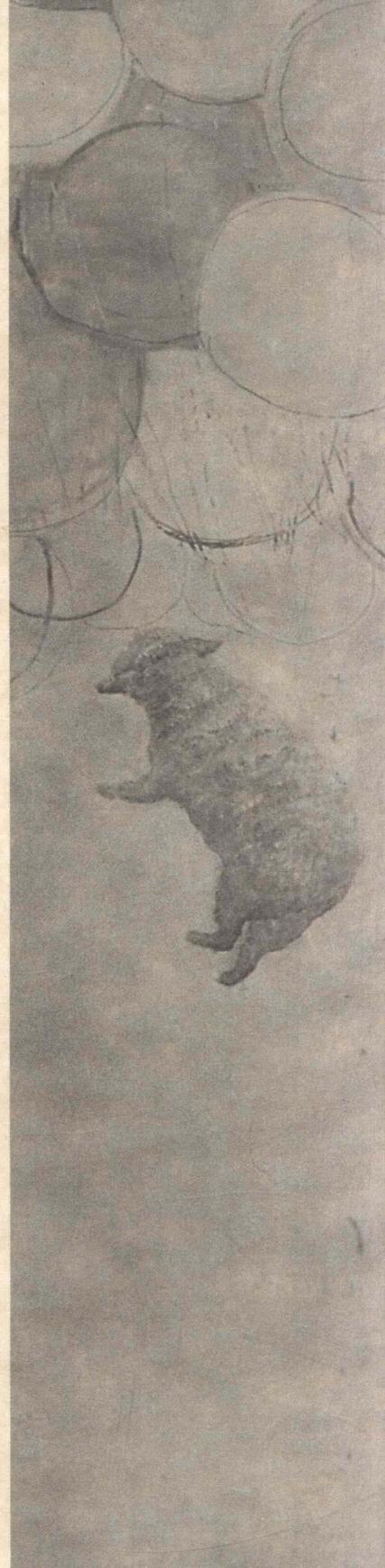


段建宇 Duan Jianyu

Now in coming art project 消失的现场艺术计划

Plateau Life Guide
高原 生活指南



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前言

这本书出得非常偶然,现在想起来还觉得像个故事。为了给我的主旋律创作收集素材,我常常跑到青海一带画些人物,风景,每次写生都会有些当地群众围观,有些没事干的人在我画箱旁一蹲就是一下午,我也早都习惯了。有一次我在西宁市一个集市上画画,发现一个穿着比较讲究的中年妇女在我后面坐了很久,还拿着我的擦笔纸看看笑笑,擦笔纸是我以前的一个小册子《生活指南》,那是几年前我有感于生活和艺术的关系而作的,内容就是一些生活常识,比如怎样做菜之类的,册子做完之后没什么人看,有人私下里议论说既没有表现人民的生活,又没有美感,还有人半讽刺地说我想拿去参加全国美展的初选,我听了刚开始还有些生气,时间长了也就无所谓了。两箱小册子堆在我并不宽敞的卧室里落了很厚的土,我索性就把它们裁整齐当了擦笔纸(幸亏纸比较软),看到这些擦笔纸把这个中年妇女逗笑了,我也礼貌地跟她打了个招呼,我问她怎么不上班,她说她在市委工作,今天下来检查市容。她问我有没有兴趣编一个关于青海的生活指南,关于这里的吃喝拉撒睡,我真是受宠若惊。后来她还请我在附近的拉面馆吃了当地菜,我们互通了姓名,她姓郭,我喊她郭部长。后来我们又闲聊了很久,家庭,事业,爱情,还聊了一些当地的风土人情和发生的奇闻怪事,原来她在市委除了抓管妇女工作,还兼着一部分宣传工作,怪不得知道很多事情,最后她鼓励我说这个工作很有意义,就放开手去做吧。说实在刚开始我有些没信心(一部分原因是怀疑再次编写生活指南的意义何在),但郭部长的信任和我对西北人民的感情一直支撑着我坚持来做这件事,也克服了一些不值一提的困难。几个月过去了,经过几次反复修改,我终于完成了小书的编撰。

