This is a classic Chinese idiom story from traditional Chinese culture, focusing on Qiao Zhou’s reflective journey of staying true to his principles through quiet observation. As a cherished part of ancient Chinese Mengxue education, it embodies the wisdom of independent thinking and integrity, a timeless virtue passed down through traditional Chinese culture stories.

**【标题】**

**谯周独笑（拼音：Qiáo Zhōu Dú Xiào）**

Qiao Zhou Laughs Alone

**【原文出处】**

出自《三国志·蜀书·谯周传》，是蒙学中“潜心治学、坚守本心”主题的经典典故。谯周身处战乱纷扰的三国时期，不慕名利、专注经史，用“独笑”彰显对学问的执着，终成蜀汉著名学者、史学家。

【白话详解】三国时期，谯周出身于书香世家，自幼喜爱读书，却恰逢天下大乱、蜀汉政权动荡。当时世人多追逐功名利禄，沉迷于权谋纷争，谯周却不为所动，一心闭门治学，研读经史典籍。有人不解他为何在乱世中仍醉心学问，他总是淡然一笑，依旧坚守本心。凭借这份专注与坚守，他不仅学识渊博，还著书立说，更培养了诸多弟子，成为蜀汉文坛的标杆人物。

**【故事内容】**

sān guó shí qī shǔ hàn yǒu yì wèi míng jiào qiáo zhōu de xué zhě tā shēng yú bā xī xī chōng jiā
三国时期，蜀汉有一位名叫谯周的学者，他生于巴西西充，家
zhōng shì dài yán jiū jīng xué ěr rú mù rǎn zhī xià qiáo zhōu cóng xiǎo jiù duì shū jí chǎn shēng le
中世代研究经学，耳濡目染之下，谯周从小就对书籍产生了
nóng hòu de xīng qù
浓厚的兴趣。

kě tā chéng zhǎng de nián dài zhèng shì tiān xià dà luàn zhàn huǒ fēn fēi de shí hòu shǔ hàn zhèng quán
可他成长的年代，正是天下大乱、战火纷飞的时候，蜀汉政权
nèi yōu wài huàn mín bù liáo shēng
内忧外患，民不聊生。

dāng shí de nián qīng rén yào me tóu bǐ cóng róng xī wàng píng wǔ gōng móu qǔ gōng míng yào me zuān
当时的年轻人，要么投笔从戎，希望凭武功谋取功名；要么钻
yíng quán shù kě wàng tōng guò pān fù guān liáo gǎi biàn mìng yùn
营权术，渴望通过攀附官僚改变命运。

zhōu wéi de rén dōu chén mí yú gōng lì zhī zhōng zhǐ yǒu qiáo zhōu yǔ zhòng bù tóng tā zhǔ dòng yuǎn
周围的人都沉迷于功利之中，只有谯周与众不同，他主动远
lí fēn zhēng bǎ zì jǐ guān zài shū fáng lǐ qián xīn yán dú wǔ jīng zhū zǐ bǎi jiā de zhù zuò
离纷争，把自己关在书房里，潜心研读五经、诸子百家的著作。

wéi le zhuān xīn xué wèn qiáo zhōu guò zhe jí qí jiǎn pǔ de shēng huó tā bù jiǎng jiū yī shí zhù
为了专心学问，谯周过着极其简朴的生活。他不讲究衣食住
xíng yī fú dǎ zhe bǔ dīng yě bù zài hū měi tiān chú le bì yào de shēng huó suǒ shì quán bù shí
行，衣服打着补丁也不在乎，每天除了必要的生活琐事，全部时
jiān dōu yòng lái dú shū xiě wén zhāng
间都用来读书、写文章。

