

NINGXIA: QUIET AND QUICK



# 微观宁夏

(汉英版)

蒋文龄 主编

微观中国  
1-MINUTE CHINA

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## 把厚重而神奇的宁夏还给世人

世界上总有一些默默无闻不被人们特别关注的地方，宁夏就是其中一个。作为大西北面积最小的省份，宁夏实在太低调了，以至于许多人几乎忽略了它的存在。

一位宁夏老人给海外亲人准备了一份精致的中国地图作为礼物，不经意地发现，把地图四角折起来，宁夏恰好位于对折线上。仔细打量一下今天的中国地图，宁夏正位于中国陆疆的几何中心。宁夏地处黄河上游，沿黄河两岸是几百万亩肥沃土地的引黄灌区，素有“塞上江南”之称，是内陆沙漠地带的一片绿洲。《国家人文地理》总编辑李海洲说，那片地域更多地充满了马背上的较量，蹄印如雨之下其实是另一种江南，它叫作宁夏。

宁夏显然是藏着的，而且藏在中国地理和历史的三重腹地中。任何景物，如果不通过一种文化、一种文明来展现，是毫无意义的。宁夏回族自治区成立于1958年10月，成立发展至今，宁夏经济社会发展等取得长足进步，政通人和、环境优美、人民安居乐业，首府银川被评为宜居城市，银川平原被评为中国十大新天府。2016年7月，习近平总书记在宁夏考察时强调，（宁夏）要认真落实党中央决策部署，贯彻新发展理念，主动融入国家发展战略，进一步解放思想、真抓实干、奋力前进，努力实现经济繁荣、民族团结、环境优美、人民富裕，确保与全国同步建成全面小康社会。2018年，适逢宁夏回族自治区成立60周年，策划出版《微观宁夏》，旨在向中外读者还原一个真实而生动、兼具自然美和人文美的宁夏，展示一个藏在历史深处、厚重而神奇的宁夏。

宁夏不缺历史。宁夏灵武发现距今约1.6亿年前恐龙化石遗址，为展现史前生

态景观，研究西北地区远古时期地理、气候，恐龙种属的繁衍、迁徙、灭亡，地球陆地板块漂移学说，提供了珍贵的实物资料 and 重要科学信息；宁夏水洞沟发现的旧石器时代晚期人类活动的遗址和遗物，记载了早在3万年前，人类就在宁夏这片土地上繁衍生息，表明宁夏是中华民族远古文明的发祥地之一；被国际灌排委员会列入世界灌溉工程遗产名录的“宁夏引黄古灌区”，是我国最古老的黄河水利工程之一。宁夏与黄河息息相关，黄河孕育了中华民族的历史，也哺育了宁夏的历史。2016年度全国十大考古新发现之一青铜峡鸽子山遗址、2017年度全国十大考古新发现之一彭阳姚河商周遗址，为中华文明不同历史时期的发展提供更久远的史料。宁夏有很多历史古城堡、古塔和烽火台，有战国、秦、明、清时期的长城，清楚地记载着中国不同历史时期的模样。秦始皇统一中国后，派兵在宁夏屯垦，修筑了闻名世界的秦长城。也许是因为有长城围起来的缘故，行旅作家唐荣尧认为，宁夏是藏着的、出乎意料的。他用了8年的时间，从新闻记者的角度，以诗人的笔调、学者的严谨以及田野考察者孤寂而坚韧的精神，用文学的语言向世人展示宁夏时光镜面上的人和事。他说，宁夏更像一个偏居中国腹地的散淡之人，在巷陌池边缓缓驻足，在草色烟光中兀自喃喃低语，安逸而恬淡。

## 二

奇特的地貌、多元的文化、神秘的历史，宁夏就是一片神奇的土地。宁夏有历史，更有人文、有情怀、有民俗、有生活、有故事。九曲黄河流经宁夏后，在腾格里沙漠、乌兰布和沙漠和毛乌素沙漠的重重包围中左冲右突，在半荒漠状态的自然环境中，拍打出田园似锦的宁夏平原，滋养出姹紫嫣红的塞上江南。张钦楠在《阅读城市》里说，城市是人类所创造的最美妙、最高级、最复杂又最深刻的产物。每个城市有着它独特的自然、人文和历史背景而各不相同。我们要阅读的是，它们不同在何处、又为何不同？