每个人都有个家庭,每个家庭都有衣食住行的日常生活。怎么安排好家庭生活,这是人人都关心都希望解决的问题。生活中的小事看起来很平凡,很简单,但是里面有很多科学知识和技巧,人们掌握了它,就可能生活得更幸福,更美满。由于时间匆促,错误遗漏之处一定不少,内容上也是挂一漏万,尚希读者多多指出。这本书虽然薄,但凝聚了许多人的心血,我要感谢一些人,是他们的无私帮助,使我顺利完成了编撰工作:感谢郭部长,是你对我的充分信任才促成了这本书的完成,你的随和常使我忘记我们才相识半年;感谢小彦,小晖,小力,惠玮,善春,谢谢你们对本书提出诚恳的修改意见;感谢王羊头(王建农),是他无私地提供了好吃的羊头肉的制作秘方;作为纪念,我在这里向海子、昌耀致以敬意,是你们的诗歌使我们在寒风中感到一丝丝暖

意,谢谢你们慷慨!感谢鲁毅,在百忙中抽出时间,耐心地和我讨论了在不同情况所引起的呕吐现象及注意事项,并亲自撰写了诗歌。感谢东兴,花费了大量时间帮我制作眼部训练的模板,并协同我对老年训练班进行了调研;感谢杰夫·沃尔(Jeff Wall),摩尔门(Charlotte Moor-man),Victor Vasarely,是你们的作品带给我灵感;感谢扎西,不厌其烦地给我示范怎样剪羊毛,连根烟也不愿抽;感谢学生王梅,牺牲暑假时间和我跑青海各地考察禽流感情况,并在我高原反应呕吐时悉心照顾,让我感到十分温暖。所有的一切成绩都是由琐碎和平常的细节堆积而成,在此不一一赘述。庸常经常使我混淆学术和生活细节的界限,并纠缠在一起,互相影响,像一锅浓郁的羊肉汤,只有撒了些芫茜喝起来才觉得更香!在交稿之际,我还高兴的接到了王克服的电话,他说前天和美协主席一起吃了拉面,主席说他进步很大,在他们的谈话中,他获益匪浅。他说正在搜集一些资料准备画一张关于牛羊交易市场的大场面创作,想扎扎实实的把造型搞好,不用牛粪了,还高兴地透露他谈恋爱了……春天的脚步悄悄逼近,微风清拂在我脸上,使我感到前所未有的愉快,看到生活指南这本不起眼的小书能给西北人的衣食住行带来方便,使我再一次想到艺术原来可以这样亲切,它有时简单得就像一杯酥油茶,看着舒服,喝着香甜!

段建宇

2008.3



Forward

This book was published quite by chance, and it is still like a story even now. In order to collect materials for my major themed creation, I often went to the areas around Qinghai Province for sketching some figures and landscapes. Every time when I practiced sketching there, I was surrounded by the local residents who would squat by me the whole afternoon, and I was used to that. One day, while I was sketching on a bazaar in Xining City, I noticed that a middle-aged woman in elegant clothes was sitting behind me for a long time. She smiled while she watched my brush-cleaning paper which was a pamphlet of GUIDE TO LIFE. It had been written several years before based on my feelings about the relationship between life and art, with contents of some common sense of life, such as how to cook etc. The pamphlet had no readers after its publication, some commented behind me that the book had neither depicted people's life, nor possessed aesthetics. Some even jeered that I wanted to take this to the preliminary selection for the national art exhibition. I got angry in some way at first, but took it for granted as time passed. Piled in my little bedroom, the two cases of pamphlets were covered with dust. So I used them to clean my painting brushes (luckily the paper was soft). Seeing that the brush-cleaning paper made the middle-aged woman smile, I politely greeted her asking why she hadn't been to work. She replied that she was working in the municipal government, and she came out to inspect the city environment. She asked me whether I would be interested to compile a guide to living in Qinghai Province, about the daily life. I was too flattered. Then she invited me to a nearby Lanzhou noodle restaurant for some local dishes. We exchanged our names, and I got to know that her surname was Guo, so I called her Director Guo thereafter. We had a long chat, discussing the family, career, love, local customs as well as anecdotes. From the dialogue, I learnt that she was responsible for women's affairs in the municipal government, and partook in the publicity work. No wonder why she knew so many things. At the end, she encouraged me that this work was of great significance, and asked to do it without fear. Frankly speaking, I didn't have much confidence at first (partly because I was suspicious of the meaning of re-compiling this book), yet the trust of Director Guo and my feeling to the people of the South-western areas inspired me to continue the task, and overcome some minor difficulties. Several months later, after repeated modifications, I finally completed the compilation of this book.

