English for Bilingual Speakers: Tibetan Customs

高等学校藏汉双语系列教材

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高等学校藏汉双语系列教材
བོད་ལ་སོགས་གཅིག་དང་བཤད་ཐ་སི་མོ་ལས་སི་དོན།

ཐོབ་དཔེར། རུ་དགུ་དགུ་དོན་དོན་དོན་དོན་ཐང་ཐོག་པ་ལས་སི་དོན།

བོད་གྲགས། རྣམ་པོ་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན།

དཔལ། རུ་དགུ་དགུ་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན་དོན།
《高等学校藏汉双语系列教材》建设顾问

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万　果（西南民族大学藏学院院长）

达　哇（青海民族大学藏学院院长）

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拉巴次仁（西藏大学副教授）
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བོད་ཡིག་གནད་མཐོང་མཐོང

བོད་ཡིག་གནད་མཐོང

བོད་ཡིག

བོད་ཡིག

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བོད་ཡིག
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扎西加措
མི་ལེགས།

西藏文言文，内容不详。
བོད་ཀྱི་བོད་ཀྱི་ཤེས་ཤུགས་ཀྱི་ོས་ིར་གྲོས་པའི་སྲིད་ཆེན་གཅིག་ཏུ་བོད་ཀྱི་དོན་དུས་ཟིན་པར་བོད་ཀྱི་དོན་དུས་ཀུན་བོ་ནུས་ལེགས་པ།

བོད་ཀྱི་བོད་ཀྱི་ཤེས་ཤུགས་ཀྱི་ོས་ིར་གྲོས་པའི་སྲིད་ཆེན་གཅིག་ཁྲིམས་བོད་ཀྱི་དོན་དུས་ཀུན་བོ་ནུས་ལེགས་པ།

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བོད་ཀྱི་དུས་དུས་དེ་དུས་པ་བོད་ཀྱི་དུས་དུས་དེ་དུས་པ་བོད་ཀྱི་དུས་དུས་དེ་དུས་པ་བོད་ཀྱི་དུས་

དུས་དུས་དུས་དེ་དུས་པ་བོད་ཀྱི་དུས་དུས་དེ་དུས་པ་བོད་ཀྱི་ 
བོད་ཡིག

2076ལའི་ཨ་ཤར་

2
This English reading textbook was written by the Plateau English Education Team. See the following tables for further details about editors and participants. The Plateau English Team’s textbooks are categorized into three general groups: Elementary, Intermediate, and Advanced, based on the level of content. These groups are then broken down into 1, 2 and 3 sub-levels based on the core vocabulary and grammar.

<table>
<thead>
<tr>
<th>Categories</th>
<th>Content</th>
<th>Language Level</th>
<th>Target Group</th>
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<tr>
<td>Elementary Level</td>
<td>1. Starter</td>
<td>300</td>
<td>Pre-school students</td>
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<td></td>
<td>2. Reader</td>
<td>600</td>
<td>Primary school grade 1-3 students</td>
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<tr>
<td></td>
<td>3. Involver</td>
<td>1,100</td>
<td>Primary school grade 4-6 students</td>
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<tr>
<td>Intermediate Level</td>
<td>1. Comprehender</td>
<td>1,600</td>
<td>Middle school students</td>
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<td></td>
<td>2. Applier</td>
<td>2,200</td>
<td>High school students</td>
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<td></td>
<td>3. Analyzer</td>
<td>3,100</td>
<td>University</td>
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<tr>
<td>Advanced Level</td>
<td>1. Evaluator</td>
<td>3,600</td>
<td>Freshmen University Sophomores</td>
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<td></td>
<td>2. Researcher</td>
<td>4,200</td>
<td>University Juniors and Seniors</td>
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<td></td>
<td>3. Creator</td>
<td>&gt;5,000</td>
<td>Graduate Students</td>
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This textbook is Intermediate Level One. It is suitable for intermediate level English learners who are interested in enhancing their English while learning about Tibetan customs. This book provides Tibetans with the necessary vocabulary to talk about Tibetan culture in English. There are 108 short texts, broken into 12 units, in this book. Each unit graded from easiest to most difficult. Each text deals with a different custom and introduces several new words. Tibetan and Chinese translations are provided for all new words. All the new words are listed at the back of the book in alphabetical order. Furthermore, titles are translated into Tibetan and Chinese. Audio files of each text are available at: [http://www.plateauenglish.org/108-tibetan-customs.html](http://www.plateauenglish.org/108-tibetan-customs.html). We hope that this book is useful!
### Editors and Participants

<table>
<thead>
<tr>
<th>Name</th>
<th>姓名</th>
<th>德文名</th>
<th>Roles 职责</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caixiangduojie</td>
<td>才项多杰</td>
<td>Caixiangduojie</td>
<td>Editor 编辑</td>
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<td>埃琳娜麦金利</td>
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<td>杰拉尔德·罗氏</td>
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<td>English editor 英语主编</td>
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<td>Kelly Ward</td>
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<td>Kelly Ward</td>
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<td>里太吉</td>
<td>Litaoji</td>
<td>Participant 参与者</td>
</tr>
<tr>
<td>Roudanjia</td>
<td>柔旦加</td>
<td>Roudanjia</td>
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<td>文昌加</td>
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<tr>
<td>Wu Haiyuan</td>
<td>吴海园</td>
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LEARNING VOCABULARY

Learning new vocabulary is an essential part of learning any language. Studies suggest that the size of a student's vocabulary is a good predictor of their overall language ability. To make learning vocabulary easier for English learners, English words have been divided into lists according to frequency. Appendix Three includes the 1,000 most common English words. Wikipedia has also compiled a list of 850 Basic English words: http://simple.wikipedia.org/wiki/Wikipedia:Basic_English_alphabetical_wordlist.

Studying these lists and memorizing basic vocabulary is definitely helpful for your English. However, you need special vocabulary to talk about special topics. This book will help Tibetans talk about Tibetan culture in English. Some of the vocabulary is very common, but much is specialized. The many examples explaining Tibetan customs in English will also show how to talk about Tibetan culture in English. Learning a new language does not mean forgetting your own culture. The vocabulary in this book will help you connect Tibetan culture to English language.

It is important to have several methods for learning new vocabulary. Below are some suggestions. The first two are related to this book. The others are more general.

1. Use the pictures. Each text has a picture. We chose pictures that are interesting and memorable. Pictures are related to the topic. Try looking at the picture occasionally while you memorize the new words. Then cover the words, look at the picture, and try to
recall all the new English words on that page. Flip through the book looking only at the pictures and trying to recall the English words.

2. Use the questions in the book. Using new vocabulary is the best way to remember it. We have therefore included some questions after each text so you can practice using the new vocabulary. You should first try to memorize the new words, and then read and answer the questions. Practicing with a partner who is studying the same words is the best way to do this. Reviewing the questions several days after you first study the new words will be helpful.

3. Reciting new vocabulary, loudly and repeatedly, is also a useful way to remember new words.

4. Hearing others say new words is also helpful. The Wikipedia Dictionary (Wiktionary) has audio samples for many words: http://www.wiktionary.org/.

5. You can use flash cards to remember new vocabulary. Write the English word on one side, and the Tibetan or Chinese word on the other side. You can test yourself in two ways: look at the English and try to guess the meaning, and look at the meaning and try to guess the English word. Test new words each day for a week. Then review them two weeks later, a month later, and three months later.

6. Pictures can help you remember vocabulary. For example, on a picture of a bear, you write 'bear'. Using pictures is useful because it avoids interference
from other languages. The Online Merriam-Webster Visual Dictionary is also a useful resource for this: http://visual.merriam-webster.com/.

7. Try to learn related words together. For example, you can learn these words together: car, bus, train, bicycle, motorcycle, airplane, tractor. You can organize these as lists, mind-maps, or word trees. The online dictionary Visuwords (http://visuwords.com/) is useful for exploring the relationships between different words.

8. Read the word in context. You can look online to see how a word is used. Reading the word in several sentences will help you remember it. You can look online, for example, at: http://oxforddictionaries.com/.
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English for Bilingual Speakers:
Tibetan Customs
ORNAMENTS 首饰

Coral Necklace 珊瑚项链
What do you see in this picture?
Tibetans wear necklaces made from large chunks of coral and turquoise. This displays their wealth and beauty to others.

---

**VOCABULARY**

1. necklace 項鍊
2. chunk 大块
3. coral 珊瑚
4. wealth 財富
QUESTIONS

chunk: *What's the biggest chunk of coral you've ever seen?*

coral: *What color is coral? Do you like to wear coral?*

necklace: *Are you wearing a necklace now? Do you have a coral necklace?*

wealth: *How do villagers show their wealth in your hometown? What's more important – wealth or happiness?*
Tying Sashes 系腰带
What are they doing?
People tie\(^5\) sashes\(^6\) around the groom\(^7\) when the bride\(^8\) first comes to the groom's family. This symbolizes their affection\(^9\) for the groom and their blessing for the new couple. It means the sash will tie the groom and the bride together forever. Most people tie simple\(^{10}\) cloth sashes.

---

**VOCABULARY**

5. *tie* (tying, tied) 系, 绑

6. *sash* 腰带

7. *groom* 新郎

8. *bride* 新娘

9. *affection* 喜爱之情

10. *simple* 朴素的
QUESTIONS

affection: How do you show affection for people you like?

blessing: How do people symbolize blessings for the new couple in your hometown?

sash: What color is your sash?

simple: Do you want to have a simple wedding?

tying sashes: Do people tie sashes during weddings in your hometown?
Wearing an Amulet

带护身符
What are they wearing?
Most Tibetan Buddhists wear an amulet around their neck. Tibetans believe that amulets protect them from accidents and bad luck. Monks or lamas give amulets at the end of rituals. Tibetan amulets contain Buddha or lama images. They also contain a piece of silk blessed by a lama.

---

**VOCABULARY**

11. *amulet* - 护身符

12. *contain* - 包含，容纳

13. *image* - 图像

14. *silk* - 丝绸

15. *bless* - 恩赐
QUESTIONS

*amulet:* Do you usually wear an amulet?

*contain:* What do amulets contain?

*image:* What kind of images are in amulets?

*silk:* What things are made of silk?

*bless:* Who blesses the silk?
Katag 哈达
What is she doing?
A katag\textsuperscript{16} is a long piece of silk that looks like\textsuperscript{17} a scarf\textsuperscript{18}. The length and width vary\textsuperscript{19}. Tibetans consider long, wide\textsuperscript{20} katag to be better than short, narrow\textsuperscript{21} ones. There are white, orange, yellow, and blue katag. Katag are offered to visitors, friends, and superiors\textsuperscript{22}. White katag are offered to friends or lamas. Yellow katag are offered to lamas and blue ones are offered to guests or lamas.

\textbf{VOCABULARY}

16 katag གཏགས་ 哈达

17 looks like འཁོར་ཐོབ་ 看起来像

18 scarf གོང་ གགི་ 围巾

19 vary ཁམས་ 不同

20 wide འབུམ་ 宽的

21 narrow འབུམ་ མཐུ་ 狭窄的

22 superiors ཤིང་། མཐུ་ 上级
Questions

Katag: What colors are katag?

Looks like: What does a katag look like? What do you look like?

Narrow: Is your village in a narrow valley? Are narrow katags lucky?

Offer: What do you offer guests?

Scarf: Do you wear a scarf in the winter?

Superiors: Who are your superiors?

Vary: Does the color of katag vary?

Wide: Is the river in your hometown wide or narrow?
HEALTH 健康

Dew 露珠
What is this a picture of? How do you use it?
Some Tibetans believe dew is very good for people's skin. Early on summer mornings, before sunrise, people wash their faces with dew. They believe this keeps the skin smooth, white, and healthy.
QUESTIONS

dew: When can you see dew? What color is dew?

healthy: Are you healthy? Are your parents healthy?

keep: Do you want to keep your skin smooth and white?

skin: What color is your skin?

smooth: Is your skin smooth?
Curing a Sore Throat with Yak-dung

牦牛粪咽炎治疗法
What does this picture show? How do you solve this problem?
Tibetans put yak dung\textsuperscript{29} ash in a cup of water when they have a sore throat\textsuperscript{30}. They then carry the cup out under the stars and expose\textsuperscript{31} the water to starlight\textsuperscript{32}. They then drink the mixture\textsuperscript{33}. It cures the sore throat.

---

**VOCABULARY**

\textsuperscript{29} yak dung བཀུང་འདྲོད། 牦牛粪

\textsuperscript{30} sore throat གཉིས་དྲུག་ཐུབ། 喉炎

\textsuperscript{31} expose གཉིས་དྲུག་གཅིག། 暴露

\textsuperscript{32} starlight གཉིས་དྲུག་བྱུང་། 星光

\textsuperscript{33} mixture སེམས་བཅས་བཞི། 混合物
QUESTIONS

expose: What do they expose yak dung and water to? What is exposed to the stars?

mixture: What is tsampa a mixture of?

sore throat: What do you do if you get a sore throat?

yak dung: What is yak dung used for?
Curing Wounds with Wool Ash

用羊毛灰治疗伤口
What is wrong? How do you cure it?
Tibetans have a unique method to cauterize a wound. They press wool ash on the wound. This is often done if people cut themselves while eating meat with a knife. The burnt wool ash is applied immediately. It is very helpful.

**VOCABULARY**

34 unique རུང་ངོ་བོས་པའི། 独特的

35 method རིགས་པ། 方法

36 cauterize རིགས་ཀུན་པ། 火疗

37 wound རིག། 伤口

38 wool ash རིས་ལྟོག། 羊毛灰

39 apply འཕྲུལ་པོས། 涂, 应用

40 immediately ལྟད་ན། 立刻
QUESTIONS

apply: What do you apply to a wound if you are injured?

cauterize: Why should we cauterize wounds?

immediately: Can you please come to my home immediately?

method: What method do you use to cauterize wounds?

unique: Is your hometown unique?

wool ash: Do you use wool ash to cauterize wounds? What color is wool ash?

wound: Did you ever have a bad wound?
PHYSICAL ACTIONS 行为

Rubbing Face 搓脸
What is the man doing?
Tibetans rub\textsuperscript{41} their cheek\textsuperscript{42} with their fist if they feel threatened. This shows that they are feeling nervous\textsuperscript{43} and shy\textsuperscript{44}.

---

**VOCABULARY**

\textsuperscript{41} rub फँसे 搓, 揉

\textsuperscript{42} cheek आँख लुप्त भी 滑蛋

\textsuperscript{43} nervous नाचकेखुंके 紧张的

\textsuperscript{44} Shy (adj.) थौड़ा 害羞的
QUESTIONS

cheek: Are your cheeks red?

nervous: When do you feel nervous?

rub: When do people rub their face?

shy: When do you feel shy? Do you enjoy feeling shy?
Shaking Your Fist

撲拳
What is this person doing?  What does it mean?
Men traditionally shake their fists to threaten others. They make both hands into fists and brandish\textsuperscript{45} them at their opponent\textsuperscript{46}. They have an angry expression\textsuperscript{47} on their face.

\begin{center}
\textbf{VOCABULARY}
\end{center}

\textsuperscript{45} brandish ณุระยัน acho 表情

\textsuperscript{46} opponent ณุระยัน 对手

\textsuperscript{47} expression ณุระยัน 表情
QUESTIONS

brandish: Have you ever brandished your fist at someone?

expression: What is shaking your fist an expression of?

opponent: How do you treat your opponent when you play a game?
Thumbs Up ջրիհանդորն

竖起大拇指
Tibetans hold out their fist with their thumb pointed up. This shows a positive opinion about someone or shows agreement. Tibetans do this when they are satisfied with others.

