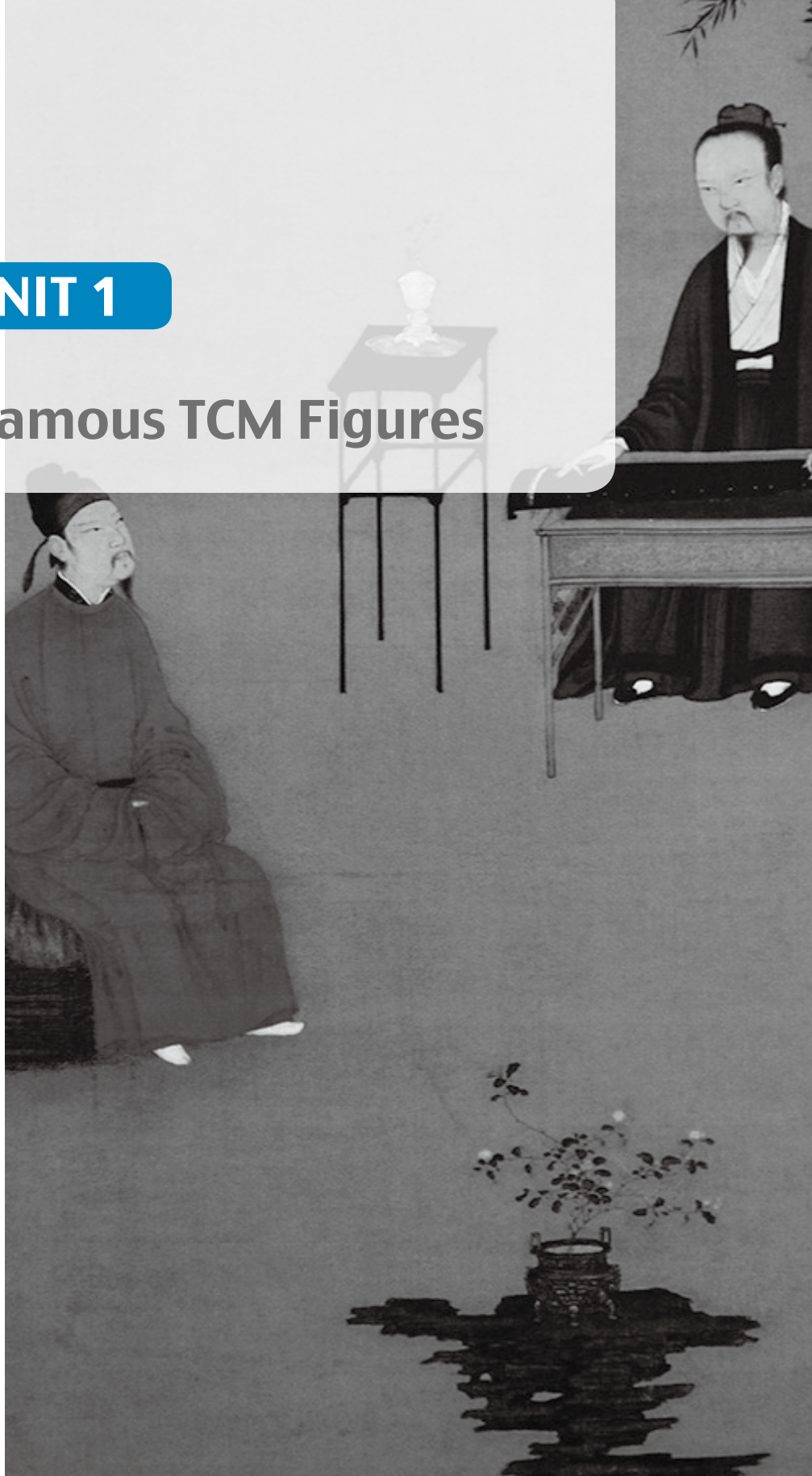
UNIT 1

Famous TCM Figures



PART I

Theme Introduction

Task **Discussion**

There are numbers of famous TCM doctors in Chinese history who made much contribution to the development of TCM. In the table below, five excellent TCM doctors are listed; discuss with classmates and then fill the blanks to complete their information.

