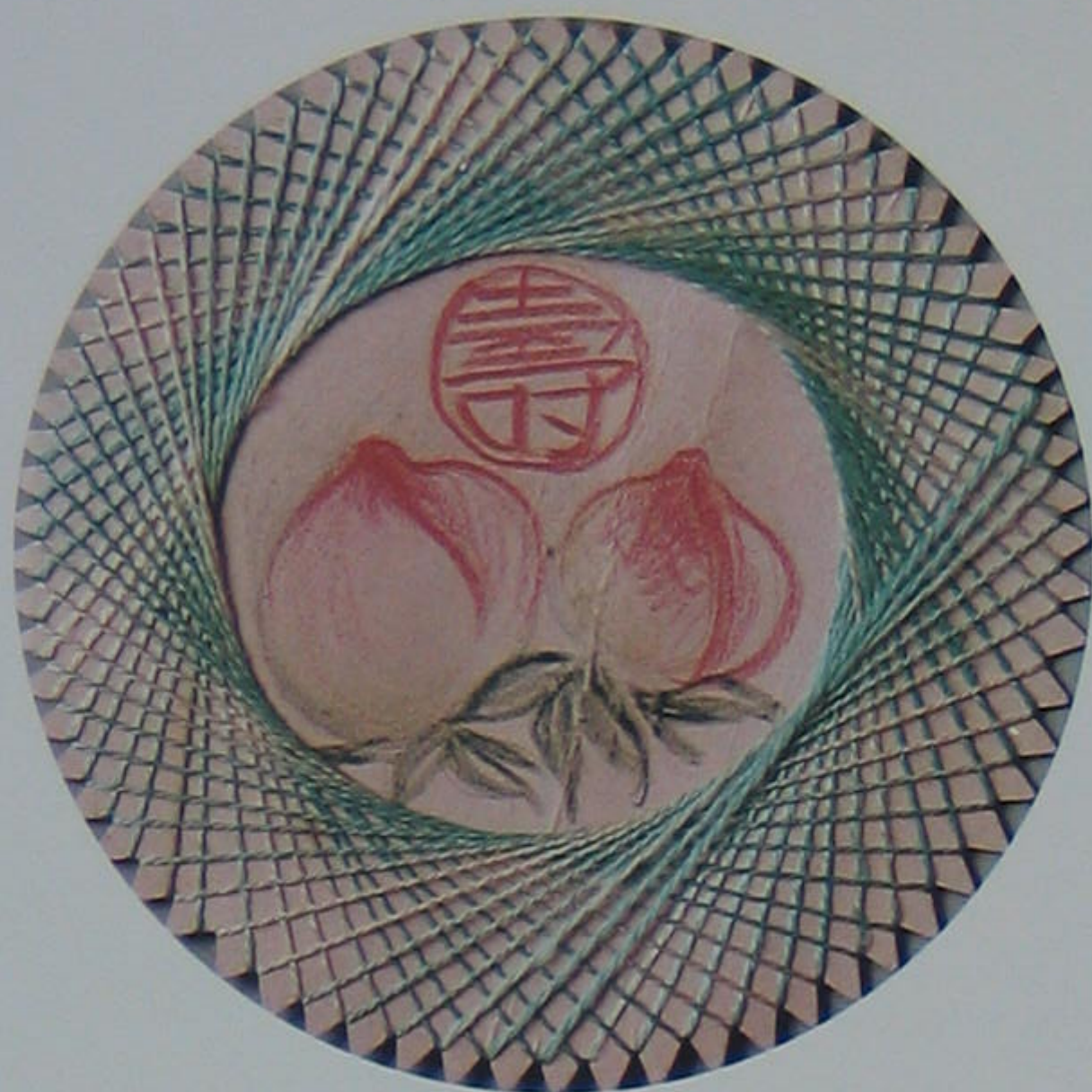


毛澤東享有崇高的威望，不少國家領導人給他贈送珍貴禮品，毛澤東一件也不留，全部登記造冊，如數上交。工作人員認為這些東西是送給主席個人的，勸主席留用一些。毛澤東說：“不行，這是送給國家主席的，如果我不是國家主席，就不會有人給我送禮了。如果你當了國家主席，他們也會送你的。”

對人參、鹿茸、靈芝之類的補品，毛澤東從來不用。他所吃過的最高級營養品就是葡萄糖了。這還是保健人員提出的建議，說在喝紅茶時放上一點兒葡萄糖，可以調調味。工作人員說，主席是公費醫療，不用付錢了。毛澤東說：“公費管的是醫療藥品，這是補品，不能不付錢。”

Because the esteem Mao commanded, he was presented many precious gifts by leaders of foreign countries. None of these gifts was kept by himself. They were registered and handed over to the government. His secretary urged him to keep some since they were given to him as personal gifts. However Mao said, "they were given to me because of my position as Chairman. If I were not Chairman, they would not have been given to me. If any of you became Chairman, you would also receive them."

Mao had never taken any "tonic" of the kind like ginseng. The most expensive thing in the way of adding nutrition was glucose, which was suggested to him by his health care advisor who prescribed two small bags of glucose for him to use when drinking black tea. Mao insisted on paying despite objection from his secretary, saying that "this is not medicine and should not be covered by medical care policy".



毛澤東在黨內提出“不作壽”之約法，是革除作壽鋪張浪費的陋習。但每到毛澤東生日，黨內外一些同志和他的故交都贈呈詩詞以祝康泰，清新而高雅。從李訥這份平常而珍貴的壽禮我們可以得到多少啟迪。

Mao proposed to establish a rule barring birthday celebrations within the party organization as a measure against extravagance. Thus his comrades and close friends would dedicate poems to him on his birthdays to wish him good health. Such a simple tradition can also be seen from the this present from his daughter Li Na on his birthday.

親愛の父

你正在睡觉吗？先睡吧，报告已！
你一定是奇怪我为什么突然要写信给你，事情是这样，几个
星期以前，我给你的信，因为一些事，自己就没有寄成，
而给你写信，而且如你所知，于是我就写信。
因为我想，你应该会生气，信是我写的，对吗？
这次给你的信，我写得很短，我写得不
好，你也不喜欢，但这是我写的，所以，
然后，我希望你，我希望我最亲爱的，永远年
轻，慈祥，美丽，你教我怎样生活，怎样去做，我
爱和你在一起，我跟你永远在一起，和你在一起。

W. H. W. T.

一、对 黄 书 的 批 语

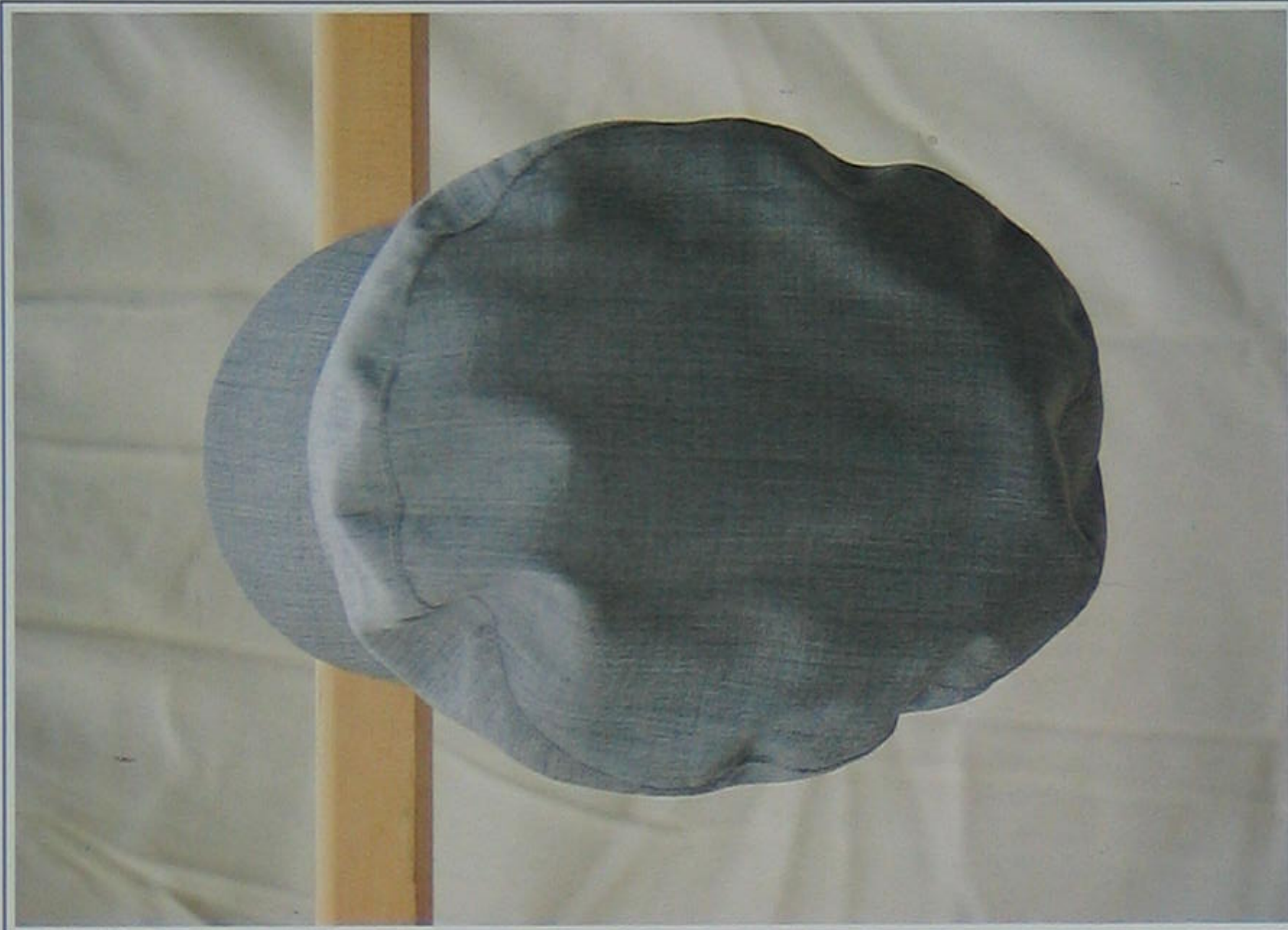
李

1755. 2



建國以後在重大政治、外交活動或其它公開場合，毛澤東都穿中山裝，尤其喜歡灰色的中山裝，因而外國人稱之為“毛式服裝”。

五十年代，禮賓司一位官員曾按國際外交禮儀要求，特意訂做了一套黑色的中山裝和皮鞋，拿給毛澤東穿。毛澤東說：“我是中國人，按中國的習慣穿。誰做誰穿，反正我是不穿。”



After the founding of new China, Mao liked wearing Chinese suit (known in China as Yetsen Suit, after Dr Sun Yetsen) at major political, diplomatic and other public functions and he had a particular liking for grey color. This kind of dress was later called overseas as "Mao suit".

During the 1950s, the protocol department of the Foreign Affairs Ministry had a dark-colored suit and a pair of dress shoes made for him, explaining that the color tone was more appropriate for protocol purposes. Mao said, "I am a Chinese and will follow the Chinese custom. Do not talk me into wearing that dark-colored suit. I will not do it."





1972 年初，毛澤東病勢加重，全身浮腫。原來的衣服和鞋子全都穿不下了，為了會見尼克松，工作人員特意为毛主席訂做了這套又肥又大的中山服，同時在內聯陞鞋店做了這雙特殊的布鞋。二月，毛澤東就穿着它和尼克松進行了長達一個小時的歷史性的會見。中美關係打開了新的一頁。

In early 1972, Mao was seriously ill and showing symptoms of dropsy. His clothes and socks did not fit any more. His staff had this oversize suit and a special pair of cotton shoes made for him anticipating his meeting with President Nixon. In February, Mao wore them in his historic meeting with President Nixon which lasted for an entire hour, a meeting that turned a new leaf in the history of Sino-American relations.



毛澤東在西柏坡時穿的皮上衣。

The leather jacket worn by Mao in Xibaipo, his military command center before moving up to Beijing.



毛澤東很喜歡這件灰色夾大衣，他常穿它迎送外賓、外出開會、視察或散步。領子、袖子均已破，由工作人員送到紅都服裝廠重新織補過。

Mao liked this grey coat very much, wearing it frequently when going for meetings with international visitors, attending conferences, travelling on inspection tours or for a stroll outdoors. It was so worn that his secretary had it mended by Hongdu, a garment factory.



毛澤東去蘇聯訪問時戴的禮帽

毛澤東常戴的圍巾

1949年12月，毛澤東去蘇聯會見斯大林，穿的這件皮大衣。此後再未穿過。

The hat used by Mao during his only visit to Soviet Union.

The scarf often used by Mao.

The overcoat was used by Mao when he travelled to the USSR for a meeting with Stalin and was never worn again afterwards.



毛澤東視察人民海軍(1953 年)

1953 年毛澤東穿着這件棉大衣視察海軍，并題寫了“我們一定要建立強大的海軍”。

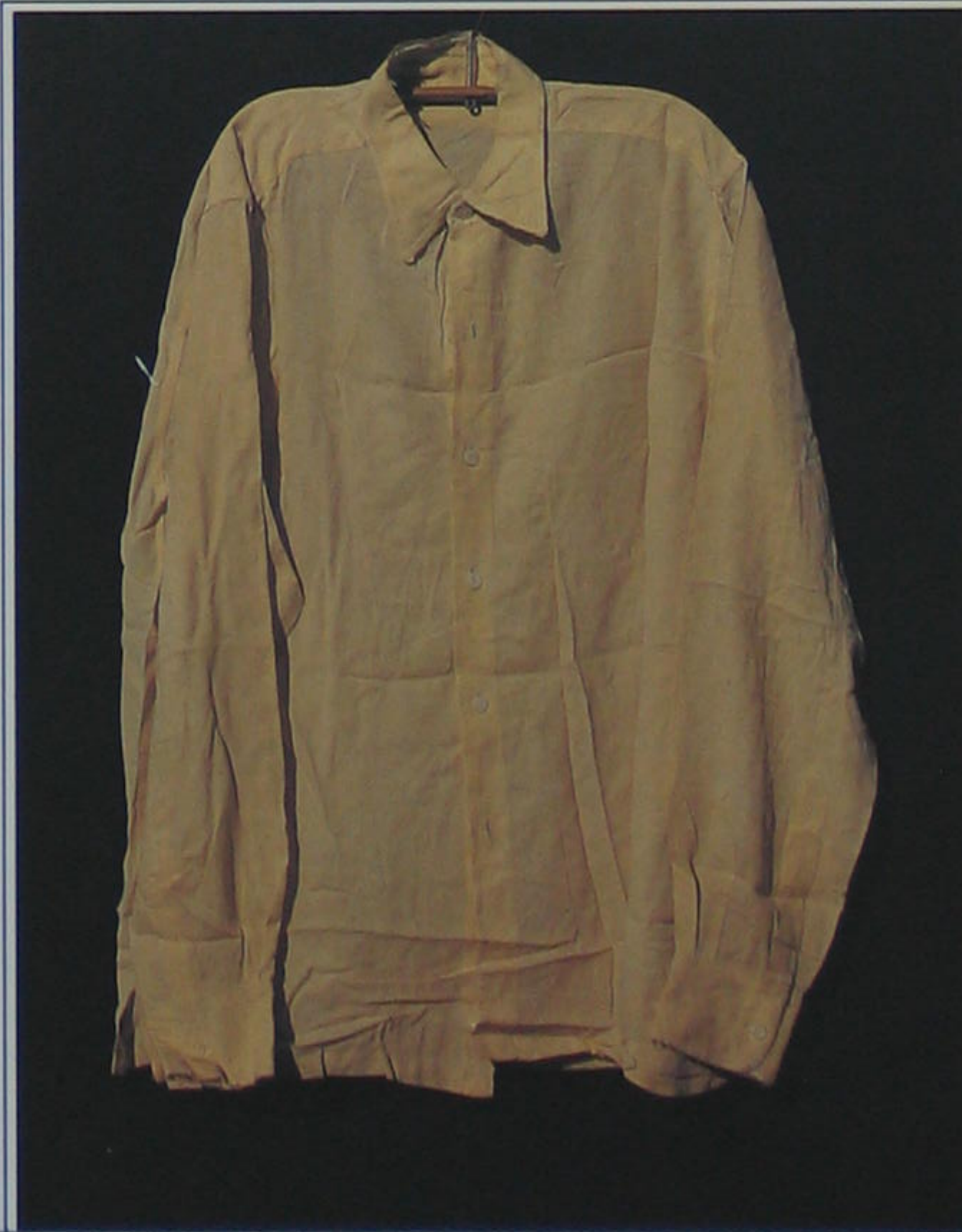
Mao during an inspection of the People's Navy in 1953.

Mao wore this padded cotton overcoat during his inspection of the navy in 1953. He wrote on that tour a much celebrated message, "We must build a strong navy".



六十年代毛澤東穿的襯衣。衣領、袖口等多處破損，仍捨不得扔掉。

This over-worn shirt which Mao did not want to throw away was often worn by him during the 1960s.





毛澤東在室內辦公、學習時經常是穿睡衣。

這是毛澤東建國以後春秋兩季一直穿的睡衣，補了 67 個補丁，領子全換過，袖子已面目全非。1962 年，工作人員勸他換件新的，他說：“我們國家還很窮，發的布票很少，你不也穿着補丁衣服嗎？我為什麼就不能穿？因為我是主席？我看還是應該節省點，不要做新的，破了再補嘛！”勸他次數多了，他就不說話，一笑了之。

睡衣太破舊了，洗衣店沒法子洗，只好由工作人員來洗，在泡好洗衣粉的水裏抖一抖，漂一漂就行了。不敢用手擰，一擰就碎了。1971 年入庫。

上右是毛澤東建國以後冬季最喜歡穿的薄棉絨布睡衣，已破得不能再補了。1971 年入庫。

Mao liked wearing a bathrobe while reading in his study.

This bathrobe was used by him during the spring and autumn seasons after the founding of new China. It was mended with 67 patches with the collar having been replaced and sleeves not looking the same as they had been new. His secretary urged him to get a new one in 1962. He replied, "our country is still very poor and cotton is strictly rationed. You are wearing mended clothes. Why shouldn't I? We should not be extravagant. I do not need a new one. The old one can still be mended." The next time his secretary talked about a new bathrobe, he would just smile but not concede.

Because the bathrobe was so worn, the laundry service would not accept it. It had to be hand washed by his staff. They had to be careful lest the bathrobe would be torn. It was not put away into storage until 1971.

Top right: The cotton bathrobe used by Mao during the winters after the founding of new China. It was much worn and mended. It was put into storage in 1971.



毛澤東建國初期穿過的褲子，褲腰已補過多次，屁股上軋滿厚厚的羅紋補丁。

This pair of much mended trousers were worn by Mao shortly after the founding of new China.



毛澤東 1966 年以前用的皮腰帶。皮帶扣處已斷，現在看到的是重新接好的。

This leather belt was used by Mao prior to 1966. It was broken at the buckle and had been repaired.



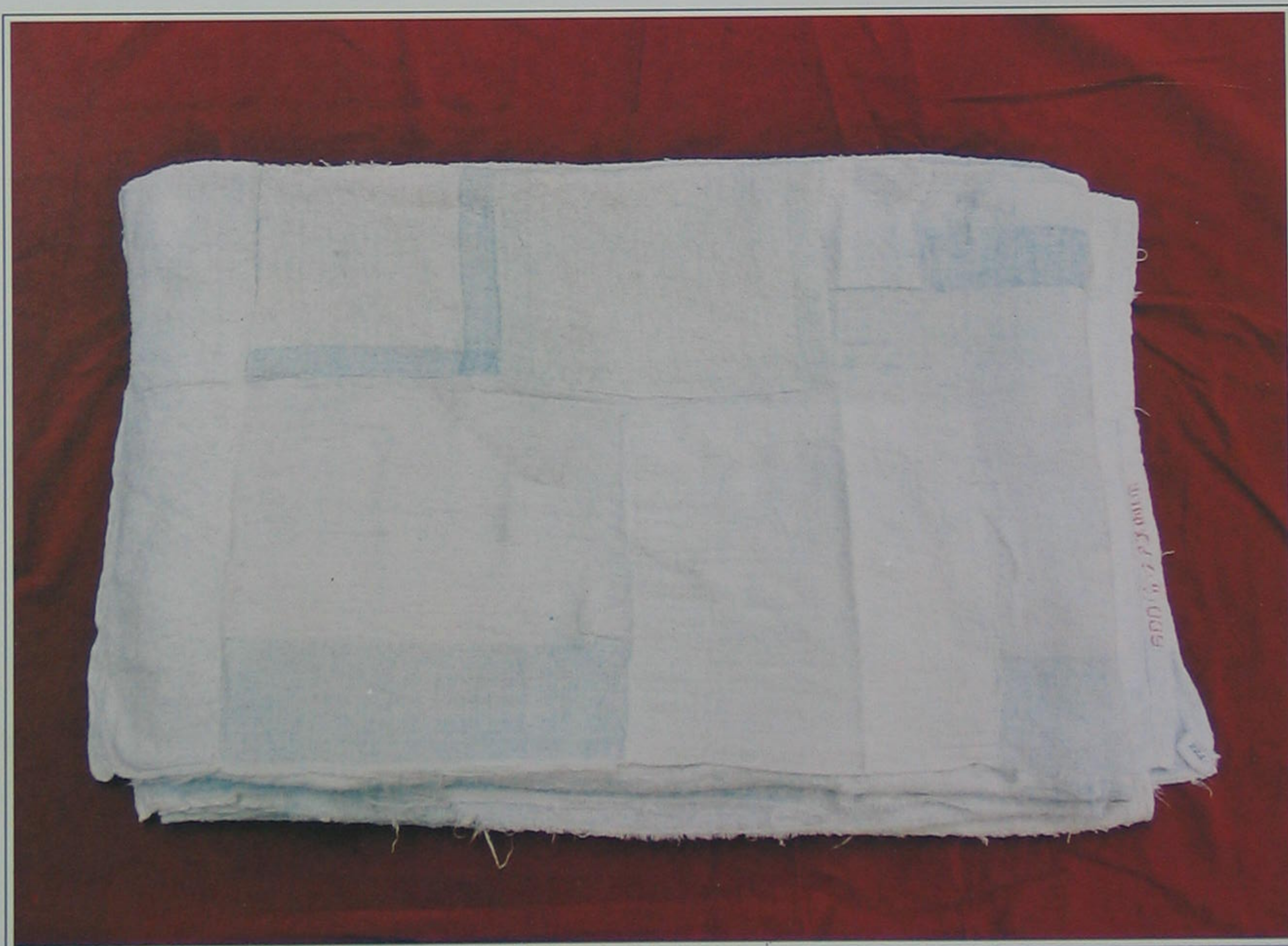
毛澤東牀上通常擺三個枕頭，位置不同，用途也各異，分別用來枕頭、靠背、墊肘。

Mao had three pillows in his bed, one for resting his head, the others for supporting his back and arm while sitting reading in the bed.