## 三

从没有来过宁夏的人，对宁夏的印象大都是典型的大西北，恶劣的气候、突兀的黄土高坡、干旱的荒漠、频繁的沙尘暴、空气里弥漫着干燥的泥土气息……和“塞上江南”是不沾边的。然而，银川“七十二连湖”，以水的温柔静静地撑起了“塞

上江南”的美誉。

宁夏回族自治区党委书记石泰峰曾用三句诗向媒体介绍宁夏。他说，宁夏虽然面积不大，却具备了各种自然风情、地貌，有着深厚的历史积淀。如果不到银川，不到吴忠，不到石嘴山，就体验不到“贺兰山下果园成，塞北江南旧有名”的风情；如果不到中卫，不到沙坡头，就体会不到唐代大诗人王维描绘的“大漠孤烟直，长河落日圆”的雄浑；如果不上六盘山，就体会不到毛泽东同志所书“天高云淡，望断南飞雁。不到长城非好汉”的豪迈。宁夏的风情、雄浑、豪迈就是这么简单而诗意。

这个几乎被世人忽略的、被长城围着的、藏在历史深处的中国西北边地，被美国《纽约时报》评选为全球必去的46个最佳旅游地。

#### 四

一个城市有了文化，城市才有温度，城市生活才更有内涵，人们对这座城市才有归属感和认同感。

在宁夏，每一个街道都有自己的故事，也都有自己神奇的传说，你知道或不知道，它都静静地沉淀在这个地方的血液里，在历史的沉淀中仔细享受着，因为它们是这个地方的灵魂担当。

认识宁夏，就要了解宁夏这个地方的灵魂。

作为《微观中国》系列丛书中的一册，我们尝试用真情微妙的笔端，在街头巷陌里、在细微末节处，讲好有历史厚度和有情怀温度的多味多彩有声响的宁夏故事。

宁夏地处北纬38度，是世界公认的葡萄酒酿造的黄金地带，宁夏贺兰山东麓葡萄酒产区被写入世界葡萄酒地图。每个人心中都有一座城，作为生于斯长于斯的宁夏人，这里，阳光正好、天蓝云白；这里，有故事、有葡萄酒。举起酒杯，浅饮慢斟，在一个惬意的午后，享受时光的穿梭，悦读《微观宁夏》，为你静候微醺时光。

蒋文龄

2018年7月

## Majestic and Magical Ningxia

There are a few places in this world that are unknown to most, that have no special attention paid to them. Ningxia is one of these places. As the smallest province by area in North-western China, Ningxia is very low-key, to the extent that some almost ignore its existence.

An old man of Ningxia prepared an exquisite map of China as a present for his relatives overseas. He discovered by accident that if one folds in the four corners of the map, Ningxia was at the intersection of the fold lines. A close look at a map of China reveals that Ningxia is at the geometric centre of the land of China. Ningxia is located in the upper reaches of the Yellow River, which irrigates thousands of square kilometres of fertile soil along its banks within the province. The province also has the fame of lush southern-style fields north of the Great Wall – it is an oasis in the inland desert. Editor-in-chief of *National Human Geography* Li Haizhou said, despite it's a place full of measures of strength, Ningxia is abundant in products and glamour.

Whilst Ningxia evidently is hidden, hidden in both Chinese geography and history. Any scene, if not viewed through the lens of culture and civilisation, is meaningless. Since October 1958 when the Ningxia Hui Autonomous Region was established, it has made great progress in many aspects. Things run well administratively, and people are content. The environment is beautiful, and people live peacefully and happily. The capital, Yinchuan, is considered one of the most livable cities, and the Ningxia plains one of the ten best regions of China. In July, 2016 when Chinese President Xi Jinping toured Ningxia, he emphasised that it should earnestly put into effect the policies of the Central Committee of the Party, implement new development concepts, and take the initiative to engage itself in the national development strategies. Carrying forward emancipation of the mind, working earnestly and hard as it moves forward, striving strenuously for economic prosperity, with ethnicities coming together in a beautiful environment where the people are prosperous, ensuring the creation of a moderately prosperous society in all aspects in line with the rest of the nation – this is the destiny of Ningxia. 2018 marks the 60th anniversary of the creation of the Ningxia Hui Autonomous Region, so we have

planned and published *Ningxia: Quiet and Quick* as one of the *One-Minute China* series in the hope of providing to readers both in China and abroad a true and vibrant depiction of Ningxia: its natural and cultural beauty as well as its majestic and magical history.

