



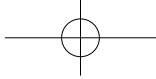
前言

中医药国际化发展趋势越来越显著，中医药在国际上的地位不断提高。中医药国际化发展对人才的培养提出了新的要求，培养既掌握中医药知识又具备英语素质的国际化人才势在必行。英语素质不仅包括英语语言知识，还包括英美文化素养和跨文化交际能力。为了适应中医药国际化发展，在分析中医药国际化发展形势的基础上，我们大胆构思，突破公共英语的局限性，将英语学习与中医药和中国传统文化教育相结合，编写出一套可专供中医药院校使用的听说教材。

《中医英语听说教程》是根据中医药高等院校在校大学生的实际英语水平而编写的。本套教材共分四册，每册使用一个学期。鉴于中医药院校学生英语基础弱，特别是听说能力弱，学生在英语的发音上存在很大的问题，我们在教材内容的安排上有的放矢。第一册设置了语音知识的学习和练习，包括音标、语音语调、连读、略读、重读、弱读等语音知识。听说练习的安排遵照循序渐进的原则。第一册以单词、短语、句子为主，配以简单的歌曲、故事。第二册以对话为主，第三册和第四册以篇章为主。

本教材强调中医药元素，加强听说教材使用的针对性，将中医药知识及常识贯穿于四册教材的每个单元中。教材内容既包括阴阳五行、药膳、中医养生等中医药知识，又涉及中国陶瓷、丝绸、二十四节气等中国传统文化知识，二者紧密结合。具体来说，有以下特点：

- 1) 重基础：以音标为起点，从单词发音到短语，逐渐过渡到句子和篇章，同时强调语音语调、连读、略读、重读和弱读等最基础的语音知识，帮助学生掌握正确的发音。这既有利于改善学生听不懂英语的问题，又能增强学生开口讲英语的信心，从而达到提高学生英语听说能力的目的。
- 2) 重文化：教材融入了大量的中国文化知识。中医药的国际化不仅是中医药知识国际化，更是中国文化国际化。让世界了解中国传统文化，才能让世界更好地接受中医药，推动中医药国际化传播。
- 3) 知识性：教材中中国文化知识丰富，使学生在学习英语知识与技能的同时，了解并学会用英语表达中国文化；中医药知识与专业知识相结合，使学生入学之初就能接触到简单的中医药知识，并学会对应的英语表达，从而达到用英语宣传中医



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药知识和中国文化的目标。

- 4) 重实用：教材内容紧扣中医药知识，与中医药院校学生专业知识紧密结合。本套教材设置不同的模拟场景，训练学生在不同场景下运用中医药知识，宣传中医药文化。

本教材的配套资源包括音频与教参两部分。前者为教材练习的听力录音，后者包含音频文本、习题答案、教学说明等。所有配套资源均可在中国外语网的教师资源栏下载（网址：[http:// www.cflo.com.cn](http://www.cflo.com.cn)）。

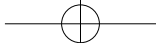
教材编写过程中，我们得到了高等教育出版社的大力支持，在此表示衷心感谢。由于编者水平有限，本教材难免存在不足之处，恳请广大师生不吝指正，提出宝贵意见。

编者
2017年1月



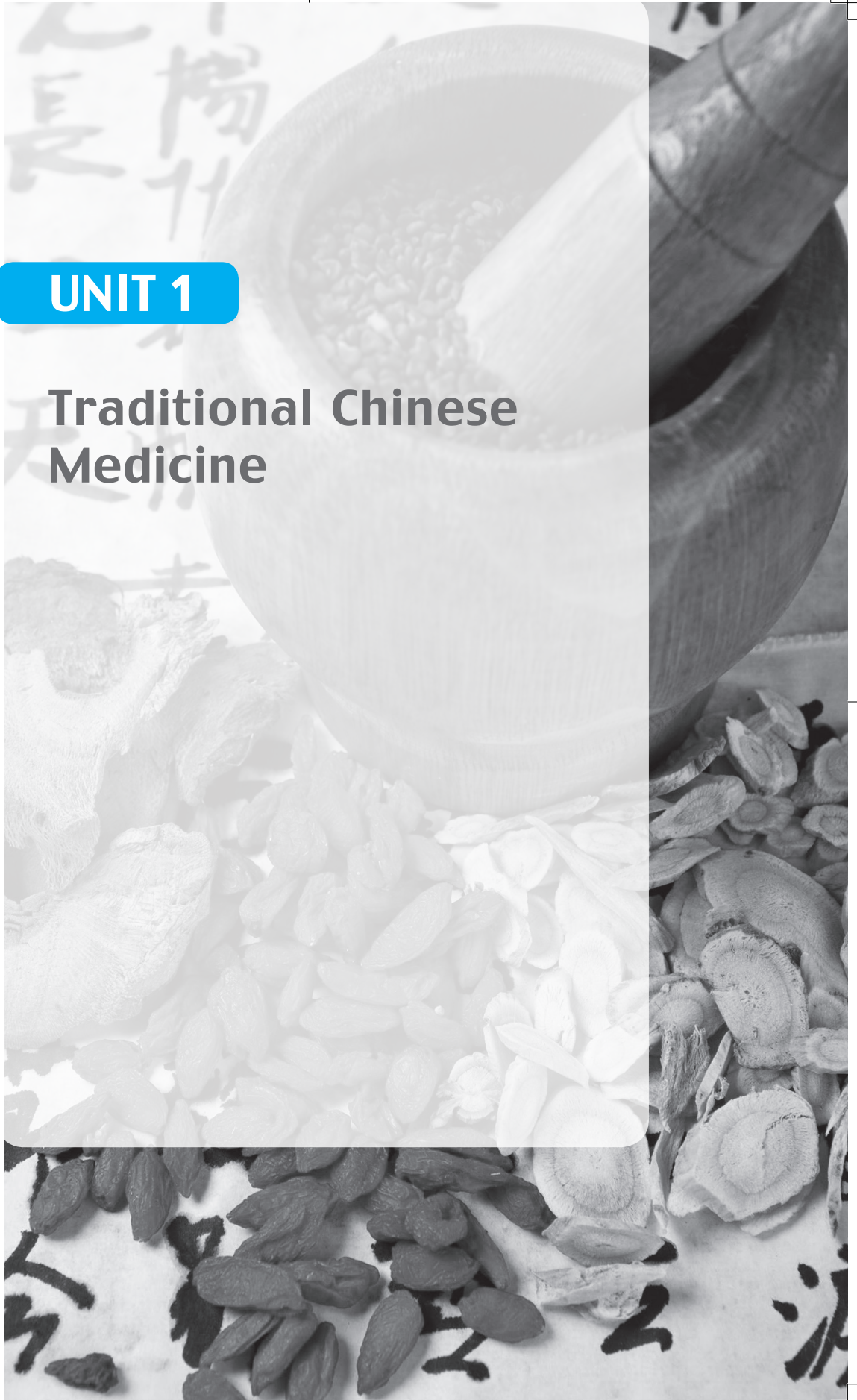
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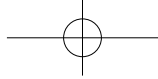
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UNIT 1

Traditional Chinese Medicine





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Word Bank

adjuvant /'ædʒʊvənt/ *n.*

佐药

adj.

辅助的

antiquity /æn'tɪkwəti/ *n.*

远古

Basic Questions (*Su Wen*)

《素问》

basic theory of Traditional

Chinese Medicine

中医基础理论

botany /'batəni/ *n.*

植物学；地区植物总称

Classic on Medical Problems (*Nanjing*)

《难经》

constituent /kən'stɪtʃuənt/ *n.*

成分

adj.

构成的

equilibrium /,iːkwə'libriəm/ *n.*

均衡

etiology /,eti'ɒlədʒi/ *n.*

病原学；致病源

gynecology /,dʒaɪnə'kɒlədʒi/ *n.*

妇科学，妇科医学

integrity /ɪn'tegrəti/ *n.*

完整；整体

materia medica

药理学

mineralogy /,mɪnə'rælədʒi/ *n.*

矿物学；矿物学书籍

Miraculous Pivot (*Ling Shu*)

《灵枢》

obstetrics /əb'stetrɪks/ *n.*

产科学，助产术

pediatrics /,piːdi'ætrɪks/ *n.*

小儿科

pharmacopoeia /,fɑːmækə'piːə/ *n.*

药典；处方书

Treatment by Differentiation

of Syndromes (TDS)

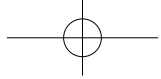
辨证论治

Yi Zhuan

《易传》

zoology /zu:'ɒlədʒi/ *n.*

动物学；动物区系



Part I

Theme Introduction

Teaching Purpose

This activity is both for stimulating students and preparing them to study Traditional Chinese Medicine. This activity involves presenting background information to students and asking them to discuss the questions in pairs, followed by asking two to three students to report to the class about their findings from the discussion.

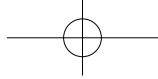
Directions: Now listen to a passage about Traditional Chinese Medicine and answer the following questions.

Traditional Chinese Medicine (TCM) has a history of several thousand years. Its origin can be traced back to remote antiquity. In the long course of struggling against diseases, TCM evolved into a unique and integrated theoretical system of medicine. It is an important part of Chinese culture. More than 2,000 years ago, Huangdi's *Classic on Medicine* (*Huangdi Neijing*) was published, which is the earliest medical classic extant in China. It consists of two parts—*Basic Questions* (*Su Wen*) and *Miraculous Pivot* (*Ling Shu*), each comprising nine volumes, each of which, in turn, contains nine chapters, totaling up to 162 chapters. The book gives a complete and systematic exposition to the following various subjects: the relationship between man and nature, the physiology and pathology of the human body, and the diagnosis, treatment and prevention of diseases. It also uses the theories of yin-yang and the five elements to deal fully with the principles of treatment by differentiation of syndromes (TDS) according to the climatic and seasonal conditions, geographical localities and individual constitution. The book expresses a holistic concept—taking the human body as an organic whole and taking the human body with the surrounding environment as the integrity. It lays a preliminary foundation for the theoretical formation of TCM.

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After Huangdi's Classic on Medicine another classic of medicine, Classic on Medical Problems (Nanjing) was written before the Eastern Han Dynasty. The book deals mainly with the basic theory of TCM, such as physiology, pathology, diagnosis and treatment of diseases and so on. It supplemented with Huangdi's Classic on Medicine lacks. From then on, many medical schools and various classics on medicine were brought into being in succession, each having its own strong points.

Questions:

1. When can TCM be traced back to?

Answer: TCM can be traced back to remote antiquity.

2. How many parts and chapters does *Huangdi Neijing* consist of?

Answer: It consists of two parts and 162 chapters.

Part II

Listening Task

Task ①

Passage Listening

Passage 1

Now you will hear a short passage about the five elements. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

In ancient China, the five-element theory was developed and gradually became perfected. In time it came to recognize that everything in nature might be respectively attributed to one of the five elements. For instance, wood has the nature of growing freely and unfolding. So, anything that is similar to the characteristics is attributed to the category of wood. Fire has the nature of flaring up. Thereby the things similar to the nature of fire are classified into the attribute of fire. Earth has the nature of giving birth to all things. Thus, those that possess the



nature of earth are attributed to earth. Metal has the nature of purifying and descending. Hence, those with the nature of metal can be attributed to the metal category. Water has the nature of moistening and flowing downwards. For this reason, the things that have moistening, downward movement and coldness correspond to water.

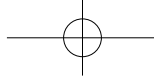
Among the five elements, there exist the relationships of generation, restriction, subjugation and counter restriction, and mutual affection between mother-organ and child-organ. Generation implies that one kind of thing can promote aid or bring forth another, i.e., wood generates fire, fire generates earth, earth generates metal, metal generates water, and water, in turn, generates wood. Each of the five elements contains the dual nature—being generated and generating. This relationship of the five elements is called the mother-child relationship. The element that generates is called the mother, while the element that is generated is called the child. Take wood for example, because wood produces fire, it is the mother of fire; but it is produced by water, so it's water's child.

Generation and restriction have the correlations inseparable in the five elements. And they oppose each other and yet also complement each other. For example, on the one hand, wood generates fire, and, on the other hand, it restrains earth; while earth, in turn, generates metal and restricts water. Precisely because generation resides in restriction and restriction resides in generation, the natural world and life processes are full of vitality on the one hand, and excessive growth will not bring about harm, on the other hand. Thus, the relative balance maintained between generation and restriction ensures normal growth and development of things. That is, ecological equilibrium in nature and physiological balance in the human body result from such relationships of generation and restriction.

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Questions:

1. According to the passage, in what country was the five-element theory developed?
A. Ancient Egypt. B. Ancient China.
C. Ancient Greece. D. Ancient Rome.
2. According to the passage, which statement is correct?
A. Wood has the nature of growing freely and unfolding.
B. Fire has the nature of flaring up.
C. Earth has the nature of giving birth to all things.
D. All of the above.
3. According to the passage, which statement is incorrect ?
A. Wood generates fire. B. Fire generates earth.
C. Metal generates wood. D. Earth generates metal.
4. According to the passage, what does physiological balance in the human body result from?
A. Balance of generation and restriction.
B. Balance of nature and psychology.
C. Balance of generation and death.
D. Balance of physiology and psychology.
5. What does the passage mainly talk about?
A. A human body is an integrity.
B. A human body is closely related with the outer world.
C. A concept about the five elements.
D. Physiological balance in the human body.

Passage 2

Now you will hear a short passage about Traditional Chinese Medicine. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Traditional Chinese Medicine, as an integral part of the Chinese culture, has been used for prevention and treatment of diseases as



well as health maintenance and has made significant contributions to public health. Under the guidance of Chinese philosophy, such as Confucianism and Taoism, Chinese medicine upholds balancing, regulating and eliminating pathogens as the main principles of treating diseases and maintaining health, rather than confrontation and killing as methods to conquer diseases. Besides, Traditional Chinese Medicine, on the basis of the holistic concept, puts the occurrence of diseases, climatic changes, environmental variations, imbalance of diet and life together. Traditional Chinese medicine stands well outside the accepted boundaries of the world medicine, for some of it can't be examined by modern science, especially the case with acupuncture and moxibustion. It's common sense to wonder why the insertion of the fine needle into a variety of points in the body—often bearing no obvious relationship to the actual problem—can have such dramatic effect.

Questions:

1. Traditional Chinese Medicine is an integral part of _____.
A. the Chinese culture B. the Chinese philosophy
C. the Chinese totem D. None of the above
2. Which is not the main principle of treating diseases and maintaining health function of Traditional Chinese Medicine?
A. Balancing. B. Eliminating the pathogens.
C. Regulating. D. Confrontation and killing.
3. According to the passage, which is closely related with the occurrence of diseases?
A. Climatic changes. B. Environmental variations.
C. Imbalance of diet and life. D. All of the above.
4. According to the passage, what is Traditional Chinese Medicine based on?
A. It is based on the pathologic anatomy.
B. It is based on the holistic concept.

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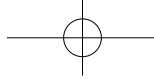
- C. It is based on the microscopic anatomy.
- D. It is based on the macroscopic anatomy.
- 5. What does the passage mainly talk about?
 - A. *The features of TCM.*
 - B. The treatment of TCM.
 - C. The treatment of psychological problems.
 - D. The treatment of the sub-health state.

Task ②

Compound Dictation

Listen to a passage about the basic principles of diagnosis and disease treatment of TCM. After listening, fill in the blanks with what you have heard.

TCM uses “*syndrome* differentiation and treatment” as the basic principles of *diagnosis* and disease treatment to form an independent treatment and medical system. TCM and Western medicines are *distinguished* from each other and both have strong points. Traditional Chinese Medicine identifies syndromes of *individual* patients primarily not to focus on the human organ problems but to determine at what stages the *pathological* changes of the entire body are, including the patient’s mental status. The TCM treatment is primarily to heighten the *self-regulating* capacity of the human body, help the human body restore and enhance its natural healing functions to overcome the disease and achieve *rehabilitation* rather than resisting and eliminating bacteria, viruses and other pathological factors. The TCM treatment uses natural medicine, emphasizes the *combination* of medicine playing the roles of the “monarch, minister, assistant and guide” respectively. Traditional Chinese Medicine *prescriptions* also pay attention to seasonal changes. TCM acupuncture and massage as well applies simple, convenient, effective and low-cost methods which *embody* a wealth of philosophical wisdom and scientific achievements.



Part III

Speaking Task

Teaching Purpose

To help students learn to introduce Traditional Chinese Medicine in English.

Teaching Steps:

1. Ask students to listen to the following model dialogues.
2. Bring students' attention to the Language Focus and tell them that they can use the sentences and structures that are useful in speaking.
3. Arrange students in pairs or groups and ask them to create dialogues listed in Speaking Activities.
4. Go around the classroom to supervise students' discussion. If necessary, provide assistance to students.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.

Role Play

Listen to the following model dialogues and role-play them with your partner.

Model Dialogue 1

A: Do you know about yin and yang? I am very interested in yin and yang.

B: Yin and yang, which come from ancient Chinese philosophy, are a general term for two opposites of interrelated things or phenomena in the natural world.

A: How to understand the inner meaning of yin and yang? It is very abstract.

B: At first, the connotations of yin and yang are quite simple,

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referring to the two opposite sides of an object. The side facing the sun is yang and the reverse side is yin. In the course of long practice and observation, the ancient Chinese people came to understand that the opposition and the wax and wane of yin and yang are inherent in all things.

A: I have heard that there is a famous book titled “Yi Zhuan?” Have you ever heard about the book?

B: Oh, I have read the book, which says, yin and yang are what is called “Dao.” Dao means the basic law of the unity of opposites in the universe. In other words, everything in the universe contains yin and yang. And yin and yang can not only represent two opposite objects but also be used to analyze two opposite aspects existing in a single entity. Generally speaking, things or phenomena which are dynamic, bright, hot, functional, etc. pertain to the category of yang, while those that are static, dark, cold, substantial, etc. pertain to that of yin.

A: Wow! It is really abstract and complicated! How great Chinese people are! Could you explain the theory of yin and yang in detail?

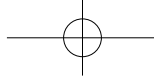
B: OK! The yin-yang theory holds that the development and changes of everything in the universe result from the unity of opposites, that is, yin and yang. *Su Wen* says... Do you know *Su Wen*, a famous medicine works?

A: Sorry, I do not know *Su Wen*.

B: *Su Wen* says “yin and yang are the law of heaven and earth, the principles of all things, the parents of all changes, and the origin of life and death.”

A: From your detailed explanation on yin-yang theory, I begin to learn that it is an important constituent of the theoretical system of TCM and runs through every aspect of the system.

B: Yes! You are intelligent. The yin-yang theory is used to explain physiology and pathology of the body and to guide clinical diagnosis and treatment.



Model Dialogue 2

A: Have you ever heard the four diagnostic methods?

B: Yes. The four diagnostic methods are unique in the world. When a disease occurs, there must be its abnormal outward manifestations from which the pathological changes may be inferred. To know the internal conditions of the body, one should observe external manifestations of the body.

A: You talk about the external manifestations of the body. To diagnose the external parts of the body, one should also know the internal conditions. That is because the internal conditions of the body are always reflected on the exterior of the body. What are the functions of the four diagnostic methods?

B: The four diagnostic methods examine the pathological conditions from different angles and aspects and find out the etiology and pathogenesis, thereby providing the basis for TDS (Treatment by Differentiation of syndromes).

A: Oh, the four diagnostic methods are really comprehensive! What are the relationships among them?

B: The four methods are related to and supplement one another. They cannot be separated from one another, each having its specific function that cannot be substituted for the others. In clinical practice, only when the four techniques are organically combined can a disease be understood all-sidedly. Thus, a correct diagnosis can be made.

A: Oh, I see.

Language Focus

Here are some sentences and structures that you might find

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useful in speaking.

1. The best treatment is to prevent the disease from happening.
2. TCM lays more emphasis on disease prevention than disease treatment and focuses on health preservation, thereby forming a profound health preservation concept containing rich content.
3. TCM encourages people to preserve health while pursuing high moral standards and shouldering social responsibility.
4. TCM is deeply rooted in the soil of Chinese culture.
5. TCM reflects the essence and noble virtues of traditional Chinese culture and continues to enlighten the Chinese nation to this day.

Oral Activities: Make similar conversations according to the given situation.

Activity 1

You and your friend are talking about the four diagnostic methods.

Teaching Steps:

1. Before their acting, have students recall their own understanding about diagnostic methods of TCM. For the lack of experience of this kind, they could brainstorm the diagnostic methods of TCM that they have read or heard about.
2. Have students form pairs. One student will act as the person who has much interest in the diagnostic methods of TCM while the other plays the role of giving comments.
3. Then the two swap roles and recreate the scenario.

Activity 2

A doctor and his patient are discussing the diagnostic procedure and its significance in a hospital.

Teaching Steps:

1. Before their acting, ask students if they had the experiences of visiting TCM doctors themselves or accompanying their family members to visit TCM doctors. For the lack of experience of



this kind, they could brainstorm about such experiences.

2. Arrange students into group with 5 to 7 members in each one.
3. They talk freely about their experiences of visiting TCM doctors themselves or accompanying their family members to visit TCM doctors and exchange their experiences.
4. As for those who have experience with TCM, they should assist those who have interest in the diagnostic procedure of TCM doctors.
5. The teacher can choose one group to present their discussion to the whole class.

Activity 3

A wife is trying to persuade her sick husband to visit a TCM doctor.

Teaching Steps:

1. Before their acting, have students recall their own experiences of seeing TCM doctors.
2. Have students form pairs. One student will act as the wife while the other plays the role of husband.
3. Then the two exchange their roles and continue.

Part IV

Leisure Time

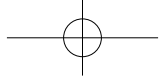
1. Listen to the following passage and enjoy the cultural meaning in it.

The Sui and Tang Dynasties came into their own in feudal economy and culture. In 610 AD, Chao Yuanfan compiled the *General Treatise on the Etiology and Symptomology*. The book gave an extensive and minute description of the etiology and symptoms of various diseases. It is the earliest extant classic on etiology and symptoms in China. In 657 AD, Su

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Jing, together with 20 other scholars, compiled *Newly-Revised Materia Medica*, which is the first pharmacopoeia sponsored officially in ancient China, and the earliest pharmacopoeia in the world as well. Sun Simiao (581–682 AD) devoted all his life to writing out two books: *Valuable Prescriptions for Emergencies*, and *Supplement to Valuable Prescriptions*. The books deal with general medical theory, materia medica, gynecology and obstetrics, pediatrics, acupuncture and moxibustion, diet, health preservation and prescriptions for various branches of medicine. Both books are recognized as representative works of medicine in the Tang Dynasty. Sun Simiao is honored by the later generations as “the king of herbal medicine.”

2. Listen to the following passage and enjoy it.

Li Shizhen

Li Shizhen (1518–1593), a famous physician and pharmacologist in the Ming Dynasty, wrote the *Compendium of Materia Medica* (*Ben Cao Gang Mu*). The book consists of 52 volumes with 1,892 medicinal herbs, including over 10,000 prescriptions and 1,000 illustrations of medicinal items. In addition, his book also deals with botany, zoology, mineralogy, physics, astronomy, meteorology, etc. It is really a monumental work in medicine. It is a great contribution to the development of pharmacology both in China and all over the world. During the same period, acupuncture and moxibustion reached their climax. Many literatures concerning acupuncture and moxibustion for the ages were summarized and developed.

3. Quotes

胃不和则卧不安。Stomach disharmony leads to restless sleep.

心为君主之官。The heart is the king organ.

拍打足三里，胜吃老母鸡。Tapping the Zusanli acupoint is better to health than eating a hen.



春夏养阳，秋冬养阴。It is suitable to cultivate yang in spring and summer, and cultivate yin in autumn and winter.

阴平阳秘，精神乃治。Keep a balance of yin and yang, and you can maintain energetic.

忍怒以全阴气，抑喜以养阳气。Controlling one's anger nourishes yin, while controlling one's happiness nourishes yang.

药补不如食补。Diet cares more than the doctor.

Part V

Additional Task

Task ① Compound Dictation

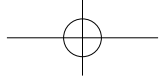
Listen to the following passage. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words.

TCM, one of China's splendid cultural heritages, is the science dealing with human physiology, pathology, diagnosis, treatment and prevention of diseases. TCM summed up the experience of the Chinese people in their long struggle against diseases and, under the influence of ancient naive materialism and dialectics, evolved into a unique integral system of medical theory through long clinical practice. During several thousand years, it has made great contributions to the promotion of health, the proliferation and prosperity of the Chinese nation, and the enrichment and development of world medicine as well. The formation of the theoretical system of TCM was greatly influenced by ancient Chinese materialism and dialectics. The theoretical system takes the physiology and pathology of zang-fu organs and meridians as its basis, and TDS as its diagnostic and therapeutic features.

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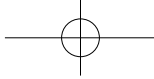


Task ②

Oral Summary

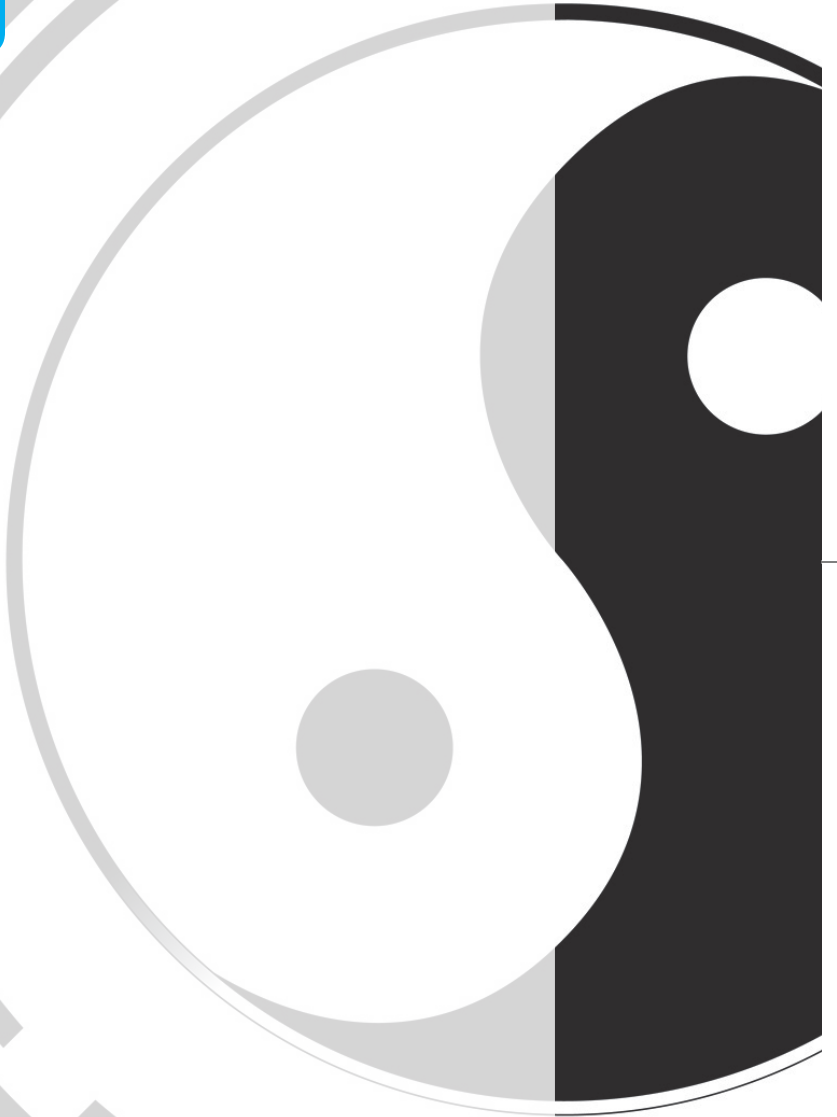
Listen to a passage on Chinese medicine and culture, take detailed notes and then make an oral summary.

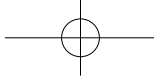
From the ancient times till now, Chinese medicine and culture have been benefiting the East, positively affecting the world and serving as the common wealth of mankind. Today, significant changes have taken place to the living environment of the mankind, and human health is facing new threats. The essence of many original TCM theories and Chinese culture is increasingly demonstrating the enduring and precious value of rectifying many current malpractices in terms of human health protection. Of course the medical treasure house of the world contains treasures of traditional medical science created by other nationalities which are on a par with and complementary to Chinese medicine and culture. Explore and promote these treasures, draw on China's long-persisted and rewarding experience of combining Western and Chinese medicine, learn from successful experiences of all other nationalities, take innovative approaches, and then we will see the rays of new and encouraging hopes.



UNIT 2

Yi Jing





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Word Bank

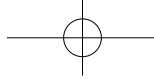
archetype /'ɑ:kɪtaɪp/ <i>n.</i>	典型；原型
attribute /ə'trɪbjʊt/ <i>n.</i>	属性；特质
conceptual /kən'septʃuəl/ <i>adj.</i>	观念的，概念的
concerto /kən'tʃɜ:təʊ/ <i>n.</i>	协奏曲
divination /,dɪvə'neɪʃən/ <i>n.</i>	预测，占卜
hexagram /'heksəgræm/ <i>n.</i>	六线形；六角星形
millennia /mɪ'lenɪə/ <i>n.</i>	千年期（ millennium 的复数）； 一千年；千年庆典；太平盛世
multifaceted /,mʌltɪ'fæstɪd/ <i>adj.</i>	多方面的；多才多艺的
omen /'əʊmən/ <i>n.</i>	预兆；征兆
proliferate /prə'lɪfəreɪt/ <i>vi.</i> <i>vt.</i>	增殖；扩散；激增 使激增
receptivity /,rɪ:sep'tɪvətɪ/ <i>n.</i>	接受能力；感受性
repositor /rɪpə'zɪtə/ <i>n.</i>	复位器
repository /rɪ'pɒzɪtəri/ <i>n.</i>	贮藏室，仓库；知识库；智囊团

Part I

Theme Introduction

Teaching Purpose

This part is designed as a listening activity for stimulating students in preparation for the topic *Yi Jing*, the focus of this unit. The students are first required to listen to the passage carefully and get its general idea, and then listen to the passage again, and finish the task by paying attention to the details.



Directions: Listen to the passage and then decide whether the following statements are true (T) or false (F).

Yi Jing is considered one of the Five Classics (*Wu Jing*) of Confucianism. It has been used in China and the East for three thousand years. In its simplest terms, *Yi Jing* is an oracle, a book that can be used as a tool for divination. Numerous “modernist” theories on its “true” origins exist, and while its sincere followers might want to become familiar with them, they are not necessary for people to work with *Yi Jing* effectively. The traditional (some might say mythological) history of the book is far more important, because the stories of the King Wen and the Duke of Zhou — two of its legendary authors — provide a rich contextual flavor that informs both its tone and philosophy.

Statements:

1. *Yi Jing* belongs to the Five Classics (*Wu Jing*) of Daoism. (F)
2. *Yi Jing* is a book that can only be used as a tool for divination. (F)
3. The stories of the King Wen and the Duke of Zhou provide a rich contextual flavor that informs both the tone and philosophy of *Yi Jing*. (T)

Part II

Listening Task

Task ① Passage Listening
Passage 1

Now you will hear a short passage about *Yi Jing* or the *Book of Changes*. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Yi Jing or the *Book of Changes* comprises sixty-four figures known in English as “hexagrams.” Each of these hexagrams has a name in Chinese,

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Yi Jing



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for example, JIA REN, FENG or JUE. Each of these hexagrams is said to represent a particular life situation or phase, and the full sixty-four are held to stand for all the possible situations in life. They are archetypes, and whether used in divination or as a way to wisdom, they can help to clarify mysteries in life.

These hexagrams are constructed of six lines. These lines may be either broken in the middle or unbroken. The number sixty-four represents all the possible combinations of six of these lines. The broken line is known as a YIN line and the unbroken line is known as a YANG line. The YIN line is said to stand for such qualities as darkness, passivity, yielding and receptivity. The YANG line is said to stand for such qualities as light, activity, firmness and creativity. However, these attributes are not fixed, as they are relative to each other and also relative to the situation. It is the interaction between Yin and Yang in the combination of six lines that gives each of the sixty-four hexagrams its unique characteristics.

Questions:

1. According to the passage, what do these hexagrams in *Yi Jing* originally mean?
 - A. One's future wealth.
 - B. All possible situations in life.
 - C. One's future career.
 - D. One's marriage.
2. What does the number sixty-four exactly represent?
 - A. A particular life situation or phase.
 - B. All the possible combinations of six of Yin or Yang lines.
 - C. All situations in one's life.
 - D. None of the above.



3. What is the yin line said to stand for?
- A. Darkness. B. Passivity.
- C. Yielding and receptivity. *D. All of the above.*
4. What gives each of the sixty-four hexagrams its unique characteristics?
- A. The attributes of yin line.
- B. The attributes of yang line.
- C. The attributes of yin and yang lines.
- D. The interaction of Yin and Yang lines.*
5. What is the general idea of this short passage?
- A. Hexagrams.
- B. Yin line.
- C. Yang line.
- D. Hexagrams and Yin and Yang lines.*

Passage 2

Now you will hear a short passage about hexagrams. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

A more detailed picture of the situation represented in the hexagram is given in the text which goes with each of the hexagrams. This text clarifies the situation in terms of an image of some kind usually an omen. It is known in Chinese as the TUAN, usually translated in English as “The Judgment.” The 64 hexagrams and their texts are presented in a sequence and are numbered accordingly. This sequence is known as the Kin, Wen’s sequence, named after the culture hero (around 1,000 BCE) of the Zhou Dynasty in which *Yi Jing* developed. Although alternative sequences exist, the King Wen’s sequence is the one in which the hexagrams are most usually given. The first two of the hexagrams in the sequence are QIAN consisting entirely of unbroken or Yang lines, followed by KUN, composed wholly of broken or YIN lines. Throughout one edition, hexagrams are referred to with their Chinese (Pin Yin) name, followed by the translation of that name in English, and



then the number of that hexagram in the King Wen's sequence.

There are two basic approaches to learn Yi Jing which have existed side by side for almost three millennia. Some have read it as a repository of wisdom and others have used it as a divination tool. Fashions have come and gone, and most of the great Chinese philosophers have at some point contributed to the huge corpus of literature which continues to proliferate around *Yi Jing*. Some have stressed the former approach and others the latter. The debate at times has been heated and mutually exclusive. In one's initial encounter, simply opening the book at random and reading the Judgment or line texts while applying the overall situations of the hexagrams to one's past experiences can be of great value.

Questions:

1. Which of the following statements is not true?
 - A. The text which goes with each of hexagrams clarifies the situation in terms of an image of some kind, usually an omen.
 - B. The text is known in Chinese as "TUAN," usually translated in English as "the Judgment."
 - C. The 64 hexagrams and their texts are presented in a sequence, but are not numbered accordingly.
 - D. This sequence is known as King Wen's sequence.
2. What are the first two of the hexagrams in the sequence?
 - A. QIAN and ZHUN.
 - B. KUN and ZHUN.
 - C. QIAN and KUN.
 - D. None above.
3. What are the two basic purposes to learn *Yi Jing* which have existed side by side for almost three millennia?
 - A. For wisdom and supernatural power.
 - B. For divination and supernatural power.
 - C. Wisdom and divination.
 - D. None of the above.



4. What can be of great value while one applies the overall situation of the hexagrams to one's past experience?
- A. Finding a certain hexagram in the book and reading the Judgment or line texts.
 - B. Opening the book at random for three times and reading the Judgments or line texts.
 - C. Opening the book at random only once and reading the Judgment or line texts.*
 - D. None of the above.
5. What is the general idea of the passage?
- A. Introduction to hexagrams, including their texts, sequence and so on.
 - B. The basic approaches to hexagrams.
 - C. Introduction to hexagrams including their texts and sequence and so on, and the basic usage of hexagrams.*
 - D. None of the above.

Task ②

Compound Dictation

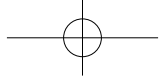
Now you will listen to a passage about coin method of King Wen's divination. After listening, you are required to fill in the blanks with what you have heard.

Most coin shops have a box of cheap old Chinese coins. Pick ones that aren't too *worn* but it doesn't matter that they're grubby since they clean up well after *soaking* in vinegar or, better, being cleaned up with brasso. Then boil them for a little while in salt water as part of a *ritual* to make them belong to you. People may say this is to get rid of other people's energies and other such *superstitious* explanations, but you can believe what you like. *Essentially* it is a ritual to draw a *line* between what they were and what they are now, as coins for *consulting* Yi Jing with. The coins will probably have 4 characters on one side and 2 on the other. Give one side a value of 2, the other 3, and *stick* to it. Later you will not even add up the sides, and you'll just look and write down

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a line, but at first write down the numbers as well, to avoid errors while you're getting used to it. Consulting Yi Jing by tossing three coins is called Wenwang ke: "to enquire of King Wen or King Wen's divination." These three characters are *brushed* on a slip of paper which is kept with the coins in a grey slate Chinese ink bowl with a lid. The bowl is a square block of slate with a circular ink reservoir. It is usually used to *grind* Chinese stick ink when ancient people were practicing calligraphy, but now it is just used for *Yi Jing* coins. The coin method is also known as the "Forest of Fire Pearls Method."

Part III

Speaking Task

Teaching Purpose

To help students learn to introduce things and persuade others.

Teaching Steps:

1. Ask students to listen to the following dialogue.
2. Direct the students to the Language Focus and inform them that they can use the sentences and structures that may be useful in speaking.
3. Ask students to work in pairs for the role-play exercises and explain to them the scenarios they are supposed to create.
4. Go around the classroom to supervise the students' discussions. If necessary, the teacher could join in the conversation to draw out the major themes.
5. Select one or two pairs to present their conversations in front of the class.



Role Play

Listen to the following model dialogue and role-play it with your partner.

Model Dialogue

A: Hi, Zhou Wen! I am going to take an exam. Can you help me predict whether I can pass or not?

B: Sorry, Jim. I don't think I can help you.