Everybody has a family, and every family has the basic necessities of life. How to properly manage the daily life becomes the issue everybody hopes to solve. Many minor things in our lives seem to be trivial and simple, but they contain a great many scientific knowledge and skills. You may live happier and better if you master these knowledge and skills. Due to the time limit, there must be some errors and omissions in this book, and I sincerely welcome com-

ments and suggestions from the readers. This book is very thin though, it embodies the great efforts of many people. I would extend my appreciation to those who have selflessly helped me with the compilation. I would give my thanks to Director Guo whose trust absolute encouraged me to complete this book, and whose easy-going attitude made me forget that we had just acquainted for half a year. I would especially thank Guo Xiaoyan, Guo Xiaoyan, Guo Xiaoli, Huiwei, Sun Shanchun, for their sincere comments. I am grateful to Sheep Head Wang (Wang Jiannong) for his secret recipe in preparing the sheep head meat. As commemoration, I would send my respect to Haizi and Changyao, it was their poetry that gave us some warmth in the chill wind. I would also extend my gratitude to Lu Yi who squeezed time from his busy schedule to discuss the vomiting phenomenon under different situations, and the things needed to consider. He even composed some poems for this book. I also want to thank Dongxing who spent a lot of time to help me make the templates for training the eyes, and help me with the research on the training of the old aged. Thanks are given to Jeff Wall, Charlotte Moorman and Victor Vasarely whose poems gave me inspiration. I would thank Zhaxi who patiently showed me how to shear the sheep, without even taking the time to smoke. I am also grateful to my student Wang Mei who spent her summer holiday in make the research on the bird flu around places in Qinghai, and made me feel warm by taking great care of me when I threw up due to high altitude reaction. It is unnecessary to go into details. The accomplishment is made of all those minor and common details. Mediocre often makes me confuse the limit between science and life details, make them mix together interacting each other, just like a pot of mutton soup which tastes better with shredded corianders. At the time of submission of the manuscript, I was happy to get a phone call from Wang Kefu who told me that he had taken hand pulled noodles together with the chairman of the Artists Association two days earlier. The chairman praised him and he said that he had benefited a lot from the conversation. He said that he was collecting materials for painting a large picture of the trading market of cattle and sheep. He wanted to go down to the earth for the sculpt, and he wouldn't use the cow dung this time. He delightedly informed me that he was in love.... The spring is coming, the breeze caresses my face. I've never experienced such pleasure when I anticipate that the little book would bring convenience to the daily life of the people in South-western region. I realize that art turns out to be so intimate, that it is simply a cup of buttered tea, pleasant to your eyes, delicious to your mouth.

Duan Jianyu
March, 2008

高原如何训练眼睛

How to Train Your Eyes

高原，除了变幻的光线和云彩，最大的特征就是一年四季随光变化的无边无际的绿，黄绿，墨绿，深绿，浅绿，这对于整天住在城市的人来讲是不可思议的，对于初到高原的人，从灰色转入绿色，象掉进了绿的深渊，无法适应，令人同情，严重者可能会导致短时间弱视。作为美术工作者，每个人都有义务把这个原理告诉别人，并从自己的专业上想办法出主意来帮助身边的人。出于这个原因，我花了很多时间实验性地做了一些练习，试图发现一些可行的矫正眼睛的方法。我也在第一批即将去高原旅游的人中分期分批分年龄进行了训练实验，并跟踪调研，在部分人身上发现效果很好（有几个原来有眼疾的老者非常满意，还不远千里地带给我鹿茸和藏红花）。综合来看，这个训练教程还是不够完善，但我会根据反馈意见及时进行调整改进。我现在在这里把我的训练方案呈现给大家，目的也是为了抛砖引玉。希望大家多给我提些建议，使这套方法更加完善，使每一个用过的人都能够取得好的效果。

首先，在训练前，我们还是大概了解一些简单的理论知识，虽然有些枯燥，但对于后面的训练上的理解十分重要，所以要耐心阅读。

Besides the baffling light and clouds, the biggest feature of the plateau is the endless green, olivine, black green, dark green and light green which is incredible to the people who have dwelled in the city all the time. For the first-time visitors, the abrupt change from ubiquitous grey in the city to the green all over the plateau makes them pitifully uncomfortable, like falling to the abyss of the green. Some severe sufferers may get temporary lazy eyes. As an art worker, I have the responsibility to inform them the causes of amblyopia, and come up with ideas to help those around me with my professional knowledge. For that reason, I spent a great deal of time on some experimental exercises, trying to find out some ways to adapt the eyes to the plateau. I also carried out a grouped experiment on the people who were about to go to the plateau, and made a follow-up research which proved to be very effective to most people (Several aged visitors who had suffered from eye diseases were greatly satisfied, and brought me pilose antlers and saffron all the way). As a whole, the training program is not perfect yet. But I will timely adjust and improve it according to the feedbacks and suggestions received. Here, I want to share the training program with you for better ideas. I sincerely invite more comments and suggestions so that this program can get perfected and be more effective to all those who practice accordingly.