這是毛澤東用過的枕巾。

This towel was used as cover over Mao's pillow.



這是毛澤東一直用到臨終的毛巾被，上面補了 73 個補丁，現在仍擺放在他那張硬板牀上。

工作人員為毛澤東準備的棉被和毛毯，毛澤東睡覺一般都蓋毛巾被，很少蓋棉被、毛毯。

This towel blanket mended with 73 patches was used by Mao right through his dying days. It is now placed in the hard wooden bed that he had used.

The cotton quilt and blanket were prepared for Mao by his staff. They were rarely used because Mao liked using a large towel blanket.



七十年代，毛澤東愛穿寬大的棉布衣服，縮水性大。工作人員制作了燙衣架、噴水壺、燙衣板等工具，用起來非常方便。

During the 1970s, Mao liked loosely fitting cotton clothes. His staff made this shelf, a container for spraying water and ironing board which were used for ironing his clothes.



這是毛澤東最喜歡穿的棕色皮鞋，鞋後跟處修補過。

1956年，毛澤東在中南海勤政殿接待印度尼西亞總統蘇加諾。事前毛澤東走進來檢查一下布置的情況，當他看到室內擺放的一臺外國收音機時皺起眉頭說：“中國也可以生產收音機，為什麼擺外國的？”

當毛澤東穿着這雙合心意的皮鞋準備走開時，羅瑞卿靠近過來說：“主席，你還是換一雙黑皮鞋吧？”

“為什麼？”毛澤東問。

“按照國外慣例……”

“為什麼要按國外慣例呢？”毛澤東大不以為然地輕踩一下皮鞋，“我們中國人要按中國人的習慣穿。”

平時，毛澤東都穿布鞋或拖鞋，外事活動時，就拿來這雙皮鞋，也不解鞋帶，腳直接往裏一伸就行了。活動結束，祇要一上車或是回到住地，立即換上布鞋或拖鞋。

This was the pair of brown colored leather shoes that Mao liked most. Their heels had been repaired.

In 1956, before his meeting with Sukarno, the Indonesian President, Mao came to inspect the meeting room in Zhongnanhai. He frowned when he saw an imported radio set in the room and said, "we have Chinese made radios. Why did you put this one here?"

Mao was wearing his favorite brown shoes at the time. When Luo Ruiqing, the military chief of staff, advised him to change into a pair of black shoes, he asked, "Why?" When Luo talked about international custom, Mao snapped, "we as Chinese should abide by Chinese rules".

Mao wore cotton shoes or slippers most of the time. He would slip into this pair of leather shoes when he went to a function. He would change back into cotton shoes or slippers as soon as he got into the car for the ride home or when he was back at his residence.



布鞋是大柵欄內聯陞鞋店做的，鞋沿口都已換過，鞋底也釘過。

This pair of cotton shoes were made by a shoe shop called Neilianshen. They had been mended and repaired.

建國初期直到七十年代，毛澤東一直穿這雙皮拖鞋，縫補了無數次。毛澤東視察到武漢時，工作人員送出去修補，修鞋店的師傅說沒法補，工作人員只好找一塊擦車用的麂皮縫了上去。在長沙，執勤戰士看見這雙拖鞋實在太破，又不知是毛澤東的，就隨手給扔掉了。毛澤東又讓找回來，繼續穿。

This pair of leather slippers had been worn by Mao from the early years of the People's Republic through the 1970s. They had been repaired many times. When Mao was on an inspection tour in Wuhan, his staff sent them to a shoe shop to have them repaired. However, the shoe shop refused to accept the job because they could not be repaired any more. One of his staff had to do it himself. When he stayed in Changsha, the security guards did not know this pair of slippers which were in really bad shape were Mao's and threw them away. Mao got them back and continued wearing them.



這是毛主席穿的線襪，破了就讓補了再穿。

毛澤東穿的襪子都是棉綫的，破了就補，開始用布和舊襪子縫補，後來是織補。毛澤東晚年喜歡咖啡色綫襪。

Mao usually wore cotton socks and they were often mended too. In his old age, he liked wearing coffee-colored cotton socks.



毛澤東在中南海一直讓身邊的工作人員給他理髮，而且要求越快越好，不吹風，不抹頭油。理髮時，他隨便往普通靠背椅上一坐，手裏拿着書、文件和鉛筆，一邊看，一邊批。有一次他風趣地對為他理髮的師傅說：“你辦你的公，我辦我的公”。“我坐着，你站着，這太不合理了，你是不是也坐着？”

毛澤東原有一個理髮箱，從延安時起一直用到 1958 年，已破舊不堪。這個箱子是 1958 年成都會議時買的，一直用到臨終。現被韶山毛澤東紀念館收藏。

Mao always let his staff to do his haircut. His only rule was speed. He never had his hair groomed or greased. He would sit in any chair with a book, or a document and a pencil in hand while he was having his haircut. He once said to the barber who was doing the haircut, "you have your business to do and I have mine," and "Isn't it unfair for you to stand all the time while I am sitting. Shouldn't you try also sitting down".

Mao used to have a box for the barber's kit, which had been used from the Yanan years through 1958 and was in bad shape. This box was bought in 1958 when he was attending a conference in Chendu and had remained with him until his death. It is now in the collection of Mao Tse-tung Museum in Shaoshan.



這是湖南省委接待處送的理髮工具包，但毛澤東從來沒用過。

This set of barber's tools were given to Mao by the Hunan Guest Reception Office but was never used by him.



這是六十年代湖南省委接待處寄給毛澤東竹涼蓆時用的外套，上有“中南海九局值班室收”字樣。

The cover used by the Hunan Guest Reception Office when sending Mao a bamboo bed mat. On the cover was written "Care of the Duty Officer of Bureau No. 9 of Zhongnanhai".



毛主席在
五十年代和六
十年代使用过
的毛巾。

毛澤東用過的補過多次的毛巾。

The much mended towel used by Mao.

在豐澤園寓所裏的餐桌、茶几、辦公桌上，隨處擺放着幾塊這種面巾，以便毛澤東擦汗、擦嘴用。面巾破舊了，他也不準工作人員扔掉，吩咐用它來補毛巾和毛巾被。毛巾被上的補丁全是這種用舊了的面巾。

On the desks and tables in his residence of Fengzeyuan, there were always these small towels for Mao to use. When these were worn, he would ask his staff to use them in mending large towels. The large towel blanket was mended with such small towels.

在住地，毛澤東一般不用手帕。只有參加重大活動或外出爬山時，才在口袋裏裝上一塊，以備擦汗、吐痰之用。

Mao normally did not use handkerchief at home. He would only carry one with him when he was attending major functions or on an outing.





毛澤東的住處沒有空調和電扇。這把折扇伴隨着毛澤東度過了二十幾個炎炎酷夏。他經常是一邊輕輕地搖着這把黑扇子，一邊全神貫注地工作、學習。

There were no air-conditioning or electric fan at Mao's residence. This folding fan was used by him for over twenty summers. He would use this fan to cool himself while reading or writing.

毛澤東一生極少用香皂，一般都用清水洗臉，在非用皂不可的情況下，就用肥皂。

Mao had rarely used scented soap in his entire life. He normally washed with clean water. When he had to, he would always use laundry soap.



七十年代毛澤東年事高了，吃水果不方便，這是用來擠橘子汁、草莓汁用的器皿和量杯。

During the 1970s, Mao found it difficult to eat fruits because of his old age. This was the juice-maker for making orange and strawberry juice for him.



毛澤東用過的暖水瓶。左右兩個是在中南海豐澤園故居用的，中間的是搬到游泳池以後用的。

The thermo-flasks used by Mao. The ones on both sides were used at his residence in Fengzeyuan while the one in the middle was used after he moved to his residence near the swimming pool.

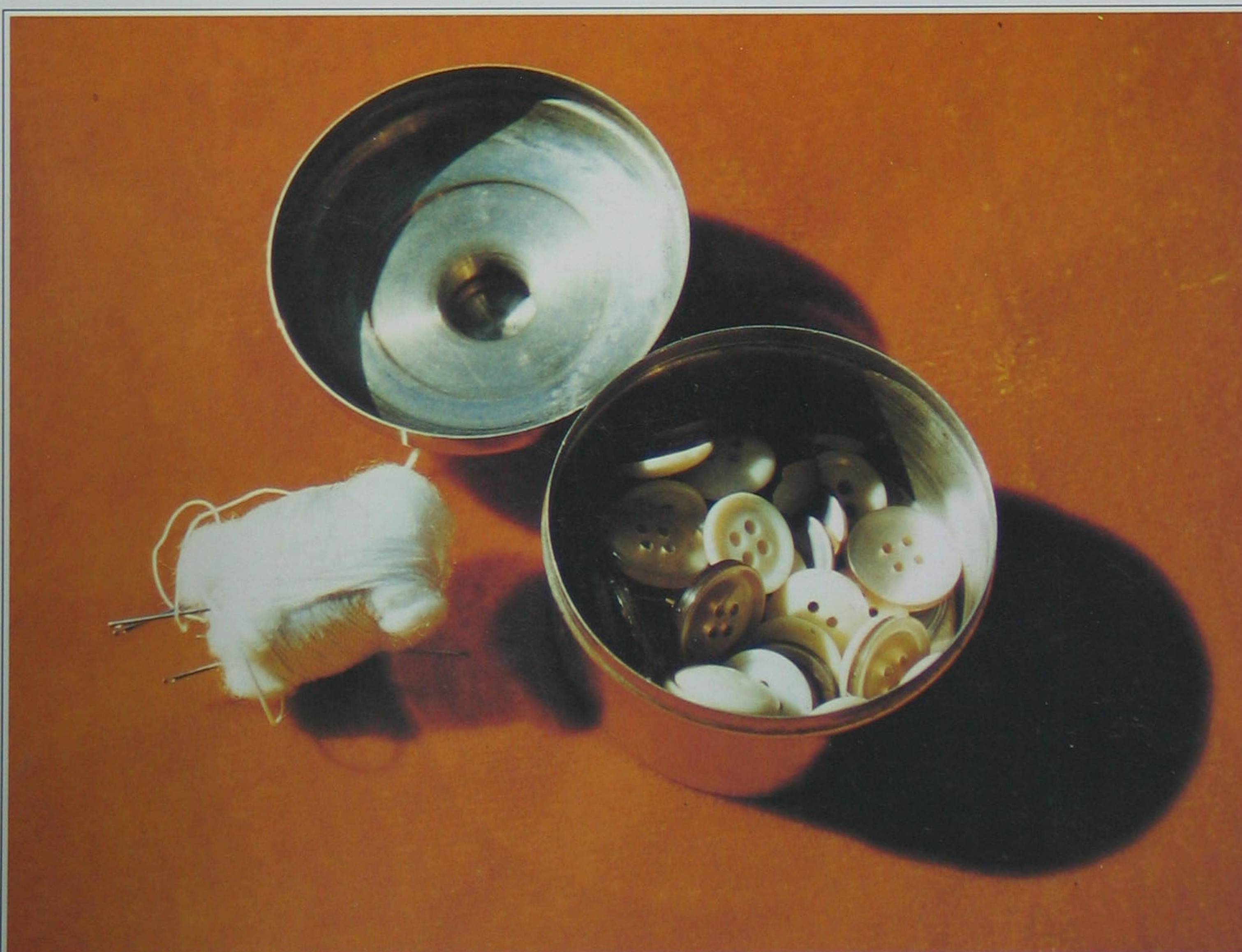


毛澤東的擦皮鞋工具箱

Mao's shoe shine kit.

毛澤東進城後一直保持着延安作風，這是工作人員為他縫補衣服用的針綫盒。

Mao led a life of simplicity and this was the sewing kit that his staff used for mending clothes.





重情厚誼的偉大領袖

作為一位政壇領袖，毛澤東有着鋼鐵般的強硬和執拗性格，他祇信奉：原則。

作為生活中的毛澤東，也有着非常豐富的感情世界，他最注重：情誼。

長征中毛澤東把賴以活命的幾塊青稞餅讓給因饑餓而走不動的戰士，在保安時，他把幾條小魚留下來等周恩來到來一起改善生活。抗戰時期，徐海東生病他電告之：“靜心養病，天塌不管……”對於民主人士他更是情深誼長，毛澤東和宋慶齡友誼誠摯，交往親切，毛澤東信中稱她是：“親愛的大姐”，并把宋慶齡贈給他的枕頭保存多年。柳亞子以《感事呈毛主席》發牢騷時，毛澤東復詩《七律·和柳亞子》，回顧舊交，指明前程，“莫道昆明池水淺，觀魚勝過富春江”，激發其為人民工作的熱情……對在他身邊工作的同志，更情同手足，誰因工作離開他，他常常是別淚依依。他赴重慶談判，到蘇聯訪問，臨時為他服務的工作人員都因和毛澤東分別而痛哭不已……

毛澤東能為億萬人民所擁戴、所永誌不忘而成百代之師，珍重同志、朋友之間的革命情誼也是其中的一個重要因素。

Man of Greatness and Compassion

As a political leader, Mao showed steely strength and steadfastness. He always upheld his principles.

But Mao was also a compassionate man and valued friendship highly.

During the Long March, Mao gave his own share of barley cakes to soldiers too hungry to walk. In Baoan, he once had a few fish kept so that he could share them with Zhou Enlai. During the Resistance War, he sent a telegram to one of his generals who was ill, saying, "Rest well and recover soon. Do not worry about if heaven would fall". He treasured very much his friendship with non-communists. He cultivated a profound friendship with Madame Soong Ch'ingling, addressing her as his dear elder sister. For many years he treasured a pillow given to him by Soong as a gift. Liu Yazi once dedicated a poem to Mao. In it he complained about an unfulfilled life. Mao wrote a poem in return with reminiscence of their friendship and encouragement to Liu to work for the people's cause. Two lines from that poem went, "Complain not that Lake Kunming is too shallow/Its fish more charming than the deep river flow." Mao was able to inspire deep friendship with those who worked for him. Whenever someone who had worked for him for some time got transferred, he would be saddened to tears. When he bid his farewell to those who worked for him during his negotiations in Chongqing and his stay in Soviet Union, they were occasions when many were saddened to a sob.

Mao's compassion and cherishing of friendship contributed to his being loved and revered by the hundreds of millions and being a man of noble deeds for generations to aspire to.



1960 年，毛澤東、劉少奇、朱德、鄧小平在豐澤園門前親切交談。

Mao having a chat with his comrades Liu Shaoqi, Zhu De and Deng Xiaoping in front of the gate of Fengzeyuan in 1960.



中央領導同志剛搬進中南海時，大多住在豐澤園內的西八所，毛澤東住菊香書屋。平時，他和劉少奇、周恩來、朱德經常在院子裏散步、納涼、交談。

1968年，毛主席時年七十有餘。由於外事活動多，菊香書屋距會見客人的主要場所頤年堂較遠，且要過庭院、穿迴廊，很不方便，8月18日，毛澤東遷居中南海游泳池旁新址。那兒的會見廳就在室內，且和臥室相距很近，走幾步路即可到達，大大方便了毛主席的工作和生活。搬進游泳池新居以後，在那裏，確定了“乒乓外交”戰略，確定了中美、中日邦交正常化的基調，提出了三個世界劃分的理論，接見了斯諾，會見了尼克松、田中角榮、卡翁達等貴賓。

When the top party and government leaders moved into Zhongnanhai, most of them took up residence in the eight western courtyards inside Fengzeyuan. Mao lived in Juxiang Study. Mao often shared a walk and casual chat in the courtyard with Liu Shaoqi, Zhou Enlai and Zhu De.

In 1968, he was already over 70. Because Mao had frequent meetings with foreign visitors and Juxiang Study was quite a distance from Yinian Hall where most of the meetings took place, he moved into another residence near the swimming pool on August 18. The new residence had a room for meeting visitors which was close to his bedroom. It was here that the strategy for Ping Pong Diplomacy, for the normalization of Sino-American and Sino-Japanese relations and his celebrated theory of "three worlds" were formulated. He also received such international figures as Edgar Snow, Richard Nixon, Kakuei Tanaka and Kenneth Kaunda.



這是菊香書屋客廳一角。左邊第二個沙發為毛澤東的“專座”。其它沙發，孩子們、工作人員隨意坐，唯有這個沙發誰也不去坐，這似乎形成了一種默契。毛澤東起牀後，洗完臉，就在這張沙發上坐一會兒，稍事休息，便坐到飯桌前進餐。很少有人被請來客廳坐。1960年以後，祇有曾志同志有過這種殊榮，毛澤東和她在這裏談了話，并請她在這裏吃飯。

This is one corner of the sitting room in the Juxiang Study complex. The second chair from left was always used by Mao. His staff and family would sit in any chairs in the room except this one. Mao would sit in this chair every morning after he had got up and washed before breakfast. Guests were rarely invited in here. After 1960, only Madame Zenzhi, the wife of a senior comrade, had the privilege of meeting Mao here. She was also asked to stay for dinner afterwards.

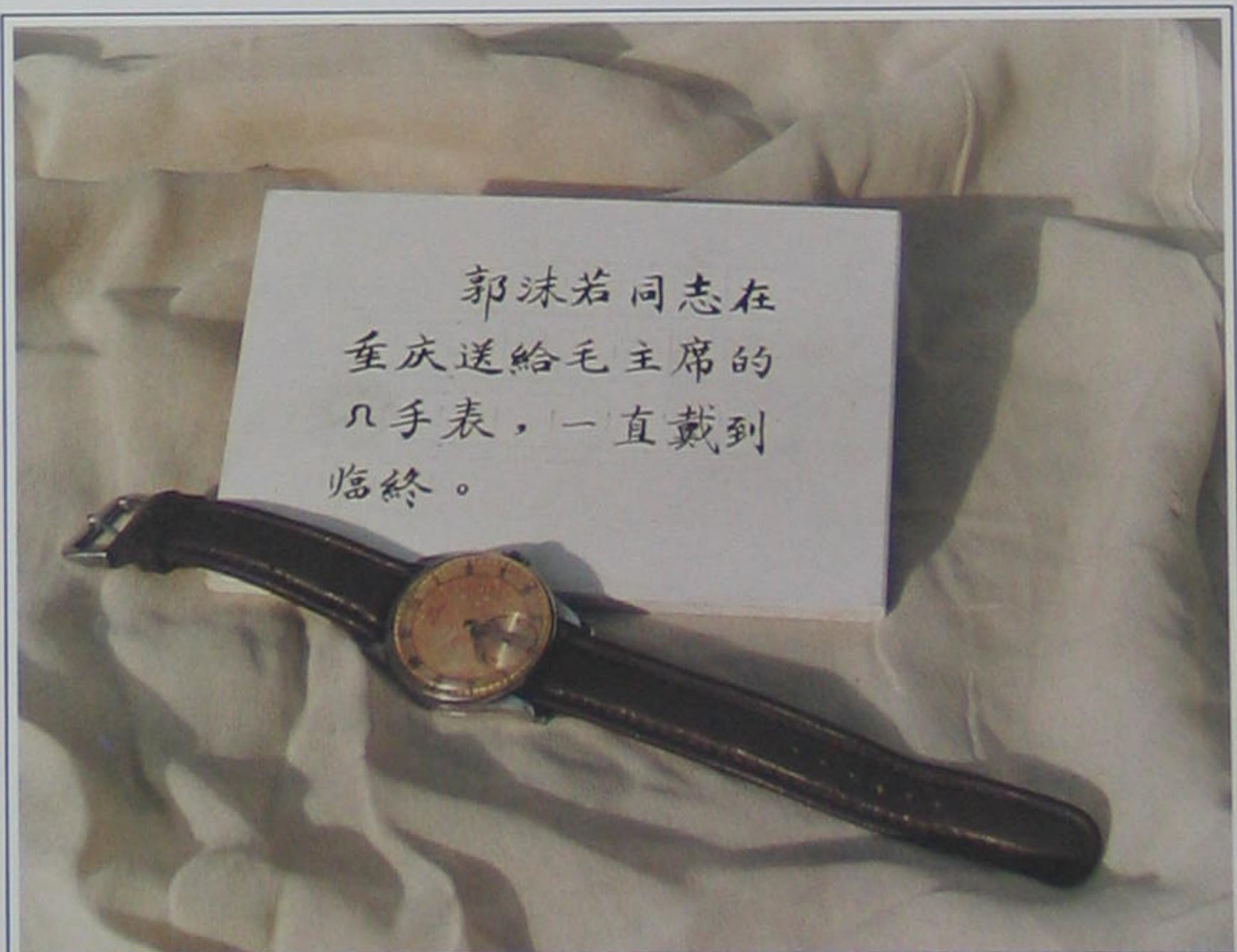
這是擺放在菊香書屋臥室內的沙發，毛澤東習慣坐在右邊的沙發上。我國古代有主人居右客人居左的禮儀，位次以左為尊。毛澤東專坐右位而虛起左位，顯然也有此意。黨和國家領導人劉少奇、周恩來、朱德等，誰也不肯坐那個“虛”起來的沙發上，此“位”也就永遠虛着。

These are the chairs in the bedroom at Juxiang Study complex. Mao usually sat in the chair on the right. Mao's choice for the chair on the right evidently had to do with his modesty, for according to Chinese tradition the left side was always reserved for a more senior person. Therefore other government leaders such as Liu Shaoqi, Zhou Enlai and Zhu De would never sit in that chair on the left side which would be empty all the time.