A: Why? You don't want to help me?

B: Actually I can't. I don't even know how well you have been prepared for that.

A: Ay, you misunderstood me. I want you to use some ancient Chinese methods to predict.

B: You believe that! That is superstitious.

A: I don't think so. You know the *Book of Changes*, also called *Yi Jing*?

B: Yea, of course. But I haven't read it yet.

A: You haven't? That is one of your Chinese important classics. I thought you Chinese all have read it and still use it to predict the future happenings.

B: That is your prejudice about us Chinese. Actually we don't believe its usage in divination. Usually we use it for life wisdom.

A: Oh, I see. Thank you.

B: That's all right.

Language Focus

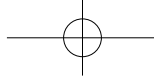
Here are some sentences and structures that you might find useful in speaking.

1. *Yi Jing* is known in English as the *Book of Changes*.
2. *Yi Jing* has been used in China and the East for three thousand years.
3. *Yi Jing* is used both as a divination tool and as a philosophical text for seekers of wisdom.

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4. Each of these hexagrams is said to represent a particular life situation or phase.
5. Sixty-four are held to stand for all the possible situations in life. These attributes of yin or yang lines are not fixed, as they are relative to each other and also relative to the situation.

Oral Activities: Make similar conversations according to the given situation.

Activity 1

Suppose a foreigner wants to know something about *Yi Jing*. Please create a dialogue.

Teaching Steps:

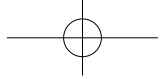
1. Have students review what they have learned about *Yi Jing*.
2. Have students form pairs. One student will act as the person who knows a lot about *Yi Jing* while the other plays the role of the foreigner.
3. Then the two swap roles and recreate the scenario.

Activity 2

Create a dialogue over the divinational usage of *Yi Jing*.

Teaching Steps:

1. Have students think about the topic and develop their own understanding.
2. Have students form pairs. One student will act as the person who asks questions while the other plays the role of giving answers.
3. Then the two swap roles and recreate the scenario.



Part IV

Leisure Time

Directions: Watch the following video and enjoy yourselves.

Tan Dun Recalls John Cage with Musical Creation

Today's top story would start with the music master Tan Dun. The conceptual and multifaceted Chinese composer and conductor, Tan Dun has made an indelible mark on the world's music scene. He's composed a creative repository that spans the boundaries of classical music, multimedia performance, and Eastern and Western traditions. The on-going 15th Beijing Music Festival was honored to have Tan Dun present one of his most anticipated concerts on Sunday at the Poly Theater in Beijing. And our reporter Yang Ran was there.

Concerto for orchestra became one of the musical forms composers most preferred. It was a night of two world premieres and two Chinese premieres. Opening the night was the world premiere of "Atonal Rock & Roll Overture, Of Youth," which was dedicated to the 15th anniversary of the Beijing Music Festival. What makes it special is that the composer wrote the piece for a jazz drum kit, an instrument not commonly seen in an orchestra.

Tan Dun's "Concerto for Orchestra" originated from Tan's 1995 opera "Marco Polo."

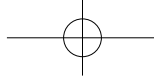
John Cage, an experimental composer, writer, painter and visual artist from the 20th century, played a significant role in the history of modern music in the United States. He greatly influenced Tan Dun's vision of the world as well as his musical perspectives. Tan pays special tribute to what would have been Cage's 100th birthday by introducing two works by the late composer's, "Atlas Ecliptic" and "4 minutes 33 seconds."

Those who are acquainted with Tan Dun's musical creations are surely open to see, hear and experience anything at his concerts. And

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this time round, they weren't disappointed. Erhu, Guqin and wheel drums are meticulously imbued into the orchestra, and Tan himself even borrows the 64 hexagrams from the *Yi Jing*, or the *Book of Changes* for the fingering of his conduction.

He says the core of the concert is the spirit of the festival.

"The Beijing Music Festival is a teenage festival; it is very fascinating, energetic. At the meanwhile, there are a lot of ideas. So fit me the best, because I love to work with young people."

After the concert, Tan Dun will attend a sit-down dialogue with Beijing Music Festival artistic director Yu Nong, and his companions from other drummers of music, including the Chinese mainland's godfather of rock & roll Cui Jian and Taiwan mandal pop legend Lo Tayu. Yang Ran, CCTV.

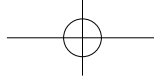
Part V

Additional Task

Task ① Compound Dictation

There is a passage about *Yi Jing*. Listen carefully and fill in the blanks. You can either use the exact words you have just heard or write down the main points in your own words.

Yi Jing is a book you can understand not so much by merely reading it, but by asking it questions about your own life and concerns. It does take quite a while to become familiar with the Book of Changes, but to start, you form a question, for example "How would it work out if I did such-and-such?" Other examples: "Consequences of taking this new job I've been offered?" "I'm thinking of moving house, is this a good idea at this time?" Don't use questions with a "choice" in them, "Should I do A or B?", since this makes it difficult to interpret the answer. Instead, consult the *Yi Jing* twice, once for each choice. Ask one oracle for going



ahead with A and then an oracle for going ahead with B, and compare the results. *You could ask two questions over any matter, since it usually boils down to a choice between doing it and not doing it.* Ask an oracle for going ahead and then an oracle for not going ahead, this will usually make the best path clear. This in fact is the way people in the Shang Dynasty divined as a standard practice.

Task ② Oral Summary

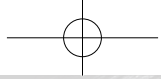
Listen to a passage on the usage of *Yi Jing* twice, take detailed notes and then make an oral summary.

Yi Jing uses a type of divination called *cleromancy*, which produces apparently random numbers. Six random numbers are turned into a hexagram, which can then be looked up in *Yi Jing*, arranged in an order known as the *King Wen's sequence*. The interpretation of the readings found in *Yi Jing* is the matter of centuries of debate, and many commentators have used the book symbolically, often to provide guidance for moral decision-making as informed by *Confucianism*. The hexagrams themselves have often acquired cosmological significance and paralleled with many other traditional names for the processes of change such as *Yin and Yang* and *five* elements.

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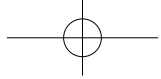
Yi Jing



UNIT 3

Cosmetic Chinese Medicine





Word Bank

botox /'botaks/ <i>n.</i>	肉毒杆菌；肉毒杆菌毒素
brow /braʊ/ <i>n.</i>	眉，眉毛
collagen /'kɒləʒən/ <i>n.</i>	胶原，胶原质
diminishment /dɪ'mɪnɪʃmənt/ <i>n.</i>	减少，缩小
elastin /ɪ'læstɪn/ <i>n.</i>	弹性蛋白
endermologie /,entə'mələdʒɪ/ <i>n.</i>	深层负压按摩；击碎脂肪团
face-lift /'feɪslɪft/ <i>n.</i>	面部拉皮整容手术
furrow /'fʌrəʊ/ <i>n.</i>	皱纹
hemostat /'hi:məstæt/ <i>n.</i>	止血剂；止血钳子
homeostasis /,həʊmɪəʊ'steɪsɪs/ <i>n.</i>	体内平衡；内稳态
hum /hʌm/ <i>vi.</i>	繁忙，忙碌
pathology /pə'thɒlədʒɪ/ <i>n.</i>	病理学
pep /pep/ <i>n.</i>	活力；锐气，劲头
recline /rɪ'klaɪn/ <i>n.</i>	靠；依赖；斜倚
rejuvenation /rɪ,dʒʊvə'neɪʃən/ <i>n.</i>	复壮，恢复活力
shaft /ʃɑ:ft/ <i>n.</i>	杆；柄
simultaneously /sɪmə'l'teɪnɪəsli/ <i>adv.</i>	同时地
sluggish /'slʌɡɪʃ/ <i>adj.</i>	迟钝的；行动迟缓的；懒惰的
topical /'tɒpɪkəl/ <i>adj.</i>	外用的，局部的

Part I

Theme Introduction

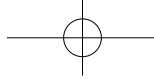
Teaching Purpose

This section is designed as a speaking activity for stimulating students in preparation for the topic of cosmetic Chinese medicine. This activity presents background information to students. Ask students to form pairs and discuss the questions. Then ask two to three individual students or

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Cosmetic Chinese Medicine



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two pairs of students to report to the class about what they discovered from the discussion.

Directions: Now listen to a passage about cosmetic Chinese medicine and answer the following questions.

The ancient Greek philosopher and scientist Aristotle once said, “Personal beauty is a greater recommendation than any letter of reference.” His wise words have lasted the test of time. Nowadays, more people over the world go under the knife in an attempt to improve their looks or size. Statistics from the International Society of Aesthetic Plastic Surgery showed in 2011, 3.1 million people in the U.S. had cosmetic surgery, more than any other country in the world. China ranked the third with just over one million going under the knife. In TCM, cosmetic acupuncture is a treatment that involves using acupuncture to improve skin and fight the aging process. Sometimes referred to as an “acupuncture facelift” or “facial rejuvenation,” cosmetic acupuncture is often used as an alternative to surgical facelifts and other conventional procedures said to reverse signs of aging in the skin. Proponents claim that cosmetic acupuncture can help reduce wrinkles, diminish fine lines, remove age spots, and lift droopy eyelids. Most courses of cosmetic acupuncture treatment involve ten or more sessions, as well as additional sessions for maintenance of results.

Questions:

1. Which country has the largest number of people undergoing cosmetic surgery in 2011?

Answer: U.S.

2. What are the desired effects of cosmetic acupuncture?

Answer: Cosmetic acupuncture can help reduce wrinkles, diminish fine lines, remove age spots, and lift droopy eyelids.



Part II

Listening Tasks

Task ① Passage Listening

Passage 1

Now you will hear a short passage about facial rejuvenation. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Facial Rejuvenation

Don't want to go under the knife or be injected with Botox? Try an acupuncture face-lift!

At your first visit the acupuncturist will ask you all sorts of questions from how much water you drink to how many times a day you go to the bathroom. These questions and more that Chinese medical doctors ask at your initial consultation provide them with detailed input. This thorough understanding of your daily health and wellness provides the practitioner with essential information to individualize your experience.

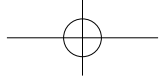
Next your acupuncturist will have you either lie down or recline into a comfortable position. First a few needles will be inserted into acupoints along the body to encourage circulation and wake up sluggish organs signaling vitality. Once those needles are humming with Qi, the acupuncturist will begin administering needles to the facial tissue. These hair-thin needles will be gently placed into the skin along areas that need a little pep. Some may ask to have their wrinkles softened or perhaps that little furrow in the brow. In some cases a low frequency of electrical stimulation will be administered along the shaft of the needle to efficiently encourage the problem area to fill with new collagen and elastin.

While results vary from person to person throughout the course of treatment, most patients report an overall sensation of vitality in the face, thus experiencing facial rejuvenation. Patients can look forward to

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Cosmetic Chinese Medicine



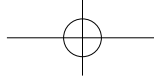
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experiencing visible diminishing of those unwanted wrinkles without the expense and danger of both surgery and chemical injections.

Questions:

1. What is the main idea of the passage you've heard?
 - A. Application of botox in facial rejuvenation.
 - B. Danger of surgery and chemical injections for facial rejuvenation.
 - C. Applying acupuncture to rejuvenating the face.
 - D. The relationship between facial health and overall wellness.
2. What is the main purpose of doctor's initial consultation?
 - A. Gaining an overall understanding of the patient's daily health and wellness.
 - B. Understanding how your kidney functions.
 - C. Gaining information about your medical history.
 - D. Understanding the patient's specific needs.
3. Which procedures are administered?
 - A. Needles are inserted into acupoints along the body.
 - B. Needles are inserted into the facial tissues.
 - C. A low frequency of electrical stimulation might be delivered along the shaft of the needle.
 - D. Both A, B and C.
4. According to the passage, what are the intended effects of acupuncture?
 - A. To encourage circulation and wake up sluggish organs signaling vitality.
 - B. To give a little pep to some specific areas
 - C. To efficiently encourage the problem area to be filled with new collagen and elastin.
 - D. All of the above
5. Which of the following is not mentioned according to the passage?
 - A. Most patient experience an overall sensation of vitality in the face



after the procedure

B. Plasticity of the skin is improved all over the body.

C. Unwanted wrinkles diminish after the treatment.

D. Problem areas on the face are filled with new collagen and elastin.

Passage 2

Now you will hear a short passage about cosmetic acupuncture. Five questions will be asked following this passage. Listen carefully and choose the best answer from the five possible choices.

Cosmetic Acupuncture

One of the concepts of TCM is that different parts of the facial skin correspond with internal organs. When there is organ disharmony, the corresponding area of the facial skin will appear with symptoms. TCM facial diagnosis can indicate inner organ problems. Based on those indicators, treating the facial skin will assist in balancing the inner organs.

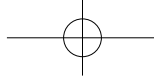
There is a common misconception that cosmetic acupuncture and facial rejuvenation involve just the application of needles onto the face and nowhere else on the body. While cosmetic acupuncture can stimulate and relax the muscles beneath the wrinkles causing them to fade and diminish, this is only a small facet of a treatment.

TCM views aging according to the same fundamental principle that the body as a whole and the aspects of the patient (mental, physical, spiritual) must be examined to fully understand the factors contributing to the degenerative aging process. While a patient may be seeking treatment specifically to eliminate small wrinkles and diminish the appearance of larger deeper wrinkles, a cosmetic acupuncture and facial rejuvenation treatment involve a complete whole body treatment. This treatment will increase the body's inner capacity to fight disease and degeneration as well as balance and harmonize the body. The treatment will reduce stress, increase energy and promote total health.

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The skin is one of our body's organs that will connect with all the other organs and outside environments. Internal organ disharmony, along with external factors such as the sun, wind and dryness will have an impact on the appearance of skin. Just like an acupuncture treatment, a cosmetic acupuncture and facial rejuvenation treatment is tailored to go with each individual's needs and body type.

Questions:

1. What's the main idea of the passage?
A. The mechanism of cosmetic acupuncture.
B. The view of TCM in aging.
C. A regimen of skin maintenance.
D. The physical function of skin.
2. According to the passage, what's a common misconception about cosmetic acupuncture and facial rejuvenation?
A. Cosmetic acupuncture only involves administering needles on the face and nowhere else on the body.
B. Cosmetic acupuncture involves a whole body treatment.
C. Cosmetic acupuncture focuses on the harmony and balance in the body.
D. Cosmetic acupuncture only aims at eliminating wrinkles.
3. Which aspect of a patient is examined by the TCM doctor?
A. The mental aspect. B. The physical aspect.
C. The spiritual aspect. D. All of the above.
4. According to the passage, what are the anticipated effects of cosmetic acupuncture?
A. Increased inner capacity to fight diseases and degeneration.
B. Reduce stress
C. Increase energy.
D. All of the above



5. Which of the following is not mentioned according to the passage?
- A. Cosmetic acupuncture promotes general wellbeing.
 - B. Cosmetic acupuncture are only effective for the elderly.
 - C. Cosmetic acupuncture balances and harmonizes the body.
 - D. Both internal organ disharmony and external factors affect the appearance of skin.

Task ② Compound Dictation

Listen to a passage about cupping for cosmetic purposes. After listening, fill in the blanks with what you have heard.

TCM doctors have traditionally been using cupping for preventing colds and flu, reducing headaches, and easing backaches in their everyday practices. As patients grow increasingly more aware of its benefits, other new and exciting applications for this simple and safe procedure are being developed.

A small amount of massage oil is applied to the buttocks, hip, low back, and the upper portion of the leg. These are our problem areas that will benefit the most from the application of cupping. A cotton ball soaked in alcohol is placed on the end of a surgical hemostat and lit. This lit end is placed inside the cup then is quickly withdrawn. Almost simultaneously as the hemostat is removed, the cup is rapidly placed upon the skin.

Continued cupping treatment will rapidly and safely encourage metabolic waste elimination via the lymph system at a fraction of the time and cost of endermologie, chemical injections, and topical creams. Patients can expect a visible appearance of smoother skin within one or two treatments. Treatment length and frequency is determined on an individual basis.

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Part III

Speaking Task

Teaching Purpose

Help students learn how to describe the pros and cons of a specific treatment as well as proposing alternative treatments.

Teaching Steps:

1. Ask students to listen to the following dialogues.
2. Direct students to the Language Focus and inform them that they can use the sentences and structures that may be useful in speaking.
3. Arrange students in pairs or groups to create dialogues listed in Oral Activities.
4. Supervise students' discussion. Help and encourage students.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.

Role Play

Listen to the following model dialogues and role-play them with your partner.

Model Dialogue 1

A is talking to B about her opinions on cosmetic surgery.

A: Being ugly negatively impacts job offers, relationships, or even bank loans! Women, men and children all instinctively dislike ugly people and although many would say ugliness is so subjective, it is not. Baldness, wrinkles, hook-noses, flab, body hair, unsymmetrical features, jowls, turkey necks, weak chins and wide faces make one uglier. Considering all these negative effects, why

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would anyone not want to get plastic surgery to correct the clear flaws?

B: Plastic surgery doesn't seem to be an easy fix. I know a number of people who've had plastic surgery for breast reduction/augmentation and anti-aging things, and what I've learned is that: Firstly, it's better to make small changes than big changes. Secondly, it's painful and expensive, and can result in lots of future surgery if any little thing goes wrong. Thirdly, it doesn't always make you look better and often it's apparent that work was done and you might look worse for it. Lastly, it may require long-time care. Specifically, the women I know who've gotten breast augmentation have told me that they basically have to get the \$10,000–\$15,000 procedure done again every ten years or so and that's not counting accidents like displacement or rupture. To me, this sounds a lot like an elective chronic medical condition. That's not to say they wish they hadn't done it, but it's a significant amount of surgery for someone like me to think about, who has never had any surgery.

Model Dialogue 2

A is asking B for advice on improving one's look without resorting to cosmetic surgery.

A: What are alternatives to plastic surgery?

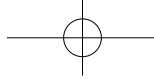
B: Well, you can definitely try the following ways.

Firstly, dress to impress. A good haircut and nice clothes go a long way in how you present yourself to others. Now, what constitutes “good” and “nice” is dependent on your audience. Know your audience, know yourself, and you will look good. Secondly, Become proficient with makeup tools. Skillful application of

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makeup to highlight certain features and soften others makes for a dramatic change. Lastly, there's nothing like diet and exercise as a way of taking control of the way you look. Liposuction is no alternative for honest exercise. The former not only is expensive but also doesn't guarantee you the results you want and could have side effects. People also seriously underestimate the difference that weight can have on your face.

Language Focus

Here are some sentences and structures that you might find useful in speaking.

1. Considering all these negative effects, why would anyone not want to get plastic surgery to correct the clear flaws?
2. Plastic surgery doesn't seem to be an easy fix.
3. Specifically, a woman I know...
4. To me, this sounds a lot like an elective chronic medical condition.
5. That's not to say they wish they hadn't done it.
6. A good haircut and nice clothes go a long way in how you present yourself to others.
7. What constitutes "good" and "nice" is dependent on your audience.
8. Liposuction is no alternative for honest exercise.

Oral Activities: Make similar conversations according to the given situations.

Activity 1

You and your friend are talking about a documentary you watched about plastic surgery in Korea.

Teaching Steps:

1. Ask students if they have the experiences of talking with an expert on cosmetic surgeries. Students could browse



the Internet for further information to have an extensive discussion.

2. Have students form pairs. One plays the role of the advice-seeker and the other the role of the expert.
3. Then the two exchange their roles and continue.
4. The teacher can choose some groups to present their discussions to the whole class.

Activity 2

You are seeking advice from a medical expert on TCM cosmetic procedures.

Teaching Steps:

1. Ask students if they have the experiences of seeing a TCM doctor or a health consultant. If they don't have any experience of this kind, ask them to brainstorm.
2. Have students form pairs. One student will act as the patient who describes his or her desire for cosmetic treatments while the other plays the role of a TCM doctor providing medical suggestions and prescription.
3. Then the two exchange their roles and continue.
4. The teacher can choose some groups to present their discussions to the whole class.

Part IV

Leisure Time

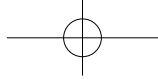
Directions: Enjoy the following joke.

A middle-aged woman has a heart attack and is taken to the hospital. On the operating table, she has a near-death experience. During that experience, she sees God and asks if this is it. God says “no” and explains that she has another 30 years to live.

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Part V

Additional Task

Task ①

Compound Dictation

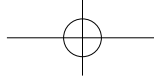
Listen to the passage and fill in the blanks with the information you have heard.

Cosmetic Acupuncture

In TCM, acupuncture has long been used to improve the flow of vital energy throughout the body. This vital energy is thought to circulate through invisible energy lines, which are known as “meridians.”

According to TCM, health problems occur as a result of blockages in the flow of vital energy. By inserting needles into specified points along meridian lines, acupuncturists aim to restore the flow of vital energy and, in turn, improve health.

Cosmetic acupuncture is purported to improve skin and act as an anti-aging treatment in part by stimulating the production of collagen (a protein that acts as a major component of your skin). As you age, your skin's inner layer loses collagen and—as a result—becomes less supple and firm. However, there is no scientific evidence to support the claim that acupuncture can promote collagen production.



Some proponents also *suggest* that cosmetic acupuncture can help rejuvenate your skin by improving your overall energy.

Although research suggests that acupuncture may offer a number of health benefits (including reduced stress and management of problems like chronic pain and depression), *there is currently a lack of scientific studies testing the effects of cosmetic acupuncture.*

Acupuncture is generally considered safe when administered by a qualified practitioner. According to the National Center for Complementary and Alternative Medicine, *acupuncture can cause serious adverse effects when not delivered properly.*

Task ② Oral Summary

Listen to a passage on precautions against cosmetic surgeries, take detailed notes and then make an oral summary. Prepare a report on negative aspects of cosmetic surgery before you present it in the next class.

Things to Consider Before a Cosmetic Surgery

Take the time to contemplate how you would realistically benefit from the surgery: correcting obvious facial flaws, such as the removal of a large birthmark. However, narrowing a nose or having a chin implant may not offer a life-changing result.

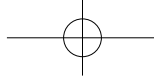
Avoid bad plastic surgery by having realistic goals. The more extreme the change you desire, the greater the risk of dissatisfaction with the result. The popular practice of seeking “drastic plastic” increases the risk of receiving bad plastic surgery from unscrupulous surgeons, since many reputable surgeons reject the practice.

Consider your eligibility as a plastic surgery candidate. Reputable surgeons will not perform the surgery if you have pre-existing medical conditions that put you at high risk. Clinical depression and heart problems may exclude you from surgery.

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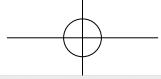
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Question your prospective surgeon carefully during your initial consultation. Ask to see before and after photos of previous patients, and make sure you get adequate information on the side effects commonly associated with your procedure.

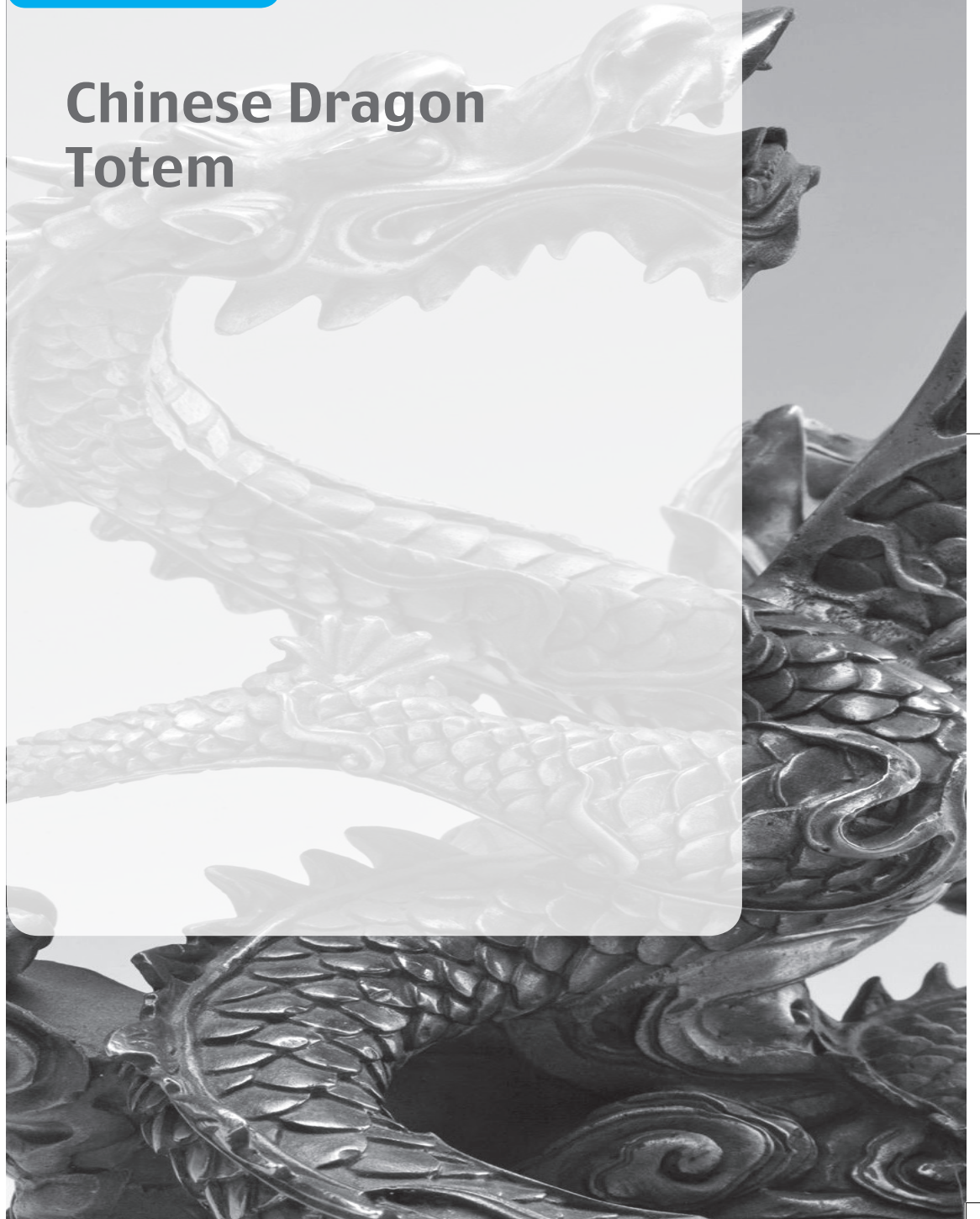
Consult the Chinese Association of Plastics and Aesthetics and request information on your surgeon concerning previous and pending lawsuits.

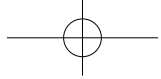
Understand that all surgery comes with risks. Any time you undergo general anesthesia, you are at an increased risk of heart attack, stroke and brain damage. Depending upon your desired plastic surgery, you may also be more susceptible to nerve damage or temporary paralysis.



UNIT 4

Chinese Dragon Totem





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Word Bank

astray /ə'streɪ/ *adv.*

adj.

误入歧途地；迷途地

迷路的；离开正道的；不对头的

auspicious /ɔ:'spɪʃəs/ *adj.*

吉兆的，吉利的

avatar /'ævətɑː/ *n.*

印度神话、印度教中（尤指主神之一比湿奴）下凡化作人形（或兽形），（神的）降凡，（神的）化身；（某人或某种抽象概念的）化身；体现；具体化

centripetal /sen'trɪpətəl/ *adj.*

向心的；利用向心力的

cohesiveness /kəʊ'hɪːsɪvnəs/ *n.*

粘合，聚合；团结

disintegration /dɪs,ɪntɪ'greɪʃən/ *n.*

瓦解，崩溃；分解

dormant /'dɔːmənt/ *adj.*

休眠的；静止的；隐匿的

emblem /'embləm/ *n.*

象征，标记；纹章，徽章

vt.

象征；用象征表示；用图案（符号）表示

encyclopedia /ɪn,saiklə'piːdɪə/ *n.*

百科全书

ferocious /fə'rəʊʃəs/ *adj.*

残忍的；极度的

fetish /'fetɪʃ/ *n.*

恋物（等于 *fetich*）；迷信；偶像

formidable /'fɔːmədəbəl/ *adj.*

强大的；令人敬畏的；艰难的

pertaining to

适合；属于；关于

reptilian /rep'tɪlɪən/ *adj.*

爬虫类的；卑鄙的

n.

爬虫类动物

Satan /'seɪtn/ *n.*

撒旦；恶魔

Semitics /sɪ'mɪtɪks/ *n.*

闪族人，闪族语系

sire /saɪə/ *n.*

陛下；大人；男性祖先

vt.

做…的父亲；生产

The Holy Bible

《圣经》

The Old Testament

《旧约圣经》



Part I

Theme Introduction

Teaching Purpose

This part is designed as an activity for stimulating students and preparing them for the topic Chinese dragon totem. This activity involves presenting background information to students and asking them to form pairs and discuss the questions in pairs, followed by asking two or three students to report to the class about what they find out from the discussion.

Directions: Now listen to a passage about the Chinese dragon totem and answer the following questions.

The word “totem” comes from Indian language; it is the primitive men who make fetish of certain animal or other natural things as their clan’s mark or emblem. The relation between totem and culture is quite intimate, so it is efficient to use totem to analyze myths, social and fold customs. Chinese dragon culture can represent the quintessence of Chinese civilization in some respect.

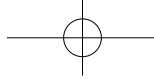
Nobody really knows where the dragon came from. The dragon looks like a combination of many animals, such as a reptile snake, an alligator, and a lizard. Or it may be just a product from the imagination of Chinese people. Chinese emperors thought they were real and the sons of the heaven. Thus the beds they sleep in are called the dragon beds, the throne called the dragon seat, and the emperor’s ceremonial dresses called the dragon robes.

Also dragons can be seen on the buildings in the imperial palace. Dragon screens are an important part of the dragon culture. The dragon is a symbol of imperial power. Traditionally the dragons are considered as the governors of rain fall in Chinese culture. They have the power to decide where and when to have rain falls. The kings of the water dragons

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Chinese Dragon Totem



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live in the dragon palaces under the oceans.

The dragon also plays an important part in Chinese Festivals. The dragon dance has a long history, which was already a popular event during the Song Dynasty (960–1279 CE). The Dragon Boat Festival is almost purely dragon-related festival, becoming one of the most popular international events.

Questions:

1. How is the relation between totems and culture?

Answer: It is quite intimate.

2. In China, what does the dragon look like?

Answer: The dragon looks like a combination of many animals, such as a reptile, a snake, an alligator, and a lizard.

Part II

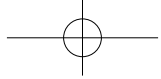
Listening Task

Task ① Passage listening

Passage 1

Now you will hear a short passage about the dragon. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

For many in Western countries, the dragon is symbolic of evil. Many encyclopedias illustrate the dragon as a legendary reptilian monster, similar in form to a crocodile and usually represented as having wings, huge claws, and a fiery breath. It is a mythical creature in western legend which has formidable magical powers. And western people think that there are many kinds of dragons. Dragons can have a variable number of legs: none, two, four, or more when it comes to early European literature. In China, we say the dragon has nine sons and each son is



different. Yet, in west, they can say the dragon has hundreds of sons and each of them is also different. Some dragons live in the deep sea; some sleep in the volcano; some remains dormant in the swamp and some hide themselves in caves. Nowadays, we often use the word “dragon” when we refer to Western dragon. However, in ancient times, people did not use “dragon.” Semitics founded Judaism and at that time, and some people believed that Seraphim in the Judaism was the embodiment of the dragon with justice power. In Western culture, Seraphim is closest to dragon for its nature and characteristics. Seraphim is not only similar to dragon in its stature, function and significance, but also close to Chinese local dragon in the origin. Chinese dragon is like a huge snake while western dragon came from the word “Seraph” in the ancient Hebrew language. From the Holy Bible, we can find that dragon is snake. In Revelation, it refers to the ancient serpent which is called Devil or Satan, who leads the whole astray. The Old Testament mentions that dragon comes from Greece, and it is often described as a huge sea monster or a viper. Since Mesopotamia legend, dragon was treated as symbol of Devil. Therefore, people at that time living near the Mesopotamian Plain accepted this idea and passed it until today. So Christians and Jews treat dragon as an evil creature.

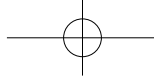
Questions:

1. According to the Western people, which one does the dragon stand for?
A. Viciousness. B. Goodness.
C. Virtue. D. Beauty.
2. What can be inferred from early European literature?
A. A dragon could have no legs.
B. A dragon could have two or four legs.
C. A dragon could have five legs.
D. All of the above.

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3. What can be inferred from the passage?
- A. In Western people's concepts, the dragon represents evil.
- B. Dragons have the same form as crocodiles.
- C. The Old Testament says that dragons come from India.
- D. The Holy Bible thinks that dragons are snakes.
4. In the Western culture, what similarities do Seraphim and Loong have?
- A. They have similarities in appearance and nature.
- B. They have similarities in appearance and characteristics.
- C. They have similarities in nature and feature.
- D. They have similarities in beauty and nature.
5. Why do the Christian and Jews treat dragons as evil creatures?
- A. Because they have been described as vapor.
- B. Because they have been described as huge snakes.
- C. Because they have been described as huge sea turtles.
- D. Because they have been described as huge sea monsters.

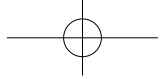
Passage 2

Now you will hear a short passage about totem culture. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

From Totem, Beyond the Totem

The Chinese dragon culture in modern China not only exists in individual sites, but still maintains strong vitality. The Chinese dragon culture in the national unity and national reconstruction did not play a leading role in history, but still has a strong appeal and force in the Chinese nation.

Totem culture is essentially a primitive clan culture, A totem is a spirit being, sacred object, or symbol that serves as an emblem of a group of people, such as a family, clan, lineage or tribe. The original shape of the original dragon stems from 3000 BC, which is the disintegration of China's primitive society, and is the origin of Chinese civilization. The Chinese dragon civilization can be found in a prototype



in the natural world.

The most important of the four concepts, harmony between man and nature of the universe; benevolent view of the main love of each other; Conjoint the development of the concept of yin and yang; inclusive concept of multiculturalism.

The second level, the idea of dragon in the Chinese dragon image, the idea behind the dragon, including the Chinese people deal with four main objectives of the relationship between the ideal and values in pursuit of the harmonious relationship between Nature and Man, interpersonal harmony between yin and yang, a harmonious multi-cultural relations.

The third layer, the spirit of the Long diversified and integrated innovation of the basic spirit of Chinese culture; this is the image of Chinese dragon, the dragon culture of the most deep-seated cultural. Wang believe that the Chinese dragon explores the deep cultural connotation of the modern world help to address some civilizational clashes.

The dragon has an important position and influence in the Chinese culture. Distance from the last 7,000 years of the Neolithic Age, primitive ancestors of the dragon totem worship, to this day people still worship the dragon totem.

China has become a symbol of the dragon, a symbol of the Chinese nation, a symbol of Chinese culture. Each of the Chinese people, the image of the dragon is a symbol of a flesh-and-blood emotion. In addition to the dragon in Chinese culture on the land of the spread of succession, the overseas Chinese Yuan Du was also taken to various parts of the world, in countries in the world of Chinese or Chinese residential area in the city, the most eye-catching or dragon.

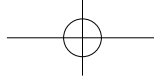
Questions:

1. Totem culture is essentially a _____ clan culture.
A. primitive B. slavery

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Chinese Dragon Totem



showed great respect and honor for dragon. From Chinese people's point of view, dragon, broadly speaking is a mythological creature, with the head of camel or horse or snake, the horns of a deer, the eye of a rabbit, the ears of a cow, the scales of a carp, the claws of a hawk, the palm of tiger, whiskers and beard. Dragon has no wings and it will become Ying dragon (应龙) after a one-thousand year's self-tempering. Dragon is generally regarded as benevolent, powerful, worshipful and lucky. It is also thought of as the primary source of wind and rain, especially in laborers' opinion. Furthermore, dragon, which appeared in the description of Chinese fairy tales, is often said to situate in the bottom of sea or river. Rarely does this powerful deity come to contacts with common civilians living on the ground, nor will it stay in a certain location that fails to provide a quiet environment for them. With the large amount of mythological descriptions about the magical beast, Chinese dragon is widely cherished as a lucky creature. In most cases dragon is even regarded as the ambassador of God, commanding supernatural power and serves for the immortals. No matter in articles of Chinese forebears or modern media material that vividly depict major duties of Chinese dragon, it is not uncommon to see that dragon always makes its appearance as aids for their own masters who usually are the celestial beings with magic power.

Part III

Speaking Task

Teaching Purpose

Help students learn to express appreciation and favorable comments on dragon culture.

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Chinese Dragon Totem



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Teaching Steps:

1. Ask students to listen to the following model dialogues.
2. Bring students' attention to the Language Focus and tell them that they can use the sentences and structures that are useful in speaking.
3. Arrange students in pairs or groups and ask them to create dialogues listed in Oral Activities.
4. Go around the classroom to supervise students' discussion. If necessary, give help to students.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.

Role Play

Listen to the following model dialogues and role-play them with your partner.

Model Dialogue 1

A: Hi, Li Hua! I hear that the dragon is very important in China. Could you tell me some story about it?

B: Yes. There are many Chinese stories about it. There is even a very famous Chinese idiom: Lord Ye's love for dragons, which means professed love for what one actually fears. Here is the story behind the idiom. Lord Ye loved dragons deeply. He had dragons everywhere and he was thinking about dragons all the time. His love for dragons moved a real dragon, so the dragon came to visit him one day. When he saw the real dragon, he was frightened to death.

A: What a wonderful and funny story! I also learn that some people dislike dragons. Is it true?

B: Yes! Some people dislike dragons. Recently there was a heated discussion on whether we should continue to use the dragon as the symbol for our China. Some claim that the dragon is no longer



a suitable symbol for China. Whereas others don't think so.

A: And I learn that some scholars hold different views, publishing some articles opposing using the dragon as the symbol for China.