First of all, it is necessary to know some basic theoretical knowledge before training, it might be boring though, it is important for the succeeding training, therefore, please read it carefully.

一：色彩视觉生理特征

在某些情况下，当眼睛接受光刺激时，眼睛的光色感觉系统有着一些特有的生理现象。

1、明暗适应：

感觉器官受到刺激，使感受起变化的过程和变化的状态叫做适应。视网膜上有感光度不同的两种接受器，所以眼睛有着能适应视野的亮度变化而自动调节感光度的功能。明暗适应，也称为“光量适应”，是日常生活中常常遇见的视觉感知状况。当明部视觉向暗部视觉发生突然变化时，在此瞬间内是什么也看不见的。有一种现象我们经常遇到，夜晚如果将房间里亮着的灯光突然关掉，一时间，眼前会呈现黑糊糊的一片，要经过一段时间眼睛才能慢慢看见周围的物象形、色特征，这就是视觉的“暗适应”。当暗部视觉向明部视觉发生突然变化时，瞬间内会感到晃眼眩晕。例如，当晚上睡觉时，卧室内的灯骤然打开，你的眼前就会是白晃晃的一片，但稍后就能清楚地辨认室内的各种形体与色彩，这一由暗至明的视觉过程称为“明适应”。

2、色彩适应：

在白炽灯的黄色光线下，只能在刚开灯后不久的时间里感受到光的颜色，一会儿这种黄色即自然消失。在黄色灯光下，白纸看起来还是白的，对物体恢复了日光（白光）下的感觉。人眼对环境颜色刺激作用下造成的颜色视觉变化，是视觉对颜色光的适应所致，被称为“色彩适应”。通常，色彩视觉的第一感受时间约为5~10秒钟，过了这段时间“色彩适应”开始起作用，这种习惯性地使物象色彩恢复到白光原始面貌状态的本能与“色彩恒定性”或说是“固有色”的概念有直接关，这两个概念可以使视觉避免被光源色造成的物象色的物理性质所蒙蔽，而始终能够充分把握物体色的真实属性。眼睛的这种色彩适应能力在日常生活等领域是非常有利的。

1. The physiological features of color vision

In some circumstances, when our eyes are stimulated by light, there are some unique physiological features for the light and color sensory system of our eyes.

1) Light and dark adaptation

When our sense organs get stimulated, the process and the status of change of our sense organ is called adaptation. There are two kinds of receptors with different light sensibility on the retina, so our eyes have the function to adjust the sensitivity by adapting to the light variation in the view. The light and dark adaptation, also known as the “adaptation to luminosity”, is a vision perception function of our eyes common in our daily lives. When the vision is abruptly shifted for brightness to darkness, we can see nothing in a brief moment. We may often meet this situation, when we turn off the light in a room at night, we will see nothing but darkness at once. But after a while, we may gradually see the shapes and colors of the objects surrounding us. This is the “dark adaptation”. And when the light suddenly turns from darkness to brightness, we will feel dazzled. For instance, when you are sleeping at night, and if you turn on the light of the bedroom, you will see nothing for a short time, then you can identify the shapes and colors of the objects in the room. This process of vision adaptation from darkness to brightness is called “light adaptation”.

2) Chromatic adaptation

Under the yellow light of an incandescent bulb, we can only sense yellow color in a short period after the light is turned on, then this yellow color will disappear after a moment. Under this yellow light, the white paper looks still white, and our eyes will adapt to the colors of the objects as under the sunlight. The color vision change caused by the stimulation by the environmental color is the adaptation of our eyes to the color light, and it is called “chromatic adaptation”. The first sensing period usually lasts about 5 to 10 seconds, after which the “chromatic adaptation” takes effect. The instinct to habitually restore the colors of the objects to the original ones under sunlight is directly related to “Color constancy”, or to the concept of “intrinsic color”. These two concepts prevent our eyes from being cheated by the object color caused by the color of the light source, and enable them to get the true attributes of the object color. The adaptation ability of our eyes to color is of great importance in our daily lives.

