



你说 地中海， 就是在说蓝色文明

获得奥斯卡最佳外语片奖的意大利影片《地中海》，讲述了这样一个故事：二次世界大战期间，八名意大利军人带着一头驴子奉命驻守在爱琴海上的一个希腊小岛。当地有如与世隔绝的世外桃源，镇上居民根本感受不到战争气氛。不久之后，这支军队也忘却了他们的任务，跟镇民打成一片，以举行足球赛作为消遣，或是为村中教堂作壁画，或是追寻爱情，不一而足。直至接近大战尾声，一艘军舰前来接他们回国，他们才意识到舍不得离开这个人间天堂……

文/芥子 图/孙致平 全景 余良兵



当身在东方文明的我们去触摸那片蓝色海域时，她遥远而神秘，围绕着这片海域生生不息的人民，为人类创造的科学、艺术、文明推动着世界的发展，犹如群星闪耀在历史的天空。



纯净不带一丝杂质的海和天，广阔无边、深蓝无限，仿佛随时都有神灵降临，白色的建筑更是将这种深蓝衬托得超凡脱俗，天神的居所显现人间。这样平和高贵纯粹的地中海，很难让人想象曾经也是硝烟弥漫、战争频仍、海盗猖獗。

在没有发现更为广阔的海洋之前，地中海犹如一颗珍珠，被周边各个国家觊觎着，持续两千年的争夺始终没有停止。看看地中海沿岸的国家：欧洲国家有西班牙、法国、摩纳哥、意大利、马耳他（岛）、斯洛文尼亚、克罗地亚、波斯尼亚和黑塞哥维那、黑山、阿尔巴尼亚、希腊；亚洲国家，从北至南排序有土耳其、塞浦路斯、叙利亚、黎巴嫩、以色列和巴勒斯坦自治政府；非洲国家，从东至西排序有埃及、利比亚、突尼斯、阿尔及利亚、摩洛哥，和大洋相比面积不可比拟的地中海，却是有着其他海域所无法企及的历史与文明，也是国家更迭，多民

族交融最频繁的一块海域。

曾经在人类文明史上留下辉煌一页的古代文明多和地中海有着不可分割的联系。埃及、赫梯帝国、以色列王国、朱迪亚、亚述帝国、巴比伦王国、波斯帝国、马其顿和希腊帝国、罗马帝国、拜占庭帝国、萨桑王朝、哈里发（伊斯兰帝国）、十字军统治时期、萨拉丁帝国、蒙古帝国、土耳其帝国、欧洲殖民统治时期，一部地中海的历史几乎就是一部欧洲史以及北非西亚史。

公元前 4000 年到公元前 2250 年处于鼎盛期的两河文明为世界做出了巨大贡献，两河流域的人民发明了太阴历，以月亮的阴晴圆缺作为计时标准，把一年划分为 12 个月，共 354 天，并发明闰月，放置与太阳历相差的 11 天。把一小时分成 60 分，以 7 天为一星期。还会分数、加减乘除四则运算和解一元二次方程，发明了 10 进位法和 16 进位法。

他们把圆分为 360 度，并知道 π 近似于 3。甚至会计算不规则多边形的面积及一些锥体的体积。

希腊人从两河文明和尼罗河文明中学到了数学、物理学和哲学，创造了辉煌的希腊文明，然而却如流星划过天际，淹没在历史的长河中了，直至文艺复兴才重新被发现。

克里特岛是地中海文明的发祥地之一。曾在此发掘出公元前 10000 至公元前 3300 年新石器文化遗迹。约从公元前 2600 至公元前 1125 年，岛上涌现了著名的米诺斯文化，艺术、建筑和工程技术空前繁荣，并建立了统一的米诺斯王朝。克里特此时出现了欧洲地区最早的文字，初呈图形，后字体逐渐简化为线形，向音节符号演进，人称线形文字 A，至今仍未被释读。