B: Different people hold different views. A professor in Shanghai, for example, holds the view that the dragon is not a good symbol. First, the dragon is an evil animal in Western cultures as we can learn from many Western movies. Second, with China's entry into WTO and the successful bid for holding the 2008 Olympic Games, China should keep up with the high pace of the world. Therefore we shouldn't always uphold the outmoded ideas and replace the ferocious kind of animal with something gentle.

Model Dialogue 2

A: Do you know the difference between Chinese views and Western views about the dragon?

B: In China, for all times the dragon has been a good auspicious complicated animal. It means good weather and ethnic harmony.

A: Oh, I see! Chinese people have a very high evaluation on it dragon. But Western people do not have a high evaluation on the.

B: Yes. Chinese people have been proud of the Chinese word "dragon" since ancient times, which is the symbol of auspiciousness and authority. But in Western people's eyes, the dragon is an evil animal. The source is the Bible, where it is described as a red evil animal. So, the dragon is the symbol of evil and violence in the Western view. So dragons are quite different in Chinese and Western culture.

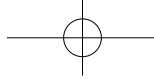
A: Oh, could you make a comparison between China and Western countries on the cultural and historical development of the dragon?

B: The Chinese dragon is not exactly equal to Western dragon. This

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Chinese Dragon Totem



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is mainly because each one has its own cultural origins, images, posts in ancient myths, as well as its symbols. Thus, due to the important roles that dragons play in Chinese and Western cultures, they have varied ethnic and cultural meaning.

Language Focus

Here are some sentences and structures that you might find useful in speaking.

1. Here is the story behind the idiom.
2. Recently there was a heated discussion on whether ...
3. In China, for all times, the dragon has been a good auspicious complicated animal.
4. Chinese people have a very high evaluation on the dragon.
5. Due to the important roles that dragons play in Chinese and Western culture...

Oral Activities: Make similar conversations according to the given situation.

Activity 1.

You and your friend are talking about some legends about the Chinese totem—dragon.

Teaching Steps:

1. Before their acting, have students review some legends about loong that they have read or heard about.
2. Have students form pairs. One student will act as the person who is interested in the legends about loong while the other plays the role of a compassionate listener giving appreciation and marvelous comments.
3. Then the two swap roles and recreate the scenario.

Activity 2.

Two Chinese students are talking about the meaning of “dragon”



for Chinese people after class.

Teaching Steps:

1. Before their acting, ask students if they have learned about the meaning of dragon for Chinese people
2. Arrange students into pairs with 5 to 7 members in each one.
3. They talk freely their understanding about dragon or some other animals and exchange their feelings.
4. The teacher can choose one group to present their discussion to the whole class.

Activity 3.

A foreign student and a Chinese student are talking about the differences between Chinese views and Western views on the dragon.

Teaching Steps:

1. Before their acting, have students recall their own understanding about the differences of loong or dragon between Chinese view and western view
2. Have students form pairs. One student will act as the Chinese student while the other plays the role of the foreign student.
3. Then the two exchange their roles and continue.

Part IV

Leisure Time

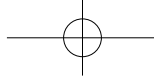
1. Listen to the following passage and enjoy the cultural meaning in it.

In the ancient culture and folklore of China, there are countless materials pertaining to totems. “Kirin, Phoenix, Turtle, and Dragon,” which was recorded in *The Book of Rites*, are actually the most famous totems used by our ancestors. “Phoenix is the totem of the Yin Dynasty and Dragon is the counterpart of the Xia Dynasty,” said Guo Moruo.

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UNIT 4

Chinese Dragon Totem



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However, as the symbol of one group and the worshiped object of one nation, the totem has a big impact on the culture and the psychology of one nation. Chinese, the descendents of the Huaxia group, choose the powerful dragon as its totem. So there are many words idioms and stories related to dragons. What's more, emperors were believed to be the avatar of the dragon during the ancient times. For instance, Qin Shihuang (the first emperor in the Qin Dynasty) boasted that he was the "Ancestor of Dragons."

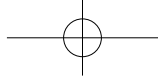
Besides, there are many totems deriving from the origin of clans. There is a legend within Huns which is about wolves. According to *Records of the State Wei*, the king of Huns had two daughters who were quite gracious and pretty, and even regarded as the gods of Huns. One day, the king said, "How can I get such beautiful daughters married to human beings? I will let them go with God." So he constructed a high profile and let his daughters stand on it. "God, please come and take them away!" he shouted at the heaven. Four years later, an old wolf came here, waiting and howling day and night. The younger girl said to it, "My father got us here and marry us to God. It must be God's intention to send you here." Then she got down the profile and married it. Afterwards, their descendents became more and more and were all good at singing in the way that the wolf did. Consequently, wolf became the totem of Huns.

2. Listen to the following passage and enjoy it.

Lord Ye's Love for the Dragon

There is a young man, Lord Ye. He likes dragons very much. He draws many dragons in his house. The house becomes a world of dragons.

A red dragon hears of Lord Ye, and is deeply moved. It wants to visit Lord Ye and makes a friend with him. "Hi, Lord Ye! Nice to meet you," the real dragon comes to visit Lord Ye. When seeing the real dragon, Lord Ye runs away as fast as he can. "Oh, my God! Help! Help!" he runs and shouts.



3. Quotes

- 1) A dragon sires a dragon, a phoenix breeds a phoenix, and a rat's baby knows how to dig a hole. 龙生龙, 凤生凤, 耗子生儿会打洞。
- 2) People say that you can tell what a person will grow up to be at the age of three and what he'll look like in old age at seven. 人说三岁看大, 七岁看老。
- 3) Westerners usually see dragons as cold-blooded reptiles, just resembling snakes. 西方人通常视龙为冷血的爬行动物, 就像蛇。

Part V

Additional Task

Task ① Compound Dictation

Listen to the passage and fill in the blanks with the information you have heard.

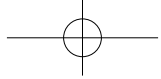
The word “totem,” which originated in an Indian language in South America, is a foreign word and was translated according to its pronunciation. Though it's impossible to find the word in the Chinese ancient books, historical recordings and the admiration to totems are abundant in the books. However, nowadays totem has changed from the ancient badge symbolizing a group's relatives, spirits and Gods into an advertisement propagating activities or an adornment decorating houses or cars.

The Chinese dragon comes from an ancient totem. In ancient times, our ancestors could not make a reasonable explanation about most natural phenomena. So with the totem, they hoped they could have the power of lightning and storm, the magnificence of mountains, the flexibility of a fish and the vigorousness of birds. Therefore, the dragon gradually became a combind image of different animals.

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UNIT 4

Chinese Dragon Totem



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This composite structure means the dragon is the king of animals and the Almighty God of the world. In our ancestors' minds, dragon can change into anything, can be small or huge, can be short or long, can dive deeply in the water, can fly above all the clouds. In *Ci Hai*, it is said to be a miraculous animal with scales and palpus in the ancient legends that controls the weather and water. It also says that Loong, with horn and claw, can mount the clouds and ride the mist, summon the wind, call for rain and change unpredictably. Every part of a dragon has special symbolic meanings.

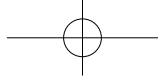
The totem, a symbol of the relatives, ancestors or patron saints of a group, mainly in order to distinguish one group from another, is the earliest phenomenon of cultural history. Due to the underdeveloped nature of early civilization, ignorant and primitive people believed that certain natural objects or animated creatures with kinship to their ethnic heritage could be selected as totems. Thus, using totems to explain or to record myths, ethnic customs and historical affairs became acceptable in primitive times.

Task ②

Oral Summary

Listen to a passage on the dragon, and then make a summary.

As a typical word with abundant cultural meanings and ethnic features, dragon has been playing a tremendous part both in Chinese and western history. Throughout the endless tears of developments, dragon has respectively assumed different roles in Chinese and western culture and it beyond doubt continues to exert a profound and pronounced influence on people's thoughts and living. Not surprisingly, during the Mascot Selection for 2008 Beijing Olympic Games, widely popular as it is in China, Long failed to be chosen in the end because it stands for varied symbols around the world so that it will be comprehended quite differently among people. This fact, to a large extent, makes Chinese national culture hardly represented. In addition,

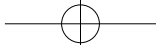


“Loong” can not only distinguish images between Chinese and Western culture, but also precisely to avoid the misunderstanding of Western readers toward Chinese appreciation of the beauty.

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UNIT 4

Chinese Dragon Totem



UNIT 5

Re Min Jiu





Word Bank

adrenal /ə'dri:nəl/ *adj.*

肾上的，肾旁的，肾上腺的

caesarean /si'zeəriən/ *n.*

剖腹产

coagulation /kəʊ,æɡju'leɪʃən/ *n.*

凝结，凝结物

fetal malpresentation

胎儿异常先露

fetus /'fi:təs/ *n.*

胎，胎儿

heat-sensitivity

热敏

infrared /,ɪnfrə'red/ *n.*

红外线

meridian /mə'rɪdiən/ *n.*

经脉；子午圈；子午线

mugwort /'mʌɡwɜ:t/ *n.*

艾叶

optimum /'ɒptɪmə/ *adj.*

最适宜的

randomize /'rændəmaɪz/ *vt.*

使随机化；完全打乱

the body-marker positioning method

体表标志定位法

the bone length discretion positioning method

骨度分寸定位法

Part I

Theme Introduction

Teaching Purpose

This part is designed as a listening activity for stimulating students and preparing them for the topic Re Min Jiu, the focus of this unit. The students are first required to listen to the passage carefully and get its general idea, and then listen to the passage again, and finish the task by paying attention to the detail.

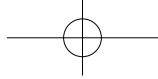
Directions: Listen to the passage and then decide whether the following statements are true (T) or false (F).

Re Min Jiu (heat-sensitive moxibustion) originated from *Huangdi*

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UNIT 5

Re Min Jiu



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Nei Jing (Yellow Emperor's Canon of Medicine). The research team of Jiangxi University of Traditional Chinese Medicine, led by Professor Chen Rixin, has based its improvements upon many clinical experiments to obtain better curative effects. Upon receiving Re Min Jiu treatment, one may feel the heat penetrating, expanding, moving, and sometimes the heat within or in the distant part of the body, or sometimes cannot feel the heat, all of which can be called heat sensitivity. In 2010, achievements of Re Min Jiu were firstly displayed in Shanghai EXPO, and in 2011 the first Re Min Jiu hospital in the world was established in Nanchang, Jiangxi Province. Because of its outstanding clinical effects, Re Min Jiu has been spread at home and even abroad.

Statements:

1. Re Min Jiu is a completely new thing without any origins. (F)
2. The fact that one receiving Re Min Jiu treatment can not feel heat tells no heat-sensitivity occurrence. (F)
3. Because of its good clinical effects, Re Min Jiu has been spread domestically and even abroad. (T)

Part II

Listening Task

Task ① Passage Listening

Passage 1

Now you will hear a short passage about heat-sensitivity phenomenon. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

The moxibustion innovation team of Jiangxi University of Traditional Chinese Medicine via 18-year clinical research discovered heat-sensitivity phenomenon of the acupoints which is different from



the common heat-sensation phenomenon of the acupoints. One can feel the heat in the part and surface of the body when receiving the latter treatment, while receiving the former treatment one can feel the heat penetrating, expanding, moving, and sometimes one can feel the heat within or in the distant part of the body, or even cannot feel the heat.

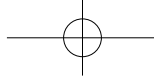
The heat sensitivity of the acupoints is a universal phenomenon and has much to do with the disease. The occurrence rate of the heat-sensitivity phenomenon of the acupoints for the normal person is 10% or so, the occurrence rate for the person with disease increases to 70% and the occurrence rate for the person with cured disease decreases to 15%.

The distribution of the heat sensitivity of the acu-points surrounds the meridian acupoints. They have made research for 6 kinds of diseases, six points, 360 heat-sensitive acupoints and found the probability distribution of the heat sensitivity of the acupoints is a dynamic process and surrounded by the meridian acupoints according to the disease change.

The meridian Qi can be stimulated by moxibustion on the heat-sensitive acupoints, and can be transmitted to the disease area, thus producing the highly curative effect. The incidence rate of stimulating and transmitting meridian Qi to the disease area by moxibustion on heat-sensitive acupoints is 86.73%, while that by moxibustion on non-heatsensitive acupoint is only 22.41%.

Questions:

1. What is the heat-sensitization phenomenon of the acupoints ?
 - A. The heat penetrating the body.
 - B. The heat expanding other parts of the body.
 - C. The heat moving to other parts of the body.
 - D. All of the above.
2. What is the occurrence rate of the heat-sensitivity phenomenon of



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the acu-points for the person with disease?

- A. 10% B. 70%
C. 15% D. 50%

3. What is the feature of the probability distribution of the heat sensitivity of the acupoints?

- A. Dynamic process.
B. Static process.
C. Surrounded by the meridian acupoints according to the disease change.

D. Both A and C.

4. What is the incidence rate of stimulating and transmitting meridian qi to the disease area by moxibustion on heat-sensitive acupoints?

- A. 22.41%. B. 86.73%.
C. 86.74%. D. 22.42%.

5. What does the passage mainly tell us?

- A. The curative effects of heat-sensitive moxibustion.
B. The feature of the probability distribution of the heat sensitivity of the acupoints.

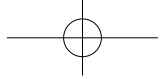
C. Three characteristics of heat-sensitivity phenomenon.

- D. The relationship between heat-sensitivity phenomenon and disease.

Passage 2

Now you will hear a short passage about Re Min Jiu. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

On the basis of the traditional methods of locating acupoints (body-marker positioning method, bone length discretion positioning method), the team adopts infrared and technology of heat-sensitive moxibustion to detect the heat-sensitive acupoints on which one receives moxibustion and can feel the heat penetrating, expanding and moving. It solves the key technical problem of how to accurately

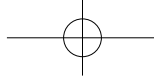


locate heat-sensitive points for the individual, thus efficiently stimulate and move the meridian qi to the disease area. It also starts a new way of practicing moxibustion on the heat-sensitivity body surface to treat stubborn disease.

The traditional moxibustion for each acupoint lasts for 10-15 minutes, which is not adequate for qi stimulation, thus its curative effect is not good enough. Re Min Jiu triggers a heat sensitivity that lasts for 40-45 minutes and fades at the beginning of moxibustion. 40-45 minutes are enough for moving meridian qi to the disease area and that is an optimum time to conduct moxibustion therapy on an individual. Thus it solves the long-existing problem of how to give an individual adequate moxibustion treatment and provides a certain standard for the clinical practice.

Questions:

1. What is the traditional method of acupoints location mentioned in the passage?
 - A. The body-marker positioning method.
 - B. Bone length discretion positioning method.
 - C. Both A and B.
 - D. None of the above.
2. What is the significance of the technology of detecting heat-sensitive acupoints?
 - A. It solves the key technical problem of how to accurately locate heat-sensitive points for the individual.
 - B. It helps efficiently stimulate and move the meridian qi to the disease area.
 - C. It also starts a new way of practicing moxibustion on the heat-sensitivity body surface to treat stubborn disease.
 - D. All of the above.
3. How long does the heat-sensitivity phenomenon last until it fades



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since the beginning of moxibustion?

- A. 10–15 minutes. B. 15–30 minutes.
C. 30–40 minutes. D. 40–45 minutes.

4. Which is not the significance for discovering the ideal time for heat-sensitive moxibustion?

- A. That time is enough for moving meridian Qi to the disease area.
B. It solves the long-existing problem of how to give an individual adequate moxibustion treatment.

C. That time does not necessarily fit everybody receiving Re Min Jiu treatment.

D. It provides a certain standard for the clinical practice.

5. What does the passage mainly tell us?

- A. The methods to locate acupoints.
B. The time for moxibustion treatment.

C. The key technology of Re Min Jiu.

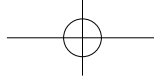
D. None of the above.

Task ②

Compound Dictation

Now you will hear a passage about moxibustion. After listening, you are required to fill in the blanks with what you have heard.

The art of moxibustion, which plays an important role in the traditional medicine of Asia, is relatively unknown here in the U.S. Moxibustion is a form of heat therapy in which the dried herb “mugwort” is burned near the surface of the skin in order to stimulate specific acupuncture points and to trigger natural healing responses in the body. The use of moxibustion is at least as old as acupuncture, with records of the practice dating back many centuries BC. In Japan, scientists have studied moxibustion and have found that the infrared radiation from burning moxibustion is very similar to that of the human body. The result is that the heat from moxibustion penetrates deeply into the body, giving a warming effect, which lasts for several days after the treatment.



This kind of stimulation, at specific points, can dramatically *boost* the body's immunity and trigger other profound effects, which include a reduction in blood coagulation time and an increase in adrenal activity. In clinical practice, it has been found that moxibustion lifts the spirits and is very effective for many types of mild depression or fatigue. And for *stiff* or painful muscles and joints, acupuncture combined with moxibustion is one of the best treatments available.

Part III

Speaking Task

Teaching Purpose

Help students learn to master some expressions about Re Min Jiu and introduce it to the foreigners.

Teaching Steps:

1. Ask students to listen to the following dialogue.
2. Direct the students to the Language Focus and inform them that they can use the sentences and structures that may be useful in speaking.
3. Arrange students in pairs or groups to create dialogues listed in Oral Activities.
4. Supervise the students' discussion. Give help and encouragement to the students.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.
6. If time allows, reassemble students and have them form male-and-female pairs for the third speaking task.

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UNIT 5

Re Min Jiu



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Role Play

Listen to the following model dialogue and role-play it with your partner.

Model Dialogue

- A: Excuse me. Can you tell me how to get to the Re Min Jiu hospital?
- B: Near Fuzhou Road 47, Donghu District. By the way, how do you know this hospital? Even many people here do not know this hospital.
- A: Do you still remember Shanghai EXPO in 2010?
- B: Yes, of course.
- A: I have known Re Min Jiu since then. In 2011, the first Re Min Jiu hospital in the world was established here, Nanchang, Jiangxi Province.
- B: That is incredible! Where are you from?
- A: America. Do I surprise you?
- B: Yes, yes. Perhaps you don't know us Chinese. I mean, quite a few Americans do not care about that.
- A: Oh, really? You surprise me, too. Actually I am an acupuncturist in America. Especially I am crazy about moxibustion. Re Min Jiu is a sort of moxibustion, am I right? I want to know its difference from what I have learned in America.
- B: You are really something!
- A: I wonder how you know the location of the hospital since you told me many Chinese do not know a thing about it.
- B: I am a student of Jiangxi University of Traditional Chinese Medicine. That hospital belongs to our university.



Language Focus

Here are some sentences and structures that you might find useful in speaking.

1. Re Min Jiu (the heat-sensitive moxibustion) originated from *Neijing*, and has received improvements in the clinical experiments to get better curative effects.
2. The traditional moxibustion for each acupoint lasts for 10–15 minutes, which is not adequate for qi stimulation, thus its curative effect is not good enough.
3. Re Min Jiu lasts for 40–45 minutes until the heat-sensitivity phenomenon fades since the beginning of moxibustion.
4. Re Min Jiu gives enough time for moving meridian qi to the disease area and is optimum for moxibustion therapy upon an individual.
5. I feel the heat within the distant part of my body. What is the matter?

Oral Activities: Make similar conversations according to the given situation.

Activity 1

Suppose you come across a foreigner who wants to know the difference between Re Min Jiu and traditional moxibustion. Please create a dialogue.

Teaching Steps:

1. Have students review what they have learned about Re Min Jiu and think about the difference between it and traditional moxibustion.
2. Have students form pairs. One student will act as the person who asks questions while the other plays the role of giving answers.
3. Then the two swap roles and recreate the scenario.

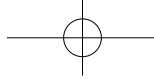
Activity 2

Suppose you are a doctor of Re Min Jiu and a foreigner goes to see you for treatment. Please create a dialogue.

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UNIT 5

Re Min Jiu



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Teaching Steps:

1. Have students think about the conversation between Re Min Jiu doctors and patients.
2. Have students form pairs. One student will act as the doctor of Re Min Jiu while the other plays the role of the foreigner.
3. Then the two swap roles and recreate the scenario.

Part IV

Leisure Time

Directions: Watch a video about medicated thread moxibustion and enjoy yourself.

In this edition of *Nature and Science*, Traditional ethnic therapies under the microscope, moxibustion acupuncture and cupping have been practiced by the Zhuang people of Guangxi for thousands of years. But it's only in recent decades these alternative techniques have been embraced by the wider medical profession.

On October 12th, 2009 SCN EXPO was opened in Nanning, the capital city of Guangxi Zhuang Autonomous Region. In the SCN EXPO, the traditional Zhuang medicine called medicated thread moxibustion attracted a great deal of attention. A doctor was using a fine thread and a spirit lamp to cure cervical spontaneous patients, This medicine can immediately relieve common neuralgia too.

How was it able to produce such a miraculous cure. On October 25th, *Nature and Science* reporters came to Guangxi Traditional Chinese Medical College to interview professor Huang Jinmin, an expert in medicated thread moxibustion. He was getting ready to go out to treat some patients. So we followed him along.



Part V

Additional Task

Task ① Compound Dictation

Listen to a passage about moxibustion treatment of fetal malpresentation. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words.

Moxibustion treatment of fetal malpresentation is so famous throughout Asia that in 1995, a team of western trained scientists traveled to China in order to perform a randomized, controlled, clinical study involving 260 pregnant women with fetal malpresentation. *The results shocked the Western scientific community.* 75.4% of the breech positioned fetuses were corrected before labor using this simple and inexpensive method, thus saving many of these women from the pain and complications of Caesarean sections. *This study was subsequently published in The Journal of the American Medical Association (JAMA) which is considered as the “gold standard” of reputable medical research in the West.*

Moxibustion is a powerful form of therapy. *When applied correctly, it can stimulate the body's own natural healing response.* Also, moxibustion is an effective and inexpensive form of home therapy, which is easy to learn from an acupuncturist.

Task ② Oral Summary

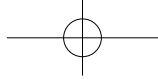
Listen to a passage on methods of moxibustion, take detailed notes and then make an oral summary.

There are several methods of moxibustion. Three of them are direct scarring, direct non-scarring, and indirect moxibustion. Direct scarring moxibustion is to place a small cone of moxa on the skin at an acupoint and burn it until the skin blisters, which leaves scars. Direct non-scarring

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UNIT 5

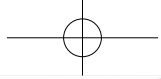
Re Min Jiu



moxibustion removes the burning moxa before the skin burns enough to scar, unless the burning moxa is left on the skin too long. Indirect moxibustion holds a cigar made of moxa near the acupoint to heat the skin, or holds it on an acupuncture needle inserted in the skin to heat the needle.

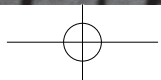
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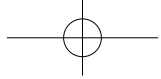




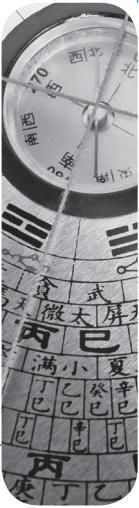
UNIT 6

Feng Shui





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Word Bank

abdominal /æb'dɒmɪnəl/ *adj.*

腹部的

craving /'kreɪvɪŋ/ *n.*

渴望；热望；强烈的愿望

disharmony /dɪs'hɑ:məni/ *n.*

不和谐；不协调；不一致

endocrine /'endəʊkrɪn/ *n.*

内分泌；激素

fatigue /fə'ti:g/ *n.*

疲劳；劳累；厌倦

homeostasis /,həʊmɪəʊ'steɪsɪs/ *n.*

内环境稳定（身体对变化做出自我调整）

inadvertently /,ɪnəd'vɜ:təntli/ *adv.*

非故意地，不注意地，出于无心地

intestine /ɪn'testɪn/ *n.*

肠

retention /rɪ'tenʃən/ *n.*

保留；保持；维持

scam /skæm/ *n.*

骗局，诡计；故事

stagnant /'stægnənt/ *adj.*

不流动的；呆滞的；停滞的

suppress /sə'pres/ *vt.*

抑制；压制；阻止；控制

torso /'tɔ:səʊ/ *n.*

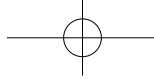
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Part I

Theme Introduction

Teaching Purpose

This section is designed as an activity for stimulating students in preparation for the *Feng Shui* topic. This activity involves presenting background information to students and asking them to form pairs and discuss the questions, followed by asking two to three individual students or two pairs of students from different groups to report to the class about what they discovered from the discussion.



Directions: Now listen to a passage about Feng Shui and answer the following questions.

Feng Shui is an ancient art and science developed over 3,000 years ago in China. It is a complex body of knowledge that reveals how to balance the energies of any given space to assure health and good fortune for people inhabiting it. Feng means wind and shui means water. In Chinese culture, wind and water are associated with good health, thus good Feng Shui comes to mean good fortune, while bad Feng Shui means bad luck or misfortune.

Questions:

1. According to the passage you have just heard, what is Feng Shui?

Answer: It is a complex body of knowledge that reveals how to balance the energies of any given space to assure health and good fortune for people inhabiting it.

2. What are related to Feng Shui in Chinese culture ?

Answer: Health and fortune.

Part II

Listening Task

Task ① Passage Listening

Passage 1

Listen to a short passage about the current Feng Shui practice. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

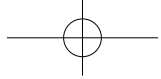
Feng Shui Practice Today

Modern Feng Shui may have connotations of being a superstitious scam—which arose from improper usage by some practitioners—but is not always regarded as such. Many Asians, especially people of Chinese

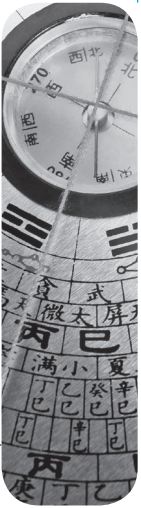
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Feng Shui



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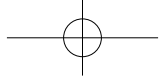
descent, believe it is important to live a prosperous and healthy life symbolized by the popular “Fu Lu Shou” in Chinese communities. Many higher-level forms of Feng Shui are not easily practiced without having connections in the community or a certain amount of wealth because hiring an expert, altering architecture or design, and moving from place to place require a significant financial output. This leads some people of the lower classes to lose faith in Feng Shui, who believes that it is only a game for the wealthy. Others, however, practice less expensive forms of Feng Shui, including hanging special mirrors, forks, or woks in doorways to deflect negative energy.

Feng Shui is so important to some fervent believers that they use it for healing purposes in addition to guiding their businesses and creating a peaceful atmosphere in their homes. In 2005, even Disney acknowledged Feng Shui as an important part of Chinese culture by shifting the main gate of Hong Kong Disneyland by twelve degrees in their building plans, among many other actions suggested by the master planner of architecture and design at Walt Disney Imagineering, Wing Chao, in an effort to incorporate local culture into the theme park.

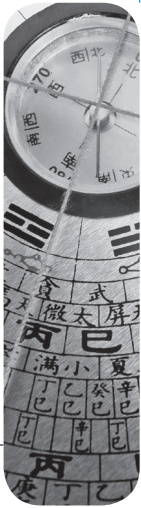
Questions:

1. According to the passage, which of the following statements is not true?
 - A. Feng Shui connotes a superstitious scam because of the improper usage and scams by some practitioners.
 - B. It is not always being looked at as a superstitious scam.
 - C. Many Asians believe it is important to live a prosperous and healthy life.
 - D. Only the rich are likely to practice Feng Shui.
2. Why are many higher-level forms of Feng Shui not easily practiced without having connections in the community or a certain amount of wealth?
 - A. Because hiring an expert requires a significant financial output.





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recommendations. Interestingly enough, our rearranging inadvertently enhanced the prosperity sector of the house.

As I was leaving, my client casually mentioned that she was having problems selling her daughter's car. She explained she wanted the money to spend on the house. It would help her buy items such as a new area rug in her dining room. I had recommended a rug to ground and settle the space. She confessed that she was discouraged because her daughter's Toyota had broken down. As a result, it was riding low to the ground and deterred buyers. The interest was so low she was compelled to place a newspaper ad in the neighboring city.

Driving home, I pondered what to do about this car. With my limited experience, I knew of no Feng Shui cure for selling cars. But the one thing I had noticed was that the car was parked outside the most inauspicious sector of the home.

I called my client and suggested she move the car into the prosperity sector, which we had enhanced earlier in the day.

The next day, I received a phone call from my excited client. She had sold the car!

After she had moved the car, she received four phone calls from people who frantically wanted to see it. The first interested people to look at the vehicle were an older couple. They were pleased that the car was low to the ground, making it easier for the disabled woman to get in and out. They bought it and paid cash. It was good timing because this was the last day of the newspaper advertisement.

Questions:

1. What was the problem with the client's house?
[A. It was too crowded.](#)
B. The qi in it was circulating too fast.
C. There was too little furniture in too much space.
D. The qi in it was not dynamic enough.



2. What did the speaker do to improve the prosperity of the house?
 - A. rearranging furniture in the house
 - B. using Lo Pan compass to calculate the auspicious and challenging areas of her house
 - C. making recommendations to the client
 - D. All of the above.
3. According to the passage, which of the following statements is not true?
 - A. The client is having trouble selling her daughter's car.
 - B. Her daughter's car was in good condition but priced too high.
 - C. She was forced to take out a newspaper ad because few people were interested in the car.
 - D. She wanted to buy a rug with the money earned by selling the car.
4. What did the speaker do to improve her client's luck?
 - A. buying the woman a new area rug
 - B. moving the car into the prosperity sector.
 - C. placing another advertisement in the local newspaper for the car.
 - D. repairing the car.
5. What happened as a result of the speaker's intervention?
 - A. The woman got four calls from people wanting to see the car.
 - B. The woman got a new rug for free.
 - C. The woman got a new car for free
 - D. The woman sold the car at a comparatively low price.

Task ②

Compound Dictation

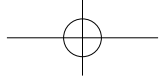
Now, let's listen to a passage about Feng Shui in the workplace. After listening, you are required to fill in the blanks with what you have heard.

Using the principles of Feng Shui, your working environment will become a successful creative space where your business and the people involved in it can thrive productively.

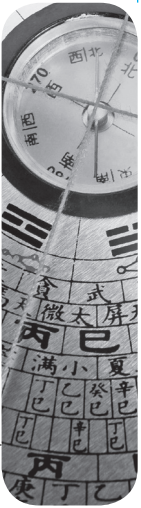
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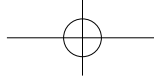


If your workplace is interacting well with the natural and [manmade](#) landscape around it, then supportive good energy qi can flow into your business, enabling you and your staff to make the most of every opportunity that comes along. Such [beneficial](#) energy may be unavailable if a place is misaligned and out of harmony with its surroundings. When you are out of step with the [natural](#) flow of energy, you may literally struggle without even knowing why. Tell-tale signs are that staff become lethargic, [irritable](#) or sick and easily lose concentration.

Feng Shui focuses on identifying ways to overcome struggle and instead to harness positive energy that results in you achieving [desirable](#) outcomes. Understanding the interactive balance of living and working in [harmony](#) with the helpful rhythms of nature is at the heart of effective Feng Shui. It draws on the use of its established formulas, natural elements, light, color, symbols, timing, placement, design, location and the unique needs of the people working in the space concerned.

Visual stimulation has been found to encourage better concentration, more productivity and happier personnel, whilst well selected color schemes are recognized to [activate](#) positive brain responses.

Another key element of corporate Feng Shui is clutter clearing. Feng Shui experts have [observed](#) that clutter makes people feel disorganised, tired, dispirited and uncreative. It may even cause serious energy stagnation. It is always worthwhile to clear out anything relating to negative connections even before having a Feng Shui business consultation. Creating effective storage solutions can be an [additional](#) consultation benefit.



Part III

Speaking Task

Teaching Purpose

To help students learn how to seek professional advice as well as offering constructive suggestions.

Teaching Steps:

1. Ask students to listen to the following dialogue.
2. Direct students to the Language Focus and inform them that they can use the sentences and structures that may be useful in speaking.
3. Arrange students in pairs or groups to create dialogues listed in Speaking Tasks.
4. Supervise students' discussion. Help and encourage students.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.

Role Play

Listen to the following model dialogue and role-play it with your partner.

Model Dialogue

A is asking for advice on Feng Shui in the bedroom.

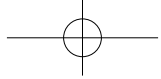
A: Can someone tell me why you shouldn't have a three-legged toad or frog in the bedroom? They all say don't but don't say why!

B: The 3-legged frog, or money frog, is a Feng Shui symbol to attract wealth, and it's usually placed diagonally across from the front door, in the wealth area of your home, or near your desk in your office. The front door is called the mouth of qi where wealth enters your home, so when you place the frog to look toward the door it

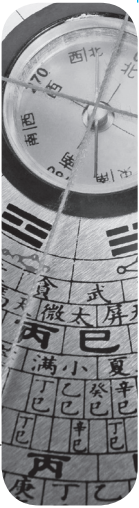
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can “gulp up” the wealth qi for the house. Avoid placing the frog on the floor. A bedroom should be reserved for rest and romance, so it’s not a good idea to place the frog there, and you should also avoid placing the frog in the kitchen.

A: I understand but what can you do if you live in a room which serves as a bedroom, an office and a creative center?

B: The best solution would be to move the office area out of your bedroom into another room if possible.

A: What if I can’t move the office out of my bedroom?

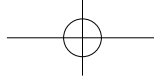
B: Then try to create two separate spaces using a room divider. If you can’t use a room divider, try to position furniture so that it creates separate spaces for a bedroom and an office. Symbolically, make the decor very different from each other. You can place the frog in your office area but not in the bedroom area.

Frogs don’t belong in the bedroom for their “croaking” can keep one from sleeping well. These amphibians are not known for being romantic or faithful. In fact, their mating and reproductive pattern is quite the opposite from human beings so you don’t want that influence in the bedroom. Otherwise, your spouse may “jump” around to find other mates!

Language Focus

Here are some sentences and structures that you might find useful in speaking.

1. Avoid placing the frog on the floor.
2. A bedroom should be reserved for rest and romance, so it’s not a good idea to place the frog there.
3. The best solution would be to move the office area out of your bedroom into another room if possible.
4. Can someone clarify for me, please?



5. There are some changes you can make to your house that will offset some of the negative influences.
6. Make the back door as inviting and pretty as you would like if it were the front door.

Oral Activities: Make similar conversations according to the given situations.

Activity 1

You and your friend are talking about the Feng Shui of the main entrance to your home.

Teaching Steps:

1. Have students recall the location of the main entrance to their homes and their corresponding pros and cons. They could access the internet for further information to have an in-depth discussion.
2. Have students form pairs. They can both agree with each other or counter the other's argument with logical reasoning

Activity 2

You are asking a Feng Shui expert about how to make your bedroom more Feng Shui-friendly.

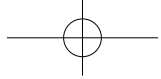
Teaching Steps:

1. Ask students if they have experience in talking with a Feng Shui expert or someone who has the know-how. Students could browse the internet for further information to have an extensive discussion.
2. Have students form pairs. One plays the role of advice-seeker and the other the role of expert.
3. Then the two exchange their roles and continue
4. The teacher can choose some groups to present their discussions to the whole class.

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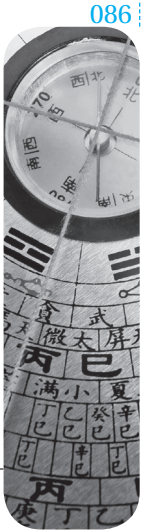


Part IV

Leisure Time

Directions: Listen to the proverbs and appreciate the connotations they carry.

- (1) The wheel of Feng Shui (wind and water) turns constantly. Thus, neither good Feng Shui (good fortune) nor bad Feng Shui (misfortune) lasts forever.
- (2) Do not depend on your present good fortune, you must anticipate the time when it will leave you.
- (3) Opportunities given by the heaven are not equal to the advantages afforded by the earth; The advantages afforded by the earth do not match the blessings accruing from harmony among men.
- (4) Fate is decided by the heaven; Happiness is sought by oneself.
- (5) Nothing is predestined: The obstacles of your past can become the gateways that lead to new beginnings. —Ralph Blum
- (6) I don't have to believe in Feng Shui. I do it because it makes me money. —Donald Trump



Part V

Additional Task

Task ① Compound Dictation

Listen to the passage three times. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words.

Feng Shui originated over 6,000 years ago in China. It focuses on harnessing the energy in a property by optimizing its flow and ensuring the five elements (water, fire, earth, metal and wood) are balanced.

Each part of a property represents a particular family member or



area of life, so the theory is that if energy in that space isn't balanced, it will have an effect on the person or subject *concerned*.

Literally translated Feng Shui means “wind water.” Its principles *maintain* that we live in harmony with our environment.

Its aim is to achieve balance in our living space and *maximize* our potential for success for every area in our life.

Feng Shui takes many years of specialized training to practice. By combining the knowledge of both the form and compass orientation of a space, Feng Shui analysis can explain how the property in which you are living or working in affects your behavior, mental clarity and health.

The art of placement is a very important aspect of Feng Shui. How a property sits in its environment is crucial. A building should have high ground behind it to hold the energy and support us, *a clear view in the front to give us an open vision and bright future*, and balanced support on its left and right side to offer its occupants a balance of Yin/female and Yang/male energy resulting in stability.

Task ②

Oral Summary

Listen to a passage on Feng Shui tips, take detailed notes and then make an oral summary. Use this passage as a model to prepare a three-minute report on Feng Shui tips in life. You will be asked to present it in the next class.

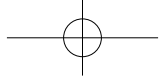
Feng Shui tips for Bed and Desk

Bed: A properly placed bed is believed to offer security, better sleep and the health benefits that come along with it. Some Feng Shui consultants and architects say the bed should be located diagonally (对角地) opposite the door — never make your feet pointing directly at it. In Chinese tradition, the deceased are always carried feet first out of the bedroom, so who wants to mimic that? When in bed, you should have a clear view of the room and door, and have your head against something solid, preferably a wall. Still stirring? Opt for a sturdy (坚固的) headboard (床头板) to add a greater sense of security.