1945年8月28日，毛澤東飛抵重慶和蔣介石談判時，郭沫若看到毛澤東沒有戴表，就將自己戴的Ω牌手表送給了他。毛澤東一直十分珍惜地戴着它，直到臨終。表盤、表蒙和表帶都更換過，舊表帶是1966年8月3日換下的。

Mao was given a Swiss-made Omega watch by Guo Moruo when he arrived in Chongqing for the historic talk with Chiang Kaishek on August 28, 1945. Guo saw that Mao had no watch and gave the one he was wearing to him. Mao had worn this watch all his life. Its dial, glass and strap had all been replaced. The strap was replaced on August 3, 1966.



郭沫若同志在
重慶送給毛主席的
几手表，一直戴到
臨終。

全國人民代表大會常務委員會

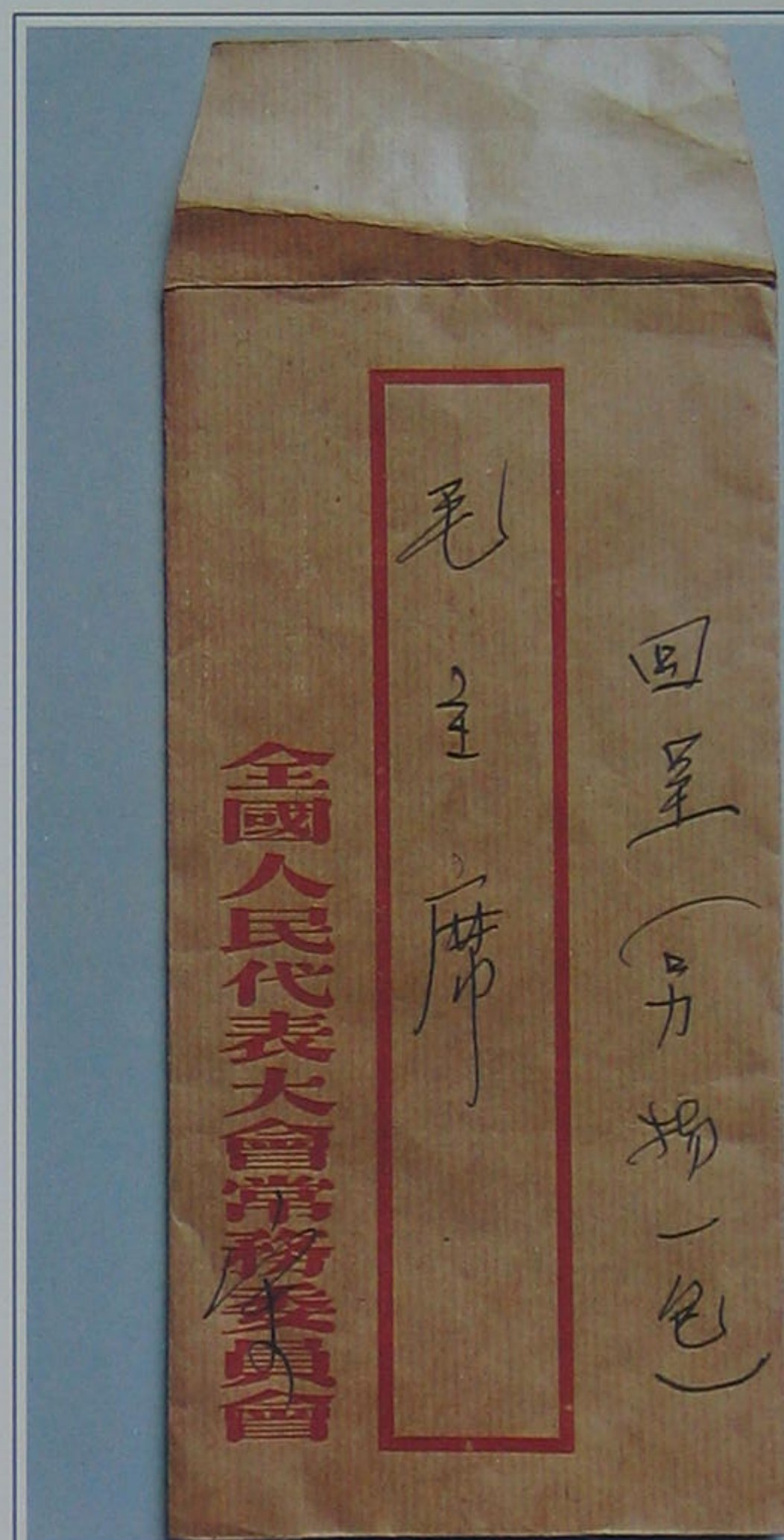
敬愛的毛主席：

承惠贈山東大白菜已收領。這樣大的白菜是我出生後頭一次看到的。十分感謝！

您回來後一定很忙，希望您好：休息。致以
敬禮

宋慶齡

1957-12-1



毛澤東十分尊重宋慶齡，宋慶齡也特別關心毛澤東。當她了解到毛澤東有靠在牀上辦公的習慣後，立即派人給毛澤東送了個高級大枕頭。毛澤東沒有收禮的習慣，所以沒有收。當來人走後，毛澤東忽然又想到不收不好，又派工作人員追了上去，把枕頭收了下來。毛澤東用了兩天就細心地收藏起來了。

1957年冬，我國北方貯菜時節，毛澤東派人給宋慶齡送去一些山東大白菜。宋慶齡非常高興并復信致謝。一位是黨的主席，一位是國家的領導人，送的禮品竟然是大白菜，這在古今中外國家領導人的互贈之中，絕無僅有。淡泊清風，令人感奮，發人深思。

Mao had a great respect for Madame Soong Ch'ingling who in turn also showed concern for Mao. When she learned that Mao often sat in the bed reading, she had a large pillow sent to Mao. Because Mao normally did not accept gifts, the pillow was sent back. Then he thought it inappropriate and had his staff get it back. He used it only a couple of times before he had it carefully put away.

In the winter of 1957 when most Chinese families in the north were hoarding cabbages for the winter, Mao had his staff sending some Chinese cabbages grown in Shandong to Madame Soong Ch'ingling who was very pleased and wrote back to acknowledge. Gifts of such kind were indeed unheard of among government heads elsewhere. It was a reflection of Mao's simplicity and the value he placed on friendship that transcended worldly things, which is indeed thought-provoking and inspiring.



1949年程潛率部起義，使湖南免遭戰火，有功於人民。當年9月程潛來京，毛澤東親自去迎接。有人問，為什麼給程這麼高的禮遇？毛澤東說：“我們是老鄉，他是我的私人朋友，難道你們的朋友來了，你們是叫別人去接嗎？”又說“那樣我看你就沒朋友了。什麼是朋友？國民黨恐怖統治最厲害的時候，我們兩個還保持着聯繫呢！”程潛一下火車，看到來迎接他的是毛主席，頓時熱淚盈眶。次日，在招待程的宴會上，毛澤東舉杯祝酒，盛贊程潛起義之舉。又過了一段時間，毛澤東請程到家做客，飯後，毛澤東提議去划船，上船後程說：“我給主席划船”。毛澤東笑着說：“豈有此理，你是客，還是我來划”。毛澤東蕩起了雙槳。

In 1949, Chen Qian led a mutiny to join the revolution and prevented in so doing the province of Hunan from the sufferings of a major battle. His action was seen as a service to the local people. In September of the same year, when Chen made a trip to Beijing, Mao decided to meet him at the railway station. When asked why Chen should be given such courtesy, Mao replied, "he is from my home province and we went to school together. He is a private friend of mine. Wouldn't it be odd if you have somebody else to go and meet you friend when he comes to visit you?" "If you do that, you won't have any friends at all. We were in touch with each other even during the darkest days of the Kuomintang's rule." Chen was moved to tears when he got off the train and saw Mao was there to greet him. The following day, Mao hosted a dinner in honor of Chen and toasted to his noble actions. Later, Chen was invited to Mao's home and after the dinner Mao asked Chen to join him on a boat ride. When Chen offered to row for Mao, Mao refused, saying that, Chen being the guest, there should be no arguing that he should row for Chen.



1959 年 6 月毛澤東同他少年時的私塾老師毛宇居攜手同行。

Mao having a stroll with Mao Yuju, his childhood private instructor, in June of 1959.

1959 年 6 月 26 日毛澤東同韶山農民親切交談。

Mao having a chat with farmers in his home village of Shaoshan on June 26, 1959.





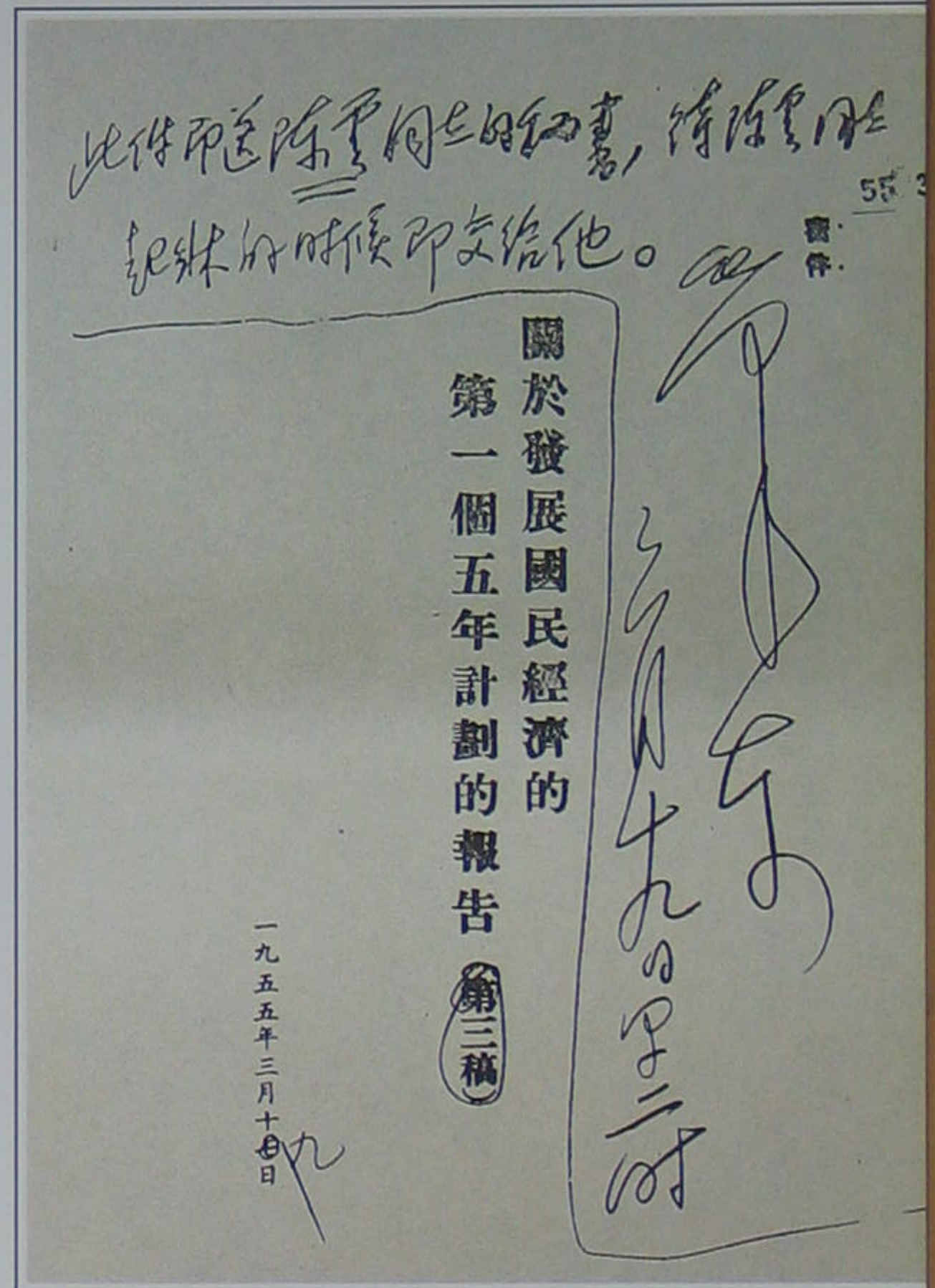
毛澤東給警衛戰士講話(1955)

Mao Tse-tung giving a talk to the security staff.



“待陳雲同志起牀的時候即交給他”，寥寥幾字，一片深情。

" Please give this to Comrade Chen Yun as soon as he wakes up". This note reflected Mao's considerateness.



工作人員跟隨毛澤東下基層。

Mao and his staff on an inspection tour.



1953 年 9 月毛澤東休息時同在他身邊的工作人員一起玩撲克牌。

Mao Tse-tung playing a game of poker with his staff during a break from work in September, 1953.



我國生產的第一代金星電視機，毛澤東看了一下樣子，就讓送給警衛戰士了。

毛澤東看電視，除了看新聞節目外，主要是看京戲。他看京戲感情很投入，隨着劇情的發展，常常興奮、激動、甚至於下淚。如看現代京劇《紅燈記》，看到李玉和祖孫三代同赴刑場、生離死別一節時，熱淚從他面頰上滾落下來。

國際友人送給毛澤東的椰子，毛澤東把它送給了身邊的工作人員。

This is one of the earliest Chinese-made televisions which was given to Mao, who only had a look at it before he had it taken away to his security guards.

Apart from news broadcast, Mao watched the television mostly for Beijing opera performances. He was a passionate Beijing opera fan and often became excited and even moved to tears by a performance. When he saw the antagonist in the opera "The Story of Red Lantern" being led to a Japanese execution ground, tears rolled down his face.

The coconuts given to Mao by foreign visitors were passed onto his staff to share.



1949 年毛澤東同兒子毛岸英在一起。

Mao with Mao Anying, one of his sons, in 1949.



1939年8月26日毛澤東給長子毛岸英、次子毛岸青信的手蹟。

Mao's hand-written letter to his sons Mao Anying and Anqing, dated August 26, 1939.

岸英岸青二兄：

你們上次信收到，十分驚喜！
你們近來好否？有進步否？

我還好，也幹一些事，但不多，心
裏覺得很滿足，如你們是專
門學科的時候。

為你們政府所干，同出，毛林海軍同
志買了一批書，寄給你們，不知收到否？
來信告我。下次再寫。祝你們
發展向上，愉快！
毛澤東
一九三九年八月二十六日



1962 年春，毛澤東同毛岸青、張少林、劉松林、邵華、楊茂之（從左至右）在中南海住地。

Mao with (from left to right) Mao Anqing, Zhang Shaolin, Liu Songlin, Shao Hua and Yang Maozhi at his Zhongnanhai residence.



1963 年 12 月 26 日毛澤東同女兒李敏、女婿孔令華在中南海住地合影。

Mao with Li Min, his daughter and Kong Linhua, his son-in-law at the Zhongnanhai residence on December 26, 1963.

1954 年 1 月 29 日毛澤東同李訥在杭州五雲山。

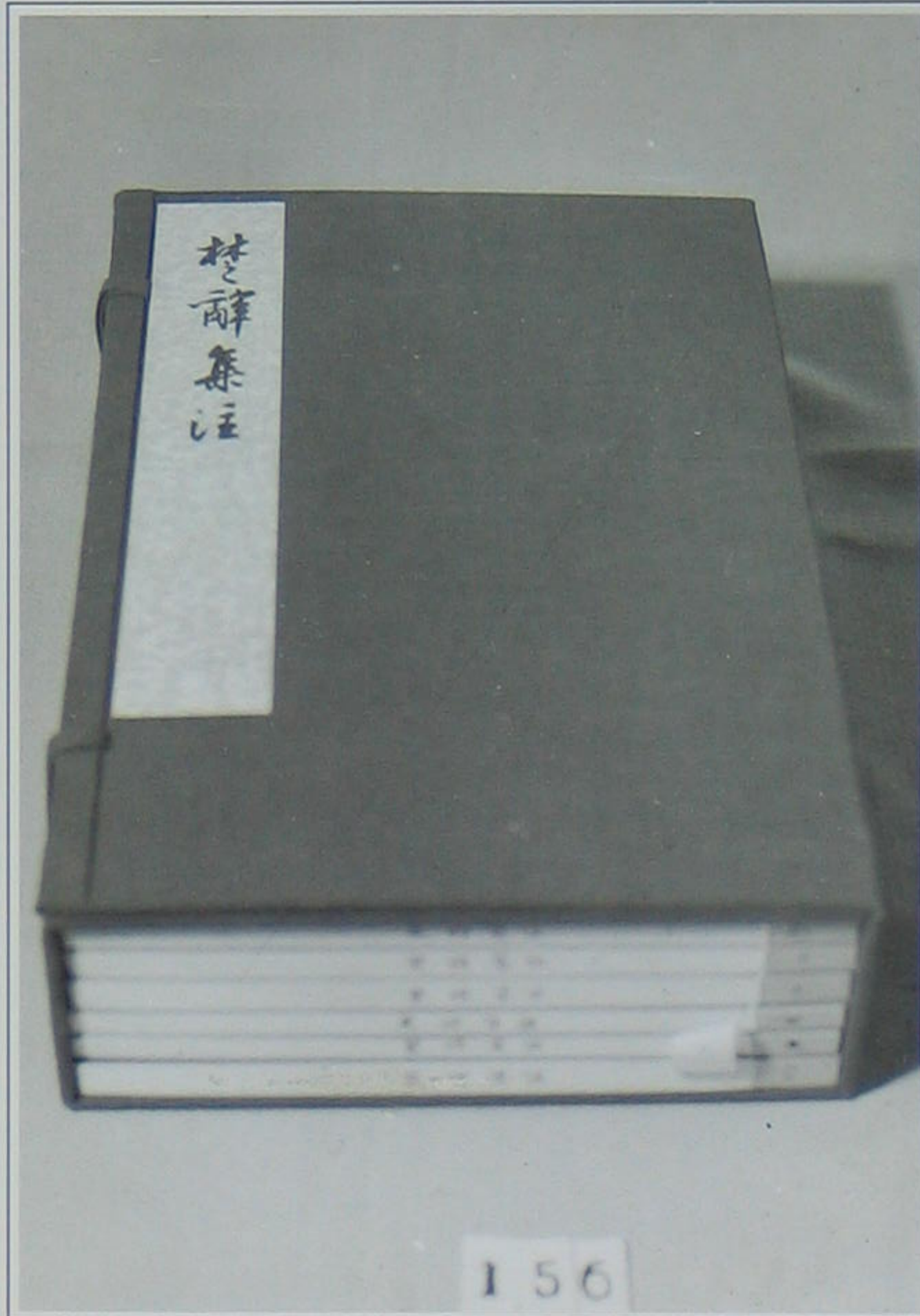
Mao with Li Na, his daughter, at Wuyun Mountain near Hangzhou on January 29, 1954.





1972年9月27日晚，毛澤東在周恩來陪同下會見日本內閣總理大臣田中角榮時，送給他一部《楚辭集注》。田中問：“是送給我們大家的，還是送給我的？”毛澤東說：“就是送給你的。”田中很高興。回日本後把《楚辭集注》交由讀賣新聞社復制，1973年9月16日，外交部轉來讀賣新聞社社長務臺光雄送給毛澤東的《楚辭集注》復制本一部。毛澤東在第六冊上圈閱過。

On the evening of September 27, 1972, Mao and Premier Zhou Enlai met with the visiting Japanese Prime Minister Kakuei Tanaka. Mao gave him "A Collection of Chu Poems with Notes". After Kakuei Tanaka confirmed that the ancient book was given to him personally, he was very pleased. When he returned to Japan, he had a duplicate copy made at a news agency. On September 16, 1973, Mitsuo Mutai, the director of Yomiuri Shimbun, a Japanese news agency, sent Mao the duplicate copy via the Chinese Foreign Ministry. Mao read and marked in the sixth volume of this collection of poems.



