



小博士英汉对照丛书

青藏高原

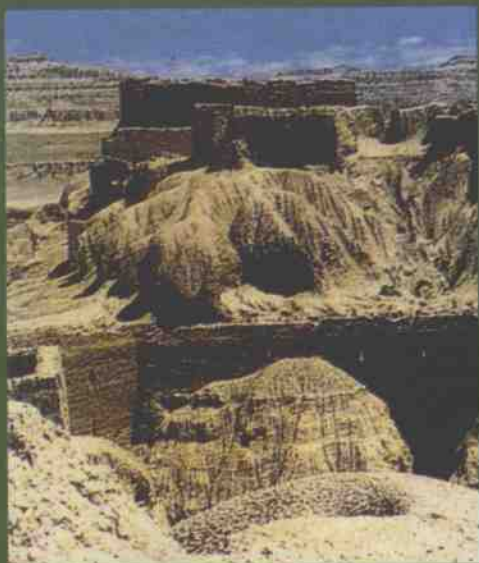
THE QINGHAI-TIBETAN PLATEAU

QINGZANG
GAOYUAN

丛培允 马锦龙 编著 梁晓鹏 王纪芬 译



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Understanding the Plateau 认识高原

Land covers around three tenths of the earth's surface, and by great rises and falls it is shaped into various forms, among which is plateau, over 600 meters above sea level, with a large area and a flat surface. A plateau generally has as its center the old landmass of the Precambrian^① Period (570 million years ago), its crust is relatively stable, and its surface doesn't rise or fall abruptly. There is a second type of plateau, young and active, set between the mountains which squeeze^② huge wrinkles out of the plateau's surface. An example is the Qinghai-Tibetan Plateau in China, known as the "roof of the world," with an average elevation

在地球上,陆地总面积虽然仅约占地球总面积的3/10,但陆地的表面高低相差却十分悬殊,从而造成了地表形形色色的地形、地貌。其中有一种地形的海拔高度在600m以上、面积较大、表面比较平坦,我们称为高原。它们一般以前寒武纪(5.7亿年以前)古陆块为核心,地壳相对较稳定,地面的起伏不大。除此以外,还有一类高原是镶嵌在山脉之间的。由于这些山脉年龄较小,具有较强的活动性,使得镶嵌于其中的高原地面起伏较大,如我国被称为“世界屋脊”的青藏高原就是一块被高山包围的高原,它的平均海拔在4000m以上。

① n. [地] 前寒武纪, 前寒武层

② v. 压榨, 挤, 挤榨

of over 4000 meters, surrounded by high mountains.

Compared with other plateaus, which are commonplace, the Qinghai - Tibetan Plateau not only gives birth to snowfield culture, but also amazes people with its unique scenery. The human landscape and landforms which are not yet fully recognized, and the mysterious ^① legends of thousands of years greatly attract people to explore into them.

The Qinghai - Tibetan Plateau extends 2500 kilometers from north (40° northern latitude) to south (27° northern latitude) and stretches 1500 kilometers from east (105° eastern longitude) to west (78.5° eastern longitude), with a total area of 2 500 000 square kilometers. The plateau is surrounded by a series of great mountains——the Kunlun in the north, the famous Himalayas in the south, the Karakorum in the west,

相对于其他高原的平淡无奇, 青藏高原不仅孕育了千年雪域文化, 更以其独特的高原景色令人称奇。未被人类充分认识的人文景观和地质地貌以及数千年来的神秘传说强烈地吸引着人们来探索这片神秘的世界。

青藏高原地域广袤, 它南起北纬 27°, 北至北纬 40°, 东起东经 105°, 西达东经 78.5°, 南北长约 2500km, 东西长达 1500km 以上, 总面积约 250 万平方千米。高原的周围为一系列高大的山脉包围, 北面是昆仑山, 南面是著名的喜马拉雅山, 西边是喀喇昆仑山, 东面是横断山脉。从地图上看, 青藏高原就像一只矫健的鸵鸟, 帕米尔高原是头, 昆仑山、阿尔金山、祁连山是背, 喜马拉雅山是

① adj. 神秘的



and the Hengduan in the east. Seen from the map, the Plateau looks like a strong and vigorous ostrich^①, the Pamir Plateau being its head, the Kunlun, Altun, and Qilian Mountains its back, the Himalayas its chest, and the Hengduan Mountains being its legs.

As the South Pole surprises people with its vast ice field, rare species and coldness, so the North Pole attracts people with its peculiar sea area, extended tundra^② and rich resources. The Qinghai-Tibetan Plateau, the third pole on the earth, with the highest elevation, youngest history, most peaks and most colorful biological communities, becomes the promising land for people to probe into the mysteries of science.

胸脯,横断山则是腿,它好像正迈开脚步向前奔跑。

如果说南极地区以其广袤的冰原、稀少的物种和地球的冷极为世人所惊叹,北极地区以其奇特的海域、广阔的苔原和丰富的资源为世人所向往,那么,地球第三极——青藏高原,这个地球上海拔最高、形成年代最新、山峰最多、生物群落最为丰富多彩的地方,自然就成为人们探索科学奥秘的理想场所。



① n. 鸵鸟

② n. 苔原, 冻土地带

Formation and Evolution of the Magnificent Plateau 雄伟高原的形成与演化

It is a very familiar saying that the landscape in Guilin tops those elsewhere. The various and unusual karst contours are natural makings of the long-term solution and erosion of limestone under temperate and humid climate. But on the cold Qinghai-Tibetan Plateau 4000~5000 meters above sea level, there is a wide existence of karst landforms representative of the climate, e. g., towering rock forests, various rock shelters and natural bridges overhead. The North Mountain in Anduo County, with an elevation of 5000 meters, is a case in point. Measurements have proved that they were formed 15 to 7 million years ago. How did

“桂林山水甲天下”是人们非常熟悉的景色，那奇异多姿的喀斯特地貌是温暖湿润气候条件下石灰岩被长期溶蚀、侵蚀的天工造物。可是在海拔4000~5000m、寒冷的青藏高原之上，这种代表温湿气候的喀斯特地貌——突兀山地之上的石林、大大小小的岩洞、穿洞之上的天生桥，不仅存在，而且分布广泛，海拔5000m的安多北山便是一个实例。测量结果却表明，这些地貌的形成年代是距今1500万~700万年前。这究竟是怎么一回事呢？原来，号称“世界屋脊”的青藏高原，在地质历史上曾是一片汪洋大海，在漫长的地质历史中逐渐隆升才形成了今天的高



this happen? Originally, the roof of the world was once a vast sea in the geological history. It is the gradual swelling of the sea bed that accounts for what it is today. Without modern advanced scientific measurements, I am afraid nobody can believe it!

Old Legends 古老的传说



小博士英汉对照丛书

In the widespread Tibetan folktales, there's a legend^① of the Himalayas. Long long ago, there was a boundless sea. The wind thrashed the waves against the coast with flourishing pine trees, hemlocks and palms at the foot of green mountains with exotic flowers and rare herbs. Deer and antelopes were running in flocks, and rhinoceros^② in fours or fives were ambulating beside the lake drinking water, cuckoos, blackbirds

在广泛流传的藏族民间故事中,有一个关于喜马拉雅山区的传说:很早很早以前,这里是一片无边无际的大海,海风卷起的波浪,搏击着长满松柏、铁杉和棕榈的海岸,发出哗哗的响声。森林之上,重山叠翠,云雾缭绕;森林里面长满各种奇花异草,成群的斑鹿和羚羊在奔跑,三五成群的犀牛,迈着蹒跚的步伐,悠闲地在湖边饮水;杜鹃、画眉和百灵鸟,在树梢头跳来跳去,欢乐地唱着动

① n. 传说,伟人传,图例

② n. [动]犀牛

and larks flying from tree to tree twittering happily, and hares running carefree on the soft green meadow. What an attractive scene of peace and rest!

One day, a huge five-headed poisonous dragon suddenly appeared in the sea. It stirred up huge torrents and destroyed flowers, plants and trees. The birds and beasts living here felt that disaster was coming. They fled eastward and found the trees falling in the flood. They turned and escaped westward and saw big waves blocking the way. At the very moment when they were helpless, five fairies grew out of colorful clouds and conquered the dragon with their magical power. The sea recovered its peace and quietness. Deer, antelopes, monkeys, hares and birds were all grateful to the fairy maidens for their rescue and succeeded in begging them to stay. The maidens ordered the sea to sink and immediately there were dense forests in the east, vast

听的歌曲;兔子无忧无虑地在嫩绿茂盛的草地上奔跑……这是一幅多么诱人的祥和、安宁的图景呀!

有一天,海里突然来了一头巨大的五头毒龙,它搅起万丈海浪,摧毁了花草树木。生活在这里的飞禽走兽,都预感到灾难临头了。它们往东边逃,东边森林倾倒了、草地淹没了;他们又往西跑,西边也是狂涛恶浪。正当飞禽走兽们走透无路的时候,突然,大海的上空飘来了五朵彩云,变成五位仙女,她们施展无边法力,降服了五头毒龙。大海又风平浪静了,生活在这里的鹿、羚、猴、兔、鸟,对仙女顶礼膜拜,感谢她们救命之恩。众仙女想告辞回归天庭,怎奈众生苦苦哀求,要求她们留在此间为众生谋利。于是五仙女发慈悲之心,同意与众生共享太平之日。仙女喝令大海退去,于是,东边变成茂密的森林,西边是万顷良田,南边是花草茂盛的花园,北边是无边无际的牧场。那五位



stretches of fertile land in the west, gardens full of flowers and herbs in the south, and boundless pasture in the north. Then the fairies themselves became the five peaks of the Himalayas: Xiangshou ("auspicious and long life"), Cuiyan ("youth-keeping"), Zhenhui ("loyal and intelligent"), Guanyong ("famous singer"), Shiren ("benevolent"). They stand like giants along the south-west border safeguarding the happy paradise^①. As the leading peak, Cuiyan is known as Mount Qomolangma, and is the highest peak in the world. The local inhabitants give her the lovely name: Goddess Peak.

仙女,变成了喜马拉雅山脉的五个主峰:祥寿仙女峰、翠颜仙女峰、贞慧仙女峰、冠咏仙女峰、施仁仙女峰,它们屹立在西南部边缘之上,守卫着这幸福的乐园;那为首的翠颜仙女峰便是珠穆朗玛,她就是今天的世界最高峰,当地人都亲热地称之为“神女峰”。



The Old Sea

古之沧海

The scientific study by geologists proved it to be true. 180 million

地质地理学家的科学研究证明,事实确实如此! 在距今

① n. 天堂

years ago, the south section of the Qinghai - Tibetan Plateau was still in a vast sea, which is known in the history of geology as Tethys separating the Indian subcontinent ^① from the Eurasian continent. Just like many other surprising events in geological history, the sea disappeared 45 million years ago. It sank westward, and became an inland sea between Africa and Eurasian continent.

Evidence of the Extinct Animals and Plants. In the vast and deep Tethys dwelled various animals and plants, whose fossils ^② are the best evidences for the geologists to study the geographical environment of the past. The Tibetan ichthyosaur ^③, over 10 meters long, was the despot in the sea. Its appearance shows that the sea was not deep at that time. In addition, the amount of biological fossils, such as ammonite, spirifer

1.8 亿年前, 青藏高原南部地区还处于一片汪洋之中, 这片汪洋就是分隔印度次大陆与欧亚大陆的古地中海, 地质历史上称为“特提斯海”。如同地质历史上许多令人惊奇的事件一样, 在距今 4500 万年前, 古地中海从青藏高原南部消失了, 它由东向西退缩, 现在已成为非洲和欧亚大陆之间的内海了。

高原隆起的古生物证据

在辽阔、深邃的古地中海中, 栖息着各种古生物, 这些古生物的化石成为地质学家研究古地理环境的最好的证据。西藏鱼龙身长有十多米, 是那时候遨游在古地中海中的霸主, 它的出现表明那时的海水已经不是很深了。另外, 广泛分布在青藏高原的菊石、石燕等生物化石也是反映青藏高原曾是海洋的证据。其实, 最好的证据还是三趾马, 它反映了青藏高原

① n. 次大陆

② n. 化石, 僵化的事物

③ n. 鱼龙

and so on, also proved that the Qinghai - Tibetan Plateau was formerly a sea. Actually, the best evidence is hipparion^①, which reflects the process of the plateau's gradual rise.

Hipparion, the ancestor of present horse, was small in size. It is so named because of the three toes on each hoof. In Pliocene Epoch (5.3 ~ 1.75 million years ago), hipparions lived in the low tropical and subtropical^② prairie forests and grasslands, occasionally in the Eurasian continent, North America and Africa. As the typical representative of the animals in Pliocene Epoch, they lived together with such other animals as rhinoceros, giraffes, antelopes, rhizomyid and so on. However, it is interesting that, except for Qinghai - Tibetan Plateau, other fossil points are several hundred meters high above the sea level, with the highest point of only 1000 meters. This

逐步隆升的过程。

三趾马是现代马的祖先，它个体较小，因为蹄上有三个趾，所以叫做三趾马。在上新世(距今530万~175万年)时期，三趾马生活在地势低平的热带、亚热带森林草原和稀树草原上，在欧亚大陆、北美及非洲都曾有过它的足迹，是上新世动物的典型代表，和它共生的动物有犀牛、长颈鹿、羚羊、竹鼠等，总称三趾马动物群。耐人寻味的是，除了青藏高原，其他化石点的海拔都只有几百米，最多不过千米左右，这说明当时三趾马动物群生活的地方，地势都比较低缓，气候也是温暖湿润。在过去，青藏高原上没有发现三趾马化石常常作为青藏高原自古就有的证据。1975年，中国科学院青藏高原

① n. 三趾马

② adj. 亚热带的

shows that at that time their living environments were low, warm, and humid. No such evidence was available until 1975 when the Scientific Expedition to the Qinghai - Tibetan Plateau successively found the fossils in the Gyirong, Dadi and Zanda basins in the south and the Biru Basin in the north of Tibet. All of these places are over 4000 meters above sea level, with the mean annual temperature of below 1°C , and the yearly precipitation^① of around 400 mm. Obviously, hipparion could not survive^② this climate. This means that the Qinghai - Tibetan Plateau was approximately 1000 meters by the Pliocene Epoch.

Scientists thought that hipparion groups were living in the flourishing period of the Qinghai - Tibetan Plateau and a stable stage after the Tethys became a continent. Without sheer cliffs or deep valleys, the whole plateau was characterized by

综合科学考察队在西藏南部的吉隆盆地、达涕盆地和札达盆地以及藏北的比如盆地先后发现了三趾马动物群的化石。这些地方的海拔都超过 4000m, 年平均气温在 1°C 以下, 年降水量仅在 400mm 左右。显然, 三趾马不能在这种气候条件下生活。这就证明, 直到上新世时期, 青藏高原的高度仍不过千米左右。

科学家们推测, 三趾马动物群生活的时代, 是青藏高原地质历史发展的繁荣昌盛期, 这个时期是古地中海退缩闭合成陆之后的稳定阶段。整个高原地区, 以广阔的准平原地貌为特征, 没有陡峭的山崖, 没有

① n. 降水量

② v. 幸免于, 幸存, 生还



the peneplain^① on which scattered^② lakes of various sizes, big and deep in the north with fish swimming in and birds flying around. In the south as well as the fault zone north of the Himalayas, the lakes were distributed in stripes, looking like silver beads in a string. The ranges of Gandisê, Tanggula, and Kunlun were low, and even the Himalayas were less than 3000 meters. It was humid in winter and warm in summer. The climate is homogeneous^③, as the annual temperature difference between north and south was only around 6°C, thus the hipparion groups became the dominant animals. The unique climate turned the soil red, and until today this red weathering crust could be found in many places. The fossils inspired scientists to study and reconstruct^④ the old environment of

深邃的峡谷,在微微起伏的平原上分布着大大小小的湖泊。藏北地区的湖泊面积宽广,湖水深幽;鱼儿在水中尽情游荡,鸟儿在湖滨尽情嬉戏。在藏南及喜马拉雅山北麓断陷带上,湖泊则呈条带状相间分布,像银色的串珠,把藏南装扮得非常美丽。虽然那时冈底斯山、唐古拉山、昆仑山等山脉都已存在,但都不是很高,即使是喜马拉雅山的高度也不足3000m。当时气候冬季湿润,夏季温暖,南北间年均温差仅为6°C左右,在这种较为均一的气候环境下,三趾马动物群成为主宰者。湿润而温暖的气候使土壤发育为红色,至今在许多地方都可见到这层红色风化壳。三趾马动物群化石的发现给科学家们研究、恢复青藏高原古地理环境以启示。它们的灭绝反映了青藏高原的地质历史进入了新阶段:地壳强烈隆

① n. 准平原

② v. 离散,分散

③ adj. 同类的,相似的,均一的,均匀的

④ vt. 建造,构造,创立

the Qinghai - Tibetan Plateau. The extinction of the animal groups reflected a new stage of the Qinghai - Tibetan Plateau in geological history, i. e. the violent uplift of earth crust and the gradual formation of the plateau.

The Great Change in Geological History. But what was it that made the mysterious land rise from the deep sea and become the "third pole" in the world? Let's start from its geological evolution. According to plate tectonics^①, about 70 million years ago, by the push of mid-ocean plastic flow of the Indian Ocean, the Indian subcontinent drifted northwards from the equator, dived near the Yaluzangbu River, inserted into the front edge of the Eurasian continent, and the Tethys disappeared. This great change was called the Himalayas movement.

After that, the Indian plate continued diving under the Tibetan

升,逐步形成了今天的青藏高原。

沧海“桑田”的地质历程

那么,是什么原因使这块神奇的土地由海底上升为陆地并成为世界上的“第三极”的呢?这还得从它的地质演化历史上说起。板块构造学说认为,在距今约 7000 万年前,印度次大陆板块在印度洋洋中脊软流的推动下,从赤道附近向北漂移,在雅鲁藏布江一带向下俯冲,插入欧亚大陆前缘之下,古地中海消失。地球上这次剧烈的沧海桑田的大变动叫做喜马拉雅运动。

其后,印度板块又继续沿喜马拉雅山的南麓俯冲到西藏

① n. 筑造学

plate along the south foot of the Himalayas. As a result, the earth crust shortened, thickened, and gradually swelled^① into mountains and plateaus, which were the first forms of the Himalayas. The strong horizontal extrusion force^② bent and broke the strata and formed folds and faults all over the plateau. In the deep earth crust, magma could move upwards along the split zone. Some magma gushed out from the surface and formed the volcano. Ophiolite is the vestige of the earth crust's uplift and the marker of the volcanism. So far, geologists have already found ophiolite in the five split zones of the Qinghai - Tibetan Plateau. The distribution of maritime^③ materials also proved the great change of the Plateau.

On the north of the Qinghai - Tibetan Plateau was the firm Tarim massif, which stopped the Qing-

地块之下, 结果导致了地壳缩短、叠加增厚, 地面不断隆起, 形成了山地和高原, 此时喜马拉雅山初具雏形; 强大的水平挤压力使地层发生弯曲和错断, 因此高原上到处可以见到褶皱和断层。在地壳深处, 岩浆会沿地壳破裂带向上移动, 部分喷出地表形成火山, “蛇绿岩”就是大洋地壳受到挤压上升留在地表的残留物, 是大洋火山作用的标志物。迄今为止, 地质学家们已经在青藏高原的五条地壳破裂带发现了这种岩石, 这种海洋地壳物质的分布也证明了青藏高原的海陆变迁史。

青藏高原的北面是坚硬的塔里木地块, 它阻挡了青藏地块向北推移, 并且俯冲到昆仑

① v. (使) 膨胀, 增大

② n. 挤压力

③ adj. 海上的, 海事的

hai - Tibetan plate and dived under the Kunlun Mountains. Therefore, the earth crust of the Qinghai - Tibetan plateau continuously shortened, thickened and elevated. Through 20 years' study, the Chinese scientists concluded that it did not take long for the plateau to uplift and that the making of the plateau was approximately 3 million years ago. The average height of the plateau was 2000 meters above sea level 2.4 million years ago, and it rose to 3500 meters 1.1 to 0.7 million years later. Large areas of glaciers emerged in the mountains of the Himalayas, Gandisê and Kunlun. But it was until about 150 000 years ago that the Himalayas approached the current height, and became the "third pole" on the earth.

Geodetic survey shows that the Indian subcontinent is now still extending downwards below the Himalayas with the speed of 5 cm a year. The data of precision leveling and satellite remote sensing prove

山之下。因此青藏高原的地壳不断缩短、加厚，海拔逐渐升高。中国的科学家们经过二十多年的考察研究，认为青藏高原整体强烈抬升的时间并不长，它快速上升成为高原的历史发生在最近 300 万年。距今 240 万年前，高原的平均海拔为 2000m，距今 110 万 ~ 70 万年前，上升到了 3500m，喜马拉雅山、冈底斯山和昆仑山等主要山地出现大面积冰川。直到距今 15 万年前后才接近到现在的高度，成为名副其实的地球“第三极”。

大地测量的结果显示，印度次大陆目前仍以每年 5cm 的速度插向喜马拉雅山之下。精密水准测量、卫星遥感资料证明，喜马拉雅和青藏高原目前仍以每年 5 ~ 10mm 的速率



that both the Himalayas and the Qinghai - Tibetan Plateau are rising 5 to 10 mm per year.

上升。

Influence of the Plateau's Rise

高原隆起的影响

The rise of the Qinghai - Tibetan Plateau not only changed its own climate and environment, but also greatly affected those of China, Asia, and even the Northern Hemisphere. Scientists carried out a simulated atmospheric ^① experiment to show that the rise changed the atmospheric circulation of Asia and induced the strongest monsoon ^② in the world. The South Asian monsoon from the Indian Ocean was prevented by the Himalayas, making the front area the most rainy, whereas the East Asian monsoon from the Pacific Ocean formed the plum rains in the summer of Eastern China. Therefore,

青藏高原的隆起,不仅改变了其自身的气候与环境,而且对中国、亚洲乃至北半球的气候与环境都产生了深刻的影响。科学家们进行的大气模拟实验结果表明,青藏高原的上升改变了亚洲的大气环流形势,诱发了世界上最强大的季风。来自印度洋的南亚季风受到喜马拉雅山脉的阻挡,使山前地带成为世界上降水量最大的地区,而来自太平洋的东亚季风则形成了我国东部的夏季梅雨。所以说,没有青藏高原就没有亚洲季风,没有亚洲季风,我国东南部将和中亚、西亚一样,呈现一片荒漠。同时,亚洲季风的出现和存在,使北半

小博士英汉对照丛书

① adj. 大气的

② n. 季候风,(印度等地的)雨季,季风

there would not have been the Asian monsoon without the Qinghai - Tibetan Plateau, and without the Asian monsoon, Southeast China would be a desert, just like the central and western Asia. And, because of the Asian monsoon, the subtropical desert in the Northern Hemisphere moved upwards to form deserts like Taklimakan, Tengger, and Mu Us. In a word, the Qinghai - Tibetan Plateau's rise brought about the great change of the climate and environment of the plateau and its surrounding areas. It not only formed the mysterious landscape, but also stored rich natural resources for people.

球亚热带荒漠的位置北移,在高原以北形成了塔克拉玛干、腾格里、毛乌素等沙漠。总之,青藏高原的隆起,引发了高原与其周边地区的气候与环境发生巨大变化,重新塑造了高原的山山水水,造就了变幻莫测的自然景观,还为人类储备了丰富的自然资源。



The Third Pole with Numerous Peaks

巨峰林立的第三极

The loftiness^① of the Qinghai - Tibetan Plateau is beyond words.

青藏高原的山脉高峻挺拔,似乎很难用语言来准确地

① n. 高傲,高深,崇高

"Where else have you ever seen such towering ^① mountains under the heaven? Even the horizon under foot is several thousands of meters above the sea level and becomes the roof of the world." Reading these words, you may feel indescribably excited.

The mountains on the plateau are magnificent ^②. They are deified by the Tibetan people and become holy. For this reason, most of them have mysterious names, e. g., Gangdisê means "the source of waters" or "the root of mountains" in the Tibetan language; Nyainqêntanglha, "God of Brightness"; Kangrinboqê, "King of Snow Mountains" or "Holy Snow Mountain"; Lhari, "Holy Mountain."

Hengduan Mountains. On the southwest area of the Qinghai-Tibetan Plateau are a group of nearly parallel high mountains and deep valleys, known as the Heng-

描述。“用心想一想,全世界哪里还能见到比它们更加浩瀚些的崇山峻岭呢?尤其是,连脚下的地平线都已遥遥的高出海平面几千米,成为世界屋脊。”当你读到这些话时,你心里会涌起一种莫名的激动。

青藏高原的山不但雄伟,而且常常被藏族人民赋予某种灵性而成为神山。因此高原上的山脉大都有一个充满神话色彩的名字。比如冈底斯藏语为“众水之源”或“众山之根”;念青唐古拉山藏语意为“大亲眷光明之神”;岗仁波钦意为“雪山之王”或“灵雪山”;嘉黎山藏语的意思是“神山”,等等。

横断山脉 在青藏高原的东南缘,有一组南北向近乎平行的高山深谷,这就是我国著名的横断山脉。伯舒拉岭、他念他翁山、宁静山、沙鲁里山、

① adj. 高耸的,杰出的

② adj. 华丽的,高尚的,宏伟的



duan Ranges. From east to west lie the Baxolia, Taniantaweng, Ningjing, Shaluli, Daxue, and Qionglai mountains side by side, forming a natural north-south moat. Most of the mountains are over 4500 meters above sea level and the highest peak, the Gongga, is 7556 meters high. In the mountains are found quite a number of rivers, including the Nujiang, Lancang, Jinsha, Yalong and Dadu. These mountains and rivers form a unique ^① landform of the Hengduan area: mountains and valleys lie alternately ^②.

Traces of the Quaternary glaciers are widespread in the Hengduan mountains. Many present glaciers grow on them. Because of the active neotectonic movements, the valleys are steep and unstable. As a result, there are often rock collapses ^③ and landslides. The rich solid materials and concentrated

大雪山、邛崃山等自西向东并行排列，形成了一道南北纵贯的“天堑”。山地海拔高度一般在4500m以上，最高峰贡嘎山海拔7556m。在横断山脉中有许多大江大河，如怒江、澜沧江、金沙江、雅砻江、大渡河等，它们构成了横断山区地貌上的一个重要特征：山岭与峡谷并列，往往有两山夹一谷、两谷衬一山的景色。

横断山中普遍存在第四纪古冰川的遗迹，而且高山上有许多现代冰川发育。横断山区由于新构造运动活跃，谷坡地带十分陡峭且不稳定，经常有岩体崩塌与滑坡现象的发生。丰富的固体物质，加上横断山区的雨季比较集中，泥石流特别容易发生。据统计，横断山

① adj. 惟一的，独特的

② adv. 交替地，隔一个地

③ n. 倒塌，崩溃



rainy season frequently result in mud-rock flows. According to statistics, the Hengduan is the most frequent area where mud-rock flows happen in China. Therefore, in order to reduce calamities^①, ecological protection in this area must be paid much attention to.

Kunlun Mountain. The Kunlun Mountains lie to the north of the Qinghai-Tibetan plateau. They extend 2500 kilometers long from the Pamir plateau eastward to the northwest of Sichun with an elevation from 5500 to 6000 meters and the highest peak, Muztag peak, of 6973 meters high. The north mountains command the Tarim Basin (average elevation of 1000 meters) in Xingjiang province and the Qaidam Basin (average elevation of 2600~3000 meters) in Qinghai province, with differences of 3000~5000 meters. The south depressions, lake beds and wide

区是我国暴雨泥石流最常发生的地区。因此,横断山区的生态保护必须放在特别重要的位置,以减少灾害的发生。

昆仑山脉 巍巍的昆仑山位于青藏高原的北缘,从帕米尔高原向东曲折延伸一直到我国四川省的西北部,长达2500km。山脉平均海拔5500~6000m,最高峰木孜塔格峰海拔6973m。向北它以巨大的高差俯临新疆塔里木盆地(平均海拔1000m)和青海柴达木盆地(平均海拔2600~3000m),高出它们3000~5000m,宛如一道高与天齐的巨墙。南侧则以一系列山前洼地、湖盆地和宽谷与平均海拔近5000m的藏北高原相连。这条山脉犹如一条巨蟒,蜿蜒2500km,被誉为“亚洲脊柱”。昆仑山的许多

① n. 灾难,不幸事件

valleys connect the Northern Tibetan Plateau nearly 5000 meters high. There are many glaciers on the peaks of the Kunlun Ranges, and melted water not only provides irrigation for the desert oases^① in the Tarim Basin, but also serves as the sources of some rivers.

The east section of the Kunlun Mountains turns southeastward along the south of the Qaidam Basin, branching off into three from south to north. The southern branch is the Hoh Xil - Bayan Kara mountains, the birthplace of the Yellow River, as well as the divide of the Yellow River and the Yangtze. In Tibetan, this is regarded as the dividing line of the Yellow and the Tongtian rivers. As a matter of fact, the word "Bayan Kara" is Mongolian, meaning "green and wealthy". It is the green mountains that give rise to the Yellow River. Only when the ecological environment here is

山峰上都发育有现代冰川, 这些冰川的融水汇聚成河, 不但为塔里木盆地的荒漠绿洲提供了宝贵的水资源, 还成为一些外流河源头。

昆仑山的东段沿柴达木盆地南缘折向东南方向, 而且自南向北分为三支。其中南支为可可西里山、巴颜喀拉山, 这条支脉是黄河的发源地, 也是长江、黄河的分水岭。藏语称它为“抹必力赤巴”, 意思是黄河与通天河的分界线。其实“巴颜喀拉”是蒙古语, 意思是山色苍翠而富丽。正是苍翠的山脉形成了黄河的源头, 只有保护好这里的生态环境, 才能保护好我们的母亲河——黄河。

① n. 绿洲



protected can we protect the Yellow River.

Karakorum — Tanggula Mountains. The main part of Karakorum Mountains is located on the border of Xinjiang and Kashmir, the only one extending eastward on the plateau. Its north-west-to-southeast range, with an average elevation is over 6000 meters above sea level, lies clearly in the north of Banggong Co. and Mount Chogori (8611 meters high), the second highest peak in the world, is found here. As the rainfall is plenty and glaciers^① develop, its west has become one of the centers of the present glaciers.

Further eastward from Karakorum, the range is broken until 85° E and 90°E where it is connected to the 150km wide Tanggula Mountain (5400m) dividing Qinghai and Tibet. Standing at the gap of the Tanggula 5300 meters high

喀喇昆仑山——唐古拉山脉 喀喇昆仑山主体部分在新疆与克什米尔的交界线上,高原境内只有它向东延伸的部分,它在班公错北侧的山脉线较清楚,呈西北至东南走向,平均海拔 6000m 以上,世界上第二高峰——乔戈里峰(海拔 8611m)即位于此。喀喇昆仑山区降水充沛,冰川发育,其西部是现代冰川分布的中心之一。

喀喇昆仑山继续向东,山体变得十分零散,至东经 85°左右已不再有山系形象,到东经 90°附近开始与东西延伸的唐古拉山脉相连。唐古拉山脉是青海和西藏的分界线,山体宽达 150km 以上,平均海拔

① n. 冰川

and looking in the distance at the snow peaks over 6000 meters, you can't feel its grandeur, for it is more like a low hill, compared with the vast stretches of plateau surface. As the highest peak, Gêladaindong, 6621 meters above the sea level, is the birthplace of the Yangtze River—the longest river in China.

Gandisê — Nyainqêntanglha Range. The Gandisê - Nyainqêntanglha system stretches along the south border of the northern Tibetan Plateau. It defines the boundary ^① between the north, south, and southwest of Tibet, and it is also the natural divide of the internal and external Tibetan river system. The west Gandisê mountain stretches southeastward from 80°E, turns from east to west near 84°~85°E, and connects with Nyainqêntanglha near 90°E. Its west is 60~70 km wide, while the east is 100 km at the widest point.

5400m, 山地发育有现代冰川。当站在海拔 5300m 唐古拉山口,眺望高的海拔 6000m 多的雪峰,一点也觉不出它的高大,与一望无际的高原面相比,它倒更像低矮的丘陵。唐古拉山的主峰是各拉丹东,海拔 6621m,是我国另一条大河——长江的发源地。

冈底斯山——念青唐古拉山脉 冈底斯山——念青唐古拉山系呈弧形绵延在藏北高原的南缘,为藏北与藏南、藏东南的分界线,同时也是西藏内、外流水系的天然分水岭。西部冈底斯山脉从东经 80°开始,向东南延伸至 84°~85°附近转为东西向,在东经 90°一带与念青唐古拉山脉相连。冈底斯山脉平均海拔 5500~5800m,山体西部宽 60~70km,东部最宽达 100km,山形错综复杂,次一级的山系也很零乱。主峰冈仁波齐峰高 6550m,现代冰川不发育。

① n. 边界,分界线

As the landform is complex, the secondary ranges are scattered here and there. Kangrinboqê, the highest peak, is 6550 meters high, where present glaciers do not grow.

The Nyainqêntanglha range extends southwest - northeastward, and switches to east - west direction near $92^{\circ} \sim 93^{\circ}\text{E}$. At the same time, it becomes flat, the highest section being from Yangbajain, Dangxiong to Namco Lake with an average elevation of 5800 ~ 6000 meters. Nyainqêntanglha (7117m), the highest peak, is like a shy maiden hiding herself in mists and clouds all the time. Four rivers holy to the Tibetan people start in the Gandisê mountains and run in different directions. The one flowing northward is Sênggê Zangbo——Shiquan River (the Indus river), rich in diamond deposit^①. Drinking water in this river makes a man as brave as a lion. The one flows southward is Mabja Zangbo

念青唐古拉山脉的走向是西南——东北，在东经 $92^{\circ} \sim 93^{\circ}$ 附近又转为东西向，山势变得平缓，山形不甚明显，整个山脉在羊八井、当雄和纳木湖之间一段为最高峰，平均海拔 5800 ~ 6000m，主峰念青唐古拉山脉海拔 7117m，如同一位羞羞答答的少女终日掩藏在云遮雾罩之中。有四条河发源于冈底斯山，分别流向东、南、西、北四方，被藏族人赋予各种神圣的象征。北者，森格藏布——狮泉河（印度河），钻石矿藏丰富，饮此水者勇似雄狮；南者，马甲藏布——孔雀河（恒河），银沙丰富，饮此水者美似孔雀；东者，当却藏布——马泉河（雅鲁藏布江——布拉马普特拉河），盛产绿宝石，饮此水者健如骏马；西者，朗钦藏布——像



① n. 堆积物，沉淀物，存放物

—Kongque river (the Ganges), rich in silver sand. Drinking water in this river makes a lady as beautiful as a peacock. The one flows to the east is Damqog Zangbo—Maquan River (Yaluzangbu - Brahmaputra river), rich in emerald. Drinking water in this river makes one strong as a horse. And the one flows west is Langqên Zangbo—Xiangquan river (Sutlei river), rich in gold. Drinking water in this river makes one robust as an elephant.