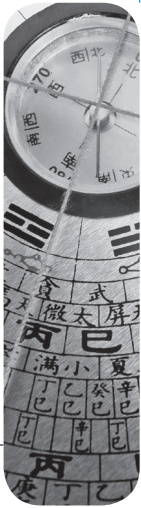
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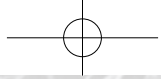
Feng Shui



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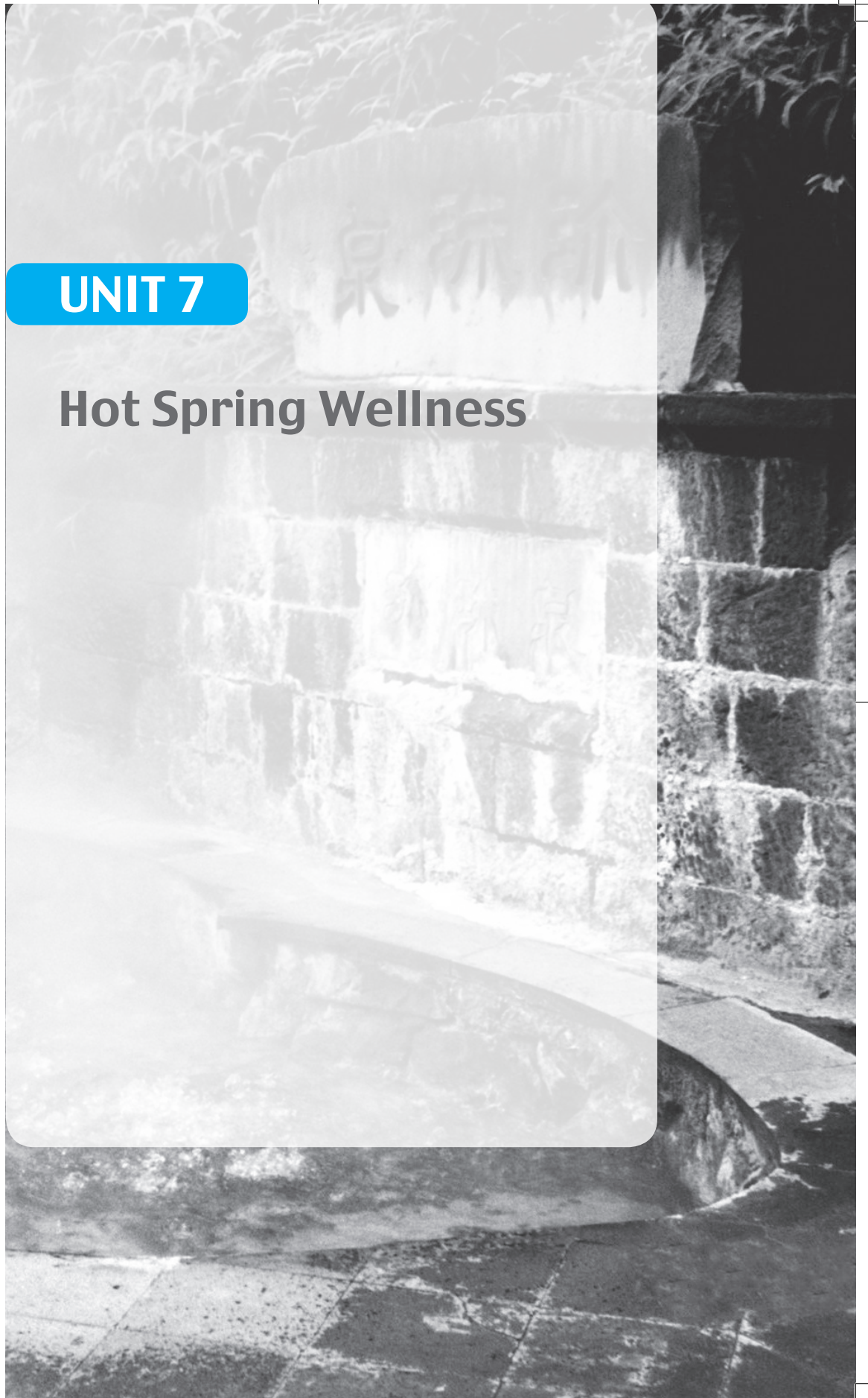


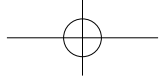
Desk: Space restrictions may force a desk into the bedroom, but not all study spots are optimal according to Feng Shui. Some Feng Shui masters advise positioning the desk in the “power position” of the room — diagonally opposite from the door. This gives a commanding view of the room, allowing you to see and think clearly. Also avoid having your back to the door, which is considered too distracting, or against a large window, which is believed to drain strength. And while it may be a space saver, most Feng Shui consultants advise against positioning a desk so you’re facing a solid wall, which can negatively affect concentration and creativity. The desk is too close to the bed? Consider investing in a folding screen to block direct views and reminders of day-to-day stress while in bed. And at all costs, avoid working in bed!



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Hot Spring Wellness





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Word Bank

acid secretion

胃酸分泌

arthritis /ɑ:'θraɪtɪs/ *n.*

关节炎

carbonic acid

碳酸

diuretic /,daɪjʊ'retɪk/ *n.*

利尿剂

adj.

利尿的

endocrine /'endəʊkrɪn/ *n.*

内分泌

fault line

断层线；断裂线；裂纹线

fumarole /'fju:mərəʊl/ *n.*

（火山地带的）喷气孔

geothermal /,dʒi:əʊ'θɜ:məl/ *adj.*

地热的；地温的

geyser /'gi:zə/ *n.*

喷泉；间歇泉；烧水锅炉

gradient /'grædɪənt/ *n.*

梯度；坡度；倾斜度

adj.

倾斜的；步行

lithium /'lɪθiəm/ *n.*

锂

mantle /'mæntl/ *n.*

地幔；斗篷；覆盖物

vi.

覆盖；脸红

vt.

覆盖

neurasthenia /,njʊərəs'ti:niə/ *n.*

神经衰弱症

pedicure /'pedɪkjʊə/ *n.*

（修甲）医师

vt.

修脚

percolate /'pɜ:kəleɪt/ *vi.*

过滤；渗出；浸透

vt.

使渗出；使过滤

n.

滤过液；渗出液

rehabilitation clinic

康复诊所

rejuvenate /rɪ'dʒu:vəneɪt/ *vt.*

使年轻；使更新；使恢复精神；使复原

vi.

复原；变年轻

rheumatism /'ru:mətɪzəm/ *n.*

风湿；风湿病；风湿症

rheumatism /'ru:mətɪzəm/ *n.*

风湿病

sanatorium /,sænə'tɔ:rɪəm/ *n.*

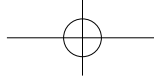
疗养院；休养地 [复数 sanatoriums
或 sanatoria]

sciatica /sar'ætɪkə/ *n.*

坐骨神经痛

sulphur /'sʌlfə/ *n.*

硫；硫黄



Part I

Theme Introduction

Teaching Purpose

This part is designed as an activity for stimulating students and preparing them for the topic Hot Spring Wellness. This activity involves teaching presenting background information to students and asking them to form pairs and discuss the questions in pairs, followed by asking two or three students to report to the class about what they find out from the discussion.

Directions: Now listen to a passage about hot springs and answer the following questions.

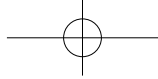
A hot spring is a spring that is produced by the emergence of geothermally heated groundwater from the Earth's crust. There are geothermal hot springs in many locations all over the crust of the earth. The water temperature of a natural spring is above body temperature, and normally body temperature is between 36.5 and 37.5°C. The water issuing from a hot spring is heated by geothermal heat, namely, heat from the Earth's mantle. In general, the temperature of rocks within the earth increases with depth. The rate of temperature increase with depth is known as the geothermal gradient. If water percolates deeply enough into the crust, it will be heated as it comes into contact with hot rocks. The water from hot springs in non-volcanic areas is heated in this manner.

In active volcanic zones such as Yellowstone National Park, water may be heated by coming into contact with magma (molten rock). The high temperature gradient near magma may cause water to be heated enough that it boils or becomes superheated. If the water becomes so hot that it builds steam pressure and erupts in a jet above the surface of the Earth, it is called a geyser. If the water only reaches the surface in the

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Hot Spring Wellness



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form of steam, it is called a fumarole. If the water is mixed with mud and clay, it is called a mud pot.

Note that hot springs in volcanic areas are often at or near the boiling point. People have been seriously burned and even killed by accidentally or intentionally entering these springs.

Warm springs are sometimes the result of hot and cold springs mixing but may also occur outside of volcanic areas.

Questions

1. Normally, what is the body temperature ?

Answer: It is between 36.5 and 37.5 C.

2. What is the temperature of hot springs in volcanic areas?

Answer: It is often at or near the boiling point.

Part II

Listening Task

Task ① Passage Listening

Passage 1

Now you will hear a short passage about the therapeutic uses of hot spring. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

A hot spring has many therapeutic uses. Because heated water can hold more dissolved solids, warm and especially hot springs also often have a very high mineral content, containing everything from simple calcium to lithium, and even radium. Because of both the folklore and the claimed medical value, many springs are popular tourist destinations and still many are locations for rehabilitation clinics that deal with those with varied disabilities.



Different water temperatures have different effects on the body. Hot springs with 36 to 48 centigrade could induce tranquility and can relieve insomnia, neurasthenia and mental problems. Hot springs with 43 to 45 centigrade enhances circulation and metabolism, making people excited. It can relieve rheumatism, stiff muscles and decrease acid secretions in stomachs, and build up resistance to diseases. Warm springs also help hypertension.

The mixture of minerals present in spring water also helps to determine the medicinal effect. Sulphur is good for people who have skin problems. Salt increases the expansion of the blood vessels. It warms the body and is very effective in treating rheumatism and abnormal menstruation. Carbonic acid is good for high blood pressure and acts as a diuretic.

Besides bathing in the spring water, there are several other ways to reap the benefits. Try spring water, hot compresses or steam rooms. If they do not appeal you, you can directly drink the spring water. A hot spring will become more widely accepted in the future, especially with the rise in stress-related illnesses, and diseases linked to environmental pollution and aging.

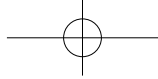
Questions:

1. Why do hot springs have therapeutic uses according to the passage?
 - A. Because hot springs can hold more dissolved solids.
 - B. Because hot springs are rich in mineral.
 - C. Because hot springs contain calcium, lithium, and even radium.
 - D. All of the above.*
2. Which one is right according to the passage?
 - A. Different water temperatures have same effects on the body.
 - B. Hot springs are often popular for children worldwide.
 - C. Hot springs could relieve cancers more or less.
 - D. Hot springs could relieve sleeplessness more or less.*

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3. At what temperature could hot springs enhance circulation and metabolism?
A. At 36 to 48 centigrade. B. At 43 to 45 centigrade.
C. At 36 to 43 centigrade. D. At 45 to 48 centigrade.
4. Why is salt very effective in treating rheumatism?
A. Salt increases the expansion of stomachs.
B. Salt increases the expansion of endocrine.
C. Salt warms the body.
D. Salt increases the expansion of respiration.
5. What does the passage mainly discuss?
A. The passage mainly discusses the benefits of hot springs.
B. The passage mainly discusses the minerals in spring water.
C. The passage mainly discusses the environmental pollution and aging.
D. The passage mainly discusses the popular tourist destinations.

Passage 2

Now you will hear a short passage about hot springs and health. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Even ancient Romans and Egyptians knew that hot springs were the way to health. Now in the 21st century, people are increasingly obsessing about health and fitness. Hot spring or mineral water baths has been found to relieve exhaustion, increase energy levels and heal many diseases

Hot spring bathing has therapeutic effects, promoting immunity, enhancing blood circulation. Hot spring bathing is good for hydro-rheumatism, sciatica, and many other illnesses, especially, hot spring bathing has been proved to treat arthritis. To be specific, hot spring bathing increases oxygen in a body, making blood flow faster. Thermal bathing will kill harmful germs in the body. Minerals in spring water can

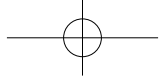


cure many skin infections, enhances our immunity and gland functions. People have used hot springs to keep in good health for ages.

The specific properties of hot springs depend on chemical composition, mineral concentration and water temperature. Different hot springs have different temperature.

Questions:

1. According to the passage, who knew that hot springs were the way to health?
A. Ancient Japanese and Egyptians.
B. Ancient Romans and Egyptians.
C. Ancient Chinese and Japanese.
D. Ancient Greeks and Japanese.
2. What functions do hot spring or mineral water baths have?
A. They relieve exhaustion. B. They increase energy levels.
C. They heal many diseases. D. All of the above.
3. What determine the specific properties of hot springs according to the passage?
A. Water temperature, chemical concentration, and mineral composition.
B. Chemical components, mineral quantity, and water temperature.
C. Chemical quantity, mineral substance content and water temperature.
D. Chemical component, mineral substance content and water temperature.
4. According to the passage, hot springs have the following therapeutic effects except
A. promoting immunity
B. enhancing blood circulation
C. curing cancers
D. curing hydro-rheumatism and sciatica



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5. What does the passage mainly talk about?

- A. *The relationship between hot springs and health.*
- B. The origin of the medical application of hot springs.
- C. People are obsessed about health.
- D. The minerals contained in hot springs.

Task ②

Compound Dictation

Now, let's listen to a passage about Longsheng Hot-spring. After listening, you are required to fill in the blanks with what you have heard.

Longsheng hot-spring is *located* in the northeast, 32 kilometers to Longsheng town in Taiwan, near the low-ridge lake. It takes 40 minutes from town by bus.

The hot-spring erupts from *underground* 1,200 meters deep, and the temperature is between 45°C–58°C. There are more than 10 kinds of microelements in the water. Like lithium, *iron*, zinc, copper, strontium and so on. Identified by experts, the water is *natural* mineral water. It's an effective treatment for hair loss, cardiovascular disease, nerve pain, arthritis, *diabetes*, gout, skin disease and gynecological diseases.

Drinking the hot-spring water usually can prevent artery *hardening*, delay vascular aging anti-cancer and anti-aging. Generally, hot-springs have deep smell of sulfur which can not be drunk. But Longsheng hot-spring is very *amazing*—it has no odor. It not only can be drunk, but also tastes delicious.

To drink or have a bath with the hot-spring water can keep body *balance* which is helpful for sleeping and it is good for *relieving* pain. The water flow is 6.12 cubic meter per second. The most interesting things is that the cool spring can automatically *adjust* temperature of hot spring no needing artificial blending. So, people could adapt to the spring easily.



Part III

Speaking Task

Teaching Purpose

Help students learn to express the rejuvenating and therapeutic properties of hot springs.

Teaching Steps:

1. Ask students to listen to the following model dialogues.
2. Bring students' attention to the Language Focus and tell them that they can use the sentences and structures that are useful in speaking.
3. Arrange students in pairs or groups and ask them to create dialogues listed in Oral Activities.
4. Go around classroom to supervise students' discussion. If necessary, give help to students, especially the weaker ones.
5. Select several pairs to present their conversations in front of class and have class vote on the most creative and interesting pair.

Role Play

Listen to the following model dialogues and role-play them with your partner.

Model Dialogue 1

A: Hello! I have heard many people talking about hot springs. Could you tell me something about hot springs?

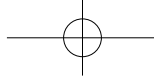
B: OK! Hot springs, the hot tears of the earth, are one of the most precious gifts that the earth has given to us. Ever since the ancient times, people have recognized the rejuvenating and therapeutic properties of these natural resources.

A: Oh! Hot springs have rejuvenating and therapeutic properties,

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and they are very beneficial to people's health.

B: Yes! Right you are! Hot springs indeed have significant medical values. Hot springs are formed by natural waters that emerge from the bowels of the earth and that possess therapeutic properties said to have a positive effect on disorders of the nervous and digestive systems, the circulation, and the organs.

A: Oh! Great! Since hot springs have so many benefits, I should do more bathing in hot springs so as to make me much healthier. As you know, I have chronic arthritis and skin discomfort, which make me uncomfortable.

B: Oh! I am sorry to hear that. Hot spring bathing can detoxify our body, reduces body aches or inflammation and is very good for arthritis. Digestive secretions are stimulated by hot spring water which helps indigestion. Thermal bathing will relax our muscles and give us a deep, peaceful sleep.

A: Terrific! I will do a bathing in hot springs this afternoon.

Model Dialogue 2

Two friends talk about the hot springs of Taiwan in China.

A: Hi! Li Hua, how are you?

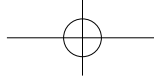
B: Fine, Li Wei! How about you?

A: I am OK! One of my good friends in Taiwan once told me that the hot springs of Taiwan are world-famous. Do you know that?

B: Yeah! It is true! Taiwan is ranked among the world's top 15 hot spring sites, harboring a great variety of springs, including hot springs, cold springs, mud springs, and seabed hot springs.

A: It is so great! World's top 15! Unbelievable!

B: That is a strong point of Taiwan! The island can proudly regard itself as one of the regions with the highest concentration and



greatest variety of hot springs in the world. In Taiwan, with its peculiar crustal structure and location on the fault line where the Euro-Asian and Philippine continental plates meet in the Circum-Pacific seismic zone, subterranean heat is spread across the island producing island-wide hot springs. With the exception of Changhua, Yunlin and Penghu counties, people could find the hot springs in almost every city and county in Taiwan. Thus, Taiwan has a nickname “the Hot Spring Kingdom.”

- A: Hot Spring Kingdom! I am very proud of the title for Taiwan as Chinese.
- B: Meanwhile, the title is very suitable for Taiwan. More than one hundred hot springs have been discovered there, located in different geological areas including plains, mountains, valleys, and oceans. The highest concentration of hot springs can be found in the northern Taiwan. Along both sides of the central mountain range, the largest number of hot springs can be found. Hot springs found here make up more than 80% of all hot springs in Taiwan.
- A: Since Taiwan is located in different geological areas including plains, mountains, valleys and oceans, the hot springs in Taiwan surely contain many kinds of useful minerals.
- B: Of course! As hot springs generally come from deep below the surface of the earth, when they emerge, they bring along a high concentration and great variety of minerals that are mostly foreign to the human body and benefit our general health.

Language Focus

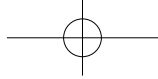
Here are some sentences and structures that you might find useful in speaking.

1. People have recognized the rejuvenating and therapeutic properties of these natural resources.

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2. Hot springs are formed by natural waters that emerge from the bowels of the earth.
3. With social development, hot spring sanatoriums are increasingly attracting people's attention as a subsidiary therapeutic measure.
4. Specific properties of hot springs depend on chemical composition, mineral concentration and water temperature.

Oral Activities: Now make similar conversations according to the given situation.

Activity 1

You and your friend talk about the benefits, in particular, the rejuvenating and therapeutic properties of hot springs.

Teaching Steps:

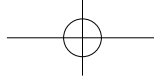
1. Before their acting, have students recall their own understanding about hot springs.
2. Have students form pairs. One student acts as the person who complains while the other plays the role of a compassionate listener giving sympathy and constructive suggestions.
3. Then the two swap roles and recreate the scenario.

Activity 2

You and your friend are fascinated by a famous hot spring resort and you exchange feelings about it.

Teaching Steps:

1. Before their acting, ask students if they have the experiences of enjoying hot springs.
2. Arrange students into pairs with 5 to 7 members in each one.
3. Let students talk freely about their experiences of enjoying hot springs and the features of some famous hot spring resorts.
4. For those students who have no experiences of visiting hot springs, please tell something about hot springs to them.
5. The teacher can choose one group to present their discussion to the whole class.



Activity 3

A wife is trying to persuade her husband to enjoy hot springs.

Teaching steps:

1. Before their acting, have students discuss the benefits, especially the therapeutic effects of hot springs.
2. Have students form pairs. One student will act as the wife while the other plays the role of husband.
3. Then the two exchange their roles and continue.

Part IV

Leisure Time

1. Listen to the following passage and enjoy the cultural meaning in it.

Huaqing Pool

Huaqing Pool is situated about 35 kilometres east of the city of Xi'an. Historically, the Western Zhou dynasty saw the construction of the Li Palace on the spot. In the Qin dynasty a pool was built with stones, and was given the name Lishan Tang (the Lishan Hot Spring). The site was extended into a palace in the Han dynasty, and renamed the Li Palace (the Resort Palace). In the Tang dynasty, Li Shimin (Emperor Tai Zong) ordered to construct the Hot Spring Palace, and Emperor Xuan Zong had a walled palace built around Lishan Mountain in the year of 747. It was known as the Huaqing Palace. It also had the name Huaqing Pool on account of its location on the hot springs.

Huaqing Pool is located at the foot of the Lishan Mountain, a branch range of the Qinling Ranges, and stands 1,256 metres high. It is covered with pines and cypresses, looking very much like a dark green galloping horse from a long distance. So it has the name of the Lishan Mountain (Li means a black horse).

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The Tang dynasty Emperor Xuan Zong and his favourite lady, Yang Gui Fei used to make their home at Frost Drifting Hall in winter days. When winter came, snowflakes were floating in the air, and everything in sight was white. However, they came into thaw immediately in front of the hall. It owed a great deal to the luke warm vapour rising out of the hot spring.

2. Listen to the story and enjoy it.

Yang Yuhuan and the Mount Li Hot Spring

Yang GuiFei was born in Si chuan province of China in 719 and died in 756. The 7th Emperor of Tang Dynasty Tang Xuan Zong had one daughter and one son. The daughter and the son were twins. When the daughter held the wedding party in Luo Yang City of He nan province, she invited Yang Yuhuan to participate. Yang Yuhuan was loved by her twin brother. So, soon Yang Yuhuan got married with him. When the emperor Tang Xuan Zong was 56 years, his empress was dead. So, the emperor looked at the daughter-in-law, Yang Yuhuan. Because Yang Yuhua was as beautiful as her dead empress, the emperor Tang Xuan Zong made a robbery of his son's wife and gave a formal position—high-ranked imperial concubine Yang (Yang Guifei) to Yang Yuhuan.

Tang Xuan Zong created the prosperous society during the Tang Dynasty and made the world know the Chinese people—"People of Tang." But in the late period of his emperor time, he used the wrong ministers to manage the country and made the society full of corruption and finally he lost the country completely.

Mount Li Hot Spring is the most famous in China. It has a very long history. Huaqing Hot Spring was formed in two to three million years ago. The emperors were responsible for the construction of the bath, so that it became the Royal spa. The ministers also regarded having a bath in Huaqing Hot Spring as an honor.

The temperature of water all year round maintains 43 . Mount Li hot



Spring is rich in minerals, containing silicon oxide, and other minerals. So, taking shower here can cure some diseases.

Part V

Additional Task

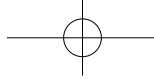
Task ① Compound Dictation

Listen to the passage. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words.

Taiwan Hot Springs

Taiwan is located on the Pacific Rim of Fire. This means there are many underwater volcanoes nearby, and the area suffers from many earthquakes and other disasters. Yet, there is one good thing about living on the Pacific Rim of Fire: there are plenty of hot springs. As a matter of fact, Taiwan is ranked in the top 15 sites around the globe for enjoying hot springs. They are perfect for people who want to relax and recharge themselves after a long week. Also, regular trips to hot springs are said to help the elderly live longer and feel younger.

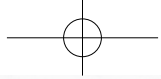
In many places around Taiwan, hot spring water is piped into hotels. There, people can get away from their busy lives for a few hours or a few days. Outdoor hot spring pools are also special attractions in Taiwan. Tourists and local people often come to these areas to cook eggs and other foods in the hot water. However, spending time in the hot spring is the real fun. Being outdoors in steaming pools is an amazing experience. Green trees and blue skies help get rid of all of the aches and pains. Plus, it gives you a chance to enjoy relaxation that you may have neglected. For a more heart-pounding, people jump out of hot springs and into cold water. This can make you feel refreshed and might even have health benefits.

**Task 2****Oral Summary**

Listen to a passage on hot spring sanatoriums, take detailed notes and then make an oral summary.

Hot Spring Sanatoriums

With social development, hot spring sanatoriums are increasingly attracting people's attention as a subsidiary therapeutic measure, which explore how to use natural landscapes to improve and maintain users' physical and mental health and combine users with nature closely, thus creating a more ecological, more harmonious and more humanistic healing and recuperative environment. Healing landscapes of hot spring sanatoriums are characterized as diversified orientation, special service, environmentally easy sensation, etc. Also, they are possessed of such functions as rehabilitation, leisure, recreation, culture, education, society, economy, etc. The landscape design of hot spring sanatoriums should stick to the mentalities of sustainable development and humanism, observe the design principles of integrity, ecology, diversity, distinction and economy, pay more attention to users' physiological and psychological needs.



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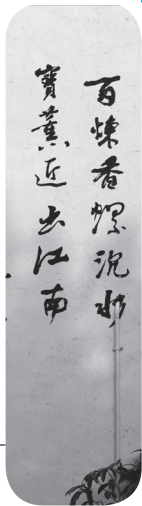
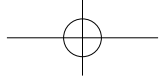
Chinese Classical Poetry

宋·黃庭堅



百煉香煙沈水
寶薰近出江南
一逐黃雲繞幾
深禪相對同參





Word Bank

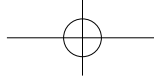
anthology /æn'θɒlədʒi/ <i>n.</i>	(诗、文等的) 选集
aristocratic /,æristə'krætɪk/ <i>adj.</i>	贵族的, 贵族气派的; 赞成贵族政治的; 爱挑剔的
banquet /'bæŋkwət/ <i>n.</i>	宴会
catchy /'kætʃɪ/ <i>adj.</i>	(曲调、名字或广告) 悦耳的, 有吸引力的
compilation /,kɒmpɪ'leɪʃən/ <i>n.</i>	汇编; 编辑
contemporaneous /kən'tempə'reɪniəs/ <i>adj.</i>	同时期的, 同时代的
idyllic /ɪ'dɪlɪk/ <i>adj.</i>	田园诗般的; 质朴宜人的
lyric /'lɪrɪk/ <i>adj.</i> <i>n.</i>	抒情的; 感情丰富的 抒情诗; 歌词
monumental /,mɒnjʊ'mentl/ <i>adj.</i>	不朽的
pervasive /pə'veɪsɪv/ <i>adj.</i>	普遍的; 到处渗透的; 流行的
reinvigorate /,rɪːn'vɪɡəreɪt/ <i>vt.</i>	使再振作, 使复兴
seclusion /sɪ'kluːʒən/ <i>n.</i>	隔绝, 隔离; 隐居
vernacular /və'nækjələ/ <i>n.</i> <i>adj.</i>	白话; 行话; 本国语 白话的; 方言的; 本国语的; 本国的

Part I

Theme Introduction

Teaching Purpose

This part is designed as an activity for stimulating students and preparing them for the topic Chinese classical Poetry. This activity involves presenting background information to students and asking them to form pairs and discuss the questions in pairs, followed by asking



two or three students to report to the class about what they find out from the discussion.

Directions: Now listen to a passage about Chinese classical poetry and answer the following questions.

Chinese poetry is the most highly regarded literary genre in China. Traditionally, it is divided into shi, ci and qu. There is also a kind of prose-poem called fu. During the modern times, free verse with the western style has been developed. All traditional forms of Chinese poetry are rhymed, but not all rhymed texts in ancient China are classified as poetry.

Chinese poetry can be divided into three main periods: the early period, characterized by folk songs in simple, repetitive forms; the classical period from the Han Dynasty to the fall of the Qing Dynasty, in which a number of different forms were developed; and the modern period of Westernized free verse.

Questions:

1. What three types can Chinese poetry be divided into according to the tradition?

Answer: It can be divided into shi, ci and qu.

2. What is the characteristic of the early period of Chinese poetry?

Answer: It is characteristic of folk songs in simple, repetitive forms.

Part II

Listening Task

Task ① Passage listening

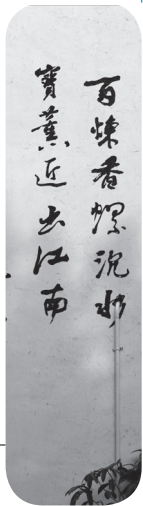
Passage 1

Now you will hear a short passage about poetry. Five questions

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will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Poetry is the central literary form in classical Chinese literature. The earliest poetry anthology is The Book of Songs, which is the first monumental work in the history marking the beginning of Chinese literature. It was compiled by Confucius collecting about 300 poems from Western Zhou Dynasty to Warring State Period (475BCE- 221BCE). Some of the poems are folk songs while others are songs used in sacrificial ceremonies or banquets .

Chuci was created in Warring States Period by the great patriotic poet Qu Yuan, who is regarded as the father of Chinese poetry. Chuci is originally a name of his poetry and later to be a style of his own with distinctive local features of Chu State. With this romantic style, Lisao, the masterpiece of Qu Yuan consisting of 373 lines and 2490 characters, is the longest and greatest lyric in ancient China.

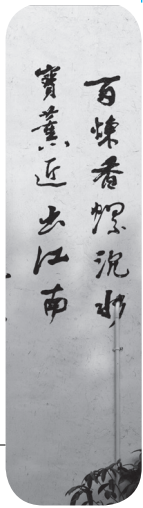
Started in the Qin Dynasty, Yuefu, originally a name of an institution established by government to collect folk songs and ballad, is a new narrative poetry style with strong reality sense prevailing in the two Han dynasties. Mo Shang Sang, the Flight of Phoenix to the Southeast, and Mulan Poetry are the representatives of this style. As Yuefu developed, poems with five or seven characters in a line stood out gradually. The production of the Nineteen Ancient Poem in the late Han Dynasty won extremely high appraisal in the history of literature. Five-character poem was basically formed, and seven-character poem was also formed soon afterwards.

In Wei, Jin, Southern and Northern Dynasties, an outstanding poet Tao Yuanming initiated a new idyllic poetry in the history after his retirement from political life. He portrayed his seclusion life in his poetry and essays, the rural scenery and his engagement in farm work to support himself. Return to Rural Life is the masterpiece.



Questions:

1. About *The Book of Songs*, which of the following is true according to the passage?
 - A. It is the earliest poetry anthology in ancient China.
 - B. It is the first monumental work of Chinese literature.
 - C. Some of the poems are songs used in sacrificial ceremonies or banquets.
 - D. All of the above.
2. About Yuefu, which of the following is not true according to the passage?
 - A. It is originally a name of an constitution to collect folk songs and ballads.
 - B. It is a new narrative poetry style sense prevailing in the Qin and Han dynasties.
 - C. As Yuefu developed, poems with five or seven characters in a line were prominent.
 - D. *Mo Shang* and *Mulan Poetry Sang* are the representatives of Yuefu.
3. According to the passage, which is the longest and greatest lyric in ancient China ?
 - A. *Mulan Poetry*.
 - B. *The Flight of Phoenix to the Southeast*.
 - C. *Lisao*.
 - D. *Mo Shang Sang*.
4. What is the masterpiece by Tao Yuanming according to the passage?
 - A. *Return to Rural Life*.
 - B. *The Flight of Phoenix to the Southeast*.
 - C. *Invitation to Wine*.
 - D. *The Song of Everlasting Sorrow*.
5. What does the passage mainly discuss?
 - A. The history of Chinese prose.
 - B. The history of Chinese literature.



C. The history of Chinese poetry.

D. The history of Chuci and Yuefu.

Passage 2

Now you will hear a short passage about the Tang poetry and Song poetry. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

The Tang dynasty was particularly noted for its poetry, especially the shi forms. This poetry was a pervasive social phenomenon throughout the Tang literate classes, with the ability to compose poems on demand of the Imperial examination system. It is also a social conduct on some social occasions, such as seeing a friend off on a long assignment to a distant post or as part of the interaction at banquets or social gatherings. Some 50,000 poems have survived, and most of them are represented in the Quantangshi of the Ming Dynasty. Their popularity in the historical Chinese culture has varied over time, with certain authors coming in and out of favor, others permanently obscure, and some, such as Wang Wei, Du Fu, and Bai Juyi maintained consistent popularity. Li Bai, Du Fu, and Bai Juyi are the most famous poets in the Tang dynasty. Tang poetry has since developed an on-going influence on the world literature.

In ancient China, poetry was initially created as lyrics with music, which is the reason why Chinese classical poems are generally graceful and the tunes are quite catchy.

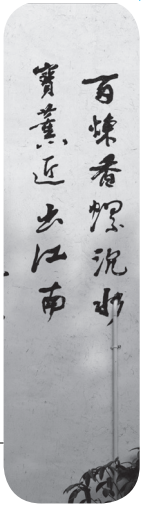
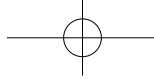
Song Ci, also called Chang Duan Ju, is a style of poetry with lines in different length started in Tang Dynasty and prevailed in Song Dynasty. It is a brilliant gem reputed as Two Miracles in Chinese literature together with Tang Poetry. Song Ci is the most typical lyrics combining music with great literature features in different styles with different expressions. Its emerging, development, creation and spread are all closely related to the music. Song Ci was created in a defined tune with a specific name, specific layout, rhythm, and numbers of characters



in each line. Song Ci can be roughly divided into two schools, Wanyue School and Haofang School. Wanyue School was popular in early Song Dynasty which was graceful and immersed in love with restrained feelings, and outstanding representatives are Liu Yong and a female poet, Li Qingzhao; While Haofang School was popular in later period of Song Dynasty expressing bold and unconstrained emotions with broader perspectives, and representatives were Su Shi and Xin Qiji.

Questions:

1. According to the passage, what is the Tang Dynasty (618–907) particularly noted for?
A. It is noted for poetry. B. It is noted for prose.
C. It is noted for novels. D. It is noted for essays.
2. According to the passage, which one is right?
A. The *Quantangshi* collects some 20,000 poems.
B. The *Quantangshi* collects some 30,000 poems.
C. The *Quantangshi* collects some 45,000 poems.
D. The Quantangshi collects some 50,000 poems.
3. According to the passage, who are the most famous poets in the Tang Dynasty?
A. Wang Wei, Du Fu, and Bai Juyi.
B. Li Bai, Du Fu, and Bai Juyi
C. Wang Wei, Du Fu, and Li Bai.
D. Du Fu, Bai Juyi and Wang Wei.
4. Which description is correct?
A. Song Ci combines dancing with great literature features in different styles with different expressions.
B. Song Ci combines music with great literature features in different styles with different expressions.
C. Song Ci combines dancing with great art features in different styles with different expressions.



D. Song Ci combines music with great philosophy features in different styles with different expressions.

5. According to the passage, who belongs to Wanyue School?

A. *Liu Yong and Li Qingzhao.*

B. Liu Yong and Xin Qiji.

C. Li Qingzhao and Su Shi.

D. Li Qingzhao and Xin Qiji.

Task ②

Compound Dictation

Now, let's listen to a passage about classical Chinese poetry. After listening, you are required to fill in the blanks with what you have heard.

Classical Chinese poetry is traditional Chinese poetry written in classical Chinese: *typified* by certain traditional forms or modes, and certain traditional genres, as well as being considered in terms *associations* with particular historical periods, such as the poetry of the Tang Dynasty. Its existence is *documented* at least as early as the publication of the classic of Poetry. Various combinations of forms and genres exist. Many or most of these were *developed* by the end of the Tang Dynasty, in 907. Use and development of classical Chinese poetry *actively* continued up to until the May Fourth Movement, in 1919, and is still developed even today in the 21st *century*. During this over two-and-a-half thousand years of more-or-less continuous historical development, much *diversity* is displayed—both between the poetry typical of major historical periods, or, as by the traditional Chinese historical method, by *dynastic* periods. Another aspect of classical Chinese poetry *worthy* of mention is its intense inter-relationship with other forms of Chinese art, such as Chinese painting and Chinese calligraphy. Eventually, classical Chinese poetry has proven to have immense *influence* upon poetry worldwide.



Part III

Speaking Task

Teaching Purpose

To help students learn to express appreciation and favorable comments.

Teaching Steps:

1. Ask students to listen to the following model dialogues.
2. Bring students' attention to the Language Focus and tell them that they can use the sentences and structures that are useful in speaking.
3. Arrange students in pairs or groups and ask them to create dialogues listed in Oral Activities.
4. Go around the classroom to supervise students' discussion. If necessary, give help to students, especially the weaker ones.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.

Role Play

Listen to the following model dialogues and role-play them with your partner.

Model Dialogue 1

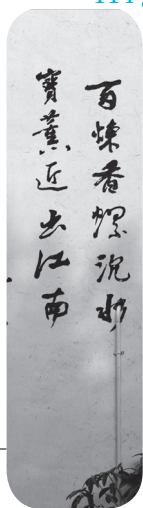
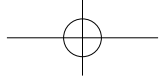
Tang Poetry (Modern Metrical Poetry)

- A: Could you tell me something about the works produced in the Tang Dynasty?
- B: There is a famous works named the *Complete Tang Poems*. About 48,900 poems were collected, which belong to over 2,300 poets. Li Bai, Du Fu, and Bai Juyi are the most famous among them.
- A: Li Bai, I know him. He has the noted and unique nickname: "poetry immortal." Li Bai is also one of the most romantic poets in history.

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He should deserve the title “poetry immortal.” His poems are vigorous and enthusiastic, permeated with active romanticism. Could you introduce Du Fu to me in detail?

B: Du Fu is the greatest unparalleled poet of realism in ancient China. He has been regarded as the sage of poetry. His poetry is a mirror of the society, just like a historical account, faithfully and profoundly reflecting the social realities of the Tang Dynasty in decline.

A: Could you introduce Bai Juyi to me? I have felt that his style is quite plain.

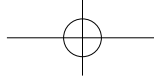
B: Bai Juyi is another influential Tang poet. His works are characterized by vivid images, plain language and profound sympathy for the ordinary people. More than 3,000 of his poems have been passed down, surpassing all other Tang poets in quantity. In many people’s eyes, Bai Juyi has been one of the three most famous poets in China.