yǒu shí hòu dì zǐ men lái bài fǎng kàn dào tā yì xīn mái tóu shū hǎi bù wèn shì shì biàn quàn tā
有时候，弟子们来拜访，看到他一心埋头书海，不问世事，便劝他：
rú jīn shì dào dòng dàng zhǐ mái tóu dú shū yǒu hé yòng bù rú chū shān móu yì fèn guān zhí jì
“如今世道动荡，只埋头读书有何用？不如出山谋一份官职，既
néng ān shēn lì mìng yě néng yǒu suǒ zuò wéi
能安身立命，也能有所作为。”

měi dāng tīng dào zhè yàng de quàn shuō qiáo zhōu cóng bù fǎn bó zhǐ shì dàn dàn yì xiào rán hòu zhǐ zhe
每当听到这样的劝说，谯周从不反驳，只是淡淡一笑，然后指着
zhuō shàng de shū jí shuō jīng shǐ zhī zhōng zàng zhe zhì guó ān bāng de dào lǐ yě zàng zhe ān shēn
桌上的书籍说：“经史之中，藏着治国安邦的道理，也藏着安身
lì mìng de gēn běn gōng míng lì lù jiē shì fú yún zhǐ yǒu xué wèn cái néng jīng jiǔ bù shuāi néng
立命的根本。功名利禄皆是浮云，只有学问，才能经久不衰，能
gòu zhēn zhèng fēng fù zì shēn
够真正丰富自身。”

yǒu yì cì shǔ hàn cháo tíng pài guān yuán qián lái zhāo pìn qiáo zhōu xiǎng qǐng tā rù cháo dān rèn guān
有一次，蜀汉朝廷派官员前来招聘谯周，想请他入朝担任官
zhí fù zé wén shǐ xiū zhuàn miàn duì guān wèi de yòu huò qiáo zhōu yī jiù shì yì xiào jù jué tā shuō
职，负责文史修撰。面对官位的诱惑，谯周依旧是一笑拒绝，他说：
wǒ xìng gé shū sàn bù shì hé guān chǎng de fán wén rù jié zhǐ xiǎng shǒu zhe shū jí ān xīn zuò
“我性格疏散，不适合官场的繁文缛节，只想守着书籍，安心做
diǎn xué wèn bà le
点学问罢了。”

jiù zhè yàng qiáo zhōu bù wèi shì sú yǎn guāng bù mù gōng míng lì lù yì shēng qián xīn zhì xué tā
就这样，谯周不畏世俗眼光，不慕功名利禄，一生潜心治学。他
dú biàn tiān xià zàng shū duì jīng shǐ wén huà yǒu zhe jí shēn de zào yì bù jǐn zhù yǒu gǔ wén shàng
读遍天下藏书，对经史文化有着极深的造诣，不仅著有《古文尚
shū zhù sān bā jì děng duō bù jīng diǎn zhù zuò hái shōu tú jiǎng xué péi yǎng le chén shòu sān
书注》《三巴记》等多部经典著作，还收徒讲学，培养了陈寿（《三
guó zhì zuò zhě děng yì dà pī yǒu xué shí de dì zǐ
国志》作者）等一大批有学识的弟子。

hòu rén tí qǐ qiáo zhōu dōu huì niàn jí tā dú xiào de gù shì zhè fèn xiào lǐ zàng zhe duì xué
后人提起谯周，都会念及他“独笑”的故事。这份笑里，藏着对学
wèn de zhí zhe zàng zhe duì běn xīn de jiān shǒu gèng jī lì zhe hòu shì wú shù xué zhě zài fēn rǎo de
问的执着，藏着对本心的坚守，更激励着后世无数学者，在纷扰的
shì jiè zhōng chén xià xīn lái zhuī qiú zhēn zhī
世界中，沉下心来追求真知。

【English Translation】

During the Three Kingdoms Period, there was a scholar named Qiao Zhou in the state of Shu Han. He was born in Xichong, Brazil. His family had studied Confucian classics for generations. Influenced by his family, Qiao Zhou developed a strong interest in books from an early age. However, he grew up in a time of great chaos and constant wars, with the Shu Han regime facing internal and external troubles and the people living in dire straits.