---

**VOCABULARY**

48 fist 裙头

49 thumbs up 翻起姆指（表示赞美）

50 opinion 看法
QUESTIONS

express: What does thumbs up express?  What does crying express?  How do you express anger?

fist: What does shaking your fist express?

opinion: What's your opinion of this book?

thumbs up: When do people give thumbs up?
Sticking Out the Tongue རིག་ཁྲིས

伸舌头
What is this man doing? What does it express?
Tibetans stick out\(^{51}\) their tongue\(^{52}\) when they are embarrassed. They might do it when they give an incorrect\(^{53}\) answer, or when they forget something. This gesture also indicates surprise.

---

**VOCABULARY**

51 stick out: 伸出来, 突出

52 tongue: 舌头

53 incorrect: 不正确的
QUESTIONS

incorrect: What do you do in class if you give an incorrect answer?

stick out: Do you often stick out your tongue? What does it symbolize if you stick out your tongue?

tongue: Do you have a long tongue?
Beating Your Forehead སྤེལ་བུར་ཞིག

拍前额
What is she doing?  Why?
People sometimes forcefully\textsuperscript{54} beat their forehead with an open hand or fist. This gesture shows regret\textsuperscript{55} or forgetfulness\textsuperscript{56}. People also do this if they have done something stupid\textsuperscript{57}. Mostly older people do this gesture.

---

**VOCABULARY**

\textsuperscript{54} forcefully 无锡 用力地

\textsuperscript{55} regret 无锡 懊悔

\textsuperscript{56} forgetfulness 无锡 健忘

\textsuperscript{57} stupid 无锡 愚蠢
QUESTIONS

forcefully: Do you ever beat your head forcefully?

forgetfulness: Do you suffer from forgetfulness?

regret: When do you feel regret? What do you do to express regret?

stupid: Do you ever feel stupid?
Scratching Your Cheek

摸脸嘲弄
What is she doing?
This gesture shows that someone else is behaving\(^{58}\) shamefully\(^{59}\). Others do this gesture to show their disapproval\(^{60}\) if someone says embarrassing things in public\(^{61}\). This gesture communicates to the speaker that they are behaving badly.

---

**VOCABULARY**

58 *behave* 
59 *shameful* 
60 *disapproval* 
61 *public*
QUESTIONS

behave: What do you do if someone is behaving shamefully? How do you feel if people behave shamefully?

disapproval: How do you show your disapproval to other people?

public: How should you behave in public?
Rubbing the Head 搓头
What is the girl doing? When do you do this?
Rubbing one's head is a common Tibetan custom\textsuperscript{62}. Students often do it if a teacher asks a question and they do not know the answer. It indicates surprise\textsuperscript{63} and embarrassment\textsuperscript{64}. It also shows respect for the teacher.

---

**VOCABULARY**

\textsuperscript{62} *custom* \\ExecuteTibetan{ précédent } 习俗

\textsuperscript{63} *surprise* \\ExecuteTibetan{ précédent } 惊呀

\textsuperscript{64} *embarrassment* \\ExecuteTibetan{ précédent } 尴尬
QUESTIONS

custom: *Is rubbing the head a custom in your hometown?*  
*What are some interesting customs in your hometown?*

embarrassment: *Is embarrassment good or bad?*  
*Why?*

surprise: *What’s the biggest surprise you’ve ever had?*
Scratching the Throat to Beg

挠喉乞讨
What is this man doing? Do people in your hometown do this?
A person scratches their throat with a finger to show that they are in a difficult situation and really need help. This is a begging gesture. They might ask for help first and then perform this gesture if the person refuses.

---

**VOCABULARY**

65 scratch མིག ནེར་མེ་ 抓，刮伤

66 throat ར་ཐམ ལ་ ང་མེ། 喉咙

67 begging ཀེས་པོ་ གཅོད བོ དེ་ 乞丐

68 refuse དབྱེ་བ་ེད་ ཡེད་བུ་ 拒绝
QUESTIONS

begging: What do people do when they are begging? What gestures do they make when begging?

refuse: Do you often refuse beggars?

scratch: When do you scratch? If you feel itchy, do you scratch?

throat: What do you do if you get a sore throat?
Shaking Your Apron

雅裙子

62
What are the women wearing?
Tibetan women sometimes aggressively\textsuperscript{69} shake\textsuperscript{70} their apron\textsuperscript{71} at others. They do this to curse\textsuperscript{72} others. They hope bad luck will come to them. Some Tibetan women do not shake their apron. Instead\textsuperscript{73}, they hold their hand with the palm\textsuperscript{74} up. This means\textsuperscript{75} the same thing as shaking the apron.

\section*{VOCABULARY}

\textsuperscript{69} aggressively \texttt{ངྲུག་ཚིགས་} 挑衅地

\textsuperscript{70} shake \texttt{ནད་ལོག་ཤུགས་} 摇动,颤抖

\textsuperscript{71} apron \texttt{བོད་ཤུགས་} 围裙

\textsuperscript{72} curse \texttt{འཕོག་དབྱུག་} 诅咒

\textsuperscript{73} instead \texttt{ཆོས་} 代替, 顶替

\textsuperscript{74} palm \texttt{གོང་ཐོལ་} 手掌

\textsuperscript{75} mean \texttt{དོན་ཐོག་} 意味, 表示...的意思
QUESTIONS

aggressively: What do you do if others behave aggressively?

apron: Do women in your hometown usually wear aprons?

instead: I don't want noodles. What can we eat instead?

mean: What does shaking the apron mean? What does showing your thumb mean?

palm: What's in the palm of your hand?

shake: May I shake your hand?
Showing Your Little Finger

हात का छोटा सिक्का नया होता है। 用小指嘲弄
What does this picture mean to you?
TEXT
Showing your little finger\textsuperscript{76} is bad. It communicates\textsuperscript{77} that you have a poor opinion of someone or something. If you spit on your raised little finger, it shows that you think the person or thing is the worst\textsuperscript{78}. It also communicates your wish for bad things to happen. It is a kind of curse.

\begin{center}
\textbf{VOCABULARY}
\end{center}
\textsuperscript{76} little finger অলিফিং  小指

\textsuperscript{77} communicate  চতুর্দিকে  交流

\textsuperscript{78} worst  হরম  最差的

68
QUESTIONS

communicate: How do you communicate with foreigners? Do you like to communicate with new people?

curse: Do you believe in curses? What would you do if someone cursed you?

little finger: Have you ever shown your little finger to someone? How many little fingers do you have?

worst: Who is your worst enemy? What is your worst subject?
Waving the Hand অশ্রমের প্রণাম

挥手
What is the bear doing?
Waving the hand has two different meanings. Sometimes people wave their hand in a circular motion to call someone. At other times, a person shakes their hand vigorously. This indicates disagreement or tells someone to go away. If a boy is out herding and sees a girl, he might wave his hand to call her. The sleeves of Tibetan robes are very long and because of this, people can see this gesture from far away.

VOCABULARY

79 circular 圆形的, 环形的

80 motion 动作

81 vigorously 精神旺盛地

82 indicate 指示, 指出

83 disagreement 分歧, 意见不合

84 sleeve 袖子

85 Tibetan robe 藏袍

86 far away 遥远
QUESTIONS

circular: Is your home circular? What things are circular?

disagreement: How can we solve disagreements?

far away: Is your home far away from here?

indicate: What does waving the hand indicate?

motion: Can you make a circular motion with your hand?

sleeve: Are your sleeves long or short? What color are your sleeves?

vigorously: Do you like to dance vigorously?
HOSTS AND GUESTS
主人和客人

Asking About Health 请安
What kind of person is this? What do they do?
Hosts ask about guests' health whenever guests visit. They especially ask about parents and grandparents. This shows that they care about their guests.

---

**VOCABULARY**

87 guest 客人

88 especially 尤其是

89 parents 父母

90 grandparents 爷爷奶奶

91 care 关心

76
QUESTIONS

care: How do you show that you care about guests?

grandparents: How many grandparents do you have? How old are they? Do you care about them?

parents: How old are your parents? What are your parents' names?

guest: Do you often have guests in your home?

especially: Are there any gestures that are especially bad?
Welcoming Guests অর্ধস্বামী

迎接客人
What are they holding?  What does it mean?
When guests come to a Tibetan home, all the family\textsuperscript{92} members\textsuperscript{93} come out and welcome\textsuperscript{94} them. The family then invites\textsuperscript{95} the guests into the house\textsuperscript{96}.

---

**VOCABULARY**

\textsuperscript{92} family घर home

\textsuperscript{93} member युग्म सदस्य member

\textsuperscript{94} welcome आमने-सामने welcome,迎接

\textsuperscript{95} invite आमने-सामने invite

\textsuperscript{96} house घर house
QUESTIONS

Family: How many people are in your family? Do you have a big family?

Member: Who are your family members?

Welcome: How do you welcome guests?

Invite: Do you often invite friends into your house? Why?
What are they doing?
Guests can come at any\textsuperscript{97} time. They do not need to call first or arrange\textsuperscript{98} an appointment\textsuperscript{99}. Guests usually visit to chat, eat meals, chant scriptures\textsuperscript{100}, and help with work.

\begin{center}
\textbf{VOCABULARY}
\end{center}

\begin{itemize}
\item \textit{any} \texttt{任何一个}
\item \textit{arrange} \texttt{安排}
\item \textit{appointment} \texttt{预约}
\item \textit{scripture} \texttt{经文}
\end{itemize}
QUESTIONS

appointment: Do I need to make an appointment to visit you?

arrange: Can we arrange a time to meet?

scripture: Do guests sometimes chant scriptures together?

any: Do you have any friends? How many do you have?
Seeing off Guests མགོན་པོ་དང་ལུགས་འབོད་པ།

送客
What is happening in this picture?
Hosts\textsuperscript{101} ask guests to stay when guests try to leave. Hosts see guests off if the guests insist on leaving. The hosts walk a little way with the departing\textsuperscript{102} guests.

\textbf{VOCABULARY}

\textsuperscript{101} Host ម្រេង គ្រាអ់ 主人

\textsuperscript{102} depart របៀប 離開
QUESTIONS

depart: When will you depart for home this summer?

host: Do you like to be a host or a guest?
Staying With Guests

和客人呆在一起
What is happening in this picture?
Hosts remain\textsuperscript{103} with guests as long as the guests stay. It is considered disrespectful\textsuperscript{104} to leave the guest alone\textsuperscript{105}. Hosts and guests usually chat\textsuperscript{106} together. Guests are also offered food and tea.

\begin{center}
\textbf{VOCABULARY}
\end{center}

\begin{itemize}
\item \textsuperscript{103} \textit{remain} \textit{留, 侍}
\item \textsuperscript{104} \textit{disrespectful} \textit{无礼的}
\item \textsuperscript{105} \textit{alone} \textit{独自}
\item \textsuperscript{106} \textit{chat} \textit{聊天}
\end{itemize}
QUESTIONS

alone: Do you like to be alone? How do you feel when you're alone?

chat: Do you like to chat with guests? Do you frequently chat with friends? Do your family members chat after dinner?

disrespectful: Should you be disrespectful to guests? How do you feel if someone is disrespectful to you?

remain: Should hosts remain with guests? After you eat mutton, what remains?
Giving Gifts འབད་ལེན་ཞིབ་

送礼物
What is happening?
Hosts do not customarily allow guests to leave empty-handed. Allowing guests to leave empty-handed is considered a sign of displeasure. The host usually gives gifts such as bread, butter, tea bricks, liquor, or katag to their departing guest.

---

**VOCABULARY**

107 customarily ซึ่งจะเป็นที่นิยม 习惯地

108 allow ยินยอม 允许

109 empty-handed ไม่มีสิ่งนั้น 空手

110 displeasure ไม่พอใจ 不高兴

111 gift ของสิ่งของ 礼物

112 tea brick ถั่ว 砖茶
QUESTIONS

allow: Will you allow me to visit your home?

customarily: What foods do your villagers customarily eat?

displeasure: How do you show your displeasure to someone?

empty-handed: Should you let guests leave empty-handed?

gift: What is the best gift you have ever received?

tea brick: When do you use tea bricks? Where do you buy them?
Insisting That Guests Eat

 أحمد خيران المتنبي

坚持让客人吃
What are they doing?
Tibetans insist that guests eat until they are full\textsuperscript{113}. Once a guest sits down, the hosts frequently\textsuperscript{114} say, “Eat,” and then, “Eat more.” The purpose\textsuperscript{115} is to ensure that guests eat enough. Hosts hope that guests' stomachs\textsuperscript{116} are full when they leave.

\begin{center}
\textbf{VOCABULARY}
\end{center}

\begin{itemize}
\item \textsuperscript{113} full \du "kya\textsubscript{2b} \en \textit{饱}
\item \textsuperscript{114} frequently \litw "kya\textsubscript{2a} \en \textit{频繁地}
\item \textsuperscript{115} purpose \du "kya\textsubscript{2b} \en \textit{目的}
\item \textsuperscript{116} stomach \du "kya \en \textit{肚子}
\end{itemize}
QUESTIONS

frequently: Do you frequently go to the library? Do you frequently watch movies?

full: Should you offer guests full bowls?

purpose: What is the purpose of studying English?

stomach: What do you do if you get a stomach ache?
Sitting  ပဲ့သမာ  坐姿
Guests are offered the best seats in Tibetan households\textsuperscript{117}. Guests shouldn't stretch\textsuperscript{118} their legs out. They should sit cross-legged\textsuperscript{119}. Guests should take off their shoes if they sit on the bed. Older guests should sit first. Younger guests should wait for elders to sit.

\begin{center}
\textbf{VOCABULARY}
\end{center}

\textsuperscript{117} Household ཨ་

\textsuperscript{118} stretch བོ་མཆོག་

\textsuperscript{119} cross-legged བོར་ནི

104
QUESTIONS

cross-legged: Is it comfortable to sit cross-legged? Do you like to sit cross-legged?

household: How many people live in your household?

stretch: Is it polite to stretch your legs out?
Offering Food 供食
What do you see in the picture?
TEXT

Hosts offer the best\textsuperscript{120} food to guests to show respect to them. For example, they offer tsampa, meat, and milk tea. Guests should accept this food with both hands. Elders should be offered food first. Milk tea should be poured constantly\textsuperscript{121}, even if the guests are not drinking it.

\hspace{1cm}

\textbf{VOCABULARY}

\textsuperscript{120} best \texttt{ཞེས་པ་དང་།} 最好的

\textsuperscript{121} constantly \texttt{ནོ། ཨོ་ནོ་} 不断地
QUESTIONS

best: What is the best food for guests?

constantly: Should hosts constantly offer guests food?
Almsgiving ˌalmˌgiving
What is he doing?
Hosts give food to beggars and pilgrims\textsuperscript{122} who ask for it. Hosts offer more food to pilgrims. They may offer a bag of tsampa, a loaf\textsuperscript{123} of fresh butter, meat, and some cheese. After giving food to a pilgrim or beggar, people usually say, "May the Three Jewels\textsuperscript{124} bless all sentient beings and overcome\textsuperscript{125} all suffering\textsuperscript{126}!" This wishes\textsuperscript{127} the pilgrims and beggars well and gives them good luck.