A: What a fantastic and glorious age the Tang Dynasty is! Many people have thought that the Tang poetry is a mirror reflecting the history of the Tang Dynasty. Do you agree with that? Could you tell me something about the structure and forms of the Tang poetry?

B: Yes! Tang poetry is metrical verse marked by strict tonal patterns and rhyme schemes. Jue ju and Lu shi are the two main forms. The subject of Tang poetry is in a wide range—some are side mirrors of class conflicts that expose the darkness of the feudal society, some are just praises for wars and patriotism, some are depictions of the beautiful country, while others are about the personal emotions such as friendship, love, ambitions and life. In conclusion, natural phenomena, political events, labor life, social ethos and personal feelings are all captured by acute eyes of poets.

A: My last question is, how about the creation style of the Tang poetry?

B: In style of creation, there are realism and romantism, and most of

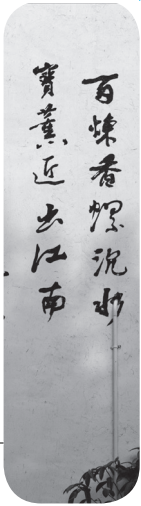
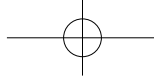


the great poems are conjunct of these two styles. Though created over 1,000 years ago, many of the poems are still widely circulated today which have far-reaching influence in Chinese literature and the cultivation of the nation.

Model Dialogue 2

Taking of the *Classic of Poetry* (*Shi Jing*)

- A: Do you know the *Classic of Poetry*?
- B: Yes. The literary tradition of classical Chinese poetry begins with the *Classic of Poetry*. That is to say, the *Classic of Poetry* is the origin of the Chinese classical poetry.
- A: How old is the *Classic of Poetry*?
- B: It was dated to the 1st millennium BC. A foreign researcher Burton Watson dates the anthology's main compilation back to about 7th century BC, with the poems having been collected over the previous four to five centuries before. Generally speaking, the *Classic of Poetry* has more than 2,400 years of history.
- A: Oh, there have been some foreign researchers studying the *Classic of Poetry*! The book, to some extent, has been noted at home and abroad.
- B: Yes. The book has been known by many foreigners. It has the worldwide influence. This, among other factors, indicates rather sustained cross-class popularity for this type or these types of poetry.
- A: As Chinese people, we are proud of the book. Who is the author of the *Classic of Poetry*?
- B: The author has not been definite since it occurred. Many researchers have believed that Confucius (551 BC–479 BC) was the final editor of the Chinese classical poetry in its present form,



although the individual poems would accordingly all be more-or-less older than this.

- A: What are the characteristics of the book?
- B: It tends to be associated with northern Chinese vocabulary and culture, and in particular with the great sage and philosopher Confucius. This helped to eventuate the development of this type of poetry into the classic poetry style, the literal meaning of *Shi Jing*.

Language Focus

Here are some sentences and structures that you might find useful in speaking.

1. The Tang Dynasty is an age of unprecedented prosperity both in economy and culture.
2. Many poems are still widely circulated, having far-reaching influence in Chinese literature and the cultivation of the nation.
3. What a fantastic and glorious age the Tang Dynasty is!
4. The *Classic of Poetry* was dated back to early 1st millennium BC.

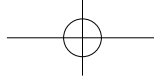
Oral Activities: Make similar conversations according to the given situation.

Activity 1

You and your friend are talking about the topic of Tang poetry.

Teaching Steps:

1. Before their acting, have students review some Tang poetry that they have learned before.
2. Have students form pairs. One student will act as the person who is interested in Tang poetry while the other plays the role of a compassionate listener giving appreciation and favorable comments.
3. Then the two swap roles and recreate the scenario.



Activity 2

Three students are talking about their favorite poets after class.

Teaching Steps:

1. Before their acting, ask students about their favorite poets.
2. Arrange students into pairs with 5 to 7 members in each one.
3. They talk freely about their favorite poets and the features of the favorite poets.
4. The teacher chooses one group to present their discussion to the whole class.

Activity 3

A foreigner wants to know some well-known Chinese poems in the Tang Dynasty. And he talks with a Chinese student.

Teaching Steps:

1. Before their acting, have students recall their favorite poems.
2. Have students form pairs. One student will act as the foreigner while the other plays the role of Chinese student.
3. Then the two exchange their roles and continue.

Part IV

Leisure Time

Directions: Listen to the following passages and enjoy them.

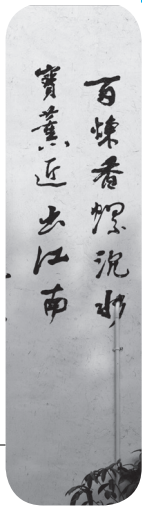
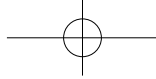
1. *Songs of the South (Chu Ci)*

One early poetry collection is *Chu Ci* (dated to the Warring States period about 475–221 BC), which is typified by various line lengths and the imagery and influence of the vernacular associated with the state of Chu, in southern China. One important part of this collection is the *Li Sao*, attributed to Qu Yuan. These poems from the State of Chu are among the most important of all Chinese classical poetry. However,

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Chinese Classical Poetry



these poems and their style seem to have had less impact on Chinese classical poetry, at least at first, than did the *Shi Jing* collection and style.

2. Ming Dynasty poetry

Chinese classical poetry continued to thrive during the Ming Dynasty. Ming prosperity was accompanied by a tremendous increase in population, commerce and poetry composition. Thanks to educational opportunities made possible by commercial printing and the reinvigorated examination system, a massively larger literate population emerged who relied on poetry to express personal emotions and to engage with each other socially. A contemporaneous debate as to whether the Tang or Song poets had achieved the highest heights of excellence solidified a collective consensus that past heights could not be surpassed. With over one million surviving Ming poems, modern critics and researchers have been unable to sufficiently sift through them all to definitively answer whether that conviction of past greatest glories is a prejudice or a fact.

3. Quotes

海内存知己，天涯若比邻。The endless river eastward flows; with its huge waves are gone all those gallant heroes of bygone years. A bosom friend afar brings distance near.

路漫漫其修远兮，吾将上下而求索。The way ahead is long; I see no ending, yet high and low I'll search with my will unbending.

人有悲欢离合，月有阴晴阳缺，此事古难全。People have sorrow and joy; they part and meet again. The moon dims or shines; it waxes or wanes. Nothing is perfect, not even in the old days.

大江东去，浪淘尽，千古风流人物。The endless river eastward flows; with its huge waves are gone all those gallant heroes of bygone years.

海上生明月，天涯共此时。Over the sea the moon shines bright; The moment is shared by all the world.



醉卧沙场君莫笑，古来征战几人回。Don't laugh at me if I lie drunk on the battleground, since few have come safely back from the wars.

秦时明月汉时关，万里征人尚未还。The moon over the mountain pass is still the moon of yore; The men who went to guard the pass haven't returned.

劝君更尽一杯酒，西出阳关无故人。I would ask you to drink a cup of wine again; West of the Sunny Pass, no more friends will be seen.

Part V

Additional Task

Task ① Compound Dictation

Directions: Listen to the passage about history and development of the Chinese classical poetry. After listening, fill in the blanks with the information you have heard.

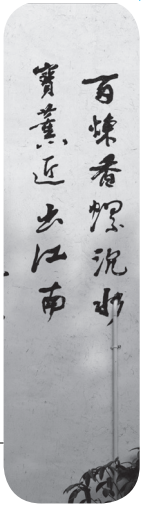
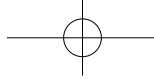
The stylistic development of classical Chinese poetry of both literary and oral cultural processes may be divided into certain standard periods or eras, in terms both of specific poems as well as styles of those eras, generally corresponding with Chinese Dynastic Eras, which were the traditional chronological process for Chinese historical events. The Shi Jing was the first major collection of Chinese poems, collecting both aristocratic poems and more rustic poetry, probably derived from folksongs. A second, more lyrical and romantic anthology was Chu Ci, made up primarily of poems ascribed to the semi-legendary Qu Yuan and his follower Song Yu.

The poems preserved in written form. Furthermore, there were parallel traditions of oral and traditional poetry also known as popular or folk poems or ballads. Some of these poems seem to have been preserved in written form. Generally, the folk type of poems are anonymous, and may show signs of having been edited or polished in

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Chinese Classical Poetry



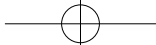
the process of fixing them in written [characters](#). The main sources of the earliest preserved poems are the *Classic of Poetry*, or *Shi Jing* and the *Songs of the South* (*Chu Ci*), although some [individual](#) pieces or fragments have survived in other forms, and some have been embedded in classical histories or other [literature](#).

Task ②

Oral Summary

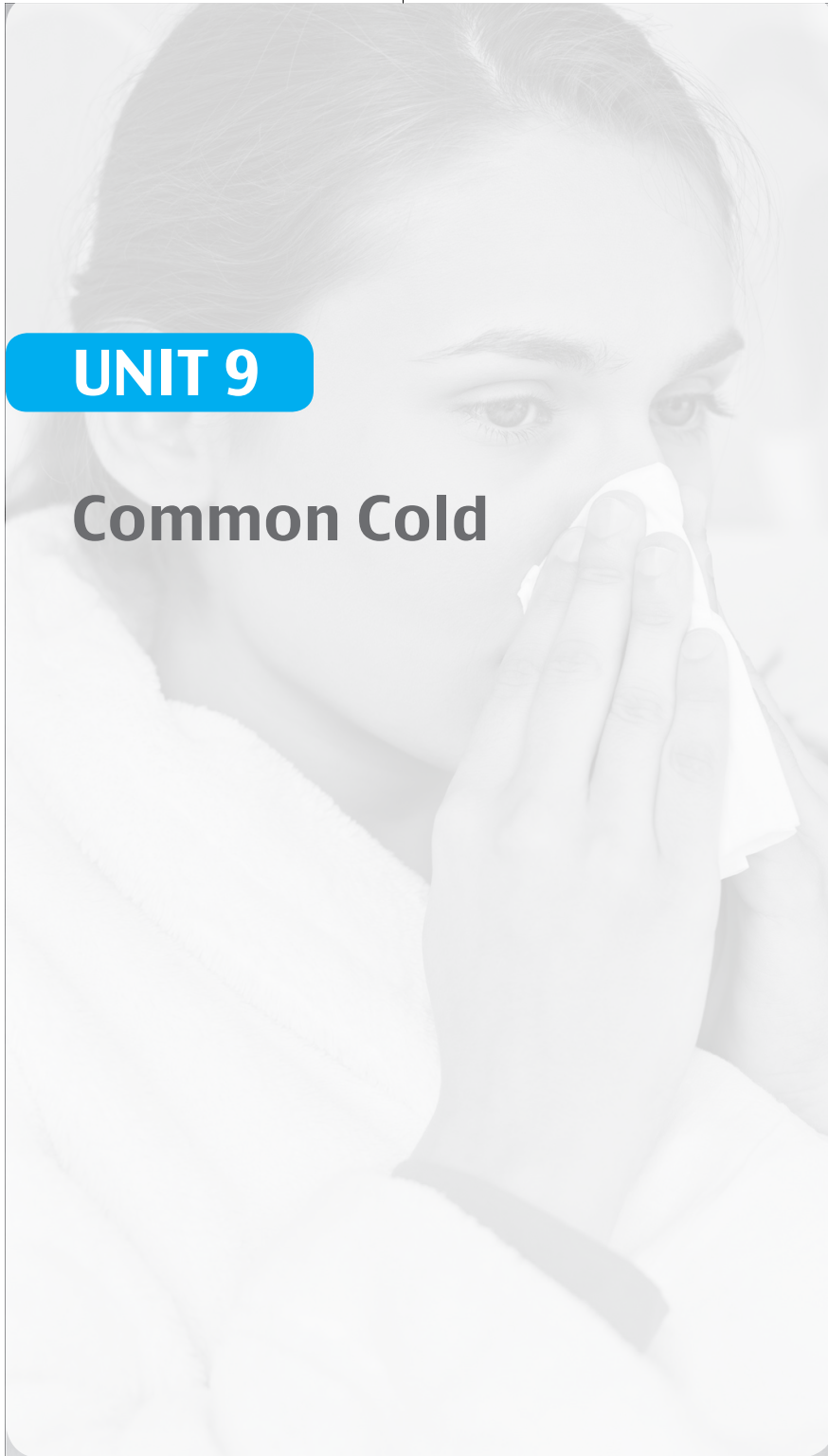
Listen to a passage on characteristics of the Chinese writing system, take detailed notes and then make an oral summary.

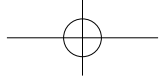
The particular characteristics of the Chinese writing system certainly have an important role in Chinese poetry. In fact, one of the factors which enabled a continuous poetic tradition in China for more than two millennia has to do with the fact that Chinese words can be represented by their corresponding Chinese characters semi-independently of their pronunciation (and, in fact, this extends even to their use in classical versions of Japanese, Korean, and Vietnamese). The pronunciations of spoken Chinese changed quite a bit over the course of time from the oldest surviving written Chinese poetry, during the period of Old Chinese, through the Middle Chinese period (which included the Tang Dynasty), and up into the Modern Chinese period. During this course of development, Classical Chinese evolved as a distinct literary language, distinct from the spoken vernacular. The tension between a spoken vernacular and a literary form of the language worked both ways, the poetry of literature can be seen to have various degrees of vernacular overlay and also the oral folk poetry sometimes were “filled with literary phrases and constructions,” perhaps due to the prestigious nature of the written language.



UNIT 9

Common Cold



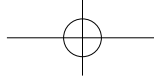


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Word Bank

abscess /'æbses/ <i>n.</i>	脓肿
antihistamine /,æntɪ'hɪstəmi:n/ <i>n.</i>	抗组织胺药
aversion /ə'vɜ:ʃən/ <i>n.</i>	厌恶
bronchitis /brɒŋ'kaɪtəs/ <i>n.</i>	支气管炎
culprit /'kʌlprɪt/ <i>n.</i>	犯人，罪犯；肇事者；被告人
encumber /ɪn'kʌmbə/ <i>vt.</i>	妨碍，阻碍，拖累
exogenous /ɪk'sɒdʒənəs/ <i>adj.</i>	外生的，外成的，外因的
expectoration /ɪk,spektə'reɪʃən/ <i>n.</i>	痰；吐出物；咳痰
hemorrhagic /,hemə'rædʒɪk/ <i>adj.</i>	出血的
interstice /ɪn'tɜ:stɪs/ <i>n.</i>	间隙，腠理
lozenge /'ləʒəndʒ/ <i>n.</i>	止咳糖；锭剂；含片
measles /'mi:zəlz/ <i>n.</i>	麻疹
pathogenic /,pæθə'dʒenɪk/ <i>adj.</i>	引起疾病的
pneumonia /nju:'məʊniə/ <i>n.</i>	肺炎；急性肺炎
respiratory /rɪ'spɪrətəri/ <i>adj.</i>	呼吸的
sneeze /sni:z/ <i>vi.</i>	打喷嚏
snivel /'sni:vəl/ <i>n.</i>	流鼻涕，啜泣
sputum /'spju:təm/ <i>n.</i>	痰
stagnation /stæg'neɪʃən/ <i>n.</i>	淤塞，停滞；不景气
stuffy /'stʌfɪ/ <i>adj.</i>	闷热的，不通气的；枯燥无味的；一本正经的
superficies /,su:pə'fɪʃi:z/ <i>n.</i>	表面，表层
suppressant /sə'presənt/ <i>n.</i>	（对人体功能的）遏抑剂
syndrome /'sɪndrəʊm/ <i>n.</i>	综合征；综合症状；典型表现
turbid /'tɜ:bid/ <i>adj.</i>	混浊的



Part I

Theme Introduction

Directions: Listen to the passage and then decide whether each of the statements you hear is true (T) or false (F).

The common cold is the world's most widespread illness. Its typical symptoms include *cough, sore throat*, sneezing and snivel. According to TCM theories, it can be basically classified into two syndromes: wind cold encumbering lung and wind heat invading lung. Key points for former syndrome differentiation are thin and clear sputum, no sweating, whitish thin tongue fur, floating and tense pulse, while key points for the latter syndrome differentiation are yellowish thick sputum, thin and yellowish tongue fur, floating and fast pulse.

Statements:

1. The typical symptoms of common cold include cough, sore throat, sneezing, and thin and clear sputum. (F)
2. According to TCM theories, common cold can be totally classified into two syndromes: wind cold encumbering lung and wind heat invading lung. (F)
3. Key points for wind heat invading lung syndrome differentiation are yellowish thick sputum, thin and yellowish tongue fur, as well as floating and tense pulse. (F)

Part II

Listening Task

Task ① Passage Listening

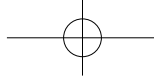
Passage 1

Now you will hear a short passage about syndromes of wind cold

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encumbering lung. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Syndrome of wind cold encumbering lung refers to the syndrome of failure of defensive Qi to disperse due to wind cold attacking the lung. This syndrome is usually caused by failure of defensive Qi to disperse due to exogenous wind cold.

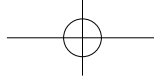
Its clinical manifestations go as follows: Cough, thin expectoration, stuffy nose with clear snivel and throat itching, accompanied by aversion to cold and fever, or body pain without sweating, whitish thin tongue fur as well as floating and tense pulse, usually seen at the primary stage of upper respiratory tract infection, bronchitis, pneumonia and various infectious diseases.

The foregoing symptoms can be analyzed this way. Cough with clear and thin sputum, stuffy nose with clear snivel and throat itching are due to failure of defensive Qi to disperse resulting from wind cold encumbering the lung; aversion to cold, fever, body pain, no sweating, whitish thin tongue fur and floating and tense pulse are due to wind cold attacking the superficies, stagnation of defensive Qi, lack of warmth of the surface of the body and obstruction of the muscular interstices.

The key points for syndrome differentiation are cough, thin and clear sputum, aversion to cold, fever, pain of head and body as well as no sweating.

Questions:

1. By what is syndrome of wind cold encumbering lung caused?
 - A. Wind.
 - B. Cold.
 - C. Failure of defensive qi to disperse due to exogenous wind cold.
 - D. None of the above.
2. Which one is not the clinical manifestation of this syndrome?
 - A. Aversion to cold.



- B. Fever.
 - C. Sweating.
 - D. Floating and tense pulse.
3. What is the cause of body pain in the syndrome?
- A. Stagnation of defensive qi.
 - B. Obstruction of the muscular interstices.
 - C. Contracture of muscles, tendons and vessels due to the cold.
 - D. None of the above.
4. Which one is not the key point for the syndrome differentiation?
- A. Cough.
 - B. Pain of head and body.
 - C. Thin and clear sputum.
 - D. Reddish tongue fur.
5. Which one is not mentioned in the passage?
- A. The clinical manifestations of the syndrome.
 - B. Analysis of its symptoms.
 - C. The key points for the syndrome differentiation.
 - D. The medical treatment for the syndrome.

Passage 2

Now you will hear a short passage about syndromes of the wind heat invading lung. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Wind heat invading lung syndrome refers to the syndrome of the lung failing to disperse resulting from wind heat attacking the lung. This syndrome pertains to defense aspect in syndrome differentiation of defense, Qi, nutrient and blood. It is often caused by invasion of wind heat into the lung.

Its clinical manifestations go as follows: cough, yellowish thick sputum, stuffy nose with turbid snivel, fever, slight aversion to wind and cold, slight thirst, or sore-throat, reddish tongue tip, thin and yellowish

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Common Cold



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tongue fur, floating and fast pulse, usually seen at the primary stage of various infectious diseases, such as upper respiratory tract infection, pneumonia, bronchitis, lung abscess, mumps, epidemic hemorrhagic fever, scarlet fever and measles, etc.

The foregoing symptoms can be analyzed this way. Cough, yellowish thick sputum and stuffy nose with turbid snivel are due to wind heat attacking the lung, loss of depuration of the lung and adverse flow of pulmonary Qi; sore- throat is due to wind heat disturbing the upper; slight aversion to wind and cold, slight thirst, reddish tongue tip, yellowish thin tongue fur and floating and fast pulse are due to wind heat attacking the superficies, stagnation of defensive Qi and consumption of body fluid by heat.

The key points for syndrome differentiation are cough, yellowish thick sputum, fever, slight aversion to wind and cold, slight thirst and reddish tongue tip.

Questions:

1. What syndrome is talked about in the passage?
 - A. Syndrome of conflict of wind and fluid in lung.
 - B. Syndrome of dryness attacking lung.
 - C. Wind heat invading lung syndrome.
 - D. None of the above.
2. Which one is not the clinical manifestation of this syndrome?
 - A. Fever.
 - B. Slight aversion to wind and cold.
 - C. Reddish tongue tip.
 - D. White thick sputum.
3. What is the cause of slight aversion to wind and cold of this syndrome?
 - A. Wind heat disturbing the upper.
 - B. Consumption of body fluid by heat.



- C. Stagnation of defensive qi.
 - D. None of the above.
4. Which is not the key point for the syndrome differentiation?
- A. Yellowish thick sputum.
 - B. Cough.
 - C. Slight thirst.
 - D. Aversion to cold and wind.
5. What is the medical treatment for this syndrome?
- A. Ephedra decoction.
 - B. Decoction of cinnamon.
 - C. Decoction of mulberry and chrysanthemum.
 - D. Not mentioned.

Task ② Compound Dictation

Now you will hear a passage about colds. After listening, you are required to fill in the blanks with what you have heard.

It's the cold season and many people catch cold as the temperature drops. Sneezing, coughing, runny nose, sore throat, headaches —there's nothing worse than the common cold. And despite the wisdom of the ages and the sages, there's no cure.

We all know you're supposed to stay warm. Traditional Chinese medicine also recommends drinking ginger soup—ginger contains hot yang energy—to warm you up inside and fight the invading culprit of “pathogenic cold.”

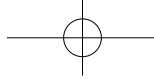
“Healthy energy can effectively defend us against ailments like colds,” says Dr Fang Hong, chief physician of the Respiratory Medicine Department of Longhua Hospital. “But when healthy energy is weakened by fatigue or other serious ailments, pathogenic elements from outside can easily invade the human body through pores, the nose or mouth, and cause disease.”

Many people's immune systems have failed to cope with falling temperatures, he says.

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Western medicine says colds are caused by viruses —we can see them under a microscope. Antihistamines, cough suppressants, aspirin, throat lozenges and other medicine are prescribed for symptoms. Drink lots of *liquids*, stay warm and wait it out.

TCM *divides* colds into four categories according to their four basic causes —pathogenic cold, wind, damp and heat. Cold and wind are common in winter and spring; damp and heat in summer, but several elements can occur together. They require different treatments.

Part III

Speaking Task

Teaching Purpose

Help students master TCM description and treatment about common cold.

Role Play

Listen to the following model dialogue and role-play it with your partner.

Model Dialogue

P: Good morning, doctor. I'm feeling rather chilly.

D: Do you feel any pain?

P: Yes, an aching pain all over my body.

D: How long have you had this?

P: Since yesterday.

D: Now let me take your temperature.

P: All right.

D: Is your nose congested?



P: Yes, it is. There is some nasal discharge, too.

D: What does it look like?

P: It looks like clear liquid, and I have been sneezing.

D: Do you have a cough?

Teaching Steps:

1. Ask students to listen to the following dialogue.
2. Direct students to the Language Focus and inform them that they can use the sentences and structures that may be useful in speaking.
3. Arrange students in pairs to create dialogues listed in Oral Activities.
4. Supervise students' discussion. Help and encourage students.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.

P: A little bit, but I don't think it's serious.

D: Are you sweating much?

P: Not at all. But I don't feel comfortable.

D: Do you have a sore throat?

P: No.

D: Well, show me your tongue, please. Oh, yes, your tongue body is pink and the coating is white. Now let me feel your pulse.

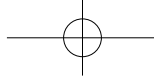
P: Here you go.

D: It's floating and tense. That shows you are ill with a cold according to the conditions of both your pulse and tongue.

P: Is my temperature high?

D: It is 37.7°C . That's not too high. I will prescribe some medicine for you.

P: What medicine are you going to prescribe for me?



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D: Jing Fang Bai Du Powder. It needs a strong fire and a shorter time, or the effective elements of the medicine will be lost.

P: Well, I see. Thank you very much.

Language Focus

Here are some sentences and structures that you might find useful in speaking.

1. There is some nasal discharge.
2. It looks like yellowish thick liquid.
3. I have a sore throat.
4. Western medicine seems more effective to cure cold.
5. Traditional Chinese Medicine can also be more effective if a correct syndrome differentiation has been made.

Teaching Steps:

1. Have students review what they have learned about syndrome differentiation of wind heat invading lung.
2. Have students form pairs. One student will act as the doctor while the other plays the role of the patient.
3. Then the two swap roles and recreate the scenario.

Oral Activities: Make similar conversations according to the given situation.

Activity 1

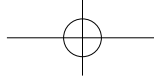
Create a dialogue between a patient and a doctor with the syndrome of wind heat invading lung.

Activity 2

Debate over which is the better way to cure cold: TCM or Western medicine?

Teaching Steps:

1. Have students think about TCM and Western medicine treatment



of common cold.

2. Have students form pairs. One student will think that TCM is better, while the other thinks Western medicine treatment is better..
3. Then the two swap roles and recreate the scenario.

Part IV

Leisure Time

Watch a video about moxibustion treatment of common cold and enjoy yourself.

Part V

Additional Task

Task ① Compound Dictation

You will listen to a passage about treatment and diet when one suffers from cold. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words.

In cold/wind-caused colds, patients usually have nasal congestion, runny nose, itchy throat, aching limbs, coughing with thin phlegm, but no sweating. They usually have a pale tongue with thin coating.

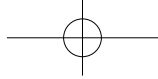
Dispelling pathogenic cold is the main treatment. TCM patent medicine like Zheng Chai Hu Yin Chong Ji (medicinal granules with Chinese thorowax root as the main ingredient) is often prescribed to relieve symptoms.

People with this kind of cold should eat a relatively plain diet with less meat. Foods that promote sweating to dispel pathogenic cold are recommended, including chili, onions, green onions, ginger and brown sugar.

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Common Cold



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Drinking a bowl of hot ginger soup, then going to bed under thick quilts will promote sweating — it's one of the most effective methods to relieve cold symptoms, especially fever.

Colds caused by pathogenic heat and wind tend to occur in summer and autumn. Symptoms include congestion and runny nose, sore throat and swollen glands, coughing with thick phlegm, headache, aching limbs, but little sweating. The tongue is often yellow with a thin coating.

These cold sufferers need to clear pathogenic heat from their systems. TCM patent drugs like Yin Qiao Jie Du Wan (pill with honeysuckle and forsythia as the main ingredients) are often prescribed.

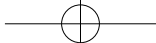
A plain, low-protein diet is advised. Stay away from hot and spicy foods and alcohol. Drink more sour juice, like hawthorn or kiwi fruit, to improve the appetite.

Task ②

Oral Summary

Listen to a passage about the causes of cold twice, take detailed notes and then make an oral summary.

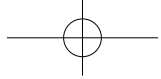
The traditional folk theory is that a cold can be “caught” by prolonged exposure to cold weather such as rain or winter conditions, which is how the disease got its name. Some of the viruses that cause the common colds are seasonal, occurring more frequently during cold or wet weather. The reason for the seasonality has not been conclusively determined. This may occur due to cold induced changes in the respiratory system, decreased immune response, and low humidity increasing viral transmission rates, perhaps due to dry air allowing small viral droplets to disperse farther and stay in the air longer. It may be due to social factors, such as people spending more time indoors, near an infected person, and specifically children at school. There is some controversy over the role of low body temperature as a risk factor for the common cold; the majority of the evidence suggests that it may result in greater susceptibility to infection.



UNIT 10

Mahjong





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Word Bank

cognitive /'kɒgnətɪv/ *adj.*

认知的；感知的；认识的

crossword /'krɒswɜ:d/ *n.*

纵横字谜；纵横填字游戏

dementia /drɪ'menʃə/ *n.*

痴呆症；老年痴呆症

measure /'meɜ:ə/ *n.*

持续时间；期间

median /'mi:diən/ *n.*

中位数，中间值

medication /,medɪ'keɪʃən/ *n.*

药物

outlet /'aʊtlet/ *n.*

（感情、思想、精力发泄的）出口

pantry /'pæntri/ *n.*

食品贮藏室；食品贮藏柜

senior /'si:niə/ *n.*

上级；较年长的人

solitaire /,sɒlɪ'teə/ *n.*

单人纸牌；纸牌游戏

threshold /'θreʃhəʊld/ *n.*

阈；门槛；起点；开端

tile /taɪl/ *n.*

地砖；瓦片；（棋盘游戏的）棋子

viable /'vaɪəbəl/ *adj.*

可实施的；切实可行的

Part I

Theme Introduction

Teaching Purpose

This section is designed as a speaking activity for stimulating students in preparation for the topic of Mahjong. This activity involves presenting background information to students and asking them to form pairs and practice, followed by asking two to three individual students or two pairs of students from different groups to report to the class about what they discovered from the discussion.



Directions: Now let's listen to a passage about mahjong and answer the following two questions.

Mahjong, a game that originated in China, is commonly played by four players (with some three-player variations found in Korea and Japan). The game is widely played throughout Eastern and South Eastern Asia as well countries around the globe. Similar to the Western card game, Rummy (拉米纸牌游戏), mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.

The game is basically played with a set of 144 tiles based on Chinese characters and symbols. Some regional variations use a different number of tiles. Each player usually begins by receiving thirteen tiles. In turn players draw and discard tiles until they complete a legal hand using the fourteenth drawn tile to form four groups (melds) and a pair (head). The rules are fairly standard about how a piece is drawn, stolen from another player and thus melded(摊出得分的牌组), the use of simples (numbered tiles) and honors (winds and dragons), the kinds of melds, and the order of dealing and play. There are many regional variations in the rules; in addition, the scoring system and the minimum hand necessary to win varies significantly based on the local rules being used.

Questions:

1. In which parts of the world is mahjong played?

Answer: The game is widely played throughout Eastern and South Eastern Asia as well countries around the globe.

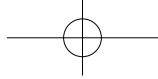
2. How is mahjong usually played ?

Answer: Please refer to the second paragraph of the passage.

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UNIT 10

Mahjong



Part II

Listening Task

Task ① Passage Listening

Passage 1

Now you will hear a short passage about the benefits of mahjong games. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

The Benefits of Playing Mahjong Games

Mahjong, an ancient game from China, gained popularity in the United States in the 1920s. This game of intelligence requires concentration. mahjong is a difficult game to learn and master, but once you do, the ability to excel in the game is limitless.

1. Dementia Treatment

Mahjong is a cognitive game. Researchers say that mahjong is a viable treatment for dementia. Mahjong requires players to use attention, memory, planning and calculation skills. Researchers studied mahjong's playing effects on 62 people who already had mild or moderate dementia. Results of the study showed that when people played mahjong, they gained in all cognitive measures. The effects lasted even after not playing for a month.

2. Cognitive Improvement

Even for senior citizens who do not suffer from dementia, they can improve cognitive development. Mahjong helps with memory skills and helps to keep the mind sharp, similar to the way crossword puzzles maintains cognitive functions for some individuals. Keeping the mind sharp by exercising it through games helps people react to situations and make decisions faster. This can translate into daily living skills, such as finding an item on a crowded pantry shelf or selecting the right medication bottle.



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3. Social Outlet

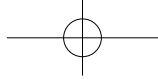
Mahjong provides a social outlet for senior citizens. Socialization is important for people as they age, according to the Foundation for Senior Living. If senior citizens individuals become isolated, they are prone to becoming depressed. Mahjong is one activity that can give senior citizens a social outlet, with people at their own age or allow them to play with a variety of different people. Seniors can meet at a friend or relative's home to play, or they can play in a country club, a senior center, a nursing home or a community center.

4. Multi-Age Enjoyment

Mahjong is suitable for all ages. In fact, anyone can learn and play mahjong online. Mahjong is an educational game for children. The online version of mahjong makes it possible to play this game as a solitaire game instead of a group game. When children play mahjong online, they are having fun, without realizing that they are developing cognitive skills.

Questions:

1. What abilities does mahjong help to develop?
A. Athletic. *B. Cognitive.*
C. Artistic. D. Linguistic.
2. Which skill is not required in mahjong?
A. Planning. B. Calculation.
C. Critical thinking. D. Memory.
3. Which aspect does mahjong not help with senior citizens?
A. Reaction to situations. B. Decision making.
C. Daily living skills. *D. Athletic.*
4. Why is playing mahjong beneficial for senior citizens?
A. Because it offers a social outlet.
B. Because it improves cognitive development.
C. Because it improves flexibility.
D. Both A and B.



5. What are the advantages of mahjong as an educational tool?
- A. The online version enables children to play it alone.
 - B. It is fun to play mahjong online.
 - C. It is much more challenging to play it online than with real people.
 - D. Both A and B

Passage 2

Now you will hear a short passage about the effects of mahjong games. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

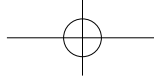
The Effects of Mahjong

1. Reduced Dementia

Hong Kong researchers found in a 2006 study that participants with a median age of over 83 years who met a Diagnostic and Statistical Manual of Mental Disorders IV (DSM-IV) diagnosis of dementia significantly improved after playing mahjong twice or four times per week over the course of 16 weeks. This was true for players in experimental groups, regardless of the frequency of play. The study also showed that the effects lasted even a month after mahjong play stopped, demonstrating that the positive cognitive effects of mahjong are powerful and long-lasting after participants have reached a certain threshold of improvement.

2. Lower Risk of Dementia

Additional studies show that mahjong not only reduces dementia for already affected patients, but also reduces the risk of ever developing it. Research on different varieties of cognitive games demonstrates that those who regularly do crossword puzzles or play strategic and mentally stimulating games like bridge and mahjong have a far lower risk of developing dementia compared to their peers who perform non-stimulating activities like watching television.

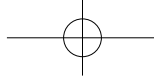


3. Verbal Memory

Mahjong is a visual game, and players need not be able to read or understand the Chinese characters written on the playing tiles in order to benefit from its positive cognitive effects. Interestingly, though mahjong does not necessarily involve reading or speaking, playing it improves verbal memory for players of all nationalities. Verbal memory refers to the ability to remember words and other abstract concepts from language (like syntax). The 2006 Hong Kong study found that verbal memory was improved moderately to significantly for participants who played mahjong on a regular weekly basis.

Questions:

1. According to the 2006 study, which statement is true?
 - A. The average age of participants in the study was 73.
 - B. After playing mahjong for 17 weeks, the patients improved cognitively.
 - C. The frequency of playing affected the cognitive improvement.
 - D. The positive effects lasted long after the experiment.
2. Which activity doesn't lower the risk of dementia for players?
 - A. Watching Television
 - B. Crossword Puzzles.
 - C. Bridge.
 - D. Mahjong.
3. According to the passage, which one is true about mahjong enhancing verbal memory?
 - A. Players need to read and understand the Chinese characters written on the playing tiles.
 - B. It needs to be played on a regular daily basis to produce noticeable results.
 - C. Mahjong involves a certain amount of speaking.
 - D. Players need to remember words and abstract concepts when playing.



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4. How can players benefit from Mahjong's positive cognitive effects?
- A. One needs to play mahjong on a regular basis.*
- B. One needs to read words and characters on the tiles.
- C. One needs to understand the meaning behind the symbols on the tiles.
- D. One should play at least 16 weeks to benefit from the game.
5. Which conclusion can be drawn about mahjong's benefits?
- A. It has curative as well as preventive effects against dementia.
- B. One's ability to remember features of language is improved through the game.
- C. Even after one stops playing mahjong for a while, the beneficial effects last.
- D. All of the above*

Task ②

Compound Dictation

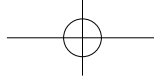
Listen to a passage about mahjong's regained popularity. After listening, fill in the blanks with what you have heard.

Mahjong isn't as *popular* as it once was, but some scholars believe that the aesthetic appeal of the game and its *enjoyable* intellectual challenge, combined with its deep cultural heritage, have contributed to a renewed attraction for younger *generations*.

"Many of the Jewish daughters who once *rejected* mahjong are now returning to the game as a way to connect with their Jewish identities and rekindle *memories* of their mothers," a researcher stated.

The researcher *described* a small renaissance (复新) occurring in the United States as younger and middle-aged women and men, often Jewish or Chinese, become interested in the game that their parents and *grandparents* played.

Also, many retirees, who now have the free time to learn the game, *are using mahjong as a way to build new friendships in retirement communities*.



Another scholar noted that American mahjong is becoming increasingly diverse. Many veteran players *are crossing ethnic and generational boundaries to learn other styles of play.*

Walking through the alleys of San Francisco's Chinatown, the researcher said, "*You can hear the clicking of tiles through windows almost any time of day.*"

Part III

Speaking Task

Teaching Purpose

Help students learn how to express concern and empathy as well as offering suggestions.

Teaching Steps:

1. Ask students to listen to the following dialogues.
2. Direct students to the Language Focus and inform them that they can use the sentences and structures that may be useful in speaking.
3. Arrange students in pairs or groups to create dialogues listed in Speaking Tasks.
4. Supervise students' discussion. Help and encourage students.
6. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.

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UNIT 10

Mahjong



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Role Play

Listen to the following model dialogues and role-play them with your partner.

Model Dialogue 1

A woman thinks that her husband is spending too much time playing mahjong. Her friend suggests that she have a serious talk with her husband to discuss her concerns.

Jane: How are things going with you and your husband?

Elizabeth: Not very well. Every week he must find a mahjong game to play. If no one is available, he will whine to me and download single-player games.

Jane: I know how you feel. My husband used to be like that. If he was not playing games on the computer, he was sleeping.

Elizabeth: I'm really fed up with his obsession, but I just don't know what to do with him. He is ruining his life and mine! He can't see it, but I can. However he won't listen to me.

Jane: Well, honesty is the best policy. Maybe you should just have a heart-to-heart talk with him. You tell him that you want to have some quality time with him every week. Right now you are feeling neglected when he spends most of his time playing mahjong. Maybe you two could find some common ground.