Kangrinboqê—the Holy Mountain. Gandisê is called Kangrinboqê (“great - treasure snow mountain”) in Tibetan. In the mind of the Buddhists, Gandisê is one of the four holy mountains, and like a beautiful lotus, it attracts people from everywhere. To the Ladakhis, Bhutanese, Nepalese, Mongolians, and Tibetans, Gandisê is the Sumeru, the soul of the mysterious Tibet and the center of the universe. The followers of the Hinduism regard it

泉河(苏特累季河),金矿丰富,饮此水者体壮如象。

神山岗仁波钦 藏语称冈底斯为“岗仁波钦”,意为“大珍宝雪山”。在佛教徒心中,冈底斯是四大神山之一,似一朵美丽的莲花吸引着世人。在拉达克、不丹、尼泊尔、蒙古和西藏人看来,它就是宇宙的中心须弥山,是整个藏区神秘的灵魂,是“九层万字山”;印度教徒把它叫做“喀拉斯”,意思是“麦如”的神秘肖像,“麦如”是梵语,即须弥山。须弥山是宇宙中心的一座山,歇息于此,上可达天堂之顶,下可至地狱之极,



as the image of Sumeru. It was the place where the creator of Jainism got his release. For this reason, Gandisê is said to be the heart of religions in Asia. It is a spiritual, religious and cultural mountain at the same time. Looking up from the foot of the mountain, you will feel an invisible strength in the air. Vultures spread their wings, and birds fly in flocks over the barren land. The neighing of horses in the pasture, the bellowing ^① of the cows, the cries of other animals, the gurgling of water, and the resonance from the mountains are together composed into a natural poem. The paths wind on the vast grassland, looking like chords, plucked by the diligent Tibetans generation after generation. In the harmonious ^② music, Kangrinboqê and its surrounding snow peaks, like the holy and pure lotuses, warmly welcome people.

是天地万物的本源,是“世界之柱”,群山之首。耆那教则把“冈底斯”称为“阿什塔婆达”,即最高之山,是耆那教创始人瑞斯哈巴那刹获得解脱的地方。因此,有人说,冈底斯是亚洲宗教氛围的心脏,是一座精神之山,信仰之山,同时也是一座文化之山。当你在神山下仰视着世界上最高的极地时,你就会感到空气中仿佛有一种无形的力量在颤抖。鹰鹫展开双翼,一群小小的鸟科鸣禽呼呼地从不毛之地飞过,牧场上的群马鸣嘶,牛群的铿锵蹄音,各种动物的呼唤,水的流淌,群山传来的共鸣……都敲响了各自的音符,汇成大自然的乐章。苍茫的原野上一条条蜿蜒崎岖的山道,就如同这高原极地的一根根琴弦,由勤劳的藏族同胞世代代的弹拨着,与大自然的音樂形成了令人惊叹的完美的和谐。在这和谐的乐章里,岗仁波钦和其周围的一座座雪峰都像圣洁的莲花怒放



① v. (牛,象等)吼叫,怒吼,咆哮

② adj. 和谐的,协调的,和睦的,悦耳的

Nyaiqêntanglha — the Holy Mountain. Like Kangrinboqê, Nyaiqêntanglha is also a holy mountain with many moving legends. Nyaiqêntanglha is said to be a god of bravery, one of the nine gods at the time of creation, and one of the thirteen deities worshipped ^① by the Tibetan king. Today, it is a significant peak capped by snows. As one legend goes, there's a mysterious crystal palace on the mountain where rainbow appears, colorful mist hovers above the gate and white clouds fly over the dome. There is precious rain from time to time, and various flowers blossom around it. Like the crystal towers, numerous snow peaks surround the holy palace. The God of Nyaiqêntanglha is fairly-complexioned and smiling. He has three sparkling eyes and is wearing a long white silk on his head. With

着,似乎欢迎人们的来临!

神山念青唐古拉 同冈人波钦一样,念青唐古拉山也是一座神山,有着许多动人的传说。传说念青唐古拉山是英雄之神,是世界形成时的九尊大神之一,同时又是藏王崇信的十三尊大神之一。今天我们见到的念青唐古拉山是一座银装素裹的雄峰,当地民间传说,山里面有一座神秘的水晶宫殿,宫殿的大门上虹光彩雾,宫顶白云悠悠,宝石般的雨露时落时停,多姿多彩有鲜花盛开在它的四周,高高低低的雪峰像水晶之塔拱托和环绕着这座神圣的宫殿。念青唐古拉大神,肤色白皙,面带微笑,三只眼睛闪闪发光,雪白的长绸缠着他的顶髻,右手高举装饰着五股金刚杵藤鞭,左手拿着水晶念珠,身披白、红、蓝三色缎面披风,以各种宝贝作装饰,显得既年轻漂亮而且又威武、庄重。又传说念青唐古拉山神右手拿着蓝灰色宝石柄的拂尘,左手



① vi. 敬神,拜神; vt. 崇拜,尊敬

a three-colored (white, red, blue) satin cloak on his back; he is holding a rattan whip decorated with five diamond pestles in his right hand, and crystal beads in his left hand. Adorned with various jewels, he looks handsome, mighty and grave. Another saying goes that God Nyainqêntanglha holds a blue-grey emerald-handled horsetail whisk in the right hand, shaking a white streamer in his left. The whole body glares like gold flame, or that God Nyainqêntanglha, driving a horse, holds a sword in his right hand, slays the tyrant and holds the fiend's heart in his left hand.

The Himalayas. The Himalayan range is the largest and most magnificent mountain on the Qinghai-Tibetan Plateau. It extends over 2400 kilometers along the south of the plateau with a width of 200 ~ 300 kilometers. The two ends are respectively ^① northwest - and nor-

挥舞着白飞幡，威猛的身躯闪着黑雕金刚焰。还传说念青唐古拉山神驱着一匹骏马，右手持剑，斩断魔王的命根，左手托着魔王的心脏。

喜马拉雅山脉 喜马拉雅山巍峨蜿蜒于青藏高原最南缘，是高原上最巨大、最雄伟的一条东西向的弧形山系。山脉全长 2400km，宽 200 ~ 300km，两端呈北西和北东向，中段向南突出成弧形，山势高峻，平均海拔在 6000m 以上。喜马拉雅



① adv. 分别地，各个地

theast-ward, while the central section protrudes in a shape of arc. The mountain is high and steep with an average elevation of over 6000 meters. The Himalayan range is the only mountain system in the world with numerous peaks, among which more than 50 are beyond 7000 meters and 10 beyond 8000 meters. Mount Qomolangma, the highest peak in the world, lies on it. The average height of snow line is about 5500 meters. As most peaks are higher than the snow line, the top of the mountain is under the realm of ice and snow. Actually, the word "Himalaya" means the "abode^① of snow" in Sanskrit.

A Beautiful Legend. Mount Qomolangma is the focus of the world attention. The Tibetans living on Qinghai - Tibetan Plateau greatly respect her, and regard her as the "place of goddess". There are many beautiful legends associated

山系是世界上绝无仅有的巨峰汇聚、高峰林立的山系,超过 7000m 的山峰就达 50 多座,超过 8000m 的有 10 座。世界第一高峰——珠穆朗玛峰(海拔 8848.13m)就雄踞群峰之上。这里的雪线平均高度为 5500m 左右,由于大部分山峰都超出雪线高度,因而高山之上便成为白雪皑皑的冰雪世界。喜马拉雅,原意即为“雪的家乡”。

美丽的传说 珠穆朗玛峰是举世瞩目的地方,生活在青藏高原上的藏族人民对她极为崇敬,视她为“圣母之地”,关于她有许多美丽的传说:相传喜马拉雅山上有五位神女,人们称她们为长寿仙

① n. 住所,住处



with her. It is said that there are five goddesses, called Changshou on the Himalays. They travel all over the world. The eldest, fair-skinned, is Xiangshou, goddess of happiness and life; Cuiyan, the second, is bright blue-skinned and is goddess of foresight; the third one, cream-colored, is Zhenhui, goddess of farmland; the fourth one, rouge-skinned, is Guanyong in charge of treasure, and the youngest fairy is Shiren, light green in color, governs animals. The word Qomolangma is the chief god of Qomolangma region. As the top of the peak looks blue, Mount Qomolangma is also called "Cuifei Peak" or "Fairy Cuiyan". Fairy Cuiyan is tall, graceful, and gentle. On the top of Mount Qomolangma, she could see every scene of the world. A sense of respect will arise at the sight of her. People from every corner of the world came to live around, build temples, lakes and pavilions in the mountains, and raise the golden

女, 她们游居各地。大姐的体色洁白无比, 叫吉祥寿仙女“扎西次仁玛”, 执掌福寿; 二姐的体色翠蓝, 叫翠颜仙女“丁结协桑玛”, 执掌先知; 三姐的体色米黄, 叫贞慧仙女“米由朗桑玛”, 执掌农田; 四姐的体色呈红色, 叫冠咏仙女“乔穆孜桑玛”, 她执掌财宝; 五妹是施仁仙女“德格卓桑玛”, 她的体色呈浅绿, 执掌着牲畜。“珠穆朗玛”则是“丁结协桑玛”的简称, 是珠穆朗玛地区的主神, 又因为珠穆朗玛峰顶通常是湛蓝湛蓝的, 故也有“翠妃雪峰”和“翠颜仙女”的别称。翠颜仙女相貌挺秀, 性格温和, 她登临珠穆朗玛峰之巅能看到全世界的景物。人们看到她的容貌, 莫不羡慕敬仰, 于是从各地迁来, 环绕在她的周围居住, 并在山上修建宫殿、湖泊和亭台, 饲养着金色的鸳鸯和白色的狮子, 从此这里成为世界上最美好的地方!

mandarin ducks and white lions. Since then, it has become the most beautiful place in the world.

Footmarks of the Warriors: the Conquest of Mt Qomolangma. The mysterious Mount Qomolangma is known as the "roof of the world", "the top of the earth", "the third pole", and "the highest continental uplift". Scientists have proved that the crust of the Himalayas, including Mt Qomolangma, is still rising violently now. In thousands upon thousands of years, it will be higher than 8848.13 meters. There's no greater desire for mountaineers than climbing up Mount Qomolangma.

Lying here for tens of millions of years, Mount Qomolangma has long been waiting for the people to climb up. But it was not until the early 20th century that explorers came. The first mountaineering expedition to scale Mount Qomolangma came from Britain. In 1921, nine mountaineers headed by Howard Bully attempted to

勇士的足迹——征服珠穆朗玛峰 神秘的珠穆朗玛被人们喻为“世界屋脊”、“地球之巅”、“第三极”、“最高的大陆隆起”。而且据科学家们证实,包括珠穆朗玛峰在内的喜马拉雅山脉的地壳,直到现在仍在继续强烈地上升,恐怕再过千万万年以后,8848.13m这个数字恐怕将再不能表明珠穆朗玛峰那雄伟的身躯了。全世界登山者们的最大愿望莫过于能成功登上珠穆朗玛峰了!

珠穆朗玛峰在这里静静等候了几千万年,等候人类的登临。但一直到20世纪初,才有登山探险者来到这里活动。第一支向珠穆朗玛峰挑战的登山队是一支英国登山探险队。那是在1921年,9名登山队员在豪威德·布里的率领取道印度到达珠穆朗玛峰,他们从北坡和东坡向上攀登,在那里活动



overcome Mount Qomolangma via India. They climbed from the north and east sides for three months, only to reach the point of 7028 meters. They had no alternatives but to return after the death of a coordinator. The first attempt to scale Mount Qomolangma in history ended in failure.

In 1953, Captain Hunt led the ninth British expedition to climb up the highest point along the south ridge of Mount Qomolangma in Nepal. On May 29, Hillary (from New Zealand) and Sherpa Tenzing Norgay from Nepal succeeded too. Man overcame the "top of the world" at last. From the first attempt in 1921 until 1953, sweat and even life were afforded in the conquest^①.

It is much more difficult to scale Mount Qomolangma from the north with bad climate and complex landform. The Chinese moun-

了3个月,却只到达了北坳海拔7028m的地方,而且还有一名协作队员死亡,无奈只好返回。就这样,人类历史上第一次向珠穆朗玛峰的进发以失败告终。

1953年,由登山家汗特任队长,他率领第九支英国攀登珠穆朗玛峰的登山队,从尼泊尔一侧沿珠穆朗玛峰南脊再次向世界最高点进发。5月29日,队员希拉里(新西兰籍)和夏尔巴丹增登顶成功。人类终于成功登上了“地球之巅”。从1921年的登山队首次攀登珠穆朗玛峰,到1953年的登顶成功,整整相隔了32年,这32年里包含了许许多多登山者的辛劳与汗水,甚至生命!

珠穆朗玛峰的北坡由于背向太阳,气候极其恶劣,而且地形复杂,要想从这儿攀登上珠穆朗玛峰的峰顶,难度比从南

① n. 征服



taineering expedition is the first successful in climbing up from this side. In 1960, it chose the East Rongbuk Glacier to scale Mount Qomolangma along the north fact and the northeast ridge and on May 25, Wang Fuzhou, Gongbu and Qu Yinhua successively arrived at the top of Qomolangma. This is the first conquest from the north side. Gongbu, a Tibetan climber, became known as a "proud son of Qomolangma."

In 1975, the Chinese team climbed Qomolangma for a second time. On May 27, Sodnam Norbu and eight other members succeeded, among them was Phanthog, the first woman to scale Qomolangma from the north side, and was honored "the woman standing the highest" and "the third goddess".

The first woman who climbed up Qomolangma from the south slope is a Japanese whose name is JunkoTabei. In 1975 when she was 35, she determined to climb Qomolangma via Nepal. On May 16,

坡要大得多。中国登山队是第一支从北坡成功攀登上珠穆朗玛峰的登山队。1960年,中国登山队将登山路线选择在东绒布冰川,沿着北坳和东北山脊向珠穆朗玛峰峰顶进发。5月25日,王富洲、贡布、屈银华3人成功登上珠穆朗玛峰,这是人类史上从北坡征服世界第一高峰的壮举。藏族运动员贡布被誉为“珠峰骄子”。

1975年,中国登山队再次从北坡攀登珠穆朗玛峰,5月27日,索朗罗布等9人登顶成功,其中,藏族女队员潘多是世界上第一位从北坡登上珠穆朗玛峰的女登山运动员,她因此被誉为“世界上站得最高的女人”、“第三女神”。

而第一位从南坡登上珠穆朗玛峰的女性是日本登山运动员田部井淳子。1975年,年已35岁的她决心从尼泊尔一侧攀登珠穆朗玛峰。5月16日,她在尼泊尔人泽林的协助下,

with the help of a Nepalese named Zelin, she reached the top of Qomolangma.

The first to overcome Qomolangma from both south and north is a Japanese named Katou. On May 3, 1980, he scaled Mount Qomolangma from the northeast ridge in China. He had a successful experience from Nepal on October 26, 1973, and in the winter of 1982, he arrived at the top of Qomolangma another time. Thus he succeeded in climbing up the peak in the seasons of spring, autumn, and winter. Unfortunately, he died midway downhill at the age of 34.

In 1988, a friendship expedition, organized by Japan, Nepal and China, succeeded in scaling Qomolangma from both sides. With 28 mountaineers from each country, they started from China and Nepal. On the afternoon on May 5, the two groups met at the top. Af-

沿南坡登上珠穆朗玛峰之顶，成为第一位从南坡登上珠穆朗玛峰的女性。

第一位既从南侧又从北侧登上珠穆朗玛峰的登山家也是日本人，他叫加藤保男。1980年5月3日，他从中国一侧沿东北山脊登上珠穆朗玛峰。在此以前，他曾于1973年10月26日从尼泊尔一侧沿南山脊登上珠穆朗玛峰，他是世界上第一位从南北两侧登上这座世界最高峰的登山家。1982年冬，加藤保男又再次从南坡登上珠穆朗玛峰之巅，这使他成为分别在春、秋、冬三季登上珠穆朗玛峰之顶的人。令人遗憾的是，这位登山家在这次登顶成功后的下山途中，不幸遇难身亡，年仅34岁。

1988年，由中国、日本、尼泊尔三国组成的珠穆朗玛友好登山队第一次实现双跨攀登珠穆朗玛峰的活动，三国各派了28名队员参加这次规模空前的登山活动。从3月开始，登山队兵分两路，分别从中国一侧和尼泊尔一侧攀登珠穆朗玛



ter that, they climbed down from the opposite side. Tsering Dorje, a 29-year-old Tibetan, was the first to arrive at the top from the north slope at 12:44 and stayed for 99 minutes, the longest record ever made. The Japanese TV station made a live report of it through satellite and caused a sensation all over the world.

峰。5月5日下午,三国队员在顶峰顺利会合后,北上队南下,南上队北下。在这次双跨攀登珠穆朗玛峰的壮举中,29岁的藏族队员次仁多吉在12时44分率先从北侧登上顶峰,他不仅成为这次双跨中最先登顶的队员,而且还在顶峰停留了99分钟,创造了在珠穆朗玛峰峰顶停留时间最长的纪录。日本电视台通过国际卫星电视现场直播了三国登山队南北双跨攀登珠穆朗玛峰的壮举,这是攀登世界最高峰活动的首次电视现场直播,在全球造成了极大的轰动。

To memorize the 20th International Day of the Earth, with the spirit of equality, cooperation and fraternity^①, China, the former Soviet Union, and America organized a peace mountaineering expedition to Qomolangma in the spring of 1990. On May 23, the mountaineers successively completed their mission. The team was

中国、前苏联、美国为了纪念第20个世界地球日,并以三方的平等协作和友爱精神召唤世界和平,在1990年春,三国登山家组成了和平登山队,再次向珠穆朗玛峰进发。5月23日,登山队员胜利的完成了任务,共有20人登上了珠穆朗玛峰,包括7位中国人、8位前苏联人和5位美国人。其中藏族

① n. 兄弟关系,友爱



composed of 20 climbers, 7 Chinese, 8 Russians, and 5 Americans, and among them Kunsang from Tibet and Katherina Ivanova from the former Soviet Union were two women members.

Since the first conquest of the highest peak on the earth in 1953, several thousands of people/time had climbed up the peak, including 10 women mountaineers. It is meanwhile a pity that more than 100 mountaineers died in their efforts. However, they will be remembered forever.

Life on Mount Qomolangma.

Life is the strongest. Wherever it is, however severe the conditions are, life still sparks, even on the Qomolangma, the highest peak on the earth. Hawks hover 5000 meters overhead. Life in the Qomolangma region is various in species. Being faithful believers of Buddhism, the local habitants protect the wild animals, many of which have highly economic values, like snow leopard, lynx, fox,

的登山运动员桂桑和前苏联的登山运动员叶卡捷琳娜·伊万诺娃是这次登山活动中登上顶峰的两位女性。

自从1953年人类首次征服这座被誉为地球第三极的世界最高峰,在其后的半个世纪里,已有几千人次登上了珠穆朗玛峰的顶峰,其中包括10余位女中豪杰。令人遗憾的是,遇难者也有100多人,但这些伟大的勇士们将会被人们永远的记住!

珠穆朗玛峰上的生命 生命是最顽强的,地球上不论什么地方,不论自然条件有多么的恶劣,即使是在地球上最高的地方——珠穆朗玛峰,生命依然闪烁着迷人的光彩,甚至在海拔5000m以上的地方,还有山鹰在自由飞翔。珠穆朗玛峰地区不但存在着生命的气息,而且动植物的种类还很多,由于当地居民信仰佛教,不杀生,野生动物受到了很好的保护。许多动物具有很高的经济



blue sheep, plateau pikas, and so on. What is interesting is that birds and beasts share their shelters ^①. Birds like snow sparrows usually haunt the caves of marmots, rats, and hares to escape their enemies and bad weathers and they live together peacefully.

There are also many species of plants on Mount Qomolangma. The vegetation ^② can be categorized ^③ into high fundra desert, bush and forest zones, all of which distribute in river valley areas, with an elevation of 4500 ~ 5500, 3500 ~ 4500 and 4100 meters or below. In the high fundra desert area, plants are cold-resistant and drought-enduring. The creepers against wind include China milkvetch, nettle and such perennial herbaceous ^④ plants as snow lotus. In the bush zone, the vast primitive forests could be found. And in the

价值,例如:雪豹、猞猁、狐狸、岩羊以及高原鼠类等等。更为有趣的是“鸟兽一家共穴”的情景,如雪雀之类的鸟,为了躲避敌害与不良天气,经常出没于旱獭、鼠、兔等动物的洞穴,与之和平共处,形成了青藏高原上特有的“鸟兽共穴”现象。

珠穆朗玛峰上植物的种类也很多,其植被可划分为高原寒漠带、灌木带和森林带。它们分别分布在海拔 4500 ~ 5500m、海拔 3500 ~ 4500m 以及 4100m 以下的河谷地区。高原寒漠带植物能耐寒、耐干燥。适应大风的匍伏植物有:垫状紫云英、荨等,还有雪莲等多年生的草本植物;灌木带常常可以看见大片的原始森林,在高大的落叶阔叶林中,野草丛生,其中有丰富的蕨类植物和大型的草本植物,呈现出一片亚热带森林景象。

① n. 掩蔽处, 身避处, 掩蔽, 庇护所

② n. [植] 植被, (总称)植物、草木

③ v. 加以类别, 分类

④ adj. 草本的, 似绿叶的

high deciduous ^① broad-leaved forests, weeds are overgrown with rich ferns and herbaceous plants.

In the early 1980s, according to the special conditions of Mount Qomolangma, the Chinese government established Natural Reserve of Mount Qomolangma with its many rare animals and plants, various insects, Qomo fish in the Rongbuk river, snow frogs on the ice field, pheasants in the bush, and countless economic and medicinal plants everywhere.

In warm seasons, mountain slopes are covered with green forests, in which are white and red wild roses and vari-colored azalea blossoming. The blue glacial lake, like colorful satin sparking and glittering, cast from all quarters onto the white slope. In the valley area are gurgling streams, fragrant ^② grasses, flowering fruit trees, wild sheep in flocks looking for food and yellow-snouted Chough hovering in the sky.

20 世纪 80 年代初, 中国政府根据珠穆朗玛峰的特殊条件, 建立了“珠穆朗玛峰自然保护区”。在保护区内, 有大量珍奇动物和植物, 还有品种繁多的昆虫, 珠穆鱼在绒布河畅游, 雪蛙在冰原上嬉戏, 白当山鸡在灌丛中唱歌……各种经济植物、药用植物更是数不完、说不尽。

每到温暖的季节, 山坡上披盖着浓绿的森林, 到外盛开着白色的野生蔷薇、艳红的玫瑰和五彩缤纷的杜鹃; 天蓝色的冰川冰湖, 像彩缎一样, 从峰顶的四面八方撒下来, 镶嵌在洁白的山坡上, 显得分外晶莹剔透; 在山下河谷地区, 流水淙淙、花草萋萋、果树繁茂、野羊成群结队地自由觅食, 黄嘴山鸦在无羁地飞翔, 煞是一派高山好风光。

① adj. 每年落叶的, 非永久性的

② adj. 芬芳的, 香的

The grand Qomolangma is not a lifeless world, but a paradise for fairies, people, birds and beasts. It shows its unique charm on the earth.

雄伟壮丽的珠穆朗玛峰，并非是冷酷无生机的世界，而是神仙、凡人和百兽千禽同欢共乐的禅天，在地球上展现它最奇特的彩韵。

The Birthplace of Great Rivers

大江大河的发源地

The high snow peaks on Qinghai - Tibetan Plateau give birth to many great rivers, such as Yangtze, Yellow, Mekong, Selween, Irrawaddy, Ganges, and Indus rivers. The towering mountains make the skeleton^① of the Qinghai - Tibetan Plateau, whereas the torrential its charming shape. Trickling streams converge into large rivers, and are nourishing the soil on the plateau.

The rivers on the plateau can be divided into two major types. One is external, i. e., flowing into seas. The external rivers are largely dis-

青藏高原的高山雪峰是亚洲许多大江大河的发源地，如长江、黄河、湄公河、萨尔温江、伊洛瓦底江、恒河、印度河等均发源或流经这里。如果说巍峨群山组成了青藏高原的骨架，那么滔滔江河则塑造着高原的万千风姿！涓涓的小溪汇聚成巨大的江河，河水滋润着大地，为高原带来了无限的生机！

青藏高原上的河流主要分为两种，一种叫外流河，这种河流最终都流进大海，主要分布在青藏高原的东、南、西部以及

① n. (动物之)骨架，骨骼



tributed in the east, south and west of the Qinghai-Tibetan Plateau and the northwest border area, such as Jinsha, Lancang, and Nu in the east, Yaluzangbu in the south, Langqên Zangbo (Xiangquan) and Sênggê Zangbo (Shiquan) in the west, and the Yellow River in the northwest. The other kind is internal, running into inland seas or disappearing in the desert. The internal rivers are mainly found in the Northern Tibetan Plateau between Gandisê-Nyainqêntanglha and the divide of the upstream Nujiang, south- and north-ward areas of the Yaluzangbu and Himalayas. The internal rivers in North Tibet, mostly seasonal rivers, belong to the small centripetal ^① river system flowing into the inland seas. In North Tibet, big internal rivers include Qaidam river flowing into the Huslan River in south of Qaidam Basin, Za'gya Zangbo and Zhagen Zangbo flowing into Siling

东北部的边缘地区, 东部有金沙江、澜沧江、怒江; 南部有雅鲁藏布江; 西部有朗钦藏布(象泉河)、森格藏布(狮泉河)等; 东北部有我们的母亲河——黄河。另外一种叫内流河, 这种河流最终流入内陆湖泊或消失于沙漠之中。青藏高原的内流河主要分布在怒江上游分水岭以西、冈底斯——念青唐古拉山以北的藏北高原和雅鲁藏布以南分水岭及喜马拉雅山以北一带地区。藏北的内流河, 多是以各个内陆湖泊为中心的短小向心水系, 大部分为季节性流水。在藏北, 较大的内流河有注入柴达木盆地南部霍布逊湖的柴达木河, 注入色林错的扎加藏布和扎根藏布, 注入鄂错的水珠藏布, 注入依布茶卡的甲柔藏布, 注入达则错的波沧藏布, 注入扎日南木错的错勤藏布; 注入昂拉仁错的阿毛藏布, 注入波仁拉昂木错的玛嘎藏布等, 其中, 扎加藏布最长, 长 409km, 它发源于唐古拉

① adj. 向心的, 利用向心力的

Co, Yudrug Tsangpo flowing into Tsho Ngon, Jiarou Zangbo flowing into Yibug Caka, Bogcang Zangbo flowing into Dagze Co, Coqen Zangbo flowing into Zhari Nambo, Wamo Zangbo flowing into Ngangla Ringco, ma dgav gtsang po flowing into mtsho mo ngang lha ring po, and so on, the longest being Za'gya Zangbo, 409 kilometers long, from the south foot of Tanggula in Anduo County. Among the internal rivers in South Tibet, the longest is Kado-ngjiaqu, which is 73 kilometers and flows into Yamzho Yumco, and the second is Brag Tsangpo, 71 kilometers in length, running into Mapam Yumco in the southwest area.

The rivers on the plateau are characterized by abrupt torrents, dangerous shoals, and connected valleys. Take the Himalayan region for example, on the south of the Himalayas, the steep relief, sufficient precipitation and strong erosion ^① make the deep valley. A

山南麓的安多县境内。在藏南内流河中,以汇入羊卓雍错的卡洞加曲为最长,全长 73km,其次是西南部注入玛旁雍错的扎藏布,长 71km。

青藏高原上的河流有一个显著的特点,那就是坡陡流急、险滩栉比、峡谷相连。以喜马拉雅山区为例,在喜马拉雅山脉的南翼,陡峻的地势、充沛的降水和强烈的侵蚀,使这里的河流形成深切的峡谷,挂在半山腰的悬谷,水流直泻数十米,

① n. 腐蚀, 侵蚀



hanging valley is located midway of the mountain with water dropping for several decades of meters, forming a wonderful waterfall. As the current is swift and the fall is sudden, the valley stores great hydro energy resource. Among the various valleys, the most precipitous^① is the Great Bend of Yaluzangbu River between the 7782-meter Namjagbarwa Peak and the 7151-meter Pal Lhari. The horizontal distance from the peak to the river level is only 40 kilometers, but the vertical distance reaches 7000. The latest study indicates that the Bend is the biggest valley in the world, exceeding the Grand Canyon in North America.

The Langcang River. The Langcang is made up of two rivers, Za Qu rising from the foot of Xiarongjia Mountain in Zadoi county of Qinghai province, and the Ngom Qu from Wanmala Mountain in

构成了蔚为壮观的跌水瀑布。峡谷中水流湍急,落差很大,蕴藏着十分丰富的水能资源。在众多的峡谷中,最为雄伟险峻的是雅鲁藏布江大拐弯。夹持在大拐弯南北两侧的是海拔7782m的南迦巴瓦峰和海拔7151m的加拉白垒峰。从峰顶到江面,水平距离仅40km,垂直高差竟达7000m,最新的调查研究表明,雅鲁藏布江大拐弯是世界上第一大峡谷,超过了北美的科罗拉多大峡谷。

澜沧江 澜沧江是由源头的两条河流汇聚而成。一条为扎曲,发源于青海扎多县境内的夏茸加山麓;另一条叫昂曲,发源于西藏巴青县境内的万马拉;两河在昌都汇合,经芒康县

① adj. 陡峭的

Baqên of Tibet. The two rivers met in Qamdo, then it flows into Yunnan province through Yanjing of Markam county, and finally arrives in the South China sea via Burma, Laos, Thailand, Cambodia, and Viet Nam. Out of Yunnan, it is called the Mekong River.

The Nujiang River. Like the Lancang, the Nujiang River is also international. It rises at the southern foot of Tanggula Mountain and flows into Burma, where it is named Salween River. As the second largest river in Tibet, the Nujiang River is 1393 kilometers long in Tibet Autonomous Region, covering an area of 102 500 square kilometers.

The Yaluzangbu River. Among all the rivers in the world, the Yaluzangbu has the highest elevation. In ancient Tibet, Yaluzangbu is called Yangqiabo Zangbo, the water flowing from the highest peak. Rising from the glacier at the foot of the Himalayas, it has two sources, the glaciers of

境内的盐井流入云南。流出云南后,即称为湄公河,经缅甸、老挝、泰国、柬埔寨、越南等国最终流入南中国海。

怒江 同澜沧江一样,怒江也是一条国际性河流。它发源于唐古拉山南麓,流经云南省,然后出云南入缅甸,在缅甸它叫萨尔温江。怒江在西藏自治区境内长约 1393km,流域面积 102 500km²,为西藏第二大河。

雅鲁藏布江 雅鲁藏布江是世界上海拔最高的一条河流。在古藏文中,雅鲁藏布叫“央恰布藏布”,意思是从最高顶峰上流下来的水。它发源于喜马拉雅山北麓的冰川,有两个源头,正源叫杰马央宗,源于杰马央宗冰川;另一个源头出自阿色甲果冰川,叫库比藏



Jiema yangzong and Ase Gyalung. The upper reaches of the river is called the Maquan River, and the downstream section Yaluzangbu traversing the south area of Qinghai - Tibetan Plateau from the west to east along the long and narrow valley between the Himalayas and Gandisê Mountain, turns round the hoof-shaped Namjagbarwa Peak, and runs southwestward out of the border until it joins the Ganges in India. The Yaluzangbu River, 2091 kilometers in China, is the fifth largest river with coverage of 240 480 square kilometers. Its ranks the third and second places respectively in stream flow and hydro energy resource. It fully deserves the name of the largest river in Tibet Autonomous Region.

Jiema yangzong, the major source of Yaluzangbu river, is the "sea of sands and stones" in Tibetan, for there are many glacial materials in it. In the upper reaches, the various swamps and lakes and the

布。河流的上游一段叫马泉河，其下才叫雅鲁藏布江。雅鲁藏布江自西向东沿着喜马拉雅山脉和冈底斯山脉之间的一条狭长谷地横贯于青藏高原的南部，然后绕过喜马拉雅山脉最东端的南迦巴瓦峰作一马蹄形大拐弯后，折向西南的峡谷区流出国境，最后在印度境内汇入恒河。雅鲁藏布江在我国境内全长 2091km，流域面积达 240 480km²，是我国的第五大河；而且水流量丰富，居全国第三位；水能资源极其丰富，居全国第二位，它当之无愧是西藏自治区的第一大河。

雅鲁藏布江的正源杰马央宗是藏语沙石海之意，这是因为杰马央宗流域有很多的冰碛物。雅鲁藏布江（仅指我国境内部分）的上游地区沼泽湖泊众多，而且两岸山势和缓，形成

steep relief make it a good summer pasture. In the middle reaches, the valley is of the same width, like the beads in a string. But in the lower reaches, the fall is abrupt. Reserving great waterpower resources, the elevation of the valley bottom varies from 2800 to 155 meters.

The Yaluzangbu has two large branches. One is the Lhsa River, 568 kilometers, rising from the halfway of the Tanggula Mountain and flowing by the city of Lhsa. The water comes from rain, melting snow, and underground. Therefore, the annual level of Lhsa River is high. As a result, the city of Lhsa has been flooded several times in history. The other is Parlung Zangbo, with a larger rate of stream flow. As Parlung Zangbo is a mountainous river, the bare rocks and widespread block wastes on both sides frequently cause collapse and mud-rock flow, especially when there is rainstorm. Sometimes, the river is blocked

了良好的夏季牧场；中游段的河谷宽窄相间，就如同串珠一般；而下游段落差极大，谷底海拔从 2800m 一直下降到 155m，隐藏着极大的水力资源。

雅鲁藏布江有两个比较大的支流，一个是拉萨河，它发源于念青唐古拉山的中段，流经拉萨市，全长 568km。拉萨河的河水主要来自于雨水，其次是冰雪融水，还有一部分来自地下水。因此拉萨河年水位变化较大，历史上曾有好几次大洪水淹没了拉萨市。雅鲁藏布江还有一条大的支流叫帕隆藏布，它是雅鲁藏布江水量最大的支流。帕隆藏布是一条山区性河流，两岸岩石裸露，岩屑堆随处可见，每逢有大雨的时候，极易发生崩塌、泥石流等，有时甚至阻塞河道，形成泥石流堰塞湖。



and a dammed lake formed.

The Shiquan River. The Shiquan River, the upper section of the Indian River, is one of the big rivers in Ngari on the Qinghai-Tibetan Plateau. The water source firstly comes from a spring. As the location of the spring looks like a lion, the river thus got its name Shiquan ("Lion spring"). The river is 385 kilometers long and covers an area of 28 000 square kilometers. The mountains flanking ^① the upstream are over 5000 meters above sea level. The spring gives rise to the Shiquan River, but it is the melting snow that provides the most water source with many of its branches from the modern glacier lakes near kangrin-boqê of Gandise. Groundwater is another important source.