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**VOCABULARY**

\textsuperscript{122} pilgrim \texttt{\textasciitilde{zh}\æ\u00e6\u00e6\u00e6} \texttt{\textasciitilde{zh}\æ\u00e6\u00e6\u00e6} 朝拜者

\textsuperscript{123} loaf \texttt{\textasciitilde{zh}\æ\u00e6\u00e6\u00e6} 块

\textsuperscript{124} jewels \texttt{\textasciitilde{zh}\æ\u00e6\u00e6\u00e6} 宝石

\textsuperscript{125} overcome \texttt{\textasciitilde{zh}\æ\u00e6\u00e6\u00e6} 胜胜

\textsuperscript{126} suffer \texttt{\textasciitilde{zh}\æ\u00e6\u00e6\u00e6} 受苦,遭受

\textsuperscript{127} wish… well \texttt{\textasciitilde{zh}\æ\u00e6\u00e6\u00e6} 良好的祝愿
QUESTIONS

jewels: Do you own any jewels? Are you wearing any jewels?

loaf: Can you eat a loaf of bread?

overcome: How do you overcome difficulties?

wish... well: Do hosts wish guests well when they visit?

pilgrim: Have you ever seen a pilgrim? What do they look like?

suffer: When have you suffered?
TABOOS AT HOLY PLACES

Don't Cut Trees near the Sacred Spring

不要砍圣泉水旁的树
What do you see in the picture?
Tibetans never cut trees near sacred\textsuperscript{128} springs\textsuperscript{129}. They believe that water deities live in sacred springs. Cutting trees nearby makes the water deity angry\textsuperscript{130}. The deity causes people to get sick\textsuperscript{131}.

\begin{center}
\textbf{VOCABULARY}
\end{center}

\textsuperscript{128} sacred  \\  \\
\textsuperscript{129} spring  \\  \\
\textsuperscript{130} angry  \\  \\
\textsuperscript{131} sick
QUESTIONS

angry: What makes you angry? What do you do when you are angry?

sacred: What things are sacred? Are there any sacred springs near your village?

sick: Do you frequently get sick? What do you do if you're sick?
Don't Take Anything From Holy Places

不要拿圣地的任何东西
What do you see in the picture?
Tibetans respect the supernatural\textsuperscript{132}, including mountains and forests. If they take anything from these places they believe they are stealing from the deity that lives there. The offended\textsuperscript{133} deity might cause illness or other misfortunes\textsuperscript{134}.

\textbf{VOCABULARY}

\textsuperscript{132} supernatural རོ་མེས་ལམ་རི་ལམ་གཅིག་
超自然的

\textsuperscript{133} offend གང་རེག་
冒犯

\textsuperscript{134} misfortune སྡེ་འཇུག
不幸

120
QUESTIONS

misfortune: Have you ever met misfortune? What do you do if you meet misfortune?

offend: Have you ever been offended? Should you offend elders?

supernatural: Have you ever seen something supernatural?
Don't Throw Garbage Near Water Deity

Trees རྟེ་རྟེ་དབྱངས་ཨིང་ཐོ་

不要在神树旁扔垃圾
What do you see in the picture?
Almost every spring has a water deity tree nearby. Tibetans respect such trees and keep them clean. If people put garbage near the tree, the deity gives them a disease. The person's eyes swell.
QUESTIONS

spring: Is there a spring near your village?

deity: Can you name any important deities?

nearby: What well-known places are nearby your village?

clean: Should we keep our environment clean? Why?

garbage: Where do your villagers put their garbage?

disease: Did you ever get a bad disease? Do you believe water deities cause disease?

swell: What should you do if your eyes swell?
Don't Urinate or Defecate in Springs

不要在泉水里大小便
What do you see in the picture?
TEXT

It is taboo for Tibetans to defecate or urinate\textsuperscript{142} in water. Elders tell youngsters\textsuperscript{143} not to urinate or defecate in water. They say water deities will become very angry. Water deities might send nightmares\textsuperscript{144} or cause illness. Water deities also cause sores\textsuperscript{145} to appear on the skin.

VOCABULARY

\textsuperscript{142} urinate นิ่ง 旋转 旋转 撒尿

\textsuperscript{143} youngsters ซัน บ้า ชาบู 青年

\textsuperscript{144} nightmares หนอน หลับ หลีก หลีก 造梦

\textsuperscript{145} sore แผล 疮
QUESTIONS

nightmares: Do you often have nightmares?

youngster: Are you a youngster? What did you do when you were a youngster?

sore: What do you do if your legs are sore?

urinate: Where do you urinate?
Don't Hunt Animals on Holy Mountains

不要在圣山上打猎
Even though Tibetans hunt\textsuperscript{146}, they do not kill randomly\textsuperscript{147}. They do not kill animals that live in holy places. Tibetans say that animals in holy places are the livestock\textsuperscript{148} of mountain deities. The mountain deity becomes angry if people kill those animals. The deity punishes them by taking their livestock.

\textbf{VOCABULARY}

\textsuperscript{146} hunt ถ้าถูกกิน 打猎

\textsuperscript{147} random ถ้าถูกกิน 任性的

\textsuperscript{148} livestock ถ้าถูกกิน 牲畜
QUESTIONS

hunt: Do you think it is good to hunt? Do people in your hometown hunt?

livestock: What are some different types of livestock?

random: Should teachers always choose the best student, or choose students randomly?
Don't Destroy Springs

不要破坏泉水
What do you see in the picture?
Tibetan Buddhists never pollute or destroy springs, or things around them. They believe water deities live in most springs. The trees and stones around the spring are believed to be the water deities' property. Tibetans thus respect springs and the trees and stones around them. They keep these things clean. If someone puts garbage around the sacred spring, the deity gives them a disease. Their eyes swell and they become blind. Elders tell children not to make sacred springs dirty. Elders often frighten youngsters by saying, "Don't dig near the water deity's place or you will become lame! Don't spit or pee around a spring or you will become blind!"

---

**VOCABULARY**

149 around 加域水 附件安 水域近 the in the vicinity of, around

150 blind  REFERENCES M 耳 耳 马失明的 lost sight

151 elder 长辈, 长者 老者 elderly

152 dirty 肮脏的 dirty

153 dig 挖 dig

154 lame 瘸的 lame
QUESTIONS

around: Are there any good restaurants around here? Is there a bus stop around here?

blind: What will you do if you were blind?

dig: Who usually digs – farmers or nomads?

dirty: Big cities are often dirty, aren't they?

elder: Are there any elders in your family? How do you address elders?

lame: If you saw a lame dog, what would you do? Have you ever seen a lame person?
TABOOS 禁忌

Don't Cut fresh Grass 禁忌

不要割嫩草
What is the picture about?
Tibetans do not cut fresh\textsuperscript{155} grass\textsuperscript{156}. Elders scold\textsuperscript{157} children who cut fresh grass. Cutting fresh grass is considered a brutal\textsuperscript{158} and uncompassionate\textsuperscript{159} act, like killing a baby.

\begin{flushright}
\textbf{VOCABULARY}
\end{flushright}

\begin{itemize}
\item \textit{fresh} ཆོས་ མི་
\item \textit{grass} ཕྲིན་ སྲིད
\item \textit{scold} གྲྭ་མགོན་ རིག་དགོས
\item \textit{brutal} རྩེ་བྱུང་་གྲངས་སུ་
\item \textit{uncompassionate} སྐྱེས་ཐེག་ ཁྱབ་མོ་རོ།
\end{itemize}
QUESTIONS

fresh: Do you like fresh meat? What color is fresh grass?

grass: Is there much grass in your village?

scold: What do teachers say when they scold students?

brutal: Have you ever met a brutal person? What do brutal people do?

uncompassionate: What kind of behavior is uncompassionate?
Don't Kill Fish or Frogs

不要杀害鱼和青蛙
What do you think the picture is about?
Tibetans think fish\textsuperscript{160} and frogs\textsuperscript{161} are water deities' pets\textsuperscript{162}. They therefore never kill or eat such animals. They believe that eating fish and frogs brings disaster\textsuperscript{163} to a family.

---

**VOCABULARY**

\textsuperscript{160} fish 魚
\textsuperscript{161} frog 青蛙
\textsuperscript{162} pet 宠物
\textsuperscript{163} disaster 灾难
QUESTIONS

*disaster*: Have you ever met a disaster?

*fish*: Do you eat fish? Where do fish live?

*frog*: Are you afraid of frogs? What color are frogs?

*pet*: Does your family have any pets? What animals can be pets?
Don't Disturb Snakes

不要招惹蛇
What do you see in the picture?
Tibetans believe that snakes\(^{164}\) are close relatives\(^{165}\) of water deities. If you kill snakes, water deities will get angry. Later, a snake will bite\(^{166}\) you when you are sleeping.

---

**VOCABULARY**

164 snake ཕེ། 蛇

165 relative མི་མི་ཐུབ། 亲戚

166 bite ཁེར་ཐོན། 咬
QUESTIONS

bite: What do you do if a dog bites you?

snake: Are you afraid of snakes? Have you ever seen a snake? Is a snake a good snack?

relative: Do you have many relatives?
Don’t Disturb Frogs near the House

不要招惹房子附近的青蛙
What do you see in the picture?
Tibetan elders scold children who play with frogs near the house. Elders say that frogs were family\textsuperscript{167} members in their previous\textsuperscript{168} lives. Therefore, frogs around the house should not be harmed\textsuperscript{169}.

---

**VOCABULARY**

\textsuperscript{167} family member \texttt{家庭成员}

\textsuperscript{168} previous \texttt{以前的}

\textsuperscript{169} harm \texttt{伤害}
QUESTIONS

family member: Who are your family members? How many family members do you have?

harm: Should we harm animals? Should people harm each other?

previous: What did you do on the previous day? What did you do on the previous night?
Don't Defecate on Paths

སྐོར་བ་བཟོའི་ནང་གི་བོད་ 路上不要大小便
What do you see in the picture?
Tibetans believe it is very bad to defecate on paths. It disgusts pedestrians\(^{170}\). Grandparents and parents often tell their children not to defecate\(^{171}\) on paths. People tell children they will get sores\(^{172}\) on their bottom if they defecate on paths.

---

**VOCABULARY**

170 pedestrian སྣ་མཚན་行人，步行的

171 defecate སྣ་མཚན་མ་ཐོབ་པ། 大便，排粪

172 sores རྣ། 痛
QUESTIONS

defecate: Where do you go to defecate?

pedestrian: Are there many pedestrians in the city?

sores: Did you ever have sores? What do you do if you have sores?
Don't Throw Hair into the River

不要在河里扔头发
What do you see in the picture?
Boys and girls enjoy swimming\textsuperscript{173} in streams during summer. They also wash their hair there. Elders tell children not to throw their discarded\textsuperscript{174} hair into the river. Discarded hair is bad for people downstream\textsuperscript{175}. Elders tell children that if they throw hair in the water, a water deity will punish\textsuperscript{176} them.

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**VOCABULARY**

\textsuperscript{173} swim ཡིལ་ སྷན་

\textsuperscript{174} discard ཤུན་ ཤུན་

\textsuperscript{175} downstream བྲས་པ་ བྲས་པ་

\textsuperscript{176} punish དཔག་པོ་ དཔག་པོ་
QUESTIONS

discard: Where do you discard your hair? Where do you discard garbage?

downstream: Is your village downstream from a spring?

punish: Do your teachers ever punish you?

swim: Do you know how to swim? Do you like to swim?
HISTORY AND SYMBOLS

Honorifics
What is she doing?
Tibetans traditionally\textsuperscript{177} use honorifics to speak with such\textsuperscript{178} socially\textsuperscript{179} important people as monks, elders, and \textit{lamas}. They also address\textsuperscript{180} elders using such honorific\textsuperscript{181} terms of address\textsuperscript{182} as 'Uncle' or 'Aunt'.

---

**VOCABULARY**

\textsuperscript{177} traditionally 传统地

\textsuperscript{178} such ... as... 例如

\textsuperscript{179} socially 社会的

\textsuperscript{180} address 称呼

\textsuperscript{181} honorifics 尊称，敬语

\textsuperscript{182} terms of address 客气称呼
QUESTIONS

address: How do you address your mother and father? How do you address your teachers?

honorifics: Do you know any honorifics? Do you often use honorifics?

socially: Which people are socially important?

such ...as... What foods do you like? (I like such foods as ...)

traditionally: How do people traditionally address each other in your hometown?

term of address: Do you know any Tibetan terms of address?
The Snow Lion 雪狮
What do you see in the picture?
Some Tibetans believe that snow lions¹⁸³ exist¹⁸⁴. Others disagree. It is a controversial¹⁸⁵ idea. Nonetheless¹⁸⁶, the snow lion is considered the king of the Tibetan Plateau. It is also a symbol¹⁸⁷ of Tibetans' bravery.

---

¹⁸³ snow lion 雪獅
¹⁸⁴ exist 存在
¹⁸⁵ controversial 有争议的
¹⁸⁶ nonetheless 尽管如此
¹⁸⁷ symbol 象征物
QUESTIONS

controversial: Do you think snow lions are controversial?

exist: Do you think snow lions exist or not? Do you think ghosts exists or not?

nonetheless: It is cold outside. Nonetheless, do you want to go out and play?

snow lion: Have you ever seen a snow lion?

some: Can you give me some money? May I give you some of this bread?

symbol: What is the snow lion a symbol of?
Snow Mountain পাহাড়ি 雪山
What do you see in the picture?
TEXT

It is impossible\textsuperscript{188} not to see a snow-capped\textsuperscript{189} mountain when traveling on the Tibetan Plateau\textsuperscript{190}. Many mountains are capped with snow year-round\textsuperscript{191}. Because of\textsuperscript{192} this, Tibet is often called the land of the snows. Tibetans are also called 'people of the snow-land'.

---

VOCABULARY

\textsuperscript{188} impossible .Infofi

\textsuperscript{189} snow-capped/ capped with snow 冰雪皑皑积雪盖顶

\textsuperscript{190} plateau 高原

\textsuperscript{191} year-round 全年

\textsuperscript{192} because of 因为，由于
QUESTIONS

impossible: Some people think nothing is impossible. What do you think?

plateau: Do you live on the plateau? Have you visited many places on the plateau?

snow mountain: Is there a snow mountain in your hometown?

snow-capped/ capped with snow: Have you ever seen a snow-capped mountain?

year-round: Is the weather the same year-round in your hometown?
Wild Yaks 野牦牛
What do you see in the picture?
Yaks live on the Tibetan Plateau. Wild yaks\textsuperscript{193} can symbolize strength or wild\textsuperscript{194} behavior. Wild yaks\textsuperscript{195} live at high altitudes\textsuperscript{196}, carry heavy loads\textsuperscript{197} on their backs, and travel from mountain to mountain. Because of this, Tibetans believe\textsuperscript{198} that wild yaks are also\textsuperscript{199} hard workers.

---

**VOCABULARY**

\textsuperscript{193} wild yak རྒྱ་ ཡི

\textsuperscript{194} wild རྒྱ་ རི་ 野性的

\textsuperscript{195} yak རྒྱ གི། གི། 牦牛

\textsuperscript{196} altitude འབྲི་འཛིན་སྟེང་བའི་གནས་ཀྱི་མི་ ལེགས། 海拔

\textsuperscript{197} loads སྐར་ 重

\textsuperscript{198} believe སེར་བ་ 相信

\textsuperscript{199} also བཏོན་ ཐོག་ སྐྱེས་ 倒頭

176
QUESTIONS

also: What food do people usually eat in your hometown? (They eat noodles. They also eat...)

altitude: Is your hometown at high altitude? What's the altitude of your hometown?

believe: Do you believe in ghosts?

load: Have you ever seen a yak carrying a load?

wild: What wild animals live in your hometown?

wild yak: Have you ever seen a wild yak?

yak: What color are yaks?
The Potala Palace

布达拉宫
What do you see in the picture?
The Potala Palace is a well-known symbol of the ancient Tibetan kingdom. It also symbolizes Tibetan architectural knowledge. The thirty-second Tibetan king, Songtsan gampo, built it. It was later enlarged by Lozang gyamtso and Deshi sang'gyi gyamtso. The Potala now symbolizes Tibet's important tourism industry.
QUESTIONS

ancient: Are there any ancient monasteries in your hometown?

architectural: What are the special architectural features in your hometown?

enlarge: How can you enlarge your vocabulary?

knowledge: How can people get more knowledge? Do you think knowledge is important? Why?