西哈努克贈送給毛澤東的法國造文件包。毛澤東一生沒留用過外賓贈送的禮品，祇此一件例外。還是身邊工作人員再三請示，留下來外出視察時裝睡衣、拖鞋、文件、放大鏡、鉛筆等物用。

The French-made briefcase was given to Mao as a gift by Si-hanouk. Mao had never kept any gifts from foreign visitors except this one. His staff insisted that he keep this one for use when he went on inspection trips to carry his bathrobe, slippers, documents, magnifying glass and pencils.



以生為戰的拼搏精神

“自信人生二百年，會當水擊三千里”。

毛澤東是一個真正的戰士。

毛澤東的一生是拼搏奮戰的一生。即使是“在命運的迎頭痛擊下頭破血流但仍不回頭”。

在中南海的日日夜夜，毛澤東都在用超越人類生命極限的戰鬥精神頑強地進行着拼搏——夜以繼日地工作、學習。

為掌握社會主義建設的第一手資料，他已屆古稀之年仍跋千山、涉萬水，深入基層，了解情況。長城內外，大河上下，都留下了他閃光的足蹟。

他常常通宵達旦地工作，有時甚至幾天都得不到休息。

他把讀書當成人生大事，畢生孜孜以求，勤學不輟，直到生命結束的前幾個小時，已經無力說話了，還示意工作人員為他讀書。

生命不息，拼搏不止。戰士的本色，領袖的風範。

A Tireless Worker

Mao once wrote in one of his poems, "Convinced of a life of two hundred years/
And capable of swimming against currents for three thousand miles!"

Mao was indeed a true warrior.

Throughout his life, he had always enjoyed taking up challenges. He "would never turn back even when blunted and crushed by ruthless fate."

During his Zhongnanhai years, Mao worked tirelessly day and night with a toughness beyond the ordinary human endurance.

In order to gain first hand knowledge about the socialist construction around the country, he would travel to different parts of the nation when he was already over 70. He left his footprints in towns and villages across the country.

He often worked through the night and sometimes even for several days and nights on end.

He regarded reading as one of the important things in life. Throughout his life, he never ceased reading and learning. In the last hours of his life, he was unable to speak, but he managed to have his staff read to him.

He fought till the last stretch of his life, showing the toughness of a true warrior and nobleness of a great leader.



毛澤東校閱《毛澤東選集》第四卷。

Mao reviewing the fourth volume of "The Selected Works By Mao Tse-tung"



頤年堂，是豐澤園的主體建築。從 1949 年 3 月到 1966 年 8 月，毛澤東和周恩來、劉少奇、朱德、陳雲、鄧小平等中央領導同志在這裏舉行了多次重要會議，他們在這裏集體作出了建國後到 1966 年十七年間黨和國家的重大決策，并在這裏多次會見黨外知名人士和外賓。

Yinian Hall, the main building in Fengzeyuan. Over a lengthy period from March, 1949 through August, 1966, Mao held many important meetings with Zhou Enlai, Liu Shaoqi, Zhu De, Chen Yun and Deng Xiaoping here to make collective decisions on major issues concerning the Communist Party and the national government. It was also the place where he received national celebrities and international visitors.



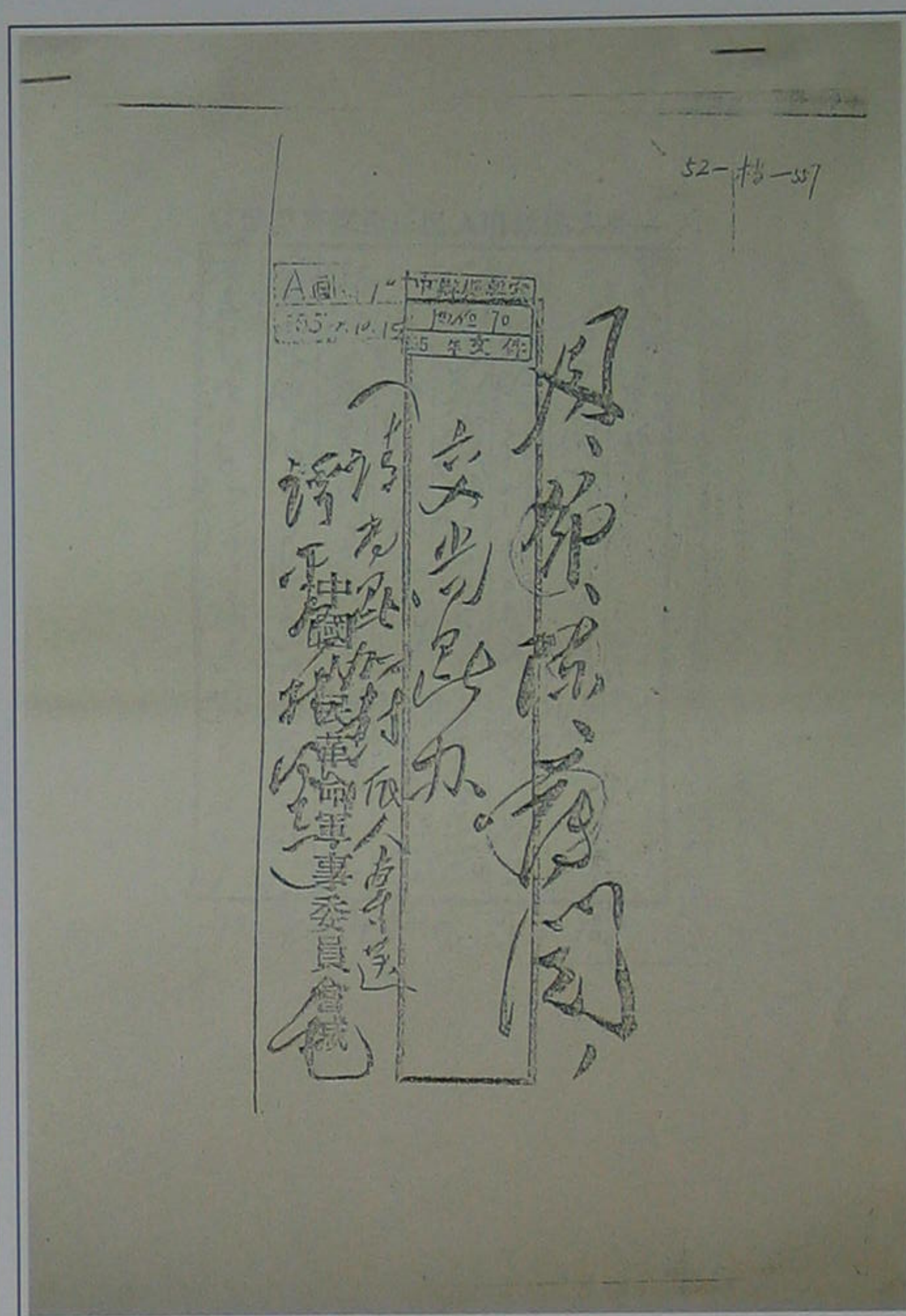
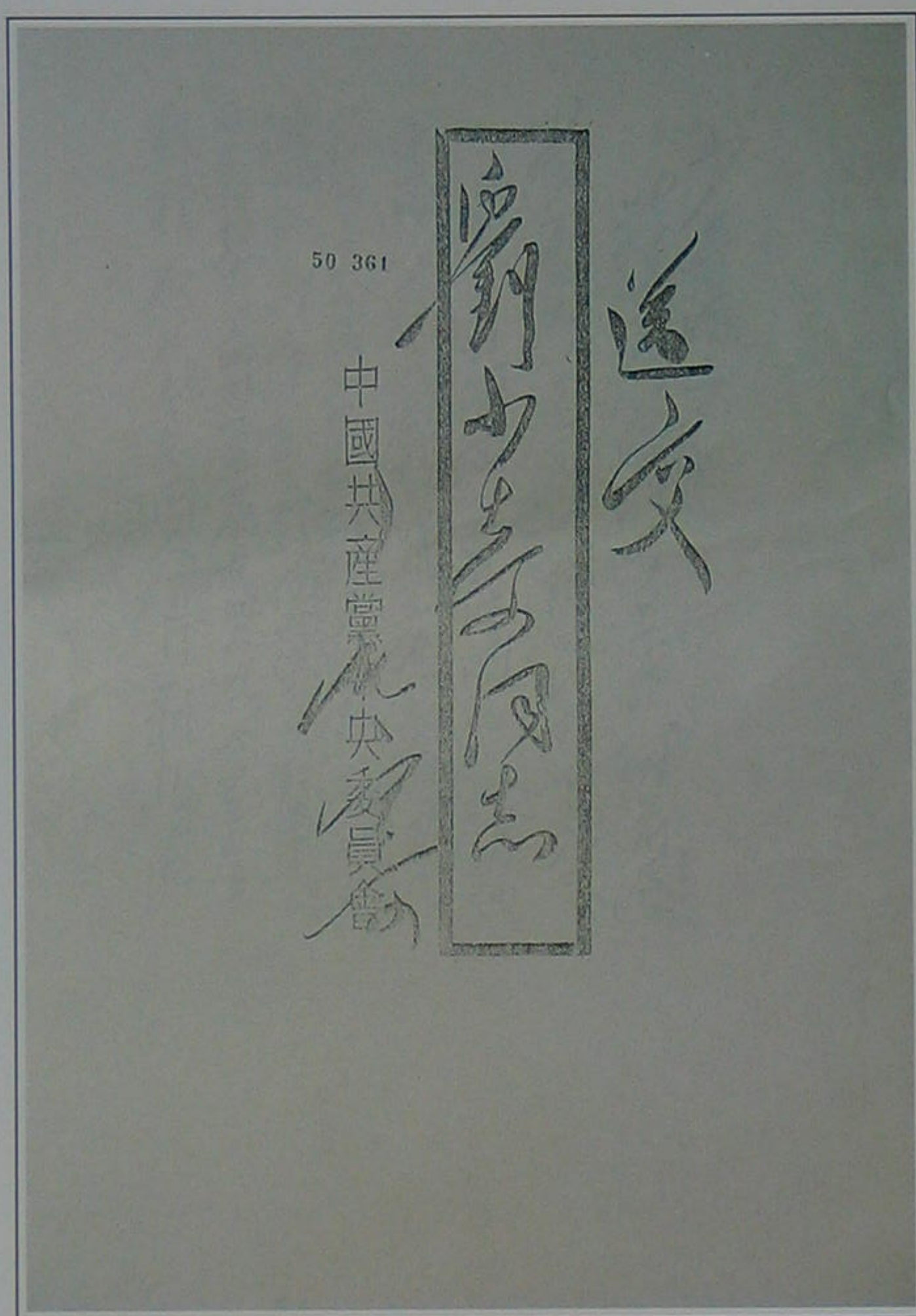
五、六十年代，毛澤東喜歡倚靠在牀上學習、辦公，坐着的時間很少。祇有寫毛筆字，才到辦公桌前來，“向雷鋒同志學習”就是在這張辦公桌上題寫的。許多文電、指示都是靠在牀上，一手拿文件或稿紙，一手拿筆寫成的。

七十年代，搬至游泳池以後，毛澤東坐在沙發上辦公時間才多一點。

During the 1950s and 1960s, Mao did most of his reading and reviewing of government reports in bed. He would spend very little time sitting at his table and that was only when he had to write with ink and brush. His celebrated inscription "Learn from Comrade Lei Feng!" was written at this table. Many messages and notes were written in bed.

During the 1970s, only after he moved into the residence near the swimming pool, would he spend more time sitting in an easy chair.





這是毛澤東寫給中央其他領導以及各有關部門的信件和文件。

These are letters Mao wrote to other government leaders and departments and official documents that he had marked.

送小平彭真同志少希同
主席：意见书。十月十日
此件看此件我又看了一遍，觉得对于一
了，不大基本问题谈得很好，对现在的
湖意工作仍有很重要的指导作用。建议
将此件作为内部文件发各集团
基法以上各级党委等。昨天见主席时，
意见，主席已同意这样。望主席再看一遍，
并批交小平、彭真同志处理。此致
敬礼！
修改之助此意 刘少奇 十月十五日
月青入中集批语中

在中央局，并转给各省市党委、地委和县委
各一份，以便在党内外进行解释，并组织实施。这是在一切已经完成了
土地改革的地区都要解释和实施的，请你们当
作一件大事去做。这个大纲草案，可在
党内刊物上发表，但不要在党外报刊上登载，
因为这是草案。十月十五日
一九五一年

中山縣新平鄉第九農業
生產合作社的青年突擊隊
中山縣新平鄉第九農業生產合作社，是在一九五〇年秋，由該鄉青年團員、青年婦女、青年農民等，在黨委的領導下，組織起來的。該社成立以來，在黨委的領導下，積極開展生產、生活、教育、衛生等各項工作，成績斐然。該社青年突擊隊，是該社的一支重要力量，他們在生產、生活、教育、衛生等各項工作中，發揮了積極的作用。他們在生產中，不怕困難，不怕勞累，為增加產量，提高質量，貢獻了力量。他們在生活中，遵守紀律，團結互助，為建立一個美好的集體而努力。他們在教育中，積極學習，提高文化水平，為建設祖國而充實自己。他們在衛生中，注意環境衛生，預防疾病，為保障社員的健康而工作。他們是該社的一支優秀的隊伍，是該社的一支突擊隊。他們在黨委的領導下，為實現農業生產的豐收，為實現農業生產的現代化，為實現農業生產的社會主義，而努力奮鬥。

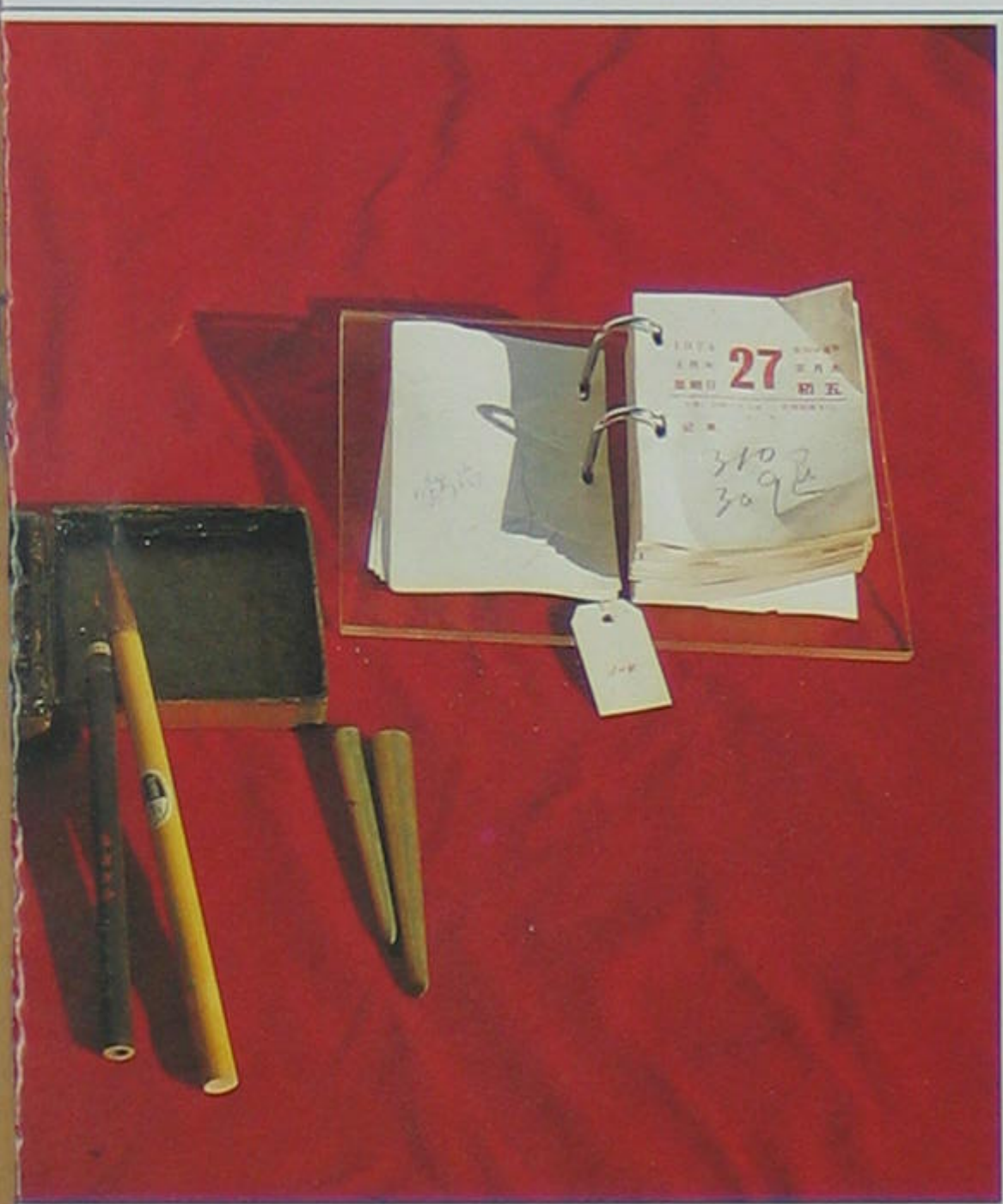
這個訂書機是外國貨，原先的訂書釘也是外國的，後來上海生產了這種釘子，毛澤東就改用國產的了。這個訂書機一般情況下是不用的，祇有當他認為是非常機密的文件時，才親手用訂書機訂上，交機要秘書送走。

剪刀是杭州張小泉牌的，主要用來剪文件封口及信封用，其次就是剪指甲。毛澤東剪指甲從來不用指甲刀，也不讓別人幫忙。

This stapler was imported. The staples used to be imported, too. When a factory in Shanghai could also manufacture such staples, Mao switched to home-made ones. Normally he would not staple the envelop containing documents except when he thought they were extremely secret.

This pair of scissors with a brand name of Zhang Xiaoquan was made by a firm in Hangzhou. They were used to open his mail and documents, and trim his fingernails. He had never used a nail clipper or let others help trimming his fingernails.





毛澤東在中南海用的硯臺等。由於用硯臺研墨既費時又費事，不方便，1960年以後，就幾乎不再用它們了。

毛澤東在中南海豐澤園舊居臥室裏用的水注（右下）。毛澤東寫毛筆字時，工作人員在旁邊幫助鋪紙，用這個水注往墨盒裏添水。有時來不及，毛澤東就隨手端起茶盃，把茶水倒進墨盒，調和調和就用。

The ink stand and ink stick that Mao used in Zhongnanhai. Because they were very inconvenient to use, Mao stopped using them in 1960.

The water container for diluting ink (bottom right) used by Mao in his residence in Fengzeyuan of Zhongnanhai. Sometimes when this water container was not at hand, he would simply pour some tea to dilute the ink for writing.



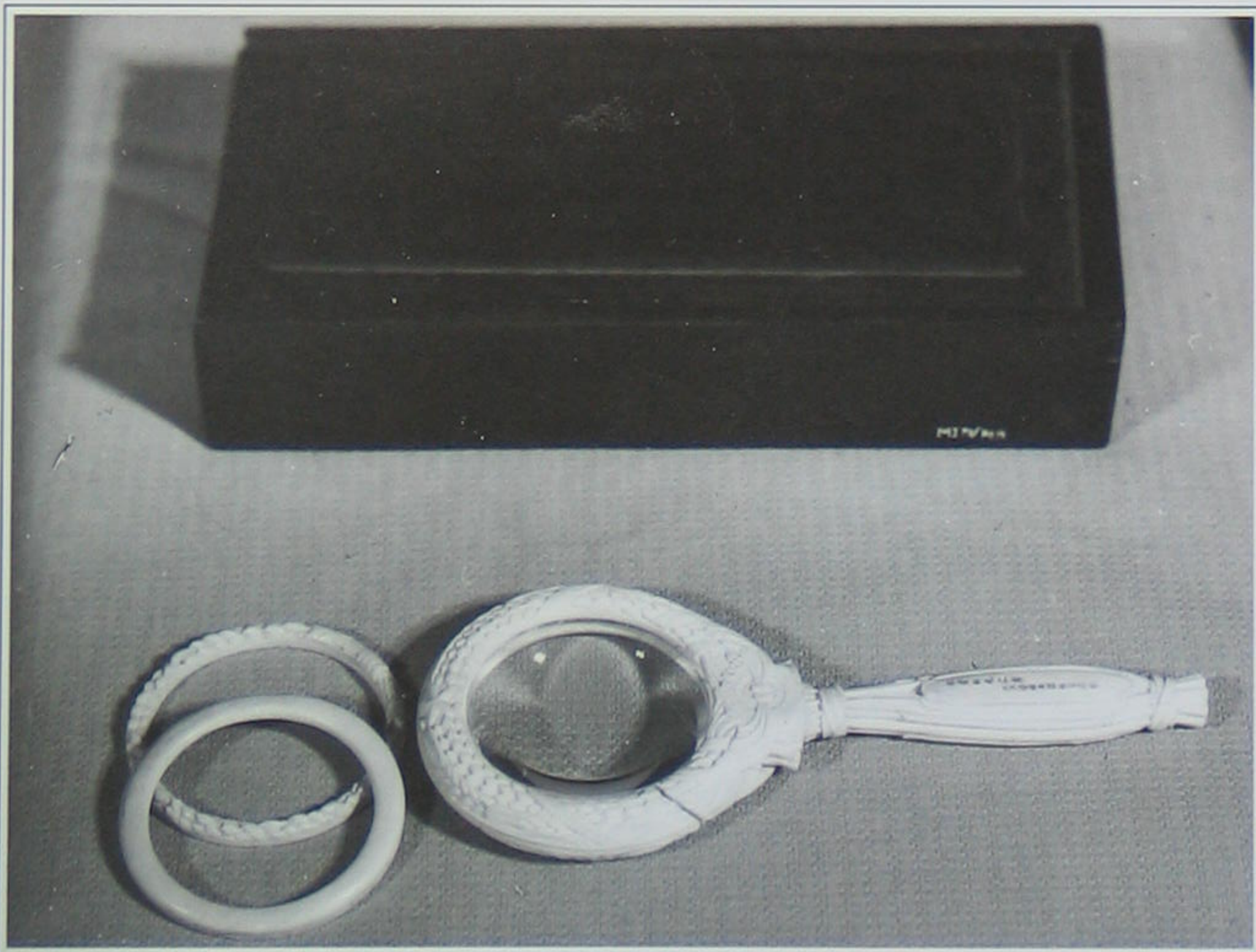
毛澤東在中南海用的紅色電話機。不過很少看到毛澤東打電話。

This red telephone was in Mao's residence in Zhongnanhai. However, Mao was rarely seen using the telephone.