The Jinsha River. The Jinsha River, once called Li, get its present name, which means "gold sand", because it produced allu-

狮泉河 狮泉河是印度河的上游,也是青藏高原上阿里地区的主要河流之一。河源最先由泉水流出,因为泉水所在的山体形同狮子,所以叫狮泉河,在藏语里它叫森格藏布。狮泉河在我国境内长约385km,其流域面积约为28 000km²。狮泉河的上游地段两侧高山耸立,这些山脉海拔常在5000m以上。虽然起源于泉水,但冰雪融水是狮泉河重要的水源,因为它有许多的支流发源于冈底斯山脉冈仁波齐峰附近的现代冰川湖;另外,地下水也是狮泉河的重要补给水源。

金沙江 金沙江因水中产沙金而得名,古称为丽水。它是长江干流上游的一段,发源于青藏高原唐古拉山脉各拉丹

小博士英汉对照丛书

① vt. 在...的侧面,侧翼包围,守侧面 vi. 侧面与...相接

vial ^① gold. As a part of the upstream of the Yangtze River, it rises from the southwest area of Gêladaindong of the Tanggula Mountain, runs through the Yushu Tibetan Autonomous Region, turns south along the border of Tibet and Sichuan provinces, and flows into Yunnan province via ^② Markam county of Tibet. It is 2300 kilometers long, and its drainage area is 340 000 square kilometers. As a river with high mountains and deep valleys, when looked up from the valley, the mountain tops pierce into the sky and when looked downward from above, the river is a thin line. Entering Tibet and Sichuan, the river wedges its way southward between ridges and peaks over 5000 ~ 6000 meters above sea level.

Beyond the Jinsha, the section is called the Tongtian River, and further upstream is the Tuotuo River, source of the Yangtze. The

东雪山的西南侧, 经青海省玉树藏族自治州, 与西藏、四川交界线南下, 通过西藏芒康县流入云南。全长 2300km; 流域面积 34 万平方千米。金沙江属高山峡谷型河流, 河谷以“曲、狭、陡、深”的特点而著称, 有人称其是“仰望山接天, 俯看江如线”。金沙江进入川藏之间以后, 就像一把利斧在峰峦叠嶂中劈开一条向南的通道, 两岸高山耸立, 这些山峰海拔高度都在 5000 ~ 6000m 以上。

金沙江以上部分叫通天河, 再向上叫沱沱河, 是长江的源头。沱沱河发源于唐古拉山主峰各拉丹东的西南侧, 水源

① n. 砂金

② prep. 经, 通过, 经由



Tuotuo River rises from the south-west area of Geladaindong of Tanggula Mountain, and the water comes from over twenty snow mountains nearby. It has been a long time to seek the source of the Yangtze River. Before the Ming Dynasty, the Min mountain was believed to be the source. In the Ming Dynasty, Xu Xiake the famous geographer pointed out that it was wrong but he failed to give the right one. It was not until 1976 and 1978 when the Chinese scientists investigated^① twice the source and ascertained the Tuotuo River, the longest one in the five rivers found in the source area, as the source of the Yangtze River.

The Jinsha River has an important branch named Yalong, also known as Jinjiang. It rises from Bayan Har Mountain in Qinghai with the total length of 1320 kilometers and drainage^② area of 130 000 square kilometers. Just like the

来自于周围二十几座雪山。关于长江源头的寻找有着很长的历程,在明朝以前,一般都沿用《禹贡》中“岷山导江”的说法。明代著名地理学家徐霞客在他所著的《江源考》里虽然纠正了这一说法,但也没有找到正确的长江源头。直到1976年和1978年,中国科学家们经过两次江源考察,才将在长江源头地区发现的五条河流中最长的一条——沱沱河定为长江的正源。

金沙江有一条重要的支流叫雅砻江,又叫金江。它源于我国青海省巴颜喀拉山,全长1320km,流域面积13万平方千米。雅砻江同金沙江一样,也是一条高山峡谷型河流,两岸高山耸峙,峡谷深邃。在地

① v. 调查, 研究

② n. 排水, 排水装置, 排水区域

Jinsha, Yalong is also flanked by towering mountains. With earthquakes, storms and erosions, rockslides and collapses are frequent.

The Jinsha River traverses the Hengduan area. The swift current and dangerous shoals make the traffic inconvenient. But because of the high rate of current and abrupt falls, the Jinsha River stores great waterpower resources and has great applicable potentials.

The Yellow River. The Yellow River is the cradle ^① of Chinese civilization. It was often recorded as He ("River") in ancient classics like *Shanhaijing*, *Yugong*, *Shuijingzhu* and so on. Since its midstream flows by the loess plateau and meets many of its branches with plenty of mud and sand, the water is yellow, and is thus called. In Tibetan, it is called "Ma Qu", meaning "the peacock

震、暴雨和河流侵蚀等因素的共同作用下, 常会有大规模的山崩和滑坡。

金沙江贯穿于横断山区, 水流急, 滩险多, 为水上交通带来了极大的不便。但水流量丰富, 流水落差大, 蕴藏着巨大的水力资源, 有极大的开发利用价值。

黄河 黄河是我们中华民族的摇篮, 在古代的《山海经》、《禹贡》、《水经注》等书中都有对它的记载, 称它为“河”。由于它的中游流经黄土高原, 汇聚了夹有大量泥沙的支流, 使河水呈黄色, 所以叫黄河。在藏语中它叫“玛曲”, 意思是“孔雀河”。这是因为在黄河的上游有一个河滩叫玛涌, 滩上有许许多多的小湖泊, 当你登高俯看时, 数不清的大小湖泊就

① n. 摇篮, 发源地

river." In the upstream there is a shoal named Mayong, on which lie lots of small lakes. When looked from above, the star-like lakes are like a peacock spreading its tail feathers.

The Yellow River originates from the north foot of the Bayan Har Mountain with Kar Qu. as its source. Kar is a Tibetan word, meaning "copper." It is used to describe the color of the water, as during the flood period the water carries plenty of brown sands from the red stratum formed in Tertiary Period. Then, the Tibetans give it the name of Kar Qu.

Compared with other rivers, the Yellow River has many gorges, among which are Longyang, Sumba, and Jishi. The Yellow River has the largest silt content among all the rivers in the world. According to investigations, however, the percentage is less than 1/15 of the total.

如同繁星落地,绚丽多彩,宛如孔雀开屏一般,于是藏族人就把这个滩叫玛涌,而流经玛涌的河就叫玛曲了。

黄河发源于巴颜喀拉山北麓,源头叫卡日曲。卡日也是藏语,意思是铜,形容卡日曲河的颜色为铜红色。这是因为卡日曲流经形成于第三纪的红色地层,洪水期间河水夹带大量的红棕色的沙,藏族人就将这条河叫做卡日曲了。

和其他河流相似,黄河在青藏高原上也是多峡谷的河流,其中以龙羊峡、松巴峡、积石峡等较大。黄河是世界上含沙量最大的河流,但在青藏高原上,它的含沙量却很低。据调查,黄河在青藏高原上的含沙量仅占全流域含沙量 1/15 还小。

The Group Lakes with the Highest Elevation

海拔最高的湖泊群

The Qinghai - Tibetan Plateau is characterized by many star-like lakes here and there like colorful dazzling pearls. Investigations show that it is one of the areas with the densest lakes in groups with an elevation of 4100 ~ 4900 meters, the highest in the world.

Why are there so many lakes on the plateau? In order to answer this question we have to trace the history of the plateau. During the plateau's uplift, its movement was unbalanced and uneven. Hence the formation of land conditions. As the climate on the plateau was warm and humid, plenty of water was collected. With the rise of the plateau, lakes changed accordingly. Some lakes vanished^① because

星罗棋布的湖泊是青藏高原自然景观中的一个显著特点，众多的湖泊点缀在高原的不同位置，像珍珠一样放射着炫目的光彩。据调查，青藏高原是我国湖泊分布最密集的地区之一，且成群分布，它们多在海拔 4100 ~ 4900m，是世界上海拔最高的湖泊群。

为什么青藏高原会有这么多的湖泊呢？这还得追溯高原的历史。在青藏高原隆起的过程中，高原各地地壳的运动并不均衡，而是高低参差，这就为湖泊的形成提供了地形条件。而且地质历史上青藏高原的气候温暖湿润，这样就有较多的水分储存在较低洼的地段形成湖泊。但随着高原的隆起，高原上的湖泊发生了相应的变化：有一些湖泊的湖水被切穿

① vi. 消失，突然不见



the water was carried away by rivers flowing by. Others were turned into small lakes because of water shortage ^①. At present, the Qinghai-Tibetan Plateau is becoming drier and colder, and there is less and less melting water. As a result, many lakes are turning into smaller saltwater lakes. However, large lakes do exist, e.g. the Qinghai Lake, Namco, Siling Co and so on.

On the plateau the weather is fine and the lakes are clear. Standing on the bank and looking at the lake, you'll feel you have a lake of glittering clear water. In the sunshine, without clouds or wind, gazing at the profound and azure water, you will be beyond earthly cares. Like those holy mountains, many lakes on the plateau have been bestowed ^② divinity ^③ by the Tibetans. They are associated with many beautiful and moving leg-

湖盆的河流带走,湖泊消失了;还有一些湖泊,由于湖水来源减少,湖泊的水位下降,统一的大湖被分割成无数的小湖,形成了许多集聚的小湖泊群。现在,由于青藏高原的寒旱化趋势增强,冰雪融水逐渐减少,致使许多湖泊向咸水湖转变,而且面积逐渐变小;但仍然有许多大面积的湖泊,比如青海湖、纳木错、色林错等等。

高原上天气晴朗,湖水明净。临湖观望会使人感到拥一池闪亮明碧的浪波,凝视冥冥深处的湛蓝,无云无风中,在透明的阳光下,坦逸悠然地置身于尘世之外,犹如进入忘我的境界,进入来生之梦。如同那些神圣的高山一样,青藏高原上的许多湖泊也被神圣化了,有着许多优美动人的传说。像民间流传的三大圣湖——玛旁雍错、纳木错和羊卓雍错更是传说漫天飞。

① n. 不足, 缺乏

② vt. 给予, 安放, 赋予

③ n. 神, 神学, 神性



ends, like those about the three holy lakes: Mapam Yumco, Nam Co and Yamzho Yumco.

The Qinghai Lake—a Bright Pearl on the Plateau. Qinghai Lake is the largest interior saltwater lake in China. It was called Qiang Sea, Beizaqiang Sea, and Xian Sea in the ancient times, West Sea at the end of West Han Dynasty. All of these names mean the blue sea. Qinghai province is named after it. Qinghai Lake is 106 kilometers long from east to west, and 63 kilometers at the widest point from the north to south, with the perimeter^① of 360 kilometers and area of 4583 square kilometers. At present, its depth is about 32.8 meters. Qinghai Lake is surrounded by mountains in four sides. There's a vast prairie from the foothill to Qinghai Lake. The boundless and blue Qinghai Lake, like a jade^② plate, is set between the mountains and prairie, forming

高原明珠——青海湖 青海湖是我国最大的内陆咸水湖泊,古称羌海、卑杂羌海、鲜水,西汉末称西海,蒙语叫“库库诺尔”,藏语叫“错温布”,都是“青色的海”的意思。我国的青海省就是因它而得名。青海湖东西长 106km,南北最宽为 63km,周长 360km,面积 4583km²,现在的最大深度约 32.8m。青海湖四面环山,从山下到湖畔是苍茫无际的千里草原,碧波连天的青海湖就像一个翡翠玉盘镶嵌在高山草原之间,构成了一幅浓墨重彩的风景画。在不同的季节,你会见到不同的青海湖,夏秋相交之间,湖畔山青草绿,风景宜人。深冬季节,草原上一片金黄,浩渺的湖面就像一泓澄碧的琼浆凝固成的一面明镜在阳光下熠熠闪光。

① n. 周长,周界

② adj. 绿色的,玉制的 n. 碧玉,翡翠

a heavily colored and wonderful landscape painting. In different seasons, Qinghai Lake portrays differently. In the late summer and early autumn, it is surrounded by green trees and grasses, delightful and attractive; while in the bitter winter, the boundless lake glitters in the sunshine, like a bright mirror.

There's a legend about the origin of the Qinghai Lake. As the legend goes, the Dragon King ("God of Rain in Chinese mythology") of East Sea had four sons. The oldest son succeeded to the throne; the second son was raised to the King of the North Sea; the third son became the King of the South Sea. Only the youngest son had no sea to reign. So he determined to make a sea by himself. The little Dragon King drew 108 rivers by magical power from the prairie on the northeast Kunlun Mountain. These rivers converged ^① into a sea, i. e.

于青海湖的由来，在民间流传着一个古老的传说：相传东海龙王有四个儿子，大儿子承袭为东海龙王，二儿子被封为北海龙王，三儿子则作了南海龙王，只有最小的一个儿子没有海。于是他决心为自己造一个海。小龙王大显神通，在昆仑山东北部的大草原上引来了108条河流，这些河流汇聚成了他自己的海——西海。这个西海就是今天的青海湖。当然这只是一个神话传说。事实上，青海湖是在青藏高原隆升的过程中，由于古海水退缩形成的一个残留湖。当青藏高原



① v. 聚合，集中于一点 vt. 会聚

the west sea, known as today's Qinghai Lake. Obviously, it's only a fairy tale. In fact, Qinghai Lake is a relict lake formed by the water recession^① during the plateau's uplift. When the plateau gradually lifted up, the water recessed and the relict water formed various lakes. Qinghai Lake is one of them. Nowadays, to the east and west of Qinghai Lake lie four sublakes, namely Duohai Sea, Xinduo Sea, Haiyan Gulf and Erhai Sea.

Historically, the Qinghai Lake was an external lake, its water flowing eastward through the reverse river into the Yellow River. But in the Mid - Pleistocene, 700 000 years ago, due to neotectonics, the reverse river flowed backwards. Therefore, Qinghai Lake didn't discharge^② any more, and became a closed inland sea. Because of the dry climate, evaporation^③ became bigger than in-

逐渐隆起的时候, 古地中海的海水退走了, 在一些凹地残留的海水就形成了大大小小的湖泊, 青海湖就是这众多湖泊中的一个。现今在青海湖的东面和西面还有四个子湖, 分别是尕斯库勒湖、新尕斯库勒湖、海晏湾和洱海。

青海湖在历史上曾经是一个外流湖, 湖水经倒淌河向东流入黄河。可是在距今 70 多万年前的中更新世, 由于新构造运动, 使倒淌河倒流, 从此青海湖不再外泄, 成为一个闭塞的内陆湖。由于青海湖地区气候干旱, 湖水蒸发量大于注入量, 致使湖水水位不断下降, 湖泊面积不断缩小。据地质学家测定, 在 1 万年前, 湖水要比现在在深 80 多米, 面积比现在大

① n. 撤回, 退回, 退后

② vt. 卸下, 放出 vi. 卸货, 流注于

③ n. 蒸发(作用)

flow. Therefore, the level fell and $1/3$. the area shrank. According to geologists, 10 000 years ago, the lake was deeper by 80 meters or more and the area was one and a third of it now.

There are five beautiful islands in the Qinghai Lake, among which the Bird Island and Mid-sea Hill are the most famous. The Mid-sea Hill, lying in the middle of the lake, is the largest island: 1000 by 600 meters with the hilltop of more than 70 meters above the water. Like a tadpole, the Bird Island is 500 by 150 meters, 10m over the lake, lying in the northwest of the lake. This is the kingdom of birds. In March or April, approximately 100 000 migrant birds assemble here to hatch their offsprings. They are mainly bar-headed geese, brown-headed gulls, cormorants, tufted duck, and some are rare birds, such as whooper swans, black-necked cranes, sky larks, a total of 163 species. The whole

在青海湖中有五个美丽的小岛,其中以鸟岛和海心山最为有名。海心山是青海湖中最大的小岛,因为位于湖泊中部,故而得名,它长约 1km,宽约 600m,山顶高出湖面 70 多米。鸟岛状似蝌蚪,位于湖的西北部,南北长约 500m,东西宽约 150m,最高处高出湖面约 10m。鸟岛是候鸟的王国,每年三四月份,约有 10 多万只候鸟汇集于此,孵蛋产雏,主要有斑头雁、棕头鸥、鸬鹚、赤麻鸭、凤头潜鸭等,还有大天鹅、黑颈鹤、云雀等珍禽共 163 种,整个小岛被鸟群遮盖的严严实实,满岛净是鸟巢鸟蛋,密集的几乎没处下脚,岛上到处都是鸟类繁忙的身影,造就了一个欢腾的世界。在 20 世纪 50 年代,鸟岛还是一个四面环水的小岛,岛上群鸥竞艳,万鸟齐飞,



island is covered with the birds, leaving no room to step on because the bird's eggs and nests are everywhere. In 1950s, the Bird Island was surrounded by water on all sides, and thousands of birds lived on it. But with drought and drop of water level, the island has become one with the bank, and is now a peninsula^①.

The Qinghai Lake abounds in naked carp, belonging to cold-water species. Its body is large and firm-fleshed, almost without scales. As the contents of fat and protein^② are high, it is nutritious and delicious. Together with the naked carp and red-scaled fish, Hilsa herring in Fuchun River, *Racoma taliensis* and Kunming nase in Erhai, Five Famous Fish in China is thus made up. As it originated in the Yellow River, it is similar to the common carp. Its ancestors had scales, but they grow

但是随着气候的变干,湖水的退缩,如今这个小岛已逐渐与湖岸连在了一起,成为半岛。

青海湖还以盛产湟鱼而闻名。湟鱼学名叫青海裸鲤,是冷水性鱼,全身近乎无鳞但身体肥硕,脂肪和蛋白质的含量都特别高,营养特别丰富,而且味道鲜美。湟鱼是一种稀有鱼类,它与泰山的赤鳞鱼、富春江的鲢鱼、洱海的弓鱼和油鱼并称为我国的五大名鱼。湟鱼原产于黄河流域,所以酷似黄河鲤鱼,它的祖先是带鳞的,但经过漫长的进化,形成了几乎全身裸露的鱼类。

① n. 半岛

② n. [生化]蛋白质

bare.

The Holy Lake. About 20 kilometers southeastward of the Kangrinboqê Peak of the Gandisê Range, there's a gigantic lake with the shape of a swan egg, known as Mapam Yumco. It is about 4588 meters above sea level, and 81.8 meters deep, with a perimeter of 92 kilometers. Mapam Yumco is one of the lakes with the highest transparency, and the blue and sweet water is clear enough for people to see 14 meters under water. In the afternoon, there are five colors on the water. High mountains surround the lake, blocking those who want to fetch water here.

Like the holy mountain Kangrinboqê, Mapam Yunco is honored the queen lake among the plateau's kingdom of lakes. Buddhism, Bon, Indian and Jainism worship it greatly and regard it as a holy lake. The Indians believe it to be the living place of the Swan King. The Tibetans hold that the Dragon

神湖 在冈底斯山脉主峰岗仁波钦东南约 20km 的地方,有一个硕大的形状像天鹅蛋的湖,这便是神湖玛旁雍错湖,它的海拔约 4588m,最大水深 81.8m,湖周长约 92km。湖水清澈,湖心能看清楚水下 14m 深的东西,是我国目前湖水实测透明度最大的湖泊之一。湖水色作翠绿,味清甜。每到午后会有五色浮在水面,绚烂多彩。湖的四面有高大的山峰,如同四道门,相传取水者必从门中进入才行。

玛旁雍错湖与冈仁波钦神山齐名,被尊为高原湖泊之国的皇后,因为无论是佛教、本教,还是印度教、耆那教,都对它膜顶崇拜,是当之无愧的神湖。在印度,它的名字叫“玛那沙湖”,印度人认为这里是天鹅之王的住所。藏族人认为玛旁雍错湖中居住着广财龙王,于



King of treasure lives in it. After the introduction of Buddhism, the lake changed its name into Mapam Yumco, meaning the lake that is never defeated.

In Buddhist scriptures^①, there's a legend about the formation of Mapam Yumco. Before the birth of Mapam Yumco, there was a kind-hearted king. He witnessed the birth, old age, sickness and death of man, and consulted his teacher whether wise people had the same experiences. He was informed that these pains belonged to every creature, and the only solution was to give alms. Then, the king built many houses for the poor, offering them food and shelter for twelve years. There are more and more pits on the ground. They washed rice here, so there was more and more water. Twelve years later, it became a big lake. Beside the lake stood a tree, from which pot-like fruit fell into the

是就以龙王之名“玛垂”命名，即“玛垂错”，后来佛教传入高原并取代了本教，便更名为“玛旁雍错”，意思是永恒不败之湖。

关于玛旁雍错湖的形成，佛教经典中有这么一个传说：玛旁雍错诞生之前，曾有一个心如菩萨的国王叫木崩，他看到人们生老病死的苦状，便询问他的老师这些痛苦是否也属于贤明君子，他的老师告诉他说这些痛苦属于所有众生，解除痛苦的办法惟有布施。于是国王令人修了许多房子，为所有贫困苦难者提供为期12年的温饱。于是地面上烧饭的坑灶越挖越多，倒出的淘米水越来越多，12年后，这里成了一个大湖。在湖边还有一棵树，树名“赞木直下”，陶罐那么大的果实落入水中变成了金子。印度民间还说，创造之神见到祭拜冈人波钦神山时缺乏净水，就用意念创造了这个湖泊。玛旁雍错湖的四边有四个

① n. 基督教(圣经)，经文

lake, and turned into gold. According to an Indian folktale, the God of Creation observed the shortage of fresh water, and he conjured ^① up the lake with four gates: the Lotus Gate with five sands in the east, the Fragrance Gate with five vanillas in the south, the Dirt-cleaning Gate with five sodas in the west, and the Faith Gate with five colorful stones in the north. Pilgrims should go around the lake on foot once and clear themselves at each gate to dispel sins and get happiness and virtues. The water in the holy lake is the sweet dew ^② for the people bestowed by God. It not only cleans the dirt and cures various ailments ^③, but also gets rid of worries. In Nepal, holy water is of high value, but few people sell it, as they will warmly treat relatives and friends by the holy water after returning home.

洗浴门,东为莲花浴门,有五种沙子;南为香甜浴门,有五种香草;西为去污浴门,有五种碱料;北为信仰浴门,有五种彩石。朝圣者绕湖一周,到每个浴门洗刷,便能消除各种罪过,得到不同的福德。圣湖的水乃胜东大尊赐给人类的甘露,不仅能清洗肌肤上的污垢,还可以清除心灵的烦恼,并可祛除各种病痛。在尼泊尔,神湖圣水价值很高,但很少有人出售,因为朝圣者归乡后要用圣水款待亲朋好友。



① vi. 变戏法,施魔法 vt. 祈求,恳求

② n. 露,露水般的东西

③ n. 疾病(尤指微恙),不宁,不安

Here are more miracle stories about the holy lake. According to the local inhabitants, no matter where you stand, you can't find the opposite bank, because the central lake is high and the four sides are low. Therefore, the view is blocked. Since the ancient times, many people have made endeavors^① to cross the lake on cowhide boats, but all failed because of the wave peak in the middle of lake. In the early 20th century, a foreign explorer got a motor-driven boat but sank midway. It's not fictional, for there were witnesses to the shipwreck^②. It is also said that on April 15, according to the Tibetan calendar^③, the frozen lake melts completely. This is the birthday of Sakyamuni. They say the lucky one can hear Sakyamuni lecturing on Kangrinboqê. According to scientists, there are periodic volcanic activities on the bottom of the

关于神湖还有几个神奇的故事。当地人讲,无论你站在湖畔的哪一个地方,都无法看到对岸,因为湖水中央高,而四周低,中央凸起的水面挡住了视线,所以你无法看到对岸。自古以来,曾经有过不少人驾牛皮舟试图横穿湖面,都因湖中央凸起的波峰的阻挡无功而返。20世纪初,一位外国探险家费资耗力弄来一艘机器船,行至湖心时却被波浪吞没。传闻曾有人见过埋在湖里的桅杆,看来此事并非虚构。有人说神湖于每年藏历4月15日这天,湖面的结冰全部融化干净。藏历4月15日是佛祖释迦牟尼的生日,有运气者能在这天听到释迦牟尼在岗仁波钦讲经的声音。据科学家讲湖底有周期性的火山活动,但同在4月15日这一天,实在令人费解。

① n. 努力, 尽力

② n. 船只失事, 海难, 遇难

③ n. 日历, 历法



lake. But it is extremely puzzling that they are on the day of April 15 when the Buddha was born.

The Ghost Lake. To the west of the holy lake lies a ghost lake, named La'nga Co, 4572 meters above the sea level. The water in it tastes bitter. The lake is long, narrow, curving like a crescent moon. It is said that sometimes there are big torrents even without wind. In fact, the scenery here is quite beautiful: the misted dull red hill lie beside the lake, and the pebble^① beach looks like a glittering silver belt on the bank. There is a red islet in the lake too.

The legends about the ghost lake are abundant^②. One says that the holy lake was the bathing spot for fairies. A nine-headed monster intended to seduce the maidens and was driven away angrily by the fairy maidens who channeled the water into a low land for him,

鬼湖 在神湖的西边还有一个鬼湖名叫拉昂错，海拔4572m，水质却是又苦又涩的。拉昂错湖狭长弯曲，如同一轮弯弯的月亮。据说鬼湖是无风三尺浪。其实这里的景色非常美丽，湖边暗红色的小山，颜色迷离。行至湖边，耳边阵阵波浪声。卵石滩像一条白亮亮的银带，镶在湖边。湖里还有一个小岛，是暗红色。

关于鬼湖的传说很多，其中一种说法是：圣湖是仙女洗澡的地方，一个九头妖怪想在此鬼混，仙女们很生气地把它赶走，妖怪再三恳求仙女给点水洗澡，仙女们只好用小沟通至一片凹地给它，于是就有了鬼湖。还有一种说法是鬼湖的

① n. 小圆石，小鹅卵石

② adj. 丰富的，充裕的，富于

which became the ghost lake. Another says that the lake water was poisonous at the beginning. A gold fish in Mapam Yumco tried to escape attack of another fish and brought water of a divine lake here through a small stream and thus the poison was removed. Still another story says that the holy lake and the ghost lake were a couple, and the stream was their line of love. When there was water, the two lakes were connected. Their potential power would bring world harmony. Now, like a channel long being out of repair, the stream was slightly over one meter across and the bottom was nearly bare. Only when there was a rise could both lakes be joined, as the holy lake is 15 meters higher. It is said that the drying - up of the stream is an ill omen and that it may bring disease and catastrophe, which make the local inhabitants worried.

Namco: an Attractive "Celestial Lake". Namco is the second largest

水原先是有毒的,后来玛旁雍错湖中的一条金鱼为了逃避另一条鱼的攻击,无意中从这两湖之间的一条窄沟里游到了鬼湖,神湖之水流到了鬼湖,从而解了它的毒性。也有传说,神湖和鬼湖是一对夫妻,这条小水沟是他们的感情线,每当小水沟有水的时候,这两湖连在一起,它们潜在的力量对世界才是和谐美好的。如今这条小水沟只有1m多宽,倒像条常年失修的水渠,裸露的石底一目了然,而且早就干枯了,只有偶然遇到涨水,因为神湖较鬼湖高出15m,神湖之水才涓涓不息地注入鬼湖,两湖才有相通的情景。据说水沟干枯是一种不祥的征兆,会给世界带来苦难,给人类带来疾病,一些当地人常常为此困惑不安。

纳木错——迷人的“天湖”

纳木错是青藏高原第二大咸



saltwater lake on the Qinghai-Tibetan Plateau. It is a bright pearl among the Qiangtang group lakes. The lake is 4718 meters above sea level, 70 kilometers long from east to west, 30 kilometers wide from north to south, and 33 meters at the deepest point, with an area of 1920 square kilometers. Namco is situated to the west of the holy mountain Nyainqêntanglha, from which melting water is supplied. "Namco", a Tibetan word, means "celestial lake." It possesses both the elegance of lake and the magnificence of sea. Looked into distance from the bank, the lake and heaven become an integral whole. To the inhabitants living on the plain, Namco is really a lake in the heaven. Namco is the highest lake in the world. It is 100 meters higher than the Lake Titikaka on the Bolivian Plateau in South America. The lake and the mountain form a beautiful contrast. The reflection of Nyainqêntanglha Peak in the lake and the

水湖，是羌塘高原湖群中最为璀璨的一颗明珠，海拔高达4718m，面积达1920km²，东西长70km，南北宽30km，最深处达33m。纳木错位于神山念青唐古拉山的西侧，因此念青唐古拉的冰雪融水是纳木错的主要补给水源。藏语“纳木错”是“天湖”的意思，蒙古语称之为“腾格里海”，当你站在湖畔上向远方眺望时，湖与天浑然一体，景色雄壮，既有湖的秀姿，又有海的伟峻。“纳木错”对生活在平原上的居民来说，确实是“天边的湖”，它比南美玻利维亚高原上的“的的喀喀湖”还高100m，是世界上海拔最高的大湖。湖中倒映着远处的念青唐古拉雪峰，加上断续展布的城垣断崖，甚为雄伟壮观，湖光山色，相映成趣，成为拉萨地区的旅游胜地。“纳木错”属内陆湖，是由于历次造山运动，地层断裂形成的，湖水微咸，它是西藏第一大湖，是仅次于青海湖的全国第二大咸水湖。

dilapidated^① city walls and steep cliffs make it a tourist spot in Lhasa. As an internal lake, Namco was the result of several orogenies and fault movements. Namco is the largest lake in Tibet, and the second largest saltwater lake in China, next to the Qinghai Lake.

In autumn, the holy Namco is gentle. Red, purple, blue, orange, and white flowers vie with one another. Gentian flowers, with their unique fragrance, attract bees, butterflies, and grasshoppers. Everywhere you can find birds and beasts share caves, vultures grab lambs, and swans and other birds play together. In winter, the lake turns into a vast sheet of ice and sea of snow. The local shepherds^② say, on the night of November 15 in the Tibetan calendar, the whole Namco is a world of ice. Waves are frozen into various shapes: some are like polar bears, others are serac forests. The

秋天,神圣的“纳木错”是温柔的。格桑花、色欣花、荣布花等,以红色、紫色、蓝色、橙色、白色等颜色竞相怒放,争艳吐芳喷香,“邦锦美朵”以草原花卉那独特的浓郁馨香,招引了蜜蜂、蝴蝶和蝈蝈……至于“鸟兽同穴”、秃鹫叨小羊、成群的天鹅和水鸟相互追逐戏耍的镜头,更是抬头可见。冬季里,湖面变成了广阔无垠的冰板,雪海。据当地牧民讲,每当藏历年11月15日夜里,整个纳木错湖就变成了冰的世界,大浪变成了冰,形状各异:有的像北极熊、有的像冰塔林……,而且时间非常准确,几十年内只差一两天。初春,清澈透明的

① adj. 毁坏的, 荒废的

② n. 牧羊人

time of change is so narrowly restricted that there is only the error of one or two days in several decades. In early spring when it begins to get warmer, ice sheets crack and split, making crashing and rumbling sounds of thunder. Ice blocks of square, triangular, and pentagonal shapes move, shiver, melt and then disappear. Then Namco is gentle again. The cycle repeats year in year out, vast and holy.

The islands in the lake and the scenes on the bank make their reflections in the tranquil^① and clear water, what is narrow becomes long, and what is long becomes square. Ordinary stones, grasses, flowers, and snow peaks, once reflected, become alive, look like exquisite^② palaces, temples, courts, gardens, pavilions, paths and paintings, or are transformed into unearthly ideal paradise and charming fairyland. In summer,

冰面,传出噼噼啪、啪啪啪及轰轰、轰隆隆的各种响声,于是冰面裂开道道闪亮的大缝,一块块大冰板向全方位纵横交错的出现裂口;于是整个湖面如万炮齐轰、巨雷轰鸣、火山爆发,令人胆战心惊。之后,各种正方形的、五角形的,三角形的冰板在摇动、在震颤、在溶化、在消失……纳木错湖又从凶暴变得温柔了。广阔、荒凉、神圣……年复一年,都是如此。

天湖中的岛屿连同岸边的各种景物,都倒映在宁静、明澈的湖水中,扁形的映出长形、长形的映出方形。普通自然的山石、花草、雪峰在湖中映出奇特的、造型别致精美的龙宫、殿堂、庙宇、院落、花果园、亭塔、山道及各种壁画和“唐上学”画面图案。这使倒映在湖中的一切都活了起来,展示出了超人间的理想境界,成了迷人的、神话般的仙境。据“纳木错”湖畔的老牧人说,夏季里,人们能看

① adj. 安静的

② adj. 优美的, 高雅的, 精致的, 细腻的

according to old shepherds around the lake, a huge dragon rises from the lake into the sky and hippos come out to look for food.

In auspicious days, people come from far away to visualize the lake. They watch for foretelling illusions in the reflection. Different times and places bring different illusions which are mixed with mystical plots and therefore these moving and touching folk tales about the celestial lake spread to every corner of the whole prairie. Even at the city of Ulan - Ude near the Baikal Lake in Russia, where lives the Buryat, a branch of Mongolian, a folktale goes that Baikal and the Chinese lake are interconnected and a monster in Baikal Lake often goes between the two lakes.

到巨龙从湖中随着雾气腾空飞起，河马浮出湖面到岸上觅食。

在吉祥的日子里，人们千里迢迢到这里“观湖相”，所谓“观湖相”既是观看倒映带来的种种幻影，根据幻影来预测未来各种事物的兆头，由于各人观察的角度和时空的不同，每人看到的幻影也有不同，信徒们又添加了许多具有神话色彩的神奇情节。于是，有关天湖和种种优美动听、扣人心弦的神话不胫而走，传遍整个草原，乃至每个村落和帐篷，即使是在俄罗斯的乌兰诺德市濒临贝加尔湖畔，那里居住着 80 多万蒙古人的一支——布里亚特人，当他们讲到贝加尔湖时，其中就有贝加尔湖的水与青藏高原上的“腾格里海”相通的故事，甚至有贝加尔湖中有一只“怪兽”常常游到“腾格里海”，在两湖之间往返的传说。

One who has ever been to Namco will never forget it and will cherish it for a whole life, longing for the

凡是到过纳木错的人，会终身难忘、会一辈子心驰神往。“纳木错”的湖水蓝得让您



azure and enchanting^① water and the countless legends.

Without settled residents, Namco is accompanied by the well-known and mysterious snow-capped and mist-enveloped Nyainqêntanglha peak. Like a mighty god, Nyainqêntanglha, wearing a brocade^② and a suit of snow, stands on the prairie, while Namco, like a beautiful and gentle goddess, leans against it. In both the pantheon^③ temple of the Tibetan buddhism and the folk tales and songs of shepherds and hunters, Namco and Nyaiqêntanglha are the most attractive. They are devoted life-time lovers. As the beautiful wife of Nyaiqêntanglha, the tall Namco is lying on her back, with Ngom Qu and Zhi Qu like her waving right hand wielding a curved sword, Srin Mo Do like a hood placed before the chest by her left hand, three islands on top of the

心醉，“纳木错”的故事和传说多如草原上的邦锦花朵。

纳木错湖没有常住居民，只有举世闻名的念青唐古拉大雪峰陪伴着她。念青唐古拉雪峰山顶终年白雪皑皑、云雾缭绕，神秘莫测，它如同头缠锦缎、身披雪甲的英武之神，高高地站在雪山草原和重重峡谷之上，而纳木错湖则如同一位美丽温顺的神女，依偎在念青唐古拉雪峰的身旁。在西藏佛教的万神殿中，在当地牧羊人和狩猎者的民歌和传说里，纳木错湖和念青唐古拉雪峰是最引人瞩目的神山圣湖，而且是生死相依的情人和夫妻，纳木错湖是念青唐古拉山神的明妃，身躯呈长形，似仰卧的金刚亥母，昂曲河和直曲河如亥母手持弯刀的右手在空中挥舞，色荣多岛似亥母左手将一头颅器放在胸前，湖顶端的三个小岛恰似亥母三只向上观望的眼睛。岛湾像亥母的右脚，湖尾

① adj. 迷人的，迷惑的，妩媚的

② n. 织锦，锦缎

③ n. 万神殿

lake like her three eyes looking up, and the gulf like her right foot and the string of hollows at the end of the lake like her stretching right foot.