※ This part is used to let students have a rough knowledge about some famous TCM figures in Chinese history and their accomplishment.

※ Before class, students are required to collect as more information about the famous TCM figures in ancient China as possible in any way: books, internet, newspaper, magazine, etc.

※ In class, students are free to talk about what they got about those famous TCM figures in pairs.

※ Besides the blanks below, students should make notes about what they learned from others.

※ Some volunteers are asked to report their discussion.

※ The teacher can list those names and their accomplishment mentioned by the students on the blackboard in brief.

Name	Time	Accomplishment
Li Shizhen	Ming Dynasty	His major contribution to clinical medicine was his 27-year work, which is found in his book Compendium of Materia Medica (Bencao Gangmu). He is also considered as the greatest scientific naturalist in China, and was very interested in the proper classification of herb components.

Name	Time	Accomplishment
Zhang Zhongjing	Estern Han Dynasty	He wrote the medical masterpiece *Shanghan Zabing Lun*. Due to Zhang's contribution to traditional Chinese medicine, he is often regarded as the sage of Chinese medicine.
Sun Simiao	Sui and Tang Dynasties	He is titled as China's King of Medicine for his significant contributions to Chinese medicine and tremendous care to his patients. Sun wrote two books - *Beiji Qian Jin Yao Fang* and *Qian Jin Yi Fang* that were both milestones in the history of Chinese medicine, summarizing pre-Tang-Dynasty medicine.
Hua Tuo	Han dynasty	The historical texts *Records of the Three Kingdoms* and *Book of the Later Han* record Hua as the first person in China to use anesthesia during surgery. He used a kind of anesthesia combining wine with a herbal concoction called *mafeisan*. Besides being respected for expertise in surgery and anesthesia, Hua Tuo was famous for his abilities in acupuncture, moxibustion, herbal medicine, and medical Daoyin exercises. He developed the *Wuqinxi* from studying movements of the tiger, deer, bear, ape, and crane.

Name	Time	Accomplishment
Bianque	Spring and Autumn and Warring States Period	He toured all the kingdoms to cure diseases for people. His well-preserved works included nine volumes of Internal Canon of Medicine, twelve volumes of External Canon of Medicine, and thirteen volumes of Bianque's Prescriptions Approved by First Yellow Emperor

PART II

Listening Task

Word Bank

acupuncture	/ˈækjʊpʌŋktʃə/ *n.*	针刺疗法
excessive	/ɪkˈsesɪv/ *adj.*	过多的，过度的
surgery	/ˈsɜːdʒərɪ/ *n.*	外科手术
biography	/baɪˈɒgrəfɪ/ *n.*	传记
diagnose	/ˈdaɪəgnəʊz/ *v.*	诊断
reserve	/rɪˈzɜːv/ *n.*	保留
symptom	/ˈsɪmptəm/ *n.*	症状
vessel	/ˈvesl/ *n.*	血管
anorexia	/ˌænəˈreksɪə/ *n.*	厌食症
decoction	/dɪˈkɒkʃən/ *n.*	煎剂

Task ❶ **Short Conversations**

You will hear eight short conversations of some famous TCM figures. One question will follow each conversation. Listen carefully and choose the best answer from the four possible choices.

1. W: Why was Hua Tuo called the "miracle working doctor"?

   M: I think this is because he used a small number of acupuncture

points or herbs to attain good results.

Q: What can not be inferred from the conversation?

A. Hua Tuo was good at curing people with a small number of herbs.

B. Hua Tuo was good at curing people by using a small number of acupuncture points.

C. Hua Tuo cured people effectively.

D. Hua Tuo's life was mysterious.

2. M: Does TCM urge people to do exercise for health?

W: Yes, one famous ancient doctor said we need to exercise our body, but it should not be excessive.