Model Dialogue 2

Mark and Roger both have Chinese wives. They start talking about some Chinese people's obsession with mahjong.

Roger: So, how are you getting along with your family in law?

Mike: Not bad, but I noticed something interesting. It's about mahjong.

Roger: What happened?



Mike: When I went to visit the family of my wife, I was able to witness the phenomenon at first hand. My wife definitely didn't have a big thing for the game, and only played during Spring Festival and other national holidays. At first, I found it a little alienating, but the family slowly taught me to play. The game itself was fun to play, but after maybe 30 minutes to an hour, I was bored of the extremely repetitive nature of playing, whilst the rest of the family were happy to continue to play for upwards of 5 hours... Needless to say, the next time I went to visit, I took my laptop with me to entertain myself during these marathons.

Roger: Did you ask her why they spent so much time?

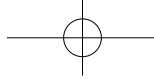
Mike: I asked her why she played so much, to which I got the reply "to spend time with my family" which I thought was fair enough. I then questioned why they just didn't talk in the living room; "after dinner there's not so much for us to talk about" was the response... Puzzling!

Roger: Mahjong is fun, but nothing to be obsessed about. I had some Chinese neighbors a while back, who liked to play loudly until around 4 a.m., making me avoid people who played mahjong for a long time.

Language Focus

Here are some sentences and structures that you might find useful in speaking.

1. I found this game a little alienating.
2. Though sometimes played just for fun, mahjong is mostly used for gambling.
3. Once people learn the rules of this game and start playing, they often get addicted to it.
4. The game of mahjong is a popular one, so much so that players will



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go to drastic lengths to play the game.

5. Players have been known to go days without food or water, get into fights with fellow players and even suffer from heart attacks due to long-time playing.

Oral Activities: Make similar conversations according to the given situation.

Activity 1

You and your friend are talking about your parents neglecting you when you were young because they were addicted to playing mahjong.

Teaching Steps:

1. Have students recall some childhood experiences of being neglected at one time by their parents while they were doing some form of entertainment. If they don't have an experience of this kind, brainstorm a situation of this nature.
2. Have students form pairs. One student will act as the person who complains while the other plays the role of a compassionate listener giving sympathy and constructive suggestions.
3. Then the two swap roles and recreate the scenario.

Activity 2

You are complaining to your friend that you do not get along with a new roommate who is obsessed with playing mahjong.

Teaching Steps:

1. Ask students if they have the experiences of being disturbed and upset by their roommates' obsession with a game or habit like mahjong. Students could brainstorm and create situations about stories of this nature.
2. Arrange students into groups of 5 to 7 members in each one.
3. Ask students how they would feel if they had a roommate or boy/girlfriend who are obsessed with something or someone.



4. The teacher can have groups to present their discussions to the whole class.

Activity 3

A wife is trying to persuade her husband to break the habit of playing mahjong.

Teaching Steps:

1. Before acting, have students recall their own experiences of seeing their parents get into arguments provoked by one's compulsion with mahjong or some other disruptive entertainment. For the lack of experience of this kind, they could brainstorm stories of this nature they have read or heard about.
2. Have students form pairs. One student will act as the wife while the other plays the role of husband.
3. Then the two switch roles and continue.

Part IV

Leisure Time

Directions: Listen to the following quote and appreciate the humor in it.

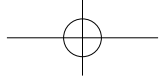
China has three tremendous contributions to the world: the first is TCM, the second is *The Dream Of The Red Chamber* by Cao Xueqin, and the last but not the least is mahjong tiles.

— By Mao Zedong

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UNIT 10

Mahjong



Part V

Additional Task

Task ① Listen to the passage three times and fill in the blanks with the information you have heard.

There are many governing bodies which often host exhibition games and tournaments for modern and traditional mahjong games.

Mahjong, as of 2010, is the most popular table game in Japan. As of 2008, there were approximately 7.6 million mahjong players in Japan and an estimated 8,900 parlors did ¥300 billion in sales. Many devotees there believe the game is losing popularity and have taken efforts to revive it. There are several manga (日本动漫) and anime (动画) devoted to dramatic and comic situations involving mahjong. Since the 1980s, hundreds of different mahjong arcade machines (街机) have been created, including strip versions.

Mahjong culture is still deeply ingrained in the Chinese community. Sam Hui wrote Cantopop (粤语流行曲) songs using mahjong as their themes, and Hong Kong movies have often included scenes of mahjong games. Many gambling movies have been filmed in Hong Kong, and a recent sub-genre(次类型) is the mahjong movie.

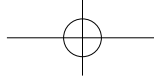
Prolonged playing of mahjong may trigger epileptic seizures (癫痫) according to a 2007 study. To date there are 23 reported cases of mahjong-induced seizures in the English medical literature. Studies by doctors have also shown in Hong Kong that the game is beneficial for individuals suffering from dementia or cognitive memory difficulties, leading to the development of mahjong therapy.

Task ② Oral Summary

Listen to the news twice, take detailed notes and then make an oral summary. Prepare a 5-minute slide or an interview with



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some of your classmates before you present it in the next class.

Elderly Woman Will Still Play Mahjong

Even After Health Issues

Dedicated mahjong players do not want to give up the game and one elderly lady of Zhuhai is vowing to never give up the game despite health issues.

The woman goes by the surname Li and is ninety-four years old. Li was recently in the hospital for an extended stay due to a surgery needed for her neck. The mahjong player had surgery to add an artificial joint to her neck and was just released. However, she planned on playing the game!

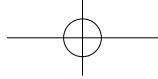
The woman had to have the artificial joint placed in her neck due to the fact that she played mahjong for hours on end. The player was so into the game that it caused her physical pain and she had to finally go to the hospital for surgery. The player became so ill that she could barely stand without assistance.

The woman had fallen before going to play the game of mahjong, but she was so dedicated to the game that she did not cancel her mahjong game with friends. It was the fall that most likely hurt her neck but it was the extended game play that did the most harm. If the mahjong player had not opted for surgery at the time she arrived at the hospital, she may have faced permanent damage including paralysis.

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UNIT 10

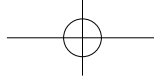
Mahjong



UNIT 11

Losing Weight, the Chinese Way





Word Bank

compulsive /kəm'pʌlsɪv/ <i>adj.</i>	难以制止的；难控制的
endocrine /'endəʊkrɪn/ <i>n.</i>	内分泌；激素
fatigue /fə'tiːɡ/ <i>n.</i>	疲劳；劳累；厌倦
ghrelin /'ɡreɪlɪn/ <i>n.</i>	胃饥饿素（一种胃肠道激素）
metabolism /mə'tæbəlaɪzəm/ <i>n.</i>	新陈代谢
nutrient /'njuːtriənt/ <i>n.</i>	营养素；营养物
retention /rɪ'tenʃən/ <i>n.</i>	保留；保持；维持
suppress /sə'pres/ <i>vt.</i>	抑制；压制；阻止；控制
torso /'tɔːsəʊ/ <i>n.</i>	躯干

Part I

Theme Introduction

Teaching Purpose

This section is designed as a speaking activity for stimulating students in preparation for the topic of losing weight in the Chinese way. This activity involves presenting background information to students and asking them to form pairs and discuss the questions, followed by asking two to three individual students or two pairs of students from different groups to report to the class about what they discovered from the discussion.

Directions: Now listen to a passage about losing weight and answer the following questions.

At its most basic, losing weight is about burning more calories than you eat. That seems simple enough, but if it were really that simple, none of us would have a weight problem. Too often we take drastic

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UNIT 11

Losing Weight, the Chinese Way



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measures to see results -- diets, pills or those weird fitness gadgets seen on infomercials that promise instant success. Maybe you lose weight but what happens when you go off that diet or stop that crazy workout program? You gain it all back and more. The real secret to weight loss is to make small, lasting changes. The key is to forget about instant results and settle in for the long run.

Questions:

1. What is a common issue confronting those trying to sustain weight loss?

Answer: Gaining the weight back and more.

2. What is the key to losing weight?

Answer: The key is to make small, lasting changes in the long run.

Part II

Listening Task

Task ① Passage Listening

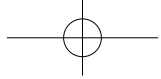
Passage 1

Now you will hear a short passage about losing weight via acupuncture. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Acupuncture and Weight Loss

According to TCM, the root of excess weight is an imbalance within the body caused by malfunctioning of the spleen and liver organ systems.

In five-element theory, the spleen is responsible for the proper functioning of the digestive system, ensuring that the food we eat is transformed into Qi — the vital substance of life. Disharmony of the



spleen would be accompanied by symptoms such as fatigue, slow metabolism, water retention, loose stool, and feeling of heaviness.

The liver's job is to keep the flow of your body's Qi and blood (as well as your emotions) running smoothly. Our modern, fast-paced lifestyle and chronic stress can negatively impact the liver's ability to function properly and smoothly, which, in turn, can cause the spleen and the whole digestive system to function poorly and decrease your metabolism. Liver disharmony can also cause some of the “triggers” that lead to cravings and compulsive eating.

From a TCM perspective, the acupuncture points, foods and herbs that are chosen to assist with weight loss directly influence the Qi of the spleen and liver systems to treat the root imbalances that are causing the weight gain.

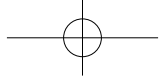
From a Western perspective, acupuncture and TCM have been shown to have an effect on the function of the nervous system, endocrine system, digestive system, food cravings, and metabolism, all of which can help to energize the body, maximize the absorption of nutrients, regulate elimination, control overeating, suppress the appetite, and reduce anxiety.

Questions:

1. According to TCM, malfunctioning of which organs causes an imbalance within the body, which is the root of excess weight ?

<u>A. The spleen and liver</u>	B. The spleen and kidney.
C. The liver and kidney.	D. The liver and pancreas.
2. From a TCM perspective, which organ is responsible for the proper functioning of the digestive system?

A. Heart.	B. Kidney.
<u>C. Spleen.</u>	D. Stomach.
3. What is the liver's function from a TCM perspective?
A. To ensure the smooth flow of blood.



- B. To keep the flow of your body's Qi running smoothly.
 - C. To keep the flow of emotions.
 - D. All of the above.
4. What is the impact of the modern, fast-paced lifestyle and chronic stress on our body?
- A. Malfunctioning of the spleen and the digestive system.
 - B. Decreased metabolism.
 - C. Cravings and compulsive eating.
 - D. All of the above.
5. Which of the following is shown to be true by western medicine?
- A. Acupuncture and TCM can help to maximize the absorption of nutrients.
 - B. Acupuncture and TCM can help to reduce anxiety.
 - C. Acupuncture and TCM can help to regulate elimination.
 - D. Acupuncture and TCM can help to stimulate appetite.

Passage 2

Now you will hear a short passage about breathing and abdominal exercises. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Breathing and Abdominal Exercises

While the patient is undergoing the behavior modification program and is successfully losing weight, it is a good idea to incorporate a set of deep breathing and abdominal exercises that utilize the acupuncture meridians or energy lines on the body to stimulate relaxation and digestion. If we practice deep abdominal breathing while lying down for a few minutes in the morning before we arise, we will not only take in more oxygen but will stimulate the stomach, spleen, kidney, and reproductive energy lines that are all located on the center of the torso. Digestion will be improved and all those organs will function more

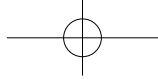


effectively. We will also start the day with more energy and clarity.

Another method of stimulating these same organs in the stomach region is the abdominal finger pressure massage that follows the direction of the large intestines. This massage may also be performed in bed in the morning and evening and will gently stimulate all the points on the central torso and will not only encourage proper digestion but will foster homeostasis or the harmonious balancing of the hormone and endocrine systems of the body.

Questions:

1. What is the function of deep breathing and abdominal exercises according to the passage?
A. To stimulate relaxation and digestion.
B. To energize the body.
C. To suppress appetite.
D. To speed up metabolism.
2. How does deep abdominal breathing help us?
A. To take in more oxygen.
B. To stimulate the stomach, spleen and kidney.
C. To stimulate the reproductive energy lines.
D. All of the above.
3. According to the passage, which direction should be followed while practicing the abdominal finger pressure massage?
A. Along the small intestines. *B. Along the large intestines.*
C. Along the liver. D. Along the kidney.
4. On which part should all the points be gently stimulated to encourage proper digestion?
A. The head. *B. The central torso.*
C. The feet. D. The chest.
5. According to the author, what treatment does breathing and abdominal exercises complement?

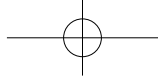
**Task ②****Compound Dictation**

Now, let's listen to a passage about weight loss from the perspective of TCM. After listening, you are required to fill in the blanks with what you have heard.

Chinese medicine sees the problem of weight (1) gain in a very different way from Western medicine. There are numerous possible (2) diagnoses, but the most common is what the Chinese call “spleen Qi (3) deficiency.” This can be roughly translated as having weak (4) digestion that does not allow the body to absorb and transport food (5) effectively.

This means no matter how well or how much the person eats, they are left feeling tired, sluggish and usually (6) hungry as the body is not absorbing nutrition from food, which makes weight loss hard. This can lead to a (7) destructive cycle whereby the person always feels hungry and gains weight (8) regardless of the efforts they make to eat less or healthier.

Chinese and Western medicine agree that weight loss is important and that obesity can lead to a (9) range of other illnesses, but the Chinese perspective differs in that obesity is seen as only a symptom of more important underlying problems that will affect all the other organs in the body if left untreated. Too little sleep, lack of movement, overwork and over-thinking or worrying are considered especially (10) harmful to the spleen and not good for weight loss. Given our current lifestyle, it is not hard to see why so many people are considered spleen Qi deficient and thus are searching for a weight loss program.



Part III

Speaking Task

Teaching Purpose

Help students learn how to obtain medical advice as well as offering professional medical suggestions.

Teaching Steps:

1. Ask students to listen to the following dialogue.
2. Direct students to the Language Focus and inform them that they can use the sentences and structures that may be useful in speaking.
3. Arrange students in pairs or groups to create dialogues listed in Oral Activities.
4. Supervise students' discussion. Help and encourage students.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.

Role Play

Listen to the following model dialogue and role-play it with your partner.

Model Dialogue

Patient: I am interested in using Chinese medicine to lose weight. Could you tell me how it works?

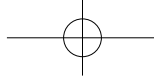
Doctor: Acupuncture can help you with losing weight. Fine needles are inserted into the relevant acupoints, helping adjust your Yin and Yang balance and improving your Qi circulation. Acupuncture helps your body to function in a more balanced way to help shed off unnecessary fat and dampness but regains more energy.

Patient: Are there any other treatment for weight loss in Chinese medicine?

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Losing Weight, the Chinese Way



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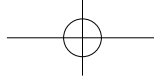
Doctor: You can combine this with herbal medicine. From the Chinese medicine point of view it works on several principles: all contain herbs that transform dampness (phlegm and mucus), removing it through urine or stools. Other herbs tonify the spleen Qi to make digestion more efficient, regulating food usage through better nutrition.

Many of the herbs are also useful in reducing blood-lipid and can help people with high cholesterol. The detoxifying effects help to assist bowel function, reducing bloating and fullness and can be helpful in metabolizing stored fats, but maybe to a lesser degree than dietary control or exercise.

Language Focus

Here are some sentences and structures that you might find useful in speaking.

1. Fine needles are inserted into the relevant acu-points, helping adjust your yin and yang balance and improving your qi circulation.
2. Acupuncture helps your body to function in a more balanced way to help shed off unnecessary fat and dampness but regains more energy.
3. Some herbs tonify the spleen qi to make digestion more efficient, regulating food usage through better nutrition.
4. Spleen qi deficiency can have a number of different causes and thus approaches to weight loss.
5. It can also be caused by poor diet such as eating meals on the go, unwholesome snacking, lots of greasy or sweet food, too much cold food, cold water or other drinks, particularly beer.
6. The Chinese clock states that the strongest time for the digestion is between 7am and 11am and this is the best time to eat larger or heavier meals.



Oral Activities: Now make similar conversations according to the given situation.

You are seeking advice from a TCM doctor on how to lose weight.

Teaching Purpose

Help students learn to consult doctors and describe their medical complaint and conditions in addition to offering suggestions to patients.

Teaching Steps:

1. Ask students if they have the experiences of seeing a TCM doctor or a health consultant. If they don't have an experience of this kind, brainstorm a situation of this nature.
2. Have students form pairs. One student will act as the patient who describes his or her obesity while the other plays the role of a TCM doctor providing medical suggestions and prescription.
3. Then the two swap their roles and continue.

Part IV

Leisure Time

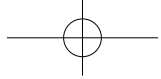
Directions: Watch a video clip about weight loss from ear acupuncture and try to obtain as much information as possible about its procedure and rationale.

My name is Brighton Roper, and I'm a licensed acupuncturist. We are at my clinic, which is called Utah Family Acupuncture and Herbs, and it's located in downtown Salt Lake City, Utah. What we're going to talk about today is ear acupuncture for weight loss. The materials you need for ear acupuncture to lose weight are: ear needles, ear seeds or pellets, alcohol swabs and an ear probe. First, just start out just by swabbing the patient's ear with alcohol to make sure it's a clean surface

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Losing Weight, the Chinese Way



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to start with, and in Chinese medicine, the ear actually is a microsystem for the entire body. So, on the ear are points that represent every part of the body. So, for weight loss, we are going to use points, such as mouth, stomach and there's a point called Shen Men, which helps to calm the mind, which is usually important when people have problems losing weight. So, we put in the first point which is Shen Men. This is stomach. And the last point is mouth. So, during the treatment, the patient would have these points in both ears in addition to points on the body as well. A way to extend the effect of the treatment and have the patient help avoid cravings or whatever their weight loss issues might be are to use ear seeds or ear pellets and then the patient can stimulate them throughout the day if they're having a particularly difficult time. So, I'll be using the same points. In addition there's a hunger control points. So, just putting that point on again that relates to the stomach which of course relates to hunger and then this point, again, is the mouth. I will instruct the patient that they can stimulate these ear seeds throughout the day by taking their hand and just tapping gently to remind their body that they're trying to avoid cravings and remind them of their goal, which is weight loss.

Part V

Additional Task

Task ①

Listen to the passage three times and fill in the blanks with the information you have got from the tape.

As mentioned earlier, a good weight loss program includes nutritional counseling and exercise as well as a commitment to make permanent lifestyle changes. The acupuncturist can help with nutritional counseling and can discuss a diet regimen that the patient can live with and maintain for the long term. A diet that is high in fiber



and low in fat, with *moderate* amounts of low-density carbohydrates and low-fat *protein* is usually the best choice to adopt. With this type of a diet program, the patient can avoid the pit-falls of yo-yo dieting or the *tendency* to lose weight and then *regain* it.

Other important tools that can aid in weight loss are stress reduction *techniques* and a moderate exercise regimen. The acupuncturist can suggest various stress reduction methods that may include breathing exercises, Tai Chi, yoga, meditation or biofeedback. *And since the goal of a weight program is not only weight loss but the maintenance of that loss, an exercise program that the patient likes is the best one to choose.* The patient could try starting a program that *includes brisk walking three times a week for forty minutes.* After a few weeks when stamina is increased, they could try walking five times a week. After that more aerobic exercise can be added such as the treadmill, stair climber or aerobics classes, cycling or whatever from of rigorous exercise the person enjoys and can maintain for the long term. It is a good idea to use free weights beginning with three pound weights and practicing just two to three sets of arm curls three times a week. *Moderate weight training builds lean body mass and helps to reduce body fat* as well as strengthen and build bone mass and reduce the risk of osteoporosis.

Task ② Oral Summary

Listen to a passage on the use of acupuncture for weight loss twice, take detailed notes and then make an oral summary. Use this passage as a model to prepare a three-minute report on weight loss via acupuncture. You will be asked to present it in the next class.

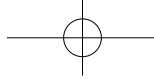
There are many reasons people become overweight — hormone imbalances, slowed metabolism, overeating, poor nutrition and lack of exercise are some of the most common.

Using acupuncture to tackle weight loss is a multi-pronged approach.

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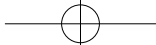
Losing Weight, the Chinese Way



The rationale for using acupuncture for weight control is based on the premise that weight gain could be the result of disturbed energy flow to and from the regulating center of the brain, called the hypothalamus. The hypothalamus is responsible for maintaining “homeostasis” or functional balance that allows the body to run like a finely tuned instrument. It is the body’s dispatch center that regulates hormones and neurochemicals, and helps to control body temperature, circadian rhythm, thirst and hunger.

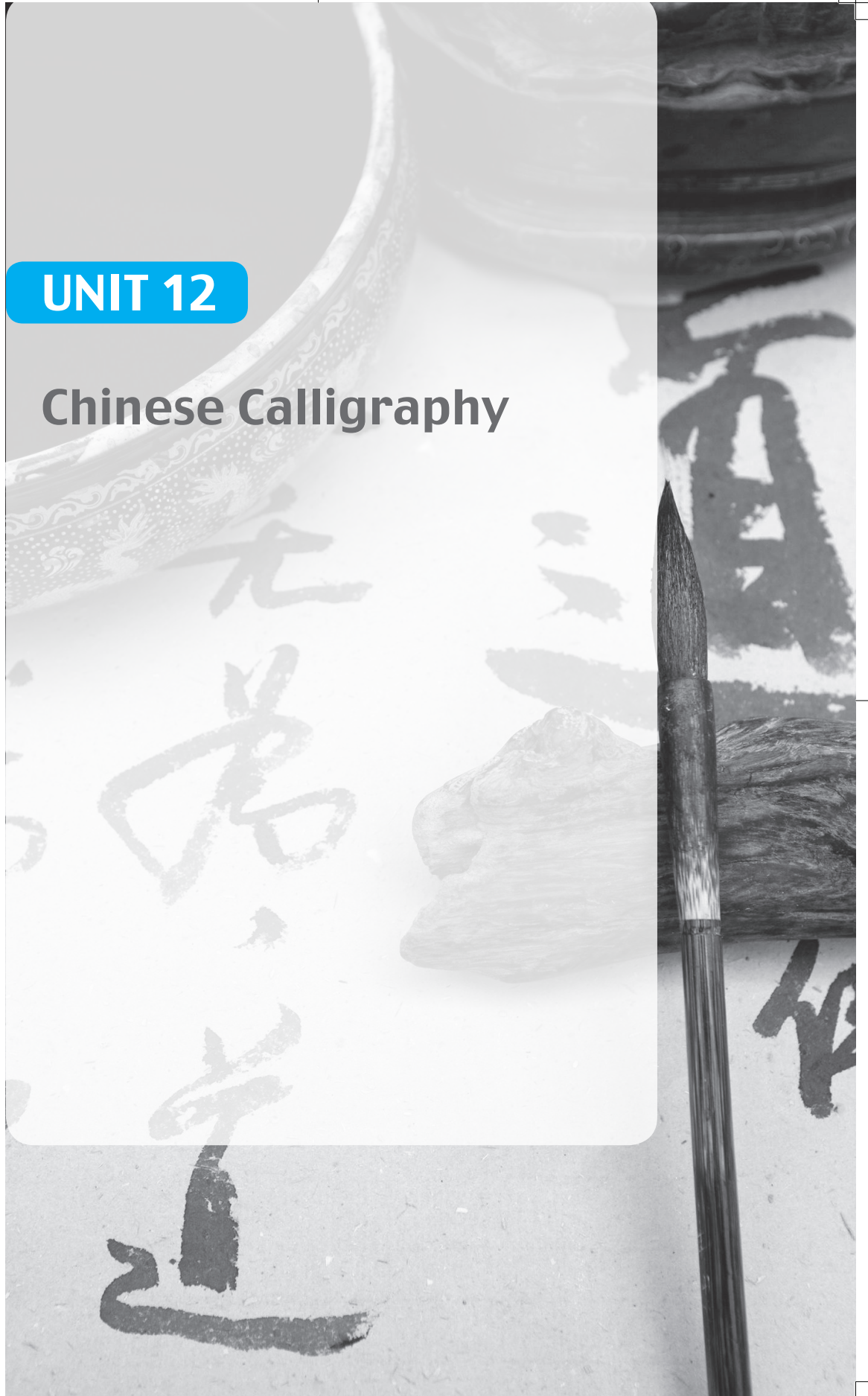
Of particular interest is the ability of acupuncture to influence obesity hormones. Research measuring the effectiveness of acupuncture for weight loss found treatments increased ghrelin, a hormone that controls meal initiation and decreased leptin, the hormone that regulates fat storage and metabolism.

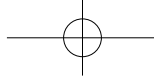
The guiding principal is that acupuncture can power up any other weight control strategy by curbing appetite, quelling cravings, boosting metabolism, improving digestion, regulating obesity-related hormones and enhancing the way nutrients are used. It also strengthens the function of the liver, the organ that produces many chemicals critical for digestion, processing nutrients and breaking down of fats. Acupuncture may also increase tone in the smooth muscle of the stomach to help people know that they are full.



UNIT 12

Chinese Calligraphy





Word Bank

clerical /'klerɪkəl/ *n.*

隶书

cursive /'kɜːsɪv/ *adj.*

连接的；草书体的

exotic /ɪg'zɒtɪk/ *adj.*

外来的；外国来的

Four Treasure of the Study (brush, ink stick, paper and ink stone)

文房四宝（笔墨纸砚）

identifiable /aɪ'dentɪfaɪəbəl/ *adj.*

可认明的；可证明是同一的；可识别的

inscription /ɪn'skrɪpʃən/ *n.*

题字；碑铭

intertwine /,ɪntə'twain/ *vi.*

纠缠

vt.

缠绕

merge /mɜːdʒ/ *vt.*

使合并；使同化；使融合

vi.

合并；同化；融合

opuses /'əʊpəsɪz/ *n.*

作品

oracle /'ɒrəkəl/ *n.*

神谕；神使；圣贤

plaque /pla:k/ *n.*

匾；血小板；饰板

rapport /ræ'pɔː/ *n.*

友好关系；融洽，和谐

recluse /rɪ'kluːs/ *n.*

隐士

repudiate /rɪ'pjʊːdiət/ *vt.*

拒绝；否定；批判；与…断绝关系；拒付

resplendent /rɪ'splendənt/ *adj.*

光辉的，璀璨的

sublime /sə'blaɪm/ *adj.*

庄严的，雄伟的；令人赞叹的

n.

庄严，崇高；顶点

vt.

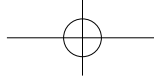
（使）升华，精练

uninhibited /,ʌnɪn'hɪbɪtɪd/ *adj.*

无拘束的；不受禁止的

unorthodox /ʌn'ɔːθədɒks/ *adj.*

非正统的；异端的；异教的



Part I

Theme Introduction

Teaching Purpose

This part is designed as a speaking activity for stimulating students and preparing them for the topic Chinese Calligraphy. This activity involves presenting background information to students and asking them to form pairs and discuss the questions in pairs, followed by asking two or three students to report to the class about what they find out from the discussion.

Directions: Now listen to a passage about Chinese calligraphy and answer the following questions.

As we know, Calligraphy is the art of making beautiful or elegant handwriting. The Chinese calligraphy is not only very beautiful but also very practical. It uses four treasures of Chinese study, namely writing brush, ink-stick (墨), ink-stone (砚) and paper.

The history of Chinese calligraphy is as long as that of China itself. Calligraphy is a special category in China's world of fine arts and one of the most challenging Chinese art forms for a foreigner to appreciate or master. Calligraphy, or shufa, is one of the four basic skills and disciplines of the Chinese literati, together with painting, stringed musical instruments and board games.

Chinese calligraphy is a resplendent jewel of China's Cultural Heritage. It is a great art form and it can help people relax, and it can improve our spiritual realm. We should pay more attention to Chinese calligraphy, inherit this culture, and advance it.

Questions

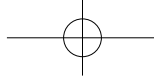
1. What are the four treasures of a Chinese study?

Answer: They are writing brush, ink-stick, ink-stone and paper.

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UNIT 12

Chinese Calligraphy



Part II

Listening Task

Task ①

Passage listening

Passage 1

Now you will hear a short passage about Chinese Calligraphy. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Studying Chinese calligraphy, one must learn something about the origins of Chinese characters, which can be traced to inscriptions on bones, tortoise shells and bronze-ware. The earliest identifiable characters belonged to the Shang Dynasty (16th-11th century BCE).

Through the centuries, Chinese characters have changed constantly and are mainly divided into five categories today: the seal script (*zhuan shu*), official script (*li shu*), regular script (*kai shu*), running script (*xing shu*) and cursive script (*cao shu*). Chinese calligraphy, like script itself, has developed the above-mentioned styles according to various schools.

Seal characters were developed in Western Zhou Dynasty (11th century-711BC) , which are the earliest form of writing after oracle inscriptions, and are the first unified and standardized characters of the nation. Official script is a simplified form of script since seal characters were too complicated for ancient officials to use when copying documents. Official script led to the emergence of regular script in the third century, which is square in form and non-cursive or architectural in style. Official script also gave birth to cursive script where characters were often joined with the last stroke of the first character merging into



the initial stroke of the next character, which made the writing process much faster. Running script falls into somewhere between regular and cursive scripts.

Calligraphy is an art form that involves a great deal of theory and requires many skills; consequently there are few calligraphers that have reached the highest realm of calligraphy. Among the most outstanding calligraphers in ancient China were Wang Xizhi, Ouyang Xun, Yan Zhengqing, and Liu Gongquan, who were known for pioneering their own styles.

Questions:

- In order to study Chinese calligraphy, which of the following should a person learn?
A. He must learn something about the sources of Chinese characters.
B. He must learn something about Chinese culture.
C. He must learn something about Chinese literature
D. He must learn something about Chinese poetry.
- About the Chinese characters, which of the following is NOT TRUE according to the passage ?
A. Over the centuries, Chinese characters have been in constant change.
B. Chinese characters are mainly divided into five categories.
C. Chinese characters have not been in constant change.
D. Chinese characters include seal script, official scrip, regular script, etc.
- What are the earliest form of writing after oracle inscriptions according to the passage?
A. Regular characters. B. Running characters.
C. Official characters. D. Seal characters.
- Which of the following is TRUE according to the passage?
A. Chinese character can be traced to the Zhou Dynasty.
B. Chinese characters have not changed constantly.



C. There are few calligraphers that have reached the highest realm of calligraphy.

D. Calligraphy is an art form involving a great deal of theory but neglecting practical skills.

5. Who were the most outstanding calligraphers in ancient China according to the passage?

A. Wang Xizhi, Ouyang Xun, Ou Yangxiu, and Liu Gongquan,

B. Wang Xizhi, Ouyang Xun, Yan Zhengqing, and Liu Zongyuan,

C. Wang Anshi, Ouyang Xun, Yan Zhengqing, and Liu Gongquan,

D. Wang Xizhi, Ouyang Xun, Yan Zhengqing, and Liu Gongquan.

Passage 2

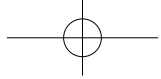
Now you will hear a short passage about the major features of calligraphy. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Few nations in the world have calligraphy as a form of art. In China, calligraphy has maintained a close rapport with the country's cultural development.

Calligraphy is an expressive art. According to an old Chinese saying, "the way characters are written is a portrait of the person who writes them." Expressing the abstract beauty of lines and rhythms, calligraphy is a reflection of a person's emotions, moral integrity, character, educational level, accomplishments in self-cultivation, intellectual tastes and approach to life. Chinese characters, which convey ideas, are regarded as the most abstract and sublime art form.

Calligraphy is also a practical fine art. Exotic calligraphic inscriptions written on paper, wooden plaques or stone tablets serve as decorations of a deep artistic value.

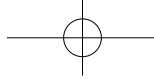
Calligraphy manifests the basic characteristics of all Chinese arts. Closely associated with paintings—the two leaders of Chinese



art forms—calligraphy takes precedence over painting since it greatly inspired the art of painting. Moreover, calligraphy has influenced other typically Chinese art forms like classical poetry, seal-cutting, sculpture, traditional music and dance, architecture and handicrafts.

Questions:

1. About Calligraphy, which one is right according to the passage,
A. It is a costly art. B. It is an inexpressive art.
C. It is a luxury art. D. It is an ordinary art.
2. According to the passage, which one is right?
A. Calligraphy can reflect a person's emotions.
B. Calligraphy can reflect a person's moral integrity,
C. Calligraphy can reflect a person's life outlook.
D. All of the above.
3. Which can be inferred from the passage?
A. Chinese characters are regarded as the most concrete and breathtaking art form.
B. Calligraphy has a close link with the cultural development in China.
C. Calligraphy has little influence on other typically Chinese art forms.
D. Some nations in the world see calligraphy as an art form.
4. According to the passage, what are the two leaders of Chinese art forms?
A. Calligraphy and music. B. Calligraphy and painting.
C. Painting and poetry. D. Calligraphy and poetry.
5. What does the passage mainly discuss?
A. The major features of calligraphy.
B. The relationship between calligraphy and cultural development.
C. The major features of paintings.
D. The history of calligraphy.



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Task ②

Compound Dictation

Now, let's listen to a passage about Chinese Calligraphy in the Western Han Dynasty and WeiJinNanBei Dynasty. After listening, you are required to fill in the blanks with what you have heard.

In the Western Han Dynasty, the Lesser Seal was still the Official character, but the Lesser Seal was so difficult to write, and it was against the spread of characters, so the clerical which was simple and easy to spread quickly. Before the Eastern Han Dynasty, people wrote characters on bamboo slip. In the Eastern Han Dynasty, papers were invented, it made great contribution to the culture's progress. And the clerical became the official character in the Eastern Han dynasty.

The Wei, Jin, Northern and Southern Dynasties are the second social unrest period in Chinese history, the people's life were very hard and poor, but with the ethnic fused and the communication between Chinese and foreign culture, and the introduction of Buddhism into China, the Chinese civilization had a prosperous development. The character became more regular, the running script (行书), the grass hand (草书), the regular script (楷书) appeared, the character was very similar with the character we use today. In this time, there were many famous calligraphers, like Zhong Yao (钟繇), he is the ancestors of the regular script, the Madam Wei (卫夫人), she was the teacher of Wang Xizhi, and the two Wang, Wang Xizhi and Wang Xianzhi may be the most famous calligrapher in Chinese history. Especially the Wang Xizhi's eternal masterpiece *Preface to the Orchid Pavilion* (兰亭序). Wang Xizhi was very good at running script, and his son Wang Xianzhi, was not only good at running script but also good at regular script. His most famous opuses is *On the Goddess of Luo River* (洛神赋). In the WeiJinNanBei Dynasty, the politics was dark and there were many recluse, like Tao Yuanming (陶渊明), when the character formed a style with natural, free and uninhibited.



Part III

Speaking Task

Teaching Purpose

Help students learn to express the ancient arts in China.

Teaching Steps:

1. Ask students to listen to the following model dialogues.
2. Bring students' attention to the Language Focus and tell them that they can use the sentences and structures that are useful in speaking.
3. Arrange students in pairs or groups and ask them to create dialogues listed in Oral Activities.
4. Go around the classroom to supervise the students' discussion.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.

Role Play

Listen to the following model dialogues and role-play them with your partner.

Model Dialogue 1

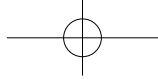
The Art of Calligraphy

- A: Some critics suggest that different genres of Chinese calligraphy have different political implications. Take Wang Xizhi for example. His calligraphy was repudiated as unorthodox during his lifetime but, only a few decades after his death, was established as an orthodox genre.
- B: That's for sure! Historically, Chinese calligraphy and politics were closely intertwined. Over 2,000 years ago, the first emperor in Chinese history established the official Chinese writing characters.

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UNIT 12

Chinese Calligraphy



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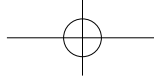


The new simplified characters made writing calligraphy less complicated. They allowed people to use characters with more straight strokes, thus making it easier to write with brushes.

- A: I've heard that most emperors were good at calligraphy. The Tang Dynasty Emperor Li Shimin was an avid collector of Wang Xizhi's writings.
- B: That's right. The emperor of the Qing Dynasty, Qian Long, played a key role in compiling an authoritative collection of calligraphy. To some extent, preference of the emperors had an influence on the rise and fall of certain calligraphy genres.
- A: Ordinary Chinese people also seemed to like calligraphy a lot.
- B: Part of the reason was the sponsorship by the emperors. Another reason was the Imperial Civil Service examinations that started in the 7th century. Those examinations were focused on writing and provided a way for ordinary people to achieve a better life. As a result, calligraphy became widely accepted. Calligraphy also had its practical values because it was a good way to make friends and was more presentable as a gift rather than jewelry or money.
- A: Does calligraphy still have these practical functions now?
- B: Yes. Many people practice calligraphy as a way to increase their cultural attainments. Older people use calligraphic writing as a method to keep fit. They believe that when a person concentrates on writing calligraphy, his/her inner wellbeing is stimulated.

Model Dialogue 2

- A: How to produce Chinese characters?
- B: To produce Chinese characters, one will need a brush, pieces of paper, some ink stick and a ink stone, commonly referred to as the "Four Treasures of the Study." To learn calligraphy, it is necessary



to learn about these tools.

A: Could you tell me something about these tools?

B: OK. You see, with these tools, brushes are indispensable and varied. White-goat-hair, black-rabbit-hair and yellow-weasel-hair brushes are the main ones. On the basis of function, brushes are classified into three groups: hard, soft and medium. brush handles are usually made of bamboo, wood, lacquer or porcelain; ivory or jade handles are rare and precious.

A: The other tools?

B: The ink stick is a unique pigment used for Chinese traditional painting and calligraphy. The most famous ink stick is hui mo (Anhui ink stick), made of pines on Huangshan Mountain in Anhui Province. Clean water is needed to grind the ink stick, which must be balanced in the hand during the grinding or rubbing process. Press hard and rub lightly, slowly and evenly against the ink slab until thick, liquid-ink forms.

Language Focus

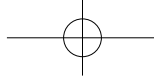
Here are some sentences and structures that you might find useful in speaking.