拜占庭帝国从公元 3 世纪直至 1400 年统治长达 1100 年，其中一个秘诀就是，和波斯人、希腊人、

迦太基人、罗马人忽视了军事的力量不同，拜占庭的皇帝们几乎都在地中海上建立了强大的港口，吸引了来自亚洲的中国和印度人，来自非洲的埃及人直至北欧。

一代代王朝的更迭使得地中海沿岸的建筑风格迥异，异彩纷呈，然而今天看来却又是和谐自然，仿佛他们天生就该在一起一样。圆柱时代过去之后是穹顶时代，希伯来人建造的所罗门神殿，希腊人神圣的巴特农神庙，拉丁人建立的君士坦丁堡砖石结构的穹顶，无一例外展现了虔诚的特性。公元 7 世纪，地中海沿岸出现了一种新式的塔。伊斯坦布尔的索菲亚教堂改成了拔地而起直入云霄的尖塔，耶稣的唱诗变成了对安拉和默罕默德的颂扬。

阿拉伯帝国刷新了地中海的文化。地中海边的人们开始学习阿拉伯语，阿拉伯人不仅保存和发扬



本页图：具有两千年历史的古罗马斗兽场遗址外观；历史图片——古代地中海勇士。
左页图：反映地中海地区生活场景的历史图片；梵蒂冈西斯廷教堂上精美的壁画。



了希腊的数学、医学和哲学，还发明和完善了十进制、钟摆原理、天文仪器和麻醉术等知识，这些都使世界的文明进入了一个新的时期，阿拉伯人把地中海沿岸的大城市变成了学术的讲堂，乃至传到了更远的欧洲其他城市。公元十一世纪，科尔多瓦成为西方世界人口最多的城市，它拥有六百多座清真寺，九百多个公共浴室和五十多万册藏书。

在中国被称为元朝的蒙古帝国，战无不胜的铁军也曾经过地中海边上，成吉思汗及其后继者在五十多年的时间里，以总数不到 40 万人的军队，先后灭亡四十多个国家，征服七百多个民族，消灭各国军队人数超过千万，征服各民族人口数目达六亿，建立了人类历史上版图最大的国家——蒙古帝国。

蒙古帝国的建立加速了东西方的文化、技术交流，促进了多民族的融合。整个丝绸之路第一次也是最后一次被只有一个国家控制，这使得东西方的商贸往来比其他战乱时期要容易得多。

而游牧民族终究不适宜蓝色文明，在这样的地方生存，谁掌握了航海技术谁就能控制地中海，成为海上的霸主。威尼斯建立了强大的舰队，他们的商人不仅垄断着地中海商业，也操纵着政治，在一半陆地一半海洋的夹缝中找到了自己的生存方式。威尼斯和热那亚这两个最强大的共和国统治了地中海几个世纪。

大航海时代的来临使地中海这片文明的发源地开始被遗忘，欧洲国家开始疯狂出海去占有新大陆，地中海沿岸的北非成了法国的殖民地。1600 年，地中海被两个巨大的国家统治着，这就是土耳其帝国和西班牙王国的哈布斯堡王朝。基督教和伊斯兰教无休止的战争导致了几百万人的死亡，却也使得各种人种相互融合，从欧洲北部来的高大金发的诺曼人，个子矮小性格粗鲁的条顿人，黑头发黑眼睛的阿拉伯人，使得欧洲南部帅哥美女兼具东西方的风情。

地中海周边国家人的性格和地中海的地理位置和气候是分不开的，他们生性平和、积极寻求快乐，热爱艺术和美食。因为靠着这片海，他们从未真正



所谓地中海式饮食指的是食用大量水果、蔬菜、豆类、谷类和摄入橄榄油之类的非饱和脂肪酸(unsaturated fatty acid)；吃少量的乳类产品、肉类、鸡鸭。

地发生过食物短缺，小麦的成熟期只需要 170 天，比北方少了将近一半，不需要辛苦劳作，只要生活要求不高，就能满足对于食物的需求，而可以让更多的时候在海边享受，在海上徜徉。

我们通常听到的还有一个因为地中海而出现的名词：地中海气候，这是指那种夏季炎热干燥，冬季温暖湿润的气候。所谓地中海式饮食指的是食用大量水果、蔬菜、豆类、谷类和摄入橄榄油之类的非饱和脂肪酸(unsaturated fatty acid)；吃少量的乳类产品、肉类、鸡鸭；“适量地”多吃鱼类；以及用餐时喝点葡萄酒。

我们还非常喜欢的一种家居风格——地中海风格，通常会采用这么几种设计元素：白灰泥墙、连续的拱廊与拱门、陶砖、海蓝色的屋瓦和门窗。当然，设计元素不能简单拼凑，必须有贯穿其中的风格灵魂。“蔚蓝色的浪漫情怀、海天一色、艳阳高照的纯美自然”既代表了一种地中海风格的家居，也代表了我们心目中的地中海。