Ningxia is full of history. In Lingwu, fossils of dinosaurs from approximately 160 million years ago have been discovered. They provide real material and important scientific information about ancient ecoscape, geography, climate, dinosaur and plate tectonics. At Shuidonggou there were discovered traces and articles of late Paleolithic human activities, showing that there were humans living here 30,000 years ago, and that Ningxia is one of the sites of the ancient cultures of the Chinese peoples. The irrigation projects that draw water from the Yellow River have been placed on the list of Heritage Irrigation Structures by the International Commission on Irrigation and Drainage, this is one of the oldest waterworks on the Yellow River in China. Ningxia is intimately connected to the Yellow River. The Yellow River gave birth to the history of the Chinese peoples, and also nourished the history of Ningxia. One of the ten greatest archaeological finds of 2016 was the site of ruins at Mount Gezi in Qingtong Gorge, and one of the ten greatest archaeological finds of 2017 were the Shang and Zhou dynasties remains at the Yao River in Pengyang, which provided very old historical material about the development of Chinese culture in different periods. Ningxia has many historical forts, pagodas and signal towers. There are sections of the Great Wall from the Warring States Period, Qin, Ming and Qing dynasties which clearly record how it was built at different periods in Chinese history. After the first emperor unified China, he sent troops to Ningxia to work the land, and build the world-famous Qin Great Wall. Writer Tang Rongyao believes, maybe because of the surrounding Wall, Ningxia became a hidden place of wonder. Over the course of eight years, from the angle of a news reporter, with the tone of a poet and seriousness of a scholar as well as the sharp and lonely spirit of a field researcher, he used literary language to display to the world the people and events over the years in Ningxia. He says that Ningxia is like a transcendentalist living in the remote hinterlands of China, slowly halting in thoroughfares, talking calmly in a low voice, relaxed and tranquil.

A peculiar landscape, various cultures, mysterious history – Ningxia is a magical place. Ningxia has history and culture, feelings and customs, life and stories. The Yellow River enters the Tengger, Ulan Buh and Mu Us Deserts, dashing about in these semi-desolate regions, forming a pastoral Ningxia plain, nourishing the colourful southern-style landscapes with its water. Zhang Qinnan in *City Reading* said that the city is the most wonderful, most exquisite, highest and deepest thing we humans create. Every city has its own distinctive nature, culture and history. What we are to read about is how and why they're different.

Nobody has ever come to Ningxia and gotten the impression that it's typical North-

western China, with a harsh climate, with abrupt sharp loess slopes, dry and desolate deserts, frequent sandstorms, and air all full of dry dust. Instead, the 72 inter-related lakes in Yinchuan have given the beauty to Ningxia from which the epithet “lush southern-style fields north of the Great Wall” comes.

Secretary of the Party Committee of the Ningxia Hui Autonomous Region Shi Taifeng once described Ningxia to the media with citations from poems. He said that although Ningxia is small in area, it's full of gorgeous landscapes and amazing history. If one doesn't go to Yinchuan, Wuzhong and Shizuishan, one can't experience the breath-taking landscape of the orchards at the foot of Helan Mountains, and the famous southern-style landscapes in the northern frontier. If one doesn't go to Zhongwei and Shapotou, one misses out on the glorious scenes of a cloud of smoke rising upright on the vast desert and the magnificent sun setting over the long Yellow River as described by Tang dynasty poet Wang Wei. If one doesn't go to Liupan Mountains, one won't feel the magnificence described in Mao Zedong's poem about high skies, thin clouds, and geese flying to the south. The landscape of Ningxia is simple, poetic and magnificent. Though overlooked by many, surrounded by the Great Wall, and hidden in the depths of history, it's been listed as one of the 46 must-see places for travellers by *The New York Times*.

