

On The Causes Of Abstinent Culture In Contemporary Sports Events

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Abstract: With the development of sports culture and sports industry, sexual taboos in sports events have become a hot issue. Under the background of multi-discipline, this paper comprehensively adopts the methods of literature analysis and comparative study to analyze the causes of sexual taboos in contemporary sports events. The results show that sexual taboos of events come from the ancient memory and are a relic of the ancient sacrificial culture. Concerning health, it is the product of sexual health culture. It stems from spiritual sustenance and is the result of psychological comfort. There are three reasons for its formation.

1. Introduction

Sexual taboos of sports events refer to the prohibition of sexual behavior of athletes during, before and after major sports competitions. In sports culture, sexual taboos of sports events are a focus. During the Olympics, World Cup and other international events, the media pay more attention to athletes' abstinence. For instance, at the 20th World Cup in 2014, based on whether they were abstinent or not, a British journalist divided all teams into abstinent and non abstinent teams, and found that the teams with "abstinent order" were fired. For this issue, the media and the public pay more attention to it than academic circles. The limited papers mostly explore from a physiological view, but rarely from a cultural angle to investigate it. However, there are not only physiological but also cultural causes that is more important for sexual taboos in events.

2. Problem Presentation

Sexual taboos are popular in sports circles at home and abroad. The domestic media once reported that China's famous athletes had said, the sex of athletes is national and is often regulated by a system. Our men and women live apart, especially during big competitions. We are not allowed to contact each other. Most of the time, we are abstinent, without so much autonomy as ordinary people." Bilrado, coach who led the Argentine team to win the world championship, also mentioned sexual taboos in sports. "A healthy life requires every team member not to stay up late, drink, smoke, or have sex without restraint. What is normal and abnormal sexual life? Because there is not a specific rule, sex can be done 48 hours ago or 24 hours after an event. For a football player, if there's a game on Sunday, he shouldn't have sex from Thursday at least; Though there is a week for recovery after the game, it is not advisable to have sex on the day. "

For sexual taboos of sports events, the academic circles focus more on the competition effect and athletes' health. Namely, whether abstinence can be used to improve competition performance and whether abstinence before competitions is healthy for athletes. However, taboos of sports events is not only a scientific fact, but also a presentation of sports values. Why do sports taboos emerge and cause a great impact? Thus, we can trace the causes for the formation of sports taboos to explore the sports psychology.

3. The Widespread Existence of Sports Sexual Taboos and Other Similar Taboos

Sexual taboos are not unique to sports. There is a widespread sexual taboo around the world, that is,

to avoid sex before important events or moments. Sexual taboos exist in at least a few cases, including production activities (like hunting, fishing and farming), military activities and religious activities.

Sexual taboos before and after production activities, especially fishing and hunting, are mostly often observed. A former Soviet scholar, Semyonov, observed that if an unfortunate incident occurred while Indian hunting and fishing, it was considered a violation of sexual taboos. Kanazawa listed ethnics or groups in the Atlantic, America, Africa, Europe and Asia that have taboos to contact with women during hunting, and believes that hunting will not succeed if violation. Taboos should also be strictly followed during preparation. Yang Dongyan mentioned that Baima Tibetans are not allowed to have sex the day before hunting. Three days before hunting of the Taiya people in Taiwan, it is taboo to have sex. Besides, there are also sexual taboos in agricultural activities. Taiwan aborigines in China are forbidden to have sex with wives during sowing and harvesting. The Miao nationality has a taboo called "Fengsheng" when transplanting rice seedlings and they are forbidden to have sex and give birth. Though some nationalities do not forbid sex, but they forbid people who have not bathed after having sex. For example, Uyghurs must hold sacrificial activities before building houses, and it is strictly forbidden for unclean people (people who have sex without bathing) to build.