Q: which of the following statement is true?

A. Body needs exercises.

B. Exercise should be excessive.

C. Exercise consumes energy.

D. Exercise creates blood.

3. W: Do you know the reason why Cao Cao, the ruler of the state of Wei, had Hua Tuo put to death?

M: Cao Cao suspected him when Hua Tuo, his personal physician, suggested brain surgery as a treatment for his severe headache.

Q: which of the following statement is not true?

A. Cao Cao was the king of Wei.

B. Cao Cao had serious headache.

C. HuaTuo was Cao Cao's personal doctor.

D. HuaTuo had a brain surgery for Cao Cao.

4. M: I'm reading the biography of Li Shizhen. It is said that his grandfather and father were all doctors?

W: Actually, his father encouraged Li Shizhen to seek a government position, but after failing each one, he turned to medicine.

Q: Why did Li Shizhen decide to learn medicine?

A. To make a living.

B. To become famous.

C. To cure diseases for people.

D. To get more money.

5. W: Do you know the reason why Li Shizhen took 27 years to write Bencaogangmu?

   M: He found many serious problems in most medical publications, so he wished to write a new one.

   Q: Why did Li Shizhen want to write a new medical book?

   A. He was a doctor.

   B. He liked writing books.

   C. Many medical books were full of mistakes.

   D. He was a writer.

6. W: Bianque is not his original name and why did people call him Bianque?

   M: As far as I know, he could cure patients miraculously and bring the dying back to life, just like a kind of bird which brings good news to people.

   Q: What does the man imply?

   A. Bianque is a nickname given by his parents.

   B. Bianque is a nickname given by people who loved him.

   C. Bianque could diagnose for both people and birds.

   D. Bianque always visited his patients with a bird.

7. M: Sometimes the teacher plays a very important role in one's career.

   W: Yes, such as Chunyu Yi, he took the famous doctor Gongsun Guang in Zichuan as his teacher. Gongsun taught all his good and miraculous prescriptions to Chunyu Yi without reserve.

   Q: What was Chunyu Yi's teacher like?

   A. His teacher was very generous.

   B. His teacher lived in Zichuan.

   C. His teacher kept some very miraculous prescriptions.

   D. His teacher was very severe.

8. W: You have read many books about TCM, so could you tell the way

of health keeping?

M: I think, Sun Simiao's study on health keeping was very profound. He advocated prevention of diseases, restraint of desires, caution in speech, and moderate eating.

Q: Which of the following statement is not mentioned as the right ways of health keeping in this conversation?

A. Proper exercise.

B. Restraining the desires.

C. Moderate eating

D. Caution in speech.

Task ❷ **You will hear a conversation between Bianque and the King of Wei. Listen carefully and answer the following questions.**

Bianque was a famous physician in ancient China. One day the King of Wei asked him, "You and your two brothers are all skilled in medicine, which of you is the best?"

Bianque answered, "My eldest brother is the best, then is my second brother , and the last is me."

The King asked again, "but why are you the most famous?"

Bianque replied, "My eldest brother treats a disease when it is just beginning to show symptoms. What he does is to remove the pathogen — members of my family can all see that but other people cannot. That's why he doesn't enjoy wide recognition. My second brother cures a disease in its early stage. People thus mistaken him as only being capable of treating minor illness. So he is merely known within his locality and neighborhood. As for me, I treat a disease when it is already well developed and very serious. People observe me performing bloodletting by injecting tubes into vessels or applying medical ointment on the skin, and thus see me as being well versed in medicine.

The king was quite satisfied and said, "You've given a cogent explanation."

Questions:

1: How did Bianque think of his and his brothers' medical skills?

His eldest brother was the best, then was my second brother , and the last was him.

2: Why didn't his second brother enjoy wide reputation?

