

# 「藏学专业」 英语精读教程

主编 向红笏 覃俐俐



INTENSIVE READING  
**FOR**  
TIBETOLOGY STUDENTS

中国藏学出版社

**Intensive Reading  
For Tibetology Students**

**藏学专业  
英语精读教程**

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## 编 撰 说 明

《藏学专业英语精读教程》供藏学专业学生使用。重点在于培养学生阅读有关藏学英文资料的能力及英汉、汉英翻译能力。

藏学是一门独具特色的学科，涉及到西藏历史、宗教、艺术、文学、建筑、医学等各个领域。由于其独特性和深奥性，在阅读或翻译藏学研究成果时，都不可避免地会遇到藏学术语方面的问题，甚至那些英汉文造诣很深的学者也都对藏学资料的翻译感到力不从心。编者长期从事英语教学，且从事藏学资料翻译工作达二十余年，对此体会颇深，为此特编写这本独特的教材，希望能有助于复合性人才的培养，以满足藏学研究的需要，使我国的藏学研究与国际藏学研究尽快接轨。

本教材共分 15 个单元。每个单元由课文 (Text)、生词 (New Words and Expressions)、专有名词 (Proper Names)、注释 (Notes)、练习 (Exercises) 和补充阅读材料 (Supplementary Reading) 六部分组成。每课可安排 8~10 个学时，视课文的长度及难易程度而定。课文全部选自原文材料，每篇容量均在 1,000 个词汇以上。课文重点是培养学生的理解能力，要求学生课前认真作好预习，课后进行消化和复习，并不断积累藏学专业知识和特殊词汇及其翻译方法。由于藏学的独特性，在注释部分对一些藏文、梵文及历史人物、历史背景进行了解释，以帮助学生理解课文。练习分为 A、B 两部分。其中 A 是专门设计的覆盖课文中较生僻之词汇的练习，该练习要求学生熟练地运用这些词汇，借以扩大词汇量，特别

是藏学方面的词汇量。练习 B 分为两个部分：Part 1 为英译汉练习，内容涉及到藏学的方方面面。Part 2 为汉译英练习，其主要目的有二：一是练习课文中出现的词组，提高学生驾驭语言的能力；二是促使学生进一步掌握和运用藏学方面的专有词汇。补充阅读材料的课文长度与课文相当，旨在扩大学生涉猎的领域，增加词汇量，提高阅读速度。为了鼓励学生参加实践活动，每篇补充阅读材料中都有五小段文字要求学生翻译成中文，以提高学生的翻译技巧和能力。

需要说明的是，由于本教材在编写的过程中优先考虑藏学内容的多样性，而且尽可能从原版论文和著作中选材，这样其中有些资料的作者不以英语为母语，因而有些语言点可能存在表述上的差异，敬请读者见谅。此外，编者在个别之处对语言进行了删减。

囿于编者的水平，疏漏之处在所难免，敬请教育界、藏学界的同仁不吝赐教，也热忱地希望广大读者批评、指正。

向红茹 覃俐俐

2006 年 4 月

于中央民族大学外国语学院

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# Unit One

## A Brief Introduction to Tibet

[1] Tibet—with a population of about 2.62 million (2000) and an area of nearly half a million square miles—is one of the most sparsely inhabited places anywhere in the world. Lying mostly above 4,500 meters, its height above sea level is to be compared only with Bolivia's.

[2] The land can support only the most robust crops—especially hill-barley, which is the staple food of the people. Yaks, cows, sheep, horses and goats provide protein in the form of milk, cheese and meats and the prevalent smell everywhere—even on travelers' clothes after leaving Tibet—is that of yak butter mingled with the smoke of fires of dried dung.

[3] Much of the rugged terrain is impassable in winter, when temperatures can fall as low as  $-40^{\circ}\text{C}$  with cutting winds and heavy snowfalls.

[4] Lhasa, the capital of Tibet, is believed to have been founded some 14 centuries ago around the time when Buddhism was introduced during the reign of the celebrated bTsan-po<sup>①</sup> Srong-btsan-sgam-po.<sup>②</sup>

[5] The architecture in Tibet takes the form of solid stone buildings, some three stories high, with elaborately carved wooden eaves.