There are three islands in Namco, and they are the holy lands of body, language and mind. The holy land of body is Bkra - shis - do, Zhaxi for short, the biggest island in Namco. It is said to be the living place for over 2800 immortals and has many mysterious figures formed by nature. Chig - do, the short form for Chig - lan - ka - do, is the holy land of language, where are many statues of Gods and old Tibetan letters. In the west of the island is the seat of Manjusri, Guanyin and Dorje. Srin - mo - do is the holy land of mind with two Klu Khang Phug Pas in the east. Below the bigger cave is a statue of a crow, and Rgwa - lo - tsha - ba Gzhon - nu - dpal greets Maha - isvara on the left. So it is also called Mgon Po Phug. In the south is the chamber of Rg-

的一连串小坑正像是亥母伸直的右脚。

纳木错湖中有三个岛屿，是身、语、意的圣地。身之圣地扎西多沃切岛，简称扎西岛，是湖中最大的岛，传说这是两千八百名仙人的住地，岛上有自然形成的奇妙仙人的身影。语之圣地恰多朗卡多岛，简称恰多岛，岛上有许多自显神像和古老的藏文字母，该岛的西面有文殊、观音和多吉金刚传主的驻锡地。意之圣地色莫岛，岛东面有大小两个鲁康普洞，大鲁康普洞下面，有一乌鸦像，右边有噶泽师勋鲁贝迎请大自在天神，故又叫贡布普洞，南面是噶泽师的寝洞，里面还有噶泽师塑的佛像、佛塔等。



wa-lo-tsha-ba, in which are his making of the Buddha and Buddhist pagodas^①.

God Nyainqêntanglha and Goddess Namco accompany each other for about 70 million years. Together, they form not only the spiritually holy land to the Tibetans, but also the famous landscape on the plateau. In contrast, Nyainqêntanglha seems more handsome and forceful, while Namco looks more enchanting and charming.

Yamzho Yumco—The Holy Lake. At the northern foot of the Himalayas lies Yamzho Yumco, the largest inland lake in the north region of the Himalayas. It is 4441 meters above sea level, 130 kilometers long from east to west, 70 kilometers abroad from north to south, with a coastline of 250 kilometers, an area of 638 square kilometers, and an average depth of 40 kilometers. Yamzho Yumco

念青唐古拉山神和纳木错湖神相随相伴厮守在一起，大约有 7000 万年了，他们相辅相成，共同构筑了藏族人精神的圣地，也是高原上最著名的景观，念青唐古拉山因纳木错的衬托而显得更加英俊挺拔，纳木错因为念青唐古拉山的倒映而愈加绮丽动人。

圣湖羊卓雍错 羊卓雍错位于喜马拉雅山的北麓，湖面海拔 4441m，东西长 130km，南北宽 70km，湖岸线总长 250km，总面积 638km²，湖水平均深度达 40m，是喜马拉雅山北麓最大的内陆湖。羊卓雍错属低浓度咸水湖，每年 11 月中旬开始封冻，冰厚可达 0.5m。羊卓雍错与雅鲁藏布江只有一山之隔，最近处仅宽 6km，但两者的水位高差竟达 800m，因此

小博士英汉对照丛书

① n. 宝塔

is a saltwater lake with low potency. In mid-November, it begins to freeze and the depth of the ice may reach 0.5 meter. Yamzho Yumco is separated by a mountain from the Yaluzangbu River, and the distance between the two rivers is only 6 kilometers at the nearest point. But as the level difference is as high as 800 meters, hydraulic resources are quite rich. In Tibetan, Yamzho Yumco means coral lake, because Yamzho Yumco is irregular in shape and its coastline is winding, just like coral branches. It is also named the Swan Lake. There are over 10 islets in the lake. The biggest one can hold five or six households, while the smallest is only about 100 square meters. Yamzho Yumco is one of the three holy lakes; the other two are Namco in North Tibet and Mapam Yumco in Ngari.

Yamzho Yumco is famous for its beauties. She is charming in hot summer. In the freezing season, like a beauty dressed in snow and

水力资源十分丰富。羊卓雍错在藏语里意思是“珊瑚湖”，这是因为羊卓雍错形状极不规则，湖岸曲折，多湖汊峡湾，像珊瑚枝一般。也有人称之为“天鹅湖”。湖内分布有10多个小岛，大的可容五六户居住，小的则仅有百余平方米。羊卓雍湖是西藏三大“圣湖”之一，另外两个“圣湖”，一个在藏北，叫纳木错；另一个在阿里地区，叫玛旁雍错。

羊卓雍错以美丽多姿而著称。它不但在盛夏季节里风景迷人，即使是在雪封冰冻的冬天，它也如同一位银装素裹的

ice, she quietly lies at the feet of the peaks, for she is said to be a fairy descending from the heaven. Since the lake is as quiet as a mirror and the grass is abundant and rich, Yamzho Yumco is a rich pasture. The local shepherds praise her in the folksong, "The Yamzho Yumco on the earth is as beautiful as the paradise in heaven; the cattle and sheep on the bank are as many as the diverse ① stars in sky."

Yamzho Yumco is a rich and natural reservoir ② of fishes with an estimated reserve of 300 million kilograms. As a paradise for wild birds, it is the largest habitat in south Tibet. Every time when migrant birds fly southward, this will be a center of life. Swans, yellow ducks, water pigeons, ospreys and bar-headed geese hatch their offsprings here. When thousands of the white water birds are flying over the lake, it will be a grand

美女,安闲的躺在群峰之下,传说中的羊卓雍错就是天上的一位仙女下凡变化而来的。羊卓雍错湖水碧波如镜,湖滨水草丰美,是一个富饶美丽的高原牧场。当地牧民在民歌里这样赞美她:“天上的仙境,人间的羊卓;天上的繁星,湖畔的牛羊。”

羊卓雍错是一个富饶的天然“鱼库”,湖中盛产高原裸鲤、西藏裂尻鱼、细鳞鱼等,储量估计达3亿千克。羊卓雍湖还是野生禽类的乐园,这里是藏南地区最大的水鸟栖息地,每当群鸟南徙至此,在湖岸及湖心岛一带,天鹅、黄鸭、水鸽、鱼鹰以及斑头雁等联翩飞舞,生机勃勃,无数小生命又从遍地的鸟蛋中孵化而出,生命便如此周而复始生生不息。当成千上万只白色水鸟在湖面飞翔时,

① adj. 不同的,变化多的

② n. 水库,蓄水池



scene. There's a beautiful legend about the white water birds. Long long ago, Yamzho Yumco was a lake with jasper-like clear water. Beside the lake was a village named White Land. A pretty girl lived there. Her complexion was as fair as white jade. As she took a bath in the lake every night, a serf owner took a fancy to her, but the girl had already had the person of her heart and refused to marry him. One night, hidden in the lake, the serf owner caught the lady and intended to take her home. At that very moment, a fairy appeared on a cloud and killed the cruel serf owner with her beads. But the serf owner didn't lose his grip, and both of them sank into the lake. The girl was drowned to death. The next dawn, people came to look for the girl, and a white water bird flew out of the lake. The bird was the girl's transformation^①. From then

场面十分奇异壮观。关于白色水鸟,也有一个美丽的传说,在很久以前,羊卓雍湖是一潭碧玉似的清水。湖边有一个叫白地的村子,村里住着一位漂亮的姑娘,她每天夜里都要到湖里洗澡,因此,她的肌肤像白玉一般洁净。村中有一个农奴主看中了这位姑娘,要把她霸为己有。但姑娘已有自己的心上人,说什么也不愿意嫁给农奴主。有一天夜里,农奴主躲在湖中,趁姑娘下水洗澡时,一把将姑娘抱出水面,要把她抱回家去。这时,天上飘来一朵彩云,云端站着一位仙女,她用佛珠将凶残的农奴主打死,但农奴主还是死死抱着姑娘不松手,结果两个人都沉入湖中,姑娘也被淹死了。第二天黎明,人们来到湖边寻找她,呼喊她的名字。突然从湖中飞出了一只白色的水鸟,这只水鸟就是姑娘的化身。从此以后,水鸟总是在湖里戏水,在湖面上空飞翔。

① n. 变化, 转化

on, the water birds have been sporting in water and flying over the lake.

It is said that a pious Buddhist should go around the lake once on foot every year. It takes about one month by riding a horse, which is equal to a pilgrimage to Lhasa. By doing so, they will be blessed by the Buddha. However, the main reason for the holy lake so named is that Yamzho Yumco can help find the reincarnations^① of Dalai Lama. After Dalai Lama's nirvana^②, a searching team composed of the upper Tibetan Buddhist priests is formed. After such ceremonies as lot-drawing, it determines the approximate location of the reincarnated child before paying homage to Yamzho Yumco. With hada, precious vases and medicinal substances thrown into the lake, the chief priest will visualize a figure in the lake, who will inform of the specific position.

据说,虔诚的佛教徒每年都要绕湖一圈,骑马需要1个月左右。这等于他们到拉萨朝圣一次,这样做,至少佛会保佑他们在这一年里吉祥如意。不过,羊卓雍湖之所以被称为“圣湖”,据说主要原因是它能帮助人们寻找达赖喇嘛的转世灵童。达赖圆寂后,由藏族上层僧俗官员组成负责寻找“灵童”的班子,首先要请大活佛打卦、巫师降神,指出“灵童”所在的大方位。然后,再到羊卓雍错颂经祈祷,向湖中投哈达、宝瓶、药料等。接着,主持仪式的人就会从湖中看出“显影”,指示“灵童”所在的更加具体的方位。通过上述三种仪式,如果三者所示方位一致的话,便可派出几路人马,循所示方位,分头寻找“灵童”。

① n. 转世

② n. 涅槃, 天堂

If the three ceremonies above offer consistent information, groups will be sent for the child in that direction.

The Glacier on the Qinghai - Tibetan Plateau

青藏高原的冰川

As a product of cold climate, glacier is the moving mass of ice formed by the accumulation, compaction and metamorphism ^① of snow, keeping certain shapes and existing on the surface of cold areas. Because of high elevation and cold weather, and under the influence of ocean and plateau monsoons and west wind circulation, the Qinghai - Tibetan Plateau becomes region in which glaciers have developed the most, next to the Antarctic Continent and the Artic Pole. But different from the huge ice sheets in these two areas, the present glacier on the plateau

冰川是寒冷气候的产物, 它是由多年降雪不断积累、经过自然压实和一系列变质过程形成的、具有一定形状并运动着、长期存在于地球表面寒冷地区的天然冰体。青藏高原因海拔高、气候严寒, 承受海洋季风、西风环流和高原季风提供的降水物质, 成为除南极洲、北极地区之外地球上冰川最发育的地区之一。不过, 与南北极的大冰盖不同, 青藏高原上的现代冰川属于山岳冰川。经过科学家们多年的调查得出, 青藏高原上现代冰川的总面积为 49 161.9 km², 占我国冰川总面积的 84%; 冰储量

① n. 变形, 变质, 变质作用

belongs to the mountain glacier. According to scientists' long-term observation, the present glacier on the Qinghai-Tibetan Plateau occupies an area of 49 161.9 square kilometers, taking up 84% of the total in this country, with an ice reserve of 4105.6 km³ (approximately 3690 km³ of water), taking up 80% of all glaciers. The glaciers, looking like white and crystal solid reservoirs, nourish the vast plateau and attract lots of mountaineers, explorers and visitors both at home and abroad. Studies also show that the glaciers regulate the flow of water, keep the plateau's environment and ecological balance, and record the sensitive change of climate and environment of the plateau region.

4105.6km³, 折合水量约为3690km³, 占全国冰川总冰量的80%以上。一条条冰川宛如一座座晶莹洁白的固体水库, 滋润着辽阔的高原大地; 冰川的玉洁纯净、千姿百态吸引着无数国内外的登山者、探险家和旅游者; 科学家们的研究还表明: 冰川的存在有效的调节着高原的河川径流维系着高原的环境和生态平衡, 并且敏感的记录了高原地区气候、环境的变化。



The Types of Mountain Glaciers

山岳冰川的类型

According to the climatic conditions and the physical features of

根据气候条件和冰川本身物理特征, 中国的山岳冰川可

glaciers themselves, the mountain glaciers in China can be divided into marine and continental glaciers. Produced under the humid and semihumid climates, marine glacier is characterized by warm humidity, and its dominant temperature is around the melting point, with large precipitation and strong ablation^①. The ice-forming mechanism is mainly warm seepage. Moving fast, marine glaciers are chiefly distributed in the west of Qinghai-Tibetan Plateau and Southeast Tibet. Continental glaciers are produced under arid and semiarid climates, characterized by dry frigidity. The dominant temperature is below the melting point, with small rainfall and weak ablation. The ice-forming mechanism is mainly seepage—freezing. Moving slowly, continental glaciers are distributed principally in the middle and west regions of the Qinghai -

分为大陆型和海洋型两类。海洋性冰川是在湿润、半湿润气候条件下产生的冰川，以暖湿为特征，冰川的主体温度处于融点附近，降水量大，消融强烈，雪变成冰的作用以暖渗浸作用为主，冰川运动速度快，主要分布在青藏高原东部、横断山区、西藏东南部等。大陆型冰川是在干旱、半干旱气候条件下产生的冰川，以干冷为主要特征，冰川的主体温度低于融点，降水量小，消融作用弱，成冰机制以渗浸——冻结作用为主，冰川运动速度慢，主要分布在青藏高原中、西部地区，天山至阿尔泰山、祁连山等地区。

① n. 消融，切除



Tibetan Plateau, and the area between the Tianshan, Altai, and Qilian Mountains.

The Glacial Development on the Plateau 高原冰川的发育历程

Due to the late formation of the Qinghai - Tibetan Plateau, glacier there developed later than those on the south and north poles. According to the old vestiges^①, scientists estimated that the earliest glaciers on the plateau developed two million years ago. The Qinghai - Tibetan Plateau had the largest coverage 700 000 years ago when there were many big reticulated valley and piedmont glaciers, and even small ice sheets which scattered around high mountains. These glaciers did not connect or form a unified big ice fleet. Later on, with the uplift of the plateau, it became colder and drier, and the

由于青藏高原形成的时间晚,那里冰川出现的年代也比南极和北极地区要晚得多。科学家们根据古冰川遗迹推断,青藏高原最早的冰川大概发生在距今 200 万年前。距今 70 万年前,是青藏高原冰川覆盖最大的时期,那时,高原上发育有许多大型网状山谷冰川、山麓冰川,甚至出现小冰盖,它们都是以高原的高山为中心分布,各大山系的冰川并没有相互联结形成统一的大冰盖。之后,随着高原的隆升,气候变得更加寒冷干燥,反而不利于冰川的发育,冰川的发育规模越来越小。青藏高原的现代冰川是第四纪末次冰期的继承者,它



① n. 遗迹, 痕迹, 残余

glaciers shrank. Modern glacier on the Plateau is the successor of the Quarternary Ice Age, whose development was determined by landform and climate, especially the co-occurrence of low temperature and rainfall.

们的发育取决于地形和气候条件，主要是低温和降水的配合。

The Various Mountain Glaciers

形形色色的山岳冰川

At the low and middle latitudes on the Qinghai - Tibetan Plateau, glaciers form at great heights; therefore, the glaciers there are of the mountain type, which is not only of a large number, but also of many shapes.

在中低纬度的青藏高原，只有达到很高的高度以后，才能形成冰川。所以青藏高原上的冰川是山岳冰川。山岳冰川不仅数量多，种类也不少，而且形态各异。

The Hanging Glacier. On the towering ridges and snow peaks, the white ice is often found hanging on the steep slopes, so this kind of glacier is called hanging glacier. Although it is small in size, it may collapse and form ice avalanches^①. Hanging glaci-

悬冰川 在峰峦叠嶂、角峰耸立的高山雪峰上，经常可以见到白色的冰体悬挂在陡坡上，这类冰川叫悬冰川。悬冰川是规模最小的山岳冰川类型，但它可以发生崩落形成冰崩。悬冰川主要分布在山体陡峭的山峰中，比如南迦巴瓦峰，

① n. 雪崩 v. 雪崩

ers are manly distributed on such steep mountains as Namjagbarwa Peak.

The Cirque Glacier. Cirque glaciers lie in funnel-like valley lands near the mountains. The continuous peaks, like the back of a cane chair, are formed by the great glacial ploughing to valleys and their surrounding areas. Cirque glaciers on Mount Qomolangma are typical development.

The Valley Glacier is typical and mature mountain glacier with full properties of the latter. Like a dancing silver snake, it winds and twists in the valley. The Rongbuk glacier on the north slope of Mount Qomolangma is a dendritic valley glacier made up of several single valley glaciers. This can be found in the Karakorum Mountains.

The Ice Cap. On the flat top of high mountains grows another type of mountain glacier. Covering the mountain top, it is called ice cap because it looks like a white cap. It is also called flat-top glacier. It

悬冰川特别发育。

冰斗冰川 位于山峰附近山谷源头的漏斗状洼地中, 周围连绵的山峰如同圆藤椅的靠背, 这种现象是在冰川对谷地及其边缘的巨大刨蚀作用下形成的。珠穆朗玛峰地区冰斗冰川的发育特别典型。

山谷冰川 是典型而且发育成熟的山岳冰川, 具有山岳冰川的全部功能。这些冰川在山谷中曲折奔流, 似银蛇在飞舞。珠穆朗玛峰北坡的绒布冰川就是由几条单式山谷冰川汇合而成的树枝状山谷冰川; 在喀喇昆仑山中也有复杂的树枝状山谷冰川分布。

冰帽 在平坦的高山顶上也发育有一种山岳冰川, 因为冰川覆盖在山顶上宛如一顶白色的帽子, 所以叫冰帽, 又叫平顶冰川。这类冰川的上层是粒状雪, 下层是冰川冰。在祁连



has snow grains on the surface and ice below. The ice cap also develops on the Qilian and Tanggula Mountains, and on the south slope of Geladaindong lies an ice cap with an area of 180 square kilometers.

In addition, there's the piedmont glacier stretching into the foot of mountains, distributed only in high latitudes, and therefore the modern counterparts are not yet found in China except some cases belonging to the Quaternary Ice Age in several mountainous areas on the Qinghai - Tibetan Plateau such as the north slope of the Himalayas and the West Kunlun Mountains.

Unique Glacier Landform

奇异的冰川地貌

To be short, the landform as a result of glacier erosion and accumulation is called glacier landform. Due to the long and repeated action of glaciers, many such

山和唐古拉山都有发育, 在格拉丹冬南坡就有一个面积达 180km^2 的冰帽。

另外还有伸展到山麓的山麓冰川, 但现代的山麓冰川只分布在高纬度地区, 我国的现代冰川中尚未发现有山麓冰川。青藏高原只是在第四纪冰期是有若干山区如喜马拉雅山北坡和西昆仑山等处曾有山麓冰川发育。

简单地说, 在冰川的侵蚀与堆积作用下形成的地貌就叫冰川地貌。青藏高原上山脉, 由于长期以来反复的经受冰川的作用, 发育了大规模的冰蚀



landforms, such as horn, cirque, and ice trough valley, have developed on the ranges of the Qinghai-Tibetan Plateau. In the north, east and southwest of Mount Qomolangma are found large cirques, making it a pyramid-like horn-peak 3000 meters high above the cirque floor and the Namjagbarwa Peak in the East Himalayas a sharp pyramid. They are formed by the erosion of many cirques on the mountains during the old glacier's recession. Vestiges of old cirques are widespread, and some with cirque lakes on the end. Kept in the outer ridge of the present glaciers are the U-shaped trough valleys, formed by the overlapping of trough valleys of many periods and being the most common and complete in the ancient glacial landform. The border moraine^① (formed by the accumulation of morainic materials on the borders) and the terminal

地形, 如角峰、冰斗、冰槽谷等。在珠穆朗玛峰北、东和西南三面都有大型的冰斗, 这使得珠穆朗玛峰成为高出冰斗底部达 3000m 的金字塔形的大角峰, 东喜马拉雅山的南迦巴瓦峰也呈金字塔形削尖挺立, 它们原来都是多个古冰川的冰斗在后退过程中侵蚀山岭所形成的。古冰斗的遗迹在高原屡见不鲜, 有的在冰斗的末端还会出现冰斗湖。“U”形槽谷是古冰川侵蚀地貌中发育最普遍, 形态最完整的类型。“U”形槽谷多保留于现代冰川的外缘, 有些谷形是由多期槽谷相互重叠形成的。侧碛垭(冰川两侧的冰碛物堆积成的地貌)和终碛垭(冰川前端由冰碛物堆积形成的弧形高地)是山谷冰川谷地中常见的地貌形态。碛丘陵是另一种造型, 由于物理风化作用强烈, 岩屑和碎石块流泄到冰川中, 形成一朵朵“冰蘑菇”。在冰川末端, 由于夏季的消融, 形成了奇异多彩

① n. [地]冰碛

moraine (formed by the accumulation of morainic materials on glacier's front) are common in the valley glaciers. Moraine hill is another landform. Due to violent weathering, debris and gravels are thrown into glaciers and become ice mushrooms. At the end of glaciers, melting in summer results in unique glacial Karst, serac being a very common type. On the tongue of the famous Rongbuk glacier of Mount Qomolangma grows the lofty, peculiar and gorgeous ^① serac forest, which is several thousand kilometers long and 40 to 50 meters high.

的冰川喀斯特地形, 冰塔林便是常见的一种。在喜马拉雅山中段珠穆朗玛峰地区著名的绒布冰川上冰舌表面发育着长数千米, 高 40~50m 的高大奇特、绚丽多姿的冰塔林。



The Kingdom of Glaciers—the Himalayas

冰川王国——喜马拉雅山

The glaciers in the Himalayas is numerous and various with an area of 11 055 km² in China. The Himalayas is a glass and crystal

喜马拉雅山区在我国境内的冰川面积达 11 055km², 山中的冰川千姿百态, 形状各异。喜马拉雅山, 是一座洁白的琉

① adj. 华丽的, 灿烂的

palace.

The Serac Forest. Serac forest is the most fascinating in glaciers. It is acknowledged to be the acme^① of perfection. The high, peculiar and magnificent serac forests on Mount Qomolangma and in Xixabangma Region are the most spectacular^②. Like sculptures of white marble and crystal, they stand upright on the huge glaciers. Entering the serac forest, one is like in a crystal palace. Some are like the gold pinnacles of Potala Palace in Lhasa, some are like the ancient castles on the Jiayuguan Pass, others resemble the pyramids near the Nile in Egypt, and still others are sharp swords pointing to the sky. They are matchable to any scenery in the world.

The Glacier Cave. The glacier cave is also unique, like the gate of a castle with an arched door. The inside is a crystal palace: there are many various stalactites,

璃宫、冰晶宫。

冰塔林 在奇特瑰丽的冰川风光中，冰塔林是引人入胜的。这种连诗人都幻想不出来的冰晶园林，令人叹为观止。最壮观的冰塔林要数珠穆朗玛峰和希夏邦玛峰地区；高大奇特，绚丽多姿。一座座的冰塔，仿佛用汉白玉和水晶雕塑出来似的，万笏朝天地耸立在巨大的冰川上。走进冰塔林，就像进了冰晶宫。那迷人的冰塔，有的像拉萨布达拉宫的金顶，有的像嘉峪关的古城堡，有的像埃及尼罗河畔的金字塔，有的像伸向苍穹的支支利剑……景色之秀丽，可与天下任何风光相媲美。

冰川溶洞 还有那奇异的冰川溶洞，洞口好像一个古城拱门，洞中则犹如一个银雕玉琢般的水晶宫殿，遍地是冰，天然的冰钟乳、冰笋、冰塔、冰幔

① n. 顶点，极致

② adj. 引人入胜的，壮观的

bamboo shoots, seracs, and curtains of ice. Some are like lions greeting their guests; some are like monkey kings playing their magic clubs; and others are like the Buddha in meditation^①. On the flat ceiling of ice hang countless finger-like ice nipples, exquisite, sparkling and resplendent.

The Hanging Lake. On the Himalayas, there's a huge glacier center named Xuanhu Qomolangma in which Rongbuk Glacier, composed by East, West and Middle Rongbuk Glaciers, is a big branch. At an elevation of 6250 meters near the glacier is a small lake, the highest "hanging lake" in the world. It is a glacial lake formed by morainic materials. The bank of the lake is steep and the mid-lake is deep. The lake is nourished all the year round by the glacier above. With ice protrusions^②, the lake looks as if hanging in midair. The astonish-

叠生密长、千姿百态，蔚为壮观。有的似狮子迎宾，有的似金猴试棒，有的如老佛坐禅，有的如神龟祝寿，在平坦的冰顶上还倒挂着无数指头般的小冰乳，玲珑剔透，晶莹璀璨。

悬湖 珠穆朗玛是喜马拉雅山脉一个巨大的冰川中心，绒布冰川是其中的一大支，是由东、西和中绒布三大冰川汇合而成的。在这座冰川附近海拔 6250m 的地方，有一个小湖，这是世界上最高的“悬湖”，这个悬湖是由冰碛物堵塞而形成的冰川湖，湖岸陡直，湖心凹深，上面有长年冰川溶水补给，突兀的槽谷结冰长伸，使整个湖泊半悬在槽谷半空，浮突冰川之外，其惊其险、其奇其妙，简直是不可以言以喻之。

① n. 沉思，冥想

② n. 伸出，突出

ment and marvel of the lake are beyond description.

This is only a bit of the Himalayas, the unique and unpredictable kingdom of ice and snow. Marble towers, jade houses, jasper lakes and magnificent palaces made of ice prisms are countless. Once in the Himalayas, one feels like being in a fairyland. Looking around, one will find a silver world of ice and snow. The layers, ripples, towering peaks and long icicles make a poetic painting. The ice garden is unsurpassed on the earth. In the pure realm of Buddhism, the goddess of snow peaks has created the crystal world by her wisdom.

这不过仅仅是喜马拉雅山冰雪王国里的点滴而已，喜马拉雅山的冰雪奇观极为丰富，而且变幻莫测。那成群的冰柱形成的千姿百态的玉宇琼楼和瑶池华宫简直就是数之不尽！置身喜马拉雅山，宛若从人间来到仙山幻境之中。驰目望去，周围一片银色的世界，冰川层层，寒波粼粼，雪峰插天，流银滴蜡，如诗如画……地球之巅的这座冰雕林园，简直就是人间一绝！在没有俗垢的梵天佛地，雪山女神用智慧塑造了这透明的世界！

The Hailuoguo Glacier——Glacier for People 海螺沟冰川——普通人的冰川

To most people, glaciers are both mysterious and distant. Only a few people, like mountaineers, explorers and scientists, have the chance to see them in person.

对绝大多数人来说，冰川既神秘又遥远，只有极少数的登山者、探险者和科学考察人员才有机会亲眼目睹冰川奇观。因此低纬度、低海拔的冰

Therefore, the group glaciers at low latitudes and with low elevations are the most attractive for ordinary tourists. As the examples of modern marine glaciers of this type, the Hailuoguo glacier group on the Gongga Mountain in east Qinghai - Tibetan Plateau is the largest, the most concentrated, and the easiest to access, and it is the only glacier tourist resort officially open to the outside world.

In Tibetan, Gongga means the supreme and holy snow mountain. The mountain is known as the "king of the Shu Mountains" in which are found a number of 74 glaciers in radiation, of which five are over ten kilometers in length and the Hailuoguo Glacier, the biggest of the five, with the range of altitude from 2850 to 6750 meters. It is one of the few glaciers at low latitudes and with low elevation. It is the very reason why the Himalayas become the paradise for the ordinary people.

The Hailuoguo Glacier, with an

川群自然就成为普通旅游者最受关注的对象。位于青藏高原东缘的贡嘎山海螺沟冰川是我国海洋性现代冰川分布最集中、规模最大且最易接近的低纬度、低海拔的冰川群,也是我国惟一的一处正式对外开放的冰川旅游胜地。

在藏语里,“贡嘎山”的意思是至高无上的圣洁雪山,它被誉为“蜀山之王”,在这座圣洁的雪山中共分布着 74 条冰川,它们呈放射状分布,其中有 5 条冰川的长度超过了 10km,海螺沟冰川是其中最大的一条。这条冰川顶点的海拔为 6750m,底线海拔仅有 2850m,是世界上已发现的为数极少的低纬度、低海拔的冰川之一,正因为如此,海螺沟冰川才成为普通人的寻梦乐园。

海螺沟内的冰川总面积达

area of 31 km², consists of three valley glaciers, and eight hanging and cirque glaciers. Of a dozen glaciers around the Gongga Mountains, the Hailuoguo No. 1 Glacier is the biggest, longest and most spectacular, with an area of 23.2 km², a total length of 13km, and a range of altitude between 6750 and 2940 meters. It can be divided into three stages: the neve basin above 4800 meters, the big icefall between 3700 and 4800 meters, and the glacier tongue (5 kilometers long and 40 ~ 150 meters thick) 3700 meters below, extending into the primitive fir zone to form a peerless natural landscape coexisting with primitive forests. On the glacier tongue, various unique glacier shapes are often found: lake, river, bridge, serac, mushroom, crevasse, cave, castle gate and so on. The most spectacular is the Big Icefall of No. 1 glacier, which is 1080 meters high and 1100 meters abroad. It is the largest icefall found in

31km², 包括三条山谷冰川和8条悬冰川、冰斗冰川,其中海螺沟1号冰川是贡嘎山周围数十条现代冰川中最大、最长、最壮丽的一条,总面积 23.2km²,全长 13km,跨越海拔 6750 ~ 2940m 之间,自高而低分为三个阶梯,即海拔 4800m 以上的粒雪盆、海拔 3700 ~ 4800m 的大冰瀑布和海拔 3700m 以下的冰川舌,仅冰川舌就长 5km。冰川舌厚度达 40 ~ 150m,并且伸进了原始冷杉林带,形成了举世罕见的冰川与原始森林交错共存的自然绝景,在冰舌上,人们可以欣赏到冰面湖、冰塔林、冰蘑菇、冰川裂缝、冰洞、冰桥、冰面河、冰川城门洞等形态各异、造型奇特的冰川景观。海螺沟最壮观的景色是 1 号冰川的大冰瀑布,它高 1080m、宽 1100m,规模巨大、气势恢弘,是目前亚洲和中国已知的最大冰瀑布,在世界上也是罕见的奇观。



China and Asia; it is rare in the whole world, too.

↓ *The Third Largest Glacier—the Purog Kangri Glacier* 世界第三大冰川——普若岗日冰川

In September 1999, the Chinese scientists found Purog Kangri ice field in the depopulated zone 5400 ~ 6700 meters above sea level in North Tibet. With an area of over 400 km², the Purog Kangri Glacier is the largest in the world, next only to the Arctic and Antarctic regions.

The period from two million years ago until today is called the Quaternary Period. As it is directly related with human life, the global research of the evolution of environment of the Quaternary Period has become a hot topic, and the Purog Kangri Glacier plays an important role, for it can provide the complete sequences of the geological changes of 200 000 years. Scientists find there are obvious

1999年9月,中国科考人员在藏北无人区海拔 5400 ~ 6700m 发现了普若岗日大冰原,冰原总面积超过了 400km²,目前被确认为世界上除南北极之外最大的冰川。

从 200 万年前到现在被称为“第四纪”,第四纪的环境演变研究直接关系到当今人类生活,是目前全球环境研究的热点,而普若岗日冰川对于 200 万年以来的“第四纪”环境演变研究具有重大意义,它可以提供 20 万年的地质变化的完整序列。科研人员发现:冰原周边地带有明显的横向和纵向冰川退缩遗迹,可以明显的看出各个时期普若岗日冰原的面积



transversal and longitudinal vestiges of the glacial recession around the ice field, and it is easy to find the areas of Purog Kangri ice field and the end position of glaciers in all periods. The evolution sequences of the four cold glacial epochs are quite complete: the glacial vestiges of 200 000 years ago are 4 ~ 7 kilometers from the ice field; those of the last big glacial epoch are 3 to 4 kilometers; and those of the two small glacial epochs 3000 ~ 4000 years ago are more obvious in an area of one kilometer. All of these sequences will have great bearing on the study of the global environmental evolution.

和冰川末端的位置,尤其是近20 万年以来四次寒冷冰期的演变序列相当完整;在距离冰原 4 ~ 7km 处就有 20 万年前冰川的痕迹,距今 5 万年到 1.8 万年全球最后一次大的冰期的痕迹在距冰原 3 ~ 4km 的地方;在距冰原 1km 的区域内,近三四千年以内的两次小冰期的痕迹更加明显。这在全中国和全世界都是不多见的,深入研究这些冰期系列,将对全球环境演变研究起到重要的作用。



~ Unique Plateau Climate

奇异的高原气候

Due to high elevations and complex landforms, the Qinghai - Tibetan Plateau forms a peculiar and complex climate, which adds an

由于海拔高、地形较复杂,青藏高原形成了极具特色又复杂多变的气候。然而正是这变幻的气候,为高原增添了一层

element of mystery to the plateau.

Neither Hot nor Cold. As we all know, the tropospheric ^① temperature drops while the elevation rises (with the rise of 100 meters, the temperature drops by about 0.6°C). Since the Qinghai - Tibetan Plateau accounts for one third of the height of the atmospheric troposphere, low temperature is inevitable. On the Qinghai - Tibetan Plateau, even in the hot summer, people should wear heavy clothes. Above the elevation of 4500 meters, it snows in July or August every year. This is unimaginable for the people in the east who find it hard to fall sleep in hot summer. Investigation indicates that the climate on the Qinghai - Tibetan Plateau crosses northward one or two climatic zones, compared with regions on the same latitudes.

Because of the high elevation, the air is thin and the pressure is low on the plateau. This has seri-

神秘的面纱。

终年无夏热，日日有春暖
青藏高原占据了大气对流层高度的 1/3，我们知道，对流层的温度随高度增大而降低（每上升 100m，气温降低约 0.6°C）。因此，气温低是青藏高原高地势的必然结果。在青藏高原上，即使是在“盛夏”的季节里，人们也离不开毛衣，有的地方甚至还要穿棉衣。在海拔 4500m 以上的地方，每年的七八月份也总有飘着雪花的日子，这对夏夜炎热难眠的东部人来说简直是难以想像的事。科学家们的调查研究表明，青藏高原在气候上要比同纬度地区向北跨越了一到两个气候带。

由于地势高，青藏高原上空气稀薄，气压比较低，这对人类的心脏和肺部影响很大。生

① adj. [气]对流层的



ous effect on people's hearts and lungs. People of low latitude areas may suffer from the lack of oxygen, short-breath, even dizziness, and nausea ① here (the so-called "Plateau Effect"). It is only after a period of time that they can adapt themselves. But the unusual elevation produces strong solar radiation. In Lhasa, the solar radiation reaches up to 815 kJ/cm^2 , which is over twice of that in Chengdu and 72% over that in Shanghai, almost equal to that in Sahara of Africa. The strong solar radiation makes up for the deficiency ② of high elevation and severe climate. When the sun rises, the temperature rises quickly. Even in the bitter winter, it is quite warm with the rising sun. The peculiar climate forms the unique Tibetan costumes and adornments ③. Since it is cold in the morning and at night, people wrap their robe tight

活在低海拔地区的人初到高原时,常常会感到氧气不够,呼吸困难,严重的还会有头晕、恶心的感觉(即所谓的“高原反应”),要经历一个适应期才能适应高原的生活。但高原的异常高度却产生了另外一个特殊的自然现象——太阳辐射特别强烈。说它特殊是与同纬度地区相比而言,你比如在拉萨地区,太阳总辐射值达到了 815 kJ/cm^2 ,这个数值比成都地区高出一倍还多,比上海地区多出了 72%,几乎与非洲的撒哈拉大沙漠的太阳年辐射总量相近。强烈的太阳辐射在一定程度上弥补了地高天寒的不足。每当太阳出来以后,气温会很快升高,即使是在寒冷的冬季,只要有太阳,天气也十分暖和。这种独特的天气状况形成了生活在高原上的藏族人独特的服饰:由于早晚的天气很冷,即使在帐篷里也需要烧牛粪取暖,为了保暖,藏袍便裹的

① n. 反胃, 晕船, 恶心, 作呕

② n. 缺乏, 不足

③ n. 装饰, 装饰品



around themselves to keep warmth. Even in the tents, they need to burn dried cow dung to get warmth. But at noon, the sun is scorching hot. It is inconvenient to change clothes in such weather conditions; therefore, they take off one sleeve or both of them, and tie them around their waists. That is the unique wearing style of the Tibetans.