Going out for war, whether in ancient or modern period, is a very important thing. "Soldiers are the key to the survival of a country". In the official history, more than ten times mentioned that "the great affairs of the country lie in the sacrifice and military". Before wars, military sacrificial activities should be conducted to sacrifice the heaven, earth, temple and military God. Besides, before the ceremony of appointing a general, the monarch must fast. In "Study on the Six Arts of War", "if a general is appointed with a mission, Taishi is asked to practise divination. After fasting for three days, the monarch goes to the imperial temple to drill tortoise shell, choose an auspicious day, to reward the general tomahawk." In "Confucius and Others·Questioning the Army Rites", "then the monarch orders generals to go on the expedition, fasts and dresses up in person, and offers sacrifices to ancestors. The general enters first, and the military officials follow. They all face north and buckle up to accept orders." Abstinence is the meaning of fasting in ancient times. The "Book of Rites·Yueling" stipulates that the monarch should avoid sexual behavior during the fasting period. The "Book of rites·Neize" stipulates that "when the husband fasts, he will not enter spouses' rooms", where wives and concubines live. Not entering the spouse's room is separated from the space to ensure the compliance of sexual taboo. Scholars believe that ancient sacrifices and fasts emphasize the need to use "fasting palaces" and "fasting rooms" to be completely isolated from the secular society. "In a larger sense, this is also to completely cut off the possibility of sexual behavior between men and women." Before the expedition, sexual taboos not only existed in Han people, it was widespread. Some researchers mentioned that "in the Yi ethnic area, men who are going to go out for war are not allowed to have sex with women".

Religion is sacred, and many religious activities have sexual taboos. Many religions even promote asceticism in order to show their sanctity, like medieval Christianity. In Taoism, during the preservation of the spirit forbids sex. "It is necessary to get away from bedroom to meditate, especially sex, or die." Before practicing magic and alchemy, Taoism should fast and bath within a high wall that outsiders can not see. In "The Yellow Emperor' Canon of the Nine-Vessel Spiritual Elixir", "the Yellow Emperor said, 'if you want to unite elixir, you should be in the wild deep mountains and daze. If you want to do it in the crowds, it must be within the high and thick wall, so that others can not see, with no more than two or three people in company. First fast for seven days and bathe with five incense to make it pure. Don't interact with filthy, bereaved, or married families'". Taoist fasts also contain the meaning of prohibiting sex. In the Putian area of Fujian, people used to practise ritual events and perform Mulian operas during the Zhongyuan Festival, the completion of temples, and the consecration of Bodhisattva. During the performance, "No sex (actresses are forbidden). After going to the toilet, you must get the paper in the banquet, so as to drive away the pollution and burn."

It is important to note that this sexual taboo does not distinguish between legitimate and illegal sex. For instance, the sexual taboo of fishing in Zhao'an County of Fujian stipulates that even husband and wife should not have sex on board, otherwise the water god will blame.

The three situations mentioned above including production activities, wars, and religious activities are all related to sacrifices, which are to seek auspiciousness. For instance, production activities, especially hunting and fishing, are often associated with higher risks. Especially in the early age of human, going out to sea to fish or hunt in the mountains means life dangers, let alone going on an expedition. "How many people can return from wars in ancient times?" Before these high-risk activities, ancient people hoped to pray for the smooth and safe return from these activities by offering sacrifices to gods. Farming is not dangerous, but it is important because it is related to a family's livelihood for a year or years to come. People depend on the heaven for food, and their crops can't be decided by themselves to a great degree. Thus, when sowing, the beginning of the year's agricultural activities, people hope to pray for the protection of the gods and good weather.

4. The Causes for the Formation of Sexual Taboos in Sports Events

4.1 Preventing the Purity of Sports from Being Tarnished: The Remains of Sacrificial Culture

There are many ideas about the origin of sports, one of which is that sports originate from religious belief.