In the Bar-skor street,<sup>③</sup> one can share the daily life of Tibetans, as they offer wares at the curbside, chant prayers to themselves while seated cross-legged on the ground, or burn juniper bushes to please deities with the aroma.

[6] The market is lively with stalls selling fresh mutton, brightly colored knitting wool, pots, kettles and the handsome, nearly four-foot high, brass churns in which Tibetans like to brew their tea mixed with yak butter. Huge lumps of rich yellow yak butter are brought to markets in skins. There are also trinkets and personal ornaments, rosaries, tinder-purses and knives for sale.

[7] Charms and amulets not only signify a person's respect for the spirit world, but are also considered to have specific magical powers to ward off diseases, accidents and misfortunes, bullets, dog-bites, attacks by eagles, and so forth.

[8] The rosaries are supposed to contain 108 beads of uniform size, and are held in the right hand when they are being counted. When they are not in use they are wound round the left wrist like a bracelet or worn around the neck. They may contain beads of wood, seeds, bone, glass, crystal, turquoise or ivory.

[9] Tibetans have been called the most religious people in the world. Religion in traditional Tibetan life is not a matter of occasional ritual observances and acceptance of a particular code of belief and behavior. For all their recorded history, religion has been an integral part of Tibetans' everyday life. Women walk down the street twirling a small prayer wheel, confident that with every turn they accumulate merits in this life and will obtain a better reincarnation in the next. Aromatic shrubs—usually juniper—are burned in public places, as much for their value as offerings as their spiritual significance, for the

smoke from their fires is believed to carry prayers to deities and be a defense against evil spirits. People bring thermos flasks of hot yak butter to add to the reservoirs of the lamps in monasteries and other holy places.

[10] Tibetan Buddhists cling to the idea of the efficacy of prayer—the more the better. The prayer wheel, which can be small enough to hold in the hand, or as big as a man, is seen everywhere. Small printed prayers and invocations are sold by the million.

[11] Ceremonial silk scarves—Kha-btags<sup>④</sup>—are exchanged on many occasions as a courtesy ritual. Sometimes, they, too, are hung up with prayer flags, or draped on a holy image.

[12] One item, however, has been imported to Tibet for centuries and has become an essential ingredient in Tibetans' daily life. Tea, the main drink in Tibet, is also an important form of nutrition, for it is taken together with yak butter and often barley meal (rTsam-pa<sup>⑤</sup>) as well. Dozens of cups of tea may be drunk in a single day.

[13] The other beverage is Chang,<sup>⑥</sup> a barley beer of a pale gray color, faintly effervescent and slightly sour. A more potent spirit can be distilled from the beer. On the whole, farmers and traders drink more alcohol than nomadic herdsmen.

[14] Men nearly all carry sharp knives under their folded Phyu-pa<sup>⑦</sup>—a multi-folded coat, often thrown off one shoulder and serving as a kind of voluminous pouch in which the wearer's personal effects are carried. Knives are sometimes very large and sharp and often encased in exquisitely wrought silver-and-wood sheaths. They are used to slaughter cattle, cut meat and, if necessary, in self-defense.

[15] In terms of dress, men show considerably more individualism and variety than women. Standard to all—except lamas—are

woolen breeches thrust into knee-length boots of felt and yak hide. The upper part of the body is clothed in a jerkin and over this, Phyu-pa is worn.

[16] Many types of hat are worn—from traditional fur-and-brocade headpiece shaped like an upside-down flowerpot with ear-flaps to western-style trilbies and homburgs, which make men look very much like the Indians of the Andes.

[17] Tibetan women, by contrast, tend to dress alike, with a floor-length gown, a bodice and a long apron (Pang-gdan) hanging from the waist in stripes of brilliant colors. For headwear, the standard model is a small, pillbox-shaped cap, brocaded, and with a wing-like strip of material protruding at one side.

[18] Certain personal ornaments and religious objects are worn by most of women. Apart from the prayer wheel carried and rotated as often as possible in the hand, there are silver amulets stuffed with prayers, beads of coral and turquoise, S-shaped earrings coiled around the ear with dangling stones or enamel work, a rosary from counting one's prayers, and bracelets of silver or silver alloy. Tibetan men often carry small statues of Buddha.