The Unique Highland Vertical Climatic Zone. The climate on the Qinghai - Tibetan Plateau is not only special, but also complex and changeable. It is thought to be severely cold, oxygen-lacking, snow-blocking and sparsely populated. Not as barren as is imagined, it is green and luxuriant with flat farmland prairie. There are certainly many peaks perennially covered with snow and ice. There are also many river valleys, which are low and hot, and tropical and subtropical mountain forests, which are green all the year round. From the downstream of the

紧紧的;但到了中午,火辣辣的太阳又照的人酷热难耐,换衣服又不方便,为了凉爽,只好脱掉一只袖子,或者干脆两只全脱掉系在腰间。这就是我们今天所见到的藏袍的穿戴方式了。

奇特的高山垂直气候带

青藏高原的气候不但特殊,而且还复杂多变。它并不像有些人所想像的那样,是一片高寒缺氧、冰冻雪封、五谷不生、人畜稀少的不毛之地,相反,青藏高原上不但有郁郁葱葱的“西藏江南”,还有平坦的农田草原。不错,它确实有许多终年积雪的冰山雪峰,但也有深切低下的炎热河谷、四季常绿的热带亚热带山地森林。从雅鲁藏布江下游河谷向北到昆仑山,依次有低山热带、山地亚热带、高原温带、高原寒带等气候带,其间山峦重叠、河流纵横、湖泊星布。最具有特色的当属



Yaluzangbu northward to the Kunlun Mountains, there are successively a low mountain tropical zone, a mountain subtropical zone, a plateau temperate zone, and a plateau frigid zone. In these zones there is a complex network of mountains, rivers and lakes. The most peculiar scene is the vertical distribution of highland climatic zones: flowers bloom with snow on the mountaintop, and a panoramic ^① view of all zones may be displayed within a few dozens or even several kilometers.

Deserts Strewn with Oases .

Studies indicate a gradual change of temperature and water on the Qinghai-Tibetan plateau from southeast to northwest. In the southeast with subtropical and tropical climates, it is warm and moist, and there is an annual rainfall of more than 1000 mm; however, in the northern Qiangtang region with cold and dry climate,

“山下开花山上雪”的高山气候带的垂直分布了,有时从山麓到山顶不过几十千米甚至几千米,你便可以欣赏到从热带、亚热带到高寒气候的所有景色,就好像一下子经历了不同的季节一般,真可谓“一山有四季,十里不同天”。

几处绿地,几处荒漠 科学家们的研究还表明,青藏高原温度和水分条件具有自东南向西北逐渐变化的趋势。比如藏东南地区的气候为亚热带和热带北缘山地湿润气候,气候温暖湿润,年降水量超过1000mm;而在北羌塘地区则是寒冷干旱气候,气候恶劣,天然植被十分稀少;年降水量只有100mm左右,全年每天的最低

① adj. 全景的



the natural vegetation is rare and there is an annual precipitation of 100 mm or so. The lowest annual temperature remains below 0°C , the average temperature is below 6°C even in the warmest months, and the daily average temperature is seldom above 10°C . In July, the warmest month, the ice in the river doesn't melt.

Peculiarly High Daily Temperature Differences. The annual temperature on the Qinghai - Tibetan Plateau changes slightly. In winter, due to the low latitude, much solar radiation and the towering east - westward ranges which prevent the cold air, the temperature in South Tibet drops slightly. But in summer, as a result of the rising amount of wind and rains, the weak solar radiation and constant cooling realized by the airflow over the plateau, the temperature is not high. Northward of South Tibet, the annual temperature rises gradually, close to that in the middle latitude regions. The

气温几乎都维持在 0°C 以下, 最温暖月份的平均气温也在 6°C 以下, 很少出现日平均气温在 10°C 以上的天数, 即使是在 7 月份, 河流中的冰块也不会消融。

奇高的日温差 青藏高原的气温年变化较小。在高原的南部由于所处的纬度低, 冬季接受的太阳辐射较多, 同时东西走向的高大山脉阻挡了北来冷空气的入侵, 所以气温下降不甚明显; 而在夏季, 云雨增多, 太阳辐射减弱, 再加上高原上空的空气又不断向四周散发热量, 所以夏季的气温不高。向北气温年变化逐渐增加, 一般与纬度地区接近。在高原上, 由于白天吸收大量的太阳辐射, 地面温度急剧升高, 造成了近地面空气温度较高; 夜间由于地面热量大量向空中散失, 致使近地面气温下降较快, 因此青藏高原的气温日差较



plateau experiences a rapid increase in temperature after absorbing plenty of solar radiation in the daytime and a fast process of cooling at night. So there are great temperature differences daily on the Plateau. Taking Qaidam Basin as an example, the mean difference of temperature in July is over 20 degrees Celsius.

Strange Climatic Phenomena.

Unlike the intermediate ^① latitudes and low elevations with obvious changes of four seasons, most regions on the Qinghai-Tibetan Plateau has only winter and summer, each lasting half a year. In summer (April to October), moisture from the Indian Ocean brings plenty of rainfall, therefore, it is also called the rainy season. As a matter of fact, however, the rainy season begins in May and ends in late September or middle October, so there is some difference between the east and west both in the du-

大。柴达木盆地7月份的平均气温日较差达到20℃以上。

怪异的气候现象 不像中纬度低海拔地区，一年有明显的四季变化，青藏高原的大部分地区一般只有冬半年和夏半年之分。每年从4月到10月是夏半年，这时来自印度洋的湿润气候给高原地区带来大量的降水，所以高原的夏半年又叫“雨季”。其实“雨季”的起止时间和夏半年有些出入，一般开始于5月，止于9月下旬至10月中旬，在高原的东部开始较早，结束较晚，西北部开始较晚，结束较早。因此南北降水量差别极大，在高原南部喜马拉雅山南坡的迎风面，年降水

① adj. 中间的

ration of the season and precipitation. The rainy season starts early and ends late in the east of the plateau while starting late and ending early in the west. On the windward slope of south Himalayas, the annual rainfall is 1000 ~ 4000 mm while in the Lenghu area Northwest of the Qaidam Basin, it is only 15.4 mm. The Lenghu area is one of the areas with the least recorded precipitation in Asia.

There are some strange rainfalls on the plateau. Due to the high elevation, solid precipitation takes up a great percentage, snow being the dominant form. Even in the hot summer, many peaks are still covered with snow, forming a special plateau landscape. Another form is the hail in the Bayan Kara and Tanggula Mountains — the most frequent places of hail. It is frequent, the grains are sometimes as big as eggs, and severe destruction is often brought to farming, livestock raising and forestry.

量在 1000 ~ 4000mm, 而在柴达木盆地西北部的冷湖, 年降水量仅有 15.4mm, 是亚洲已记录到的降水量最少的地方之一。

高原上的降水有几个特殊的现象。由于海拔高, 降水固态降水占有很大的比例, 其中雪是最主要的形式, 即使是盛夏时节, 许多山峰上仍然是白雪皑皑, 形成了高原上特殊的风景; 另外冰雹也是固态降水的一种, 巴颜喀拉山、唐古拉山一带是高原上冰雹最多的地方, 而且冰雹的颗粒还特别大, 有的像鸡蛋那么大, 破坏力极大, 对当地的农牧林业造成了极大的灾害。青藏高原降水的另一个特点是夜雨比较多, 每当雨季的时候, 即便白天天气



In the rainy season, there are rainstorms almost every night although it is fine during the day. The percentage of night rain is as high as 80% in some broad valleys, such as the city of Lhasa near the Lhasa Valley, and Xigazê near the Nyang Qu Valley. Within the plateau area, there is often the special “rain streamer ①” — clouds with a long tail. It is formed by the re-evaporation of rain midway down, as a result of the dry air.

很好,可一到傍晚就乌云密布,大雨雷鸣,几乎天天如此。在一些宽阔的河谷中,“夜雨率”高达80%以上,如拉萨河谷的拉萨、年楚河谷的日喀则等。在高原内部地区,人们还能见到另外一个特殊现象,那就是“雨幡”,即云彩的后面托着的长尾巴,这是因为空气干燥,云中的雨水还没有降到地面就被重新蒸发到空中所形成的。



The Affluent Qinghai - Tibetan Plateau 富饶的青藏高原

The Qinghai - Tibetan Plateau boasts the vast land and abundant products. On the huge expanse of 2 500 000 km², rivers crisscross and lakes scatter here and there, water power and aquatic resources accompanied with potentially rich

青藏高原地域辽阔,物产丰富,250万平方千米的土地上,河流纵横,湖泊棋布,水利、水产资源丰富,如鱼类等潜力极大。连绵的雪山峡谷和人迹稀少的藏北高原,蕴藏着丰富的矿产资源与能源,高原东南

① n. 横幅,长旗,彩色纸带

fishes abound. The continuous and numerous snow peaks and deep valleys as well as the Northern Tibetan Plateau rarely trodden by man are great reservoirs of rich mineral resources and energies. In the boundless forests on the south plateau, there are countless exotic flowers, rare herbs, and rare animals.

部的莽莽林海里,奇花异木、奇珍异兽,难以计数……

Rich Mineral Resources

丰富的矿产资源

The vast Qinghai - Tibetan Plateau is rich in underground mineral resources. At present, over 100 minerals have been found with 64 proved industrial reserves, among which are some dominate minerals, such as chromium, copper, lead, zinc, lake salt, mineral flax, petroleum, radioactive and rare metals. Such areas as the Qilian Mountains and the Qaidam Basin crowned as treasure containers are fairly dense in miner-

在辽阔的青藏高原上,蕴藏着丰富的地下矿产资源,目前已发现矿产 100 多种,探明工业储量的有 64 种,其中铬、铜、铅、锌、湖盐、石棉、石油、放射性和稀有金属等都是优势矿种。有些地区还特别集中,像有“万宝山”之称的祁连山、有“聚宝盆”美誉的柴达木盆地等。



als.

Metal Minerals. The metal deposits on the Qinghai - Tibetan Plateau play an important part in the industrial production. The Qinghai - Tibetan Plateau is the most important mineral base of chromium, mainly distributed in the areas of the Yaluzangbu and Lake Bangong —— River Nujiang and the Qilian Mountains. Copper is another dominate mineral with a large deposit, wide distribution and diversity. A number of 38 proved copper ores have been found now. Lead and zinc also occupy an important position throughout the country. In addition, the Qinghai - Tibetan Plateau is rich in gold resources, especially alluvial gold, which is not only of a large quantity, but also of wide distribution. The local inhabitants often take gold - washing as a sideline industry.

The Salt Lake. The Qinghai - Tibetan Plateau stores plenty of nonmetal minerals, among which

金属矿产 青藏高原的金属矿床在我国的工业生产中占有重要的地位。青藏高原是我国铬矿最主要的矿产基地, 主要分布在雅鲁藏布江地区、班公湖——怒江地区和祁连山地区; 铜矿也是青藏高原的优势矿种, 不但储量大、分布广, 而且种类也多种多样, 青藏高原上现已探明的铜矿床就有 38 种之多。青藏高原的铅锌矿在全国占有重要的地位, 另外青藏高原还有丰富的金矿产资源, 尤其是砂金矿, 虽然储量不是很大, 但分布广泛, 产区的居民常以淘砂金作为一种副业。

盐湖 青藏高原也蕴藏着丰富的非金属矿产资源, 其中以盐湖矿产最具特色。青藏高

the salt lake is the most distinctive. As the densest area of salt lakes in modern times, the Qinghai - Tibetan Plateau has 352 lakes, with a total area of $2.146 \times 10^4 \text{ km}^2$, according to the statistics of 1992. These salt lakes are mainly distributed in the Qaidam Basin, and the north and west of Tibet. Studies show that the water is declining because of long periods of drought. The salt - water lakes are turning into salt lakes and they may even dry up as salt beaches. The salt lakes in the Qaidam Basin are cases in point. In Mongolian, Qaidam means "salt marsh^①." It is estimated that the total reserve of salt in the Basin is enough to build a salt bridge between the earth and the moon with a thickness of 6 meters and width of 12 meters. The astonishing quantity proves a reassured supply of important industrial and building materials. Many roads in Qaidam are paved with salt.

原是我国近代盐湖分布最集中的地区。据 1992 年的数据显示,青藏高原约有盐湖 352 个,总面积约为 $2.146 \times 10^4 \text{ km}^2$, 主要分布在柴达木盆地和西藏的北部、西部地区。科学家们的研究发现:由于天气的长期干旱,湖水入不敷出,那么湖泊就会从咸水湖逐渐演变为盐湖,甚至完全干涸,成为一片盐滩。柴达木盆地的盐湖就是在这种条件下造就的结果,在蒙古语中,柴达木即“盐泽”的意思。据估算,整个柴达木的盐总储量足够在地球和月球间架设一座 6m 厚、12m 宽的盐桥梁!储藏量惊人的盐晶不仅是重要的工业原料,当地的居民甚至用盐作为铺路的材料,柴达木盆地就有许多路就是用盐铺成的。根据科学家们的研究,湖水只有在被蒸发掉原来的 90%,即只剩下 1/10 时,湖水中的盐分才能大量析出,此时湖水的含盐度达到饱和,水中早就没有了任何生物,湖岸

① n. 湿地, 沼泽, 沼泽地



Scientists say that only when the water is evaporated by 90% (1/10 left) can the salt separate out. By then the salt content is saturated^①, no life is left in the water, and there will only be pure and beautiful salt crystals.

Characteristics of Plateau Energy——Simultaneous Utility of Diverse Energies. The Qinghai-Tibetan Plateau holds in store not only the direct resources such as coal, petroleum and gas, but also plenty of geothermal, solar, and wind resources, especially hydraulic^② resources.

Hydro-energy. Because of the numerous rivers and lakes, the great difference of fall and great amount of flow, the Qinghai-Tibetan Plateau holds huge hydro-energy. It is estimated that the total reserve of the natural hydro-energy on the plateau is about 300 million kilowatts, accounting 45% of the total amount in China. The

边会结晶出奇异多姿的盐花, 纯洁而秀丽。

高原能源特色——多种能源并用 青藏高原不仅蕴藏着煤炭、石油、天然气等直接能源, 而且水能资源、地热能资源、太阳能资源、风力能资源均非常可观, 尤其是水能资源, 极其丰富。

水能。青藏高原的河流、湖泊众多, 而且落差大, 水量充沛, 蕴藏了巨大的水能资源。据初步估算, 整个高原的天然水能蕴藏量约为 3 亿多千瓦, 占全国河流天然水能蕴藏量的 45% 左右。其中, 又以高原东南地区最集中, 仅雅鲁藏布江干流天然水能蕴藏量即为 8000 万千瓦; 若再加上它的五

① adj. 渗透的, 饱和的, 深颜色的

② adj. 水力的, 水压的



southern plateau is the densest area in waters, where the natural hydro-energy reserve of mainstream Yaluzangbu is 80 million kilowatts, and this number will rise to 90 million by the addition of its five branches.

Geothermal Energy. The geothermal energy on the Qinghai - Tibetan Plateau is considerable.

There are more than 1000 diverse geothermal fields, including common warm, hot, boiling and shooting springs, fumaroles, steaming grounds, sulphur fumaroles, salt springs, mud-boiling springs, hot lakes, rivers and swamps, and rare hot explosions and geysers: almost all types of terrestrial heat in the world can be found here. To the west of Yaluzangbu 90 kilometers northwest of Lhasa, the famous Yangbajain geothermal field is a hot and wet steam field, with hot springs, fumaroles and steaming grounds as the best representatives. The total amount of natural heat energy of the whole field is

大支流, 天然水能蕴藏量约达 9000 万千瓦。

地热。青藏高原上的地热资源亦相当可观, 高原上共有 1000 余处地热区, 而且地热类型多种多样, 除常见的温泉、热泉、沸泉、喷泉外, 还有喷气孔、冒气地面、硫质气孔、盐泉、沸泥泉、热水湖、热水河、热水沼泽以及罕见神奇的热水爆炸和间歇喷泉等等。世界上所有的地热显示类型, 在青藏高原上几乎都可以见到。著名的羊八井地热田, 是一个高温湿蒸气热田, 它位于拉萨市西北 90km 的羊八井区西侧, 主要的地热显示类型为沸泉、喷气孔和冒气地面。整个热田的地表天然热能总量约为每秒 447kJ, 全年放出的热量相当于燃烧 47 万吨的标准煤, 估计热能发电潜力达 17.9 万千瓦。早在 1975 年, 科研人员就已经对羊



about 447 kJ per second, and the annual amount of heat equals that of 470 000 tons of standard coals, with an estimated potential of heat-electric power of 179 000 tons. In early 1975, scientists had already explored Yangbajain, which continually provides the electrical energy for the city of Lhasa now, and built greenhouses for fresh vegetables even in the bitter winter. As a representative of geothermal energy, hot springs are both beautiful scenic spots and of therapeutic properties. The Qinghai-Tibetan Plateau boasts rich hot spring resources valuable for cultivation.

Solar Energy. On the Qinghai-Tibetan Plateau, there is sufficient sunshine and great radiation. Due to the high elevation, the air is thin and clear, with little content of dust and water vapor. When the sunlight penetrates the atmosphere, the loss of radiation is little. The Plateau is an area with the highest radiation - a yearly total of

八井地热进行勘探开发,现在它为拉萨市提供着源源不断的电能。而且建立了地热能温室,即使是在隆冬季节里,这里也能生长新鲜的蔬菜。温泉是地热的一种表现形式,温泉周围不但自然景观优美,而且有洁身祛病的作用,因此是潜力极大的旅游资源。青藏高原有着丰富的温泉资源,有很大的开发利用价值。

太阳能。青藏高原上光照充足,辐射量大。由于海拔高,空气稀薄洁净,尘埃和水汽含量少,大气透明度好,阳光透过大气层时,太阳辐射量损失少,青藏高原是我国太阳辐射最多的地区。高原上大部分地区年总辐射量在 668.8 kJ/cm^2 以上,拉萨为 798 kJ/cm^2 ;各地全年平均日照时数在 1550 ~



over 668.8 kJ/cm^2 (that of Lhasa is 798 kJ/cm^2). The mean annual sunshine time is from 1550 to 3390 hours (in Lhasa it is 3005 hours). For this reason, Lhasa enjoys a high reputation of "the City of Sunlight". Some installations^① like solar energy heating building, bathroom, lab, and photoelectric station have been built successively to solve the problem of energy shortage. Ngari is an area with the widest solar energy throughout the country and has made the best use of it. Sufficient sunshine and huge solar energy provide a broad prospect for the development of agriculture, forestry, and fishery on the plateau. Therefore, agriculture, forestry and breeding here make the highest records in the world: barley at the height of 4750 meters, natural forests 4400 meters, pasture and yak field respectively 5500 and 6000 meters.

3390 小时之间, 拉萨为 3005 小时, 因此拉萨素有“日光城”的美称。一些诸如太阳能采暖楼、太阳能浴室、太阳能实验站、光伏电站等设施先后建立起来, 缓解高原上的能源短缺问题。阿里是国内利用太阳能最好的地区, 也是太阳能面积最多的地方。充足的光照和巨大的光能, 也为高原上的农、林、牧业发展提供了广阔的前景: 高原上的农林牧业上限创世界最高记录, 如青稞种植上限创 4750m 的纪录。天然森林分布创 4400m 纪录, 放牧草地和牦牛活动分别创 5500m 和 6000m 的最高记录。

① n. 安装, 装置, 就职

Life Forms on the Plateau 高原生物

Plants on the Qinghai - Tibetan Plateau 青藏高原的植物

The plants on the Qinghai - Tibetan Plateau are of a great variety. A rough estimation of seed plants reaches 10 000 species. In the south and southeast of the plateau are distributed dense forests, one of the important forestry areas in China. In these forests flourish dragon spruce, huashan pine, dahurian larch, white birch, alpine oak etc., among which the Himalayan fir and China yew are typical species. There are approximately several hundred medicinal plants, e. g., glossy ganoderma, Chinese caterpillar, fritillaria, velvetplant,

青藏高原的植物种类繁多,科学家们粗略估计,高等种子植物可达10 000种左右,高原的南缘和东南部,分布着茂密的森林,是我国的重要林区之一,主要林木有云杉、华山松、落叶松、白桦、高山栎等几百种,其中喜马拉雅冷杉、红豆杉等是高原特有的物种。药用植物也有数百种之多,比如灵芝、冬虫夏草、贝母、三七、党参、黄芪、当归、红花、五味子、枸杞、麻黄、大黄、天麻、雪莲花等。此外,还有名目繁多的奇花异草,竞芳斗艳,美化着青藏高原的大好风光。

tangshen, milkvetch, angelica, safflower, China magnoliavine, China wolfberry, ephedra, nodding flower, gastrodia elata, snow lotus. Besides, there are diverse exotic flowers and rare herbs to make the plateau more beautiful.

The Green Carpet — High and Cold Tundra and Meadow 绿色地毯——高寒草甸与高寒草原

The high and cold tundra is the best representative of plateau scenery on the Qinghai - Tibetan Plateau. The cold climate makes the plants grow in low clusters to be adapted to the continental frigidity and drought. The vast expanse of meadow looks like an immense green carpet dotted with groups of cattle and sheep and beautiful tents. Dominated by the artemisia, the meadow is the most typical, covering 80 ~ 90% of plateau. The soft grasses with rich nourishment make it an excellent enduring natural pasture.

在青藏高原上,最具有代表性的景观就是高寒草甸。寒冷的气候环境使得这里的植物低矮、密集丛生,成为适应大陆性高原寒旱化生态环境的独特类型。一望无际的草甸犹如无比巨大的绿色地毯,上面牛羊成群,华帐点点,景色美丽迷人。草甸以蒿草属植物为多,其中小蒿草草甸最为典型,覆盖度达 80% ~ 90%,草质柔软,营养丰富,耐放牧践踏,是良好的天然牧场。

The prairie on the Qinghai - Tibetan Plateau is dominated by perennial trees, crown grasses and small bushes which are cold and drought - resistant but with a low coverage. The purple needlegrass is the best representative. Resistant to cold and dry weather, it appears soft green in the warm season and after August its fluttering ear looks silvery under the sunlight and against the gentle breeze.

The plants on the plateau wilderness are mainly bushes and semibushes, such as saxoul, ephedra, tamarisk, tangut whitethorn, common ceratiodes and so on. Plants are dull. Animals are rare; camels, being cold and drought - resistant, wander in the wilderness leisurely and carefree.

The Magic Herb - Glossy Ganoderma. Glossy ganoderma, named fairy or auspicious herb in ancient times, was worshiped as a "longevity herb". Actually, it is a species of suberin fungus, living

青藏高原上的草原则以耐寒耐旱的多年生乔草、根茎苔草、小灌木等植物为主,但一般覆盖率较低。其中以紫花针茅草原最富有代表性。紫花针茅耐寒耐旱,暖季呈黄绿色,8月以后花穗飘扬,在阳光照射和微风吹拂下,泛映出缕缕银光,季节景象别致独特。

高原荒漠的植物主要是小乔木梭梭和麻黄、沙拐枣、柽柳、白刺、驼绒藜等灌木、半灌木植物。尽管这里的植物种类单调,动物稀少,耐寒耐旱的骆驼却悠然自得地徜徉在这片高寒荒漠之间。

仙草灵芝 灵芝古称仙草、瑞草、吉祥草等,还被尊为“长生不老药”。其实灵芝只是一种大型真菌,更不像传说的那样是千年生万年长的,而是1~2年生的木栓质真菌,而且



annually or biennially, liable to moths or mildew, and therefore cannot be preserved very long, not to speak of thousands of tens of thousands of years. Being a fungus, it likes moisture and heat. China is known as "a kingdom of glossy ganoderma" because it is rich in glossy ganoderma resources. Tibet is particularly so and is therefore known as its "hometown". There are as many as 13 species here, accounting for 15% of the total number in China, including *G. tsugae*, *G. applanatum*, *G. gibbosum*, *Humphreya soffeatum*, *G. resinaceum*, *G. lucidum*, *G. shangsiense*, to name only a few.

Glossy Ganoderma Culture. In understanding, studying and applying glossy ganoderma, Chinese people have created, enriched and developed the cultural connotation^① of glossy ganoderma, and shaped a profound and extensive

还易虫蛀和霉烂,不易长期保存。由于灵芝是真菌类,故喜湿、热。我国灵芝物种资源丰富,有“灵芝王国”之称,尤其位于青藏高原东南部的西藏,灵芝种类繁多,素有“灵芝故乡”的美称。仅西藏已知灵芝就达13种之多,占全国已知种数的15%,有松杉灵芝、树舌灵芝、黄孔灵芝、有柄树舌灵芝、咖啡孢芝、裂迭灵芝、无柄灵芝、赤芝、上思灵芝、墨脱灵芝等等,不一而足。

灵芝文化。中华民族在对灵芝的认识、研究和应用的过程中,不断创造、充实和发展了灵芝的文化内涵,形成了源远流长、博大精深的灵芝文化。

① n. 含蓄, 储蓄的东西(词、语等), 内涵



culture based on it.

The Chinese word "lingzhi" (glossy ganoderma) appeared first in *Gao Tang Fu* of Song Yu in Chu (one of the Warring States during the Eastern Zhou period 775—256 B. C.). Later on, by legends and literature, it evolved into a symbol of happiness and love and became the target of worship. In ancient times, it was used as a cure for diseases and nourishment to human body. Its shape is unique too. Therefore, it became an extraordinarily auspicious herb which may bring the dying back to life and bring people fortune, happiness and satisfaction. In the abundant mascots in China, the fungus of lingzhi, a symbolic ornament^① of its shape, and auspicious clouds after its design are used widely and extensively.

After the Qin and Han Dynasties (221 B. C. - 220 A. D.), glossy ganoderma was highly deified. To

灵芝之名最早出现于楚人宋玉的《高唐赋》。后经长期传说和文人笔下修饰描绘，逐渐演变，成为美好和富于爱的象征，灵芝随之身价高贵，又逐渐升华为令人崇拜、信仰的神物。古人用灵芝治病，发现有滋补强身、扶正固本的功效，同时还发现灵芝形态奇异，光彩夺目，典雅俊秀。于是灵芝进一步脱俗为瑞草，甚至是起死复生的还魂草，灵芝还能带来福运、吉祥和“称心如意”。在我国众多的吉祥物中，惟有灵芝、灵芝如意、灵芝祥云图是应用最多、最广泛、最悠久、文化内容最深博的吉祥物。

灵芝被高度神化是在秦汉之后。在古人的心目中，灵芝作为吉祥图及艺术形象，应该



① n. 装饰物

the ancient people, its picture or image should appear wherever it was needed. The Chinese emperors regarded it as a fairy herb and believed that it could bring happiness. The first emperor of the Qin Dynasty sent troops commanded by Xu Fu to seek the longevity herb at Penglai. The village of Xu Fu is still conserved in north Jiangsu.

Emperor Wudi of the Han was obsessed with the herb and ordered all his subjects for it. From the Song to the Ming dynasties, emperors were all keen on it so that it became a fashion to eat it. Glossy Ganoderma, a lucky mark, was found in temples, palaces, pavilions, courts, and on clothes and household apparatuses^①. As a traditional model of adornment and image of luck, it appeared on the yurts of the Mongolians and tents of the Tibetans and Uyghurs.

Application and Development of Glossy Ganoderma. In 2000, the

出现在任何需要吉祥的地方。我国历代皇帝几乎都将灵芝视为仙草仙药,更迷信灵芝“显瑞”。秦始皇曾派徐福率大队人马出海东渡蓬莱,寻找长生不老药——灵芝,现今在江苏北部还遗留着当年徐福离岸时的徐福村。汉武帝对灵芝崇拜达到痴迷的程度,曾下旨要天下百姓进贡灵芝。从宋朝的贞宗、徽宗直至明代各个皇帝,“芝草瑞应”之事更是十分兴隆,服食灵芝成为社会风尚,灵芝的形象成了相当普遍的“吉祥符”,出现在寺院宫殿、亭台阁楼或民宅大院,衣冠或生活器具上。作为传统装饰图样,灵芝如意或灵芝如意图案也常出现在蒙古包、维吾尔族及藏族帐篷上面。

应用灵芝文化,开发灵芝资源。我国已于2000年首次将

① n. 器械, 设备, 仪器



Chinese government for the first time enlisted glossy ganoderma in 2000 *Pharmacopoeia*^① of P. R. C., confirming its medicinal efficacy^② and status of traditional Chinese medicinal herb. The Ministry of Public Health approved it as a new resource of food. Modern research and application of glossy ganoderma have attracted great attention both at home and abroad. The United States has followed the example of China and included it in its pharmacopoeia of herbal medicine. The glossy ganoderma, with several thousand years of cultural connotation, will get further study and will be applied as health care food and medicine. Some experts in Taiwan regard the cultivation of glossy ganoderma as an exploitable star enterprise for 2001.

Chinese Caterpillar Fungus.

The Chinese caterpillar fungus is a precious medicinal herb. As a member of fungus, it belongs to the

灵芝中的赤灵芝、紫灵芝正式列入 2000 年版《中华人民共和国药典》，肯定了灵芝的药效并作为法定的中药药材，卫生部批准灵芝作为我国食品新资源。灵芝的现代研究应用引起了国内外高度重视，美国承认灵芝药效并将灵芝列入“草药药典”。具有数千年文化内涵的灵芝将进一步开发应用于保健食品及药品。我国台湾有关专家还把灵芝视为 2001 年可开发的企业明星。

冬虫夏草 冬虫夏草简称“虫草”，是一种名贵的中草药。“虫草”是菌类植物，属于囊菌纲、麦角菌科。孢子寄生

① n. 药典

② n. 功效，效验



class Ascomycetes and the family Clavicipitaceae. Its spore parasites in the larva of *Hepialus armoricanus*, which is a member of Lepidoptera. In winter, it lives in soil, gets into insect, grows hypha and comes into sclerotium. In summer, the stalked stroma grows from insect and sclerotium, and comes out of the ground. Thus, its lower part is insect and its upper section is herb.

The Chinese caterpillar fungus usually grows in humid and soft soil on the slope with a southern exposure, about 4000 meters above sea level, such as Qinghai, Tibet, Yunnan, and Garzê and A-ba in Sichuan. Sweet - sour, it is an excellent medicine for invigorating both Yin and Yang.

Yellow Fungus. You have surely heard of white fungus, but you may not have heard of yellow fungus. On the rotted blue oak in the forests of Southeast Tibet, there are various clusters of flower-like plants, splendidly glittering. They

在鳞翅目蝙蝠蛾昆虫绿蝙蝠幼虫的虫体上，冬天随虫体蛰居在土中，侵入虫体，长出菌丝，布满虫体变成菌核，是为“冬虫”；夏天从虫体和菌核上长出有柄的菌座，露出地面，是为“夏草”。因为它下部是虫，上部是草，合称“虫草”。

虫草多产于海拔 4000m 附近向阳湿润、土质松软肥沃的山坡上，像青海、西藏、云南以及四川的甘孜、阿坝等地均产虫草。在中医中，虫草味甘酸，性平，气香，是上等的补药。冬虫属阴，夏草属阳，故虫草能起到阴阳并补的作用。

金耳 听说过银耳吧？可你大概很少听说过还有金耳！在西藏藏东南的山林里，在腐朽的青冈树上，长着一团团一簇簇、千姿百态、繁花似锦、闪烁着道道金光、酷似花朵般的植物，这就是高原上著名的特



are known as yellow fungus, or golden tremella, a well-known local product.

It is of the same family with white fungus. Its edible part is golden and transparent^①, curling in layers, just like golden chrysanthemum in full bloom. The biggest weighs a half kilogram. Like white fungus, it is rich in nutrition. It is a natural product on the plateau not yet polluted.

Healthy Food — Common Morel. Common Morel is a famous edible wild fungus, belonging to the class Ascomycetes, the order Pezizales, the family Helveliaceae; and the genus Morel. At present, more than 20 species have been found in the world. It is a low-temperature fungus and flourishes in spring. Delicious and nutrient, it is an excellent medicine for indigestion^② and pulmonic^③ diseases. It can be found every-

产金耳。

金耳与银耳属同一科。其食用部分的子实体金黄透明,扁薄而卷曲,层层叠叠,就像朵朵盛开的金色菊花。最大的重达 0.5kg,它同银耳一样,营养丰富,为虚弱之高级补品。高原上产出的金耳更是天然无污染的珍品。

健康食品——羊肚菌 羊肚菌是著名的大型野生食用菌,属子囊菌纲、盘菌目、马鞍菌科、羊肚菌属,现在全世界已发现了 20 种左右,因为其外形似羊的肚子,故人们称其为羊肚菌。羊肚菌是低温型真菌,其盛产期在春季。羊肚菌不仅营养丰富、味道鲜美,而且还是主治消化不良、痰多气短的良好中药。在青藏高原的各个山区几乎均有分布。

① adj. 透明的, 显然的, 明晰的

② n. 消化不良

③ adj. 肺的, 由肺进行的



where on the Qinghai - Tibetan Plateau.

Common Morel is rich in nutrition. It is determined that every 100 - gram contains 24.5 - gram proteins and therefore enjoys the fame of "meat in vegetation". Proteins in human body are made up of over 20 amino acids, and 18 of them can be found in Common Morel, of which 8 can't be manufactured in human body. It is also determined to contain 8 vitamins: Vitamin B₁, Vitamin B₂, Vitamin B₁₂, nicotinic acid, pantothenic acid, pyridoxol, biotin, folic acid etc. Studies prove it to be as good as milk, meat and fish powder; therefore, it is often regarded as a health food internationally.

Unique Highland Plant — Snow Lotus. Snow lotus, a member of the family Compositae, the genus *Saussurea* and the subgenus *Amphilaena*, is a herbal plant, usually living in the debris near the snow line and slope at an elevation of 4800 ~ 5800 meters.