七十年代毛澤東去外地視察時用以呼叫工作人員的電子管電鈴。

This electronic buzzer was used by Mao during the 1970s for notifying his staff when he was on inspection tours.



這是 1951 年 3 月，九三學社贈給毛澤東的象牙柄放大鏡，毛澤東看書、辦公一直使用。1963 年春到上海視察期間，鏡框裂了口，送上海儀器廠修理。工人同志從鏡柄銘文中得知是毛主席的，就根據毛澤東的年齡等情況，設計制作了兩個體積、放大倍數都較大的放大鏡（上），於同年五月送到北京。毛澤東用後非常滿意，一把放在書房，一把放在臥室。此後就一直用這兩把放大鏡。

This magnifying glass with an ivory handle was given to him as a gift from the *September 3rd Society* in March of 1951. Mao used it when reading and reviewing government documents. It was broken at the rim when he was visiting Shanghai in the spring of 1963 and was sent to an instrument factory for repair. When the workers there learned that it had been used by Mao, they made two larger and more powerful magnifying glasses (top) for Mao. They were sent to Beijing in May of the same year. Mao liked them very much and had used them since, with one being kept in his library and the other in his bedroom.



1961 年毛澤東在江西翻閱《魯迅全集》。

Mao was browsing the complete works by Lu Xun when he was visiting Jiangxi in 1961.



毛澤東一生好學，藏書有近十萬冊之多。

書，對於毛澤東來說，比吃飯喝水都重要。看到興處，飯可以不吃，覺可以不睡，除了辦公、開會，手中幾乎不離書。在住地，辦公室、客廳、臥室，甚至衛生間，所到之處都擺放着書，以便隨手拿起來看。到外地視察，走到哪裏，書就帶到哪裏，看到哪裏。火車上也看，爬山到山頭上休息時也看，有時手拿書看着看着就睡着了。

毛澤東看書非常認真，仔細。他認為寫得好或是重要的地方就劃上綫，圈上圈，有的字行下圈着紅的、藍的、黑的好幾種圈點，好多書上都作有眉批。據初步統計，毛澤東讀過的書中，寫了眉批的有四千餘本。

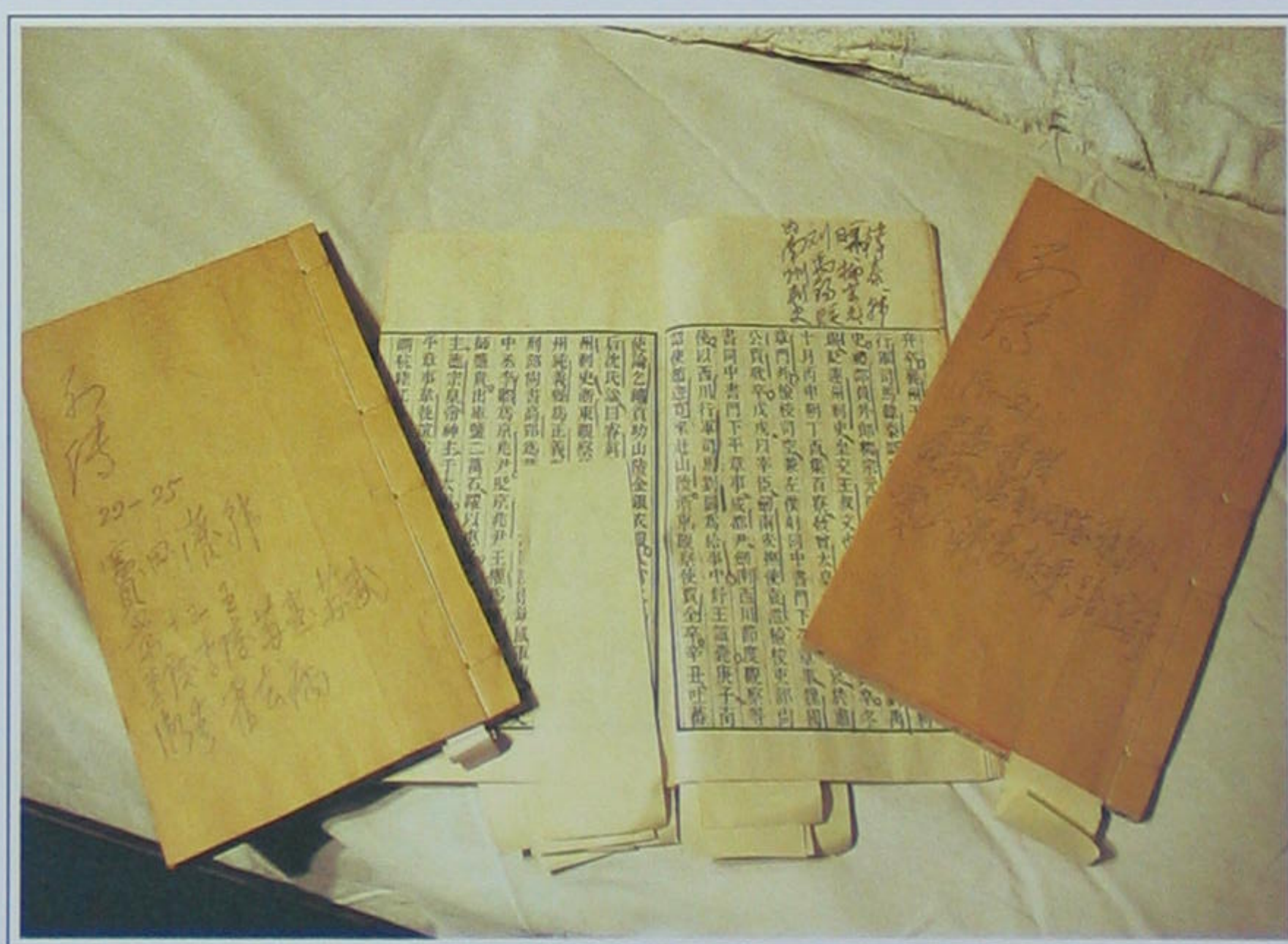
毛澤東看書力求甚解，從不輕信。對一些有爭議的歷史人物、事件，常常找來多種版本反復對照、比較、綜合分析，得出自己的結論。比如《拿破侖傳》，他就先後看過俄國人、法國人、美國人、英國人寫的好多版本。他說：“沒有比較就沒有鑒別。”

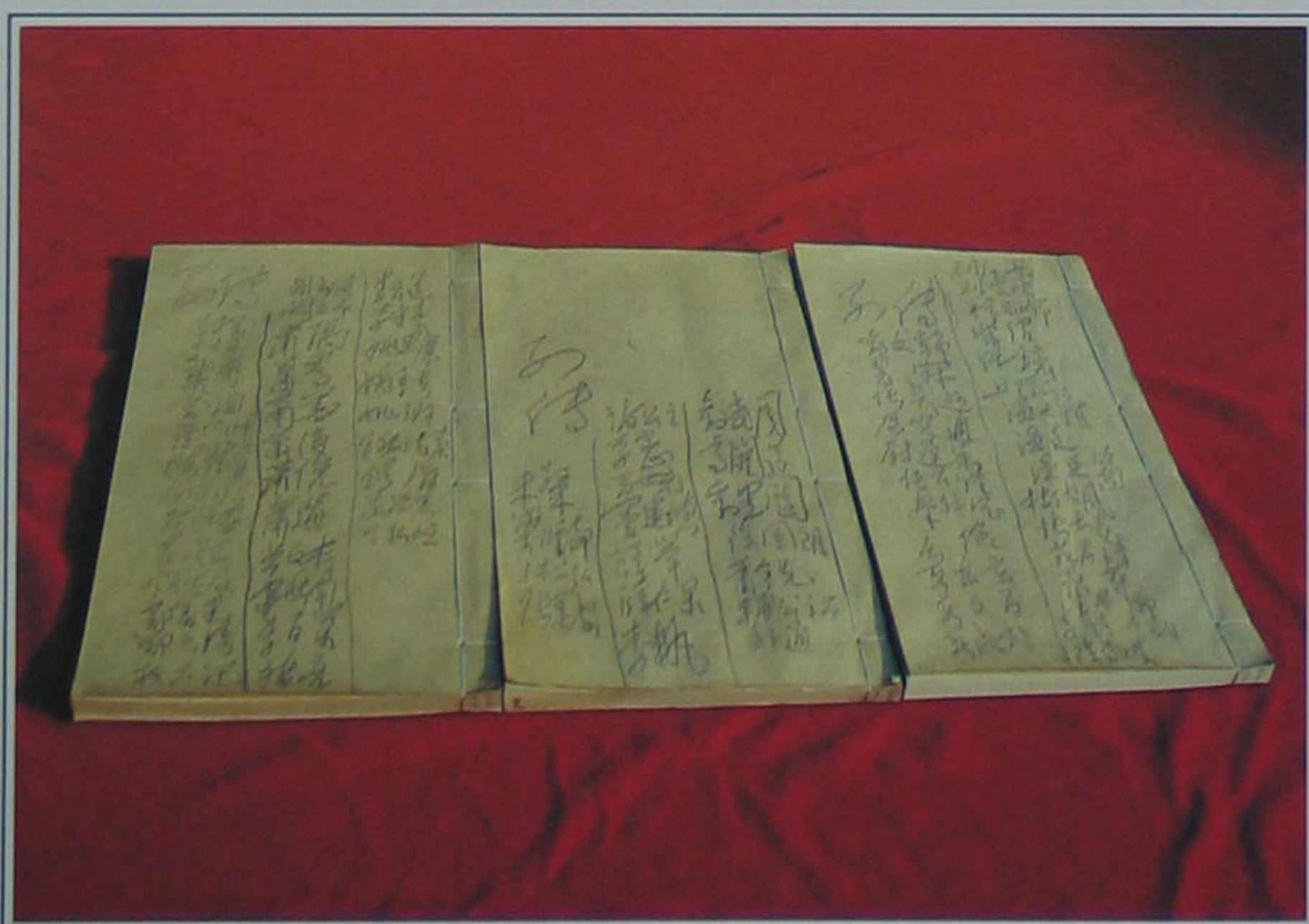
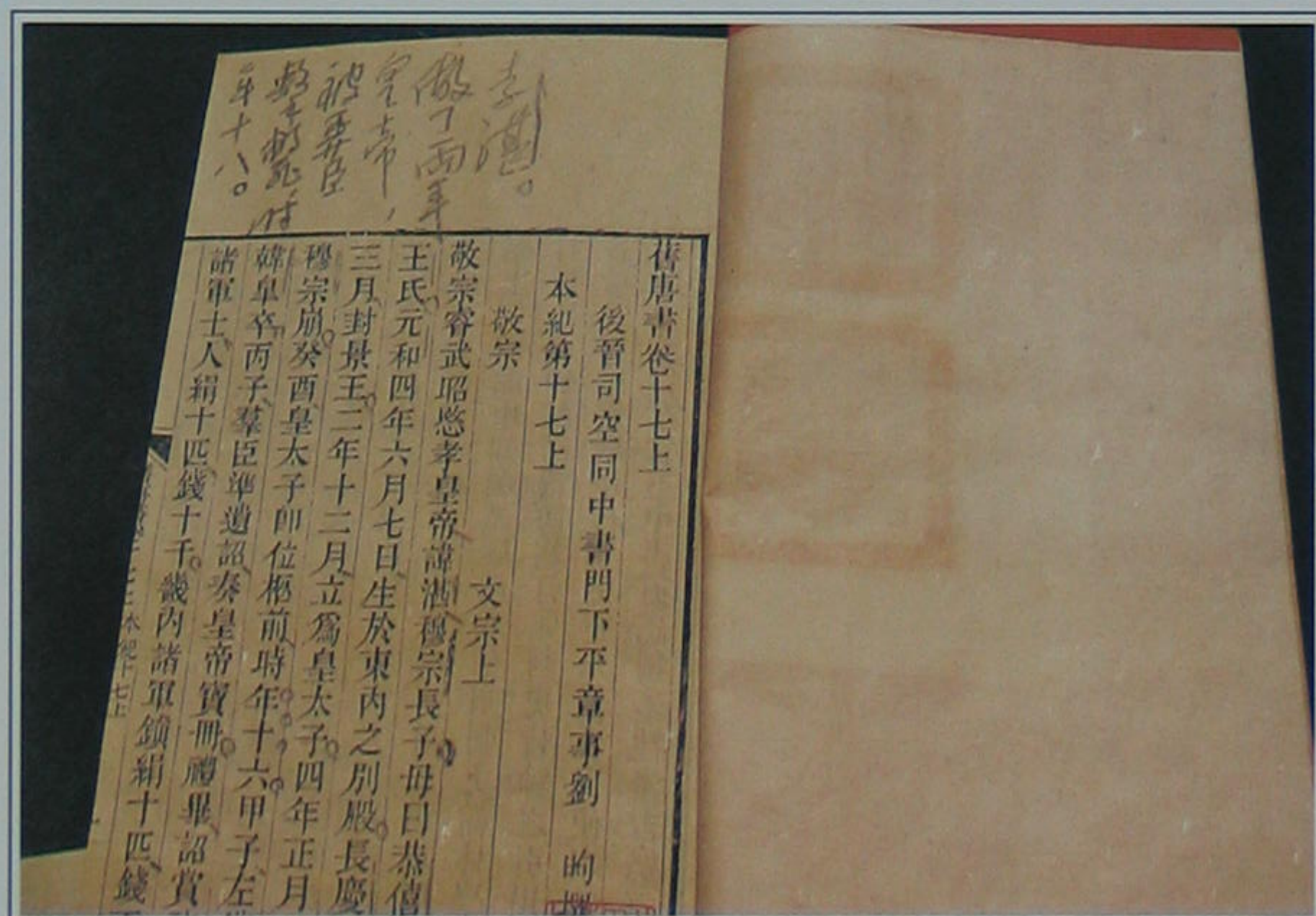
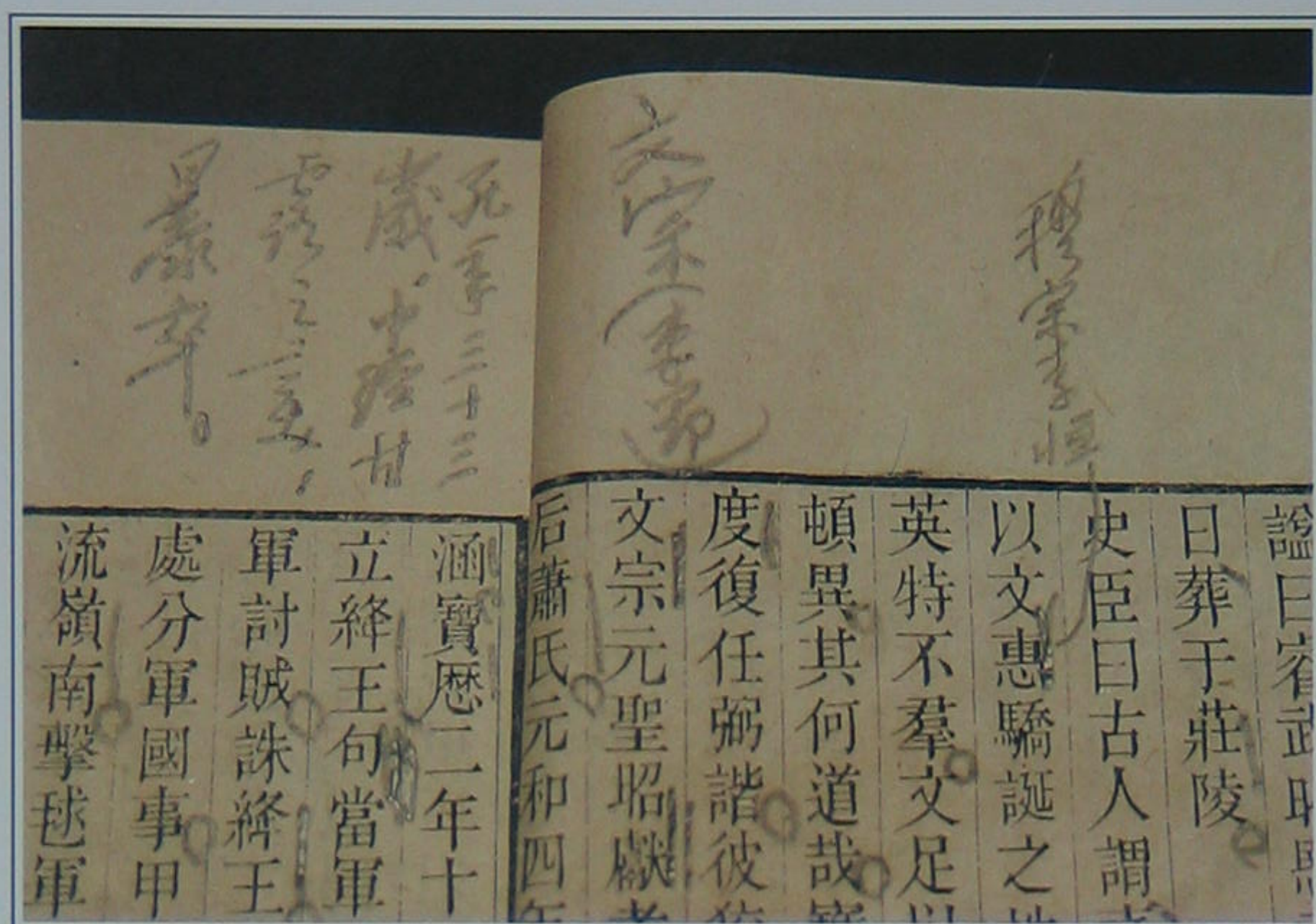
Mao was an avid reader all his life and his library had a collection of over 100,000 volumes.

To Mao, reading sometimes was of greater importance than food and water. When he found something really interesting, he could skip his meal or sleep. He would have a book in hand all the time except when he was attending to government affairs or in a meeting. His office, sitting room, bedroom and even the washroom were stacked with books so that he could pick one up whenever he wanted to read. When he went on an inspection tour, he would always take his books with him to read on the train or while out trekking on a mountain trail. Sometimes he would fall asleep with a book in hand.

Mao was also a very careful reader. He would mark the passages that he felt were important or jot down notes in the empty space on the pages. Roughly, he had left notes in over 4,000 books among all he had read.

Mao was never easily convinced by what he read. When he came across controversial personalities or events, he would read and compare different authors before he formed his own conclusion. He had read books written by Russians, Frenchmen, Americans and the British about Napoleon. He would often say, "you need have a comparison before you make your own evaluation."



