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我们可爱的家乡——宁夏
Our Lovely Hometown—Ningxia



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Part One A Survey of Ningxia

第一部分 宁夏概况

Lesson One Ningxia—A Bright Pearl in the Loess Plateau

Pre-reading

1. What do you know about our hometown Ningxia? For example, what is the full name of Ningxia? How many ethnic groups are there in Ningxia? How many cities or counties does Ningxia consist of?
2. Can you name any tourist highlights in Ningxia?
3. Do you know why Ningxia is honored as “the Rich South in Northern Frontier”?

Reading

This is an ancient Loess Plateau in the west of China. The region began to teem with human habitation since the history dates back to some 30 000 years ago.

This is a mysterious land. It was the territory of the kingdom of the Western Xia kingdom with a legendary history.

This is a land of hope, a land glorified by the distinct folkways of the ethnic Hui people who have, through the ages, lived in fraternity with over 20 other ethnic peoples such as the Huis, hans, Manchus and Mongols.

This is Ningxia, our lovely hometown.

Ningxia is a beautiful and fertile land. It is featured with beauty combining both the view of water and sand. The people here enjoy the ancient culture of the Yellow River, mysterious Western Xia kingdom, as well as the enchanting view of features of the home Hui people.

A rolling loess land is graced with green paddy fields, golden deserts, groves of lush willows and bushes of red flowers, which is honoured as “the Rich South in Northern Frontier”.

The Helan Mountains soar into the sky in the northwest to form a natural barrier that shields Ningxia from the choking sandstorms and chilly cold currents from up north. The Yellow River, tumbling across the Heishan Gorge, enters central Ningxia, where it becomes a ribbon-like strip of water, meanders its way across the Yinchuan Plain. Ningxia becomes an oasis in the northwest of China and is richly endowed with a well-irrigated and well-developed agricultural area, acquiring

a kind of unusual appeal and earning the reputation as the most thriving region in the Yellow River basin.

A unique landscape, a rich cultural heritage garnered from the long river of history, and unique local customs all add up to make Ningxia a rich and diverse region. Shuidong Gou relics in Lingwu dates back to the time in the Old Stone Age; Shapotou, a well-known place in the world, shows local people's miraculous accomplishments in the control of deserts; Western Xia Tombs are called the mysterious "Oriental pyramids"; Sand Lake is famous for its spectacular views; the cliff paintings graven in the Helan Mountain indicate the fascination of primitive art; the Liupan Mountain looks like a green island on the Loess Plateau...

As the new century is dawning on the horizon, Ningxia is emerging from a new visage to create a more brilliant record of future development.

Words and expressions

1. the Loess Plateau 黄土高原
2. teem v. 充满; 富于
3. mysterious adj. 神秘的
4. territory n. 领土, 版图, 领域; 范围
5. legendary adj. 传说的, 传奇的
6. glorify v. 赞美, 美化

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7. distinct adj. 独特的, 不同的, 明显的
8. folkways n. 民俗, 习俗
9. ethnic adj. 民族的, 种族的
10. fraternity n. 友爱; 互助会, 兄弟会
11. rolling adj. 旋转的; 波动的, 起伏的
12. loess n. 黄土
13. grace v. 点缀
14. paddy n. 稻田
15. grove n. 小树林
16. soar v. 往上飞舞; 高耸
17. meander v. 缓慢而弯曲地流动; 漫谈
18. heritage n. 遗产, 继承物
19. garner v. 贮藏, 积累, 得到
20. miraculous adj. 奇迹的; 不可思议的
21. accomplishment n. 成就
22. spectacular adj. 公开展示的; 惊人的
23. fascination n. 魔力, 魅力
24. primitive adj. 原始的
25. visage n. 脸, 面貌, 容貌

Notes to the text

1. This is a land of hope, a land glorified by the distinct folkways of the ethnic Hui people who have, through the ages, lived in fraternity with some 20 other ethnic peoples such as

the huis, Hans, Manchus and Mongols. 这是一块充满希望的热土，处处洋溢着浓郁的回族风情，这里有回、汉、满、蒙古等 20 多个民族和睦相处。

people 在此处意为“民族”，是可数名词。中国有 56 个民族，如汉族 (Han)、回族 (Hui)、满族 (Manchu)、蒙古族 (Mongol) 等。

2. The region began to teem with human habitation since the history dating back to some 30 000 years ago. 三万年前人类就在此生息繁衍。

teem with 充满 (人或动物等)，富于

如：This stream teems with fish. 这条小河里鱼很多。

date back to 起源于，追溯到

如：This custom can date back to Song Dynasty. 这个风俗起源于宋朝。

3. Ningxia is emerging from a new visage to create more brilliant record of future development. 宁夏正以崭新的面貌创造着更加辉煌的未来。

emerge from (从水中、黑暗等) 露出，出现 (from, out of)

如：The sun soon emerged from behind the clouds. 太阳不久从云朵后钻出来。

第一课 宁夏——黄土高原上 一颗璀璨的明珠

预 读

1. 你对我们的家乡宁夏有什么了解？例如，宁夏的全称是什么？宁夏有多少个少数民族？宁夏有多少个城镇？
2. 你能说出宁夏的几处旅游景点吗？
3. 你知道为什么宁夏被誉为“塞上江南”吗？