1. Different genres of Chinese calligraphy have different political implications.
2. Chinese calligraphy and politics were closely intertwined.
3. To some extent, preferences of the Emperors had an influence on the rise and fall of certain calligraphy genres.
4. Qian Long played a key role in compiling an authoritative collection of calligraphy.
5. Many people practice calligraphy as a way to increase their cultural attainments.

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Chinese Calligraphy



Oral Activities: Now make similar conversations according to the given situations.

Activity 1

You and your friend are having a heated discussion about different understandings about the art of calligraphy.

Teaching Steps:

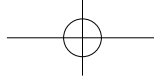
1. Before their acting, have students recall their own understanding about the art of calligraphy and the comments on the art of calligraphy.
2. Have students form pairs. One student will act as the person who comes from a foreign country and has great interest in the art of calligraphy, while the other plays the role of explaining something about the art of calligraphy.
3. Then the two swap roles and recreate the scenario.

Activity 2

One of your foreign friends is fascinated by the beauty of the art of calligraphy, and you are talking about its glamour with him.

Teaching Steps:

1. Before their acting, ask students if they have the experiences of practicing calligraphy, and they could brainstorm about the beautiful stories about calligraphy that they have read or heard before.
2. Arrange students into pairs with 5 to 7 members in each one.
3. They talk freely their experiences of practicing calligraphy and exchange their feelings.
4. As for those who have no experiences in practicing calligraphy, arrange other students to help them with practicing calligraphy.
5. The teacher can choose one group to present their discussion to the whole class.



Activity 3

A student is trying to persuade her good friend to visit a national calligraphy art exhibition.

Teaching Steps:

1. Before their acting, have students recall their own experiences of visiting the local or national calligraphy art exhibitions. They may speak of some famous art exhibitions that they heard about before.
2. Have students form pairs. One student will act as the student while the other plays the role of her good friend.
3. Then the two exchange their roles and continue.

Part IV

Leisure Time

Directions: Listen to the following stories and enjoy them.

1. An Art of the Orient

Chinese calligraphy is an oriental art. Like chopsticks, calligraphy was once entirely Chinese. But as Chinese culture spread to Korea, Japan and Singapore, calligraphy became a unique feature of the Oriental art. Calligraphy is even wildly accepted by the west; as once Picasso said, “had I been born Chinese, I would have been a calligrapher, not a painter.” Many calligraphic elements are being adopted by modern western art.

2. Ink Stones

Ink stones or ink slabs have been classified into three categories: *Duan*, *She* and *Tao*. Features common to all three ink slabs are the stone’s hardness and fineness. Although the stone is hard and fine, it is not dry or slippery. Using a hard smooth stone, liquid ink can be produced easily by rubbing the ink stick against the stone. By controlling the flexibility of

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UNIT 12

Chinese Calligraphy



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the brush, the concentration of the ink and the absorbency of the paper, the artist can produce an infinite variety of calligraphic styles and forms.

3. Quotes

- 1) As we know, Calligraphy is the art of making beautiful or elegant handwriting. the Chinese calligraphy is not only very beautiful but also very practical.
- 2) Chinese calligraphy is a resplendent (光辉的, 璀璨的) jewel of China's cultural heritage (文化遗产). it is a great art, can let people relax, and can improve our spiritual realm, so we should pay more attention to the Chinese calligraphy. We should inherit this culture heritage and work to carry it forward.

Part V

Additional Task

Task ① Compound Dictation

Listen to the passage and fill in the blanks with the information you have got.

Chinese calligraphy (Brush calligraphy) is an art unique to Asian cultures. Shu (calligraphy), Hua (painting), Qin (a string musical instrument, and Qi (a strategic boardgame) are the four basic skills and disciplines of the Chinese literati.

Regarded as the most abstract and sublime form of art in Chinese culture, “Shu Fa” (calligraphy) is often thought to be the most revealing of one's personality. During the imperial era, calligraphy was used as an important criterion for selection of executives to imperial court. Unlike other visual art techniques, all calligraphy strokes are permanent and incorrigible, demanding careful planning and confident execution. Such are the skills required for an administrator. While one has to conform to



the defined *structure* of words, the expression can be extremely creative. To exercise humanistic imagination and touch under the faceless laws and regulations is also a virtue well *appreciated*.

By controlling the concentration of ink, the thickness and adsorptivity of the paper, and the flexibility of the brush, *the artist is free to produce an infinite variety of styles and forms*. In contrast to western calligraphy, diffusing ink blots and dry brush strokes are viewed as a natural impromptu expression rather than a fault. While western calligraphy often pursue font-like uniformity, homogeneity of characters in one size is only a craft. To the artist, *calligraphy is a mental exercise that coordinates the mind* and the body to choose the best styling in expressing the content of the passage. It is a most relaxing yet highly disciplined exercise indeed for one's physical and spiritual well being. Historically, *many calligraphy artists were well-known for their longevity*.

Task ②

Oral Summary

Listen to a passage on Writing Methods, take detailed notes and then make an oral summary.

1. Beginners' learning methods

It usually takes us 3 main steps to learn write. We call them “Copying” “Following” and “Free writing.” We should begin with “Copying” or imitating. That's why we should have a *Copybook for Calligraphy*.

2. Mix your ink. (Usually mix a drop of ink with two drops of water.)

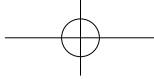
3. Gestures

△ Sitting Postures: Sitting upright

△ Brush Holding Postures

Your right hand should be the writing hand. (If you are a left hander, it will be a little difficult.)

Keep your writing brush vertical to the table. Use the 3 fingers, (i.e. the thumb, the index finger and the middle finger) to hold the brush, and prop the first knuckle of the ring finger against the brush. The little



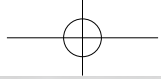
finger follows the fourth one. You should hold the brush tightly.

Put your hand on the table. Move the brush by your hand and wrist.

This is a basic gesture for beginners.

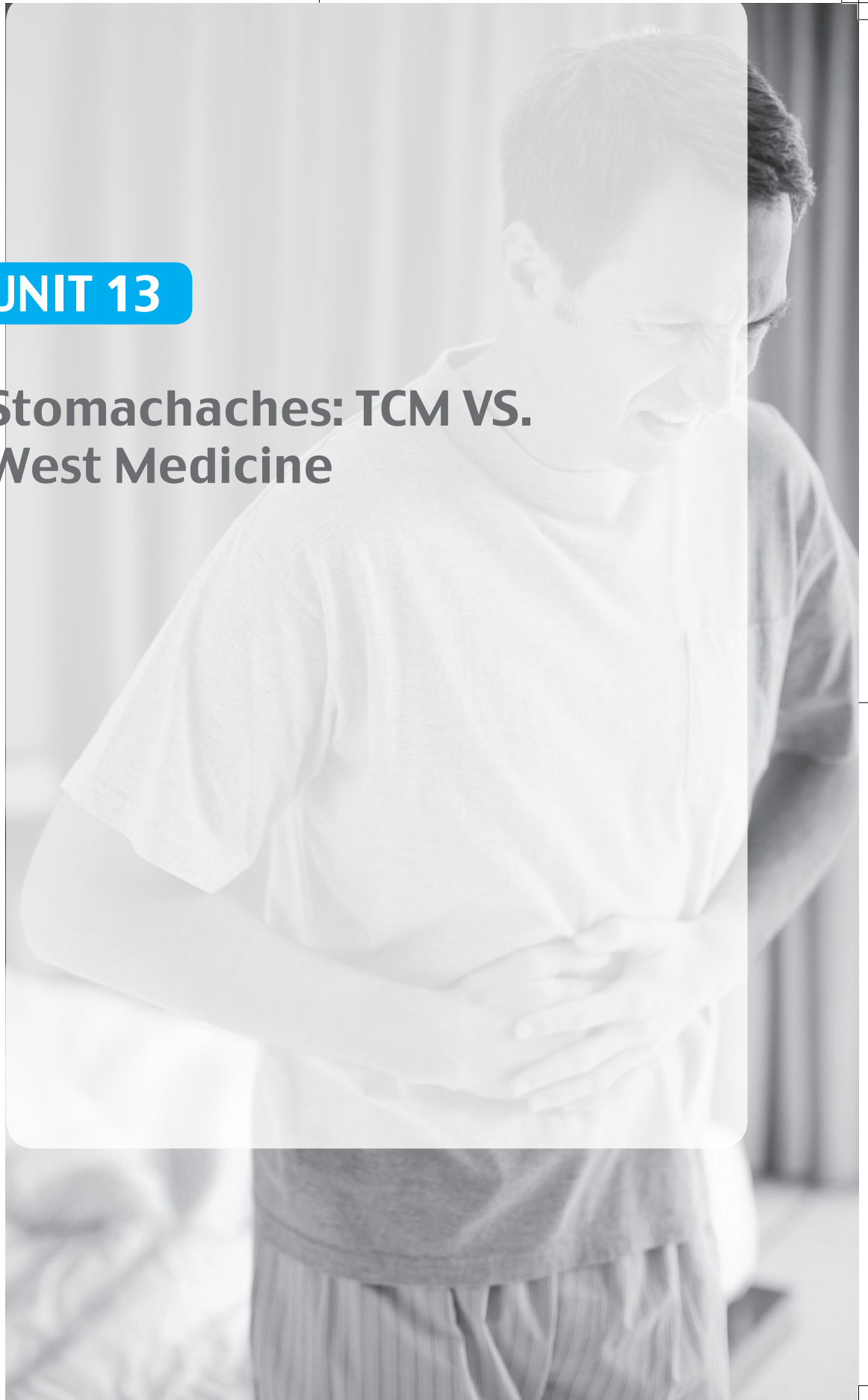
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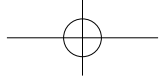




UNIT 13

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Word Bank

bloating /'bləʊtɪŋ/ *vt.*

使膨胀；使肿起

chamomile /'kæməmaɪl/ *n.*

甘菊，黄春菊

constipation /,kɒnstɪ'peɪʃən/ *n.*

便秘；受限制

crackers /'krækəz/ *n.*

爆竹（**cracker** 的名词复数）；薄脆

饼干；（令人）十分愉快的事

cramp /kræmp/ *vt.*

使痉挛，使抽筋

dyschesia /'dɪsfɪːzjə/ *n.*

大便困难

E. coli /,iː'kəʊlaɪ/ *n.*

大肠杆菌（*Escherichia coli* 的缩写）

epigastric /,epɪ'gæstriːk/ *adj.*

腹上部的

epigastrium /,epɪ'gæstriəm/ *n.*

腹上部

eructation /,ɪrʌk'teɪʃən/ *n.*

打嗝，嗝气；嗝出物

hypochondriac /,haɪpə'kɒndrɪæk/ *adj.*

季肋部的

lactose /'læktəʊs/ *n.*

乳糖

laxative /'læksətɪv/ *n.*

泻药；缓泻药

adj.

通便的

menstrual /'menstruəl/ *adj.*

月经的

nausea /'nɔːziə/ *n.*

作呕；恶心；极度厌恶

peppermint /'pepə,mɪnt/ *n.*

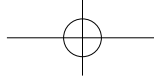
薄荷；薄荷糖；薄荷油

Salmonella /,sælmə'nelə/ *n.*

沙门氏菌

trauma /'trɔːmə/ *n.*

创伤（由心理创伤造成精神上的异常）；损伤；痛苦经历；挫折



Part I

Theme Introduction

Teaching Purpose

This part is designed as a listening activity for stimulating students in preparation for the topic Stomachaches, the focus of this unit. Students are first required to listen to the passage carefully and get its general idea, and then listen to the passage again, and finish the task by paying attention to the detail.

Direction: Listen to the passage and then decide whether the following statements are true (T) or false (F).

Stomachaches are a very common problem for Chinese Internal Medicine specialists. It refers to a pain over the epigastrium, which is usually accompanied by epigastric upset, poor appetite, eructation and nausea. And the common causes of stomachaches are immoderate eating and drinking, emotional upsets, psychic trauma, overstrain, affection of cold, etc. However, these causative factors lead to stomachache only when the spleen and stomach are dysfunctioning. Although the spleen and stomach are the organs chiefly involved in this disorder, other organs may also be affected, particularly the liver. Its general therapeutic principles for stomachache are regulating qi circulation and the stomach and arresting pain, which may be modified according to the cause and the presenting syndrome of the individual case.

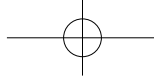
Statements:

1. Stomachaches are a common disease for Chinese internal medicine. (T)
2. Stomachaches are usually accompanied by epigastric upsets, poor appetite, eructation, nausea, etc. (T)

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Part II

Listening Task

Task ①

Passage Listening

Passage 1

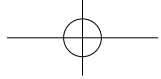
Now you will hear a short passage about stomachaches. Five questions will be asked following it. Listen carefully and choose the best answer from the four possible choices.

In a clinic, stomachaches can often be classified into seven types according to TCM syndrome differentiation and treatment. And each type has distinguishing feature, therefore, the manifestations, therapeutic principles and prescriptions will be different in accordance with its classification. The following is a sketch of four usual classifications and treatments for stomachaches.

First syndrome is retention of cold in the stomach with such manifestations as sudden onset of a stomachache which can be relieved by warmth and aggravated by cold, preference for hot drink, thin, white tongue coating and wiry and tense pulse. Accordingly, its therapeutic principles are to warm stomach, expel cold, move qi and relieve pain. For this syndrome, Xiang Su Powder combining Liang Fu Pill are administered frequently.

The second one is retention of food with manifestations such as stomachache, abdominal distention and fullness, acid eructation or vomiting with undigested food, dyschesia, thick, greasy tongue coating

3. Immoderate eating and drinking, emotional upsets, psychic trauma, overstrain, and affection of cold may cause stomachaches. (T)
4. The general therapeutic principles for stomachaches are activating blood, removing stasis, regulating qi circulation and arresting pain. (F)



and smooth pulse. Therefore, the therapeutic principles are to promote digestion, resolve food stagnation, harmonize stomach and relieve pain. For this type, Bao He Pill is used.

The third one is attack of liver qi to the stomach characterized by distending pain over the epigastric and hypochondriac regions that is induced by emotional upsets, frequent eructation, dyschesia, thin, yellow tongue coating and wiry and smooth pulse. The therapeutic principles of soothing liver, relieving depression, regulating qi and relieving pain are proper to this type. The commonly used prescription is Chai Hu Shu Gan Powder.

The fourth one is deficiency of stomach-yin with the characteristics of dull pain over the epigastrium, dryness of mouth and throat, feverish sensation, constipation, red and dry tongue and thread and rapid pulse. The proper therapeutic principles to this type are to nourish yin, replenish stomach, harmonize the middle and relieve pain. The frequently employed prescription is combination of Yi Guan Decoction with Shao Yao Gan Cao Decoction.

Questions:

1. How many classifications and treatments for stomachaches in clinic And how many of them are mentioned above respectively?
A. Seven; three. *B. Seven; four.*
C. Six; four. D. Six; three.
2. What is the therapeutic principle for syndrome of retention of cold in the stomach?
A. To warm stomach, expel cold, move qi and relieve pain.
B. To promote digestion, resolve food stagnation, harmonize stomach and relieve pain.
C. To soothe liver, relieve depression, regulate qi and relieve pain.
D. To nourish yin, replenish stomach, harmonize the middle and relieve pain.

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3. What are the typical manifestations for syndrome of retention of food?
 - A. Sudden onset; preference for hot drink; thin, white tongue coating and wiry and tense pulse.
 - B. Abdominal distention and fullness; acid eructation or vomiting with undigested food; dyschesia; thick, greasy tongue coating and smooth pulse.
 - C. Distending pain over the epigastric and hypochondriac regions; frequent eructation; dyschesia; thin, yellow tongue coating and wiry and smooth pulse.
 - D. Dull pain over the epigastrium; dryness of mouth and throat; feverish sensation; red and dry tongue and thread and rapid pulse.
4. What is the suitable prescription for syndrome of attack of liver qi to the stomach?
 - A. Combination of Xiang Su Powder with Liang Fu Pill.
 - B. Bao He Pill or Liang Fu Pill.
 - C. Chai Hu Shu Gan Powder.
 - D. Yi Guan Decoction with Shao Yao Gan Cao Decoction.
5. What is the main idea of the passage?
 - A. TCM classification and treatment for stomachaches.
 - B. Main clinic manifestation of stomachaches.
 - C. Treatments for different kinds of stomachaches.
 - D. All of the above.

Passage 2

Now you will hear a short passage about stomachaches. Five questions will be asked following it. Listen carefully and choose the best answer from the four possible choices.

Stomachaches can affect anyone, and there are a range of things that can cause them. No matter what the cause is, stomach pain can be a real impediment on your everyday life, so knowing what may be causing it and how you can fix the problem could bring great relief to your aching midsection.

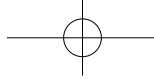


One cause of stomachaches is food poisoning, which presents symptoms of stomach pain, vomiting, diarrhea and fever. Salmonella is a common food-borne bacteria, and though it can be life-threatening, it usually passes within a week. E. coli is a growing form that can present itself through bloody stools. If this happens, see your doctor immediately. Most food poisoning is caused by undercooked, expired or ill-handled food. To prevent food poisoning, avoid raw foods or foods past their expiration.

Indigestion is another form of stomachache often accompanied by bloating, heartburn and nausea. Common causes include spicy or greasy foods, alcohol, stress, tobacco and medications. See your doctor if you have constant indigestion, as that can be a sign of a serious problem. Things you can do to prevent and treat indigestion include eating slower, avoiding certain foods, cutting back on alcohol and smoking, reducing stress and avoiding caffeine. Your doctor may also prescribe a medication that can neutralize the acids in your stomach and alleviate indigestion.

Constipation can also cause stomachaches and occurs when a person has difficulty making bowel movements. A person is considered constipated if she doesn't make more than three bowel movements a week. Constipation can be caused by numerous things, including low fiber intake, dehydration, dairy products and medications. Treatments for constipation range from a change in lifestyle, such as implementing more exercise, to a change in diet or using laxatives. Laxatives should not be used for a prolonged period of time, though, unless authorized by your doctor.

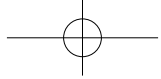
Menstrual cramps can be the culprit of stomach pains and can range from mild to severe. If you have severe menstrual cramps that impede your ability to do daily activity, it might be a sign of an underlying problem. Menstrual cramps can be treated in a few ways. One is through the use of birth control pills, which can lessen menstrual



symptoms every month. You can also take over-the-counter pain relievers to alleviate pain.

Questions:

1. According to the passage, what may cause stomachaches?
 - A. Food Poisoning and indigestion.
 - B. Constipation and menstrual cramps.
 - C. Stress and indigestion.
 - D. Both A and B.
2. According to the passage, what is not TRUE about food poisoning?
 - A. Food poisoning presents symptoms of stomach pain, vomiting, diarrhea and fever.
 - B. Most food poisoning is caused by undercooked, expired or ill-handled food.
 - C. To prevent food poisoning, avoid raw foods or foods past their expiration.
 - D. None of the above.
3. According to the passage, what is not TRUE about how to prevent and treat indigestion?
 - A. Eating spicy or greasy foods.
 - B. Eating slower, avoiding certain foods.
 - C. Cutting back alcohol and smoking.
 - D. Reducing stress and avoiding caffeine.
4. According to the passage, what may cause constipation?
 - A. Low fiber intake, dehydration and birth control pills.
 - B. Dairy products and medications.
 - C. Low fiber intake and implementing more exercise.
 - D. Using laxatives and birth control pills.
5. What cannot be inferred from the passage?
 - A. Constant and severe stomachaches can be a sign of an underlying serious problem.



B. Knowing the cause and possible solution to stomachache brings great relief to us.

C. Stomachaches cannot be cured up to now but only can be alleviated.

D. Menstrual cramps can be alleviated by take over-the-counter pain relievers.

Task ② Compound Dictation

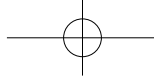
Now you will listen to a passage about acupuncture and moxibustion treatment for stomachaches. Listening carefully and fill in the blanks in the following chart with the missing information.

Acupuncture and Moxibustion Treatment for Stomachaches		
Manifestation	Excess syndrome	<ul style="list-style-type: none">Sudden severe stomach pain accompanied with <i>distension</i> in the stomach, <i>beltching</i> with bad smells, acid regurgitation, etc.Wiry and tense or wiry and <i>slippery</i> pulse.
	Deficiency syndrome	<ul style="list-style-type: none">Mild and continuous pain, vomiting clear fluid, poor appetite, <i>lassitude</i>, loose stool, etc.<i>Thready</i> and weak pulse.
Treatment	Excess syndrome	<ul style="list-style-type: none">Main acupoints (Zhongwan, Zusanli, Neiguan, Gongsun, Taichong) are selected. And for severe pain, add Liangqiu; for pain <i>radiating</i> to the chest and hypochondrium, add <i>Yanglingquan</i>.

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Acupuncture and Moxibustion Treatment for Stomachaches

Treatment

Deficiency syndrome

- Main acupoints: Zhongwan, Zusanli, Neiguan, Pishu, Weishu, and [Sanyinjiao](#). For burning [sensation](#) in the stomach, add Taixi; for tarry stool, add Xuehai; and for vomiting blood, add Geshu, etc.

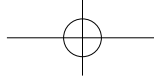
Do's and don'ts

- Eat regularly with a proper amount of food, keep a good habit of eating, and stop drinking and smoking.
- Don't eat [irritating](#) food and be free from mental stress.

Tapescript

From a clinical standpoint, stomachaches are divided into excess and deficient syndromes. Generally speaking, excess syndrome has such manifestations as sudden severe stomach pain accompanied with distension in the stomach, belching with bad smell, and acid regurgitation, etc. The pain, in some cases, may radiates to the chest and hypochondrium. And the pulse is wiry and tense or wiry and slippery one. On the other hand, deficient syndrome has such manifestations as mild and continuous pain, vomiting clear fluid, poor appetite, lassitude, loose stool, etc. In some cases, there may be burning pain, bitter taste and dry mouth, or sharp pain with vomiting of blood or tarry stool. And the pulse is thready and weak one.

In term of acupuncture and moxibustion treatment for this disease, based on the differentiation of syndrome, for excess syndrome, main acupoints Zhongwan (CV 12), Zusanli (ST 36), Neiguan (PC 6), Gongsun (SP 4), Taichong (LR 3) are selected. And for severe pain, add Liangqiu (ST 34); for pain radiating to the chest and hypochondrium, add Yanglingquan (UB 34), etc. whereas, for deficient syndrome, main



acupoints Zhongwan(CV 12), Zusanli (ST 36), Neiguan (PC 6), Pishu(BL 20), Weishu (BL 21), Sanyinjiao (SP 6). And for burning sensation in the stomach, add Taixi (KI 3); for tarry stool, add Xuehai (SP 10); and for vomiting of blood, add Geshu (BL 17), etc.

What deserves mention is that, in order to achieve better curative effect, during the period of treatment, patients should pay attention to their diet. For example, they should eat regularly with proper amount of food, keep good habit of eating, stop drinking and smoking. Don't eat irritating food and be free from mental stress. All the above are significant for the recovery of the disease and preventing its relapse.

Part III

Speaking Task

Teaching Purpose

Help students learn to introduce things and persuade others.

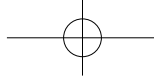
Teaching Steps:

1. Ask students to listen to the following dialogue.
2. Direct students to the Language Focus and inform them that they can use the sentences and structures that may be useful in speaking.
3. Ask students to work in pairs for the role-play exercises and explain to them the scenarios they are supposed to create.
4. Go around the classroom to supervise students' discussions. If necessary, the teacher could join in the conversation to draw out the major themes.
5. Select one or two pairs to present their conversations in front of the class.

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Role Play

Listen to the following model dialogue and role-play it with your partner.

Model Dialogue

Doctor: Sit down, please. What troubles you?

Patient: I have a terrible stomachache, and I don't want to eat anything.

Doctor: How long have you had this pain?

Patient: About one year. At first it was just a slight pain. Recently, though, it has gotten worse.

Doctor: Can you tell me exactly where the pain is?

Patient: Ok, it's right here (*The patient points to his upper abdomen, infra-cartilago ensiformis*). This is the most painful place.

Doctor: Is it a fixed pain? Or does the pain move about?

Patient: No, it doesn't seem to move.

Doctor: What's the pain like? Is it constant or intermittent?

Patient: it is a sort of a distended feeling. It is intermittent. Oh ... and each attack lasts for about two hours.

Doctor: When is the pain at its worst?

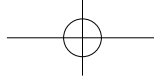
Patient: When I feel hungry. Sometimes it wakes me up at night. It is much worse when I have some cold food. I feel better after I eat something, especially warm food.

.....

Doctor: All right. let me have a look at your tongue and take your pulse. Oh, your tongue is pale and fat with a white fur...weak pulse. Considering all the symptoms, it appears that your stomachache has taken the form of deficiency cold of the spleen and stomach. I will give you some Chinese herbs to warm the middle Jiao and strengthen the spleen. Huang Qi Jian Zhong Decoction will help.

Patient: OK. Thank you, doctor.

Doctor: You are welcome.



Language Focus

Listen to the following model dialogue and role-play them with your partner.

1. Some common aching diseases such as toothache, headache, backache, stomachache, earache, sore throat, etc.
2. Do your hands and feet often feel cold?/ How about your urination and defecation? / Have you ever had an X-ray or a gastroscopy for your problem? / Have you ever had any treatment for it?
3. I hear TCM has acupuncture and moxibustion therapy/ food therapy/ hot medicinal compress therapy/ hot medicated compress/ plaster therapy/ tuina therapy/ for this complaint. Is that true?
4. Some kinds of needles: three-edged needle/ dermal needle/ interdermal needle/ seven-star needle/ plum-blossom needle/, etc.
5. Some needle-inserting methods: single-handed needle insertion/ fingernail-pressing needle inserting/ hand-holding insertion/ pinching needle insertion/ skin spreading needle insertion/ needle insertion with tube.
6. Some terms about angle of needle insertion (perpendicular insertion/ transverse insertion/ oblique insertion/ subcutaneous insertion) and about needling manipulation (lifting and thrusting method/ twirling method/ reinforcement and reduction method/ handle-scraping method/ handle-flicking method/ handle-wagging method/ handle- twisting method/ trembling method.

Oral Activities: Make similar conversations according to the given situation.

Activity 1

Suppose a foreigner who often suffers from stomachache wants to know something about TCM treatment for the disease. Please create a dialogue to introduce certain TCM treatment.

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Teaching Steps:

1. Have students review what they have learned about stomachaches.
2. Have students form pairs. One student will act as the foreigner while the other plays the role of the introducer.
3. Then the two swap roles and recreate the scenario.

Activity 2

Make a dialogue to compare the diagnostic differences of TCM and Western medicine. You can exemplify it with the case of stomachache you have learnt in this unit or any case you are familiar with.

Teaching Steps:

1. Have students think about the topic and have their own understanding.
2. Have students form pairs. One student will act as the person who asks questions while the other plays the role of giving answers.
3. Then the two swap roles and recreate the scenario.

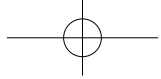
Part IV

Leisure Time

Directions: Watch the following video and learn how to soothe an upset stomach.

Everyone gets an upset stomach from time to time. The first line of defense in this high-tech age is still old-time remedies!

You will need cola, peppermint or chamomile tea, any forms of ginger, cider vinegar, toast or crackers, over-the-counter medications, (and) relaxation techniques. If your symptoms persist or worsen, or if they are



accompanied by fever, severe vomiting, or bloody stool, consult your doctor.

(Instructions)

Step 1

Grab a cola or brew an herbal tea, such as peppermint or chamomile. Drink slowly, in small amounts.

Step 2

Try ginger in any form, such as ginger ale, to reduce symptoms. Or take a spoonful of cider vinegar.

Step 3

Avoid milk, coffee, alcohol, and food. When you start to feel better, eat something bland such as crackers or dry toast, and only in small quantities.

Step 4

Try over-the-counter antacids for heartburn and indigestion if home remedies don't work. Ask your pharmacist for recommendations.

Step 5

Meditate and do breathing exercises to reduce stress, which can tie up your digestive system in knots.

Step 6

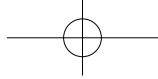
Wait a few hours and your stomach will likely feel some relief.

Did You Know peppermint oil can also be used to treat nausea, cold symptoms, headaches, and muscle and nerve pain?

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Part V

Additional Task

Task ①

Passage

Listen to a passage carefully and choose the best answer from the four possible choices.

You may experience a stomachache for a variety of different reasons. Some causes of stomachaches include serious diseases, such as bowel disease or even cancer. Other more common causes of stomachaches include constipation, flu, food poisoning or lactose intolerance. In daily life, if you have a stomachache, you can take some steps to alleviate the pain quickly. For example, the following are some useful measures that you can employ possibly.

Eat yogurt, which is full of natural healthy bacteria that can help soothe a stomach ache. Often a stomachache is caused due to lack of bacteria that helps to break down food, meaning the stomach acids that help break down food are working over-time causing pain, cramping and acid reflux.

Peel a small piece of ginger and slowly chew the root, swallowing the medicinal juices. Ginger has been used in natural medicine to treat stomachaches, nausea and to aid in digestion for centuries and can quickly relieve the pain naturally.

Squeeze the juice from one whole fresh lemon into a cup of hot water and drink. The hot water helps to flush the stomach while the lemon helps break down food, easing the work of stomach acids and relieving a painful stomach ache naturally and efficiently.

Have a good rest. If your stomachache is due to food poisoning or intestinal flu, there is unfortunately no known cure. You simply have to wait for the illness or suspect food to pass through your body. If you rest, your immune system will be better fortified to fight off the issue, thereby helping to cure your stomachache more quickly.

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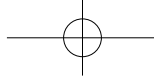




Use heat therapy. For instance, add five or six drops of lavender essential oil to a few cups of rice, stirring until well combined. Place the rice in an old tube sock and tie the end. Place the rice-filled sock in the microwave just until hot and place the sock over the painful area of your stomach. This natural treatment will quickly relieve cramping, and works well for menstrual symptoms as well. Or for the sake of convenience, simply place a heating pad on the area of your stomach that hurts. The heat will help to alleviate stomach pain as it relaxes the muscles in the area. Apply the heat for approximately 10-minute intervals.

Questions:

1. What is the best title for the above passage?
 - A. How to Cure a Stomachache Fast.
 - B. *Some Tips on How to Treat a Stomachache.*
 - C. How to Treat a Stomachache With Natural Medicine.
 - D. Stomachache and its Treatments.
2. Why eating yogurt can alleviate a stomachache?
 - A. *Because yogurt is full of natural healthy bacteria that can help soothe a stomachache.*
 - B. Because yogurt helps to flush the stomach and helps break down food.
 - C. Because yogurt relaxes the muscles in the stomach.
 - D. Both B and C.
3. According to the passage, what do you think is the possible best remedy for stomachache due to food poisoning or intestinal flu?
 - A. Eating yogurt.
 - B. Drinking hot lemon juice or ginger juice.
 - C. *Have a good Rest.*
 - D. Use heat therapy.
4. According to the passage, what do you think is the possible best



remedy for a women having stomachache in menstruation?

- A. Eating yogurt.
- B. Drinking hot lemon juice or ginger juice.
- C. Have a good Rest.

D. Use heat therapy.

5. What materials are not mentioned in the passage?

- A. Natural yogurt; fresh ginger.
- B. Fresh lemon; rice.
- C. Lavender essential oil; old tube sock.

D. Apple cider vinegar; baking soda.

Task ②

Oral Summary

Listen to a passage on a new study from BBC reports, take detailed notes and then make an oral summary.

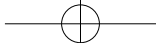
Scientists have found a new use for children's imaginations — to make stomachaches go away.

The BBC reports a new study that shows: “Children can be taught to use their Imaginations to deal with stomachaches.” This may be very good news for parents who need a quick cure for their sick children.

Any mother or father understands the stomach problem is one of the most frequent things their children complain about. Around twenty percent of children suffer from stomachaches that doctors cannot find a reason for.

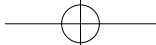
This new research is especially good for kids with active imaginations. Researchers found that the more creative the child is, the better he or she is at imagining the pain away.

The researchers used a relaxing CD with children. A voice guided them through different fantasy situations. One of these was pretending to be floating on a cloud. Thirty children took part in the tests. Half of them used the “guided imagery” method, and the other half received normal medicines. Researchers found 73.3 percent of the CD users



reported a reduction in pain. This compared to only 26.7 percent of kids who got normal treatment.

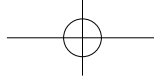
Study leader Dr Miranda Tilburg was very excited about her findings. She believed that it was a very cheap and easy way to stop children's stomachaches. She said it would not work as well with adults.



UNIT 14

Tai Chi





Word Bank

acupressure /'ækjʊ,prefə/ *n.*

指压按摩；指压疗法

disciple /dɪ'saɪpəl/ *n.*

信徒，追随者；门徒，弟子

prefecture /'pri:fektʃʊə/ *n.*

地方官的任期；辖区

workshop /'wɜ:kʃɒp/ *n.*

研讨会；讲习班

Part I

Theme Introduction

Teaching Purpose

This part is designed as a listening activity for stimulating students in preparation for the topic Tai Chi, the focus of this unit. The students are first required to listen to the passage carefully and get its general idea, and then listen to the passage again, and finish the task by paying attention to the detail.

Directions: Listen to the passage and then decide whether the following statements you hear are true (T) or false(F).

Tai Chi is best known as the form of exercise that has been popularized by images of old Chinese people practicing graceful flowing movements in the park. These movements, now practiced by old and young alike throughout the world, are an important part of Tai Chi systems. Tai Chi originates from China where it developed as a martial art incorporating the principles of subduing the hard with the soft and adapting and sticking to the opponents' movements.

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Tai Chi

**Statements:**

1. Tai Chi is widely known by images of old Chinese people practicing graceful flowing movements in the park. (T)
2. These movements we usually see old Chinese people practicing in the park are a small part of Tai Chi systems. (F)
3. Tai Chi originally was a martial art. (F)

Part II**Listening Task****Task ①****Passage Listening****Passage 1**

Now you will hear a short passage about introduction of Tai Chi Grandmaster Chen Zhenglei's first U.S. workshops. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Asian Arts will host Grandmaster Chen Zhenglei's first U.S. workshops on July 28 – 29, in Albany, New York. Master John Carrier, an in-door disciple of Grandmaster Chen Zhenglei, announced that the two-day workshops would include Chen Style Old Frame Routine One (Lao Jia Yi Lu) and single straight sword.

Chen Style Old Frame Routine One is the most fundamental form and is almost the foundation of all modern Tai Chi styles and forms. Master Carrier said that the Old Frame workshop would be an excellent review for new Chen practitioners and a great opportunity for those already familiar with the Yi Lu to deepen their understanding of the details of the form, and their proper training and martial art applications.

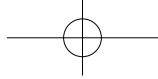
For the first time in Albany, Grandmaster Chen will be teaching the Chen style Tai Chi single sword routine, which is the oldest of all Chen



style Tai Chi weapons routines. This form involves fluid movements, some agile and some slow, some focusing on hardness and some on softness. Participants will practice sword-handling techniques and learn the pattern and movements involved in the 49 forms. This is an exciting opportunity for Chen Style Tai Chi fans to learn this rather complicated yet extremely fun routine.

Questions:

- When will Asian Arts host Grandmaster Chen Zhenglei's first U.S. workshops in Albany, New York?
A. On April 28–29. B. On July 28–29.
C. On June 28–29. D. On January 28–29.
- According to master John Carrier's announcement, what will the two-day workshops include?
A. Chen Style Old Frame Routine One.
B. Single straight sword.
C. Chen Style Old Frame Routine Two.
D. Both A and B.
- According to Master Carrie, what will be the significance of the Old Frame workshop?
A. An excellent review.
B. Deepening the understanding of the details of the form.
C. Deepening the understanding of martial art applications.
D. All of the above.
- Which one is not the feature of the Chen style Tai Chi single sword routine?
A. Fluid movements. B. Always slow.
C. Some focusing on hardness. D. Some focusing on softness.
- The passage is probably _____.
A. an advertisement B. a report
C. a piece of news D. an invitation



Passage 2

Now you will hear a short passage about Tai Chi Chuan as a different exercise system. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

On its simplest level, the Hand Form is an exercise system. However it is not what we, in western culture, usually regard as exercise. How can these slow movements be exercise? In order to understand why it is good to have a knowledge of the concept of Qi energy.

TCM which is believed to be for over 2000 years, also has, at its roots, the principles of Yin and Yang. It is believed that there are meridians or pathways which travel through the body carrying Qi energy. If there is a problem, or imbalance in the flow of Qi energy, a TCM doctor would use acupuncture needles, or perhaps acupressure - the use of thumbs or hands, to stimulate acupoints and release the blockages.

Tai Chi Chuan and more directly, Qigong promotes the smooth flow of this energy. By performing the postures of the Form, in coordination with relaxed, natural breathing and the application of Yi, which is the intent or focus of the mind, we help to keep the Qi moving smoothly through the channels. Therefore, whilst doing these external movements, we are assisting the free flow of internal energy.

Aside from promoting the flow of Qi energy, Tai Chi Chuan can also help to increase flexibility and suppleness, and exercise the muscles. The smooth and gentle movements also aid relaxation and help to keep the mind calm and focused. These benefits are extremely useful in today's stressful society.

Questions:

1. If there is a problem in the flow of Qi energy, what would a TCM doctor do to release the blockages?
 - A. Acupuncture needles.
 - B. The use of thumbs.
 - C. The use of hands.
 - D. All of the above.