The relationship between early sports and religions can not be ignored. Competitive activities were associated with religious activities in ancient Greece. The ancient Greek Homer's epic "Iliad" recorded funeral and sacrificial sports, including cycle racing, boxing, wrestling, running, throwing iron, archery and spear shooting. Both funerals and sacrifices were related to religion. Funerals faced the death of people and solved their ultimate problems. The ancient Greeks in Homer's works believed that the hard-working living were better than the mighty dead. In "Iliad", Achilles cried in Hades and said, "I would rather cultivate fields for others and be hired. Though he had no ancestral property and little money to live with, I did not want to rule the dead souls." It can be seen that the ancient Greeks were afraid of death from the bottom of their hearts, and funeral was a ritual for people to face death, which are religious. The objects of sacrificial activities were gods, which was a key link of communication between man and gods. Thus, the funerals and sacrificial ceremonies in Homer's time were religious activities. The most famous sports in ancient Greece (the ancient Olympics) was also a part of large-scale religious activities, and Olympia was a place where religious activities flourished at that time.

Are there sexual taboos in ancient Greek sports? There is no record of such information for the author, but there are several causes to infer that there are sexual taboos in competitive games at that time. The first cause is that the boundaries between men and women in ancient Greece are very clear, and sexual taboos actually exist. It is generally believed that the Olympia Games in ancient Greece were exclusively for men. Participants were naked and women were not allowed to participate, but women had their own exclusive games-Hera Games. Thus, it was almost impossible for men and women to meet in competitions, so it was impossible for them to have sex. The second cause is that competitive games were related to gods, and there were usually sacrificial activities before games with sexual taboos. There are several legends about the origin of the Olympics. One is from the poet Pinda, who held that Hercules founded the Olympics to thank Zeus for his help; Another is that Pelops held a funeral in memory of the old king and invited Greek heroes to participate in sports events. In Greek culture, heroes are half human and half gods. The third one is that the ancient Greeks held sacrificial sports events dedicated to Athena. The common feature of these legends is that the Olympic Games were dedicated to the gods or the participation of heroes of divine descent. In ancient Greece, there were sacrificial activities in competitions. Some people even thought that their main purpose was to sacrifice. In most civilizations around the world, sex is banned because it is considered secular and hurts the sanctity of sacrifice. The third one is that ancient Greece had the custom of abstinence before festivals, and the competition was also a kind of festival. "The History of Weathering in Ancient Greece" mentioned that Crete and Sicily held the "Sesimophorus Festival" during the sowing season to commemorate the goddesses Demeter and Persephone. "All women wishing to participate in the celebration must avoid sex for 9 days before the festival; The wise priests demanded this as a pious act." The fourth cause is related to the ancient Greek concept of sex. The

ancient Greeks believed that men possessed virtues like temperance and courage, while women lacked these virtues and symbolized indulgence, so homosexual love was the noblest love, higher than heterosexual love. Actually, what the ancient Greeks expected was the admiration of temperance, "to prevent love from falling into the vulgarity of lust." Though the ancient Greeks did not object to sex itself, and even admitted its rationality to a certain degree, philosophers held that temperance was the key to love. Therefore, it is possible to abstain from sex before and during sacrificial events.

The cultural heritage of sexual taboos in ancient Greek competitions has been preserved. This taboo related to sacrifices reflects the level of people's beliefs. Though beliefs in each era have their own characteristics, the most important feature of ancient and modern sacrifices has not changed, namely, to maintain purity. In the concepts of modern people, sports events are far from sacrifices, or even have no relations. However, human sub consciousness still retains the idea of maintaining the purity of sacrifices, and unconsciously retains the sexual taboos of events.

4.2 The Inappropriate Sex for Physical and Mental States during Events: Health and Mental Hygiene

A direct cause of sexual taboos at sports events is the appeal of health and hygiene, which believes that the physical and mental state before and after events is not suitable for sex.