[19] For all the exotic characteristics of Tibetan culture, it has one simple, fundamental goal: to seek man's proper adjustment to the natural world. If Tibetans hold fast to this orientation, no amount of modernization will in the long run be in conflict with their nature and their purposes.

(This text is taken from *Tibet—A Fascinating Look at the Roof of the World, Its People and Culture* written by David Bonavia)

## New Words and Expressions

1. sparsely / 'spɑ:sli / adv. thinly scattered 稀少; 稀疏
2. inhabit / in'hæbit / v. live in; occupy 居住; 栖息
3. robust / rəʊ'bʌst / adj. vigorous; healthy 健壮; 茁壮
4. staple / 'steɪpl / adj. chief 主要的
5. protein / 'prəuti:n / n. body-building substance essential to good health, in such foods as milk, eggs, meat 蛋白质
6. prevalent / 'prevələnt / adj. commonly seen or done everywhere 流行的; 盛行的
7. mingle / 'mɪŋgl / v. mix 混合; 加入
8. dung / dʌŋ / n. waste matter dropped by domestic animals (esp. cattle) used on fields as manure 兽类粪; 牛粪; 粪肥
9. rugged / 'rʌɡɪd / adj. rough; uneven; rocky 不平的; 崎岖的
10. terrain / tə'reɪn / n. stretch of land, esp. as regarded from a military point of view 地体; [军] 地形
11. reign / reɪn / v. (period of) sovereignty; rule 统治; n. 朝代
12. celebrated / 'selɪbreɪtɪd / adj. famous 著名的
13. architecture / 'ɑ:kɪtektʃə / n. art and science of building; design or style of building (s) 建筑

14. elaborately / ɪləˈbɒrətli / adv. worked out with much care and in great details; carefully prepared and finished 煞费苦心地; 精心制作
15. eaves / i:vz / n. overhanging edges of a roof 屋檐
16. ware / weə / n. manufactured goods (pl.) 商品; 货色
17. curb / kɜ:b / n. stone edging to a raised path or pavement 路边
18. juniper / ˈdʒʊnɪpə / n. evergreen shrubs with dark berries from which an oil is obtained 杜松
19. aroma / əˈrəʊmə / n. sweet smell; fragrance 芳香; 香气; [艺术品] 神韵; 气魄
20. brass / bra:s / n. bright yellow metal made by mixing copper and zinc 黄铜
21. churn / tʃɜ:n / n. tub in which cream is shaken or beaten to make butter 转摇搅拌筒
22. brew / bru: / v. make beer, etc. 酿造; 调 [饮料]
23. lump / lʌmp / n. piece 一块
24. trinket / ˈtrɪŋkɪt / n. ornament or jewel of small value 小件饰物
25. rosary / ˈrəʊzəri / n. string of 108 beads for keeping count of the prayers in Buddhism 念珠
26. tinder / ˈtɪndə / n. material (e.g. dry, scorched liven, etc.) that easily catches fire from a spark 火绒
27. charm / tʃɑ:m / n. sth. believed to have magic power, good or bad 护身符; 符咒



28. amulet / 'æmjulit / n. sth. worn in the belief or hope that it will protect the wearer (against evil, etc.) 护符; 护身符
29. ward / wɔ:d / v. keep away; avoid 监视; 保护; 守卫
30. eagle / 'i:gl / n. large, strong bird of prey with keen sight 鹰
31. uniform / 'ju:nifɔ:m / adj. the same; not varying in form, quality, etc. 一致的; 一式的; 一律的
32. wrist / rist / n. joint between the hand and the arm 腕; 腕关节
33. bracelet / 'breislit / n. band or chain of metal worn as an ornament on the wrist or arm 手镯
34. crystal / 'kristl / n. clear, natural substance like quartz 水晶
35. turquoise / 'tɜ:kwɔ:z / n. (color of) greenish-blue precious stone 绿松石
36. ivory / 'aivəri / n. white, bone-like substance forming tusks of elephants, etc. 象牙
37. integral / 'intigrəl / adj. whole or having all parts that are necessary for completeness 总体的; 不可缺少的
38. twirl / twɜ:l / v. turn round and round quickly 回转; 旋转; 捻弄
39. accumulate / əkju:mjuleit / v. make or become greater in number or quantity 积累; 累积; 积蓄