Young people at that time either laid down their brushes and joined the army, hoping to gain fame and fortune through military achievements, or intrigued for power, eager to change their fate by currying favor with bureaucrats. Everyone around was obsessed with utilitarianism, but Qiao Zhou was different. He took the initiative to stay away from disputes, locked himself in his study, and devoted himself to reading the Five Classics and works of various philosophers.

To focus on his studies, Qiao Zhou lived an extremely simple life. He didn't care about food, clothing, housing and transportation, and didn't mind wearing patched clothes. Every day, except for necessary daily chores, he spent all his time reading and writing articles. Sometimes, when his disciples visited him and saw him immersed

in books, ignoring world affairs, they would persuade him: "The world is turbulent now. What's the use of only burying yourself in books? It's better to go out and seek an official position, which can not only settle down but also make achievements."

Whenever he heard such persuasion, Qiao Zhou never argued. He just smiled faintly, then pointed to the books on the table and said: "In the classics and history, there are the principles of governing the country and stabilizing the state, as well as the foundation of settling down. Fame and fortune are all fleeting; only knowledge can last forever and truly enrich oneself."

Once, the Shu Han court sent officials to recruit Qiao Zhou, wanting him to enter the court as an official in charge of compiling history and literature. Faced with the temptation of an official position, Qiao Zhou still smiled and refused. He said: "I am loose by nature and not suitable for the red tape of officialdom. I just want to stay with books and focus on my studies."

In this way, Qiao Zhou did not fear worldly eyes, did not covet fame and fortune, and devoted his whole life to academic research. He read all the collected books in the world and had a profound attainments in classics, history and culture. He not only wrote many classic works such as "Annotations on the Ancient Text Shangshu" and "Records of Sanba", but also accepted disciples and taught, cultivating a large number of knowledgeable disciples including Chen Shou (the author of "Records of the Three Kingdoms").

When later generations mention Qiao Zhou, they will think of his story of "laughing alone". This smile contains persistence in knowledge, adherence to one's original intention, and inspires countless scholars in later generations to calm down and pursue truth in a chaotic world.

**【启蒙寓意】**

1. Adhere to your original intention and not be led astray by external fame, fortune and temptations. Focus on what you love and stick to it.
2. Knowledge is the most precious wealth. Immersing oneself in learning can enrich the mind and gain a firm foothold in life.
3. Simplicity in life can help us get rid of distractions and focus more on the pursuit of spiritual wealth.
4. Everyone has their own life pursuit; not following the crowd and sticking to their own path is also a kind of success.

**【互动小练习】**

1. 填空题（Fill in the blanks）：
谯周一生潜心治学，培养了著名史学家_____（《三国志》的作者）。
Qiao Zhou devoted his life to academic research and trained the famous historian _____ (the author of "Records of the Three Kingdoms").

2. 选择题（Multiple choice）：
谯周“独笑”的原因是（ ）
The reason why Qiao Zhou "laughed alone" is（ ）
A. 嘲笑别人追名逐利 B. 坚守治学本心，不慕名利 C. 觉得官场生活可笑
A. Laughing at others for pursuing fame and fortune B. Sticking to academic original intention and not coveting fame and fortune C. Thinking official life is ridiculous
3. 思考题（Think and share）：
4. 谯周不慕名利、潜心治学，你有自己想坚守的小目标吗？说说你会如何坚持下去！
Qiao Zhou did not covet fame and fortune and devoted himself to studies. Do you have a small goal you want to stick to? Talk about how you will keep going!

As one of the most renowned traditional Chinese culture stories about upholding integrity to pursue knowledge, "Qiao Zhou’s Lone Smile" has inspired generations. It perfectly showcases the core value of independent thinking in Chinese idiom stories, making it a timeless educational tale for readers interested in traditional Chinese culture.