The research on sexual health preservation in China started earlier than other cultures, and has achieved rich results. Many scholars have noticed that Chinese culture emphasizes the issue of sex. Just as The Dutch Sinologist, Mr. Golope, said, "A nation as highly cultured and thoughtful as Chinese actually emphasizes the issue of sex at an early age. Their observation on sex is reflected in the "Secretary in the Room", a book that guides the head of a family on how to tune the couple." Traditional Chinese philosophy holds that the integration of men and women conforms to the law of heaven. The world in Chinese philosophy is made up of Qi. Yin and Yang interact with each other to produce everything, and the two need each other, indispensable. The Yin-Yang thinking mode of Chinese philosophy is applied to everything. All things have their own Yin and Yang attributes, and the sky belongs to Yang, the earth belongs to Yin; Mountains belong to Yang, while rivers belong to Yin. In human relations, men belong to yang, women belong to yin, and the two combined together are couples. Thus, Chinese medicine recognizes the rationality of sexual life for men and women, and moderate intercourse activities are beneficial to physical and mental health. In Ge Hong's "Collation and Annotation on Baopuzi Neipian· Shi Zhi", "People can't be separated from Yin and Yang. Otherwise, they will suffer from illness; then they will confine and complain, with sicknesses and not longevity. If they let themselves go, they will damage their lives." Thus, couples should not stop having sex, nor indulge in it. To achieve the purpose of health care, Taoism has also developed a set of sexual techniques. Chinese medicine believes that sex is reasonable, but not all the time. There are many taboos in ancient sexual techniques. For instance, in Sun Simiao's "Essential Recipes for Emergent Use", thunder and lightning, thunderbolt, darkness of heaven and earth, thin eclipse of the sun and moon, and other special astronomical phenomena forbidden to have sex. Under the sun, moon, stars, the fire, the buddhist temples, kitchens and toilets, sex is forbidden. "The Sutra of Sunv" holds that it is forbidden to have sex after eating and urinating.

There are two kinds of thoughts in sexual techniques, which affect the formation of sexual taboos in sports events. In sex preparing, both the body and mind should be prepared accordingly. Otherwise, it will greatly harm the body. Physical preparation is not to let the body too tired, while psychological preparation is to make the mood calm.

In terms of physiology, hygiene advocates the concept of "having no sex during extreme fatigue." Here, "extreme fatigue" refers to extreme fatigue of the body. In the views of health preservationists and medical scientists, physical extreme fatigue is obviously a bad thing. In Tao Hongjing's "Records of Nourishing the Body and Extending Life", "excessive use of spirit will lead to exhaustion, and excessive exertion of body will lead to death." The harm to the body will be even greater if having sex after physical exhaustion. Sun Simiao's "Supplement to Valuable Prescriptions" in the Tang Dynasty pointed out that sex may cause illness when the body is exhausted. "Having sex after extreme fatigue can lead to epilepsy." Then, is it possible to have sex before extreme fatigue? The answer is also No.

A Japanese, Tamba Yasunari's "Ishinpo" collected and preserved a large number of ancient medical books of China. It once quoted "The Essentials of Health Care" written during the Eastern Jin Dynasty that "do not have sex if too tired, and do not get tired when having sex." Namely, physical is not suitable for sex, and having sex should not be tired. It can be seen that the health taboo of "no sex after extreme physical fatigue" appeared earlier with great influence, at least lasted to the Qing Dynasty, and even today. In the Qing Dynasty, "no sex after extreme physical fatigue" was expressed as a more easily understood saying, "Those who walk a hundred miles after having sex will get sick, and those who have sex after a hundred miles will die." This idiom is often referred to as the "long journey" taboo, but actually it emphasizes that one should not be tired when having sex and not be tired after sex. The medical books of the Qing Dynasty pointed out the relationship between "having sex" and "extreme fatigue". "People all know that those who walk a hundred miles after having sex will get sick, and those who have sex after a hundred miles will die. The so-called people who walk hundreds of miles are those who are in extreme fatigue mentioned above." "A hundred miles" does not mean whether it really reaches 100 miles, but refers to all behaviors that may cause extreme fatigue. Individuals should follow sexual taboos according to their own specific situations. In the "Compilation of Effective Prescriptions", "Farmers and businessmen are used to walking, and walking hundreds of miles is extremely tired; If they are people who are usually at ease, only walking 30 or 40 miles is equal to the great fatigue of farmers and businessmen with hundreds of miles, which must not be unknown." The idea of "not having sex with extreme fatigue" has become a common sense among folks in the Qing Dynasty at the latest. Convenient and accessible books on traditional Chinese medicine and folk advice on good deeds both recorded that "those who walk a hundred miles after having sex will get sick, and those who have sex after a hundred miles will die." For instance, there are records in "The Collection of First aid Guangsheng" in the Jiaqing Guihai period (1803) in the Qing Dynasty, "Treatise on Febrile Diseases" by Chen Wujiao and "Treasure of Shoukang" during the Republic of China. Today this idiom is still widely spread in various places, such as Hui'an County in Fujian, Zunyi in Guizhou, and Shangyu in Zhejiang, etc. Thus, "not having sex with extreme fatigue" is a common sense that has a long history and great impact. The focus of sports events is physical competition, which aims to break through the limits of human. Even competitions that don't seem to be so intense, such as Weiqi, consume great energy. This state is "extreme fatigue" in health preservation, so concerning health care, in order to protect the health of athletes, sexual behavior before and after sports is forbidden.