阅 读

这是中国西部一片古老的黄土地，三万年前人类就在此生息繁衍。

这是有着谜一样的神奇土地，曾经演绎了一段西夏王国富有传奇的历史。

这是一块充满希望的热土，处处洋溢着浓郁的回族风情，这里有回、汉、满、蒙古等 20 多个民族和睦相处。

这，就是宁夏，我们可爱的家乡。

宁夏，是一块美丽富饶的土地，既有江南水乡的秀丽，又集塞外大漠风光之雄浑。古老的黄河文化、神秘的西夏王朝、浓郁的回乡风情，如歌、如诗、如画，给人们独特的感受。

在这里，黄土丘陵，水乡绿稻，大漠金沙、柳翠花红，

被誉为“塞上江南”。

高高耸立在西北部的贺兰山似一道天然生态屏障，阻挡着凛冽的大漠风沙和寒流。奔腾咆哮的黄河冲过黑山峡谷，从宁夏中部流入，平缓温顺地穿越银川平原，使这里成为西北地区农业生产水平很高的灌溉绿洲，由此开创了“天下黄河富宁夏”的辉煌历程。

在这里，历史悠久，民族风情浓郁，形成了宁夏丰富多彩的自然景观和人文景观。这里有著名的灵武“水洞沟文化”人类遗址，举世闻名的古“丝绸之路”，世界著名的沙坡头治沙奇迹，神秘的“东方金字塔”西夏王陵，罕见的沙湖奇观，奇特的贺兰山岩画，黄土高原上的“绿岛”六盘山……

新世纪的朝阳在地平线冉冉升起，宁夏正以崭新的面貌创造着更加辉煌的未来。

Lesson Two Geography

Pre-reading

1. Look at the map of China and find Ningxia, and then describe the location of Ningxia.
2. What kind of landforms does Ningxia have?

Reading

Ningxia, situated in the northwest of China, covers an area of 66 400 square kilometres. It is in the middle of the upper reaches of the Yellow River and in the mixture area between the desert and the Loess Plateau. It is bordered by Shaanxi Province on the east, Gansu Province on the south, and Inner Mongolia Autonomous Region on the north. A variety of landforms can be found on the territory of Ningxia: mountains, plateau, plains, hills and valleys. This makes Ningxia a rich and diverse region in natural landscape. The territory of Ningxia is shaped like a jujube -pit with the Helan Mountains in the northwest and the lofty Liupan Mountain in the south. Both of the mountains extend from north to south, not like most of the mountains in China with the trend from east to west. The Yellow River, tumbling across the Heishan Gorge, enters

Ningxia. It flows across Zhongwei Plain and Zhongning Plain. Rushing through Qingtongxia, the Yellow River meanders its way across the Yinchuan Plain and then leaves Ningxia from Shizuishan. The Yellow River runs 390 kilometers from south to north in Ningxia and 4 million mu irrigated area is formed by the Yellow River, gaining the fame of “the Rich South in Northern Frontier” .

Words and expressions

1. survey n. 纵览, 概况
2. situate v. 位于, 坐落在
3. reach n. 延伸, 范围; 河段
v. 到达; 伸出, 延伸
4. landform n. 地形
5. diverse adj. 不同的, 相异的, 多种多样的
6. landscape n. 风景, 山水; 风景画
7. jujube-pit n. 枣核
- 8 lofty adj. 高的; 高超的; 傲慢的
9. tumble v. 翻倒; 滚动
10. irrigate vi. 进行灌溉 vt. 灌溉
11. fame n. 名声, 名望
12. frontier n. 边界, 边境

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Notes to the text

1. the Yellow River 黄河

全长 5 600 公里，流域面积 752 443 平方公里，是中国境内仅次于长江的河流。它发源于青海省巴颜喀拉山，成“几”字形流经青海、四川、甘肃、宁夏、内蒙古、陕西、山西、河南及山东九个省（自治区）。由于河流中段流经中国黄土高原地区，因此夹带了大量的泥沙，所以它也是世界上含沙量最多的河流。但是在中国历史上，黄河对其沿河流域的人类文明带来很大的影响，是中华民族最主要的发祥地之一，所以中国人一般称其为“母亲河”。

2. A variety of landforms can be found on the territory of Ningxia. mountains, plateau, plains, hills and valleys. 宁夏包含了类型多样的地貌：山脉、高原、平原、丘陵、河谷一应俱全。

a variety of 各种的，各色各样的

如：A variety of food is sold at a supermarket. 超级市场里各式各样的食物均有出售。

第二课 地 理

预 读

1. 看中国地图，找到宁夏，并描述宁夏的地理位置。
2. 宁夏有哪些地形？

阅 读

地处我国西北的宁夏，总面积 66 400 平方公里，处在黄河上游中段地区及沙漠与黄土高原的交接地带，东与陕西省，南与甘肃省，北与内蒙古中部相邻。在宁夏不大的版图上，包含了类型多样的地貌：山脉、高原、平原、丘陵、河谷一应俱全，使宁夏呈现出丰富的自然景观。宁夏的版图形状像个枣核，贺兰山绵亘在西北部，巍峨的六盘山坐落在南端，这两座大山的山脉走向，都是南北方向，而不是我国大部分山脉的东西走向。奔腾咆哮的黄河冲过黑山峡，流入宁夏境内，穿过中卫、中宁平原，从青铜峡冲出，逶迤于银川平原，到石嘴山出境，流程 390 公里，自南向北纵贯宁夏，形成号称“塞上江南”的 400 万亩宁夏黄河河套灌区。