Potala Palace: Where is the Potala Palace? What color is it? Who lives in a palace?

tourism industry: Is the tourism industry big in your hometown?

well-known: What are some well-known places in your hometown?
King Gesar ཆོས་རྒྱལ་འབྲུག་ནས། 格萨尔王
What do you see in the picture?
King Gesar is one of the most\textsuperscript{207} famous\textsuperscript{208} people in Tibetan history. He was more than a mythical\textsuperscript{209} figure. When he was alive, he urged all Tibetans to expel evil spirits and cruel overlords\textsuperscript{210}. Gesar wanted to bring peace to Tibetans. He symbolizes peace, wisdom\textsuperscript{211}, justice\textsuperscript{212}, and Tibetans' bravery. Tibetans are proud of their great king.

\begin{center}
\textbf{VOCABULARY}
\end{center}

\textsuperscript{207} most མཚན་ 大多数

\textsuperscript{208} famous རག་པར་གནང་有名的

\textsuperscript{209} mythical རྟོགས་པ་神化的

\textsuperscript{210} overlord བོད་དག་རང་བཞིན་ 最高统治者

\textsuperscript{211} wisdom གཟིགས་智慧

\textsuperscript{212} justice གཟིགས་公正，正义
QUESTIONS

famous: Can you name some famous Tibetans? Have you ever met a famous person?

justice: Did Gesar fight for justice? Does Gesar symbolize justice?

mythical: Is Gesar a mythical person?

most: Where are most of your classmates from?

overlord: Was Gesar an overlord? What did Gesar do to cruel overlords?

wisdom: What can you tell about Gesar's wisdom?
The Tibetan Language 藏语
What do you see in the picture?
Tibetans speak the Tibetan language. Tibetan has three dialects: Kham, U-Tsang, and Amdo. Tibetans from Gansu, and some parts of Sichuan and Qinghai speak the Amdo dialect. Tibetans from other parts of Sichuan, Yunnan and Qinghai speak the Kham dialect. U-Tsang is spoken by Tibetans in the Tibet Autonomous Region. The Tibetan writing system has both cursive and printed scripts.

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**VOCABULARY**

213 dialect 言方言

214 Kham 康巴

215 U-Tsang 卫藏

216 Amdo 安多

217 writing system 文字

218 cursive 草写的

219 print 印刷

220 scripts 手写的
QUESTIONS

Amdo: Do you come from Amdo? Which places in Amdo have you been to? Where is Amdo?

cursive: Can you read cursive writing?

dialect: Which dialect do you speak?

Kham: Are you from Kham? What are some well-known places in Kham? Where is Kham?

print: Can you print that for me? I can't read cursive.

scripts: How many different scripts can you write?

Tibetan language: Do you speak the Tibetan language?

U-Tsang: The Potala Palace is in U-Tsang, isn't it? What are some famous places in U-Tsang?

writing system: How many writing systems do you know?
ACTIVITIES AND CELEBRATIONS

>alertang: dwaybrtan 庆祝与活动

Sliding on Ice རྒྱ་མཚོ 滑冰
What do you see in the picture? What are they doing?
Rivers freeze\textsuperscript{221} in winter and children play on the ice. One child sits on a big flat\textsuperscript{222} stone and another\textsuperscript{223} pushes\textsuperscript{224}. They take turns sliding and pushing. Some children slide\textsuperscript{225} on a flat piece of wood.

---

**VOCABULARY**

\textsuperscript{221} freeze སྣང་བ་ཐོབ་ 冻结

\textsuperscript{222} flat དེང་གི་ ལྟིང་མོ། 平的

\textsuperscript{223} another སྤྲ་ཚོད་ 另一个

\textsuperscript{224} push འམ་ཟད། 推

\textsuperscript{225} slide སྒྲ་ལྕགས། 滑行

192
QUESTIONS

another: How about another bowl of noodles? Can you tell me another joke?

flat: Is the ground flat around your home?

freeze: Do the rivers freeze in winter in your hometown?

push: If you slide on ice, who pushes you?

slide: Do you like to slide on the ice?
Tibetan Chess རོལ་ལྷན། 藏棋
What do you see in the picture?
Tibetan children and men play chess in their free time. Playing chess trains the mind and improves intelligence. Three or four people gather in the village. Two of them play chess. Others watch and give advice.

---

**VOCABULARY**

226 free time 空闲时间

227 train 培养

228 improve 提高

229 gather 聚集

230 advice 建议
QUESTIONS

advice: Who usually gives you advice? Who do you give advice to?

chess: Do you know how to play chess?

free time: What do you usually do in your free time?

gather: Where do people gather in your village?

improve: How can you improve your English?

train: Did you ever train for something? Tell me about it.
Speaking Competition

གཤེགས་པ་ལྡན་པོ་ རིན་པོ་ཆེ་
What are they doing?
This competition\textsuperscript{231} happens during the New Year. In this activity, two groups of males and females face each other. One group begins talking. The other group then replies\textsuperscript{232}. How people speak rather than what they say is important. People should speak humorously. They may discuss local gossip\textsuperscript{233}.

\begin{center}
\textbf{VOCABULARY}
\end{center}

\begin{itemize}
\item \textsuperscript{231} competition ကိုယ်စိုး 比赛
\item \textsuperscript{232} reply ကယူးဖြင့် 问答
\item \textsuperscript{233} gossip ကြည်းစွာ 闲话
\end{itemize}

200
QUESTIONS

competition: Have you ever joined a speaking competition? Have you ever joined another competition?

gossip: Do you think gossip is good or bad? What should you do if people gossip about you?

reply: How do you feel if you can't reply to your teacher's question?
Helping One-another

相互帮助
What do you see in the picture? What are they doing?
Tibetans have many rituals and parties\textsuperscript{234} that involve\textsuperscript{235} the entire village. Weddings and funerals are two such rituals. A donor\textsuperscript{236} typically buys and organizes everything. Holding such rituals helps villagers. Villagers say negative things about people who are stingy\textsuperscript{237} and do not help others.

---

**VOCABULARY**

\textsuperscript{234} party 宴会

\textsuperscript{235} involve 参与，包含

\textsuperscript{236} donor 捐赠者

\textsuperscript{237} stingy 吝啬的
QUESTIONS

donor: How do you feel about donors? Has your family ever been the donor for a ritual?

involve: What does being a donor involve? What does being a student involve?

party: Do you like to go to parties? Have you been to a party recently?

stingy: How do you feel about stingy people?
Story Telling 讲故事
TEXT

Stories teach people many lessons. They teach how to respect parents and elders. They teach the consequences\textsuperscript{238} of lying, killing, and cheating\textsuperscript{239}. Elders and parents tell\textsuperscript{240} stories\textsuperscript{241} to younger people. Sometimes\textsuperscript{242} children tell stories to each other. Nighttime is usually\textsuperscript{243} the best time to tell stories.

VOCABULARY

\textsuperscript{238} consequences 后果

\textsuperscript{239} cheat 说谎,欺骗

\textsuperscript{240} tell 讲述

\textsuperscript{241} stories 故事

\textsuperscript{242} sometimes 有时

\textsuperscript{243} usually 通常
QUESTIONS

cheat: Did you ever cheat anybody? Did anybody ever cheat you?

consequences: What are the consequences of bad actions?

sometimes: Do you sometimes lie? Do you sometimes sleep until lunch?

stories: Do you know any traditional stories?

story telling: Do people still listen to story telling in your hometown? Do you like story telling?

tell: Can you tell any traditional stories?

usually: What do you usually do in winter? What do you usually do in winter? What do you usually do on the weekend?
Picnic 野外聚餐
What are they doing?
TEXT

People often choose a sacred or a naturally beautiful site and hold a picnic\textsuperscript{244} there. The entire village sometimes has a picnic together. People picnic together during New Year in some places. In other areas, they picnic in summer. It is considered relaxing\textsuperscript{245} and enjoyable to be out in nice weather on the grassland.

\textbf{VOCABULARY}

\textsuperscript{244} picnic 伟大复兴野餐/松明采风

\textsuperscript{245} relax 放松
QUESTIONS

picnic: Do you like to go on picnics? When is the best time for picnics – summer or winter?

relaxing: Are picnics relaxing? What activities are relaxing?
Circle Dances 锅柱舞

214
What do you see in the picture?
A Tibetan proverb says, “If a Tibetan can walk, he can dance. If he can speak, he can sing.” Men and women often\textsuperscript{246} sing and dance together. Men stand on one side\textsuperscript{247} and women stand on the other side. They sing back and forth\textsuperscript{248}. In Kham, circle dancing\textsuperscript{249} is usually performed\textsuperscript{250} during\textsuperscript{251} New Year. Dancing sometimes goes from dusk\textsuperscript{252} until dawn\textsuperscript{253}.

\textbf{VOCABULARY}

\textsuperscript{246} often 通常

\textsuperscript{247} side 对面的、边

\textsuperscript{248} back and forth 相互之间的

\textsuperscript{249} circle dance 锅庄舞

\textsuperscript{250} perform 表演

\textsuperscript{251} during 在…期间

\textsuperscript{252} dusk 傍晚

\textsuperscript{253} dawn 黎明
QUESTIONS

back and forth: Have you ever seen people sing back and forth?

circle dance: Do you know how to circle dance?

dawn: What do you usually do at dawn?

during: Where will you be during the summer?

dusk: Which is more beautiful, dusk or dawn? Dusk is before night, isn't it?

often: Do you study English often?

perform: Do you like to perform for others?

side: Which side do you lie on when you sleep?
Throwing Stones རེགས་ལོག རིལ་གཉེན
What do you see in the picture?
Children do many things in their free time. These things are sometimes dangerous\textsuperscript{254}, but children do them anyway. One dangerous thing they like to do is throw stones. Children gather and divide into two groups. Each group finds a place where they can hide\textsuperscript{255}. They then throw stones at each other. Someone\textsuperscript{256} always gets hurt. No one\textsuperscript{257} is blamed\textsuperscript{258} for injuring\textsuperscript{259} another person.

---

**VOCABULARY**

\textsuperscript{254} dangerous སེམས་སོང་། 危险的，不安全的

\textsuperscript{255} hide ཕྱིན་། 躲藏，隐瞒

\textsuperscript{256} someone སྐྱེད་ཚེ། 某人

\textsuperscript{257} no one བོད་ལ་སེམས་ཅན་པའི་ཐོན་ཏེ། 没有人

\textsuperscript{258} blame དངོས་བཞིས། 责怪，怪罪

\textsuperscript{259} injure སྲེག་གཅིག་ཨེན་། 受伤，损害

220
QUESTIONS

blame: If I beat you, would you blame me?

dangerous: Is throwing stones a dangerous game?

hide: When you were a child, did you like to hide?

injure: If a stone hits you, will it injure you? Were you ever injured when you were a child?

no one: How do you feel when no one else is at home?

someone: Do you like to eat with someone or eat alone?
Tibetan Footbag  བོད་ལྡན་沙包
What do you see in the picture?
Tibetan children play with a footbag every day during the winter holidays. They first divide into two groups. Then they count their members. Players then kick the footbag in the air. They count the number of times each person kicks the footbag. They then add up the total number of kicks for each team. The team with the highest number wins. The winners throw footbags at everyone in the losing group.

---

**VOCABULARY**

260 holiday घटन्याला फक्तने व्यक्त के 假期

261 divide विभक्तकडून आणि 划分

262 kick तस्सा तस्सा विधान करण्यात येईल 踢
QUESTIONS

divide: How do you divide students in the classroom?

kick: Do you know how to kick footbag? Do you like to kick footbag?

holiday: What should I bring on holidays?
Horse Races རྟ་ནག་ཐབས་བོད་ 赛马
What is he doing?
Horse races\textsuperscript{263} are an important Tibetan tradition. They are held in Tibetan pastoral\textsuperscript{264} regions. Horse races are held on grasslands during summer. Men get up early in the morning and decorate\textsuperscript{265} their horses. Only males participate. The winner has the bravery necessary to tame\textsuperscript{266} a horse and harness\textsuperscript{267} its power. Villagers who attend the horse race wear their finest Tibetan clothes. Men have other tests of skill and agility\textsuperscript{268}. These include shooting and performing acrobatics\textsuperscript{269} on horseback.

\textbf{VOCABULARY}

263\hspace{1em} horse race .DOCT*0/12/0/0000 赛马

264\hspace{1em} pastoral .DOCT*0/12/0/0000 畜牧的

265\hspace{1em} decorate .DOCT*0/12/0/0000 装饰

266\hspace{1em} tame .DOCT*0/12/0/0000 驯服

267\hspace{1em} harness .DOCT*0/12/0/0000 治理，利用

268\hspace{1em} agility .DOCT*0/12/0/0000 敏捷

269\hspace{1em} acrobatics .DOCT*0/12/0/0000 杂技
QUESTIONS

acrobatics: Have you ever seen acrobatics at a horse race? Can you do any acrobatics?

agility: Horse riders need great agility, don't they?

decorate: How do you decorate yourself during New Year?

harness: Can we harness the energy of the sun? How can we harness human ability?

horse race: Do they hold a horse race in your hometown?

pastoral: Horse races are common in pastoral areas, aren't they? What work do people do in pastoral areas?

tame: Do you know how to tame a horse?
What do you see in the picture?
New Year is the most important Tibetan festival. It begins on the first day of the first lunar month and ends on the sixteenth day of the first lunar month. People wear their best clothes and eat the best food. Religious rituals are also held. People renew the village labtse, invite monks to chant scriptures, and hold Monlam in the monastery. Weddings are held during the New Year. People sing traditional Tibetan folk songs, give wedding speeches, and dance at weddings.

**VOCABULARY**

270 festival 节日

271 lunar month 农历

272 ritual 仪式

273 renew 更新

274 to hold/ held 举行

275 monastery 寺院

276 wedding 婚礼

277 folk song 民歌
QUESTIONS

festival: What are some festivals in your hometown?

folk song: Can you sing a folk song? Do you like folk songs?

lunar month: What lunar month is it now? Which lunar months is summer in?

monastery: Is there a monastery in your hometown? Do you know any famous Tibetan monasteries?

renew: What things do you renew during New Year?

ritual: Can you name any traditional rituals?

to hold/ held: What rituals do people hold during the New Year? What rituals are held in your hometown?

wedding: Did you go to a wedding last year? When will your wedding be?
Telling Epics 演说传奇
What do you see in the picture?
Long ago there was a brave\textsuperscript{278} king named Gesar. Some people say he was the son of gods. Gesar conquered\textsuperscript{279} many places. People nowadays tell the Gesar epic\textsuperscript{280} and sing about him. Most singers and tellers are from the grasslands. Most of the stories are about his birth and how he conquered other places. They also tell about Gesar's bravery and wisdom. Some people can tell the stories when they are very young. The best tellers can recite\textsuperscript{281} the Gesar Epic for several days. The Gesar Epic is still\textsuperscript{282} popular\textsuperscript{283} today. Because of this, Tibetans listen to the Gesar Epic on the radio.

\newpage

\textbf{VOCABULARY}

\textsuperscript{278} brave \textbf{英勇的}  

\textsuperscript{279} conquer \textbf{占领}  

\textsuperscript{280} Gesar epic \textbf{格萨尔王传}  

\textsuperscript{281} recite \textbf{背诵}  

\textsuperscript{282} still \textbf{还是，仍然}  

\textsuperscript{283} popular \textbf{流行的}
QUESTIONS

brave: Are you sometimes brave? Do you know any brave people?

conquer: Which places did Gesar conquer?

popular: Is the Gesar story still popular?

