# UNIT 7

## Sub-Health

PART I

# Theme Introduction

| | | | |
|---|---|---|---|
| symptom | fatigue | agitate | insomnia |

Listen to a short passage and complete the missing information about the symptoms of grey state of health. You can refer to the words above.

The main symptoms of sub-health:

1) *Fatigue*
2) *Depression*
3) Easily agitated
4) *Short of breath*
5) *Insomnia*
6) Poor memory

Scientists say that smart people invest in health, but ordinary people ignore their health. Sub-health describes the state between health and disease, also known as the third state of the gray state. According to statistics, more than three fourths of people are in sub-health state. The performances of sub-health include fatigue, depression, easily agitated, short of breath, insomnia and poor memory.

Sub-health is divided into four types, which are physical sub-health, psychological sub-health, social interactional sub-health, and moral sub-health.

✧ This part is used to let students have a rough knowledge about sub-health.

✧ Before class, students are asked to collect information about sub-health symptoms.

✧ In class, students are asked to complete the task, fill the missing

symptoms according to the passage given.

- ✧ After students finish the task, they are working in pairs to discuss how to alleviate the symptoms of sub-health.
- ✧ Several volunteers are asked to present the result of their discussion.
- ✧ After class students are asked to find out how doctors of Chinese medicine help alleviate the symptoms after class.

## PART II

# Listening Task

### Word Bank

| | |
|---|---|
| **furiously** /ˈfjʊərɪəslɪ/ *adv.* | 狂怒地 |
| **gynecological** /ˌgaɪnɪkəˈlɒdʒɪkəl/ *adj.* | 妇科的 |
| **dweller** /dwelə/ *n.* | 居民 |
| **deteriorate** /dɪˈtɪərɪəreɪt/ *v.* | 恶化 |
| **adaptability** /əˌdæptəˈbɪlɪtɪ/ *n.* | 适应性 |
| **prevail** /prɪˈveɪl/ *v.* | 占优势 |
| **specify** /ˈspesɪfaɪ/ *v.* | 明确提出 |

**Task ❶** **Short Conversations**

You will hear eight short conversations about sub-health. A question will follow each question. Listen carefully and choose the best answer from the four possible choices.

1. M: I have been suffering from insomnia for weeks since I was arranged to design a new market plan. It's so bitter when night comes.

   W: Oh, it's not good for your health if you don't relax.

   Q: Why did the man suffer from insomnia for weeks?

   *A. Because he got a new assignment.*

   B. Because he got a flu.

C. Because he moved to a new apartment.

D. Because he changed his job.

2. W: Doctor Kim, in your class you have introduced some good ways to improve our sub-health condition, could you recommend a simple and useful one for we office ladies..

M: One simple but useful way to stimulate our Zusanli acupoint with our thumbs. Zusanli is one of the important health-care acupoints of Stomach Meridian of Foot-Yangming.

Q: What would improve our sub-health condition according to Doctor Kim?

A. Practicing health-care exercises.

*B. Stimulating Zusanli acupoint.*

C. Consuming health-care medicine.

D. Have acupuncture injections.

3. W: I am so bored with everything at the moment that when I don't know what to do. Am I in health trouble?

M: Oh, all you can do now is to take a deep breath and calm down. Our teacher of TCM always tells us to do so because bad emotions could make us uncomfortable.

Q: What does the man suggest?

A. The woman should take a trip.

*B. The woman should calm down.*

C. The woman should abandon her job.

D. The woman should go to see the doctor.

4. M: Some of my female colleagues are so quick-tempered that they always behave furiously when things come out.

W: Compared with men, women are harder to control their emotions., which could be the main cause to lead to their gynecological diseases.

Q: According to the woman, what can men control with more easily?

*A. Their temper.* B. Their salary.

C. Their health. D. Their body.

5. M: Doctors of Chinese medicine say that bad emotions are bad for our organs, how do you understand this, Jane?

W: Emotions are closely related to the health of our organs. Bad emotions as anger would do harm to our liver.

Q: What emotion would do harm to our liver according to the woman?

A. Worry. B. Fear.

C. Over joy. *D. Anger.*

6. W: Oh, no, it's Monday again. I couldn't adjust myself to another busy week so quickly.

M: Well, I know. It's called Monday symptoms, and such feelings are very common among the society. In fact, control our emotions could do some help.

Q: What can we do to ease Monday Symptoms?

A. Go shopping. B. Go traveling.

*C. Control our emotions.* D. Control our temper.