本页图：各种地中海特色食物。
左页图：巴塞罗那的教堂建筑风格繁复而壮观；神情庄重的梵蒂冈卫兵。



When You Mention Mediterranean, You Refer to Blue Civilization

Mediterraneo, the Academy Award for Best Foreign Language Film in 1991, tells a story as follows. During World War II, 8 Italian soldiers with a donkey were ordered to garrison a little Greek island in Aegean Sea. This island was like a land of peace away from the turmoil of the world, and local citizens hadn't felt a bit of war. Soon afterwards, the soldiers, forgetting their mission, began to get along well with local people, holding football matches for recreation, helping to paint walls of village churches or pursuing their love, so on and so forth. It was not until the end of war when a warship arrived to pick the soldiers up that they realized it was time to leave this earthly paradise.

Words / Jie Zi Photos / Sun Zhiping Quanjing Yu Liangbing



Chinese people grow in the Oriental civilization. When we have an opportunity to touch the blue sea, we will be amazed by its exoticism and mysteriousness. The energetic people living around the waters create science, art, and civilization which have made great contribution to the development of the world. They are stars shining in the sky of history.

The sea and sky are so pure, broad and blue that gods seem to befall at any moment, and white buildings, like gods' residence on earth. The grace and pureness of Mediterranean makes it hard to imagine this place was once bothered by smoke of gunpowder, frequent wars and furious pirates.

Before broader oceans were discovered, Mediterranean, like a pearl, used to be coveted by surrounding countries so much that they hadn't stopped fighting for 2,000 continuous years. Along Mediterranean are 19 countries: European countries including Spain, France, Monaco, Italy, Malta (island), Slovenia, Croatia, Bosnia and Herzegovina, Republic of Montenegro, Albania and Greece; Asian countries including Turkey, Cyprus, Syria, Lebanon, Israel and the Palestinian Government from north to south; African countries including Egypt, Libya, Tunisia, Algeria and Morocco from east to west. Mediterranean, though too small to compare with oceans in area, has nurtured unparalleled history and civilization that other seas hardly achieved, and was also a place where states changed and ethnic groups interacted most frequently.

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The ancient civilization which has left a glorious page in human civilization has an inseparable relation with Mediterranean. The history of Mediterranean, including that of Egypt, Hittite Empire, Kingdom of Israel, Kingdom of Judea, Assyrian Empire, Babylonian Empire, Persian Empire, Macedonia, Greece, Roman Empire, Byzantine Empire, Sasanid Empire, Caliph (the Islamic Empire), the Crusader Kingdom, Saladin Empire, Mongolia Empire, Ottoman Empire and European Colonialism, is almost history of Europe, North Africa and West Asia.

Mesopotamia civilization that reached its peak from 4,000 BC to 2,250 BC made great contributions to the whole world. Lunar calendar and leap month were invented during that period. Lunar calendar was based on the phases of the moon, dividing a year of 354 days into 12 months and the leap month in lunar calendar was used to make up the 11 days less in solar calendar. One hour was divided into 60 minutes and one week into 7 days. People then also knew fraction and four arithmetic operations, solve quadratic equations, and invented the decimal system and the hexadecimal system. They divided a circle into 360 degrees, knew π was about 3 and even could calculate the area of irregular polygons and the volume of some pyramids.

Having learnt math, physics and philosophy from

Mesopotamia civilization and Nile Valley civilization, Greeks created splendid Greek civilization. However, it was lost in the long course of history like a shooting star flashing across the sky and was not rediscovered until Renaissance.

Crete, where relics of Neolithic culture between 10,000 BC and 3,300 BC were unearthed, is one of the birthplaces of Mediterranean civilization. From around 2,600 BC to 1,125 BC, the famous Minoan civilization sprung up on Crete with unprecedentedly flourishing arts, architecture and engineering technology, and the unified Minoan dynasty was established there. The earliest writing in Europe also appeared on Crete then. This pictographic writing was gradually simplified to linear one and then developed into syllabic symbols that are called Linear A but haven't been interpreted until now.

Byzantine Empire lasted for over 1,100 years from the 3rd century to the 14th century. The secret of its long governance lies in that, different from Persians, Greeks, Carthages and Romans who ignored the military power, almost all Byzantine emperors set up powerful ports that attracted Chinese and Indians from Asia, Egyptians from Africa and even Europeans from afar.