Gesar Epics: Do people often tell the Gesar epic nowadays? Can you tell the Gesar epic?

recite: Can you recite any poems?

still: Do people in your hometown still recite the Gesar epic?
The Hair Changing Ritual 头饰礼仪
What do you see in the picture?
Hair changing rituals are held in Amdo. This ritual is held for girls when they turn fifteen. On the occasion of the girl's hair changing ritual, her family invites all relatives, friends, and villagers for a banquet. Hairdressers plait the girl's hair into many thin braids early in the morning. They tie the braids with a white katag. The hair is also decorated with many Tibetan hair ornaments, often made of silver and coral. The hairdressers are carefully chosen from among many village women. They should be married, healthy, hard wording, and good looking. They should not have broken teeth, be blind, or be mentally ill. The hair changing ritual announces that the girl is now an adult woman.
QUESTIONS

adult: Are you an adult? How old is an adult?

banquet: Have you ever been to a banquet? Do you enjoy banquets?

hairdresser: Are hairdressers usually men or women?

occasion: Is hair changing a special occasion?

ornament: Do brides wear beautiful ornaments at weddings?

plait, braid: Do you like to plait your hair? Do boys braid their hair?
FOODS AND DRINKS

Boiled Water

开水
What do you see in the picture?
Tibetans drink a lot of boiled\textsuperscript{290} water when they get a cold. They believe this cleans the inside of their body and removes\textsuperscript{291} the bad things that cause\textsuperscript{292} sickness.

\begin{center}
\underline{VOCABULARY}
\end{center}

\textsuperscript{290} boiled \textsuperscript{291} \textsuperscript{292}  

\begin{itemize}
\item boiled \textsuperscript{290}  ฝ่าละลาย \textsuperscript{291}  移走、去除 \textsuperscript{292}  引起
\end{itemize}
QUESTIONS

boiled: Do you like to drink boiled water or cold water? Is this water boiled? Has the water boiled yet?

cause: What is the cause of this sickness? What causes water to boil?

remove: Do you remove your shoes when you enter a house?
Milk and Dri 鲜牛奶
What do you see in the picture?
TEXT

*Dri* is the milk of a female yak that has recently\textsuperscript{293} given birth\textsuperscript{294}. It is rare\textsuperscript{295} and difficult to get. People drink it in spring and summer. Children and babies commonly drink both milk and *dri*.

---

**VOCABULARY**

293 recently རོ་མེད ། 最近

294 birth རྩེལ ། 出生

295 rare རངས་གཞག ། 罕见的
QUESTIONS

*birth:* Who gave birth to you – your mother or father?

*rare:* Do you know the names of any rare animals? Which is more rare – gold or coral?

*recently:* Where have you been recently? What have you been doing recently?
Yoghurt 酸奶
What do you see in the picture?
TEXT

Yoghurt\textsuperscript{296} is common in pastoral areas. Most Tibetans have yoghurt with sugar after meals. However, some Tibetans don't put sugar in their yoghurt. They think sugar in yoghurt is unnatural\textsuperscript{297}. Yak yoghurt is more nutritious than cow yoghurt.

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VOCABULARY

\textsuperscript{296} yoghurt རྨ་ 酸奶

\textsuperscript{297} unnatural གནང་། གཉིས་པའི། གནང་། གཉིས་པའི། གནང་། གཉིས་པའི། 异常的, 不纯的
QUESTIONS

unnatural: Do you think it is unnatural to put sugar in yoghurt?

yoghurt: Do you know how to make yoghurt? What color is yoghurt? If you eat yoghurt, do you feel sleepy?
Meat 肉
What do you see in the picture?
Tibetans eat meat on special occasions. Nomads eat more meat than farmers. Nowadays, Tibetans in cities eat more meat than farmers and nomads. People commonly eat mutton and beef. They boil the meat and eat it with a knife.

---

**VOCABULARY**

298 more...than... 超过, 多于

299 nowadays 现今

300 nomad 牧民

301 mutton 羊肉

302 beef 牛肉

303 knife 刀
QUESTIONS

beef: Do you prefer beef or mutton?

knife: Do you know how to use a knife to cut meat?

mutton: What animal does mutton come from?

more...than...: What is more important than your life?

nomad: Are you a nomad? Do nomads like to eat meat?

nowadays: Do people often tell the Gesar epic nowadays?
Bread 🍞 馒馍
What do you see in the picture?
Bread is a popular Tibetan food. There are many kinds of bread. Bread deep-fried in oil is called gomar – red bread. Bread baked in a pot is called goja – gray bread. Steamed bread is usually eaten for breakfast and lunch.

---

**VOCABULARY**

304 deep-fry 油炸

305 bake 烤

306 pot 锅

307 steamed bread 烤馍 | 蒸馍

260
QUESTIONS

bake: How do people bake bread?

dep-fry: What do you need to deep-fry bread? Do you know how to deep-fry bread?

pot: What do people cook in pots?

steamed bread: Do you often eat steamed bread for breakfast?
Extra Meal 午后小餐
Tibetans have a small meal between lunch\textsuperscript{308} and dinner\textsuperscript{309}. This is usually around four-thirty. This meal is called jalag or shija. It is not as important as lunch and dinner. People drink tea. They eat bread and leftovers\textsuperscript{310} from breakfast\textsuperscript{311} or lunch.

\textbf{VOCABULARY}

\begin{itemize}
\item lunch ตุ๊ะ ๚ ผื ผื猪餐
\item dinner ตุ๊ะ ๚ นั้นี่ ผื ผื猪餐
\item leftovers ตุ๊ะ ๚ ผื ผื猪剩饭
\item breakfast ตุ๊ะ ๚ ผื ผื猪早餐
\end{itemize}
QUESTIONS

breakfast: What do you like for breakfast?

dinner: What do you often have for dinner at your home?

lunch: What did you have for lunch?

leftovers: Should we discard leftovers? Do you often eat leftovers?
Tea 茶
What do you see in the picture?
Tea is an important Tibetan drink. Milk tea, butter tea, and black tea are common. Black tea is made in boiling water. The other two use milk or butter. Butter tea is the most nutritious\textsuperscript{312} tea. It is served to honored\textsuperscript{313} guests. People drink black tea daily.

\textbf{VOCABULARY}

\textsuperscript{312} nutritious རྩ་ཙུལ། \textit{有营养的}

\textsuperscript{313} honored རུབུ་ཐོང་པོ། \textit{尊贵的}
QUESTIONS

honored: What do you do for honored guests? What food do you serve honored guests?

nutritious: Is tsampa nutritious?
Tsampa 周様
糌粑
**TEXT**

*Tsampa* is the most common\textsuperscript{314} Tibetan food. It is made from butter, cheese, sugar, tea, and roasted\textsuperscript{315} barley flour. Tibetans traditionally eat *tsampa*\textsuperscript{316} for breakfast. They first pour\textsuperscript{317} a bowl of tea. Then, they add butter, cheese, and sometimes sugar. They next knead\textsuperscript{318} the roasted barley flour into dough with their right hand.

---

**VOCABULARY**

314 common ེན་ནོར་ 常见的，一般的

315 roasted ཀྱུན་པའི་ 烤的

316 tsampa གུས་ 粥粑

317 pour རྒྱུ་ཞུང་ 倒，灌

318 knead སྐྱེད་ 揉
QUESTIONS

common: What are some common foods in your hometown?

dough: What does dough look like?

knead: Is it difficult to knead dough? How long should you knead dough?

pour: Can you pour me some tea?

roasted: Do you like roasted meat? What foods can be roasted?

tsampa: Do you like to eat tsampa? Do you often eat tsampa?
Gutig 藏族的除夕饭
What do you see in the picture?
Tibetans eat a special meal called *gutig* on New Year's Eve\textsuperscript{319}. People first clean their homes. Then they prepare *gutig* and eat it. All family members must be at this meal. People think that Shinjyil chijyal, the deity who judges\textsuperscript{320} people after death, comes to weigh\textsuperscript{321} each person that night. People try to eat as much as they can so they will feel heavy\textsuperscript{322}. If they are heavy, Shinjyil chijyal thinks they are a good person.

\textbf{VOCABULARY}

\textsuperscript{319} New Year's Eve 舰队*(藏文)* 新年前夕

\textsuperscript{320} judge 评判

\textsuperscript{321} weigh 称重量

\textsuperscript{322} heavy 沉重的
QUESTIONS

heavy: Can you carry heavy loads? Do you like to carry heavy loads?

judge: How do you judge if food is delicious?

New Year's Eve: What do you usually do on New Year's Eve?

weigh: How much do you weigh?
Nyog 豆面饭
What do you see in the picture?
Tibetans have a special food called *nyog*. There are several kinds of *nyog*.

1. *Ser'nyog* is made from oil and flour cooked in water.
2. *Shan'nyog* is made from bean flour\textsuperscript{323} cooked in water.
3. *Dri'nyog* is made from rice, raisins\textsuperscript{324}, and jujubes\textsuperscript{325} cooked in water.
4. *Shi'nyog* is made from wheat flour\textsuperscript{326} cooked in water.
5. *Gar'nyog* is made from flour, meat, and vegetables cooked together in a bowl.

Most *nyog* can be eaten with chili and garlic but *dri'nyog* cannot.

---

**VOCABULARY**

\textsuperscript{323} bean flour ブルних 豆面

\textsuperscript{324} raisins クルメンキセウヒョウぶん 葡萄干

\textsuperscript{325} jujubes カルメンキセウヒョウぶん 葡萄干

\textsuperscript{326} wheat 小麦
QUESTIONS

*bean flour*: Do people cook *bean flour* in your hometown?

*jujubes*: What do *jujubes* look like? Do you like to eat *jujubes*?

*raisins*: How do people make *raisins*? When do you eat *raisins*?

*wheat*: Do people grow wheat in your hometown? What's the difference between wheat and barely?
Butter Cake 酥油饼
What do you see in the picture?
TEXT

Tud is a Tibetan food made of butter, tsampa, cheese, and sugar. It is often made at weddings. The process of making thud is:

1. Melt\textsuperscript{327} butter
2. Sift small pieces of cheese in a bamboo sifter\textsuperscript{328}
3. Put the cheese, tsampa and sugar into the melted butter
4. Mix\textsuperscript{329} the ingredients together in a basin\textsuperscript{330}
5. Put the basin in a cold place and leave overnight\textsuperscript{331}
6. Put the basin containing the tud onto the stove briefly\textsuperscript{332}
7. Then remove the tud

VOCABULARY

\textsuperscript{327} melt \textit{བུ་ཐོང་} 熔化

\textsuperscript{328} bamboo sifter \textit{བོད་ལྔ་ཉི་ཞུང་} 竹筛

\textsuperscript{329} mix \textit{ཉི་མེ་} 揀合

\textsuperscript{330} basin \textit{བུ་རི་} 盆

\textsuperscript{331} overnight \textit{མཚན་ཐབས་} 整夜

\textsuperscript{332} briefly \textit{ཉི་མེ་} 短暂地
QUESTIONS

*bamboo sifter*: Do you have a bamboo sifter in your home? What does a bamboo sifter look like?

*basin*: What do you usually put in basins?

*briefly*: Can you briefly talk about your family?

*melt*: Do you like to drink melted butter? How do you melt butter?

*mix*: Is it difficult to mix tsampa?

*overnight*: Have you ever stayed in a hotel overnight?
Pagtsa marka Bread 南印度式马卡 香酥饼
What do you see in the picture?
PAGE 288

**TEXT**

*Pagtsa marka* is made from butter, cheese, sugar, and flour. People usually eat it when important guests come and during the New Year. It is popular in pastoral areas. Women often make *pagtsa marka*. The woman makes many small pills\(^{333}\) of dough. She boils them in hot water. Secondly, cheese is sifted\(^{334}\) in a bamboo sifter. Next, butter is melted. The sugar, cheese, and dough pills are placed in the butter. All the ingredients\(^{335}\) are boiled. The *pagtsa marka* is then served\(^{336}\) and eaten.

**VOCABULARY**

\(^{333}\) pills རྣམ་ 药丸

\(^{334}\) sift དབུ་མེག་ 筛选

\(^{335}\) ingredients དབུ་གནོད་ 配料

\(^{336}\) serve རྣམ་ཟེར་བའི་ཐུབ་ 服务
QUESTIONS

ingredients: What are the ingredients of pagtsa marka bread? What are the ingredients of tsampa?

pills: Do you take pills when you become ill?

serve: What food do you usually serve guests when they visit?

sift: What can you use to sift flour? Apart from flour, what else can you sift?
Noodles 面条
What do you see in the picture?
Noodles are common in Tibetan areas, especially in southern Tibet. There are several\textsuperscript{337} kinds\textsuperscript{338} of noodles. \textit{Tentig} is small flat pieces of dough\textsuperscript{339} cooked in a soup with meat and vegetables. \textit{Tsajur} is cooked with \textit{tara}, salt, and onions. These ingredients are then boiled in water with long, thin noodles. \textit{Tsajur} is sour\textsuperscript{340}. \textit{Hubser} are long thin noodles that are taken out of their broth and covered in oil. Garlic, chili, and vinegar are added. \textit{Hubser} is popular during summer when the weather is hot.

\begin{center}
\textbf{VOCABULARY}
\end{center}

\textsuperscript{337} several 一些

\textsuperscript{338} kind 善良的

\textsuperscript{339} dough 面团

\textsuperscript{340} sour 酸味
QUESTIONS

dough: What does dough look like?

kind: How many kinds of noodles do you know? How many kinds of noodles can you make? What kind of person are you?

several: Can you name several famous Tibetan places?

sour: Is yogurt sour? Is tsampa sour? What foods are sour?
LOVE AND MARRIAGE

婚烟与爱情

Whistling

吹口哨
What is she doing?
If a boy is interested\(^{341}\) in a girl, he makes a 'shu' sound to get her attention\(^{342}\). The girl might glance\(^{343}\) at him. If she likes him, she walks away to a private\(^{344}\) place. The boy follows her.

\[\begin{align*}
\text{VOCABULARY} \\
\text{interested in} & \quad \text{对...感兴趣} \\
\text{attention} & \quad \text{注意, 专心} \\
\text{glance} & \quad \text{一瞥, 匆匆一看} \\
\text{private} & \quad \text{私人的}
\end{align*}\]
QUESTIONS

attention: Do you pay attention in class?

glance: Can you learn new words by glancing at them?

interested in: What are you interested in? Are you interested in this book?

private: Are there some private places in your village?
Asking for a Wife 提亲
What are they doing?
There is a common way to ask for a wife in Amdo. The father of a young man goes to the girl's family. He brings a katag, barley liquor, and candies. He then discusses with the girl's father. They reach a decision about the marriage.

VOCABULARY

345 liquor 白酒

346 decision 决定
QUESTIONS

beer: Do you like to drink beer?

decision: What do you do if you can't make a decision?

liquor: Do you often drink liquor? What is liquor made from? What color is it?
Sending off the Bride   རྣམ་ལེགས་པ། 送新娘
What do you see in the picture? What are they wearing?
The bride dresses\textsuperscript{347} in her finest\textsuperscript{348} clothes early in the morning. All the young women in the family gather to send\textsuperscript{349} her off. The girl must\textsuperscript{350} arrive before sunrise\textsuperscript{351} if the groom's home is in the same village. The bride must arrive before noon\textsuperscript{352} if the distance is further.