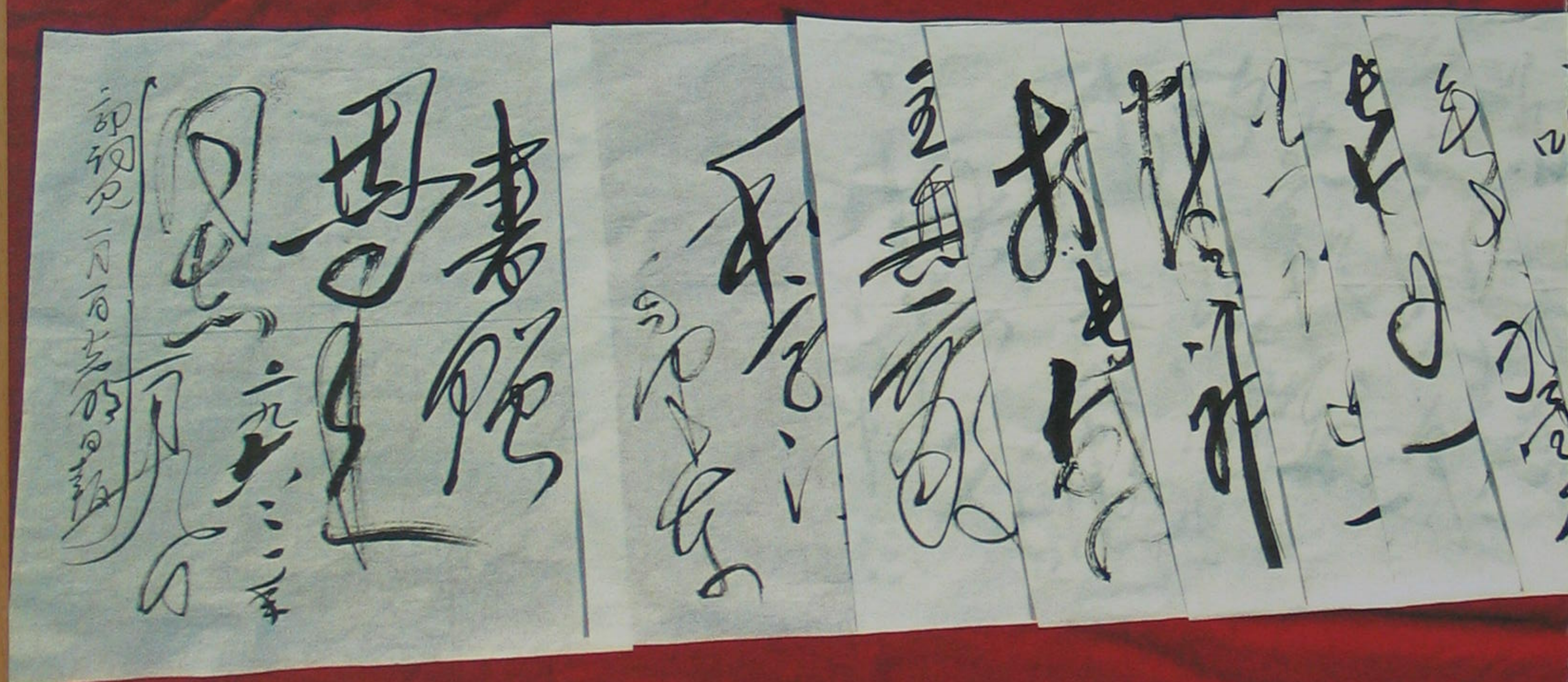


毛澤東的牀邊堆放的都是他喜歡看的書。毛澤東健在時，這張牀上堆的書比現在還要高。為防止書籍掉下來砸着他，工作人員祇好墊高牀的一邊。就成了現在這種樣子。

毛澤東外出視察時，所帶書籍多數是從牀上挑選。外出時常帶的書有：《魯迅全集》（單行本）、《唐詩別裁集》、《宋詞別裁集》、《世界地圖》、《中國分省地圖》、《隨園詩話》等。《二十四史》有選擇地帶，這次帶這幾本，下次帶那幾本，《舊唐書》帶的次數最多。《詩韻》無論什麼時候都帶。

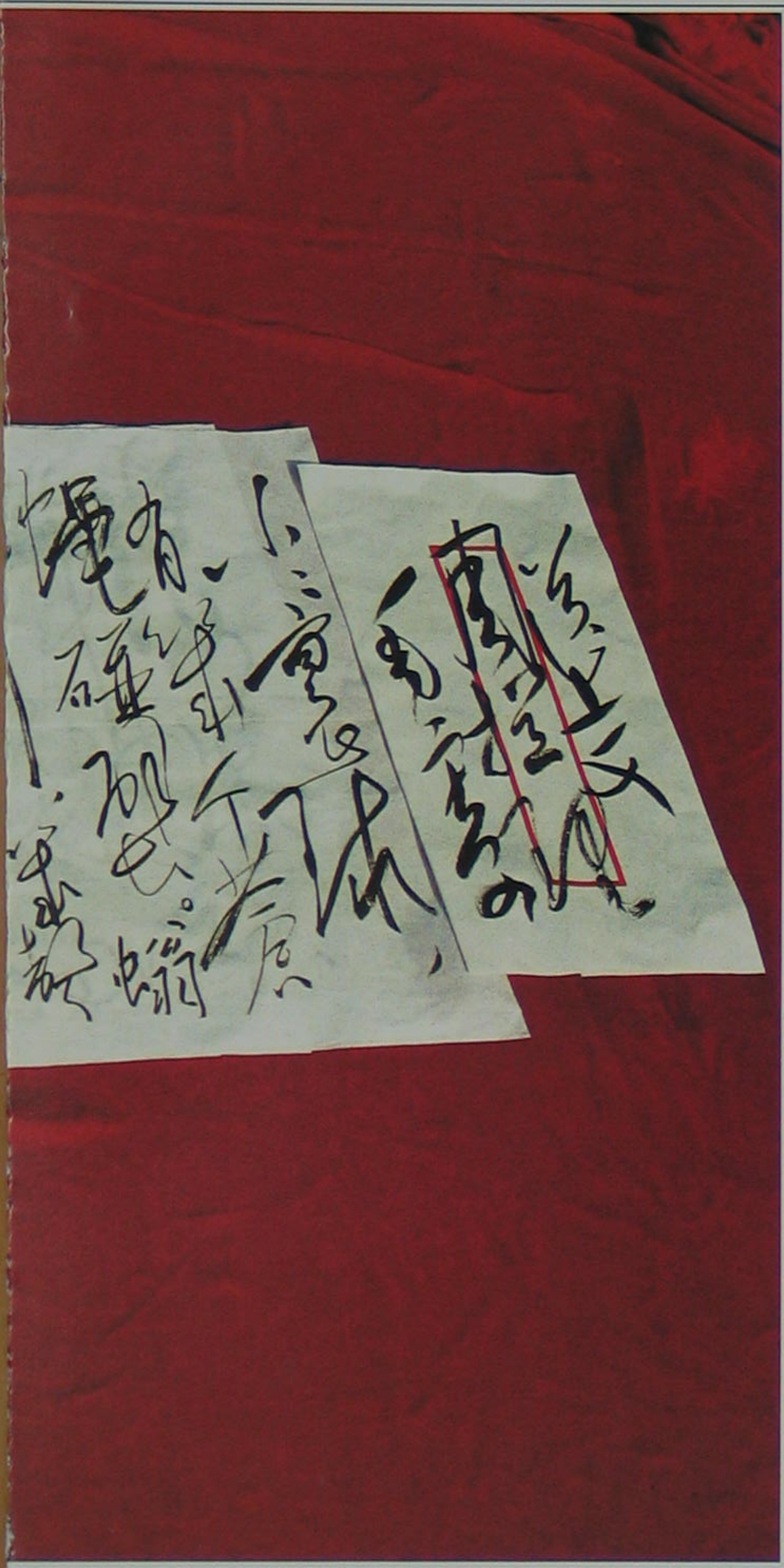
The books at Mao's bedside were those he enjoyed reading. They used to be piled much higher and his staff had to make the bed as it is now to prevent the books from falling onto him.

The books Mao took on the road were mostly selected from those by his bedside which often included "Selected Writings by Lu Xun", "A Different Selection of Tang Dynasty Poems", "A Different Selection of Song Dynasty Poems", "World Atlas", "The Atlas of China by Province" and "Poetic Reflections in Shui Garden". He would also select a few volumes from "The Complete History of 24 Dynasties". He took with him "The Former History of the Tang Dynasty" most often and "The Book of Rhyming Rules" every time.



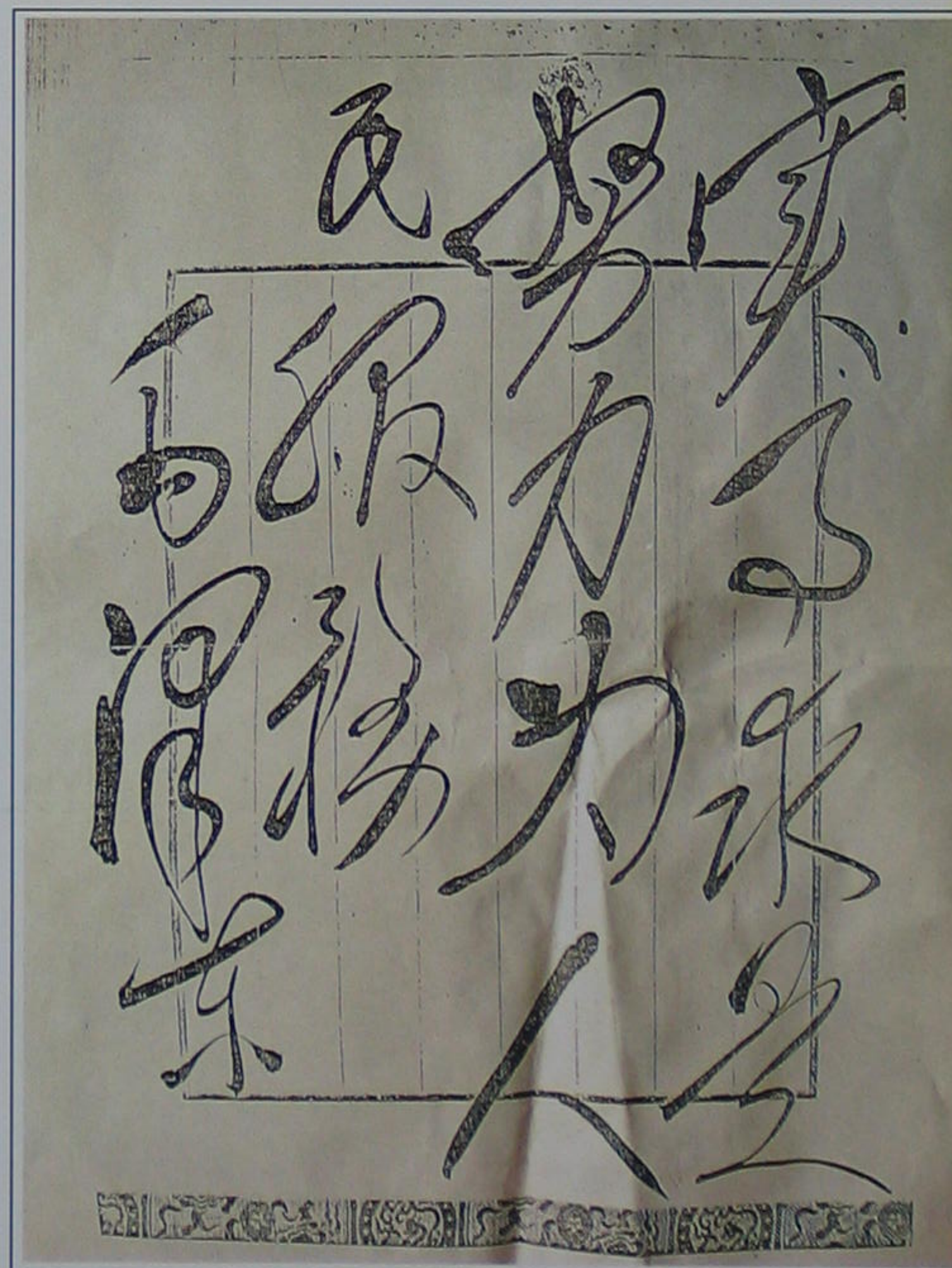
毛澤東的書法汪洋恣肆，任意揮灑，自成妙趣，這不僅因為他有過人的悟性，還與他的刻苦研習歷代名家碑帖分不開。工作、讀書之餘，他最大的愛好就是研讀碑帖，顏、柳、歐、趙、米芾、黃庭堅、王羲之、宋徽宗等名家墨蹟，他都看。1972 年左右，他幾乎分批將故宮博物院所藏碑帖全部看完。田家英找來一本懷素碑帖冊頁，毛澤東愛不釋手，不管到什麼地方去都帶着，有空就研讀。由於翻看次數太多，許多地方都破碎了，田家英又找人重新揭裱、裝訂成書本式。有一次，周福明問主席“為什麼這樣喜歡這本帖？”他說：“此人是鄙人同鄉。”并詳細地向周介紹了懷素的身世及其書法成就。

Mao's calligraphy was known for its uninhibited and sweeping vigor and its original charm. His achievement was due partly to his natural endowment and partly to his painstaking studies of the rubbing reproductions of ancient masters' calligraphy. In his spare time, his most favorite hobby was to examine copies of calligraphy by such ancient masters as Yan Zhenqing, Liu Gongquan, Ouyang Xun, Mi Fu, Huang Tingjian, Wang Xizhi and Song Huizong. By 1972, he had studied all the rubbing reproductions of ancient calligraphy in the collection of the Palace Museum. His secretary once found him a copy of Huai Su's calligraphy. Mao liked it so much that he took it with him wherever he went. Because he read it so many times that its pages became brittle. His secretary then had it repaired. Once Mao was asked why he liked Huai Su's calligraphy so much. He said that the calligrapher was from his home province and bubbled up with anecdotes about him.



毛澤東不僅是偉大的政治家、軍事家，同時也是偉大的文學家。他的詩詞想像豐富，氣魄宏大，寓意深刻。或許有人以為毛澤東文學上有天賦，殊不知毛澤東下了多少苦功。他隨身不離一部《詩韻》，在書中有的韻字下，做了好幾種標記。每填寫一首詞，毛澤東都要翻看好多詩詞，反復斟酌、推敲。初稿寫出後，還要反復修改，抄送郭沫若、臧克家、周總理、陳毅等詩家、詞家和別的首長，以徵求意見。《滿江紅·和郭沫若同志》這首詞，毛澤東就寫了好長時間，反復徵求過許多人的意見。這是送給周恩來的徵求意見的手蹟。

Mao was an extraordinary man of letters as well as a statesman and military tactician. Mao's poems were known for their imaginative strength, sweeping scope and evocative power. Some people were impressed by Mao's literary talent but did not know his literary attainment came from much hard work. He took "The Book of Rhyming Rules" wherever he went and made many notes in the book. For every poem he wrote in the style of an ancient poem, he would consult many poems by past master poets. He would make many revisions and solicit comments from such poets as Guo Moro, Zang Kejia, Zhou Enlai and Chen Yi before he was happy with he had written. It took him quite a long time to complete a poem entitled "The Little Globe" and that was only after he heard comments from many people. This note was written to Zhou Enlai to seek his comments on the poem.



sentence 句
 一句等於零
 One sentence
 equals zero.
 ||
 is equal to

expert 專家
 report 報告
 export 出口
 import 進口
 important 重要

解放前夕，毛澤東在延安，在西柏坡，已開始自學英語。解放後，工作繁忙而且年事已高，但他每天仍堅持學習半個到一個小時的英語。有時會見外賓之前，還常常抓緊時間向翻譯請教幾個單詞。這些卡片是林克、唐聞生給毛澤東寫的，學完一張換一張。“一句等於零”是九屆二中全會前學的。

在當時那種國際環境中毛澤東學習“出口”“進口”“專家”等英語單詞，其意蘊耐人尋味。

Mao began studying English shortly before the founding of new China while he was still in Yanan and Xibaipo, which continued even when he became very busy with government affairs and was getting on in age. He would spend half an hour or up to an hour every day to study English. Sometimes he asked his interpreter to teach him a few words before his meeting with foreign visitors. These cards were prepared for him by Tang Wenshen and Lin Ke, his interpreters. He learned "Knowledge of only a single sentence amounts to naught" before the second plenary session of the ninth party congress.

At a time when the world was as it was during Mao's days, it was significant for him to learn words such as "export", "import" and "expert" in English.

愿意 wish

希望 hope

打开了中美人民之间关系
中新的一页

... opened a new
page in the relations
between the people's of
China and the United States

极端 extreme

极端主义 extremism

必然王国 realm of necessity

自由王国 realm of freedom

认识：必然就是自由。

To know necessity is
freedom.

助教 Assistant Professor

援 assistance





這個包裹通常裝着鉛筆、放大鏡等辦公用品和煙、茶、食鹽、牙簽等生活用品。在北京開會時帶着它，到外地視察也要帶着它。坐在汽車上，它就放在毛澤東身邊；爬山時，工作人員就拿着它。1970 年以前，它陪毛澤東遊歷了長城內外，走遍了大江南北。

This bag was used for carrying pencils, magnifying glass, stationary, cigarettes, tea, salt and tooth picks. It would be used when Mao was attending a conference in Beijing or travel out of town. It would be placed right beside him in his car or carried by his staff when he was out climbing a hill. It accompanied Mao during his many trips that crisscrossed the whole country before 1970.

六十年代，毛澤東外出視察時，經常帶着這架望遠鏡（左上），觀看國家建設新貌，在火車上用它欣賞沿途景色，在杭州丁家山上用它遠眺過西湖風光。

Mao often took this pair of binoculars (upper left) with him when going on inspection tours in the 1960s. He would use them when he visited construction sites or enjoying the country scenes riding on the train. When he stayed at a mountain retreat in Hangzhou, he used them to observe the West Lake.

毛澤東外出視察工作時，用來裝褥子和毛巾被的旅行袋（左下）。

The travel bag (bottom left) was used by him to carry towel blanket and quilt when travel.



毛澤東外出時用的藥箱和常吃的藥。中間瓶子裏裝的是複合維生素，其餘的是“米爾頓”、“南不妥”等安眠藥。

毛澤東長期操勞黨和國家的大事，夙興夜寐，睡眠嚴重不足。延安時期，曾有過工作人員為毛澤東在一個星期內睡了二十幾個小時覺而專門進行慶賀的事。進城後，一次由於疲勞過度，毛澤東正吃着一塊白薯就睡着了，警衛員封長松想把未吃完的白薯拿掉，不料把他從酣睡中驚醒，招致他大發脾氣。毛澤東晚年離開安眠藥，很難入睡。

These are Mao's medicine cabinet and the medicine he took regularly. The bottle in the middle had multiple vitamins and the others were for sleeping pills.

Mao devoted all his energy and time to the affairs of the party and government, often overworked and was always short of sleep. When Mao was in Yanan, once his staff was so overjoyed as to hold a celebration when Mao managed to have over 20 hours of sleep during a week. Later when he moved into Beijing, he threw a fit one day when he was startled awake from a sound sleep by his bodyguard who wanted to remove the sweet potato he had been holding when he fell asleep. In his last years, Mao could hardly get any sleep without sleeping pills.





這是工作人員為保證毛澤東視察途中飲水而特制的水箱。箱內的兩個暖水瓶中，一個裝熱開水，一個裝涼白開。箱子前側正中有一個小門，內有小抽屜，分別裝煙、鹽、牙籤、火柴、茶葉等。

1965年，毛澤東重上井岡山過黃洋界時，汽車需要加水，但停車的地方沒有水源，司機急得滿頭大汗。毛澤東親切地對司機說：“沒關係，把我喝的水加上。”

Mao's staff designed this box for carrying his water containers during his frequent travels. One of the containers was for hot boiled water while the other for cold drinking water. There is also a small cabinet in the box for storing cigarettes, salt, toothpicks, match box and tea.

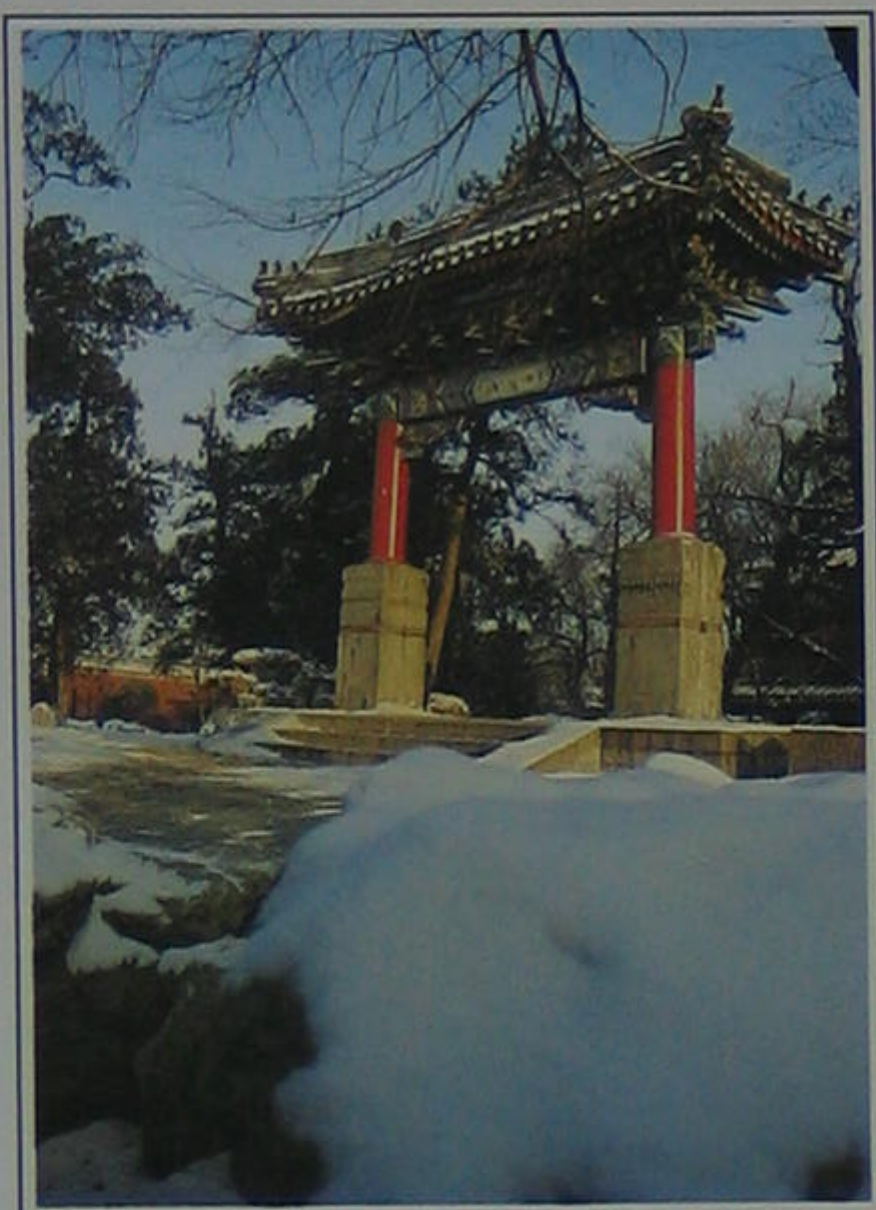
During one of his trips in 1965 revisiting the Jing Gang Mountain, the car had to stop and have coolant water refilled. The driver could not find any water nearby and was becoming panicky. Mao calmed him down and offered his drinking water.