Only when a city has culture can it have warmth, and only then will life in the city be more interesting, will the people have a sense of belonging, and a sense of recognition.

In Ningxia, every street has its own story, and has its own magical legend. Whether or not you know it, these things will still accumulate in the blood of this place. Enjoy finely these accumulations of history, as they are the bearers of the soul of this place.

To know Ningxia, one must understand the soul of this place.

As a book in the *One-Minute China* series, we try to use these short stories contained within; in the streets and alleyways, in the smallest details, in the extensive history and warmest feelings, we hope you enjoy the symphony of sights and thoughts of Ningxia.

Ningxia is situated at a latitude of 38 degrees north, which is agreed to be the golden band for wine production. The vineyards at the eastern foot of Helan Mountains are now on the world's map for wine production. Everyone has a city in their heart. Born and bred locally, I assure you that the sunshine is perfect here. The sky is blue, and the clouds white. We have stories as well as wine. So it is advisable to read *Ningxia: Quiet and Quick*, while sipping at your wine on a pleasant afternoon.

Jiang Wenling

July 2018



摄影：苏成远

供图：宁夏画报社

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自然 · 山水  
Nature and Landscape



## 端坐在地图 中心的雄鹰

An Eagle  
Sitting in the  
Centre of the  
Map

有人曾这样表述宁夏的地理位势，将一幅中国地图的陆疆四角对折后，宁夏恰好在折线相交的中心，也就是中国陆疆的几何中心，不高不低，不东不西。而且，在中国地图上审视宁夏的地域形状，会惊喜地发现，它就是一只端坐的雄鹰。

Some people have thus described Ningxia's geographic position: if you take a map of China and fold the four corners together, Ningxia is at the meeting point of these four lines. It's also China's geometric centre of land, neither high nor low, neither east nor west. Furthermore, if you look at the shape of Ningxia on a map, you'll be delighted to discover it's that of an eagle sitting straight there.

## 宁夏黄河 流凌美

Ice-Run on  
the Yellow  
River

从银川平原起步，黄河开始向高纬度地区北流，冬季河面结冰，黄河进入冬眠。第二年春天，黄河开始冰融漫溢。为不让水淹农田、影响春耕，常用飞机投弹的方法炸开冰面，于是重重叠叠、相拥相撞的冰凌浮游于河上，形成壮观的河开冰走的“流凌”，河面上雾气缭绕，美不胜收。

Starting from the Ningxia Plain, the Yellow River flows north towards higher latitudes. In the winter the surface of the river freezes, and the Yellow River enters hibernation. In the spring of the second year, the river begins to slowly melt and flow. In order to prevent the water from flooding fields and influence spring agriculture, planes are used to drop projectiles on the surface of the ice to break it up. Thus numerous heavy blocks of ice float upon the river, colliding with each other, making for an impressive "ice run". Mist floats all about in the beautiful scene.