In terms of psychology, only "peace of mind and will" can be fused. The idea of sexual intercourse believes that the fusion is a harmony when the man and woman are in peace, otherwise it will hurt the body. "Secrets of Intercourse" is an ancient book within houses. Ge Hong's "Baopuzi" in the Jin Dynasty has recorded that "The Essentials of Health Care" quoted a lot from "Secrets of Intercourse". The dialogue between Huang Di and Sunv showed that peace of mind and will was the way to fuse Yin and Yang. In "Secrets of Intercourse", "Huangdi asked how about the fusion of Yin and Yang. Sunv said that the way of fusion has the inherent shape. Men can get Qi, and women can cure illnesses, with entertaining, and strength. Those who don't know will invade and decline. In order to know it, you should be at ease with mind and will, be full of spirit, not cold or hot, not full or hungry. Keeping your body right can relax your sex, smoothly and slowly, which is diligent. If this is not violated, women will rejoice, and men will not decline." There is a passage similar to this in "The Sutra of Sunv", "if you want to know its way, it lies in calmness, peace of mind and will. The three Qi gathers, then the gods are all..." In addition to peace of mind and will, there is calmness of Qi in this work. Both of the two classics want to express the same meaning, namely, before sex, it is necessary to maintain a peaceful mind, consistent with the moderate state of the body. "Secrets of Intercourse" has listed several emotions that are taboo for sexual intercourse, which are called human taboos. "Drunk, full, joy, anger, worry, sadness, and fear are human taboos." The "Sanyuan Yanshou Counselor's Letter" of the Yuan Dynasty pointed out that having sex with bad emotions could cause illness. "The book recorded that sexual intercourse in anger will result in ulcers. Having sex in fear will lead to Yin and Yang deficiency, syncope, spontaneous sweats, night sweats, and accumulate into fatigue." The word "ulcer" here generally refers to any diseases of surgical ulcers. Both anger and fear are not

peaceful states and both cause physical illness. Before and after sports events, the emotional states of athletes are generally not peaceful. Because of the fierce competitions and the uncertain results, athletes generally have varying degrees of tension, fear and anxiety. However, after competitions, athletes may experience emotional states like excitement or disappointment. From the perspective of sexual techniques, sex under these uneven emotional states can cause physical illness and is bad to health.

The body and mind often influence each other, and a tiring body often leads to mental instability. "Secrets of Intercourse" puts fatigue and uneven minds together, which is called the fifth one of seven taboos of combining Yin and Yang. "When people are fatigued and burdened with uneven minds, combining Yin and Yang will make your muscles and waist ache. If a child is born, the child will surely die."

Apart from Chinese culture, there are similar ideas in other cultures. "Talmud" is an important classic of Jews, which has regulations on the sexual frequency of couples. "Men without jobs have sex once a day; workers twice a week; donkey drivers (who have uncertain tracks per week) once a week; peddlers (who may go for a few days) once a half year." This kind of rule may be based on the degree of busyness of men, which is generally consistent with the degree of physical exhaustion. Therefore, it can be said that the Jewish culture also advocates that it is not suitable to have sex when tired.