Different dynasties have built colorful buildings with

different styles along Mediterranean. These buildings appear to live in harmony with modern society as if they are meant to be together. The era of columns was succeeded by that of domes.

All the architecture in this period like Solomon Temple by Hebrew, Parthenon Temple by Greeks and the masonry structured domes in Constantinople by Latins showed features of devotion without exception. In the 7th century, a new style tower turned up along Mediterranean coast. Hagia Sophia in Istanbul was reconstructed into a spire rising abruptly from the ground and shooting straight into the sky. While Christian hymns turned into chants of Allah and Mohammed.

Arab Empire refreshed Mediterranean culture. People at Mediterranean seaside started to learn Arabic. Arabians not only preserved and promoted Greek math, medicine and philosophy, but also invented and improved decimal system, pendulum principle, astronomical instruments and narcotherapy, which carried world civilization forward into a new phase. Arabian people changed



This page: Majestic and vivid sculptures in Vatican City State; A historical picture of Cleopatra. Left page: A historical picture of Vatican City State; A horse-drawn cart in Rome.

the big cities along Mediterranean into lecture rooms of knowledge, which even had been passed further to other European cities. In the 11th century, Cordoba became the most populated city with over 600 mosques, 900 public bathhouses and 500,000 books.

Mongol Empire, called Yuan Dynasty in China, also used to send invincible cavalry to Mediterranean coast. During over 50 years' rule, Genghis Khan and his successors, with an army of less than 400,000 soldiers, wiped out over 40 countries, conquered over 700 races, killed over 10 million soldiers and subdued 600 million people of different nations, establishing a country with the vastest territory in human history.

The establishment of Mongol Empire sped up the communication of culture and technology between the East and the West and promoted fusion of

different races. The Silk Road was then for the first time and also the last controlled by only one state, which made trade and commerce much easier between the East and West than during warring periods.

However, blue civilization after all didn't agree with the nomads. Living at the seaside, people who mastered navigation would be able to control Mediterranean and become its overlord. In Venice, powerful fleets had been organized, and merchants there not only monopolized business of Mediterranean, but also manipulated politics to find a way out between land and sea. Venice and Genoa were the most powerful nations that ruled Mediterranean for some centuries.

The approach of the Great Navigation Epoch made Mediterranean, the birthplace of civilization, passed into silence. European countries started to go to

the sea to occupy the New World and South Africa along Mediterranean was colonized by France. In 1600, Mediterranean was ruled by two giant countries, Ottoman Empire and Hapsburg Empire of Spain. Ceaseless wars between Christianity and Islam resulted in the death of millions of people, yet also sped up fusion of different races including tall and blonde Normans from north Europe, short and crude Teutons, and thin, Arabians with black eyes and hair. All their features added oriental and west charm to the handsome men and beautiful women in south Europe.

People in coastal countries along Mediterranean are born gentle, actively seek pleasure and love art and cate. Such personality is resulted from the geographical location and climate of Mediterranean. Thanks to this part of sea, people have never been short of food. It only needs 170 days for wheat to



💡💡 Mediterranean-style diet refers to eating a big amount of fruits, vegetables, beans, cereal and unsaturated fatty acid like olive oil as well as a small amount of dairy products, meat, chicken and duck, and a “properly big amount” of fish and drink a little wine with food. 💡💡

mature, half of the days it needed in the north. People, as long as they don't expect too much from life, can get satisfied with the food demand without working hard. As a result, they have more time to enjoy life on and along the sea.

We have also heard a noun related to Mediterranean, namely Mediterranean climate which refers to the climate with hot and dry summer and warm and moist winter. Mediterranean-style diet refers to eating a big amount of fruits, vegetables, beans, cereal and unsaturated fatty acid like olive oil as well as a small amount of dairy products, meat, chicken and duck, and a “properly big amount” of fish and drink a little wine with food.

We are also fond of a furnishing style, Mediterranean style, featuring lime walls, repeated arcades and arched doors, clay bricks and tiles, ocean blue doors and windows. Such elements must carry a constant inner style instead of being simply knocked together. “Romantic sky-blue theme, the sea and the sky merging into one and shining nature” represent a Mediterranean furnishing style as well as the Mediterranean in our eyes.

This page: A devoted Roman chef.
Left page: Tourists strolling at a Greek seaside.