供图：宁夏文化和旅游厅



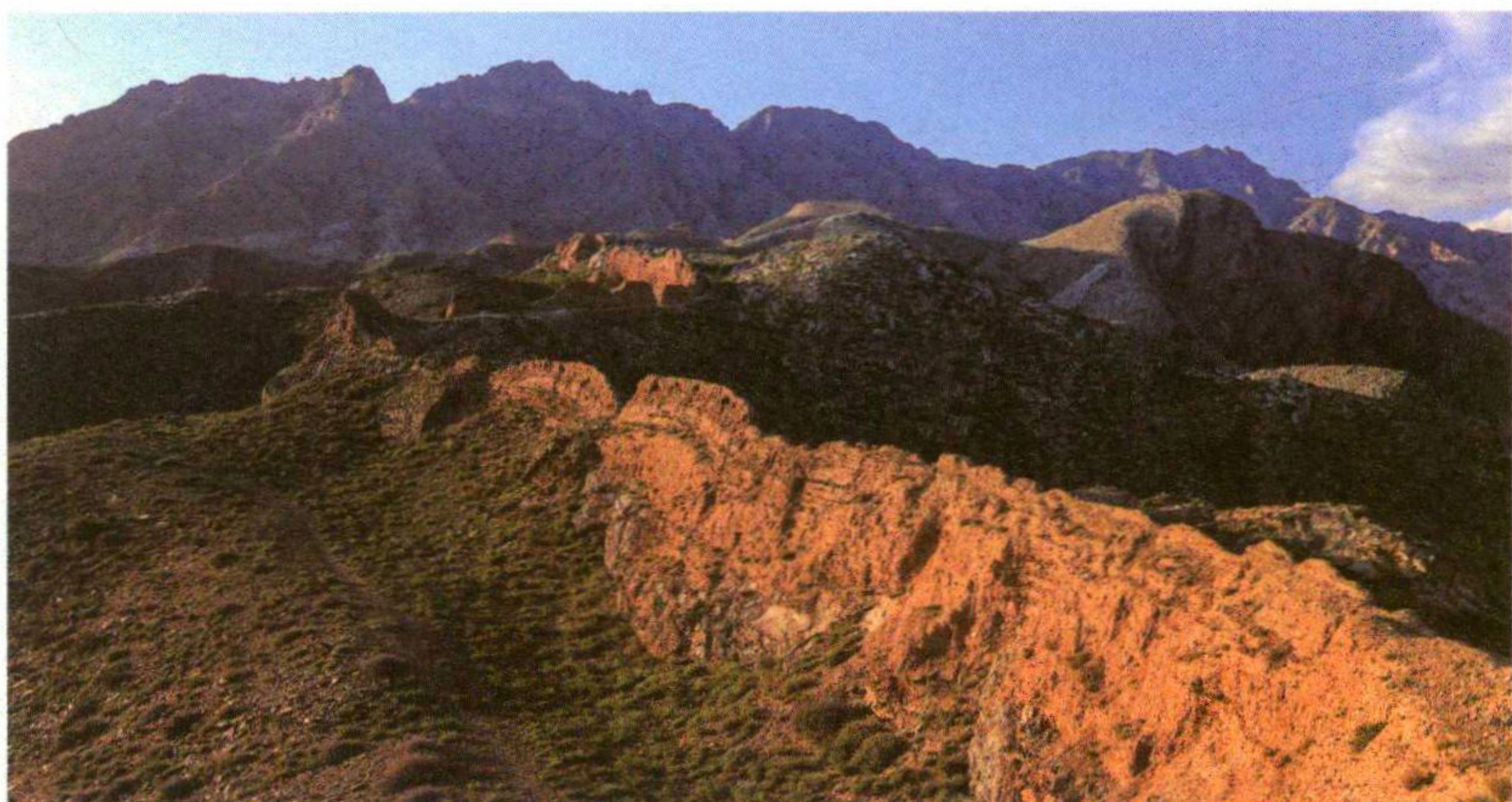
供图：宁夏画报社

## 把诗意揽入 怀中

Poem into  
Your Arms

宁夏含蓄而内敛。不到宁夏平原，你就很难理解唐诗“贺兰山下果园成，塞北江南旧有名”所描绘的瓜果飘香的江南风情；不到宁夏平原西段的中卫，你就无法体会“大漠孤烟直，长河落日圆”的雄浑；不到宁夏南部的六盘山，你就无法体会“天高云淡，望断南飞雁，不到长城非好汉”的豪迈。宁夏将自然风情、地貌及豪迈的地域性格，诗意般揽入怀中。

Ningxia is veiled and introverted. If you don't visit the Ningxia Plain, you won't understand the southern feeling with the fragrances of fruits, described in Tang Dynasty poem, "There are fruit orchards at the base of Helan Mountains; these lush southern-style fields north of the Great Wall have long been famous." If you don't visit Zhongwei at the western reaches of the Ningxia Plain, you won't be able to experience the vigour and force Tang poet Wang Wei expressed when he wrote "A lonely trail of smoke rises on the desert, and the round sun sets over the vast Yellow River". If you don't visit Liupan Mountains in the south of Ningxia, you won't experience the boldness of the scene thus described, "The sky is high and the clouds are thin, in the south swan geese fly, and one who fails to reach the Great Wall is not a true man." Ningxia combines natural feelings and bold landscapes into a poem that you take into your arms.