二：为了防止绿盲，眼睛关于绿色的训练非常必要：

2. Eye training for adapting to the green color is quite necessary in order to prevent green blindness

绿色，仔细分的话很复杂，有嫩绿，柳黄，柳绿，竹青，葱黄，葱绿，葱青，葱倩，青葱，油绿，绿沉，青绿，碧绿，翡翠，草绿，青翠，青白，鸭绿……

To categorize them in more detail, the green colors can be further divided into vivid green, yellow green, willow green, blue green, union yellow, light green, union green, blue green, fresh green, glossy dark green, dark green, viridity, verdure, emerald, grass green, jade green, green-white, black green...For beginners, they can advance gradually in due order, from the simple to the complex, from perception to rationality, so as to adapt their eyes to the profound green system gradually. Green is the mixture of yellow and blue. In the green the sense of expansion of the yellow is neutralized with the sense of contraction of the blue, the warmth of the yellow counteracts the coldness of the blue, thus making the green mild and placid. Green is a soft, peaceful, satisfying and graceful color. When the element of yellow dominates the green, then the green tends to be brisk, friendly and naïve. If minor black color is added to the green, then the character of the color will be stately, seasoned and mature. And if a trace of white, then the green will become clean, clear and fresh. The trainees can tend to the influence of the color to the mind during the practicing process, at the same time practice their ability to control their sensibility of feelings (such as love, romance, passion, fervor, softness, elegance, vigor, nature, freshness, sobriety, desolation, serenity, depression, gloom and mystery etc.)

初练习者，从简单到复杂，循序渐进，再从感性到理性，逐渐严谨，渐渐使眼睛适应庞杂的绿色系。绿色是具有黄色和蓝色两种成份的色。在绿色中，将黄色的扩张感和蓝色的收缩感相中和，将黄色的温暖感与蓝色的寒冷感相抵消，使得绿色的性格最为平和、安稳。是一种柔顺、恬静、满足、优美的色。在绿色中黄的成份较多时，其性格就趋于活泼、友善，具有幼稚性；在绿色中加入少量的黑，其性格就趋于庄重、老练、成熟；在绿色中加入少量的白，其性格就趋于洁净、清爽、鲜嫩。练习者可以在练习过程中注意颜色对心理的感觉提示，同时练习对情绪敏感度的把握。（比如可爱，浪漫，热情，热烈，柔和，雅致，活力，自然，清新，庄重，冷清，安静，抽象，压抑，灰暗，神秘等）。

1：对于初学者，不要要求太严格，随意挑出所喜欢的几种绿色进行简单练习。

（对材料无要求，随心所欲地画，画布不用太规整，画的时候可放些轻缓的高雅音乐，目的是先使练习者在毫无压力的轻松愉快中对不同倾向的绿有个简单的认识）

2：随着认识的加深，尝试做些改变，使各种绿发生视觉和心理上的变换。

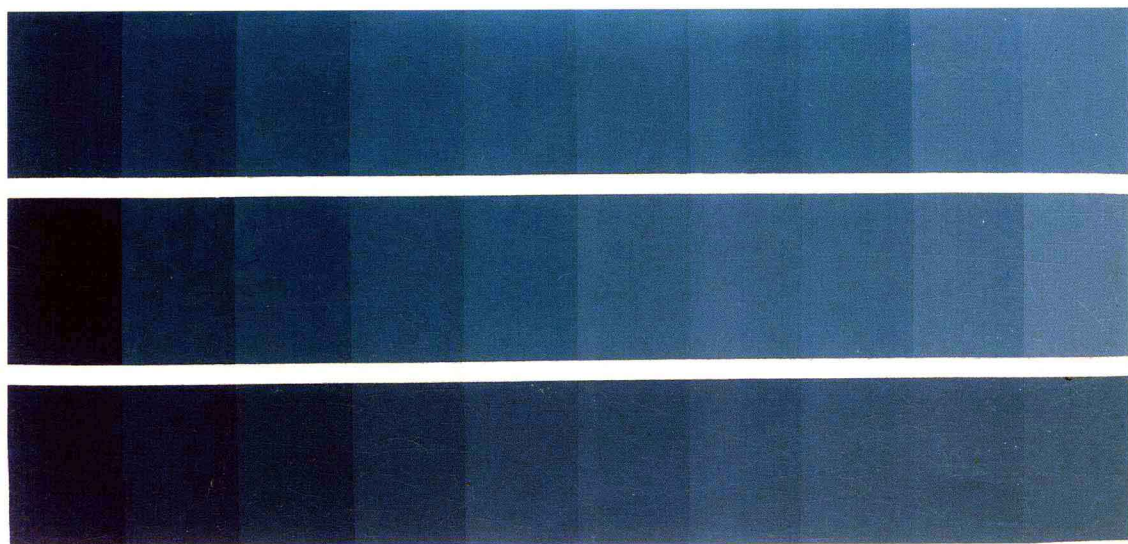
比如：

练习往某种绿中加白，加数次，每次分量等同，使绿越来越淡；（感觉清爽，洁净）

1) For beginners, it should not be too strict. They can randomly choose several favorite colors for a simple practice (there is no requirement for the materials, they can paint whatever they like, and the canvas doesn't need to be neat. They can also play some relaxing music while painting, so as to train them how to identify different types of green in a totally relaxing status).