His eldest brother treated a disease when it was just beginning to show symptoms

3: Why did people mistaken his second brother as only being capable of treating minor diseases?

His second brother cured a disease in its early stages.

4: What did Bianque think of his own medical skills?

He treated a disease when it was already well developed and very serious.

5: What was the king's reaction to Bianque's answer?

The King was quite satisfied and said, "You've given a cogent explanation."

PART III

Speaking Task

Fake TCM doctor

Listen to the story of Zhang Wuben, then discuss with your partners on fake TCM doctors. Make the whole class know about your discussion. Use the structures and expressions in language focus in your conversations where appropriate.

Teaching Steps

1. Ask some students to talk about their understandings of fake TCM doctor, and then the teacher introduces the topic "Fake TCM doctor".
2. Bring the students' attention to the Language Focus and tell them that they can use the sentences and structures that are useful in

speaking.

3. Listen to a model report of a fake TCM doctor one time, and ask several students to repeat the model report. It is helpful for training the students' ability to understand the main idea and grasp important details of the listening text by this way.
4. Arrange the students in groups and ask them to discuss the topic in the part of Oral Activity.
5. Go around the classroom to supervise the students' discussion. If necessary, give help to the students, especially the weaker ones.
6. Select one or two groups to make short presentation of their discussion in class.

Model

TCM is considered as a science curing diseases for people with few side-effects. But nowadays, many fake TCM doctors are creating some ridiculous or extreme heath-care methods to make money.

In 2010, a man, appearing in Hunan channel, gave some healthy keeping ideas that aroused great passion in TCM healthy keeping among Chinese people. The man is called Zhang Wuben, who was titled "the first person of food therapy ". He suggested that eating mung bean (绿豆) should cure various diseases.

But according to investigation, Zhang was not a TCM expert at all. He was telling lies on his experiences in TCM. He was not from a medicine family, nor did he get the TCM degree.

Language Focus

1. I got a news from the news report that ... is a fake TCM doctor. Many people were cheated by him and his TCM theory.
2. According to the media/investigation, ... is not a real TCM doctor,

and he/she knows little about TCM. What he/she had done has badly influenced the public health.

3. Common people should learn some knowledge of TCM in order to keep health and tell the fake TCM theory.
4. It is our real doctors' responsibility to test the truth of TCM theory especially the new one.
5. The law should punish those person who make the fake TCM theory just for economic profit, and ignore the public health.

Oral Activity:

After listening to the story of Zhang Wuben, what's your opinions on the fake TCM doctor, and are there more fake TCM doctors you know? Now, discuss with your partners, and then let the whole class know about them. Use the structures and expressions above in your conversations where appropriate.

※ Divide the whole class into several groups with 5 to 6 students in each group.

※ In each group, choose one student be the leader of the group.

※ The leader should push each member in the group to talk out one fake TCM doctor at least. And then the leader organizes the members to make a discussion on those fake TCM doctors.

※ While discussion, choose one member of each group to take notes with the main points.

※ Select one or two groups to present their stories and discussions in class.

PART IV

Leisure Time

Enjoy a video-clip about Zhang Zhongjing

http://www.iqiyi.com/jilupian/20130416/cf457b73c1d49f61.html (01:20—03:10)

Play the video-clip to the whole class, making the students get to know the information about the famous ancient TCM doctor — Zhang Zhongjing, and familiarize the way to introduce a person.

张仲景生活的东汉末年，是中国历史上一个极为动荡的时代。战乱频频，瘟疫流行。百姓流离失所，民不聊生。张仲景的家族本是个大家族，人口多达 200 余人，自建安初年以后，不到十年，有三分之二的人因患瘟疫症死亡。其中死于伤寒的竟占十分之七。面对瘟疫的肆虐，张仲景内心十分悲愤，在长沙任太守期间，他在料理政事之余，还在大堂上坐堂行医，为百姓施医诊病，挽救了许多百姓的生命。为纪念张仲景，后来人们就把坐在药铺或店里给人看病的医生通称为坐堂医生。后来张仲景辞去长沙太守职位，潜心研究伤寒病的诊治，认真总结前人的医学理论和经验，广泛收集民间验方，写成了《伤寒杂病论》这部不朽的医学巨著。