供图：宁夏画报社

## 冲出长城 天地宽

Breaking Out  
of the Great  
Wall

长城既是屏障，也是自我防御的心理体现。从南部的六盘山到中部的罗山再到北部的贺兰山，从先秦到明代，宁夏的长城是不断移动的。宁夏也是逐步在突破长城，才有了“冲出长城天地宽”的开拓与开放性格。

The Great Wall is a barrier, and the product of the psychological mind-set of self-defence. From Liupan Mountains in the south to Luoshan Mountains in the middle to Helan Mountains in the north, from the pre-Qin to the Ming Dynasty, the Great Wall in Ningxia moved continuously. Ningxia also gradually grew out of conflict, and thus has the open nature of “breaking out of heaven and earth”.

## “塞北江南” 旧有名

Southern-  
Style Fields  
North of the  
Great Wall

两汉时期，宁夏曾是“沃野千里，谷稼殷积”。唐代诗人韦蟾《送卢潘尚书之灵武》诗说：“贺兰山下果园成，塞北江南旧有名。”塞北就是塞上。南北朝时，北周打败了南朝陈将吴明彻，并把俘获的吴明彻部将迁到了宁夏灵州，这些从南朝迁来的人尚礼好学，将南方尊儒尚文之风以及先进的农业技术植入宁夏，于是就逐渐形成了后来的“塞北江南”。

During the time of the two Han dynasties, Ningxia was a place of vast green fields and huge grain stores. Tang poet Wei Chan in his poem *Farewell to Minister Lu Pan Going to Lingwu* wrote, “There are fruit orchards at the base of Helan Mountains; these lush southern-style fields north of the Great Wall have long been famous.” During the Northern and Southern dynasties period, the Northern Zhou defeated the Southern Chen dynasty general Wu Mingche, and sent the captured officers who served under Wu to Lingzhou in Ningxia. These people from the Southern dynasty respected Confucian etiquette and valued education, and brought these traditions of honouring Confucianism and advanced agricultural techniques into Ningxia. It was in this way that these famous southern-style fields came into being in Ningxia.



## 穿越千年时光 走廊

### Millennium Corridor

公元1038年，党项族首领李元昊在贺兰山下称帝，建立大白高国。因在夏州以西，后人称其为“西夏”。元代忽必烈下令，在西夏故地设置“宁夏路”，寄意“宁静的夏地”。后来，马来西亚女歌手梁静茹演唱的《宁夏》，歌词就是在宁夏创作的。宁夏地名穿越千年时光走廊，把历史与现代、地理与艺术有机地连接了起来。

In the year 1038, Tangut leader Li Yuanhao named himself emperor at the base of Helan Mountains, establishing the Grand and High White Kingdom. As it was to the west of Xiazhou, it was called Xixia ("Western Xia") by later people. The first emperor of the Yuan dynasty, Kublai Khan, ordered the construction of a "Ningxia Lu (an administrative division below the level of provinces in the Yuan dynasty)" here, with the meaning of calm (ning) place in Xia. In modern times, Malaysian singer Fish Leong sings a song *Ningxia*, the words of which were written in Ningxia. The name Ningxia has travelled a corridor of a millennium, organically connecting history and modern times, geography and art.

## 躺在平原晒太阳的河

### A River Lying on the Plain

黄河自黑山峡小观音进入宁夏境内，出青铜峡，黄河与各引黄干渠便在银川平原蔓延开来。尽管水往低处流，但黄河遇见银川平原，就是这么慵懒，平躺着、晒着太阳，哺育着宁夏人民，不问西东。

The Yellow River enters Ningxia at the Xiaoguan Yin Ridge of Heishan Gorge, and exits at the Qingtong Gorge. The flow of the river and all the channels diverting water from it spread out over the Ningxia Plain. Although water flows towards lower ground, when the Yellow River meets the Ningxia Plain, it indolently lies down and suns itself, nurturing the people of Ningxia.



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