羊肚菌的营养相当丰富, 据测定每百克干羊肚菌就含有蛋白质 24.5g, 是良好的蛋白质来源, 有“素中之荤”的美称。人体中的蛋白质是由 20 种氨基酸搭配组合而成, 而在羊肚菌中就含有 18 种, 其中有 8 种氨基酸是人体所不能制造的。据测定羊肚菌至少含有 8 种维生素: 维生素 B₁、维生素 B₂、维生素 B₁₂、烟酸、泛酸、吡哆醇、生物素、叶酸等。羊肚菌的营养成分可与牛乳、肉和鱼粉相媲美, 国际上因此常称它为“健康食品”之一。

奇特的高山植物——雪莲
雪莲是菊科凤毛菊属、雪莲亚属的草本植物, 一般生长在海拔 4800 ~ 5800m 的高山流石坡以及雪线附近的碎石间。雪莲亚属的植物有 20 余种, 绝大部分产于我国青藏高原及其毗邻地区。青藏高原上主要有



The subgenus *Ampjilaena* contains about 20 kinds, most of which are distributed on the Qinghai-Tibetan Plateau and its surrounding areas. Snow lotus here includes Himalayas, three-finger, cotton-head, small-fruit, cuona, cluster, and medusa lotuses.

Snow lotus is covered all over with white down. Seen from afar, it is like a white jasper rabbit; therefore, it is also called Snow rabbit. In fact, this is the very biological characteristic that enables snow lotus to be adapted to the cold and dry highland environment. Countless cells formed by the down block the air inside. In the direct sunlight, it absorbs ^① more heat than the surrounding soil and air do. Meanwhile, the down prevents against strong radiation. Even the capitulum ^② on the top of the bulb are usually sealed by the downy leaves as if it were wearing a white sweater, so that life is reas-

以下几种:喜马拉雅雪莲、三指雪莲、绵头雪莲、小果雪莲、错那雪莲、丛生雪莲、水母雪莲等。

雪莲全身长满密集的白色绒毛,从远处望去,就像一只白色的玉兔,所以雪莲又叫雪兔子。其实这是雪莲之所以能适应寒冷、干旱高山环境的生物学特征,这些绒毛交织形成无数的“小室”,室中的气体难以与外界交换,白天在阳光的直接照射下,它就能比周围的土壤和空气吸收到更多的热量;同时绒毛又可使植物体免遭强烈辐射的伤害。即使是密集于茎顶端的头状花序,也常被两面长着密绒毛的叶片所包封,犹如穿上了白绒衣,以保证在寒冷的高山环境下传宗接代。



① vt. 吸收, 吸引

② n. [植]头状花序, 聚生花, 小头, 骨端

sured in the high and cold environment.

Snow lotus' cells contain plenty of soluble sugar, protein and lipid, so that the freezing point of protoplasm^① falls. When it is below that temperature, the liquid inside will seep between intercellular space and walls before freezing. The protoplast experiences a gradual shrinking and is not hurt. When it gets warm, the ice melts and is reabsorbed by the protoplast. By then the cell recovers its normal state. It is due to this cold-resistant capacity that snow lotus grows in the severe cold mountains.

The Tibetans distinguish between male and female snow lotuses. They say that the female is sweet and edible, and can be eaten raw, while the male is bitter. In traditional Chinese medicine, the whole of snow lotus can be used as medicine. It has the property^② of expelling cold, strengthening Yang,

雪莲的细胞内积累了大量的可溶性糖、蛋白质和脂类等物质, 因此细胞原生质液的结冰点降低, 当温度下降到原生质液冰点以下时, 原生质内的水分就渗透到细胞间隙和质壁分离的空间内结冰。而原生质体逐渐缩小, 不会受到损害。当天气转暖时, 冰块融化, 水分再被原生质体吸收, 细胞又恢复到正常状态。雪莲就是靠这种抗寒特性, 生存于高寒山中。

藏族人将雪莲花分为雌、雄两种。据说雌的可以生吃, 具有甜味, 而雄的却味苦。在中医中, 雪莲全身均可入药, 有祛寒、壮阳、补血和暖宫的功能。主治妇女病、风湿性关节炎及肾虚、腰痛等症, 水母雪莲还有强心作用。

① n. [生]原生质

② n. 财产, 性质, 特性



enriching blood and warming uterus, and is therefore used as a cure for gynecological diseases, rheumatism, kidney deficiency, lumbago and so on. Medusa snow lotus may serve as a cardiac stimulant.

The Tibetan Saffron. The Tibetan saffron is also called saffron or crocus. Not originating in the Qinghai-Tibetan Plateau, why is its name begun with "Tibetan"? It was first grown in Spain and brought to Tibet via the Mediterranean and India and then to the inland via Tibet. That's why it is named the Tibetan saffron.

People are often confused about saffron and showy flowers, the latter being an annual herbaceous plant of the Asteraceae family and Dicotyledoneae class, about one meter tall, and with orange tubular^① flowers. The Tibetan saffron, however, is a perennial herbaceous plant of the Iridaceae family and the Monocotyledoneae class. It has bulb and

藏红花 藏红花, 又叫番红花或西红花, 原产西班牙。其实青藏高原并不产藏红花, 那么, 为什么藏红花又用“藏”字当头来命名呢? 这是因为这种药材从地中海沿岸经印度传入西藏地区以后, 又从西藏传至内地的, 这样人们就把它称之为藏红花。

草红花与藏红花仅一字之差, 所以在概念上常被误认为同物异名, 甚至有人把青藏高原地区引种栽培的草红花当作藏红花。其实, 这是两种完全不同的植物, 草红花是属双子叶植物纲的菊科一年生草本植物, 高达 1m 左右, 头状花序中的每一朵管状花呈橘红色。而藏红花是属单子叶植物纲的鸢



① adj. 管状的

its flower is purple or purplish red. Although they share many similarities in invigorating the circulation of blood, they are quite different in systemic evolution, formation, and development. The Tibetan saffron far surpasses showy flower in nourishing blood.

Rose - boot. A member of the family Rhodiola and the genus Rhodiola, rose - boot is mainly distributed in the high and cold areas of the Northern Hemisphere and in the flowing stones and bushes at an elevation of 3500 ~ 5000 meters. Therefore, the Qinghai - Tibetan Plateau is an ideal place for it.

Rose - boot has an excellent medicinal efficacy. It can help relax and resist coldness, especially expelling fatigue. Studies indicate that consumption ^① of it may restore one's vigor without the danger of becoming addicted. People often use it as a tonic ^② to cure

尾科多年生草本植物,具鳞茎,花为紫色或紫红色。它们虽在活血通络方面功能相似,但在系统演化、形态发育和其他用途等方面存在着很大的差异。而且在养血功能方面,藏红花要远远超过草红花。

红景天 红景天是指景天科、红景天属植物,它们多分布在北半球的高寒地带,大多数都生长在海拔 3500 ~ 5000m 左右的高山流石或灌木丛林下,因此青藏高原是红景天生长的理想场所。

红景天有良好的医药疗效,可以消除疲劳,抵御寒冷,尤其是它的消除疲劳作用特别有效,科学研究发现,当疲劳机体不能自然恢复时,服用红景天浸膏有显著效果而且无毒无成瘾性。民间常用它作为补

① n. 消费, 消费量

② n. 滋补剂, 滋补品



illness. It can expel fatigue from heavy work and resist severe frigidity in bitter winter by drinking the water or wine with rose - boot in it. Rose - boot is also used widely against decrepitude ^① and for mental and physical power. Nowadays, on the Qinghai - Tibetan Plateau people usually use it as the major ingredient in medicine to relieve the plateau effect. Studies also reveal that in strengthening human immunity it is even stronger than ginseng. The Tibetans use rose - boot to cure hemoptysis, pneumonia, cough, leucorrhoea, etc.

Drunken Fish of Azalea. To the southeast of Tibet, in Diqing Autonomous Prefecture of Yunnan there's a Bitu ("azure tower") Lake with an area of 840 square kilometers. "Bitu" in Tibetan means the place where oaks grow. The water in it is clear, transparent and as tranquil as a mirror. Azalea

品,治疗疾病:用它煎水或泡水来消除重体力劳动带来的疲劳及抵抗高寒山区的冬季寒冷。红景天还被广泛应用于抗疲劳、抗衰老和提高脑力和体力机能等方面。现今在青藏高原地区,人们常用以红景天为主要配方的中成药作为抵抗高原反应的药物。科学家们的研究还表明,红景天增强免疫作用的能力比人参还要强。西藏民间还常用红景天来治疗咳血、咯血、肺炎咳嗽和妇女白带等症。

杜鹃醉鱼 在藏东南,属云南迪庆藏族自治州境内,有一个碧塔湖,湖面积 840km²,藏语“碧塔”意思是“栎树生长的地方”。这里湖水清澈透明,明净如镜,湖的周围生长着茂密的杜鹃花,每年端午节开始竞相开放,犹如一道美丽的花环,清风袭来时,杜鹃花瓣便漂

小博士英汉对照丛书

① n. 衰老, 老朽

flourishes around the lake and bloom every year on the Dragon Boat Festival. The petals will drop onto the water in a gust^① of wind. In Bita Lake lives skin - carp, also named Bita skin - carp, of the Quaternary Period. This fish enjoys eating azalea's petals without knowing their anesthetic property, so that after a short while, they will be floating belly up on the lake and do not wake up until about ten minutes later, or sometimes as long as one or two hours. It depends on the amount of petals they consume.

Magic Pear in Qamdo. On the banks of the Nujiang River in Baxoil and Zogang in Qamdo of Tibet grows a kind of pear, similar to ordinary pears. It is a magic pear: juicy, sweet, crisp, and will make you feel drunk afterwards. It belongs to sand pears, with slightly yellow skin and white flesh, generally weighing 400 ~ 500 grams. It grows on wild trees, some of

落水中。碧塔湖水中生长着一种第四纪冰川遗留下来的重唇鱼,叫“碧塔重唇鱼”,这种鱼很喜欢吃杜鹃花瓣,却不知杜鹃花瓣有麻醉作用,用不多大会,鱼就会醉倒,翻着肚皮漂到水面上。这些醉鱼一般十几分钟便可醒来,有的也要一两个小时,看吞食花瓣的多少而定。

昌都醉梨 在西藏昌都八宿县和左贡县境内的怒江两岸,生长着一种食之与普通梨一样,汁多味甜、松脆醇香,食时并无酒味,食后飘然大醉的醉梨。昌都醉梨属沙梨型,果圆皮微黄,肉白,一般果重400 ~ 500g,树均为野生。在这里数百年的老树至今仍枝叶繁茂,硕果累累。传说这是天神为迎接文成公主进藏而种下

① n. 阵风,一阵狂风,(感情的)迸发,汹涌

which are hundreds of years old but still bear rich fruit. It is said to be planted by heavenly gods to welcome the Tang Princess Wencheng by pear instead of wine.

的,以梨代酒,为文成公主及汉人进藏洗尘。

Animals on the Qinghai - Tibetan Plateau

青藏高原的动物

The Qinghai - Tibetan Plateau, where grow diverse rare birds and precious animals, is the native haunt of many animals in China, and even in the world. According to statistics, there are about 191 species of mammals, 532 birds, 49 reptiles, 44 amphibians, 61 fishes and over 2300 insects here.

Mammals living in the tropical and subtropical evergreen forests on the south slope of the Himalayas include langur, rhesus macaque, muntjac, wild ox, leopard, clouded leopard, black bear etc. All of these animals like warm weather. In the mixed forests and needle forests live animals which are fond

青藏高原上繁衍着各种各样的珍禽异兽,是我国和世界上一一些特有珍贵动物的产地。据统计,青藏高原上共有哺乳动物 191 种,鸟类 532 种,爬行类 49 种,两栖类 44 种,鱼类 61 种,昆虫 2300 多种。

生活在喜马拉雅山南坡热带亚热带常绿阔叶林里的哺乳兽类有长尾叶猴、猕猴、麂子、野牛、金钱豹、云豹、黑熊等喜暖动物;在温带针阔叶混交林和针叶林中,逐渐被一些喜欢凉爽和耐寒的动物所代替,如小熊猫、马鹿、獐子和白唇鹿等,其中白唇鹿是我国特有的



of cool weather and resistant to coldness, such as small panda, red deer, Chinese river deer and white-lipped deer. The white-lipped deer is unique in China and it is classified as the first-class animal under protection. Above the top line of 4000 meters, such macroscopic animal as tahr is often found, and near the permanent ^① snowline the snow leopard, known as the "Despot of mountains", also haunts. Blue deer, another even-toed animal, is good at crawling and creeping. Usually a dozen or several dozens of blue sheep appear together on the steep cliffs or glaciers, or at an elevation of 6600 meters. On the Northern Tibetan Plateau, macroscopic animals such as wild yak, chiru, wild horse, blue sheep and agali are often seen. They usually appear in groups of several dozens or over a hundred. In addition to wolves and lynxes, beasts include the Tibetan leopard,

动物, 被划为国家野生动物的一类保护对象; 在 4000m 以上的森林上线, 常见的大型动物有塔尔羊; 而在永久积雪线附近, 被人们称为“高山之霸”的雪豹常常出没在雪地上。还有一种大型偶蹄动物——岩羊, 它们爬山越岭的本领很高, 常常十几只或几十只结群出没在险峻陡峭的山崖上和冰川附近, 甚至可以攀登到 6600m 的高度。在藏北高原上, 常见的大型兽类有野牦牛、藏羚羊、藏野驴、岩羊、盘羊。它们常常几十只一群, 多的可达百只以上一群, 通常都是结队活动。高原上的猛兽除狼、豺狗外, 还有藏豹、藏马熊、雪豹等。青藏高原的兽类有不少是珍稀的观赏动物、名贵毛皮动物。

① adj. 永久的, 持久的

the Tibetan brown bear, and snow leopard. There are also quite some fancy animals rarely found elsewhere.

The Plateau Spirit——Chiru 高原精灵——藏羚羊

Chiru, also known as Tibetan or long-horned antelope, belongs to the even-toed order, the Bovidae family and *Pantholops* genus. An adult chiru, 1.4 meters long, stands 70~80 centimeters high at the shoulders and weighs 40~50 kilograms. Its head is long and narrow and the snout is broad. There's villus^① on the snout tip. The nasal cavity is bulging^② with almost vertical nostrils^③, in each of which is an air sac. The air sacs are used for breathing when running fast on the plateau where the air is thin. The female chiru has no

藏羚羊学名为藏羚,属偶蹄目、牛科、藏羚属,又名羚羊、长角羊,藏语音译为“佐尔”。成年藏羚羊体长在1.4米左右,肩高70~80cm,体重40~50kg。藏羚羊头形宽长,吻鼻宽阔,鼻端有毛,鼻腔鼓胀的,鼻孔几近垂直向下,每个鼻孔内还有一个小囊,可以呼吸,以利于在空气稀薄的高原上快速奔跑。雌藏羚羊没有角,雄藏羚羊头上有一对直竖的长角,扁平挺直,乌黑发亮,环棱如刻,似两把宝剑竖于额头,主要用来自卫。两角极其相似,从侧面看去,好像只有一角,故藏

① n. [解]绒毛, [植]长茸毛

② v. 膨胀, 凸出(部)

③ n. 鼻孔



horns, while the male has a couple of long, straight, and flat horns, black and sharp, like two swords on the forehead to defend itself. Both horns are so similar that they become one when looked from one side. For this reason, chiru is also called "unicorn". Its pointed tail is short, but the four limbs are well balanced. Its hooves are sharp and the legs are thin. It is a good runner. It is covered with thick and straight furs all over, light brown on the back and white under the neck, on the belly and the inside of limbs. The male chiru's face is black but the female's white. Their color is dark in summer and light in winter, some of them may appear entirely white. It is surprising that, under their hind legs there is a pair of round and covered holes 2cm in diameter. When running, the holes will let air in and the chiru will be as agile as a bird, galloping^① at a speed of 80

羚羊又有“独角兽”之称。藏羚羊的尾巴短小,且末端尖;四肢匀称,蹄尖腿细,身体轻捷,极擅长奔跑。藏羚羊通体披毛,毛厚绒密,毛形直立,背部的毛呈浅红棕色,颈下、腹部及四肢内侧均为白色。雄藏羚羊的脸部为黑色;雌藏羚羊脸为白色。藏羚羊的体色夏季深、冬季淡,冬季少数雄藏羚羊通体几乎趋于白色。特别令人惊奇的是,藏羚羊两条后腿腋间皮下各生长着一个直径约 2cm 的圆孔,孔上还有一个皮盖子,奔跑起来,这个孔使后腿皮下充气为皮囊,使之轻巧如飞,时速可达 80km。



① v. 飞驰, 狂奔

kilometers per hour.

Alert by instinct, chiru has keen senses of hearing and sight. As they always haunt the depopulated areas, it is difficult to get close to them. The severe natural conditions make it resistant to hunger and thirst, so that with the ability of running fast, they may survive without food or water for several days. Chirus enjoy pastures near water and live in groups on the plateau desert, in the frozen areas, and near lakes and swamps. Generally, female and male chirus are in separate groups ranging from two to six or ten to several hundred. Without fixed habitat, chirus usually wander in a large area with the change of seasons and food conditions. They live in warm valleys to avoid the wind and snow in winter.

Chirus are found in summer pastures with lush

grass and are often seen in

the high mountains and

in the valleys. The chiru

is a beautiful animal

and is one of the most

valuable animals in the

world.

藏羚羊生性怯懦机警，而且听觉和视觉发达，常出没在人迹罕至的地方，很难接近。严酷的自然条件使它养成了忍饥耐渴、善于奔跑的本领，它可以几天不进食，不饮水。藏羚羊特别喜欢在有水源的草滩上活动，一般群居生活在高原荒漠、冰原冻土地带及湖泊沼泽周围，平时雌雄分群活动，一般2~6只或10余只结成小群，或数百只以上大群，一般无固定栖息地，随季节和食物条件而在较大的范围内游荡，通常冬季在避风雪而温暖的沟谷，夏季在草势茂盛的山坡，秋季进入水草丰美的平滩。夏季中午，它们多在溪水边或低洼处休息，但只站着，从不趴卧。夜间休息时，则用蹄刨个坑卧下。

藏羚羊的毛色随季节而

变化，夏季毛色较深，

冬季毛色较浅，

秋季毛色较黄，

春季毛色较绿，

秋季毛色较黑，

春季毛色较白，

秋季毛色较灰，

春季毛色较黑，

streams or low-lying land, and never lie on their bellies. During the night, they rest in pits dug with their hooves.

The late winter and early spring are the mating seasons for chirus, a period when chirus eat less and get thinner. There are often fights among the males and they all will suffer loss. Sometimes the long horns may get broken. One male chiru may form a family with several females. In order to be beneficial for the offsprings, the female chirus - there are exceptions - migrate northward to rich pastures along the set route in summer, and return to the original place to spend winter with male groups after the birth of their baby chirus in June.

A chiru's fur, skin and meat are all useful. The meat is fresh, tender and delicious; the fur, a good material to make clothing with, is light, soft and colorful. The chiru's horn, like a knotted sword, is delicate and beautiful, and often

冬末春初为藏羚羊的发情交配期,此时,雄藏羚羊食欲减退,体貌消瘦,为争偶互相殴斗,常常两败俱伤,有的甚至长角被折断。一只雄羊可带领几只雌羊组成一个家庭。为了利于产幼藏羚,在夏季,雌藏羚羊沿固定路线向北迁徙到水草丰美之地,6个月后产下幼藏羚,返回越冬地与雄性种群和群;也有少数的种群不迁徙。



becomes a handicraft^①. It is also a medicine. As it has the efficacy of keeping calm and allaying fever, it may replace antelope's horns.

Chirus inhabit the highland prairie, tundra and broad near lakes and swamps of the wilderness, which are 3200 to 5500 meters above sea level. They are found only in the "restricted zones of life" on the Northern Qiangtang Plateau, Hoh Xil and Altun mountains in Qinghai and Xinjiang. Chiru is a unique species. After millions of years of natural selection, it becomes a beautiful fairy on the roof of the world.

"Pashm King" and "Finger Ring Shawl". Chiru has its protective weapon — pashm^② — against the cold climate on the plateau. Chiru pashm is light, soft and delicate, with good flexibility and sufficient warm-keeping capacity, so it is reputed as the "pashm

贵药材羚羊角(赛加羚羊角)的替代品。

藏羚羊栖息在 3200 ~ 5500m 的高山草原、草甸和高原荒漠上的湖泊沼泽周围, 仅分布在青藏高原上的藏北羌塘、青海可可西里以及新疆阿尔金山一带令人类望而生畏的“生命禁区”。藏羚羊是青藏高原上的特有种, 经过百万年的优化筛选, 藏羚羊成为驰骋在世界屋脊上的美丽精灵。

“羊绒之王”与“戒指披肩”

由于高原气候寒冷, 藏羚羊的“护身符”——藏羚绒轻软纤细, 弹性极好, 而且保暖性极强, 素有“羊绒之王”的美称, 据说用藏羚绒把鸽子蛋包起来, 就可以孵出小鸽子。“沙图什”是用藏羚绒做成的一种美丽华

① n. 手工艺品

② vt. 减轻, 减少

③ n. 羊绒

king" and is said to be able to hatch dove's eggs. Shahtoosh is the name for beautiful and elegant shawls made of pashm, and this shawl is light, soft and well warm-keeping. It is called "soft gold", as it may sell as high as 40 000 dollars. A shahtoosh of $(1 \sim 2) \times (1 \sim 1.5)$ meters weighs about 100 grams and may run through a finger ring and therefore it is also called "finger ring shawl".

The productivity of pashm is low, because a chiru only produces about 150 grams per year. Since chirus run fast, it is difficult to catch them, let alone collect pashm. The exportation of pashm in China is strictly prohibited; yet there is the trade of over tens of millions of dollars overseas as a result of simple greedy poaching activities which kill chirus and collect 125 to 150 grams of pashm from each animal.

Nowadays, Shahtoosh is a fashion in Europe, America and elsewhere. Driven by the high profit, a

贵的披肩的名称,这种披肩轻柔舒适,保暖性强,因此价格昂贵,在欧美市场上售价每条达4万美元,有“软黄金”之称。据说一条长1~2m、宽1~1.5m的沙图什重量仅有百克左右,轻柔地把它攥在一起可以穿过戒指,所以沙图什又有“戒指披肩”之称。

因为藏羚绒的产量极低,一头藏羚羊年产绒约150g,而且藏羚羊奔跑迅速,很难活捉,更不用说摘取藏羚绒了,因此中国海关从未出口过一克藏羚绒,但国际上每年藏羚绒的贸易额却高达上千万美元,这些藏羚绒都来自那些贪婪的偷猎者。他们往往采用简单屠杀的方法,从被打死的藏羚羊身上摘取羊绒。每只藏羚羊身上只能取绒125~150g。

如今沙图什披肩已成为欧美等地追求时尚的一种标志,在高额利润的驱动下,大批的



large number of poachers ① swarm to the plateau, which means fatal disaster to chirus.

The Miserable Fate. Chirus are strong and respectful in character. They can defeat the severest natural environment because they have the good spirit of teamwork. When one of them is wounded, all of the others will slow down to take care of it against danger. But this is always taken advantage of by the poachers who drive at night to knock down pregnant ② female chirus or shoot at them, so it is common to see hundreds of chirus being slaughtered ③ with blood flowing like a river all over the field, or the mother chirus, having been skinned, lie dead in the pool of blood with an unborn baby and its little chiru still suck the bloody teat, whose mouth, nose and sal-low face have been dyed red by its mother's blood, and who, without

偷猎者蜂拥而至,致使高原精灵面临着灭顶之灾。

悲惨的命运 藏羚羊有着顽强而自尊的品格。它们能够战胜世界最恶劣的自然环境;这是因为它们有着极好的群体精神。当它们之中出现“伤员”时,大队藏羚羊就会减慢前进的速度来照顾它们,以防被猛兽吃掉。可是这个习性往往被盗猎分子所利用。盗猎者在夜晚开着汽车,朝着即将临产的雌性藏羚羊群横冲直撞,同时疯狂地开枪扫射,一旦群体中出现伤者,整个群体谁也不愿独自逃生,宁肯同归于尽。在盗猎现场常常可以看到这样的景象:数百头藏羚羊全部被屠杀,血流成河,尸横遍野;常有这种场面:倒在血泊中的藏羚羊妈妈,身怀未产出的胎儿,旁边幼小的藏羚羊仍在粘满鲜血的、已经剥下皮的红色乳头上吸取乳汁,羚羊妈妈的鲜血染

① n. 偷猎者, 侵入者

② adj. 怀孕的, 孕育的

③ v. 屠宰, 残杀, 屠杀

its mother's protection, will be eaten by hawks or wolves soon.

In the restricted zone of life, chiru is a winner over severe environment, a victor against hunger, cold, and cruel beasts. They have never yielded to the natural catastrophes^① or left their homeland. But now, large numbers of them have been killed by man. According to statistics, there is at present a number of no more than 50 000 chirus living on the Qinghai - Tibetan Plateau, only one tenth of that of 100 years ago. What's worse, they are being reduced by 20 000 every year. At this speed of killing, how long can the rest of them survive on the earth?

Why should We Protect Chirus? Chirus are accompanied by icy snow and bitter coldness and have finally become excellent representatives of plateau animals after

红了小羚羊的嘴巴、鼻子和它那憔悴的面颊。失去母亲关爱的小羚羊过不了多久就会被老鹰、狼群吃掉……

在生命禁区里,与恶劣环境斗,藏羚羊是胜利者;与饥饿严寒冷斗,藏羚羊是成功者;与豺狼虎豹斗,藏羚羊是无畏者!它们没有屈服于来自自然界的任何灾难,从来从未放弃过自己的家园,可如今,大批大批的藏羚羊却惨死在人类的屠刀之下!据统计,目前生活在青藏高原上的藏羚羊总数不到5万只,仅为100年前的1/10,而且每年以2万只的数量减少,以这样的猎杀速度,残存的5万只藏羚羊还能在地球上挣扎多久?

为什么要保护藏羚羊?

藏羚羊与冰雪为伴,以严寒为友,经过千万年的自然演变,最终成为高原生物的杰出代表,自由自在地生息在世界屋脊之

① n. 大灾难, 大祸



thousands of years of natural selection, inhabiting carefree on the roof of the world. Among the even-toed animals, chirus are living the highest, and are inevitably the most outstanding, as it is elegant-looking, unyielding, agile, resistant to coldness and the lack of oxygen. Some endangered animals such as panda are facing extinction because of the weak adaptation in the natural selection. Chirus are strong. Seeing their sprite figures and elegant forms in groups on the horizon after snow, you will not doubt that they survive in the restricted zone of life for millions of years, or even longer!

At an elevation of 6000 meters, many animals can't live, let alone run. But chirus can run 20 to 30 kilometers at the speed of 60 km/h. This cannot be surpassed by any other animals. Chirus have especially excellent body organs to resist cold and anoxia^① and accept

上。在偶蹄类动物中，藏羚羊的生活地的海拔是最高的，它不仅体形优美、性格刚强、动作敏捷，而且耐高寒、抗缺氧，当之无愧是偶蹄类动物中的佼佼者。藏羚羊不像其他诸如大熊猫之类的濒危动物，由于适应能力差，在自然的淘汰下而濒临灭绝，它是一种优势动物，只要你看到它们成群结队的出现在雪后初霁的地平线，精灵一般的身材、优美的像飞翔一样的跑姿，你就不会怀疑，它能够在生命的禁区里生存数千万年，甚至更久！

在海拔 6000m 的高度，许多动物不要说跑，就连挪动一步也要喘息不已，而藏羚羊在这一高度上，仍能以 60km 的时速连续奔跑 20~30km，使任何猛兽望尘莫及。藏羚羊具有特别优良的器官功能，它耐高寒、抗缺氧、食料要求简单而且

① n. [医]缺氧症

simple food. Its resistance to germs, viruses and parasites is beyond people's imagination. It bears the genes of excellent animals and retains the essence^① of all the land-living mammals. With the present science and technology, people cannot cultivate such outstanding animals. But genetic transfer may improve many other animals.

Rescue for Chirus. As early as in 1988, Chinese government promulgated^② *The Wildlife Protection Law of the People's Republic of China* and classified chiru as the first-class protected animal. In December 1998, the Department of Forestry issued *China's Chiru - Protecting White Book* to call on the cooperative guard of the animal. In 1999, under the proposal^③ of the Secretariat of the *Convention of International Trade of Endangered Species* and *China's Endan-*

对细菌、病毒、寄生虫等疾病所表现出的超强抵抗能力也已超出人类对它的估计,它身上所包含的优秀动物基因,囊括了陆生哺乳动物的精华。根据目前人类的科技水平,还培育不出如此优秀的动物,但如果利用藏羚羊的优良品质做基因转移,将会使许多牲畜得到改良。

拯救藏羚羊. 中国政府早在 1988 年颁布的《中华人民共和国野生动物保护法》中就将藏羚羊列为国家一级保护动物。1998 年 12 月,国家林业局又发布了《中国藏羚羊保护白皮书》呼吁国际社会通力合作保护藏羚羊。1999 年,在《濒危野生动植物种国际贸易公约》秘书处和中国濒危物种进出口管理办公室的共同倡议下,“藏羚羊保护及贸易控制国际研讨会”在青海省的西宁市召开,并发布了《关于藏羚羊保护及贸

① n. 基本, [哲]本质, 香精

② vt. 发布, 公布, 传播

③ n. 提议, 建议



gered Species Import and Export Administration Office, the International Symposium on Chiru's Protection and Trade Control was held in Xining of Qinghai province, issuing *Xining Announcement on Chiru's Protection and Trade Control*, which marked the formation of international cooperation in striking the poaching on chiru and prohibiting illegal trade activities of pashm. This is making things better now.

From 1990 to 1999, the Chinese Public Security cracked more than 100 cases of poaching on chiru and captured more than 3000 suspects. However, a complete prohibition is impossible on a prairie at an elevation of over 4000 meters and with an area of 600 000 square kilometers. Besides, these cracked cases were not all of illegal hunting.

Since 1994, several wildlife protectors have been wounded or even killed in the anti-poaching process. Working in the severe de-

易控制的西宁宣言》，这标志着打击盗猎藏羚羊、制止藏羚羊绒制品非法国际贸易活动的国际间合作的形成，对保护藏羚羊资源已经逐步起到促进作用。

但自1990年到1999年，我国公安机关共破获偷猎藏羚羊案件100多起，抓获盗猎嫌疑人3000多人，但要在海拔超过4000m、面积60万平方千米的荒原上进行彻底禁猎是不可能的，这些破获的案件恐怕也仅仅是偷猎犯罪中的一部分罢了！

1994年以来，已有数名野生动物保护工作者在反盗猎过程中受伤，甚至牺牲。他们为野生动物保护而工作在世界屋



populated zone on the roof of the world to protect the wildlife, they have the indomitable^① and selfless spirit, which make their lives completely valuable. They are protectors of the plateau and safeguard of chirus. Meanwhile, due to the severe natural conditions on the plateau and a lack of research fund at home, Chinese scientists are carrying out little systematic research into chirus, and therefore preservation is restricted to considerable extent. The task requires joint efforts from all sides.

脊上最艰苦的无人地区，他们拥有人类最顽强与忘我的精神，这更使他们的生命弥足珍贵。他们是青藏高原的守护者，是藏羚羊的保护神。与此同时，由于青藏高原恶劣的自然条件和国内科学研究经费的缺乏，中国科学家们对于藏羚羊的较为系统的科学研究工作开展甚少，这在一定程度上也限制了藏羚羊保护工作的开展。藏羚羊的保护工作需要全世界、全社会的努力才能取得成效！

The Plateau Despot — Snow Leopard

高山之霸——雪豹

Snow leopard, a member of the Felidae family, is carnivorous^②. Its forehead bulges and ears are small. But its tail is quite long, about one meter, accounting for 3/4 of the body, and it is fluffy

雪豹是食肉性动物，属猫科。它的前额隆起，耳朵很小，但尾巴很长，足有体长的3/4，约1m左右，而且蓬松柔软，上面有不规则黑色环节，尾尖呈黑色。雪豹全身淡灰色，背部、

① adj. 不屈服的，不屈不挠的

② adj. 食肉类的



and soft, with irregular black rings. The end of the tail is black. Snow leopard is light gray all over the whole body with irregular hidden rings on the back, sides and four limbs and 3~4 black spots. The belly appears white, without stripes. As its color and stripes are harmonious with the surroundings, it can hide very well either to attack or to avoid being attacked. Some people say that snow leopard is the most beautiful among the Felidae animals. It is similar to ordinary leopard in size and appearance, but the length and color of fur, stripes and shape of tail are quite different. The fur is quite soft and dense, longer than that of ordinary leopard. The fur on the back is about 5 centimeters long, and that on the belly is even longer. There's no great difference in the density and color between winter and summer. Since it is covered with a thick fur, snow leopard is resistant to cold. Even when it is below -20°C , snow

体侧和四肢外缘具有不规则的暗环,其中间有三四个小黑点;胸、腹部呈白色,无斑纹。由于雪豹的毛色和花纹同周围环境特别协调,能形成良好的隐蔽色彩,很难被发现,这对捕食猎物特别有利。有人说雪豹是猫科动物中最美丽的一种,它的体型大小和外形与豹很相似,但体毛的长度、毛色、花纹以及尾巴的形状等都与豹不同。雪豹体表的毛特别细软厚密,且比一般的豹的毛要长,背部毛长约5cm,腹部的毛更长。冬季和夏季体毛的密度和毛色差别并不太大。由于全身被有厚厚的绒毛,所以雪豹很耐严寒,即使气温超过 -20°C 时,也能在野外活动。雪豹是我国一级保护动物。



leopard can move about. It is the firstly protected animal in China.

Having the highest habitat among the carnivores, snow leopard usually lives on the highland bare rocks, tundra, or in bushes and borders of coniferous forests. Even during the hunting period, it only takes a bush or rocks as temporary^① place of rest. Snow leopard generally lives at an elevation of from 2000 to 6000 meters, and has the habit of vertically migrating along the slope in different seasons: in summer, it lives at an elevation of about 5000 meters, and in winter around 1800 meters. The major reason for migrating is not for preventing coldness, but for seeking food. Usually snow leopards live separately. Only in the mating season do they live in pairs in the fixed nest in rocks, holes, or bushes. Snow leopard lives on the icy peaks and snow ridges, which are far away from the earthly

雪豹是食肉性动物中栖息地海拔高度最高的一种，一般生活在高山裸岩、高山草甸、高山灌丛和山地针叶林缘，从不进入森林之中，即使巡猎时也仅以灌丛或石岩作为临时的休息场所。雪豹的生活范围大概在海拔 2000 ~ 6000m 之间，而且在不同季节往往有沿山坡垂直迁移的习性：夏季栖息的高度大多在 5000m 左右，冬季则下迁至 1800m 左右。但雪豹迁徙的主要原因并不是为了避寒，而是为了追逐食物。雪豹平时独栖，仅在春天发情期前后才成对居住，一般有固定的巢穴。巢穴设在岩石洞中、乱石凹处、石缝里或岩石下面的灌木丛中，大多在阳坡上。雪豹雄踞在冰峰雪岭之上，远离尘嚣，颇有“天马行空，独来独往”的气势。

① adj. 暂时的，临时的，临时性



world. It has a manner of "a heavenly steed soaring across the sky".