2) With the increase of their knowledge, they can try to make changes, so as to experience the vision and psychological change with the change of green. For instance:

practice to add white to various types of green. Increase the adding times with the same quantity of white each time, then make the green become lighter and lighter (feeling fresh and clean)



往绿里加白,感觉清爽洁净 61 × 29cm 2008 布面油画

练习往某种绿中加蓝，加数次，每次分量等同，使绿色越来越重；（感觉庄重，老练）

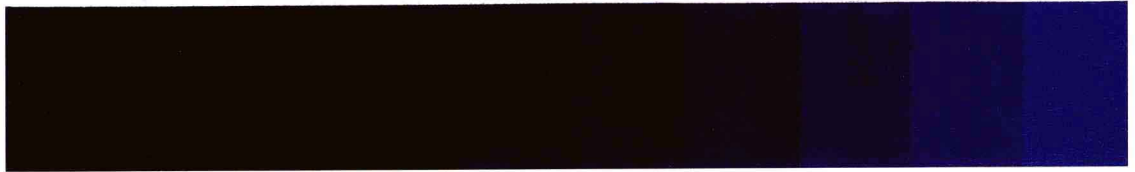
practice to add blue to various types of green. Increase the adding times with the same quantity of black each time, then make the green become darker and darker (feeling serious and seasoned)

练习往某种绿里加黄，加数次，每次分量等同，使绿色越来越暖（感觉活泼，友善）

practice to add yellow to various types of green. Increase the adding times with the same quantity of yellow each time, then make the green become warmer and warmer (feeling lively and friendly);

（注意：此阶段要控制在15天左右，每天要保证用五个课时。）

(Note: this period should be limited to around 15 days, and at least 5 hours per day).



往绿里加蓝，感觉清爽洁净 61×29cm 2008 布面油画



往绿里加黄，感觉清爽洁净 61×29cm 2008 布面油画

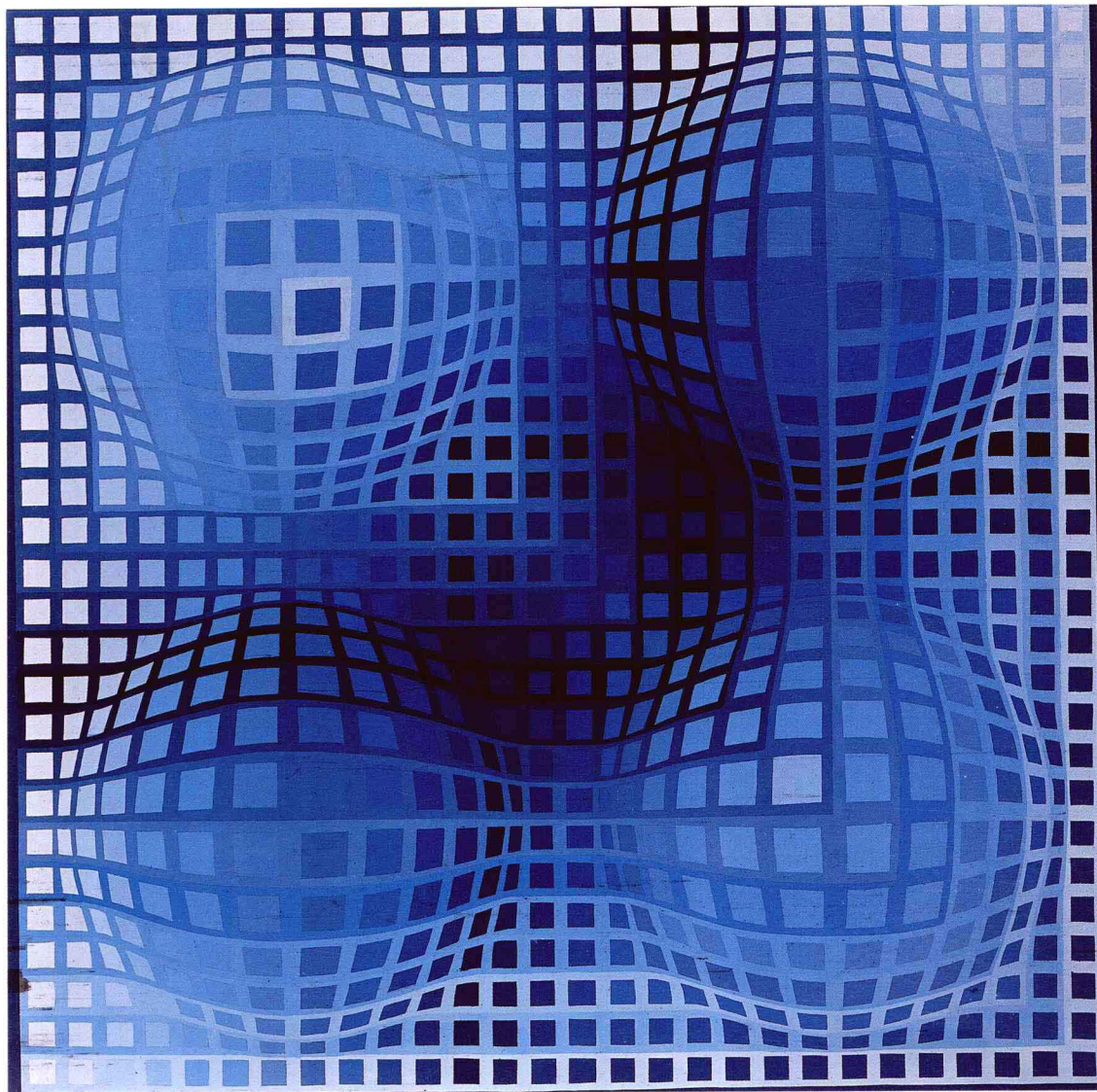
3: 当练习达到一定程度, 可练习复杂的图形变换, 使各种倾向的色彩和丰富的情绪在错觉中自由穿梭, 使练习者对绿色的观察和对情绪的把控会达到一个新的高度。(例如高纯度与低纯度绿色并置在一起时高纯度绿色更艳丽夺目, 而低纯度绿色更灰暗退让; 用冷绿与暖绿同时训练, 冷绿会让人感到消沉、漠然, 暖绿会让人感觉积极、热情; 当高明度色系与低明度色系并置时, 高明度色更为明亮, 低明色则更加黑暗。) 可提供现成的图形样本, 比如随意从光效应艺术家**Victor Vasarely**作品中抽出几张作为模版以供初学者练习。