\textbf{VOCABULARY}

\textsuperscript{347} to dress \textbf{穿}

\textsuperscript{348} finest \textbf{最好的}

\textsuperscript{349} send off \textbf{为...送行}

\textsuperscript{350} must $X$ if $Y$ \textbf{如果...是 $Y$...必须是 $X$}

\textsuperscript{351} sunrise \textbf{日出时}

\textsuperscript{352} noon \textbf{中午}

304
QUESTIONS

finest: When do you wear your finest clothes?

must X if Y: Must we go if it is raining? Must we eat the food if it is cold? What must we do if it snows?

noon: Do you usually eat lunch at noon?

send off: Who sends off the bride in your hometown?

sending off the bride: How do they send off the bride in your hometown?

to dress: What do you normally dress in to go to school?

sunrise: What time of day is sunrise? Do you wake up before sunrise?
Messenger 信使
What do you see in the picture?
When a boy loves a girl, he tells a friend or relative about his feelings\(^{353}\). That person is a messenger\(^{354}\). The messenger goes to the girl's home to tell her about the boy's feelings. If the girl is pleased\(^{355}\), she organizes\(^{356}\) a date to meet her admirer\(^{357}\). Eventually\(^{358}\), the boy and girl meet.

---

**VOCABULARY**

\(^{353}\) feelings 感受

\(^{354}\) messenger 信使，送信人

\(^{355}\) pleased 满意的，快乐的

\(^{356}\) organize 组织，安排

\(^{357}\) admirer 赞赏者，爱慕者

\(^{358}\) eventually 终于

308
QUESTIONS

admirer: Do you have an admirer?

eventually: Do you eventually want to go to Lhasa? Will you eventually go home?

feelings: Did someone hurt your feelings?

messenger: Have you ever been a messenger?

organize: Who organizes festivals and rituals in your village?

pleased: When do you feel pleased?
Eloping 私奔
Sometimes a boy and girl want to marry but their parents disagree. Then they might elope. The elopers tie a white katag on the courtyard gate. The parents sometimes reconcile with their eloped children. The children can then return home. In other cases, the eloped couple lives in exile for the rest of their lives.

VOCABULARY

elope 私奔

courtyard 庭院

reconcile 调和

couple 一对

exile 流亡地
QUESTIONS

couple: Are your parents a happy couple?

courtyard: Does your home have a courtyard? What's in the courtyard?

elope: Has anyone in your village ever eloped? Do you want to elope?

exile: Why do eloped couples go into exile?

reconcile: How do you reconcile if you argue with a friend? Is it good to reconcile with someone if you argue with them?
Winking 递眼色
What is he doing?
Winking\textsuperscript{364} expresses\textsuperscript{365} romantic\textsuperscript{366} interest\textsuperscript{367} in a person. Both men and women can do it. People do this especially in public places. It conveys their interest to another person. People close both eyes to express anger. This is called blinking\textsuperscript{368}. If you look at another person and deliberately\textsuperscript{369} blink, it shows that you are angry with them.

---

**VOCABULARY**

\textsuperscript{364} \textit{wink} \texttt{क्रूङःक्रोङः} 眨眼，递眼色

\textsuperscript{365} \textit{express} \texttt{क्रूङःक्रोङः} 表达

\textsuperscript{366} \textit{romantic} \texttt{क्रूङःक्रोङः} 浪漫的

\textsuperscript{367} \textit{interest} \texttt{क्रूङःक्रोङः} 兴趣，爱好

\textsuperscript{368} \textit{blink} \texttt{क्रूङःक्रोङः} 眨双眼

\textsuperscript{369} \textit{deliberately} \texttt{क्रूङःक्रोङः} 故意地
QUESTIONS

blink: What does it mean when people blink in your home culture?

deliberately: If someone deliberately kicked you, what would you do?

interest: How do you show your interest in a boy or girl?

romantic: Do you like to read romantic books? Do you like to watch romantic movies?

express: What do you do to express regret?

wink: When do you wink at people?
Singing Love Songs 唱情歌
What do you see in the picture?
Boys and girls sing love songs\textsuperscript{370} to each other. A boy sings love songs to a girl if he likes\textsuperscript{371} her. Then the girl must respond. People often sing love songs while herding or farming. However, be very careful\textsuperscript{372} with your family members! Make sure they are not nearby\textsuperscript{373} when you sing a love song. It is taboo\textsuperscript{374} in Tibetan culture.

\underline{VOCABULARY}

\textsuperscript{370} sing love songs นักขอลันธนภักดี 唱情歌

\textsuperscript{371} like นักขอลันธนภักดี 喜欢

\textsuperscript{372} careful นักขอลันธนภักดี 小心的，注意的

\textsuperscript{373} nearby นักขอลันธนภักดี 附近，旁边

\textsuperscript{374} taboo นักขอลันธนภักดี 禁忌的，禁止的
QUESTIONS

careful: When should we be careful?

nearby: Is there a monastery nearby your village? What is nearby your village?

sing love songs: Can you sing any love songs? Have you heard people sing love songs?

taboo: What things are taboo in your hometown?

to like: Which singers do you like? Which food don't you like?
Throwing Stones རོགས་ཤེས་ 扔石头
What do you see in the picture?
Boys go to visit girls' homes at night. If a boy meets a girl during the day, he asks where her home is. He also asks which room\textsuperscript{375} is hers. When he comes to visit her at night, he throws\textsuperscript{376} small stones on the roof\textsuperscript{377}. This wakes\textsuperscript{378} the girl up. She then unlocks\textsuperscript{379} the courtyard gate so the boy can come inside.

**VOCABULARY**

- room \(नयाँ हराञ्छ\) 房间
- throw \(लाग्नु\) 扔
- roof \(फणुक\) 屋顶
- wake up \(भूलो\) 醒来
- unlock \(अलगो\) 开锁
QUESTIONS

house: Does your family live in a big house? How many people live in your house?

roof: Is your house's roof flat?

room: How many rooms are in your family house?

throw: When you were a child, did you like to throw stones?

unlock: What do you do if you come home and can't unlock the door?

wake up: What time do you usually wake up?
Ear Pulling 拉耳朵
What is she doing?
Ear pulling\textsuperscript{380} happens the night before the wedding in Xunhua County\textsuperscript{381}, Qinghai Province\textsuperscript{382}. The groom comes to the bride's family home with a friend. All youths from the bride's village gather in her home and wait. When the groom and his friend arrive, they sit on the bed with village boys. Village women sit on stools\textsuperscript{383} or the ground. All the women rush\textsuperscript{384} at the groom and pull his ears. The groom tries to defend\textsuperscript{385} himself and his friend helps. Everyone laughs. The groom and his friend must placate the women by singing to them or giving them money.

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**VOCABULARY**

\textsuperscript{380} pull \textsuperscript{380} 拉
\textsuperscript{381} county \textsuperscript{381} 县
\textsuperscript{382} province \textsuperscript{382} 省
\textsuperscript{383} stool \textsuperscript{383} 凳
\textsuperscript{384} rush \textsuperscript{384} 冲
\textsuperscript{385} defend \textsuperscript{385} 保卫

328
QUESTIONS

county: What county are you from? What counties have you visited?

defend: How does the friend defend himself when women pull his ears? If a dog attacked you, how would you defend yourself?

province: What province are you from? Which provinces have you visited? How many provinces are in China?

pull: Do people pull ears during weddings in your hometown?

rush: Are you in a rush? Who rushes at the groom?

stool: Are stools high or low? Do you like to sit on stools or chairs?
Marriage 婚姻 婚礼
What do you see in the picture?
Tibetan weddings often take a few months. Families must consider many things before accepting a marriage. They make sure the other family has clean bones. People with unclean bones may smell bad and lack eyebrows. People worry about the family's reputation. A man may marry into his wife's home if she is the only child in her family. Then the daughter can remain at home and take care of her parents. Several meetings and parties are held between the families before the actual wedding day. Matchmakers visit the other family at least two or three times to check the family background and to negotiate the meeting days, wedding party, gifts, and invitations. Each time, the family gathers its most important relatives to meet the matchmakers.

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**VOCABULARY**

386 consider ការចុះឡើង ការជ្រូកុម្រាន 顾虑

387 marriage ការស្វែងេូក 婚礼

388 may ធនា ការរីករាល 也许, 可以

389 eyebrow ម្កាម 眉毛

390 reputation ការបង្កើត 名誉

391 take care of ការធ្វើ ការសុំែត 照顾
QUESTIONS

consider: What do people consider when choosing a bride?

eyebrows: How many eyebrows do you have? Are they thick or thin?

marriage: Do you think marriage is important?

may: He may come tomorrow, right? You may study English next year, right?

reputation: Is a good reputation important?
take care of: Will you take care of your parents when they get old?
Wedding Party 婚宴
What do you see in the picture? What are they doing?
Wedding parties are held for two to three days in most Tibetan areas. The party announces and celebrates that the man and woman are married. It also allows the couple to get to know their new relatives, friends, and villagers. The family's reputation suffers if they don't have a wedding party. If a woman marries into a man's family, the bride's side, including relatives and good friends, prepares clothes, money, and other gifts for the bride and groom. The bride's side displays all their gifts after wedding speeches are given at the groom's home. Next, guests from the groom's side display their gifts. The groom's family then feeds all the guests and gives gifts to the bride's family. After the wedding day, the groom's family holds parties to feed all the helpers for one or two days, and gives gifts to the important helpers. It is impolite to send off the bride's family and helpers without any gifts.

**VOCABULARY**

392 celebrate དེབ་བཟོད། 庆祝

393 get to know བོད་པ། 认识

394 display འོག་པར་འོད། 展示，展览

395 impolite ཟུལ་བཟོད། 无礼的

336
QUESTIONS

display: What do people display during the New Year in their homes?

could you know: Would you like to get to know me better?

impolite: Is it impolite to visit without a gift?
RELIGION 宗教

Chanting Scripture 念经
What do you see in the picture?
A family invites *lamas* and monks to chant for sick people. Tibetans believe that chanting scriptures expels\(^{396}\) illness. This works for both physical\(^{397}\) and mental\(^{398}\) illnesses. Tibetans deeply believe in the power\(^{399}\) of chanting.

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**VOCABULARY**

\(^{396}\) expel अवस्थितीकरण वेदना फुकस्त - 驱逐, 赶走

\(^{397}\) physical भौतिक शरीरी - 身体的

\(^{398}\) mental आध्यात्मिक - 心理的, 精神的

\(^{399}\) power शक्ति - 权力, 势力

340
QUESTIONS

expel: How do people expel ghosts?

mental: Are there any people with mental illnesses in your village?

physical: What are some physical illnesses?

power: Do you believe in the power of chanting?
Divination
What do you see in the picture?
Tibetans believe deeply\footnote{400} in the power of Buddhist\footnote{401} diviners\footnote{402}. Whenever they get sick, they go to a diviner rather than\footnote{403} a doctor. The diviner chants and uses prayer beads\footnote{404}. Then he offers\footnote{405} advice.

\footnotesize

**VOCABULARY**

\footnote{400} deeply 万亿元 万亿元

\footnote{401} Buddhist 贡觉 贡觉 贡觉

\footnote{402} diviner 贡觉 占卜者

\footnote{403} rather than 贡觉 与其...不如...

\footnote{404} prayer beads 贡觉 念珠

\footnote{405} offer 贡觉 献
QUESTIONS

Buddhist: Are you a Buddhist?

deeply: Do your villagers deeply believe in divination?

diviner: Are you a diviner? Is there a diviner in your school?

offer: What do you offer guests?

prayer beads: Do you have any prayer beads?

rather than: If you were sick, would you go to a diviner rather than a doctor? Do you want to drink water rather than beer?
Doing Prostrations 磕头
What are they doing?
Tibetans do many prostrations$^{406}$ in their family shrine if they become ill$^{407}$. They also do prostrations after recovering$^{408}$ from an illness. They believe this brings them blessings from Buddha and Buddhist deities. These blessings keep them healthy.

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**VOCABULARY**

$^{406}$ prostrations ཀྱིད་གུམ་བཞིན། 磕头

$^{407}$ become ill རི་ ཁོང་ 生病

$^{408}$ Recover དབང་བཞིན། 恢复
QUESTIONS

become ill: Do you often become ill? What do you do if you become ill?

prostrations: How do people do prostrations? Where do people do prostrations?

recover: If you become ill, do you usually recover quickly?
Chanting 香颂
What do you see in the picture?
Chanting is important for Tibetans. Villagers invite monks to chant when people are sick or possessed by ghosts, when a natural disaster occurs, when someone dies, or when a baby is born. Families also invite monks to chant every year. This ensures the family's prosperity in the coming year.

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**VOCABULARY**

409 possessed 附属
glasa'i drung

410 natural disaster 自然灾害

411 ensure 担保
gtang gi

412 prosperity 财产

352
QUESTIONS

ensure: How do you ensure your health?

natural disaster: Have you ever seen a natural disaster? How can people prevent natural disasters?

possessed: What do people do if someone is possessed by a ghost? Have you ever seen someone possessed by ghosts?

prosperity: What can you do to ensure prosperity?
Inviting Monks to Chant

邀请和尚念经
What do you see in the picture?
The bride's family invites monks\(^{413}\) to chant\(^{414}\) for one or two hours before she visits the groom's family for the first time. The monks chant to bring\(^{415}\) happiness to the girl and good luck to the family. In some places, the bride leaves\(^{416}\) her home before sunset\(^{417}\). She doesn't leave in the morning.

**VOCABULARY**

\(^{413}\) monk बुद्ध बुद्ध: 和尚

\(^{414}\) chant कानैड़ा: 念经

\(^{415}\) bring दृष्टतक: 带来, 拿来

\(^{416}\) leave जातक: 离开

\(^{417}\) sunset त्रयुक्तात्म: 日落
QUESTIONS

bring: What should I bring to class? What should I bring on holidays?

chant: Who usually chants?

leave: When will you leave here?

monk: Are there any monks in your family?

sunset: What time is sunset in winter? What time is sunset in summer?
Eight Auspicious Symbols

吉祥八宝
What are these symbols? What do they mean to you?
The Eight Auspicious Symbols are: an umbrella, a wheel, a victory banner, a vase, a lotus, a pair of golden fish, an endless knot, and a conch shell. Tibetans believe that each of the symbols provides protection and brings luck. These symbols can be seen in homes and monasteries and on cups, bowls, and paintings.

VOCABULARY

418 auspicious 吉祥的

419 umbrella 伞

420 victory banner 胜利幢

421 vase 花瓶

422 lotus 莲花

423 golden fish 金鱼

424 endless knot 吉祥结

425 conch 海螺

426 protection 保护
QUESTIONS

auspicious: Is snow on the first day of the New Year auspicious? What things are auspicious?

conch: What color is a conch? Where do conches come from?

endless knot: What color is the endless knot? What does an endless knot look like?

golden fish: How many golden fish are in the Eight Auspicious Symbols?

lotus: Where do lotus plants grow?

umbrella: When do people use umbrellas?

vase: What does a vase look like?

victory banner: What does a victory banner look like?

disturb: When do you feel disturbed? Why?
Stamped Clay Buddha Images

小泥佛像
What do you see in the picture?
Tsa tsa are stamped\textsuperscript{427} clay\textsuperscript{428} Buddha images. Making them is an informal\textsuperscript{429} religious practice. No ritual specialist is necessary. People mostly make them during winter because they have much free time. Community members gather at the mani kang. This is also where the tsa tsa are kept. They use metal molds\textsuperscript{430} to press\textsuperscript{431} images into red clay.

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**VOCABULARY**

\textsuperscript{427} stamp  banged  印章

\textsuperscript{428} clay  薩拉  泥土

\textsuperscript{429} informal  业余  非正式的

\textsuperscript{430} molds  模子

\textsuperscript{431} press  壓
QUESTIONS

clay: What color is clay? Where do people get clay?

informal: Are weddings formal or informal?

molds: What does a stamped clay Buddha image mold look like? What are molds made from?

press: If you press a window hard, what happens?

stamp: How do people stamp Buddha images? Can you please stamp this paper for me?
Giving Alms to Cure Illness

施舍
What do you see in the picture?
Alms \(^{432}\) are given when a family member is sick. Almsgiving \(^{433}\) includes giving food to beggars \(^{434}\), giving candy to children, and spreading tsampa on the ground for insects to eat. The family might \(^{435}\) also scatter barley \(^{436}\) on their roof for birds to eat. Tibetans believe giving alms to the poor and to animals cures \(^{437}\) the sick person. Almsgiving also increases \(^{438}\) merit.