五十年代初期，毛澤東常到各地視察，工作人員專門設計制作了這盞電池燈，供停電時晚上工作、看書用。

1965年5月，毛澤東重上井岡山時就是用的這盞燈。

During the early 1950s, his staff designed this battery-powered lamp for Mao so that when he was travelling he could still read and write at night even if there was a power break. He used this lamp when he visited the Jing Gang Mountain in May, 1965.



獨特有趣的生活習慣

毛澤東有許多衆人皆知的生活習慣。

他愛向大海的狂濤挑戰，愛向高山的險峻挑戰。游泳、爬山是他最喜愛的運動。

他珍惜雪的潔白，崇揚梅花的耐寒。酷愛詩詞古籍，喜愛聽京劇。

他喜歡吃辣椒，喜歡吃紅燒肉，抽煙更是“高手”。

他喜歡躺在牀上辦公、學習……

一位哲學家說過這樣一句名言：“在處世之道上，習慣勝於格言。習慣是活生生的格言，變為本能，變為血肉。”

生活習慣每時每刻都在顯示着一個人的修養、追求、品德、人格。

游泳、爬山顯示了毛澤東的博大胸懷和鬥爭精神。

愛雪、愛梅、愛聽京劇顯示了毛澤東對美好、對純潔、對和諧的人生的追求。

……

他還有一些人們尚不太了解的生活習慣，如進餐前的“擂鼓”，不願戴眼鏡，愛用篦子梳頭……

能走進百姓心中被百姓理解、認識、接近的領袖永遠光輝。

毛澤東就是這樣一位領袖。從他那獨特有趣的生活習慣中，我們會進一步窺測到這位偉人的內心世界，更好地更全面地了解他、認識他、接近他。

毛澤東是人，不是神。

毛澤東在我們身邊。

Interesting and Unique Life Style and Habit

Mao's life style is now known to many.

He enjoyed taking up the challenge of swimming in the turbulent sea and climbing treacherous mountains. Swimming and mountain trekking were his most favorite sports.

He liked the purity of white snow, glorified the enduring beauty of the plume flower, had a passion for poetry and ancient books and loved listening to Beijing opera.

He liked hot pepper and stewed pork in red source and was a heavy smoker.

He preferred reading in bed.

A philosopher once said, "In daily life, habit always overshadows maxims. Habit itself is a book of living maxims, growing into instincts that are the primal force of a person."

A man's habit is a reflection of his cultivation, pursuit, moral character and personality.

The fondness for swimming in the ocean and mountain climbing reflected Mao's open and accommodating character and his warrior spirit.

His fondness for snow, plume flower and Beijing opera reflected his yearning for true beauty, purity and a life in harmony.

He also had other habits that people may not yet know. These included stomping on the foot rest by way of exercise before dinner, his dislike for spectacles and enjoying having his hair combed.

A leader who is liked by ordinary men and women will never lose his lustre.

Mao is just such a national leader. We may discern the inner world of a great man through interesting glimpses of his unique lifestyle and habit so that we may gain a better and more complete knowledge and understanding of him.

Mao is just a man, not a god.

Mao still lives on in all of us.



毛澤東和李敏在中南海賞花。

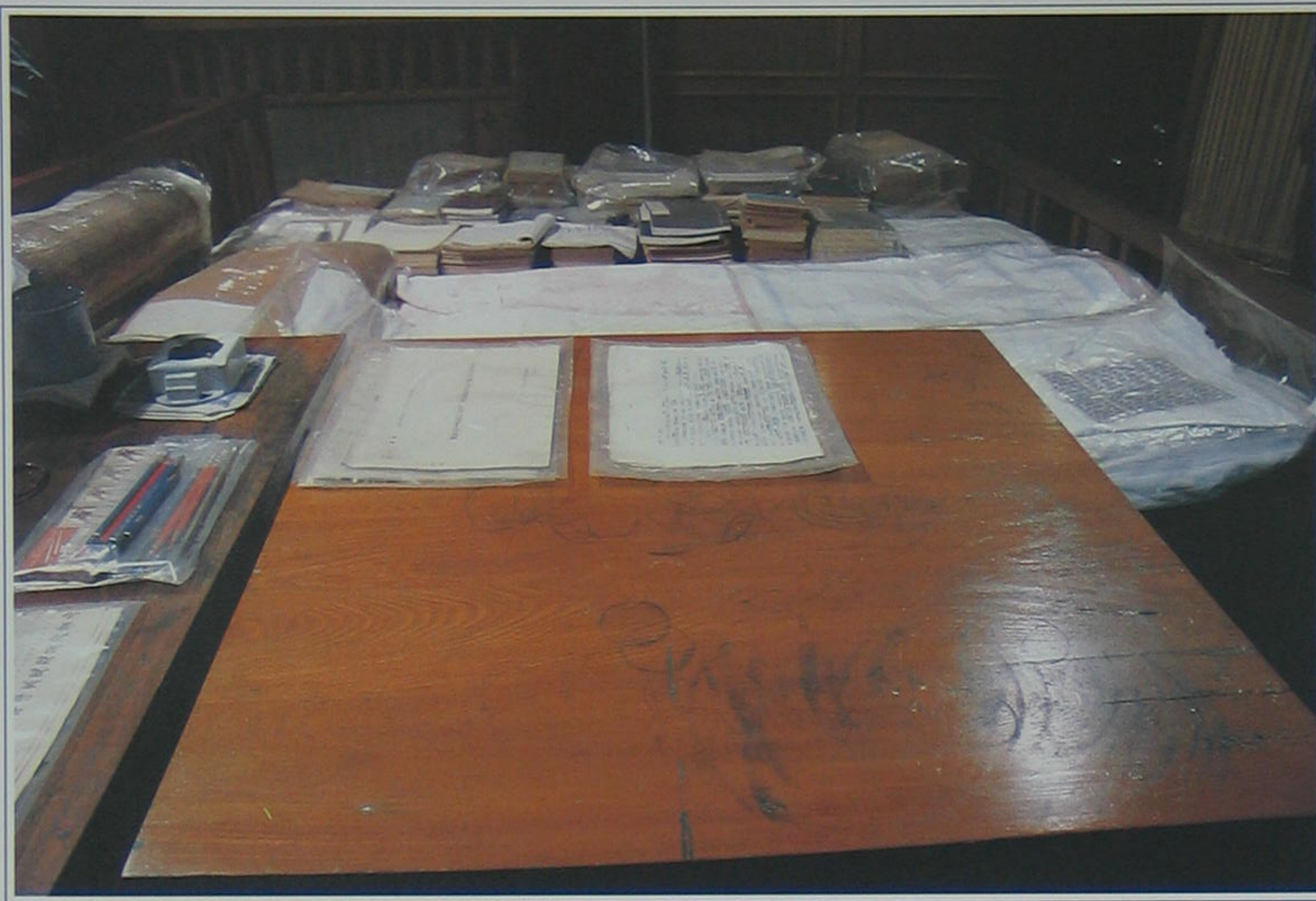
Mao and Li Min, his daughter, looking at flowers in Zhongnanhai.



毛澤東性情豪放，在親密戰友、工作人員面前，從不客套，不搞繁文縟節。在室內，他一般都穿着睡衣吃飯、休息、工作、學習，晚年喜歡以大牀為中心活動，在牀上看書、批閱文件。除接見外賓去頤年堂外，很少離開臥室，有時請周恩來、劉少奇或其他中央領導來商議國家大事也是如此。毛澤東在大牀上或斜倚，或直坐。總理和其他領導人都熟悉毛澤東的性格和習慣，進得臥室，搬過小凳，圍在大牀前一坐，便一起商討國家大事。

Mao had a impertinent personality. He was never ceremonial among his close friends and staff. He normally wore a bathrobe at home to attend to all his daily matters. In his old age, he liked staying in bed for reading and reviewing documents. He rarely moved outside his bedroom except for meeting international visitors at Yinian Hall. He would sit or recline in the bed while talking with Zhou Enlai, Liu Shaoqi or other government leaders on government issues. Zhou and others had taken this for granted and would sit in chairs around the bed.





這是毛澤東在中南海豐澤園舊居臥室里用的牀頭小方桌，高 90 公分，80 公分見方。毛澤東大部份是在這張桌上吃晚飯。過去，毛澤東牀邊放的是一張藤桌，桌腿先向中間收攏然後向四周伸開，毛澤東坐着辦公、用餐，腿腳沒處放，很不舒服。1964 年，周福明設計制作了這張下面有踏板的高腳方桌。此後，毛澤東就在這張方桌上看書、用餐、批閱文件，時間久了桌面上烙印斑斑。工作人員提議鋪上桌布，毛澤東不同意，說：“那是浪費。就現在這樣，吃完飯後，用抹布一擦，乾乾淨淨的，不是很好嗎！”

毛澤東進晚餐前，都要先吃安眠藥。爾後，就坐在牀上，用雙腳蹬踏方桌下的木板，而且踏出節奏，踏出鼓點來，以活動筋骨，他稱之為“擂鼓”。晚餐後，即上牀睡覺。



This small bedside table was used by Mao in the bedroom of his Fengzeyuan residence in Zhongnanhai. He often had his dinner at this table. Mao used to have a bedside table made with canes. He felt awkward and uncomfortable sitting at that table which gave little leg room. In 1964, Zhou Mingfu, one of his staff members, designed this square table with a foot rest, which had served as his desk and dinner table since. When the table top was worn and had patches of stains, his staff suggested using a table cloth. Mao objected the waste, preferring the table being kept as it was which could be wiped clean after meals.

Mao would take his sleeping pills before having dinner. Then he would sit at the edge of his bed and stomp the foot rest of his table in a rhythmic beat. He referred to this kind of exercise jokingly as "beating the drum". He would go to sleep immediately after dinner.



毛澤東通常在這張桌子上用早餐。

Mao usually had his breakfast at this table.

對於吃飯，毛澤東要求不高，一般每天吃兩頓。由於他晚上工作，白天休息，所以早餐一般在下午 4、5 點鐘，晚餐常在第二天早上 5、6 點鐘。有時候，甚至兩天吃三頓飯。那是在某天通宵達旦工作之後，吃飯時間猛往後拖，拖到有了睡意，這才吃飯，吃完就睡覺。

三年經濟困難時期，毛澤東七個月沒吃肉，青黃不接時二十多天沒吃一粒糧，祇吃菠菜、馬齒莧等素菜和野菜。後來我國經濟形勢好轉了，人民生活逐步改善，他的生活水平也隨之提高，一般每餐兩葷兩素。許多人祇知道毛澤東喜歡吃紅燒肉，那是戰爭年代。進城以後毛澤東對於豬肉的好幾種做法都愛吃，如回鍋肉、獅子頭、米粉肉等；素菜如豆豉苦瓜、干煸辣椒；小菜諸如臘肉、臘魚、火煨魚、醬豆腐、乳豆腐、魚籽醬、蒜泥等，至於山珍海味之類，除宴會、請客時陪客人吃一點，其餘時間從來不吃。1964 年前後，外國朋友給毛澤東送來 62 公斤燕窩，他讓工作人員全部送給人民大會堂宴會廳。

Mao was never particular about his food. He normally ate two meals a day. Because he often worked through the night and slept during the day, he normally had his first meal of the day at four or five o'clock in the afternoon and dinner around five or six in the early morning. Occasionally, he would have only three meals for



毛澤東愛喝茶。根據醫生的建議，每天起牀後，毛澤東就喝一盃濾過的、兌有葡萄糖、滴有幾滴檸檬汁的紅茶。開始工作後都喝“龍井”，每天至少沏兩次，很鹹。喝完後，他還喜歡撈吃盃底的殘茶葉。

Mao was a great tea drinker. Following his doctor's advice, he would drink a cup of filtered black tea with glucose and lemon added. Then he would have a cup of green tea made when he set to work. He would have the tea freshly made at least twice a day. He also had a habit of chewing the tea leaves when he had finished the tea.

毛澤東在中南海豐澤園故居一直使用的茶盃。

This tea mug was used by Mao in his residence of Fengzeyuan in Zhongnanhai.



毛澤東遷居游泳池旁新址後所用的茶盃。

The tea mug was used by Mao after he moved into his new residence near the swimming pool.

two days on end, when he would work for many hours, skipping his meals until he was exhausted and felt sleepy. Then he would eat and go to bed.

During the three-year economic recession around 1960, Mao did not eat any meat for seven months. During the days when food became hard to come by around the country, he ate nothing but spinach and edible weeds for 20 days at one time. Then as the economy turned around and life was improving in the country, Mao also allowed his life to improve. His meals would include two meat dishes and two vegetable ones. Many people learned about pork stew being Mao's favorite. That was true only for the war years. After Mao moved into Beijing, he enjoyed pork being cooked in different ways, such as sliced pork fried with onion, stewed meat balls and pork steamed with rice in soy sauce. He also liked such dishes as fried Chinese cucumber with black beans, fried pepper, cured meat and fish, smoked fish, pickled tofu, cavia sauce and onion sauce. As for other fancier kinds of Chinese cuisine, he might have them included on the menus for formal dinners in honor of visitors. He never ate them except on those occasions. In 1964, an overseas friend sent him a gift of 62 kilograms of edible bird's nests. He had them all sent to the kitchen of the Great Hall of the People.





毛澤東抽煙一直用火柴自己引火。

毛澤東經常教育工作人員要節約一滴水，一度電，一粒米……火柴用完了，火柴盒不許扔，買來散火柴裝上再用。這是毛澤東反復用過的火柴盒。

Mao always lit his cigars with matches.

Mao often urged his staff not to be wasteful. Match boxes were not thrown away but kept to be refilled with matches. This match box was used over and over by Mao.

抽煙是毛澤東的嗜好。有時抽起來一支接一支，而且還喜歡抽勁大的國產煙。為外出時攜帶方便，工作人員找來雙貓空煙盒，裝入煙卷，放進雜品包或是帶在工作人員身上。冬季氣候乾燥，煙卷乾得掉渣、不好抽，工作人員就將兩片油菜葉子放進煙盒，下鋪上蓋，保證煙不乾、好抽。

1968年，有一次毛澤東患感冒，抽紙煙咳嗽，李先念就把自己抽的特制雪茄送給毛澤東抽，後來毛澤東就一直抽這種煙。

Mao was a heavy smoker and sometimes chain smoked. He liked strong-tasting Chinese tobacco. His staff found some empty Twin-Cat brand cigarette boxes to put his cigarettes in for they were easy to carry when he travelled. During the winter, the cigarettes would become too dry because of the arid weather. His staff would put some vegetable leaves inside the cigarette box to keep the moisture.

Mao once had a bad cold in 1968 and smoking cigarettes worsened his cough. Mr Li Xiannian, one of the top government officials, gave him his specially made cigars. From then on, Mao switched to this kind of cigars.



夏季，雪茄煙容易受潮，抽不動，需要烘烤一下。工作人員制作了烤煙箱，大的在住地用，小的外出時帶上，每天烤上幾支，保證需要。

During the summer, the cigars were easily dampened. His staff designed these devices to take out the excess moisture from his cigars. The large one was used at his residence while the smaller one for travels.



毛澤東使用的煙嘴、煙灰缸。

The cigarette holders and ashtray used by Mao.



這是放煙嘴用的煙具箱。外出視察時，工作人員每天把四、五個帶有過濾器的煙嘴拿出來，用酒精棉消毒擦好，以備使用。

This smoking kit was used to keep his cigarette holders. When Mao was travelling, his staff would prepare four or five cigarette holders with filters for Mao's smoking during the day.

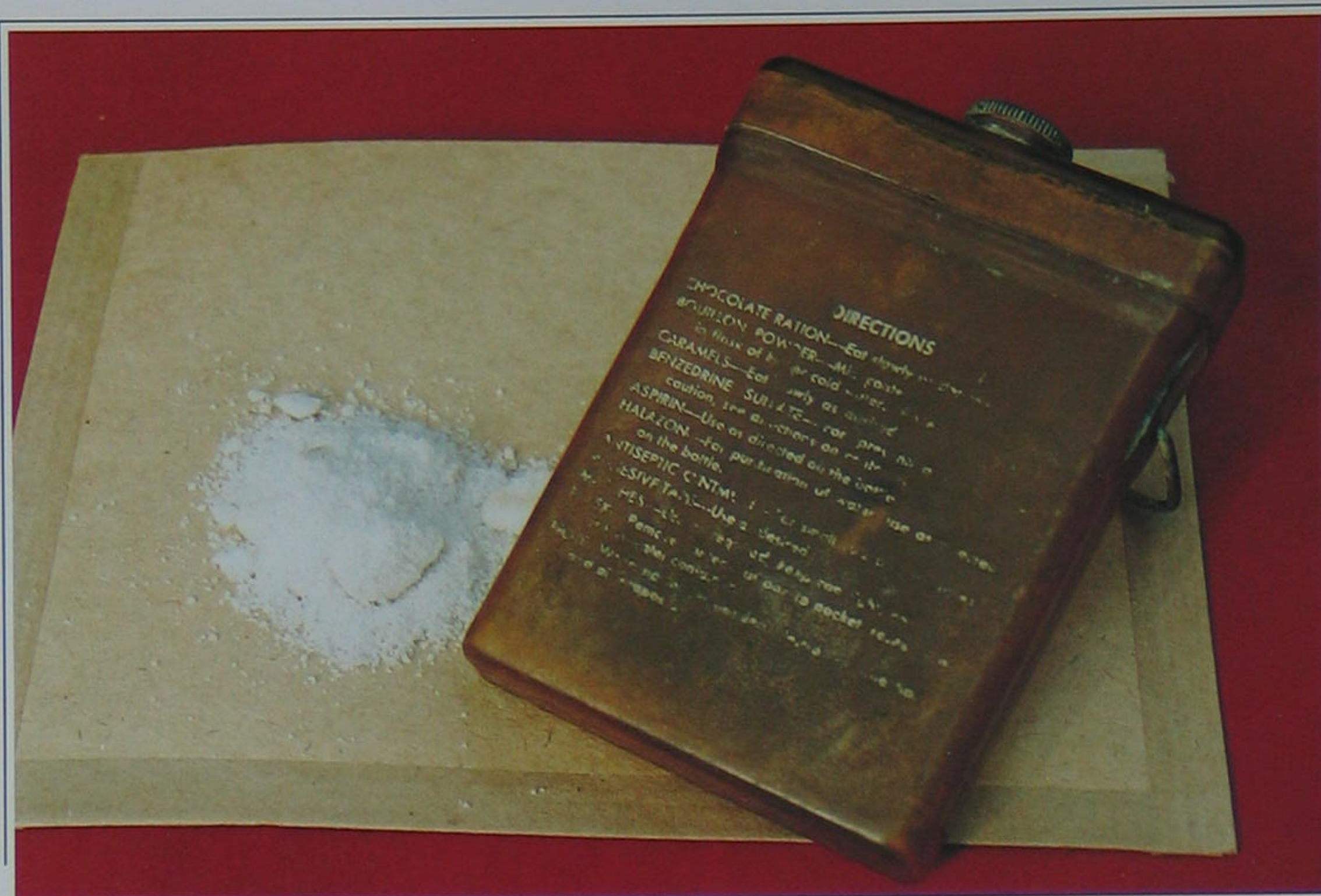


每逢出汗較多，就喝一點淡鹽水，這也是毛澤東的一個生活習慣。不論到什麼地方去，工作人員都給他帶上食鹽。

裝食鹽的盒子是戰爭年代繳獲的戰利品。

Mao had a habit of adding a little salt to the drinking water when he had sweated a lot to replenish lost salt. His staff would take some salt along wherever they travelled.

This salt box was a battle item taken from the enemy during the war years.



1972 年以後，毛澤東時常咳嗽。湖南鄉親特為他制作了有止咳化痰功效的冰糖橘子餅和金橘餅，密封在這兩隻瓷缸里，用這隻木箱送來北京。

Mao began to suffer from a constant cough in 1972. His home village folks sent him two jars of home-made remedies prepared from rock candy and a local variety of tangerines. The jars were sent in this box to Beijing.



毛澤東喜用鉛筆和毛筆辦公，很少用鋼筆和圓珠筆。這兩支筆是建國初期用的。

Mao liked using pencils and Chinese brush. He rarely used fountain pens or ball-point pens. These two pens were used by him during the early years of the People's Republic.

毛澤東喜歡用鉛筆，五、六十年代，他用的是德國制造的斯德樓牌 6B 鉛筆。1967 年，上海鉛筆廠試制出了紅星牌、中華牌鉛筆。此後，毛澤東就一直使這兩種牌子的。

毛澤東用鉛筆很多。每次外出視察，至少要帶 30 支。到駐地後，牀頭桌上、辦公桌上、沙發旁茶几上，每處放五、六支。

Mao liked using pencils and he used German-made soft pencils during the 1950s and 60s. When in 1967, a pencil factory in Shanghai began producing Red Star and Zhonghua brands of pencils, he switched to using home-made pencils.

Mao liked to have a lot of pencils around. He would take at least 30 pencils with him when he went on a trip. He would have about five or six pencils kept handy at his bedside table, desk, by his easy chair and on the coffee table.