Snow leopard is extremely ferocious ^①. It mainly hunts wild sheep, deer and boars, and never attacks man unless being attacked. Different from lions or tigers which roar loudly, it neighs. Snow leopard is alert and nimble, vigorous and good at leaping, so it can easily jump onto the 3-meter-high cliff. It is said to have set a record of leaping across a stream 15 meters across. Usually snow leopard haunts in its own field during night, lying in the snowfield, squatting ^② in the forest, hiding in a cave, concealing behind a rock or climbing onto a tree. It can sense suitable food around with its keen senses of sight and smell. Sometimes snow leopard may hang their leftovers on a tree. Because of the cold climate, the food will not go bad in a short time, and it can enjoy a good meal

雪豹性情凶猛异常, 主要猎食野羊、野鹿、野猪等野生动物, 但它在野外从不主动攻击人类。雪豹的叫声类似于嘶嚎, 不同于狮、虎那样的大吼。雪豹行动敏捷机警, 四肢矫健, 动作非常灵活, 极善于跳跃, 3m的高崖可以纵身而上, 据传闻说雪豹有一跃跳过15m宽的山涧的记录。雪豹一般在夜间出没在自己的领地内, 或卧于雪地, 或蹲于丛林, 或隐于洞中, 或藏于岩后, 或跃于树上, 附以其灵敏的听觉、嗅觉, 判断周围有何可下肚的动物。雪豹有时会将其吃剩的猎物挂在树上, 由于环境寒冷异常, 猎物一时半会儿不会坏掉, 饿的时候还可美餐一顿。

① adj. 凶恶的, 残忍的, 凶猛的

② v. 蹲坐, 蹲伏



when hungry.

Snow leopard is one of the rare animals. Its fur is nice and elegant, with strong resistance against cold; therefore it can be made into fur coat, fur - lined mattress^①, fur cap etc, which can earn foreign exchange through export. Its bone and muscles can be used as medicine. The snow leopard wine is of great demand in the international medical market.

Snow leopard is not only the best representative among the highland and plateau species in Asia, but also the symbol of highland animal system all over the world. Whether the protection for snow leopard is successful or not will affect the whole protection cause of the world highland animal. Therefore, an international protection program on snow leopard is being carried out at present. It is hoped that through this program snow leopard will be better protected, and the animal

雪豹是珍稀动物,毛皮美观大方,御寒力强,可制成皮裘、皮褥、皮帽等出口创汇产品。骨、筋等可入药,豹骨酒是国际药材市场上的抢手货。

雪豹不仅是亚洲高山高原地区最具有代表性的物种,也可以看做是世界高山动物区系的象征。能否对雪豹进行成功的保护工作,将影响到整个世界高山动物的保护事业。为此,目前国际上正在实施一个国际性的保护雪豹行动计划;期待着通过这个行动计划的实施,不仅能使雪豹得到很好的保护,而且能够进而保护整个高山地区的动物区系和生态系统。

① n. 床垫, 空气垫

system and ecosystem of the high-land area will be protected.

The Plateau Boat — Wild Yak

高原之舟——野牦牛

Because it sounds like a pig, wild yak is called “pigish yak” in the local area. It has a massive ^① body — measuring 200 ~ 260 centimeters long with a tail of about 80 to 100 centimeters and 160 ~ 180 centimeters at the shoulders and weighing 500 ~ 600 kilograms. Its dark brown hair is quite long and thick, particularly on the neck, breast and belly, which form a curtain that nearly reaches the ground. With this protective means, it braves wind and rain, and proves safe crawling on ice or snow. The hair on the tail is special, as it is very long and fluffy ^②, just like a broom. The conic ^③

野牦牛因为叫声似猪，在分布地区又被称为“猪声牛”；藏语的译音是“吉雅克”。它的体形大而粗重，体长一般在 200 ~ 260cm 之间，尾长约 80 ~ 100cm，肩高 160 ~ 180cm，体重 500 ~ 600kg。它的体毛为暗褐黑色，特别长而丰厚，尤其是颈部、胸部和腹部的毛，几乎下垂到地面，形成一个围帘，如同悬挂在身上的蓑衣一般，可以遮风挡雨，尤其适合于爬冰卧雪；尾巴上的毛上下都很长，宛如扫帚一般，显得蓬松肥大，几乎下垂至地面，在牛类中十分特殊。头上的角为圆锥形，如同月牙一般，长度通常为 40 ~ 50cm，最长的角将近



① adj. 魁伟的，结实的

② adj. 绒毛似的，披着绒毛的，蓬松的

③ adj. 圆锥的，二次曲线

horns, 40 ~ 50 centimeters or sometimes one meter long, form a broad crescent ^① moon. Its four limbs are strong. The hooves are broad, hard and strong. The sides and front of the hooves are strongly fringed, and there is soft layer on the sole. Such hooves help slow down and reduce the speed and impulsive ^② force when sliding down, and walk with surprising agility in steep mountains. Its thorax develops quite well, with short and thick trachea and broad space between cartilages. The trachea, similar to that of a dog, can adapt to short and quick breaths. Therefore, wild yak can adjust itself to the highland prairie climate with high elevation, low pressure and less amount of oxygen.

Wild yaks enjoy living in groups of 7 or 8, or a dozen, several dozens, or even over a hundred. Old bull yaks are generally solitary ^③

1m, 两角之间的距离较宽。野牦牛的四肢强壮,蹄大而圆,但蹄甲小而尖,与羊蹄相似,特别强硬,稳健有力;蹄侧及前面有坚实而突出的边缘围绕,足掌上有柔软的角质,这种蹄可以减缓其身体向下滑动的速度和冲力,使它在陡峻的高山上行走自如。野牦牛的胸部发育良好,气管粗短,软骨环间的距离大,与狗的气管相似,能够适应短促迅速的呼吸,因此可以适应海拔高、气压低、含氧量少的高山草原气候条件。

野牦牛喜欢群居,常七八头、数十头、上百头为群。但年老的雄牛一般性情孤独,夏季常离群而居,仅三四头在一

① adj. 新月形的, 逐渐增加的

② adj. 冲动的

③ adj. 孤独的



and live in groups of 3 to 4 in summer. The digestive organ of a wild yak is stronger than that of an ox. With hard teeth and thin lips, they very easily get food at night or in the morning. Their food are mainly highland plants like needlegrass, livewort, nutgrass and wormwood. In the daytime, they stand on cliffs ruminating^①, or rest and sleep in lying posture. Wild yaks have an acute sense of smell. Once in danger, bull yaks will be the first to rise to safeguard the groups, in the center of which the offspring is protected. As soon as their enemies approach, wild yaks will gallop head along and disappear at once.

Wild yaks are unique animals on the Qinghai-Tibetan Plateau. They are found in South Xinjiang, Qinghai, Tibet, Northwest Gansu and West Sichuan, and their habitats are generally on the highland tundra at an elevation of

起。野牦牛的消化器官比黄牛粗大,而且牙齿质地坚硬,嘴唇薄,采食能力很强,一般在夜间和清晨出来觅食,食物以针茅、苔草、莎草、蒿草等高山寒漠植物为主,白天则进入荒山的峭壁上,站立反刍,或者躺卧休息、睡眠。野牦牛的嗅觉十分敏锐,有危险时,雄兽必首当其冲,护卫群体,而将幼仔安置在群体中间。一旦天敌接近,野牦牛会头向下、尾朝空的狂奔乱跑,一下子消失得无影无踪。

野牦牛原是我国青藏高原一带的特产动物,分布于新疆南部、青海、西藏、甘肃西北部和四川西部等地,它一般栖息于海拔 3000~4000m 的高山草甸地带,夏季甚至可以到海拔 5000~6000m 的地方。虽然

① v. 反刍, 沉思



3000 ~ 4000 meters and in summer probably at 5000 ~ 6000 meters. There are often windstorms, the air is thin in the steep high mountains and the vegetation is little, so it is very hard for wild yaks. But they can manage to overcome hardships, cold, hunger and thirst, and adapt to highland and prairie environment very well. Therefore, they can reach and take advantage of bushes and pastures beyond many other toed animals and cattle.

In Tibetan medicine, its horns, bones, tongue, heart, bile and testicle are used as medicines. Its horns can cure tumors^① of internal organs and reinforce the capacity of stomach. Its bones can be used to expel cold and warm up the body.

山高岭峻, 空气稀薄, 植被贫乏, 而且时常风雨交加, 但野牦牛具有耐苦、耐寒、耐饥、耐渴的本领, 对高山草原环境条件有很强的适应性, 所以很多野生有蹄类和家畜难以利用和到达的灌木林地、高山草场, 它却能登临受用。

在藏医里, 野牦牛的角、骨、舌、心、胆汁、睾丸等都可入药, 比如野牦牛角主治腹部肿瘤, 还有健胃的作用; 野牦牛骨能祛寒增热等等。

① n. 瘤

Red Goral

赤斑羚

The red goral, also known as red goat, is a mammal, belonging to the Bovidae family and Goral genus. An adult red goral, similar to a goat, is one meter long and weighs 20 kilograms. It is brown all over the body and the two black horns are quite lovely.

As a typical forest-inhabiting animal, the red goral has a small range of habitat in elevation. Like chirus, the red goral is born timid. It always looks around before taking any action. When seeking food or moving about, it keeps agile and alert; once frightened, it will escape into safety. It generally gets food and drink in the morning or afternoon at fixed locations.

The red goral provides not only delicious meat, but also brown fur, which is endurable and soft, and with beautiful luster. Two skins

赤斑羚，哺乳动物，牛科、斑羚属，别名红山羊，藏语译为“日”。成体赤斑羚大小与山羊差不多，体长约100cm，体重约20kg，通体红棕色，头顶有两只黑色的犄角，十分乖巧可爱。

赤斑羚为典型的林栖动物，栖息的海拔高度范围较小。同藏羚羊一样，赤斑羚生性胆小，活动前先较隐蔽的地方窥探，如无异常才缓步前进，在采食和行进时，动作轻盈，时刻保持着警惕状态，一旦受惊，迅即窜入附近隐蔽处躲藏。一般在早晨和午后觅食、饮水，饮水地方较为固定。

赤斑羚不仅肉味鲜美，更重要的是它的毛皮颜色为棕红色，皮板柔软耐用，毛色美丽有光泽。用两张皮就可以做成一



make a fairly nice garment^①, Which is waterproof and cold-resistant.

It is only over 40 years since red gorals has been discovered. In 1961, they were found on the bank of Adun River in the upstream of Irrawaddy, in Myanmar. China located red gorals in Tibet in 1973, but it was only a small number in restricted distribution in highland subtropical mixed forests of perennial broad-leave and coniferous forests at the east end of the Himalayas.

At present, red gorals are facing great danger. Failure of protective measures will speed up their extinction.

件十分漂亮的“日盖古秀”(工布藏装),能防雨,更能御寒。

赤斑羚被发现仅仅 40 多年,最早是于 1961 年在缅甸伊洛瓦底江上游的阿敦河岸发现的,我国于 1973 年在西藏地区发现赤斑羚。赤斑羚的种群数量极少,而且分布区域极窄,仅分布于喜马拉雅山东端的高山亚热带常绿阔叶林和针阔叶混交林内。

目前,野生动物世界中赤斑羚这一高等物种已濒临岌岌可危的处境,如再不采取严厉的保护措施,将有灭绝的危险。

Tibetan Snow Cock

藏 雪 鸡

The Tibetan snow cock, also called light-bellied snow cock,

藏雪鸡又称淡腹雪鸡、贝母鸡,藏语译为“公莫”,因多

①n. 衣服, 外衣, 外表



fritillary snow cock, usually inhabits near the snow line at an elevation of 4000 ~ 6000 meters. Similar to domestic poultry ^① in size, the Tibetan snow cock weighs over 1.5 kilograms. The male and female are of the same color: the head and neck appear dark gray, the wings have a block of white speckle ^②, the upper body is brown and the lower is white, with pale rings on the forehead and breast. As they usually appear near bare rocks and debris areas, they have thick and hard calluses on the soles ^③.

The Tibetan snow cocks are mainly distributed in Tibet with a number of over 200 000. They are also found in the neighboring regions like Xinjiang, Gansu, Qinghai, and Sichuan, but with a very small number. For this reason, it is named the Tibetan snow cock.

Many Tibetan shepherds are with

栖息活动于海拔 4000 ~ 6000m 的高山雪线附近,故俗称为“雪鸡”。藏雪鸡体形大小与家鸡相似,体重一般在 1.5kg 以上,雌雄羽色相同。头部和颈部呈褐灰色,翅膀上有一大块白斑,上体棕色,下体白色,前额和胸部各有较暗色的环带。由于它们经常活动在裸岩和碎石地带,因此脚垫生的厚而坚硬。

藏雪鸡主要分布在西藏自治区,仅西藏地区的数量就有 20 多万只。虽然在青藏高原周围的新疆、甘肃、青海、四川等省的高山地区也有分布,但数量较稀少。因藏雪鸡在西藏地区分布广,数量多,且以其为分布中心,故定名为“藏雪鸡”。

西藏地区的许多牧民与藏

① n. 家禽

② n. 小的斑点,褐斑,斑点

③ n. 脚底,鞋底



the snow cocks all day and regard them as "divine birds". The meat is delicious and nutrient and has both great economic and scientific values. Nowadays, the International Endangered Animal List has included the Tibetan snow cock as first - class endangered species and China has classified it as a second - class protected wildlife.

雪鸡朝夕相伴，视它为“神鸡”。藏雪鸡肉味鲜美，营养丰富，而且因为是高原特有种，有较高的经济价值与科研价值。目前，国际濒危动物名册上列藏雪鸡为一级濒危物种；我国已把它定为二级重点保护野生动物。

Black - necked Crane

黑 颈 鹤

The black - necked crane, also known as Tibetan crane, has a massive body and weighs 6 to 7 kilograms. The females and males have great in common with in figure, for both of them have black bills and legs, and white spots behind the eyes. The top of their head is dark red, as the black feathers are loose and short and the vermillion red skin is bare. Their tail feathers are quite short and are covered by black features when

黑颈鹤又称西藏鹤，它个体比较大，体重在 6~7kg。雌雄黑颈鹤的体形相似，嘴甲和腿部为青黑色，眼后有白色斑块。头顶上有发丝状黑色稀疏短羽，裸露着朱红色皮肤，因而呈深红色头顶。尾羽比较短，站立时被黑色飞羽覆盖。因其颈部上端 1/3 部分为黑色，故名黑颈鹤。

they stand. As 1/3 of its upper neck is black, it is therefore named black-necked crane.

Alert as it is by nature, the black-necked crane is not afraid of people. It is easier to approach the bird if you wear local attire^①. On the grassland near the swamps, the black-necked cranes are always with the herds, seeking for food or walking leisurely. The black-necked crane is a fairly gentle bird. When resting, it usually draws back one claw under the belly, putting head under the wings, and standing on one leg or combing its feathers with its bill. In China, the black-necked crane is classified as the first-class animal for protection.

The black-necked cranes are typical migrant birds, usually living near lakes, swamps or bushes over 4000 meters above sea level and appear in pairs during the breeding season. They spend their

黑颈鹤生性机警，但并不怎么害怕人，如果你穿上当地的民族服装就更容易接近它。在湖沼边的草地上，黑颈鹤常和牧群混杂在一起，或寻食或散步，显得甚为悠闲。墨颈鹤是一种较为文静的鸟类，休息时常将一只脚缩于腹部，头插入翼下，单脚独立或用嘴梳洗羽毛，整理容装。黑颈鹤是我国特有的珍稀鸟类之一，被国家定为一级保护动物。

黑颈鹤是典型的候鸟，夏季一般活动于海拔 4000m 以上的高原湖泊、沼泽地带或湖边灌丛间，繁殖季节多成对活动；冬季则在喜马拉雅山、横断山区以及云贵高原等地越冬。

① n. 服装

winter time in the Himalayas, the Hengduan Mountains and on the Yunnan - Guizhou Plateau. Due to severe natural conditions, the death rate of the young is high, and the increase is not great. Even in Tibet the major place for their reproduction and winter life, wild black-necked cranes are of a small number: around 2000. Therefore, both of the International Red Book of Birds and the Convention of Endangered Species enlisted it as an endangered species that needs urgent rescue.

Being a unique bird on the plateau, the black-necked crane is only found in Tibet, Qinghai, Sichuan, and Yunnan. Only a very few are found in India, Bhutan, and their neighboring regions in China in the winter season.

The Tibetans call black-necked cranes "divine birds". They say that they can predict weather according to their cries. The Tibetans in Qinghai province call them shepherds, in the sense that they

由于黑颈鹤生活在严酷的自然条件下,幼体的死亡率很高,种群中新增量并不多。我国的西藏地区是黑颈鹤的主要繁殖地和越冬地,但黑颈鹤的野生种群数量也不多,估计西藏境内黑颈鹤的数量仅在2000只左右。因此,国际鸟类红皮书和濒危物种公约都把它列为急需挽救的濒危物种。

黑颈鹤是青藏高原上的特有种,它仅分布于我国的西藏、青海、四川、云南等省的高原地区,只有少数个体冬季见于印度、不丹等国和我国邻近地区。

藏族人称黑颈鹤为“神鸟”,据说能根据它的鸣叫声辨别天气的阴晴。青海省的藏族同胞更赋予黑颈鹤一个高贵的名字——“哥塞达日子”,意思是“牧马人”,有高尚、纯洁、权



are noble, pure and authoritative. 威的含意。

Fur Animal—Marmot

毛皮兽——旱獭

Marmot, also named snow pig, is a member of the big Rodentia order. It usually lives in caves, feeding on the grass of Cyperaceae and Gramineae family. Marmot leads a regular life. In May when the grass turns green, they will end the hibernation^① and appear in pairs. In the daytime, they usually go to the overt places, valleys near the rivers or springs to eat a little tender grass. When natural pasture flourishes, they will eat on and on, and drink 3 to 4 times one day. In this way, they get fat very quickly. Half a month out of hibernation, breeding season begins. The pregnancy period is about one month, and the females give birth to babies in mid-June. At the beginning of

旱獭又叫雪猪，藏语音译叫“奇宾”，在牧区里它又叫“曲娃”，是一种大型啮齿目动物，栖居洞穴之中，喜食莎草科、禾本科类牧草。旱獭具有较强的生活规律，每年的五月初草原牧草开始返青的时候，结束冬眠期，白天出洞，成对活动，多在向阳处、河流或泉水附近的山沟、凹地，开始觅食少量幼嫩牧草。当天然牧草生长旺盛的时候，旱獭便在白天不停地采食大量牧草，每天饮水三四次，很快会上膘。旱獭出蛰后约半个月即进入繁殖期，母旱獭怀孕期约一个月，六月中旬产仔，七月初即可见仔兽出洞活动、采食、鸣叫。旱獭的哺乳期为半个月，一年繁殖一次，每胎产仔3~7只。

① n. 过冬，冬眠

July, the baby marmots will come out of caves to look for food and make noises. The marmot reproduces 3 to 7 babies each time once a year and the nursing season is approximately two weeks.

When outside of the cave, marmots are especially alert to their surroundings. When one of them finds enemies, it will immediately make warning sounds to its companions who will warn others and run into their cave at once. In general, only one member is left to watch and returns only when there is danger.

Marmots moult ^① once a year, starting in mid - May and finishing by the end of July with new fur. After August, marmots are all fat, round and bright. The fur is generally dark brown or dark yellow on the back and pale brown on the belly. But the baby marmot's fur is pale brown with slight red on the back, and black or dark gray on

旱獭在洞外活动期间，对外界动态的反应特别灵敏，当有其中一只发现周围出现“敌情”时，马上会发出鸣叫警告同伴，而同伴又立即鸣叫以联系，并马上奔向洞穴，一般最后剩一只长者继续观察敌情，到危险时刻再暂入洞内。

旱獭每年换一次被毛，一般是五月中旬开始脱掉老毛，七月下旬新毛才能长齐。八月以后，旱獭个个膘满体圆，体毛光亮。一般背毛为深褐灰黄色，腹部为棕黄色。幼兽背毛棕黄稍带红色，面部、尾和四肢为黑色或深灰色。

① v. 脱毛，换毛



the face, tail and four limbs.

Marmot is a harmful animal with a large number on the highland tundra and prairie. It is also the natural host of the plague^① bacillus which is spread by parasite outside on its body and is thus a threat to human health. However, its fur is of highly economic value and becomes an important export. Every year from August to its hibernation is the best season for hunting, because its fur is the best then. During the hibernation when the fur is of high value, people can dig the cave to find several at a time. In the early May when marmots come out, it is also a good time for hunting, but the quality of fur is on the decline. In the moulting period from mid-May to early August, the fur is basically of no economic value. In areas plague spreads, the only solution is to abolish^②, deep bury and burn the marmot. In order to prevent the

旱獭是高山草甸草原上数量较多的一种害兽,对草原破坏性很大;而且旱獭是鼠疫杆菌的自然宿主,其体外寄生虫是鼠疫的传播者,直接危害人类健康。但旱獭毛皮具有较高的经济价值,是出口的重要物资。每年从八月份至旱獭入蛰之前,旱獭的毛皮最好,是捕猎的最佳时期;在旱獭的冬眠期,也可以挖洞穴捕猎,一次可捕获多个,而且毛皮价值也很高;每年五月初,刚出洞的旱獭也可猎取,但毛皮质量有所下降;五月中旬至八月初是旱獭换毛期,毛皮基本没有经济价值。在流行鼠疫的地区,只能将其消灭并作深埋、火烧处理,不可剥皮,以防传染疫病。



① n. 瘟疫, 麻烦, 苦恼, 灾祸

② vt. 废止, 废除(法律、制度、习俗等)

inflection, skinning is absolutely forbidden.

The World Famous Dog — Tibetan Mastiff 世界名犬——西藏獒犬

World authoritative textbooks enlist many well-known dogs, such as Caucasian dogs, Central Asian Shepherd dogs, Finnish dogs, German dogs, etc., among which Tibetan Shepherd dogs rank first. People say that the howling dog of God Erlang in Chinese folk legends is a four-eyed Tibetan mastiff^①.

Tibetan mastiff is of an original big breed, different from other dogs in several ways. It is allergic^② to nothing and does not smell. Reproduction happens once a year usually in autumn. And it takes a long time to grow up: female mastiffs need 3~4 years and males 4~5 years.

在国际权威性的教材中，列举了许多世界名犬，诸如高加索犬、中亚牧羊犬、芬兰犬、德国犬等，其中西藏牧羊犬名列众犬之首。西藏牧羊犬中最出名的是西藏獒犬，俗称藏獒、藏狗、松潘狗或草地狗等，藏语译音“多启”。据说中国民间传说中二郎神的哮天犬即为“四眼”藏獒。

西藏獒犬属于大型犬，是一种原始品种，拥有一些不同于其他狗的特性。与其他易过敏的狗比起来，西藏獒犬一般不会出现过敏，也没有平常的所谓“狗味”。西藏獒犬每年只繁殖一次，通常是在秋天。西藏獒犬成熟的比较缓慢：雌狗大概需要3~4年成熟，雄狗则需

① n. [动]獒，大驯犬(大型猛犬之一种)

② adj. [医]过敏的，患过敏症的

Tibetan mastiff is noted for its great strength and extreme fierceness. Its massive body and strong deterrent^① force of sounds may drive other animals away. An excellent Tibetan mastiff can overmaster a wild wolf, even the "despot of high mountains" — the snow leopard is a little afraid of it. But a mastiff is quite obedient to its master. From its owner's gestures and facial expressions, it can judge visitors and determine whether to stop or welcome them.

Tibetan mastiff is born an excellent dog of guard, and its agility makes it the best safe guarder. It never approaches the stranger. It is highly intelligent, possesses a good memory, and may adapt itself well to different environments.

Tibetan mastiff is not only one of the oldest rare and precious species in the world, but also the ancestor of many other large mastiffs. O-

要 4~5 年才能成熟。

藏獒以力大无比、凶猛异常著称，它的体型和声音的威慑力很强，一般的兽类听到它的叫声就会远远躲开。一只优良的西藏獒犬可以制服一只野狼，甚至连“高山霸王”雪豹都怕它三分。但它对主人十分顺从，从主人的手势和眼神，藏獒可以判断来人的身份，以便加以阻拦或迎接。

西藏獒犬天生就是一种守护犬，它天赋敏锐的本能使它们成为优秀的家园保卫者。西藏獒犬是不接近陌生人的，它的智力较高，有超强的记忆力。藏獒适应性很好，能生活在不同的环境下。

藏獒是世界上最古老的珍稀犬种之一，也是世界上许多其他大型獒犬的祖先。原始藏獒生活在青藏高原海拔 3000m

① n. 威慑



originally, Tibetan mastiff lived in the high and cold areas above 3000 meters on the Qinghai - Tibetan Plateau and the plains in the Central Asia. In Tibet, Qinghai, Sichuan, Gansu, Xinjiang, Inner Mongolia, Ningxia and some areas in Nepal, purebred ^① Tibetan mastiffs can be found. Now they are believed to be only found in pure pasturelands because only in those areas do Tibetan mastiffs keep their alert, agility and fierceness in the fights against wild animals.

以上的高寒地带以及中亚的平原地区, 在中国的西藏、青海、四川、甘肃, 甚至是新疆、蒙古、宁夏以及尼泊尔境内均可发现纯种藏獒的踪迹。但现在有人认为, 只有在纯牧区里才能找到纯种藏獒, 因为只有在那里, 藏獒才在与野生动物的斗智斗勇中保持了藏獒特有的机警、敏锐和勇猛的秉性。

Famous Medicinal Material — Deer Antler 名贵药材——鹿茸

Antler, the secondary feature of a male deer, is the unossified horn that grows on the forehead of a stag. We talk about it here because many deer on the Qinghai - Tibetan Plateau produce antlers. Some people may be confused

鹿茸是雄鹿额部生长出来的尚未骨化的嫩角, 俗称鹿茸角, 是雄鹿的第二性征。因为青藏高原上有多种鹿都产鹿茸, 故将其列于此节。有人把鹿茸和鹿角混为一谈, 其实两者之间有明显区别。鹿茸的外

① adj. 纯种的 n. 纯种的动物



about antlers and horns, but in fact there are obvious differences between them. The surface of antler is covered with fur tissue and full of downy villus. Inside the skin there are connective and cartilage tissues, filled with vessels in which blood flows to transform nutrition. Then by vigorous metabolism, it grows fast. The less the sclerotin, the better. On the other hand, the horn is the hard formation through ossification^①. It serves as a weapon for stags to fight for mates or against enemies. If a stag is over 3 years old, its antler can be cut, generally twice a year: the first in May to June and the second two months later.

Many deer on the plateau, like red deer, white-lipped deer and sambar, produce antlers. With gray or dark gray villus, red deer's antler has more than 4 cylindrical branches. The first and second branch are close to the base. The

表有毛皮组织,上面布满天鹅绒般的茸毛;皮内是结缔组织、软骨组织,布满血管,有血液流通可以输送营养,代谢旺盛,生长很快,其内的骨质越少质量越佳。而鹿角是鹿茸脱皮后经骨化过程形成的骨质硬角,是雄鹿争偶或御敌时的武器。3岁以上雄鹿都可以锯茸,一般每年可锯茸两次。第一次在5~6月,过2个月左右再锯第二次。

青藏高原上有多种鹿能产鹿茸,主要有马鹿、白唇鹿和水鹿。马鹿茸外表茸毛为灰白色或黑灰色,分叉较多在四叉以上,呈圆柱状,特别是第一叉,第二叉与角座较近。白唇鹿的茸毛为灰褐色,分叉也多,但开

① n. [生]骨化, (思想等的)僵化

white-lipped deer's antler is brown, and also has many branches. But the early ossified horn, the main branch, is close to the first branch while the second is a little far from the base. What's more, the white-lipped deer's antler is noted for the thin fur and dense villus. The sambar's antler is simple, with one branch only, and its marron villus is long. The cross sections of the three deer antlers feature the honeycomb-like holes with sclerotin around. The antlers of the white-lipped deer and sambar are second to those of red deer, which are the best.

Deer antlers are rich in pantocrine, volatile fatty acid, hard bone element, fatty ester and cholesterol etc. Its main components include female sterol (female hormone), sclerotin, pectin, protein, calcium, phosphorous, magnesium and so on. As a rare and precious Chinese medicinal material, it can strengthen the function of many organs. The Qinghai - Ti-

始骨化的角主枝略侧偏第一叉,第二叉与角座较远;而且白唇鹿茸以茸皮薄、茸毛密而丰满著称。水鹿茸角简单,主干仅一次分叉,茸毛为栗棕色,显长。三种鹿茸的横切面都有蜂巢状小孔,外围有骨质。其中以马鹿茸最佳,其次是白唇鹿和水鹿。

鹿茸中含有丰富的鹿茸精、挥发性脂肪酸和硬骨素、鹿茸脂酯、胆固醇等,其主要成分是雌甾醇(雌性激素)及骨质、胶质、蛋白质、钙、磷、镁等。它是名贵的中医药材,能增强机体的各种机能,并有生精补髓、益血壮阳、强筋健骨之功效。青藏高原上以野生鹿居多,所产的鹿茸质量上乘。



betan Plateau boasts abundant wild deer, Which give antlers of high quality.

Folk Customs 高原风俗民情

The immense Qinghai - Tibetan Plateau is sparsely populated due to the natural conditions and historical reasons. But the valiant^① and industrious people of many nationalities are nearly found all over the plateau, e. g., Tibetans, Lhoba, Monba, Mongolian, Hui, Kazak, Tu, Salar etc. The majestic plateau is not only famous for its fascinating and unique natural landscape, but also for its thousands of years of culture developed by generations of people living on there, which adds a sense of mystery to the plateau.

在广袤的青藏高原上，由于自然条件和历史的原因，人口非常稀少，但却繁衍着许多勤劳、勇敢的民族，有藏族、珞巴族、门巴族、蒙古族、回族、哈萨克族、土族、撒拉族等，其中以藏族为主，几乎遍布整个高原。雄伟的青藏高原上，不仅处处是奇异迷人的自然景观，世世代代居住于此的高原人更是塑造了千年的雪域文化，为这神秘的高原增添了一层面纱。

① adj. 勇敢的，英勇的

Tibetan Ceremonies of Drinking and Eating

藏族的饮食礼仪

All over the Qinghai - Tibetan Plateau are found Tibetans, a people of long history and particular ceremonies. They have a good tradition of being modest, courteous, honest, respectful to the old and kind to the young. In one of the Dunhuang manuscripts of classic Tibetan literature, it is noted that "in the center of the heaven, core of the earth, heart of the world and source of all the rivers, the mountains are majestic, the land is holy, the people are kind and brave, and their customs are simple and pure..." Neighbors get along well with each other. Fine wine brewed at home is contributed to divinities and then brought to the old. The tasting of new corns is a privilege^① of the old, who are first

藏族遍布在整个青藏高原上,历史悠久,是一个十分讲究礼仪的民族,民风纯朴。礼让谦恭、尊老爱幼、诚信无欺是自古传下来的优良礼俗。在敦煌古藏文文献中,有这么一段话描述藏族民风:“在天之中央、大地之中心、世界之心脏、雪山一切河流之源头,山高土洁,地域美好,人知为善,心生英勇,风俗纯良……”。藏族人平时邻里间和睦相处,尊老爱幼、诚信待人。家里酿了好酒,头道酒“羌批”敬献神灵后,首先由老人品尝;收割的新粮食,尝新也是老人的“专利”。日常就餐,由主妇掌勺分发食物时,首先为长者盛。藏族人十分热情好客,待客热情周到,如有宾朋登门,定会倾其所有,拿出好酒好菜盛情款待。

① n. 特权, 特别待遇

served at every meal. The Tibetans are quite hospital. Once there are guests or friends, They will treat them with the best of what they have.

The Tibetans and the Tea

藏族人与饮茶

Naturally the Tibetans drink buttered tea of their own. There are many rules for tea-drinking. Usually they use their own tea bowls. When a guest comes, the hostess will use the best bowl, clean it shiny, shake the teapot gently several times (the bottom of teapot below the table surface). After pouring the buttered tea, she will present it with two-hands to the guest, who takes it over, gently blows aside the floating butter, sucks a few times, waits for the hostess to refill the bowl, and chats with the host while going on drinking only when invited. Usually three bowls of tea is appropri-

藏族入饮用的茶自然是特有的酥油茶。藏族人的饮茶礼俗很多。平时在家喝茶时，人们各自用自己的茶碗，不能随便使用他人的茶碗。若客人到来，女主人会取出珍藏的擦拭的光亮照人的瓷碗摆放于客人面前，端起茶壶轻轻摇晃数次（壶底需低于桌面），斟满酥油茶后双手端碗躬身献给客人。客人接茶后不能急匆匆张口就喝，应该缓缓吹开浮油，饮吸数次后碗内留下一半，将茶碗放在桌子上。女主人会续满，客人不能立刻端起就饮，而是在主人一次次教请下边同主人边拉家常边慢慢啜饮。客人每次饮茶后主人都会很快将茶碗添



ate for the guest. Drinking one bowl is inauspicious, because it is said "one bowl makes an enemy." No noise is to be made when drinking. And it is bad manner to drink up, and leaving a half or more is appropriate. At last, some tea should be left in the bowl to signify never drinking - up and the plentiful fortune.

满,使其保持盈满状态。客人一般饮茶三碗,若只喝一碗就不吉利,藏族谚语有“一碗成仇”的说法。喝茶时不能发出“嘘、嘘”的声音,更不能将碗里的茶喝光,否则会被视为没教养,只能喝一半或一大半,等女主人斟满后再喝,最后也不能喝干,而要留下少许,表示茶永远喝不完、财富充足。

The Tibetan Drinking Habit

藏族人的饮酒习俗

The Tibetans have their own barley wine and rich habits and ceremonies of drinking. When new wine is made, they make sacrifices^① to gods first, then serve the elders and then enjoy a good drink altogether.

At festivals, weddings or big gatherings, they will toast the respectable elders clockwise^② with both hands holding overhead. The

藏族人的酒是特产的青稞酒,而且饮酒的礼仪和习俗极为丰富。每酿新酒,必先以新酒敬神,然后依循“长幼有序”的古训首先向家中的长者敬酒,最后家人才能畅饮。

在节日婚庆或众多人聚会场合,饮酒一般是先向德高望重的长者敬酒,然后按顺时针方向依次敬酒。敬酒者应该双

① n. 牺牲, 献身, 祭品, 供奉

② adv. 顺时针方向地 adj. 顺时针方向的



toastee accepts the cup with both hands, holds it on the left palm, dips the right ring finger into the cup, and flicks three times towards the air (a ceremony to express worship for heaven, earth, and divinities as well as the Buddhist triple jewels of the Buddha, Dharma and Sangha) before drinking. It is advisable to drink a little for the first two times and finish for the third time to show honesty. After the flicking, the toastee takes a small drink and waits for the toaster to fill again. Three times like that, the toastee should drink up the wine, and the empty cup shows his honesty. Toasting is usually accompanied with singing, otherwise it can be declined. The toastee may ask the toaster to sing. Sometimes, the toaster fills the cup, comes to the guest, begins to sing and presents the cup when the song is half sung. The toastee will usually start the drinking ceremonies when the song is finished.