3) When they reach a certain degree, they can practice the complicated graphic change, making inclined colors and rich emotions freely change in the illusions, so that the practicers will come to a new height either in their observation of green, or in the control of their emotions (For instance, when the high-purity green is juxtaposed to the low-purity green, they can feel that the high-purity green is much more brighter, while the low-purity green is much more dimmer; when they are trained with cold green and warm green, the cold green will make them feel depressed and indifferent, while the warm one makes active with passion; and when highly bright green is juxtaposed to the low bright green, they can feel that the bright green becomes brighter, while the low bright green is more darker). We can provide some ready sample pictures, e.g. we can randomly take several pictures from the works of artist Victor Vasarely as templates for the beginners to practice.

注: 老年练习者在连续练习三小时以上会有短暂的负残像性视觉效果, 即看所有东西都呈红色, 休息片刻会自动恢复。

(视觉残像形成的原理是因为神经兴奋所留下的痕迹而引发的, 是眼睛连续注视所致, 所以又被称为“连续对比”视错觉。视觉负残像现象, 指在停止物体色或光色的视觉刺激后, 视觉仍然短暂残留与原有物体色或光色成相互补充色映像的视觉情况。)

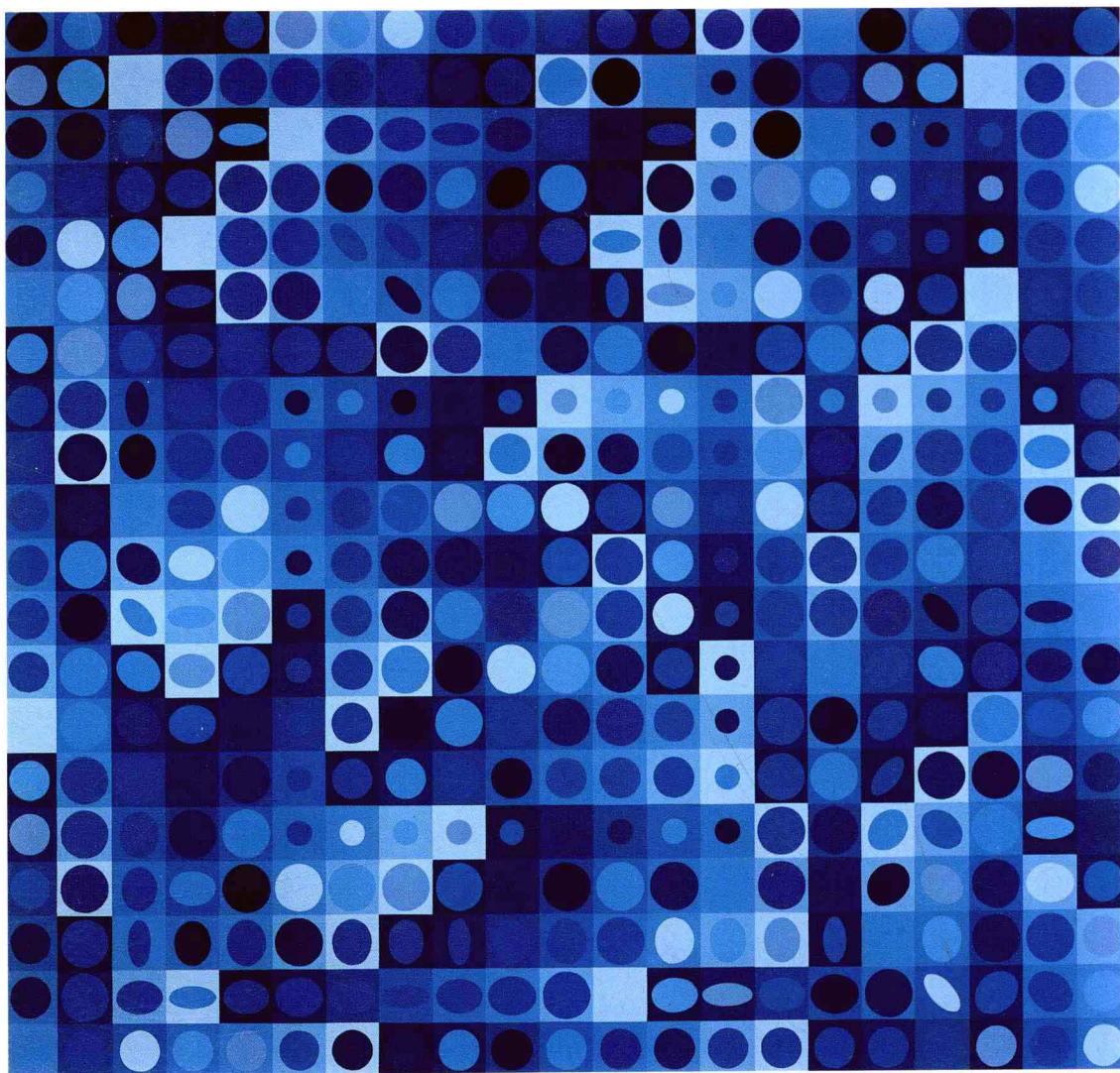