7. W: Betty behaved so well in this historical test, which makes me jealous and not comfortable.

M: Establishing your self confidence would help you relieve such feelings.

Q: What does the man suggest?

*A. The woman should be self-confident.*

B. The woman should not be jealous.

C. The woman should work harder.

D. The woman should choose another course.

8. M: Oh, I can't get myself out of this embarrassing situation, for I keep thinking about it again and again.

W: That's bad, for we Chinese have a saying — Thinking too much would do harm to our spleen.

Q: What activity would be harmful to our spleen?

A. *To think too much.*
B. To fear too much.
C. To worry too much.
D. To take too much exercise.

**Task ❷** **Passage**

You will hear a short passage about sub-health. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Sub-health has now become a major problem among city dwellers, especially white-collar workers and those with high education level. However, not all people have a clear picture of what this condition is.

Some people regard sub-health as a symptom when one is about to get sick, and his body condition is deteriorating. Some people could take sub-health as state between health and disease, but they could not define whether it is called an illness or consider it not good for their health.

Feng Xinzhong, a member of the standing committee of sub-health branch in China Association of Traditional Chinese Medicine, has been studying sub-health problems for 8 years. He said, "The World Health Organization defined sub-health condition as a third state or the gray state. People who suffer from sub-health often feel tired, inactive and experience decreased social adaptability." He also said, "the best way of keeping fit is to use the health preserving powers of traditional Chinese medicine. The purpose of health preservation is to keep the human body in a relative balance, allowing ideal health to prevail. Doing exercises, such as shadow boxing, Qigong, can be helpful."

Questions:

1. What kind of people are easily to suffer from sub-health problems?
   A. *White-collar workers and those with high education level.*
   B. White-collar workers.
   C. Those with high education level.
   D. Blue-collar workers.

2. How long has Feng Xinzhong studied sub-health problems?

   A. 6 years. B. 7 years.

   *C. 8 years.* D. 9 years.

3. What other name does sub-health have besides the third state?

   A. The blue state. *B. The gray state.*

   C. The third state. D. The yellow state.

4. What symptoms do not belong to sub-health problems?

   A. To feel tired.

   B. To feel inactive.

   C. To experience decreased social adaptability.

   *D. To get bored with life.*

5. What's the best way of keeping fit according to Feng Xinzhong?

   *A. T use the health preserving powers of traditional Chinese medicine.*

   B. To do appropriate physical excises.

   C. To take health preserving drugs.

   D. To live a regular lifestyle.

## PART III

# Speaking Task



### Role play

Work with a partner. One of you will take the part A, and the other B. Make up short conversations based on sub-health or its adjustment.

### Teaching steps

1. Ask students to think about the definition of the third state, and how they get out of the state.
2. Play the model dialogue to the students one time, and ask several students to repeat the model dialogue. It is helpful for training the students' ability to understand the important details of the listening

text by this way.

3. Arrange the students in pairs and ask them to discuss the adjustment of sub-health and do the role-play activities in the part of Oral Activity.
4. Go around the classroom to supervise the students' discussion. If necessary, give help to the students, especially the weaker ones.
5. Select several pairs to present their conversations in class.

## Language Focus

1. Nowadays, quite a few people are suffering from sub-health.
2. The office workers are the major group of sub-health, including high-tech personnel, senior intellectuals, medical treatment personnel, IT and media staff, traffic police, etc.
3. The condition of Chinese white-collar workers in the mainland has received a bad prognosis with 60 percent over fatigued and 76 percent in sub-health.
4. Sub-health is a critical point between health and illness.
5. Congenital deficiency, bad living habits or being stimulated by character, the intense from the fast speed of life and work, environmental pollution and atrocious weather can cause sub-health problem.
6. I hope all people can be far away from sub-health, and have a good life!
7. Keeping a good mood and having proper exercise could help alleviate the symptoms of sub-health.
8. Regulate our diet and living habits could also help us out of sub-health state.

## Oral Activity:

※ After listening to the model dialogue, the students are required to

imitate the dialogue and organize their own conversations.

※ Ask all the students to find out their own partners, work in pairs.

※ Ask the students to Role Play the dialogue. Work with a partner. Make up conversations based on topic of sub-health or the adjustment of sub-health.

※ Assign them to organize their conversations, and select at least two pairs to present their conversations in class.

### Model Dialogue

A: I feel bad these days, and I do not know how to make myself happy.

B: Well, you seem to be into the third state.

A: What is the third state?