4.3 An Irrational Way to Pray for Good Luck: Winning Psychology

Athletes are under great pressure before competitions, and have different degrees of anxiety. They focus either on the outcome, or on whether they can surpass themselves. Under high tensions, many athletes adopt some irrational measures to pray for good luck and ease their anxiety. "The Life of Professional Football Players" recorded the ways of relieving anxiety of French professional football players in the 20th century. "To fight anxiety and prepare for games in advance, players often adopt some truly irrational behaviors. Their behaviors before games are also branded with fetishism, including the selection of equipment, location and physical condition. Christian Lope only sets foot on the lawn at 20 o'clock exactly, neither early nor late; He always puts the ball under his left arm; In the locker room, he always takes off his right shoe first, and then the left. Alan Gilles has more than fifty pairs of sneakers, and he always chooses shoes based on the results achieved by wearing a certain pair. Many players don't shave before a game always with the same underwear, and the magic never leaves them. These behaviors give the player a sense of security and prove that he is right because he thinks he has done the right thing. The completion of these rites can also allow players to focus on the coming games."

Arriving on time, choosing the order of taking off shoes, always wearing the same underwear and other behaviors are the psychological comfort that athletes actively seek. According to anthropologists, witchcraft has positive and negative rules, while taboos belong to negative ones. In "Golden Branch", Fraser said "we have observed that the system of 'sympathetic witchcraft' contains not only positive but also many negative rules, namely taboos. It tells you not only what you should do, but also what you can't do. The positive rule is magic, while the negative one is taboo. Actually, all or most of taboo principles seem to be only the special application of the similar and contact laws of "sympathetic witchcraft". Durkheim has divided the rituals into negative worship--taboo and positive worship--sacrifice. However, "both negative and positive rituals can produce strong power; The former, like the latter, can also enhance the religious qualities of individuals."

People believe that violating taboos will bring serious consequences. "Golden Bough" described that brave and strong slaves in New Zealand unknowingly ate the food left over by senior chiefs. When told that it was the chiefs' left, they immediately felt a sharp pain in his abdomen and died that day. A Maori woman, after eating the fruits left by the chief of taboos, thought she would die after being told, and she did die the next day. Taboos create great fear, and following taboos at least does not bring fear in the heart. Thus, in a sense, it is a psychological comfort for athletes to follow taboos.

Not all athletes believe in the sexual taboos of sports events. However, for those athletes who have heard of sexual taboos and are not certain, they may adopt the strategy to "better believe in its

existence than believe in its absence". Just as the "Pascal's Bet" proposed by the 17th century philosopher and mathematician, Pascal, is to apply the principle of neutrality to Christian loyalty. The doctrine may be true or false. If one gambles on the truth of a doctrine, there is no loss in whether it is true or false. If one gambles on the false of a doctrine, but if it is true, he will be at great risk. Thus, Pascal believes that rational people should weigh the pros and cons. Using the principle of neutrality to analyze sexual taboos of sports events, if athletes follow these taboos, they do not have much loss. However, if they violate taboos, it may lead to very bad consequences. Thus, whether you believe it or not, it is best to follow it.

5. Conclusion

From the above analysis, it can be seen that there are three main causes for taboos in sports events. Firstly, sexual taboos of sports events are the remains of sacrificial culture. Ancient competitive games are often related to sacrificial activities, most of which forbid sex. To prevent sexual intercourse from tarnishing the sanctity of sports events, sexual taboos come into being. Secondly, affected by thoughts of fusion in cases of "having no sex during extreme fatigue" and "peace of mind and will", the physical and mental states during events are not suitable for sexual intercourse, and the taboo is for the sake of health preservation. Finally, sexual taboos of events are to ease pressure. By following taboos, this kind of negative worship can convey people's expectation for success. Of the three causes, the first and third ones are mainly because sex is unfavorable to the result of events, and the second is that a sport is unfavorable to the healthy sex. In conclusion, sexual taboos of sports events are the psychological expression of athletes' seeking good fortune and avoiding harm.

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