The end of Eastern Han Dynasty was a very turbulent times in Chinese history, wars, plagues, everywhere. People lost homes and strayed. Zhang zhongjing's family was a large family which has more than 200 persons, since 196year, less than a decade, two of third died from plague, among the death, seven of tens died of typhoid fever. Seeing the damage of plague, Zhang zhongjing was very grief and indignation. During his time being a Satrap in Changsha, after finishing his official work, he was sitting in his judgment seat to give medical help to the common people, thus saving lot of lives. For memorizing Zhong zhongjing, people call the doctor who is sitting in the drug-store to see patients on-site doctor. Later, Zhang zhongjing quit his Satrap position,

and devoted himself into the treatment to typhoid fever. He worked hard to summarize previous medical theories and experience, and widely collected the folk remedies, to compose an immortal medical work "Treatise on Cold Damage Disorders"

PART V
Additional Task

Task ❶ Oral Practice

Seeing a TCM doctor

Pair work

Two students work in a pair. One plays the role of a sick foreigner who is seeing his/her doctor, and the other plays the role of a TCM doctor. The conversation takes place in a hospital.

Model

Doctor(D): Hi, Madame, can I help you? What's your matter?

J: yeah, I have a fever for 2 days. And the temperature has been fluctuating from 36.8 to 39。C. I also present with chill, throat sore, cough, sneezing, headache, body pain and anorexia.

D: Ok, open your mouth, and let me have an inspection on your throat and tongue.

J: Okay.

D: Yeah, your throat looks red and swelling. And the top of your tongue body is red, with a thin and yellowish tongue coating. And let me take your pulse, please. Oh, your pulse is floating and rapid. I think you have caught a wind-heat common.

J: Wind-heat common? An odd diagnosis I have never heard of.

Can you talk about it, Doctor?

D: Yeah, it is a TCM terminology. According to the theories of TCM, a common cold has several syndrome patterns: wind-heat syndrome, wind-cold syndrome, summerheat-dampness syndrome, Qi deficiency and evil attacking syndrome. It is not strange that you will feel strange of these very specialized terms of TCM.

J: Yeah, I will know them if I go to China to learn acupuncture or TCM someday in the future.

D: TCM is really worthy of learning. Now let's get down to your treatment. Do you want Chinese herb decoction or Chinese patent drugs?

J: Let me try the decoction, and I have never tasted it before.

D: Ok. Bring this prescription label to the Chinese herb room to dispense it. Remember that the herbs should be cooked for less than 20 min. The decoction is taken 3-5 times daily. Keep yourself away from cold and eat light food. Drink more water and have a good rest.

J: It's very kind of you, Doctor. Thanks a lot.

D: It's my pleasure. Wish you could recover as quickly as possible.

Task ❷ **Listening Practice**

Listen to a passage and fill in the blanks while listening.

Sun Simiao was a famous traditional Chinese medicine doctor of the Sui and Tang dynasty. He was *titled* as China's King of Medicine for his significant contributions to Chinese medicine.

As Sun Simiao was weak and sick in his youth, his family had to spent all the *property* to pay for doctors and medicines for him. Hence, he made up his mind to study medicine to *cure* sick people. He was so *studious* that he was versed in medicine even when he was young, and patients *flocked* to him from near and far. He studied diligently the

ancient classics on medicine.

He did not stop studying even when he got old. He also studied foreign medicine at the time, such as the Indian medicine. After decades of hard work, he *completed* in 652 A.D. his *masterpiece* "*essential* Recipes in Emergency".

http://www.chinaculture.org/info/2013-04/25/content_456653.htm

http://www.fx120.net/english/tcm/TA/HLA/200503161618171823.htm