B: The third state, is also called the grey state. When people suffer from this state, they are easily to feel tired, fatigue, depressive and are easily to get agitated.

A: How to improve this state?

B: The best way to make you out of this state is to establish optimistic mind towards everything. Another effective way is to take exercise.

A: Thank you, I will have a try.

## PART IV

# Leisure Time

**More and more people begin concerning about sub-health problems. Watch a video about sub-health, and try to express your ideas about nursing lung-type sub-health with Chinese medicine.**

*More and more people become aware of the problems of sub-health,*

*but few of them know Chinese medicine could also be very effective to adjust the symptoms of sub-health. Before students watch the video, they could be asked the following two questions:*

*Question1: What are the four types of sub-health according to doctors of Chinese medicine.*

*Question 2: What treatments have been recommended to deal with the lung-type sub-health?*

More and more people begin concerning about sub-health problems. Now watch a video about sub-health, and try to express your idea about nursing lung-type sub-health with Chinese medicine.

**Script:**

Expert: Doctors of Chinese Medicine divide sub-health into four types: heart-type, liver-type, lung-type and kidney-type sub-health. Lung-type sub-health people are quite easy to be fatigue, have cold sweat, and often catch colds and coughs. While kidney-type sub-health exist symptoms of lumbar acid, lazy limbs, feeling dizzy, tinnitus, cold stomach and limbs, and diarrhea before dawn. Generally speaking, mild sub-health could recover through diet and exercises; moderate sub-health could recover by adding some Chinese medicinal herbs; serious sub-health trouble would recover by comprehensively regulating diet, exercise, meridian, prescription, and emotions.

Host: So treatments would only be given referring to various types of sub-health.

- Expert: The lung-type sub-health always causes sufferers to be fatigue, get cold and cough easily, and sweat abnormally. Then when we find the function of our lung loses balance, what should we do? Here we recommend a Run-Fei tea. This tea could improve the function and environment of our lung organ. Run-Fei tea is composed of almond (3 gram), Chuanbei (3 gram), lily (5 gram), Chinese wolfberry (6 gram), honeysuckle (5 gram), and Semen Oroxyli (2 gram). The almond is used to moistening our lung; Chuanbei aims to regulate qi-flowing for

eliminating phlegm; Lily runs with the entrails; Chinese wolfberry could clear heart and heat and soothe the nerves. We hold that metal goes with water, could nourish liver and kidney. The lung is in charge of releasing qi, while the kidney dominates respiring qi, so breathing is not merely related to the lung, but also correlates the kidney. Some elderly people coughs for a long time, could not recover, how to solve this problem? The answer is to supplementing their kidney, for the kidney is charge of respiring qi. When the kidney loses the balance of respiring qi, it may cause the owner to cough. What's so called Run-Fei tea can be enjoyed by brewing, which would improve the function of lungs with honeysuckle clearing heat and detoxicating, and Semen Oroxyli moistening the lung.

## PART V

# Additional Task

**Task ❶** **Oral Practice**

Work in groups to have a discussion on *Daily Health Care Proposal*. Then choose one group to present their opinion of the group. Here is an example on daily health care proposal, you can talk about similar ones on it.

Every day a smile

Exercise an hour

Early morning a cup of water

One fruit per day.

A cup of milk before sleep

**Task ❷** **Listening practice**

**Listen to a passage about sub-health and fill in the blanks while listening.**

Nowadays, more and more people have been suffering from the pains of sub-health. They feel tired, and could not *concentrate* some

time, so it will be good for them to get some necessary knowledge for the prevention of some sub-health *symptoms*.

An active lifestyle is the key to the *prevention* of sub-health. To achieve an active lifestyle, we have to strive from the aspect of forming a healthy eating habit, developing a positive *attitude* toward life and keeping doing physical exercises. According to scientists, a *reasonable* breakfast should be accounted for the total energy of 30%, lunch should be 40%, and dinner 30%, so it is important to eat breakfast every day and to ensure their *adequate* nutrition, a good lunch and dinner in moderation. To keep a good eating habit, we'd better not eat too much for each meal, not eat out too much but share meals with our families, and create pleasant dining atmosphere. On the other hand, to improve our health, developing a positive attitude toward life and doing some physical exercises are also important. Particularly, physical exercise is the best means of preventing sub-health. Physical exercises can improve the body's *resistance* and immune function, promote blood circulation and health. Besides, it can help *eliminate* distraction, specify relaxation, which not only makes the body in a relaxation response state, but achieves the spirit of *adjustment* to improve the effect of the function.