手捧着酒杯,并高举过头顶敬献给受酒者,特别是对长者更是如此。受酒者先是双手接过酒杯,然后用左手托住酒杯,再用右手的无名指轻轻蘸取杯中的酒,向空中弹一下,如此反复三次,有时还要轻声念吉祥的祝词,然后才能饮酒。弹酒三次是对天、地、神的敬奉和对佛、法、僧三宝的祈祝。喝酒时不能一饮而尽,而要遵循“三口一杯”制:在弹酒敬神后,受酒者应先饮一口,敬酒者续满酒杯,如此三次,受酒者第三次饮一口斟满后将杯中酒一饮而尽,滴酒不剩者才最有诚意。向他人敬酒时,敬酒人要唱饮酒歌,若不唱,受酒者可以拒绝饮用。受酒人接过酒杯,即可以要求敬酒人唱歌。有时敬酒者斟满酒杯,走到宾客前即开始唱酒歌,唱到一半时,再将酒杯献上,唱完酒歌再进行弹酒仪式及饮酒。



There are many forms of penalty^① for drinking. You have to drink more if you finish the cup while the toaster is still singing, as the empty cup means impoliteness; or if you do not finish because of your tardiness when the song is sung. When the song is finished, if there's still drops of wine left in the cup, the toastee should also drink more for his disrespect and dishonesty. After the song, if the toastee pours down the wine secretly, he will get forfeit, because that is thought to be an extremely impolite behaviour. The toaster also gets forfeit if there is mistake in the song or he stops halfway. Sometimes, a beautiful singer may win a cup from the toastee as a praise for his beautiful song. If the last cup is full, it means luck. At the end of the drinking, if the wine can fill one cup rightly, it indicates great fortune. If you wash your hand or hair with the last few drops

许多地区还流行罚酒制，有许多的名堂，像“角羌”、“过羌”、“替羌”等等。“角羌”的意思是快酒，即在敬酒者尚未唱完酒歌之前，饮酒人提前将杯中酒饮干，因为唱酒歌时，杯中无酒被认为是不礼貌的，故此要罚酒一杯。“过羌”的意思是慢酒，即在敬酒者唱完酒歌之后，饮酒人还没有喝完杯中的酒，饮酒人因为反应迟钝，也要罚酒。“替羌”意思是滴酒，即在敬酒者唱完酒歌时，饮酒人也正好将杯中的酒喝完，但在杯底还剩下少许酒，哪怕是几滴，也要罚酒，因为杯中剩酒被认为是对敬酒者的不尊重或无诚意，故此要罚酒。如果敬酒者唱完酒歌后，饮酒人偷偷将酒倒掉，被视为极端无礼的行为，会招致严厉的处罚。如果敬酒人唱酒歌时将歌唱错或忘记歌词等，也要罚酒一杯。有时，敬酒者唱的酒歌特别出色，饮酒人可以接过酒杯反过来向敬酒人献酒，这种酒叫“勒羌”，

① n. 处罚，罚款

in the pot or bottle, it is believed to bring you happiness and fortune.

In a gathering, people share the common vessels. Drinking together means intimacy ^①; therefore, no differences should be made, as it means estrangement ^② or contempt. In the past, butchers, blacksmiths, and undertakers generally had their own drinking vessels.

意思是好酒，表示对敬酒者歌唱的赞美。饮酒接近尾声时，若酒器中的酒正好倒满一杯酒，表示大吉大利，有时酒器中还能空出几滴酒，则将其倒在手上，抹在自己头顶上，会给自己带来福分与吉祥。

聚会饮酒时酒器是大家共用的，能在一起饮酒的可视为一家人，亲同手足，因此饮酒时不能分用酒器，否则被视为见外或瞧不起人。在过去，屠夫、铁匠、天葬师等所谓“下层职业”者一般不与大家共用酒杯，他们总是自带杯碗，单独饮用。

The Tibetan Taboo on Meat

藏族人的肉食禁忌

Although a nomadic ^③ ethnic group, the Tibetans have many taboos on meat. Most Tibetans only eat beef and mutton and they never

虽然是一个游牧民族，但藏族人在肉食方面，却有较多的禁忌。大部分藏族人只吃牛羊肉，绝不吃马、驴、骡、狗肉，

① n. 亲密，隐私，亲昵行为

② n. 疏远

③ adj. 游牧的



eat the meat of horse, donkey, mule or dog. Some people even refuse chicken, pork and eggs, let alone fish, shrimp, snake, eel and seafood. Only some Tibetans in certain regions eat rabbits, but pregnant women do not, for it is believed that they will give birth to hare-lipped children if otherwise. They only consume meat that is kept overnight, for they believe that soul leaves body only the following day. They never go gaming. They regard snow cocks as divine birds, and never bring harm to them.

It is a complex matter for the Tibetans to place taboo on fish; it depends on where they live. On farms or in pasturing areas, particularly in East Tibet, the Tibetans never eat fish, snakes, or frogs, for they think these animals are the pets for the god of dragon and are therefore afraid they might be hurt or afflicted with disease. The Tibetans living in the Yaluzangbu River valley have no such taboo on fish. There, ar-

有的连鸡肉、猪肉和鸡蛋也不吃;至于鱼、虾、蛇、鳝及海鲜类食品,广大农区和牧区的人一般不食用。只有部分地区的藏族人吃兔子肉,但孕妇绝不能吃,据说若违禁食用兔子肉,生下来的孩子会是豁嘴。即使是牛羊肉,也不能吃当天宰杀的鲜肉,必须过一天才行,藏族人认为,牲畜虽已宰杀,但灵魂尚在,必须过一天后灵魂才离开身体。对于鸟类、山鸡等,藏族人从不捕食,尤其是雪鸡,藏族人视为神鸟,忌讳捕猎。

在藏族人的肉食禁忌中,忌食鱼肉的情况较为复杂,忌食与否和地域密切相关。生活在农区和牧区,尤其是藏东地区的藏族人几乎不吃鱼,也从不触摸蛇、蛙等动物,他们认为鱼、蛙这些水生动物是龙神的宠物,若伤害或触摸会染上疾病。而生活在雅鲁藏布江流域的藏族人却没有忌食鱼肉的习俗,考古学家们在这里发现了许多新石器时代藏族先民捕鱼的工具,直到现在,这一地区都

chaeologists have found many tools for fishing in the New Stone Age. Even today there are still many fishers and fishing villages in this region.

Some people believe that the Tibetan taboo on fish has something to do with the Buddhist disciplines. However, the prohibition in East Tibet existed long before the introduction of the religion. Therefore, it is hard to tell why things are as such.

存在着以打鱼为生的渔民以及渔村。

曾有人认为藏族人不吃鱼是受佛教不杀生观念的影响，但藏东地区早在佛教传入之前就有不吃鱼的禁忌，由此藏族人不吃鱼习俗的原由又隐入迷雾之中。

Eating Onions and Worshipping Buddha

吃蒜与拜佛

The Tibetans usually take onion as a condiment ^①. If they are going to worship Buddha or make a pilgrim ^② to a sacred place, the Tibetans never eat onions, because they believe the smell is harmful to the holy place. Some people say it takes three or seven days to drive

藏族人在平时只是将大蒜作为调味品食用，如果要去转经拜佛、朝拜神圣之地，藏族人绝对不能吃大蒜，他们认为食蒜后的臭气会玷污、熏脏圣洁之地。有人说吃蒜的当天不能去佛堂庙宇；有人说要三天之后才能去；还有人认为，吃过大

① n. 调味品

② n. 圣地朝拜者，朝圣



away that smell, so they usually take corresponding measures before worship. For some pious believers, they never eat onions.

蒜之后，七天内不宜参拜庙宇、寺院和其他圣洁之地，因为清除大蒜的恶臭需要时间；一些信仰虔诚的藏族人干脆就不吃蒜。

The Tibetans and the Kitchen God

藏族人与灶神

The Tibetans feel great reverence for the kitchen range. They hold that kitchen range, the seat of Kitchen God, should be kindly treated and not be disrespected; otherwise, it will bring disasters. Therefore, the Tibetans have many taboos on it: no striding^① over it; no spitting in it; burning of bone or fur or litter banned. No garbage piled around the kitchen; Putting the foot on the kitchen of burning the rubbish in the kitchen forbidden. Even when they go out, the Tibetans will pray for the blessing of kitchen god. To the temporary

藏族人对火灶有着神圣的敬畏之情，他们认为火灶中有灶神，需要小心伺候，绝不能亵渎得罪，否则会带来灾难。故此藏族人在火灶旁忌讳很多：不能跨越火灶；忌讳向火灶里吐痰、在火灶中烧骨头、皮毛等；火塘要保持干净，不能将不干净的东西放在火灶旁；坐在灶边时，忌讳把脚搁在灶上；不能在火灶内烧清扫的垃圾。哪怕是行人外出，也要祈祷灶神以求得保佑，在野外临时搭建的火灶，离开时要清理干净，还要在每块灶石上放少许的茶叶或食物，以示对灶神的祭奉。

① v. 大步走(过)，跨过，大步行走



stove built in the open air, they will clean it after their meal and place some tea or food on it as a sign of sacrifice to Kitchen God.

Religious Customs

宗教习俗

Going around the divine mountain in Horse Year. The existence of Kangrinboqê is miracle of nature, and its discovery is an extraordinary work done by man. In the era of chaos ^①, the ancestors who had left the rough stone utensils around Mapam Yumco Lake found Kangrinboqê first and believed that it was a stronger and greater soul. The head, nobilities and subjects of the ancient kingdom crawled before it, praying for the blessing of the majestic god. The ancient Indians, who went up the rivers in search of the source of life, prostrated ^② themselves in

马年转神山 岗仁波钦的存在是大自然的非凡创举。对它的发现则是人类的非凡创举。鸿蒙初开人类时代的黎明熹微中,那些曾把粗陋的石器遗弃于玛旁雍错湖畔的先民们最早望见了它,便认定它具有一个比人类更坚实、更伟大的灵魂;古象雄的部落酋长、王公臣民匍匐在它的脚下,祈求这雄伟保护神的保佑;那些沿印度的河流上行,疑心想要攫住生命之源的古代印度人从第一眼望见它时便五体投地,几千年也不肯起身。

① n. 混乱,混沌(宇宙未形成前的情形)

② vt. 弄倒,使屈服



admiration at the first sight of it and stayed there for several thousand years.

The divine mountain of Kangrin-boqê is the focus of many religions in Central Asia. Above it, it seems to be an enormous net of different beliefs, feelings, ideas and cultures from different nations, religions and areas.

Coming from afar, the pilgrims overcome mountains and ford waters regardless of wind or rain, trudging on the most dangerous roads under the sky. They are fascinated by the divine mountain. They are of the same determination and all the roads are equally difficult. However, the pilgrims have different understandings of the divine mountain. They are bringing their own beliefs and the accompanying legends.

The pious disciples from the Jinsha River and the Qinghai - Tibetan Plateau have gone through all kinds of hardships and difficulties in climbing mountains and fording

岗仁波钦神山是中亚多种宗教的聚光点,在其上空,仿佛有一张庞大的交织之网,网丝来自不同的民族、不同的宗教、不同的地域的人们所带来的信仰、情感、意念和文化。

朝圣者从遥远的地方翻山涉水,风雨兼程地跋涉在人间最艰险的路段上,沉醉于对神山的迷恋之中,他们的决心是一样的,来自四面八方的路几乎也是同样艰险的。然而,朝圣者对神山的认识都不一样,他们带来了各自的信仰以及与此信仰一起源远流长的圣地神话。

从金沙江畔、从青藏高原而来的虔诚教徒,跋山涉水、历尽艰苦,朝着苍穹下巍然屹立的“岗仁波钦神山”,走出一条通往天国的神圣之路。



rivers toward the lofty Kangrin-boqê, and treaded a holy road to the paradise.

It is said that going around the divine mountain once may cleanse the sins in this life; ten rounds will reduce the sins of a kalpa; and a hundred rounds will help become a Buddha in this existence. People say that Sakyamuni the Buddha was born in the Horse Year. So every Horse Year, the bodhisattvas, divinities, men, and others from all directions will gather here. People believe that a trip around the mountain in the Horse Year wins a dozen times of extra virtues.

Going Around the Lake in Sheep Year. One of the famous sacred places in Buddhism, Namco Lake is revered as one of the four fierce lakes, as it is the holy place of a Buddha. Historically, there were many temples around Namco, and they have many worshippers. Until now, pious Buddhists still come to go around the lake and show their

据说,绕岗仁波钦神山转一圈,可以洗清本此轮回中的罪孽;转十圈,可以洗清一劫的罪孽;若转百圈的话,今生便可成佛。还传说佛祖释迦牟尼诞生于马年,每逢马年的时候,十方的菩萨神灵、人与非人、神与非神都会集于此,如果在马年转山会额外增加一轮十二倍的功德。

羊年转湖 纳木错是藏传佛教最著名的圣地之一,信徒们尊其为四大威猛湖之一,相传是密宗本尊“胜乐金刚佛”的道场。历史上,纳木错周围庙宇林立,香火旺盛,许多禅林高僧在此地修身养性,弘扬佛道。直到现在,虔诚的佛教徒依然前来转湖朝佛,200m的湖岸上,人涌如潮,蔚为壮观,湖

worship. It is a fairly wonderful scene when throngs of people move on the 200-meter-high bank. The 100-meter-long Mani wall on the ridge was piled up by the disciples over the long years. There are inscriptions on the stone: some are clear, but others are barely legible.

It is said the Buddha ordered people to go around a lake in Sheep Year, around a mountain in Horse Year and around a forest in Monkey Year. Namco Lake is a holy place of body, language and mind, and surpasses any other hermitages^①. If it takes 100 years to be a Buddha elsewhere, only an instant is enough here. By going around the lake, people can get profound knowledge and boundless virtues, get rid of bad habits and pains, and win good rewards. Disbelief will bring stupidity, poverty and death.

Therefore, the auspicious Wheel

边上到处留下了他们的行踪。山脊上那 100m 长的玛尼墙，近看经石上的字迹有的清晰，有的已斑驳难辨，这是千百年来信徒们转湖后堆砌而成的。

相传佛祖降旨给人间：羊年转湖，马年转山，猴年转森林。“纳木错”湖是身、语、意之圣地，胜过其他一切隐居地，在别处要修行一百年的，在此修行弹指间便能成佛，如果绕湖而行，便能得到渊博的知识和无量功德，并舍去恶习和痛苦，最后获得优良的人身，如果不信此言，众生将变得愚昧、大地贫瘠、动物死亡、植物枯萎。

为此，吉祥法轮将身之圣

① n. 偏僻的寺院

of Law appointed Gangdisê the holy place of body in Horse Year, Namco Lake the holy place of language in Sheep Year, and Zhari Mountain the holy place of mind in Monkey Year.

Many people come to Namco Lake during Saka Dawa Festival in April or May in the Tibetan Sheep Year. It is a time when such temples near Namco as Qiacui, Zhaxiqie, Guqiong, and Duoia hold ceremonies of baptism and incense-burning, a scene of magnificence and excitement. The disciples come with all kinds of sacrifices and hadas to turn around the lake and worship the Buddha, praying for a favorable year and auspicious life. Generally it will take the pilgrims one month to go around the lake on foot.

Ordinarily, there are visitors at the festival in April or May and by then, it is full of life.

地冈底斯山定为马年，转语之圣地纳木湖定为羊年，转意之圣地扎日山定为猴年。

为了转语，很多人在羊年藏历四至五月份亦即“萨噶达瓦”节期间，纷纷来转“纳木错”湖，这时“纳木错”湖附近的恰催寺、扎西切寺、谷穹寺、多加寺等，要举行对圣地的洗礼以及为圣地护法神焚香，祈祷等仪式，其场面神圣壮观，热闹非凡，信徒们带着各种各样的供品和各色哈达朝佛转湖，并将供品扔到湖里，祈求风调雨顺，吉祥如意。朝圣者一般要用一个月的时间，徒步转完“纳木错”湖。

平时，每年的“萨噶达瓦”节期间，即藏历四月至五月份，也会有人前来朝佛转湖，届时这里会变得香烟缭绕，生机勃勃。

History and Culture

历史文化

Ancient Zhang Zhung and Bon Religion

盛极一时的古象雄和本教

History and Legend. Before the founding of the Tibetan Kingdom in ancient China, Zhang zhung was a large and strong kingdom. During the reign of Tswise Jixirjan, it was in control of an immense land divided into the core, and the middle and outer layers. The core was composed of today's Ngari and Ladakh districts. The middle layer was around U-Tsang area. Do-Khang and some other regions were included in the outer layer. In fact, the ancient kingdom was made up of loose tribes. Historical documents of Bon show that in the later years of Shenrab Miwo, the

历史与传说 在吐蕃王国建立以前,象雄是一个大国,在古象雄王赤维色吉希日坚时,象雄的控制区域曾扩展到相当广阔的范围,据称曾分为内象雄、中象雄、外象雄。内象雄包括现在的阿里和拉达克等地;中象雄则在卫藏一带;多康等地则被称为外象雄。事实上,古代的象雄是由结构松散的部落联盟组成的。按照本教的历史记载,传说中的本教教祖辛饶米沃晚年,即古象雄时代曾经历过“十八王”这一时期,也就是说,当时的象族是由十八个部落组成联盟,形成象雄的势力范围。



patriarch, the kingdom consisted of "eighteen kings", or eighteen tribes.

Bon Religion, the representative of Zhang zhung culture, is an old religion in Tibet. It mainly worships heaven, earth, fire, snow mountain, lakes and other natural objects and believes that heaven is the abode of three realms (heaven, earth and hell), and of gods and souls. Advocating ghost and favouring sorcerer is another characteristic of Bon Religion. According to some records in its classics, it has at least a history of 8000 years.

In this history, Ngari, the center of Zhang zhung, was perhaps covered by forests and prairie and dominated by developed agriculture. It was some years later that it declined and became what it is now. At that time, Zhang zhung was an independent big kingdom with its own law, army, writing system, systematic religious beliefs and tens of millions of people. In

本教是流传于藏区的古老宗教，它可以说是象雄文化的代表。本教主要崇拜天、地、火、雪山、湖泊等自然物，认为天是“三界”(天上、地上、地下)之上界，为神和灵魂所居之处。重鬼右巫是本教的又一特征，据一些本教典籍记载，本教至少有 8000 年的历史。

在 8000 年的历史进程中，作为象雄的中心地阿里可能有草原、森林以及比较发达的农业，若干年后的今天才退化成现在的样子。当时的象雄是一个地域辽阔的国家，有自己的国王、法律、军队、文字、系统的宗教以及千万之众的人口，其繁荣昌盛之势在中亚一带是受人仰视的，人口应不低于 1000 万。

its prosperity with a population of at least 10 million inhabitants, it was widely acknowledged in Central Asia.

According to the *Zhang zhung Annals*, during the reign of Lig-min-skya, Zhang zhung had an army of 990 000. Besides, it exercised power in Supi Kingdom, where they kept some soldiers. At that time, Zhang zhung had a fight with the Tibetan Kingdom, which only had 42 000 soldiers and 43 small contingents^①. But Zhang zhung was defeated and went in decline.

One may wonder why Zhang zhung, a state with ten times as many people as Tibet, was conquered by the latter and now there is no more its civilization, language, and religion. There is not even a scrap^② of paper bearing the history of the ancient kingdom. It is quite another puzzle of the Mayan civilization.

在《象雄年续》中说,象雄国王李迷甲时期,象雄有一支99万人的军队。此外,象雄在苏毗国行使权力,在那里还有一小队士兵,当时象雄与吐蕃打仗,吐蕃只有4.2万士兵,另外还有一些小联队,总共只有43个联队……但是,有10万个村庄的象雄被击败了,有1万个村庄的西藏(即吐蕃)胜利了。于是,象雄在李迷甲时期开始走向没落。

有人会问:象雄与吐蕃相比,其人口比例应为10:1,而今两地人口成反比也不止,这到底为什么?更奇怪的是繁荣了几千年的象雄文明也随之消失。历史、文字甚至宗教也都不翼而飞,连研究考证都很难获得一些可靠的证明材料,这是一个不亚于“玛雅之谜”的象雄之谜。

① n. 分遣队

② n. 小片, 废料, 残余物, 废料



The Great Migration. Zhang zhung and Bon Religion had been a focus of Central Asia. It was the result of a great migration. But why the migration?

It is clear that the destruction of geographical environment of and ecological balance to Zhang zhung was severe. The low productivity, weak capacity to conquer and reform nature, bad habit of killing animals and frequent fights accounted for the decline and migrations. In fact, migration was the necessary adjustment of the population geography. People left their native place and became inhabitants of other places. They left nothing but rock paintings around Rutog. Today, gone are all of those traces. Only the paintings exactly record the unforgettable events and become the exact evidences for the Great Migration.

The group rock paintings are found on over ten cliffs. In addition to animals like deer, yak, sheep, horse, wolf and dog, there

大迁徙 象雄和本教曾经是中亚仰视的中心，之所以消失得这样干净，主要是大迁徙，又为什么要大迁徙呢？

应该看到：地理环境和生态平衡的破坏对象雄王国影响是很大的，由于当时生产力低下，征服自然改造自然的能力薄弱，加之本教杀牲祭神的陋习影响了牧业发展，以及频繁的战争，都是象雄衰落的原因。但自然生态的破坏的确导致了王国的倾颓和多次移民浪潮的兴起。移民浪潮实际上是人口地理的必要调整。那些背井离乡向远方迁徙的人们早已成了异域的居民，那些逝去的岁月早已沉默，然而，却留下了日土一带的岩画。如今，象雄所有的痕迹都荡然无存，只有岩画还忠实地记载着那段难以回首的往事，成为我们今日能说明象雄大迁徙的佐证。

岩画群散布在十几面山壁上，除了所画的动物如鹿、牦牛、羊、马、狼、狗之外，主要是众多的人物。尤其是中间较大

are pictures of humans. The most special is a large drawing in the middle with lots of people, describing a story with a certain plot and atmosphere in memory of an unforgettable event. There are several hundred figures in it. Some are leaning on sticks, and some are carrying things on the back, slowly trudging along the winding roads. It was carved on a large square rock, and the figures in profile^① are moving from bottom left to top right. As they are the profile drawings, the figures on painting only appear one leg, leaving an impression of heavy-bearing during the trekking. Without beginning or end, the carving is only a section of a certain scene, and it is a precise portrayal^② of space. The heavy and solemn atmosphere reveals the complicated feelings of the Great Migration and serves as a remembrance of the migration in the remote past.

的一幅，以众多的人物为主构图，具有一定的情节和气氛，显然是在述说某一段往事，纪念某次令人难以忘怀的重大活动。画面上有数百个人物，有的拄着拐杖，有的背着东西，一个跟一个的地缓缓前行，沿着几条蜿蜒的山路跋涉，朝着一个方向进发。岩画刻在一块很大的四方形岩石平面上，人物从左下向右上方移动，由于所有的人体形象是侧面，因此画面上所有的人物都是独脚，给人以艰难跋涉的负重感。场面无边无际，队伍无头无尾，是某种场景的截面，准确地表达了由远而来又向远方而去的空间意向。肃穆、沉重的气氛分明是大迁徙复杂感情的表露，是古代大迁徙的人们留下的纪念。

① n. 剖面，侧面，外形，轮廓

② n. 描画，描写



In the center of the Qiwupu major carvings is a non-human and non-animal image with a long snout and a big belly, standing with arms down. It is somewhat like the dinosaur, but its neck is shorter and its body erect. Like a slowly walking robot, its snout touching the head, like a pipe led out of the hat to the neck. Its out-stretched fingers point to different directions. The obese body bends forward, wearing a working uniform similar to space suit. On the left is something like a tree trunk. Is this an alien visitor with its flying vehicle and is welcomed by earth beings in rows? The people are not frightened and show great reverence to it. It seems like a ceremony welcoming a savior, or a march toward somewhere promising under the guide of a celestial god.

In a word, these rock carvings are a puzzle to which the local inhabitants have already had a definite answer: they are drawn by

齐吾普主体岩画的中心处有形象，非人非兽，长嘴、大肚皮，两脚站立，两臂向下平伸，与古时的恐龙形象有些相似，但没有恐龙的长劲和弯曲的身架。它如一个慢慢行走的机器人，长嘴与头部相连，可视为从帽顶伸出然后插向后脑的管子或一种特殊装置，伸开的手指向不同方向，肥大的身躯前倾，身着上至脖颈、下至踝骨的上衣连裤服，与传说的宇宙人所穿的宇航服相似。其左侧有一个几乎竖插整个画面，呈枯树干状的图形。我们是否可以把岩画中的怪异形象看成天外来客，这天外来客不是坐在火箭上，而是离开飞行器，面对场面浩大的地球人群，地球人成排成列，没有惊慌，敬畏之情充满画面，像是举行一个有一定仪规的仪式迎接救世主的降临，也像是在天神的指引下走向一个希望的地方。

总之，这些岩画是一个难解之谜。对于这个难解之谜，当地人早就有了明确的回答：是鬼画的，那些“独脚人”是独

one-legged ghosts now come and then disappear. Ghosts generally mean evil souls. If they were works of ghosts, can we take it as a hostile alien invasion^① to the earth? They might have defeated the men and brought them to an unknown place, and made the carvings for warning.

It is strange that there is not the slightest trace of Buddhist influence in the carvings. Thus it is easy to decide that what is told in the carvings is the great migration: the long queue of people made up of all primitive tribes reluctantly^② head for strange remote places. They still love their homeland and worship the divine mountain. They follow the rivers, pass by the foot of the Himalayas and march towards the Indian River Valley. They walk on and on and it looks as if they were still on their way to their destination. The cherished memory of homeland is kept and

脚鬼。并活灵活现地说：他们时隐时现。鬼，一般指邪恶的灵体，如真出于鬼工，能否将其视为对人类有敌意的天外人对地球的一次入侵呢？他们将地球人战败后，又将其引渡到一个神秘的不可知的地方，将此事件刻在石上以警告后人。

奇怪的是，在岩画群中众多的画面上找不到一点佛教影响的痕迹。这使人不难判断：岩画所述说的应是象雄时期大迁徙的故事。那是一条无头无尾的队伍，一个个原始部落群体，他们怀着对家园的留恋和对岗仁波钦神山的崇敬，依依不舍地向那陌生遥远的地方举家迁徙。他们顺流而下，穿越喜马拉雅山麓，印度河流域成了他们主要迁徙的方向，他们一直走着，永远走着，仿佛到了现在还在迁徙的路上，向后人证明那次刻骨铭心的大迁徙。移民先辈留下的对故园的怀念，作为集体记忆也顽强地保

① n. 入侵

② adv. 不顾的，勉强的



inherited to the following generations. As the life code passes on to later generations, it became the magnetic direction of spiritual field of space and time. Like the migration of geese and fish, it is a deep feeling of nostalgia^①. Unless there were unexpected disasters, the pilgrims would not stop worshipping the divine mountain. This inherited consciousness^② still remains an unsolved mystery today.

留下来,一代一代地传下去,作为生命密码遗传给后代,成为时空精神场磁力导向,就像雁南飞,鱼回游一样,是一种心理深层的乡思。除非遇到意外的灾变,否则朝圣的人们将永远不会停止他们拜谒神山岗仁波钦的脚步。这种世代相传的朝圣意识至今还是不解之谜。

Legends of the Qugu Temple 曲古寺的传说

At the foot of Kangrinboqê, there's a holy temple, known as Qugu Temple. Small as it is, the Qugu Temple is of both majesty and mystery. The aisles next to the cliff and the courtyard high up make the temple a bewildering^③ structure; the scripture - turning

在岗仁波钦山脚下,有一座神圣的寺庙,这就是曲古寺。曲古寺不大,却有着远山深处的威严与神秘,贴着山壁的回廊和通天高处的天井,使寺庙的结构扑朔迷离,尤其是沿主殿旋转的转经道,又使人感到这里高不可攀又深不可

① n. 思家病, 乡愁, 怀旧之情

② n. 意识, 知觉, 自觉, 觉悟

③ adj. 令人困惑的, 使人混乱的



route around the main hall is particularly unattainable and unfathomable ^①. Once upon a time, there was a safeguard of the law. In order to show his determination in following Buddhism, he obtained a marble Buddha from a milk lake and placed it at the bottom of sea. He thought it proper to make a majestic environment for the statue and therefore intended to move Kangrinboqe there. Bodhisattva Guanyin saw it and sent 500 arhats ^② in the form of rocs ^③ to stop the attempt. The mountain was still there, but there is a deep trace of rope left in the attempt to tie up the mountain. After that the bodhisattva instructed its disciples to build four monasteries as four nails to fix the divine mountain in case of being carried away, and Qugu is one of them.

There is another well-known story to the Tibetans, which tells

测。据传,很早以前,当地有位护法神,名叫平纳,为表示对佛教的皈依之心,从一个奶湖里请来一尊大理石无量佛像,他把佛像供奉在海底之后,认为还需要有一个适合其高贵身份的环境相衬,看来看去,只有金刚石般耀眼光亮的岗仁波钦神山最合适。于是,他找来一根绳子套住神山的中部,想把它背到海底,观音菩萨发现后,派了500罗汉化作大鹏鸟飞到神山,制止了平纳背走神山的企图。虽然神山最后没有被背走,却留下了一道深深的绳痕,至今犹在。此后,观音菩萨就启示弟子们在神山的四面修上四座寺庙,意思是四颗拔不掉的天钉,把岗仁波钦牢牢固定起来,以免真的有人把它背走。这曲古寺就是四颗天钉之一。

此外,在西藏还有一个家喻户晓的故事,这就是高僧米

① adj. 深不可测的, 无底的, 难解的

② n. [宗] 阿罗汉, 永入涅槃再受生死果报的僧人

③ n. 巨鸟, 大鹏



the fights between Milarepa the eminent monk and Narubenqen, the master of law. The story goes like this:

Kangrinboqê was originally the sacred place of Bon Religion and Narubenqen cultivated himself here all the year round. Later, he came across Milarepa and there was a quarrel. They fought over the divine mountain by singing and competing and in the end compromised^①: the winner in the contest of magic powers who arrived earlier on the mountain top on February 15 would possess the mountain. Narubenqen was continually defeated in the first few rounds and decided to fight it out. He exercised his unique skills as a last resort and rode a drum flying towards hilltop on the early morning. Just as he was being pleased with himself when he noticed that Milarepa was already sitting on the mountaintop. He was so surprised

拉日巴与本教法师那如本琼斗法的故事,故事是这样说的:

岗仁波钦原为本教的圣地,那如本琼常年在外修行,后与前来此地修行的米拉日巴相遇,两个争执不下,以赛歌、斗法比试神变来决定神山的归属,那如本琼在前几个回合中连连失败,便决定于二月十五日那天以谁先到达山顶裁决胜负。那如本琼使出绝招,一大早骑一面法鼓向山顶飞升,很快就到山的脖颈处时,正暗自得意,一抬眼看见米拉日巴已端坐在山顶上。惊诧之时,法鼓从胯下滑出,顺山势滚到深谷,至今还留下当年那道深深的印痕。原来,正在山脚下睡觉的米拉日巴醒来看见对手快到山顶时,便乘黎明的第一道曙光提前到达了山顶。从此,神山易主,只把东山的一面划归本教徒朝拜修行。

① v. 妥协, 折衷

that the drum fell into the deep valley. The deep trace along the cliff still remains today. As a matter of fact, Milarepa, who slept at the foot of the mountain, woke up and found his opponent close to the destination. Then he rode the first light of morning and arrived at the hilltop in advance. From then on, the divine mountain changed its owner, assigning ^① the eastern side for the Bon followers to worship.

Mani Pile and Mani Stone Inscriptons

玛尼堆与玛尼石刻

Originally, Mani piles are marks for the Tibetans on important roads or at mountain passes. They are piles of stones and can be used to measure distance. When Buddhism flourished, the Buddhists placed atop stones carved with the 6-syllable incantations ^② and clay moulds impressed with Buddha

玛尼堆原先是为藏族人在通衢要道或山口设置的标志，可以用来计算路程，它是用石块堆砌而成的。藏传佛教兴盛以后，佛教信徒把刻有六字真言的石块和压有各种佛像的泥模置于其上，再插上经幡，遂成为过往行人巡礼的玛尼堆。由于信徒们经过玛尼堆时必须丢

① vt. 分配，指派

② n. 咒语



portraits on it, and then stick up streamers thereon. Each passer-by salutes them by adding a stone, which is equal to chanting a scripture; therefore, Mani piles are growing with the passage of time. The Mani pile in Tibetan means "Millions of stones". Near Namco, there are such piles everywhere and they together make up a Mani wall several hundred meters long and over a meter high.

On the temple or Mani pile people often find the stone inscriptions, a unique cultural landscape in Tibet. They are usually Buddhist scriptures, incantations and Buddha portraits. Mani stone inscriptions originated from the Mani pile.

一颗石子,作为祈祷;因为每丢一颗石子就等于念诵了一遍经文,玛尼堆就如此年复一年的长高。玛尼堆藏名叫“多崩”,就是“十万经石”之意。在“天湖”纳木错湖畔,玛尼堆遍布,一座座玛尼堆连成一堵长达数百米、大半人高的玛尼墙。

在庙宇里和玛尼堆上经常可以看到刻有文字的石刻,这就是玛尼石刻。玛尼石刻是藏区的一种独特的文化景观。一般是将佛教经文、六字真言及各种佛像刻于石板、石刻和石头上。玛尼石刻源于玛尼堆。

Great Footprints

大脚印

On the vertical cliffs near the road from Jagka and Qamdo to Bamda Airport, 30 kilometers away from Qamdo town, five im-

在距昌都镇约 30km 的加卡乡、昌都至邦达机场的公路边的垂直石壁上,清清楚楚地裸露着五只巨大的人形脚印,



mense human footprints can be clearly seen. Each footprint is one and a half meters long and the inter-distance between them is forty centimeters. Three hundred meters from these footprints, there are about 10 pairs of similar footprints. It is estimated that the giant should be over 20 meters tall. Experts inspected and reported that this cliff was formed in the Cretaceous Period 130 million years ago when dinosaurs lived.

每只长 1.5m, 脚印之间距离 0.4m。离此脚印 300m 处还有相同脚印 10 余对, 据推断, 该巨人身高应在 20m 以上。经有关专家考证和鉴定, 该石壁形成于 1.3 亿年以前的白垩纪, 是恐龙生长的年代。



The Girls' Kingdom

女儿国

On the borders of Yunnan and Tibet, in a plateau basin on the bank of the Jinsha River and surrounded by mountains, live the Musesuo people. As a branch of ancient Qiang, they are the descendents of "Supi Kingdom of Females". The people still keep their matriarchy^①

在藏东南的云南省与西藏交界地、金沙江畔一个群山环抱的高原盆地上, 居住着一群至今仍保留着女尊男卑传统的摩梭人, 他们是“苏毗女儿国”的后裔, 属古羌人的一个支系。摩梭人男女一般都身材高大、魁伟、俊美。他们并不是一

① n. 女家长制, 女族长制

tradition. They are tall, sturdy, and elegant people, both male and female. This is not an autocratic empire of women, but a dreamlike and beautiful tribe with strong color of matrilineal ^① society. Here, men and women never get married. They get together at night and separate when day breaks. In a family of the matrilineal society, people live in harmony and peace with both nature and their fellows.

个完全的女权专制国家，而是一个带有浓厚母系社会色彩的梦幻般美丽的氏族部落。在这里男人不娶，女人不嫁，暮合晨离，聚散自由。母系大家庭内部和睦温馨，在这里夜不闭户，路不拾遗，人与自然，人与社会，人与人和谐相处。



① adj. 母系的