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**VOCABULARY**

- **alms** शुद्धि व्रत दान श्रद्धा दानम्
- **almsgiving** श्रद्धा
- **beggars** श्रद्धा दानम्
- **might** में भविष्यवाचक
- **barley** बार्ली
- **cure** उपचार करना
- **increase** व्याप्ति करना
QUESTIONS

alms: Do you usually give alms to beggars?

almsgiving: Can almsgiving generate merit?

barley: Do people grow barley in your hometown?

beggars: Are there any beggars in your hometown?

cure: How do you cure a cold?

increase: How can you increase your English vocabulary?

might: What might you do tomorrow? Where might you go in summer?
Fasting

食戒
What do you see in the picture?
Fasting\textsuperscript{439} is a Tibetan religious ritual. The procedure\textsuperscript{440} and time of the ritual vary from place to place. A common date is on Buddha's birthday – the fifteenth day of the fourth lunar month. Participants fast for two or three days. They eat a little in the morning, and only drink tea or water throughout\textsuperscript{441} the day. A religious teacher may give teachings.

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**VOCABULARY**

\textsuperscript{439} fasting 禁食 稱食 冥想 食 舊岁

\textsuperscript{440} procedure 步骤

\textsuperscript{441} throughout 从头到尾

372
QUESTIONS

fasting: Do people hold fasting rituals in your village? Do young people join fasting or elders?

procedure: What is the procedure for fasting? What is the procedure for weddings in your hometown?

throughout: What do you do throughout the winter? What did you do throughout the day?
Naming

藏文取名
What do you see in the picture?
Parents go to a prominent tantric master to get a name for their child. They believe spirits will disturb the child if it doesn't have a strong name. The child becomes ill if an unsuitable name is given. The parents then seek a new name for the child. They might ask a lama. The child is thus protected and grows up healthily.

VOCABULARY

prominent ภูมิใจ ภูมิใจ 杰出的

tantric master จันททร์ 会诊大师本本子（青海方言）

name คำ 名字

disturb ขัดขวาง  妨碍

unsuitable ที่ไม่เหมาะสม 不适合的
QUESTIONS

name: What's your name?

newborn: What do people do for newborns in your hometown?

prominent: Who is the most prominent teacher in your school?

tantric master: What does a tantric master look like?

unsuitable: What do people if they choose an unsuitable name? What does a baby do if its name is unsuitable?
Exorcising Ghosts

驱邪
What do you see in the picture?
If a family member gets sick or dies in an accident, the family visits a diviner and asks why this happened. The family may need to exorcise a ghost. There are a variety of rituals to achieve this. Monks often make a small tsampa effigy. They chant for one or two days and then dispose of the effigy. This is thought to exorcise the ghost.

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**VOCABULARY**

447 accident 事故

448 exorcise 驱魔

449 variety 多样化

450 effigy 肖像，模拟像
QUESTIONS

accident: Have you ever been in an accident?

effigy: What kinds of effigy have you seen in your hometown? What do people do with them?

exorcise: Do you know how to exorcise ghosts?

variety: Do people make a variety of breads in your hometown? Do people make a variety of noodles in your hometown?
The Labtse Festival 沃堡
What do you see in the picture?
Labtse\textsuperscript{451} are often high on mountains. Labtse are dedicated\textsuperscript{452} to mountain deities. A festival for the labtse is held every year. The ritual drives away\textsuperscript{453} disasters and strengthens\textsuperscript{454} the deity's power. All villagers dress beautifully in Tibetan robes on the day of the festival. They carry giant\textsuperscript{455} arrows\textsuperscript{456} and flags\textsuperscript{457} to the labtse. They renew the labtse by putting the new arrows and flags in the labtse.

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**VOCABULARY**

\textsuperscript{451} labtse ལབྲྟེས། 沃堡

\textsuperscript{452} dedicate བཅོམ། 供奉

\textsuperscript{453} drive away རང་བྱུར། 驱除，赶走

\textsuperscript{454} strengthen རྣམ་ཐོག་པ། 加强，强化

\textsuperscript{455} giant ནགར་ཆེན། 巨大的

\textsuperscript{456} arrow ཨྐྲ། 箭，箭头

\textsuperscript{457} flag ཉི། 旗
QUESTIONS

arrow: Are the arrows in labtse big or small?

dedicate: What are labtse dedicated to?

drive away: How can people drive away ghosts?

flag: What color is China's flag?

giant: Is a giant big or small?

labtse festival: Have you ever been to a labtse festival?

strengthen: What foods should you eat to strengthen your body?
Medicinal Water on the 5th Morning of the 5th Lunar Month  བོད་ཐོབ་ཤཱཀྲ་ 五月初五
What is she doing?
Many Tibetans eat green vegetables on the fifth day of the fifth lunar month. They eat steamed dumplings\textsuperscript{458} containing green vegetables. Tibetans go to rivers near the village to drink and bathe\textsuperscript{459} very early that morning\textsuperscript{460}. It is usually very cold. People believe that the morning water is medicinal\textsuperscript{461}. However, people do not drink or bathe in the river that afternoon\textsuperscript{462}. They think the afternoon's water is poisonous\textsuperscript{463}.

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**VOCABULARY**

\textsuperscript{458} steamed dumplings 煮饺子里

\textsuperscript{459} bathe 洗澡

\textsuperscript{460} morning 上午

\textsuperscript{461} medicine 药

\textsuperscript{462} afternoon 下午

\textsuperscript{463} poisonous 有毒的，有害的

388
QUESTIONS

afternoon: What are you doing this afternoon? What time does afternoon begin?

bathe: Where do you bathe? How often do you bathe?

medicine: When do you take medicine?

morning: What did you do this morning? What will you do tomorrow morning?

poisonous: What foods are poisonous? What happens if you eat poisonous foods?

steamed dumplings: Do you like to eat steamed dumplings? Do you know how to make steamed dumplings?
Monlam IALIZED 祝福
What do you see in the picture?
Monlam means 'praying'. Villagers gather to pray for a better life\textsuperscript{464} during the Monlam festival. Young and old people wear their best Tibetan robes and most expensive\textsuperscript{465} jewelry. They sing traditional songs and dance together. Each household contributes\textsuperscript{466} delicious\textsuperscript{467} food. The Monlam festival honors and celebrates famous religious figures. For example, in Jantsa County people gather in the mani kang and chant mani to commemorate\textsuperscript{468} Je Tsong khapa, the founder\textsuperscript{469} of Gelug Buddhism.

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**VOCABULARY**

\textsuperscript{464} life 生活

\textsuperscript{465} expensive 昂贵的

\textsuperscript{466} contribute 奉献

\textsuperscript{467} delicious 美味的

\textsuperscript{468} commemorate 纪念

\textsuperscript{469} founder 创建者
QUESTIONS

commemorate: What does Monlam commemorate?

contribute: What do villagers contribute to Monlam?

delicious: What is the most delicious food?

expensive: Do you own any expensive clothes?

founder: Who is the founder of Gelug Buddhism? Who is the founder of your village?

life: What kinds of life do you admire most? Why?
Butter Flower སིད་དྲོང་ེ་བེལ་ 酥油花
What do you see in the picture?
Butter flowers are a significant Tibetan art form found in Kumbum Monastery and other monasteries. Kumbum monks display the butter flowers they made on the fifteenth day of the first lunar month. Butter flowers are made from butter colored with powdered dye. They are only made in winter. While making the flowers, monks use cold water on their hands. This prevents their hands from melting the butter.

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**VOCABULARY**

470 art form རྩི་མངོན་པོས་ཐར། 艺术风格

471 powdered རྩི་མངོན་པོས་ཐར། 粉状的

472 dye རྩི་མངོན། 染色

473 prevent རྩི་མངོན་ཐུབ། 预防

396
QUESTIONS

art form: Can you name some traditional art forms? What is your favorite Tibetan art form?

dye: Do you want to dye your hair? What colors can people dye butter?

powdered: How do people make powered stone? Do you ever take powdered medicine?

prevent: How do you prevent illness?
Sky Burial

তুষ্ট ত্যাগ
What do you see in the picture?
Sky burial is widely practiced\textsuperscript{474} on the Tibetan Plateau. A corpse\textsuperscript{475} is given to birds to eat. It usually happens on a mountain. A religious specialist\textsuperscript{476} is invited to conduct\textsuperscript{477} this ritual. The religious specialist chops\textsuperscript{478} the corpse into small pieces, which are then fed to vultures\textsuperscript{479}. *Tsampa* is mixed with the flesh so it is tastier for the birds. Monks are invited to chant. They sit nearby while the corpse is offered.

\textbf{VOCABULARY}

\textsuperscript{474} widely practice 广泛应用

\textsuperscript{475} corpse 尸体

\textsuperscript{476} specialist 专家

\textsuperscript{477} conduct 安排

\textsuperscript{478} chop 剁碎

\textsuperscript{479} vulture 秃鹫
QUESTIONS

chop: What do you use to chop meat?

conduct: How do people conduct sky burials? Do people conduct sky burials in your hometown?

corpse: Have you ever seen a corpse?

practice: What are some customs practiced in your hometown?

specialist: Are there any religious specialists in your village?

vulture: How big is a vulture? What does a vulture look like?
Burning Juniper Leaves

পুলকজ্বালা 熏柏树叶
What do you see in the picture?
Tibetans believe juniper\textsuperscript{480} trees are sacred\textsuperscript{481} because they grow in holy places. Junipers are called 'trees of gods'. Tibetans say that burning juniper purifies polluted\textsuperscript{482} things. They also say that burning juniper clears a person's mind. In some places, people ask lama or monks to chant over juniper needles to bless them. Tibetans burn juniper to purify\textsuperscript{483} bowls that they use to offer monks food and drink. Tibetans also purify blankets with juniper smoke\textsuperscript{484}.

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**VOCABULARY**

\textsuperscript{480} juniper རྒྱུར། 柏树

\textsuperscript{481} sacred རྒྱུར། རྒྱུན་གྲུབ། 神圣的

\textsuperscript{482} polluted རྒྱུར། རྒྱུན་གྲུབ། 被污染的

\textsuperscript{483} purify རྒྱུར། རྒྱུན་གྲུབ། 使洁净

\textsuperscript{484} smoke རྒྱུན། 烟
QUESTIONS

juniper: Have you ever burned juniper leaves? What does a juniper tree look like?

polluted: Is your hometown polluted? Are big cities polluted?

purify: How can you purify polluted things?

smoke: Do you smoke? Can smoke purify things?

sacred: What are some sacred places near your hometown?
Prayer Wheels

经简
What do you see in the picture?
You will see people turning prayer wheels\textsuperscript{485} at every Tibetan monastery. Prayer wheels are usually wood\textsuperscript{486} or copper\textsuperscript{487} but sometimes they are leather\textsuperscript{488}. Scriptures are packed\textsuperscript{489} inside the prayer wheel. Tibetans also spin hand prayer wheels at home. Small streams turn water wheels. Large prayer wheels may need several people to turn them. People turn prayer wheels in order to accumulate\textsuperscript{490} merit\textsuperscript{491}. They believe that their next life will be better because of accumulating merit.

\textbf{VOCABULARY}

\textsuperscript{485} prayer wheel རིལ་བོད་པ། 经筒

\textsuperscript{486} wood གངས་ 木头

\textsuperscript{487} copper ཆོས་ 铜

\textsuperscript{488} leather སྟོབས་པའོ་革

\textsuperscript{489} pack གསུམ་ ཁུན་包裹

\textsuperscript{490} accumulate བཏོན་པར་ 积累

\textsuperscript{491} merit བཀྲེན་ 功劳
QUESTIONS

accumulate: How do people accumulate merit?

copper: What things are made of copper?

leather: Do you have any leather shoes? Do you have a leather jacket?

merit: Can people accumulate merit because of good actions?

pack: What did you pack when you came to school?

prayer wheel: What are some different types of prayer wheel?

wooden: Is your house wooden?
Mani Stones

मणिमंडली
What do you see in the picture?
Mantras are carved on mani stones. The most common mantra is the mantra of Avalokiteshvara, the Buddha of Compassion. Mani stones are found all over the Tibetan Plateau, usually at mountaintops, the sources of rivers, springs, beside paths, and around villages. If there are many mani stones in one place, this place is called a mani pile. Tibetan pilgrims circumambulate mani piles. One well-known mani pile is in Sengzi Village in Yushu Tibetan Autonomous Prefecture.

VOCABULARY

492 mantra 梵语

493 mani stone 嘛尼石

494 Avalokiteshvara 觀世音菩薩

495 compassion 怜悯, 同情

496 Tibetan Plateau 青藏高原

497 source 来源

498 circumambulate 转经

412
QUESTIONS

Avalokiteshvara: Do you know the mantra of Avalokiteshvara? Can you recognize Avalokiteshvara in a temple?

circumambulate: Where do people circumambulate in your village? Why do people circumambulate?

compassion: What can we do to show compassion?

mani stone: What is written on a mani stone?

mantra: Do you know any mantras? When do people recite mantras?

pilgrim: Where do pilgrims go?

source: Where is the source of the Yellow River?

Tibetan Plateau: Do you live on the Tibetan Plateau? Is the Tibetan Plateau warm in summer?
Water Burial

水葬
What do you see in the picture?
Tibetans have several different ways to dispose of corpses. Water burials take place on auspicious days chosen by a lama. The family of the deceased invites ten to fourteen monks to chant scriptures for at least a week. Relatives gather to help cook food. After the chanting is completed, villagers carry the body to a clean river. The body is thrown in the water and fish eat it. This is one reason many Tibetans do not eat fish.

**VOCABULARY**

499 dispose  དཔེ་གཅིག དུགས་པ། 布置

500 at least ཀྲུང་གུ་ཐེན་པོ་最起码

501 carry གནས་པ། 搬运
QUESTIONS

carry: Can you carry a heavy load? Have you seen a yak carry a load?

dispose: How do people dispose of corpses in your hometown?

at least: At least how many new words can you memorize in one day?
The Four Harmonious Brothers

和睦四兄弟
What do you see in the picture? What are they doing?
The four harmonious brothers are the elephant, monkey, rabbit, and bird. They symbolize harmony\textsuperscript{502}, respect\textsuperscript{503}, and cooperation\textsuperscript{504}. Once, they all stood\textsuperscript{505} in front of a big tree. There was fruit on the tree. However\textsuperscript{506}, none of the four brothers could reach\textsuperscript{507} the fruit by himself. The four harmonious brothers cooperated to get the fruit. The elephant stood on the ground. The monkey stood on the elephant. The rabbit stood on the monkey. The bird stood on the rabbit. In this way\textsuperscript{508}, they reached the fruit.

---

**VOCABULARY**

502 harmony onium 和睦

503 respect ousc ousc 尊敬

504 cooperation ousc ousc 合作

505 stood ousc ousc 站 (stand 的过去式)

506 however ousc ousc 可是, 不管怎样

507 reach ousc ousc 伸手, 达到

508 in this way ousc 就这样

420
QUESTIONS

cooperation: Cooperation is useful, isn't it?

harmony: Can all people live in harmony?

however: Do you like it here? (Yes, I do. However...)

in this way: How did the four brothers reach the fruit? (They... In this way, they reached the fruit).

reach: How can I reach your home? I can't reach the tea, can you pour it for me?

respect: Who do you respect? Why?

stood: Where did you stand yesterday? (Yesterday, I stood...)
Dealing with Corpses 收尸
What do you see in the picture?
Dealing with corpses is a Tibetan religious activity. Tibetans believe in the existence of a soul. They therefore do many things to guide a dead person's soul to the next life. Lamas are invited to chant instructional scriptures. Relatives take turns protecting the corpse from cats. If a cat touches the corpse, it becomes a zombie. Villagers also gather around a corpse to chant. The village leader describes to the corpse the offerings that have been made. A comfortable next life is thus ensured for the dead person.