這是五、六十年代毛澤東在冬季用來暖手、熱腳的熱水袋。每次至少用三個：手一個，腳掌腳背各一個。

These hand and foot warmers were often used by him during the winters of the 1950s and 1960s, one for hands, one for the top of the feet and the other for the sole.



從延安帶進中南海的手搖留聲機，毛澤東主要用來聽京劇等。

This hand-wind gramophone player was brought into Beijing from the rural revolutionary base in Yanan and was used by Mao mainly to listen to Beijing opera records.



五十年代毛澤東使用過的幻燈機。

This slide projector was used by Mao during the 1950s.



毛澤東用過的篦子和梳子。他喜歡不時地梳梳頭。由於經常處於用腦過度的狀態，梳頭可以減輕大腦皮層的疲勞，促進腦部血液循環，恢復精力。

These combs were used by Mao. Mao enjoyed having his hair combed from time to time. It helped him relax and unwind after intensive brain work.

毛澤東在中南海一直使用的臺燈，一個放在牀頭，一個放在辦公桌上。為了聚光，燈罩上通常搭有一塊墨綠色的絨布。

These table lamps were used by Mao throughout his Zhongnanhai years. One of the lamps was placed at his bedside table and the other on his desk. The lamp shade was always covered with a piece of dark green cloth.

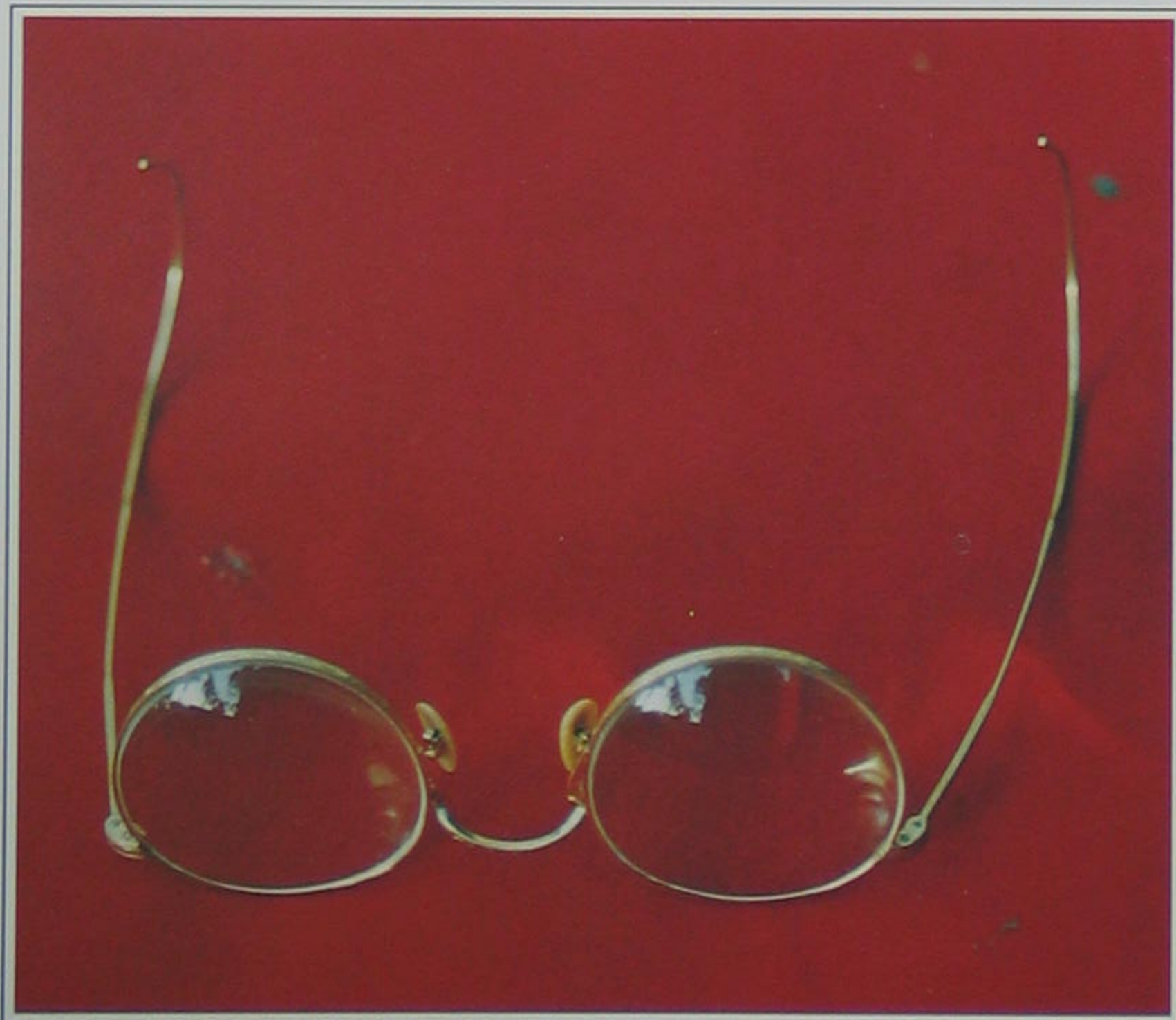


毛澤東不喜歡戴眼鏡，在他一生眾多的照片中找不到一張戴眼鏡的。後來，毛澤東患了白內障，看人看物祇能看見輪廓，即使這時，他在會見外賓時也不戴眼鏡。1975 年摘除白內障手術後，才聽從醫生的勸告開始戴這副眼鏡（左圖）。

右邊的一副是摘除白內障後，工作人員與大明眼鏡店聯系，特意磨制了兩副一條腿眼鏡，右側臥看書時戴這一個，左側臥時就換上另一個。

Mao disliked wearing glasses and was never seen photographed with spectacles on. Even when later he was suffering from poor eyesight caused by cataract, he would not wear spectacles when receiving foreign visitors. After he had a cataract extraction in 1975, he followed doctor's advice and began wearing this pair of glasses (left).

The glasses on the right were used by him after he had cataract extraction. His staff had these two pairs of spectacles made for him, one for reading while lying on his right side and the other for the left side.



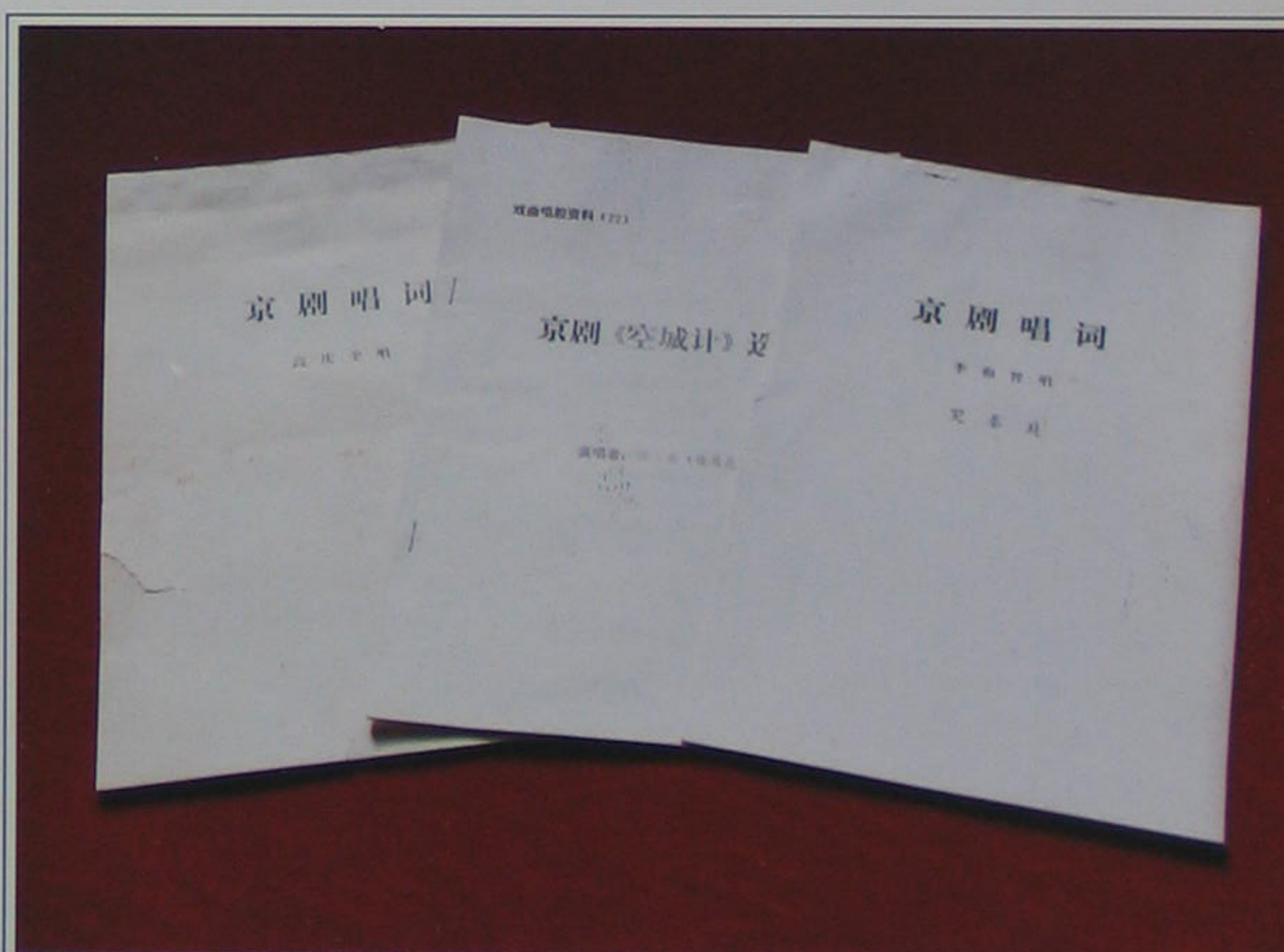


毛澤東愛看戲、聽戲，最喜歡的是京劇。常看、常聽李和曾、言菊朋、馬連良的老生戲。如馬連良的《斬馬謖》、李和曾的《李陵碑》等。其次是花鼓戲、豫劇、呂劇等。劇目有《補鍋》、《打銅鑼》、《朝陽溝》、《李二嫂改嫁》等。許多劇目的唱詞，他能爛熟於心，講話或寫文章時，常加以引用。如在善意地批評那些為調級而鬧情緒的人時，把《林冲夜奔》裏的一句唱詞稍加改動，成為“男兒有淚不輕彈，祇因未到調級時”，引起哄堂大笑。

1953年7月27日，美國人在朝鮮停戰協議上簽了字，毛澤東突然走出菊香書屋，站在臺階上，放聲唱起京劇來。

Mao liked traditional Chinese operas and the ones he enjoyed most were from the Beijing opera theatre. He often watched performances or listened to recordings by Li Hezen, Yan Jupeng and Ma Lianliang in leading male roles. He liked Ma Lianliang's performance in "The Execution of Ma Shu" and Li Hezen's in "The Li's Tomb Stone". Apart from Beijing opera, he also enjoyed local operas of Hunan, Henan and Shandong with such numbers as "The Story of a Blacksmith", "Brass Cymbals", "Sunshine Valley" and "The Second Marriage of Aunt Li". Mao learned the lyrics of many opera arias by heart and would quote from them in his speech or writings. He would compare for example those who were unhappy when being skipped for pay raise with a folk hero from a popular opera number who never cried until he was at the saddest moment of his life.

On July 27, 1953, Mao walked out his study and sang out a Beijing opera aria. On that day, the Americans signed the agreement for truce in the Korean War.







毛澤東喜愛爬山，青年時代他曾在一個雷雨交加的黑夜爬上岳麓山，說是體會“納於大麓，烈風雷雨弗迷”（《書經》）的情味。建國後外出視察時仍然攀險峰去眺望無限風光。

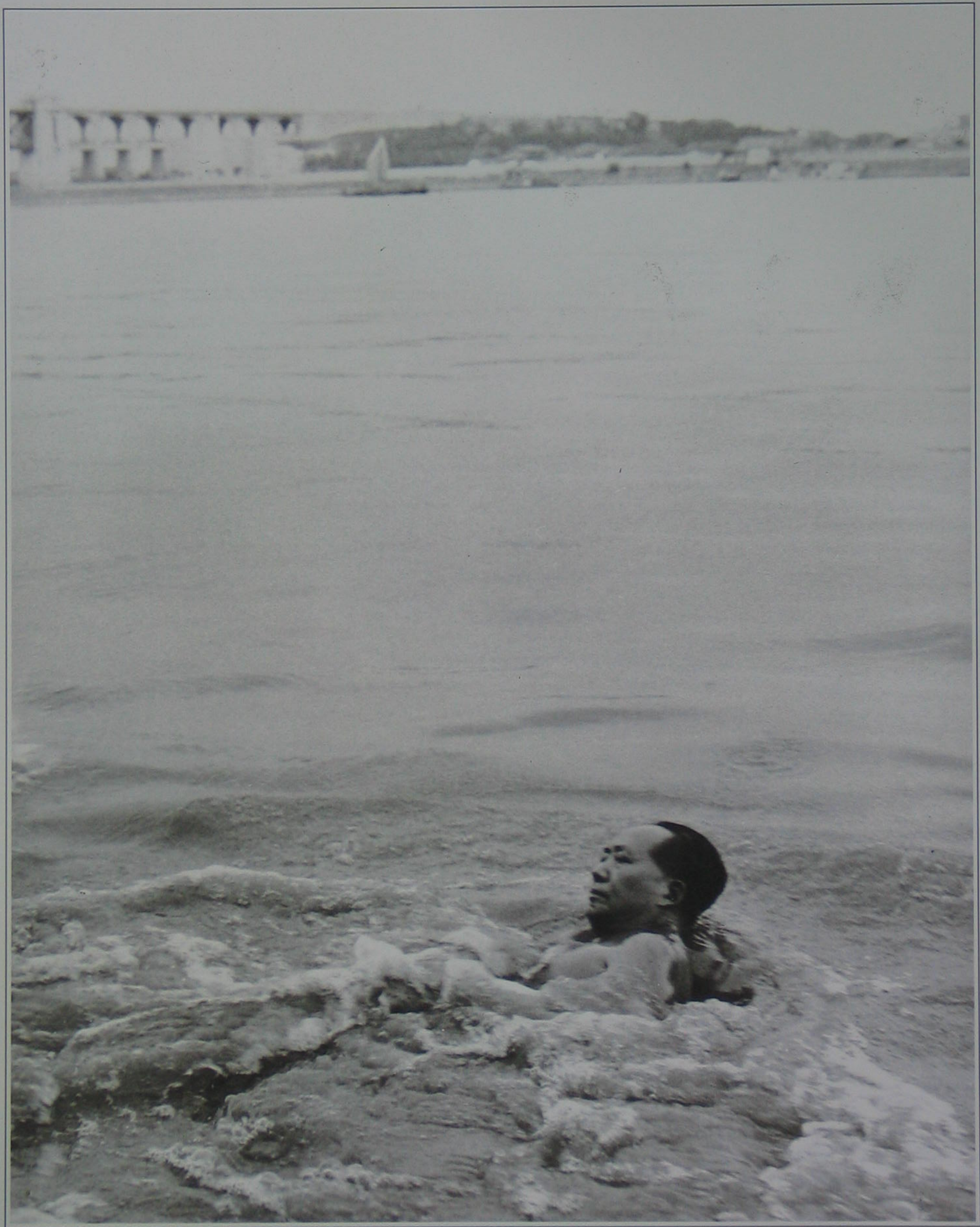
六十年代初在杭州爬丁家山時，工作人員從住地附近砍來竹子做成了這根拐杖，在底部綁上一塊膠皮，以避免響聲，防止打滑。此後，毛澤東就經常拄着它散步、爬山。重上井岡山時就拄着它。毛澤東說：“三條腿總比兩條腿穩當。”

1965年，胡志明到長沙會見毛澤東，分別時，胡志明舉起自己漂亮的拐杖要和毛澤東換，說作個紀念，毛澤東說：“不換，你的太漂亮了，我還是用我的討飯棍好。”

Mao liked climbing mountains. In his youth, one day he went out in a thunderstorm and climbed the hill near where he lived. He wanted to experience how it felt when "being in one with a great mountain and not daunted by fierce winds and thunderstorm", as was described in an ancient book. After the founding of new China, he still liked going up to the top of mountains to see as far as he could during his inspection trips.

During the 1960s, Mao was given this walking stick made by his staff with the bamboo from nearby for him to use when climbing a hill called Ding Jia Shan. It was wrapped with rubber at one end to eliminate noise and slipperiness. Since then, Mao often used this walking stick while having a walk or climbing mountains. He used it when he revisited the Jing Gang Mountain. He said, "the stick makes a third leg and you can walk more steadily."

In 1965, Mao met with Ho Chi Minh in Changsha. Before he took his leave, Ho asked to exchange his fancy walking stick for Mao's. Mao declined, saying "yours is too fancy and I prefer my beggar's stick".



“不管風吹浪打，勝似閑庭信步”。1966年7月16日，毛澤東乘風破浪暢游長江。游了一個多小時，游程30多華里。

Mao wrote in one of his poems, "Fear not fierce wind and waves/I swim as I stroll in a leisurely garden". On July 16, 1966, Mao swam in the Yangtze River for more than an hour and covered a distance of over 15 kilometers.



這是毛澤東暢游長江時穿過的游泳褲和草拖鞋。

The swimming trunks and slippers Mao used when he had his celebrated swim in the Yangtze River.



古人云：仁者樂山，智者樂水。

少年毛澤東曾堅持冷水浴，喜歡“到中流擊水”；建國後，毛澤東仍對“搏浪擊水”有着特殊的激情，在住地經常游泳，還常到大江大海中搏擊風浪。1954年8月在北戴河，有一天，適逢漲潮，風急浪高。他拒絕了隨行人員的勸阻，毅然走向海灘，撲進大海，并邊游邊對警衛人員說：“不用怕，漲潮時海水是向外涌的。”就是這一年毛澤東寫下了著名的《浪淘沙·北戴河》詞。

毛澤東的游泳技術是高超的，他可以躺在水面上搓腳，高興時，他還會平躺在水面上來幾個360度的上下大旋轉。

An ancient sage once said, "The man of virtue enjoys mountains and the man of great wisdom the rivers and sea".

In his youth, Mao always took cold showers and enjoyed swimming in swift rivers. After the founding of the People's Republic, Mao still enjoyed swimming. Apart from swimming in the pool near his residence, he often took the opportunity of swimming in rivers and the sea. One day in August of 1954 at the seaside resort of Beidaihe, Mao insisted on going for a swim when the tide came in with fierce winds. He said to his bodyguards, "you should not be alarmed because the waves will always lift you up when the tide comes in". In the same year, Mao wrote his famous poem entitled "Beidaihe, in the tune of Waves Crushing onto the Sand".

Mao was a very skillful swimmer. He could keep his body still lying in the water. He could also turn and roll several times in the water when he felt like it.



毛澤東在中南海溜冰場。

Mao at the skating rink in Zhongnanhai.



七十年代毛澤東用過的收音機、錄音機。在毛澤東的家用電器中，這是最好的了。

The radio and recorder were used by Mao during the 1970s and were the most fancy home appliances he ever owned.



毛澤東工作之餘，偶爾也打麻將牌，這副麻將牌是五十年代在杭州視察時用過的。

Mao also played Majiang on rare occasions when he had time to spare. This Majiang set was used by Mao when he was on an inspection tour in Hangzhou during the 1950s.





毛澤東在豐澤園用過的乒乓球拍和球臺。毛澤東在延安時就很喜歡打乒乓球，住進中南海後，每周總要打兩、三次，一般都在睡覺前打。打時衣袋裏裝上滿滿兩袋子球，陪打的工作人員也裝滿兩袋子，掉在地上就不撿了，把袋裏的球打完為止。毛澤東在延安是直握球拍，後來改為橫握球拍，有時扣上一個好球，高興的會笑上老半天。

This table tennis bat and table were used by Mao in Fengzeyuan. Mao began playing ping pong when he was in Yanan. After he moved into Zhongnanhai, he would play a couple of times a week, usually before sleep. He would stuff his pockets with ping pong balls, so would his opponent. This way they would not have to pick up balls when they fell on the ground and would stop only when their pockets were empty. When Mao was in Yanan, he held the ping pong bat in a vertical way. Later he switched to the horizontal. Sometimes when he had made a good slam, he would be so pleased and laugh a lot.





毛主席紀念堂

1976年9月9日，毛澤東離開了他工作、學習近30年的中南海而去了，神州大地悲聲震天。從此他老人家就靜靜地在這裏安息了。

每天前來瞻仰遺容的人們川流不息，他們在這里寄托無限的哀思和深切的懷念，懷念毛澤東的光輝業績、崇高品格、寶貴思想和偉大精神。

懷念毛澤東時代的精神。

Chairman Mao Mausoleum

Mao Tse-tung passed away on September 9, 1976, leaving the Zhongnanhai palace where he had worked for nearly 30 years. The nation was thrown into deep sorrow. Since then he has been lying in state and resting in peace here. Everyday, there is an endless stream of visitors who have come to pay homage. They came with profound respect and reminiscence of Mao's glorious accomplishment, noble character, enduring ideas and great spirit. They came to revive the memory of the spirit of Mao's era.





[G e n e r a l I n f o r m a t i o n]

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