Note: After over 3 hours of consecutive practice, older aged trainees will have a transitory vision effect of negative after-image, i.e. all the objects are in red color. Then after a while of rest, the vision will become normal. (negative after-image is the afterimage of the nerve excitement, and caused by the continued stimulation of objects to the eyes, so it is also known as “successive contrast” visual illusion. The phenomenon of negative after-image means that our vision still remains to the mixture of the object color and light color for a brief time after continued stimulation by the object color and light color.)



复杂图形变换练习1 80×80cm 2007 布面油画



复杂图形变换练习2 91×76cm 2008 布面油画



复杂图形变换练习3 168×160cm 2008 布面油画

如何在高原上放松自己

How to relax on the plateau

“姐姐，今夜我在德令哈，夜色笼罩

姐姐，我今夜只有戈壁”

——海子

“Sister, night has come, I am in Delingha,

Sister, only me and the Gobi tonight.”

— by Haizi

海子这首诗，让人很伤感。

生活中，我们常常会感到紧张和压力，那么，应当如何缓解这种来自工作或家庭的焦虑和烦躁呢？来到草原上，要怎么做才能彻底的放松呢？

其实，在草原上有很多放松的方法。你可以放声高歌，肆意乱跑，骑马飞奔，在雨后的彩虹下采蘑菇，在璀璨的星空下浅吟低唱……我们也可以跟随我的姐姐：

This poem by Haizi makes you sad.

We often feel strained and stressed in our daily life. How to relieve the anxiety and worry coming from work and family, and how to get yourself thoroughly relaxed on the plateau?

As a matter of fact, there are many ways to relax yourself. You can sing on top of your voice, run wildly, gallop on a horseback, gather mushrooms under the rainbow after rain, croon under the starry sky and you can follow my sister to:

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