Lesson Three History

Pre-reading

1. How long history does Ningxia have? When was Ningxia Hui Autonomous Region formally founded?
2. Do you know which dynasty was founded in Ningxia in history?
3. Do you know what the meaning of the name “Ningxia” is? When did the “Hui Hui Guests” begin to immigrate to Ningxia?

Reading

Ningxia has a long history. Ningxia became the habitat of our forefathers as early as 30 000 years ago. Shui Dong Gou relics revealed the secret of the Old Stone Age. In the Spring-Autumn Period and the Warring States Period, it was the herding area for the nomadic peoples such as Qiang, Rong and Xiongnu and so on. After China was firstly united by the emperor Qin Shi Huang, a large number of soldiers were sent here to pioneer the farm lands, to build up the famous Great Wall and to dig the Qin Canal, which created the beginning of irrigating the farm lands by the Yellow River in history. In Han

Dynasty, Emperor Wu of Han inspected Ningxia for several times. The Han Canal, which was dug at that time, is still used to irrigate large areas of farm lands today. After the “An Shi Rebellion” in Tang Dynasty, the prince Li Heng came to Ningxia and ascended the throne in Lingwu and he was called the emperor Tang Suzong in Chinese history. At that time, Ningxia had played an important role in the transportation and trade between the east and the west in China. Agriculture was well developed in Ningxia Plain, which was very rich and prosperous.

In 1038, the Dangxiang ethnic group founded the Western Xia Dynasty with Xingqing (Yinchuan City today) as the capital. Thus, the three states Song, Western Xia and Liao (later Jin) existed competitively in Chinese history. In 1227, Western Xia was wiped out by Genghis Khan. After that, the name of Ningxia came into being with the meaning of “put down the rebellions in Western Xia and make it peaceful forever”.

In Yuan Dynasty, many “Hui Hui Guests” from Persia and Arab began to immigrate to Ningxia. After Ming Dynasty, a large number of Hui ethnic people were settled in Ningxia to reclaim the land. In Qing Dynasty, the administrative region of Ningxia was set up and the largest region where the Hui ethnic people live in compact communities was formed in China. After

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the foundation of the People's Republic of China, Ningxia Hui Autonomous Region was formally founded in 1958.

Words and expressions

1. habitat n. (动植物的) 产地, 栖息地
2. reveal v. 显示; 透露
3. herd v. 群集; 放牧
4. nomadic adj. 游牧的; 游牧民族的; 流浪的
5. pioneer v. 提倡; 作先驱, 开辟
6. inspect v. 检查, 调查, 监察; 检阅
7. ascend v. 上升; 攀登
8. throne n. 王座; 君主
9. prosperous adj. 繁荣的, 兴旺的
10. competitively adv. 竞争地
11. wipe out 彻底摧毁, 消灭
12. rebellion n. 谋反, 叛乱; 反抗
13. immigrate v. 移居入境
14. reclaim v. 开垦; 纠正, 收回
15. administrative region n. 行政区域
16. compact adj. 紧凑的, 紧密的; 简洁的
17. community n. 社区; 团体

Notes to the text

1. Western Xia Dynasty 西夏王朝

1038 年，党项民族首领李元昊建立了一个以党项族为主体，包括汉、吐蕃、回鹘等多民族在内的封建王国，自称“大白高国”，因其地处祖国西部，历史上称其为“西夏”，首都为兴庆府，即今天的银川市。西夏先后与宋、辽、金鼎足而立。其疆域最广阔时，包括今宁夏、甘肃大部、陕西北部、青海东部、内蒙古西部和蒙古人民共和国西部的部分地区。1227 年，西夏王国被蒙古军队所灭，立国 190 年。

2. ... is still used to irrigate large areas of farm lands today. ……到现在还可以浇灌大片的农田。

be used to do sth. 被用来……

如：The old building is still used to handle official business. 这幢旧楼依然在被用做办公楼。

3. Genghis Khan 成吉思汗

成吉思汗，即元太祖，名铁木真。他曾经是一位叱咤风云、显赫一世的蒙古族英雄，他是蒙古帝国奠基者，政治家和军事家。他的业绩对于中国各民族的融合和现今版图的格局具有重要意义。1205 年、1207 年和 1209 年，成吉思汗三次大举进攻西夏。西夏不得已，纳女请和。1226 年，成吉思汗出征西夏。次年西夏亡。

4. Hui Hui Guests 回回客

“回回客”是古代中国对在中国定居，信仰伊斯兰教的