---

**VOCABULARY**

509 deal with 应付

510 existence 蘊蕴

511 soul 灵魂

512 guide 指导

513 instructional 引导的

514 zombie 僵尸

515 describe 叙述

516 comfortable 舒适的

424
QUESTIONS

comfortable: Is your family home comfortable?

deal with: How do people deal with corpses in your hometown? How do you deal with misfortune?

describe: Can you describe what your hometown looks like?

existence: Do you believe in the existence of zombies? Do you believe in the existence of ghosts?

guide: Can you guide me to your home? Can you guide me to a restaurant?

instructional: Is this an instructional book?

soul: Do livestock have souls? How many souls do people have?

zombie: What is a zombie? Have you ever heard a story about a zombie?
Religious Dances 宗教舞
What do you see in the picture?
Cham is a religious dance\textsuperscript{517}. All the sects\textsuperscript{518} of Tibetan Buddhism do it. Tibetans think cham is an indigenous\textsuperscript{519} tradition. Monks wear deity masks\textsuperscript{520} during cham. The dance is always held in a monastery or temple courtyard. Dancers appear in pairs or in groups of a dozen\textsuperscript{521} or more. The dancers hold religious implements\textsuperscript{522}. In the middle of the performance, skull\textsuperscript{523} mask dancers bring a nyawo to the courtyard. A nyawo is a dough effigy that embodies evil. The nyawo is cut into pieces and burned at the ritual’s end.

\section*{VOCABULARY}

\textsuperscript{517} religious dance 宗教舞

\textsuperscript{518} sect 教派

\textsuperscript{519} indigenous 本地的

\textsuperscript{520} mask 面具

\textsuperscript{521} dozen 十二个

\textsuperscript{522} implements 工具

\textsuperscript{523} skull 头颅骨
QUESTIONS

dozen: How much does a dozen eggs cost?

implements: What implements do monks use in rituals?

indigenous: What is the indigenous language of your hometown?

mask: Are there many masks in the cham?

religious dance: Have you ever seen a religious dance?

sect: What is the main sect in your hometown?

skull: What color is a skull?
Calling Back the Soul 招魂
What are they doing?
Many Tibetans believe that all things have a soul that never dies. The soul transfers\textsuperscript{524} from one body to another. It leaves the body when someone is frightened. The person then looses their self-control. They feel dizzy, nauseous\textsuperscript{525}, weak, and sleepy. A soul calling ritual is held to save the person's life. The person's close female relatives often call the soul. This might be the mother or sisters. They call the person's name and say such things as, "Come back! Why have you hastily\textsuperscript{526} left home to wander alone! Come back!" If the soul does not return after the initial\textsuperscript{527} treatment\textsuperscript{528}, such holy\textsuperscript{529} people as tantric masters, monks, or lamas are invited to call back the soul.

\textbf{VOCABULARY}

\textsuperscript{524} transfer  转移

\textsuperscript{525} nauseous  恶心的

\textsuperscript{526} hastily  匆忙地

\textsuperscript{527} initial  最初的

\textsuperscript{528} treatment  疗法

\textsuperscript{529} holy  神圣的
QUESTIONS

hastily: Should you study new words hastily?

holy: What kind of people are holy? What places are holy?

initial: How is the weather in the initial part of summer?

nauseous: Did you ever feel nauseous? When do you feel nauseous?

transfer: Did you transfer the money to me?

treatment: What is the treatment for a lost soul?
APPENDIX ONE:
ALPHABETICAL VOCABULARY LIST

A
apply  应用
accident  事故
accumulate  积累
acrobatics  杂技
address  称呼
admirer  赞赏者，爱慕者
adult  成年人
advice  建议
affection  喜爱之情
afternoon  下午
aggressively  挑衅地
agility  敏捷
allow  允许
alms  救济品
almsgiving  施舍
alone  独自
also  并且
altitude  海拔
Amdo  安多
amulet  护身符
ancient  古老的
angry  愤怒的，生气的
another  另一个
any  任何一个
appointment  预约
apron  围裙
architectural  建筑上的
around  在周围
大约
arrange  安排
arrow  箭头
art form  艺术风格
at least  最起码
attention  注意，专心
auspicious  吉祥的
Avalokiteshvara  观音菩萨

B
back and forth  相互之间的
bake  烤
bamboo sifter  竹筛
banquet  宴会
barley  青稞
basin  盆
bathe  洗澡
bean flour  豆面
because of  因为，由于
become ill  生病
beef  牛肉
beggars  乞丐
begging  乞丐
behave  行为表现
believe  相信
best  最好的
birth出生
bite咬
blame责怪, 罪
bless恩赐
blind失明的
blink眨双眼
boiled烧开的
brandish挥舞
brave英勇的
breakfast早餐
bride新娘
briefly短暂地
bring带来, 拿来
brutal残忍的
Buddhist佛教徒

clay泥土
clean清洁, 清理
comfortable舒适的
commemorate纪念
common常见的, 一般的
communicate交流
compassion怜悯, 同情
competition比赛
conch海螺
conduct安排
conquer占领
consequences后果
consider考虑
constantly不断地
contain包含, 容纳
contribute奉献
controversial有争议的
cooperation合作
copper铜
coral珊瑚
corpse尸体
county县
couple一对
courtyard庭院
cross-legged蹲坐
cure治疗
curse诅咒
cursive草写的
custom习俗
customarily习惯地
D
dangerous 危险的，不安的
dawn 黎明
deal with 应付
decision 决定
decorate 装饰
dedicate 供奉
deep-fry 油炸
deeply 深深地
defecate 大便，排粪
defend 保卫
deliberately 故意地
delicious 美味的
depart 离开
describe 叙述
dew 露水
dialect 方言
dig 挖
dinner 晚餐
dirty 肮脏的
disagreement 分歧，意见不合

disapproval 不赞成
disaster 灾难
discard 抛弃
disease 疾病
display 展示，展览

displeasure 不高兴
dispose 布置
disrespectful 无礼的
disturb 妨碍

dive 划分
diviner 占卜者
donor 捐赠者
dough 面团
downstream 在下游

dozen 个

drive away 驱除，赶走
during 期间
dusk 傍晚
dye 染色

E
effigy  肖像，模型
elder 长辈，长者
elope 私奔
embarrassment 尴尬
empty-handed 空手
endless knot 吉祥结
enlarge 扩大
guarantee 担保
especially 尤其
eventually 终于
exile 流放
exist 存在
existence 存在
exorcise 驱魔
expel 驱逐，赶走
expensive 昂贵的
expose 暴露
express 表达
expression 表情
F
family member 家人 偶像
family 家
famous 有名的
far away 遥远
fasting 斋戒
feelings 感受
festival 节日
finest 最好的
fish 鱼
fist 拳头
flag 旗
flat 平的
folk song 民歌
forcefully 用力地
forgetfulness 健忘
founder 建立者
free time 空闲时间
freeze 冻结
frequently 频繁地
fresh 新鲜的
frog 青蛙
full 饱

G
garbage 垃圾
gather 聚集
Gesar epic 格萨尔王传
get to know 认识
giant 巨大的
gift 礼物

glance 一瞥，匆匆一看
golden fish 金鱼
gossip 闲话
grandparents 爷爷奶奶
grass 草
groom 新郎
guest 客人
guide 指导

H
hairdresser 美发师
harm 伤害
harmony 和睦
harness 治理，利用
hastily 匆忙地
healthy 健康的
heavy 沉重的
hide 躲藏，隐藏
holiday 假期
holy 神圣的
honored 尊贵的
honorifics 尊称，敬语
horse race 赛马
Host 东道主
house 房子
Household 户
however 可是，不管怎样
hunt 打猎

I
image 图像
immediately 立刻
implements 工具
impolite 无礼的
impossible 不可能的
improve 提高
in this way 就这样
incorrect 不正确的
increase 增加
indicate 指示，指出
indigenous 本地的
informal 非正式的
ingredients 配料
initial 最初的
injure 受伤，损害
instead 代替，顶替
instructional 引导的
interest 兴趣，爱好
interested in 感兴趣
invite 邀请
involve 参与，包含

J
jewels 宝石
judge 评判
jujubes 枣
juniper 柏树
justice 公正，正义

K
katag 哈达
keep 保持
Kham 康巴

kick 踢
kind 善良的
knead 揉
knife 刀
knowledge 知识

L
labste 沃堡
lame 病的
leather 皮革
leave 离开
leftovers 剩饭
life 生活
like 喜欢
liquor 白酒
little finger 小指
livestock 牲畜
loads 载重
loaf 块
looks like 看起来像
lotus 莲花
lunar month 农历
lunch 午餐

M
mani stone 嘛尼石
mantra 梵语
marriage 婚礼
mask 面具
may 也许，可以
mean 意味，表示...的意思
medicine 药
melt 熔化
member 成员
mental 心里的，精神的
merit 功劳
messenger 信使，传送人
method 方法
might 表示可能 (may 的过去式)
misfortune 不幸
mix 混合物
mixture 混合物
molds 模子
monastery 寺院
monk 和尚
more...than... 超过，多于
morning 上午
most 大多数
motion 动作
must X if Y Y implies X must... 如果...是 Y...必须是 X
mutton 羊肉
mythical 神化的

N
name 名字
narrow 狭窄的
natural disaster 自然灾害
nauseous 恶心的
nearby 附近
nearby 附近，旁边
necklace 项链
nenervous 紧张

New Year's Eve 新年前夕
nightmares 嚣梦
no one 没有人
nomad 牧民
nonetheless 尽管如此
noon 中午
nowadays 现今
nutritious 有营养的

O
occasion 特殊场合
offend 冒犯
offer 献
often 通常
opinion 看法
opponent 对手
organize 组织，安排
ornament 装饰品
overcome 战胜
overlord 最高统治者
overnight 整夜

P
pack 包裹
palace 宫殿
palm 手掌
parents 父母
party 宴会
pastoral 畜牧的
pedestrian 行人，步行的
perform 表演
pet 宠物
physical 身体的
picnic 野外聚餐
pilgrim 朝拜者
pills 药丸
plait into... braids 褶叠的发辫
plateau 高原
pleased 满意的，快乐的
poisonous 有毒的，有害的
polluted 被污染的
popular 流行的
possessed 附体
pot 锅
pour 倒，灌
powdered 粉状的
power 权力，势力
prayer beads 念珠
prayer wheel 经筒
press 压
prevent 预防
previous 以前的
print 印刷
private 私人的
procedure 步骤
prominent 杰出的
prosperity 财产
prostrations 破头
protection 保护
province 省
public 公共的
pull 拉
punish 惩罚
purify 使洁净
purpose 目的
push 推

R
raisins 葡萄干
random 任意的
rare 罕见的
rather than 与其...不如...
reach 伸手，达到
recently 最近
recite 背诵
reconcile 调和
recover 恢复
refuse 拒绝
regret 懊悔
relative 亲戚
relax 放松
religious dance 宗教舞
remain 留，待
remove 移走、去除
renew 更新
reply 回答
reputation 名誉
respect 尊敬
ritual 仪式
roasted 烤的
romantic 浪漫的
roof 屋顶
room 房间
rub 搓，揉
rush 速, 速, 赶紧行事

S
sacred 神圣的
sash 腰带
scarf 围巾
scold 责骂
scratch 抓, 刮伤
script 手写的
scripture 经文
sect 教派
send off 送行
serve 服务
several 一些
shake 摇动, 颤抖
shameful 害羞的, 可耻的
shy 害羞
sick 生病的
side 对面的, 边
sift 筛选
silk 丝绸
simple 朴素的
sing love songs 唱情歌
skin 皮, 皮肤
skull 头颅骨
sleeve 袖子
slide 滑行
smoke 烟
smooth 光滑的
snake 蛇
snow lion 雪狮
snow-capped/ capped with snow 积雪盖顶（山）
socially 社会的
some 一些
someone 某人
sometimes 有时
sore throat 咽炎
sore 痛
sorcery 灵魂
sour 酸味
source 来源
specialist 专家
spring 泉
staple 印章
starlight 星光
steamed bread 蒸馒头
steamed dumplings 蒸饺子
stick out 伸出来，突出
still 还是，仍然
stingy 吝啬的
stomach 肚子
stood 站 (stand 的过去式)
stool 凳子
stories 故事
strengthen 加强，强化
stretch 伸展
stupid 愚蠢
such... as... 例如
suffer 受苦, 遭受
sunrise 日出
sunset 日落
superiors 上级
supernatural 超自然的
surprise 惊讶
swell 肿胀
swim 游泳
symbol 象征物
tourism industry 旅游
traditionally 传统地
train 培养
transfer 移动
transfer 移动
treatment 疗法
tsampa 带粑

T

taboo 禁忌
take care of 照顾
tame 勉服
tantric master 密宗大师本子（青海方言）
tea brick 砖茶
tell 讲述
terms of address 客气称呼
throat 喉咙
throughout 从头到尾
throw 扔
thumbs up 翘起姆指（表示赞美）
Tibetan Plateau 青藏高原
Tibetan robe 藏袍
tie (tying, tied) 系, 纠
to dress 穿

U

umbrella 伞
uncompassionate 没有同情心的
unique 独特的
unlock 开锁
unnatural 异常的，不纯的
unsuitable 不适合的
urinate 撒尿
usually 通常
U-Tsang 卫藏

V

variety 多样化
vary 不同
vase 花瓶
victory banner 胜利幡
vigorously 精神旺盛地
vulture 禽类

W

wake up 醒来
water deity 水神
wealth 财富
wedding 婚礼
weigh 称重量
welcome 欢迎，迎接
well-known 出名的
wheat 小麦
wide 宽的
widely practice 广泛流行
wild yak 野牛
wild 野性的
wink 眨眼，递眼色
wisdom 智慧
wish... well 良好的祝愿
wood 木头

wool ash 羊毛灰
worst 最差的
wound 伤口
writing system 文字

Y
yak dung 牦牛粪
yak 牦牛
year-round 全年
yoghurt 酸奶
youngsters 青年

Z
zombie 僵尸
APPENDIX TWO:
THE 1,000 MOST COMMON WORDS IN ENGLISH

<table>
<thead>
<tr>
<th>a</th>
<th>able</th>
<th>about</th>
<th>above</th>
<th>accept</th>
<th>accord</th>
<th>account</th>
<th>across</th>
<th>act</th>
<th>actual</th>
<th>add</th>
<th>address</th>
<th>admit</th>
<th>adopt</th>
<th>advance</th>
<th>advantage</th>
<th>affair</th>
<th>afford</th>
<th>after</th>
<th>again</th>
<th>against</th>
<th>age</th>
<th>ago</th>
<th>agree</th>
<th>air</th>
<th>all</th>
<th>allow</th>
<th>almost</th>
<th>alone</th>
<th>along</th>
</tr>
</thead>
</table>
black  catch  connect
blood  cause  consider
blow  centre  contain
blue  certain  content
board  chance  continue
boat  change  control
body  character  corner
book  charge  cost
born  chief  could
both  child  council
box  choose  count
boy  church  country
branch  circle  course
bread  city  court
breadth  claim  cover
break  class  creature
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bright  clear  crowd
bring  clock  cry
brother  close  current
build  club  custom
burn  coast  cut
business  cold  dance
but  college  danger
buy  colour  dare
by  come  dark
call  command  date
can  common  daughter
capital  company  day
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care  complete  deal
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need  opinion  piece
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promise  regular  saw
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