2. Via what ways can we keep the Qi moving smoothly through the channels?
 - A. By performing the postures of the Hand Form.
 - B. Via relaxed, natural breathing.
 - C. Via the application of Yi.
 - D. All above.*
3. What does Yi mean?
 - A. Idea.
 - B. Thought.
 - C. The intent or focus of the mind.*
 - D. Meaning.
4. Which is not the function of Tai Chi Chuan?
 - A. Promoting the flow of Qi energy.
 - B. Increasing flexibility.
 - C. Keeping the mind calm and focused.
 - D. Developing supernatural power.*
5. What does the passage mainly tell us?
 - A. The function of Qigong.
 - B. The function of Tai Chi Chuan.*
 - C. The Knowledge of Qi.
 - D. The knowledge of TCM.

Task ② Compound Dictation

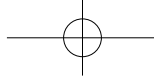
now you will hear a passage about origins of tai chi chuan. after listening, you are required to fill in the blanks with what you have heard.

Tai Chi Chuan *dated* from the 14th century. In those days, Chen village was named “ Chang Yang Village”. As Wen County history *records*: In the early Emperor Hong Wu of the Ming Dynasty, Ling Mu'er who was a *general* of Yuan Dynasty *defended* the Prefecture of Huai Qing. Zhu Yuan Zhang, emperor of Ming dynasty was

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extremely angry because the troops of Ming Dynasty did not capture the city for a long time. He ordered to butcher the citizens. So there were no sign of human habitation in the Huai Qing area.

In the fifth year of Hong Wu, Zhu Yuan Zhang has ordered to immigrate from Hong Dong County of Shan Xi province to Huai Qing area.

The youth named Chen Bu was born in Dong Tu River village of Ze Zhou county of Shan Xi province. Farmers in the county could hardly get in any crops because of successive years of drought. Under the condition, he had to leave home for a living with his family. They kept pace with the emigration movement when they came to Hong Dong County. Then they were forced to go to Huai Qing along the south east of Hong Dong County.

Part III

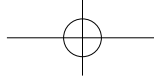
Speaking Task

Teaching Purpose

This part is designed to help students learn how to introduce Tai Chi Chuan.

Teaching Steps:

1. Ask students to listen to the following dialogue.
2. Direct the students to the Language Focus and inform them that they can use the sentences and structures that may be useful in speaking.
3. Arrange students in pairs or groups to create dialogues listed in Oral Activities.
4. Supervise the students' discussion. Help and encourage students.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.



6. If time allows, reassemble students and have them form male-and-female pairs for the third speaking task.

Role Play

Listen to the following model dialogue and role-play them with your partner.

Model Dialogue

- A: Excuse me, what did you perform?
B. Tai Chi.
A. You did? I have watched many people's performances of Tai Chi in parks and other public places. But your performance is quite different.
B. Yeah, that's right. In China, Tai Chi has many forms.
A. Oh, I see. Can you tell me which form of Tai Chi have I watched?
B. Are its movements generally slow and flexible?
A. Yes, yes, actually it is quite elegant and smooth. But your movements are not, and some even violent.
B. The Tai Chi you watched is 24-form. Mine is Chen Style which sometimes focuses on hardness rather than softness.
A. OK, I see. Thank you very much.
B. You are welcome.

Language Focus

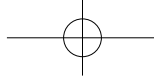
Here are some sentences and structures that you might find useful in speaking.

1. Tai Chi originated from Wen County in Henan Province.
2. How can these slow movements of Tai Chi Chuan be exercised?
3. Tai Chi Chuan promotes the smooth flow of qi energy
4. Whilst doing these external movements, we are assisting the free flow

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of internal energy.

5. Tai Chi Chuan can also help to increase flexibility and suppleness of muscles.

Oral Activities: Make similar conversations according to the given situation.

Activity 1

Suppose a foreigner wants to go to the place where Tai Chi originated and ask you for direction. Please create a dialogue.

Teaching Steps:

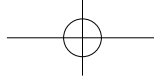
1. Have students recall, if they can, their own experiences of asking for or giving direction.
2. Have students form pairs. One student will act as the person who asks for the direction while the other plays the role of giving the direction.
3. Then the two swap roles and recreate the scenario.

Activity 2

Suppose a foreigner wants to know the theory about Tai Chi. Please create a dialogue.

Teaching Steps:

1. Have students review what they have learned about Tai Chi.
2. Have students form pairs. One student will act as the person who asks for the theory while the other plays the role of answering.
3. Then the two swap roles and recreate the scenario.



Part IV

Leisure Time

Directions: Watch the following video and enjoy the performance of Tai Chi sword.

“Hello, I am Han Jinsong. Welcome to our Kungfu program. ”

“Hello, I am Margaret. As before master Han is not going to teach us a new lesson today. Instead we are going to very carefully review all the movements from section 4.”

“That’s correct. Let’s start.”

“Swallow picks up mud with its beak (燕子衔泥). Raise the screen (挑帘式). Left wheel sword (左车轮剑). Right wheel sword (右车轮剑). Great roc spreads its wings (大鹏展翅). Swallows enters the nest (燕子入巢). Hold the moon against the chest (怀中抱月). Wind blows away the plum flowers (风扫梅花). Compass (指南针). The closing form (收势). Please look at the hand and watch the changes carefully. My emphasis today is on the gravity. Gravity acts through your legs, even your sword contacts with the ground. As can be seen, the body shifts weight from one leg to the other. ... Should be relaxed throughout and even when told to keep legs straight. When stepping forward, always touch the ground with your heel first and when stepping backward with your toe down first. Let us watch it again. Swallow picks up mud with its beak (燕子衔泥). Raise the screen (挑帘式). Left wheel sword (左车轮剑). Right wheel sword (右车轮剑). Great roc spreads its wings (大鹏展翅). Swallows enters the nest (燕子入巢). Hold the moon against the chest (怀中抱月). Wind blows away the plum flowers (风扫梅花). Compass (指南针). The closing form (收势).

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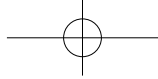
Part V

Additional Task

Task ① Compound Dictation

There is a passage about how a girl got to know Chen Zhenglei, grandmaster of Tai Chi. Listen carefully and fill in the blanks. You can either use the exact words you have just heard or write down the main points in your own words.

In early May 2009, Grandmaster Chen Zhenglei went to Kunming, Yunnan Province, where he taught many students to study Tai Chi Chuan. A girl told her friend, one of his students, her feelings of Tai Chi. To her great joy, Grandmaster Chen Zhenglei, gave her his book in which a few words were written by himself. Those words were as follows: "Acquiring Tai Chi, benefiting mankind." *Even though she was an ordinary girl, she knew why Tai Chi is popularized with thousands and thousands of people at home and abroad.* Grandmaster Chen Zhenglei is a great man, and just like Helen Keller's teacher named Anne Sullivan, also gave her a light, the true light of Tai Chi when she was in the darkness. *His kindness and encouragement would be a bright beacon in her study, and his goodness and mercy would accompany her all the days of her life.* It is Grandmaster Chen Zhenglei that makes many people's Tai Chi dream have come true, So did hers. *No words could express their appreciations for his contributions to teaching Tai Chi.* She would try her best to study harder than ever, and hope that she could narrow the gap between Chinese Traditional Culture and Western Culture in the light of Tai Chi.



Task ② Oral Summary

Listen to a passage twice about Zhang Sanfeng, a legendary Chinese Daoist. While listening you are required to take detailed notes and then make an oral summary.

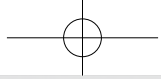
Zhang Sanfeng was a legendary Chinese Daoist who is believed to have achieved immortality. According to various accounts, he was born in Shaowu, Nanping, Fujian during the Southern Song Dynasty. He lived for over 200 years until the Mid-Ming Dynasty. His given name was Tong and his courtesy name was Junbao. He specialised in Confucian and taoist studies and literary arts. During the reign of Emperor Shi Zu in the Yuan Dynasty, he was nominated as a candidate to join the civil service and held office as the Magistrate of Boling County (around present-day Dingzhou, Baoding, Hebei). While touring around the mountainous regions near present-day Baoji, Shanxi, he saw the summits of three mountains and decided to give himself the Daoist name “San Fengzi,” hence he also became known as “Zhang Sanfeng.”

Zhang Sanfeng’s life is famous for indifference to fame and wealth. After declining to serve the government and giving away his property to his clan, he travelled around China and lived as an ascetic. He spent several years in Hua Mountain before settling in Wudang Mountain.

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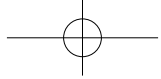
Tai Chi



UNIT 15

TCM Making Headway to the World Stage





Word Bank

cardiovascular /,kɑːdrəʊ'væskjələ/ <i>adj.</i>	心血管的
Guanyuan acupoint	关元穴
heart yang deficiency	心阳虚证
incidence rate	发病率
intern /ɪn'tɜːn/ <i>n.</i>	实习生, 实习医师
<i>vt.</i>	拘留, 软禁
<i>vi.</i>	作实习医师
Internal Classic	《内经》
Lung shu acupoint	肺腧穴
metropolis /mɛ'trɒpəlɪs/ <i>n.</i>	大都市; 首府; 重要中心
probability distribution	概率分布
probe /prəʊb/ <i>vt. & vi.</i>	探索, 调查; 用探针 (或探测器等)
	探查, 探测
quintessentially /,kwɪntɪ'senʃəli/ <i>adv.</i>	典型地; 标准地
repertoire /'repətwaː/ <i>n.</i>	(已准备好可随时演出的) 节目 (或剧目); 保留节目 (或剧目); (某人的) 全部技能; (某个领域的) 所有组成部分

Part I

Theme Introduction

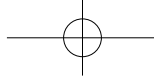
Teaching Purpose

This part is designed as an activity for stimulating students and preparing them for the topic Traditional Chinese Medicine Making Headway to the World Stage. This activity involves teaching presenting background information to students and asking them to form pairs and discuss the questions in pairs, followed by asking two to three students

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to report to the class about what they find out from the discussion.

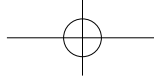
Directions: Now let's listen to a passage about Traditional Chinese Medicine Making Headway to the World Stage and answer the following two questions.

The traditional medicine practiced in China for millennia finally made a strong headway to the world stage after many earlier attempts failed.

A China-made pill to treat cardiovascular conditions had been tested safe and effective by the U.S. Food and Drug Administration (FDA) and hopefully would be marketed in the United States as early as 2013. The drug, called Compound Danshen Dripping Pill, passed the FDA's Phase II clinical trials in July. Once Phase III is completed, Tasly can ask for the FDA approval to market the drug in the United States.

Previously, the drug has been approved by drug watchdogs in Canada, Russia, South Korea, Vietnam, Singapore and some African countries. The breakthrough did not come easily. Efforts for promoting the Traditional Chinese Medicine to the world market have been going on for years, but little progress has been made in the U.S. and European markets. There are many barriers on the way to the Western drug markets, and one of them is the different curative mechanisms between western medicine and Traditional Chinese Medicine.

As a result, it's difficult to explain how Traditional Chinese Medicine works according to the criteria of the western pharmacy. Secondly, in the west, the clinical trials that every new drug should go through before getting certificated is a long and rigorous process. Many Chinese herbal medicine producers were thus scared away.



Questions:

1. Once Phase III is completed, what can Tasly ask for?

Answer: It can ask for the FDA approval to market the drug in the United States.

2. Is it easy for Chinese herbal medicine to be accepted by the Western countries?

Answer: No, it isn't easy since it is difficult to explain how Traditional Chinese Medicine works according to the criteria of the Western pharmacy.

Part II

Listening Task

Task ① Passage listening

Passage 1

Now you will hear a short passage about a pharmaceutical company. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

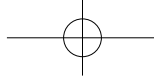
Instead of taking the easy option of registering TCM products as foods or food supplements, Tasly, a pharmaceutical company dedicated to modern Chinese medicine, has made great efforts and investments to have their products approved as medicines. Their signature product, Danshen Plus Capsule, is currently undergoing Phase III testing by the U.S. Food and Drug Administration and if it passes, will enter U.S. pharmacies.

Dai Biao, general manager of Tasly International Marketing Holdings Co Ltd, said TCM must gain international recognition, such as approval from authorities like the FDA, so it can establish a reputation as being scientific and effective.

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to the World Stage

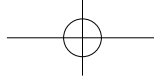


"We encountered many barriers in the FDA Phase II tests, as local medical professionals and insurance companies are suspicious of TCM safety and effectiveness. But after we enlarged our sample and did 120 successful clinical trials instead of the requirement of 90, things went smoothly in Phase III. We are quite confident of successfully finishing phase 3 by the end of this year," Dai said.

Chinese TCM companies are increasingly eager to register their products as patented drugs in high-end markets. Di'ao Xin Xue Kang was classed as a therapeutic medicine in the Netherlands in April 2012, paving the way for its development in the European market. In November 2013, Fuzhenghuayu, a capsule for liver ailments, became the latest TCM treatment to successfully complete FDA Phase II tests.

Questions:

1. According to the passage, what business does Tasly mainly engage in?
A. Registering TCM products as foods.
B. traditional Chinese medicine.
C. modern Chinese medicine.
D. Both TCM and modern Chinese medicine.
2. Which of the following about Tasly is NOT TRUE according to the passage?
A. It is a firm focusing on medicine-making.
B. It has tried hard to get their products approved as medicines.
C. It has entered U.S. pharmacies.
D. Its signature product is undergoing Phase III testing by the FDA.
3. Why must TCM gain international recognition according to the passage?
A. TCM could play a big role in the world medicine market.
B. TCM could erect a reputation in science and effectiveness.
C. TCM could make great profits.
D. TCM could conquer the western medicine.



4. Why did TCM meet with so many obstacles in the FDA ?
- A. Because local medical professionals distrust the efficacy of TCM.
 - B. Because insurance companies are skeptical of TCM the safety TCM.
 - C. Because many experts have much doubt about TCM.
 - D. All of the above.
5. Which of the following is TRUE according to the passage?
- A. Chinese TCM companies have a desire of entering the high-end markets abroad.
 - B. Many Chinese TCM companies are not eager to register their products as patented drugs.
 - C. Fuzhenghuayu was classed as a therapeutic medicine in the Netherlands.
 - D. Di'ao Xin Xue Kang is a kind of capsule for liver ailments.

Passage 2

Now you will hear a short passage about World Cultural Forum. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

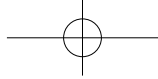
About World Cultural Forum

World Cultural Forum (Taihu, China) is a national non-governmental organization, founded by following Boao Forum for Asia, consulting the mode and experiences of the World Economic Forum, to promote the development of the Chinese culture and cross-cultural communications between China and foreign countries. The aim of World Cultural Forum is, taking China as the standpoint, to commit itself to the historical inheriting and modern development of the Chinese traditional culture, promote communications and dialogues between Chinese culture and world cultures, build an open, multiplex, tolerant character of national and international cultural forum through

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providing the government, enterprises and academic circles with a platform and mechanism of high-level dialogues on the development of the Chinese culture and world cultures, and make contributions to the building of harmonious cultures, harmonious societies and a harmonious world.

World Cultural Forum plans to hold a conference bi-yearly. It will focus on probing into the most urgent issues such as the development of human civilizations, cultural communication and cooperation that the international society today is facing to, and seeking viable mechanism of global cooperation for resolving these problems, so as to build the international environment of equality and mutual benefit, coordination and altogether wins, harmonious development, and to enhance the exchanges and cooperation between Chinese and foreign cultures.

Questions:

1. What kind of organization is the World Cultural Forum?
A. It is a national non-governmental organization.
B. It is a national governmental organization.
C. It was founded by following Boao Forum for the world.
D. All of the above.
2. About the aim of the World Cultural Forum, which one is not true?
A. Committing China to the historical inheriting.
B. Committing China to the modern development of the Chinese traditional culture.
C. Promoting communications and dialogues between the Chinese culture and world cultures.
D. Making contributions to the building of harmonious economies.
3. How often does the World Cultural Forum plan to hold a conference?
A. Yearly. B. Bi-yearly.
C. Bi-monthly. D. None of the above.



4. The World Cultural Forum will focus on probing into the most urgent issues except _____.
- A. The development of human civilizations.
 - B. The development of cultural communication.
 - C. The development of cooperation.
 - D. The development of military cooperation.*
5. About the World Cultural Forum, which statement is not true ?
- A. It helps to build the international environment of equality.
 - B. It helps to build the international environment of mutual benefit.
 - C. It helps to solve the economic crisis.*
 - D. It helps to seek viable mechanism of global cooperation.

Task ② Compound Dictation

listen to a passage about Beijing Traditional Chinese Medicine Culture Week and the fifth Traditional Chinese Medicine Culture. After listening, fill in the blanks with what you have heard.

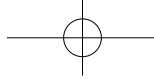
The sixth Beijing Traditional Chinese Medicine Culture Week and fifth Traditional Chinese Medicine Culture *Festival* kicked off in Ditan Park in Beijing on May 10. At the opening ceremony, leaders offered family health worker representatives *classical* culture handbooks on Traditional Chinese medicine as gifts. The handbooks were especially suitable for *home* study. They also gave the representatives potted *medicinal* herbs that could be planted on the balcony as gifts. Experts from the Beijing Traditional Chinese Medicine Hospital taught participants *healthcare* exercises that they developed independently.

Visitors could view pictures of historical occasions and *splendid* moments in the development of Traditional Chinese Medicine in various themed photo exhibitions at Fangze Altar in Ditan Park. They also could gain more knowledge on traditional Chinese medicine from lectures by renowned *experts*. They could learn traditional healthcare exercises, get free health examinations and take part in various *interactive* activities

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during the festival. Meanwhile, about eight communities known for their unique Chinese medicine, health management and well-known clinics in Beijing conducted a series of events, including publicity activities for Traditional Chinese Medicine, voluntary medical consultations, healthcare exercise lessons and traditional Chinese medicinal herbal exhibitions.

Part III

Speaking Task

Teaching Purpose

To help students learn to express the global grow of TCM demand.

Teaching Steps:

1. Ask students to listen to the following model dialogues.
2. Bring students' attention to the Language Focus and tell them that they can use the sentences and structures that are useful in speaking.
3. Arrange students in pairs or groups and ask them to create dialogues listed in Oral Activities.
4. Go around classroom to supervise students' discussion.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.

Role Play

Listen to the following model dialogues and role-play them with your partner.



Model Dialogue 1

A: Hi! Nice to see you! I hear that there is a noted medicine company titled Tongrentang. Do you know something about the company?

B: Yes! Tongrentang is the oldest and largest producer of TCM in the country and has become a household name in China. The appeal of TCM is in its treatment. While Western medicine treats symptoms, TCM focuses on addressing the underlying causes of illness. Tongrentang, in particular, outshines competitors by producing more than 1,000 TCM products.

A: What is the position of the domestic market of Tongrentang in China?

B: Tongrentang dominates the domestic market, and its overseas market is also big.

A: Could you tell me something about the overseas market of Tongrentang?

B: Tongrentang's first footsteps outside China were slow and cautious. Before looking to the West, it first approached Southeast Asia where overseas Chinese provided a solid customer base. In 1993, Tongrentang set up a joint venture in Hong Kong. The financial strength, logistics efficiency and trade freedom of the metropolis significantly helped the company step onto the world stage. In its latest move, it opened a new store in Dubai, the United Arab Emirates, the first one in the Middle East.

A: Did the sweeping financial crisis in 2008 affect Tongrentang?

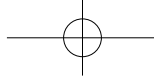
B: Yes, it affected Tongrentang greatly. Despite the sweeping financial crisis in 2008, overseas business has maintained double-digit growth rates annually in both revenues and profits during the past decade, according to Ding Yongling, Vice General Manager of Tongrentang.

A: How about the export of Tongrentang?

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B: Tongrentang exported \$33.92 million of TCM products in 2011, accounting for nearly 20 percent of the country's total and making it the largest TCM exporter in China.

A: Wow! Too great! Thank you for telling me so much!

B: It is my pleasure.

Model Dialogue 2

A: I hear that TCM demand grows globally?

B: Yeah. You are quite informative. Foreign drug makers have explored opportunities in Traditional Chinese Medicine as the remedies become popular in Western markets for many years.

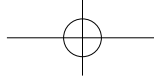
A: You mean TCM has gained home and global market?

B: Yes! TCM holds a unique place in Chinese healthcare, which is widely accepted by the 1.3 billion Chinese — old and young, urban and rural. Nowadays, it's also growing in popularity in Western markets, where many want to pursue a more natural lifestyle.

A: Terrific! TCM is really great, gaining worldwide recognition. As Chinese, I am proud of TCM.

B: Me, too! International drug makers are exploring ways, including joint ventures and co-development partnerships, to combine Western approaches to drug discovery with the material repertoire of TCM. Bruce Liu, the partner and co-head of the Pharmacy & Healthcare practice at Roland Berger Strategy Consultants once said, "No matter the model, we believe this bodes well for the industry in general, as it may help accelerate TCM standardization and modernization, as well as TCM acceptance in overseas markets."

A: I have heard about noted Bruce Liu and his widespread remarks.



If the western drug makers combine western approaches to drug discovery with the material repertoire of TCM, the world medicine would surely be advanced greatly, and many kind of ailments would have cures.

B: Yeah. That expansion effort also faces challenges. But I have confidence in the favorable trend.

Language Focus

Here are some sentences and structures that you might find useful in speaking.

1. Tongrentang has become a household name in China.
2. TCM focuses on addressing the underlying causes of illness.
3. Did the sweeping financial crisis in 2008 affect Tongrentang?
4. Despite the sweeping financial crisis in 2008, overseas business...
5. What is the position of Tongrentang in the domestic market?

Oral Activities: Now make similar conversations according to the given situation.

Activity 1

Two Chinese students are talking about the globally growing demand of TCM.

Teaching Steps:

1. Have students form pairs. One student will act as the person who has interest in the topic about TCM demand in the world, while the other plays the role of a compassionate listener giving comments.
2. Then the two swap roles and recreate the scenario.

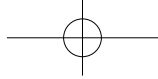
Activity 2

A foreign student and a Chinese student are talking about the noted medicine company Tongrentang.

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**Teaching Steps:**

1. Before their acting, ask students if they have known the history and development of Tongrentang.
2. They talk freely their understanding about Tongrentang or some other noted TCM companies.
3. The teacher can choose one group to present their discussion to the whole class.

Activity 3

A Chinese student is trying to persuade her good friend to believe the trend that TCM demand has grown globally.

Teaching Steps:

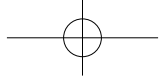
1. Before their acting, have students review the news about the increasing TCM demand in the world.
2. Have students form pairs. One student will act as the Chinese student while the other plays the role of his/her good friend.
3. Then the two exchange their roles and continue.

Part IV**Leisure Time**

Directions: Listen to the following passages and enjoy the cultural meaning in them.

1. TCM Intern Intends to Take Skills Home to Brazil

Many patients in Beijing are surprised and even shocked when they first meet one unique practitioner of Traditional Chinese Medicine. “Laowai! Laowai!” they often cry, as if there is any question that the muscular 38-year-old intern, who towers over most of his patients at 1.87 meters tall, could be anything but a foreigner. Fernando Davino, who has worked at six Beijing hospitals while completing his master’s degree



in TCM, says it usually takes a few days for his patients to respond to him as a doctor. But, by the end of the week, they are requesting that he treats them. Fernando Davino, a postgraduate student of Traditional Chinese Medicine, performs acupuncture on a patient at the Institute of Acupuncture and Moxibustion of Chinese Medical Sciences. The surprised reaction is just one of many difficulties the Brazilian faces studying a quintessentially Chinese discipline in the country of its origin. He is now fluent in Chinese, in addition to his native Portuguese and conversational English.

2. Interest in TCM growing globally

More than 100 countries and regions around the world have set up TCM institutions, with the United States, Europe, Japan and South Korea investing heavily in related research and medication development, as analyses show. The U.K.-based pharmaceutical company GlaxoSmithKline PLC announced its first TCM medication research and development program, which targeted not just the Chinese market, but the global one as well. “TCM is a well-established medical science based on thousands of years of clinical practices. It shows great promise treating complicated conditions that the single-target Western medicine has failed to handle,” said Zang Jingwu, the senior vice-president and head of GlaxoSmithKline’s R&D in China. “Our priority is to transform TCM from an experience-based practice to evidence-based medicines through innovation and differentiation,” he said. Currently, a 10-person team in Shanghai is in charge of the program, with a medication candidate for skin disease in the works. Zang, a U.S.-trained neurologist, said TCM was more of a multi-target therapeutical approach, which might work to treat complex conditions.

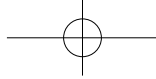
3. Quotes

In an effort of internationalization, TCM has pioneered the

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great rejuvenation of Chinese culture. We need to promote the combination of traditional Chinese medicine with western medicine as well as the overseas development of Traditional Chinese medicine and increase the export of Chinese medical products into the international market, so as to make greater contribution to the global health care service and meet the Millennium Development Goals of the United Nation.

—Xi Jinping

While some Chinese scholars propose abolishing Traditional Chinese Medicine, foreign pharmaceutical institutions and industries are showing more and more interest in it.

—Shan Juan

Part V

Additional Task

Task ① Compound Dictation

Listen to the passage three times. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words.

Liu Zhanglin, vice-president of the China Chamber of Commerce for the Import and Export of Medicines and Health Products, considers this *trend* a necessary step for TCM's long-term international development, but cautions that TCM will struggle to gain the same approval and recognition *abroad* as it has in China.

"The export of TCM is more complicated than other products as it is subject to local medical *authorization* requirements, which vary from country to country. It might take a lot of efforts and investment to enter each market. Few companies can bear the burden of the research and registration fees for *patented* drugs," Liu said.



Producing drugs in some mainstream markets is in our company strategy, but currently we are cautious about the huge investment and have decided to expand one step at a time. We are doing deep research into local medical policies and hope to find a solution through localization and more international cooperation.

We are considering setting up a research and manufacturing operation center in the US and redesigning our products according to local standards through extensive cooperation with local universities, research institutions and governments, which might help increase recognition of our products.

In April 2012, a joint proposal was issued by 14 Chinese government authorities, including the Ministry of Commerce and the State Administration of Traditional Chinese Medicine, to boost TCM's global reach. It proposes a market strategy over five years that is in line with the direction of the international market, including building 10 trade centers worldwide by 2015.

Task ②

Oral Summary

Listen to a passage on the new clinic, Beijing Tongrentang Gulf Co. Ltd. take detailed notes and then make an oral summary.

Beijing Tongrentang Gulf Co. Ltd

Established in 1699, Beijing Tongrentang is China's oldest and largest producer of Traditional Chinese Medicine. The company is engaged in manufacture, retail sales and medical services, operating about 1,500 stores in China and 56 stores overseas.

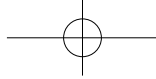
Traditional Chinese Medicine brand Beijing Tongrentang on Tuesday opened a branch in Dubai, the first of its kind in the Middle East region. The new clinic, Beijing Tongrentang ulf Co. Ltd, is situated in the Dubai Healthcare Center, with an in-house pharmacy and retail outlet offering more than 70 Traditional Chinese Medicinal products.

All the herbs in the clinic are 100 percent natural and certified by

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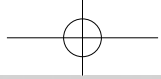
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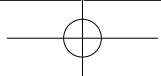
internationally recognized laboratories and approved by World Health Organization standards, said Ding Yongling, vice general manager of the Beijing-based China Beijing Tongrentang Group Co. Ltd. The team of doctors, pharmacists and eminent physicians from the Tongrentang hold both Chinese and UAE physician's licenses and are accredited members of Traditional Chinese Medicine professional bodies such as the World Acupuncture Organization. "Besides the UAE, we hope to expand our business and service to other Middle East countries in the future," Ding said.

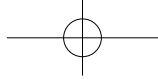
The clinic will also join hands with Confucius institutes in Dubai and Abu Dhabi to hold forums and lectures to boost the brand awareness and impart the the culture of Traditional Chinese Medicine to people in the UAE and other gulf states.



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Word Bank

conductive /kən'djuːsɪv/ <i>adj.</i>	有益的，有助的
consensus /kən'sensəs/ <i>n.</i>	一致
evict /ɪ'vɪkt/ <i>vt.</i>	驱逐，赶出
grudge /grʌdʒ/ <i>n.</i>	怨恨，积怨
patriarch /'peɪtriɑːk/ <i>n.</i>	(男性) 家长；族长，酋长
reimburse /,riːəm'bɜːs/ <i>v.</i>	补偿，偿还
reverence /'revərəns/ <i>n.</i>	尊敬；尊重；尊崇
tempo /'tempəʊ/ <i>n.</i>	节奏；(运动或活动的) 速度
underlying /,ʌndə'laɪɪŋ/ <i>adj.</i>	根本的；潜在的；隐含的；表面下的
unison /'juːnɪsən/ <i>n.</i>	一致；齐唱；同音

Part I

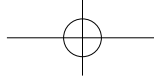
Theme Introduction

Teaching Purpose

This section is designed as a speaking activity for stimulating students in preparation for the top of harmony. This activity involves presenting background information to students and asking them to form pairs and discuss the questions, followed by asking two to three individual students or two pairs of students from different groups to report to the class about what they discovered from the discussion.

Directions: Now listen to a passage about harmony and answer the following questions.

In Chinese culture, harmony can be interpreted as the ideological concepts of conscientiousness, concordance, peacefulness and gentleness. Harmony and peacefulness are at the core of Chinese traditional culture. The ideal of harmony between nature and humans



suggests that humans should respect and appreciate nature and follow the guiding principles of the universe. In addition to respecting and protecting nature, we should understand that harmony is conducive to the generation of all living beings. When cultivating ourselves, we should have a peaceful mind, and when dealing with others we should follow the principle of harmony.

Questions:

1. According to the passage, what is the meaning of harmony in traditional Chinese culture?

Answer: In Chinese culture, harmony can be interpreted as the ideological concepts of conscientiousness, concordance, peacefulness and gentleness.

2. Can you give some examples of harmony from the passage?

Answer: When cultivating ourselves, we should have a peaceful mind.

Part II

Listening Task

Task ① Passage listening

Passage 1

Now you will hear a short passage about the concept of harmony. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

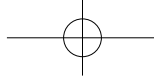
The Origin of the Concept of Harmony

The concept of harmony in Chinese culture comes from music. During the Eastern Zhou Dynasty, discussion of music flourished under Confucianism. Confucianism played a key part in the formulation of the earliest form of Chinese music, Qin. Qin music illustrates the concept

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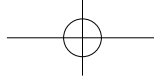
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of harmony through its techniques such as the level of pressure and the speed of tempo, which symbolizes Yin and Yang and the different temperature in the four seasons. The moderate unison of sounds maintains the perfect order and managing these opposing elements into a moderate piece of musical work is considered the best sound. Furthermore, one of the most influential works by Ru Jia (*Book of Music*) reads, “When the early rulers formed the Li (rituals) and Yue (music) their purpose was not to satisfy the mouth, stomach, ear and eye, but rather to teach people to moderate their likes and hates, and bring them back to the correct direction in life.” Music, under Confucian concepts, has the power to transform people to become more civilized and the goal of music is to create balance within individuals, nature and society.

Questions:

1. What is the origin of the concept of harmony in Chinese culture?
A. Painting. B. Music.
C. Religion. D. Sculpture.
2. Which school of thought had played a key role in the formulation of the earliest form of music?
A. Taoism. B. Mohism.
C. Confucianism. D. Legalism.
3. What is the goal of music from Confucian perspective?
A. To satisfy the ear and the eye.
B. To create balance within individuals, nature and society.
C. To keep the flow of emotions.
D. To satisfy the mouth and the stomach.
4. What is considered the best sound?
A. Moderate unison of sounds maintaining the perfect order
B. A moderate piece of musical work managing opposing elements
C. Various elements with ups and downs
D. Both A and B.



5. Which of the following is not true according to the passage?
- A. Qin music illustrates the concept of harmony through its techniques
 - B. The speed of tempo in music symbolizes the different temperature in the four seasons.
 - C. The level of pressure symbolizes Yin and Yang
 - D. Music stimulates the growth of various school of thoughts during the Eastern Zhou Dynasty.

Passage 2

Listen to a short passage about Confucian's concept of harmony. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Harmony under Confucius

Music, as Confucius believed, has the power to create a civilized society and the goal of music is to create balance within individuals, nature and society. Leading people back to the correct direction in life not only signifies the guiding role of music, but also emphasizes the power of the rulers. The harmonious mood was set by the chief of state, the emperor, the son of Heaven. The power of the rulers reflects a fundamental theme in Chinese civilization. The State, or the ruling government, has the special role of taking care of the people. However, what distinguishes the Chinese ruling government from other ruling governments is the respectful attitude of the citizens, who regard the government as part of their family. In fact, the ruling government is the head of the family, the patriarch. Therefore, the Chinese look to the government for guidance as if they are listening to their father who, according to Chinese tradition, enjoys high reverence from the rest of the family. Furthermore, another tradition that supports state control of music is the Chinese expectation of a verbal message. A verbal message is the underlying meaning behind people's words. In order to get to the

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verbal message, one needs to read into words and ask oneself what the desired or expected response would be. The Chinese tradition of reading into words makes it easier for the government, or the elder generation, who possesses more attention and respect, to pass down its wishes through songs.

Questions:

1. What does “leading people back to the correct direction in life” mean?
A. The guiding role of music. B. The power of the rulers.
C. The rules of the society. D. Both A and B.
2. According to the passage, which relationship most resembles that between the government and the Chinese?
A. Father to the rest of the family. B. Master to the servants.
C. Husband to wife. D. Mother to children.
3. According to the passage, what differentiates the Chinese government from other governments?
A. The Chinese government has absolute authority over its people.
B. Chinese citizens regard the government as a respectful member of the family
C. The Chinese government is very democratic.
D. The Chinese government respects its citizens.
4. What is the other tradition that supports state control of music?
A. One needs to state explicitly what his or her intention is.
B. One needs to read into words and ask oneself what the underlying meaning behind them.
C. One needs to understand others without overthinking about what others say.
D. One should always expect others to understand his or her message.



5. Why is it easy for the Chinese government to pass down its wishes?
- A. It possess more attention and respect
 - B. Chinese have the traditional of reading into words
 - C. The verbal message is carried through songs
 - D. Both A, B and C.

Task ② Compound Dictation

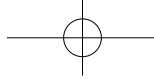
Listen to a passage about pursuing harmony and fill in the blanks with what you have heard.

Pursuing harmony refers to moderation, fitting, balance and harmony. From the sentence “The harmony is beneficial to all things” in the Book of Changes, the balance of yin and yang is essential to all four seasons, all things and the long-term stability of the state. From the saying “A grudge must be resolved through harmony” by Zhang Zai, a philosopher in the Northern Song Dynasty, people should make great efforts to defuse conflicts and resolve wars with peaceful means. He said, “Qian is called as father and Kun as mother. People are insignificant. Vital energy is filled everywhere.” That is, people are born of the essence of heaven and earth and their bodies are filled with vital energy. The essence of heaven and earth decides human nature. Harmony is a controlling force, guiding all things to grow up and change. Harmony is a state, deciding the balance among people, beings and nature. Harmony is based on morality and justice, presenting a bigger aspiration as a sea that contains thousands of little rivers.

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Part III

Speaking Task

Teaching Purpose

Help students learn how to express anxiety and compassion as well as offering suggestions.

Teaching Steps:

1. Ask students to listen to the following dialogues.
2. Direct students to the Language Focus and inform them that they can use the sentences and structures that may be useful in speaking.
3. Arrange students in pairs or groups to create dialogues listed in Oral Activities.
4. Supervise students' discussion. Help and encourage students.
5. Select several pairs to present their conversations in front of the class and have the class vote on the most creative and interesting pair.

Role Play

Listen to the following model dialogues and role-play them with your partner.

Model Dialogue 1

Jon thinks that his roommate is taking advantage of him. Terri suggests that Jon have a talk with his roommate to get things straight.

Terri: How are things going with you and your roommate?

Jon: Not very well. We're supposed to share the groceries, but I end up feeding him three meals a day. My grocery bill is huge, you know. I really can't afford it any longer.

Terri: I know how you feel. I used to have a roommate like that. He never offered to reimburse me for anything.



Jon: I'm really fed up with his freeloading, but I just don't know how to tell him that he should come up with half the grocery bill, because sometimes he treats me to a meal in a restaurant.

Terri: Well, honesty is the best policy. Maybe you just want to have a heart-to-heart, friend-to-friend talk with him. If he refuses to mend his ways, then ask him to move out. You can't let him wear out his welcome.

Model Dialogue 2

Martha doesn't like her roommate because she always makes loud noises. Roger suggests that Martha should have a heart-to-heart talk with her roommate.

Roger: So, how is your new roommate?

Martha: She's really getting under my skin.

Roger: What happened?

Martha: She's always making loud noises at midnight and when I remind her, she always makes rude remarks.

Roger: Why don't you have a heart-to-heart chat with her?

Martha: I tried, but it didn't work.

Roger: But how many times did you try?

Martha: At least three times. I guess I'm going to complain to the manager. I hope she can be evicted.

Language Focus

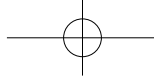
Here are some sentences and structures that you might find useful in speaking.

1. How are things going with you and your...?
2. We are supposed to..., but... end up...

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3. She really gets under my skin.
4. Why don't you have a heart-to-heart chat with her?
5. Honesty is the best policy.

Oral Activities: Now make similar conversations according to the given situation.

You are complaining to your friend that you do not get along with a new roommate who always make a mess in the room but never clean it up.

Teaching Steps:

1. Have students recall some conflicts they or their friends had with previous roommates, the causes and how they were resolved.
2. Have students form pairs. One student will act as the person who complains while the other plays the role of a compassionate listener offering compassion and constructive suggestions.
3. Then the two exchange their roles and continue.

Part IV

Leisure Time

Directions: Listen to the joke and appreciate its humor.

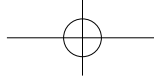
Living in Harmony

Husband: Whenever I get mad at you, you never seem to get upset. How do you manage to control your temper?

Wife: I just go and clean the toilet.

Husband: How does that help?

Wife: I use your toothbrush.



Part V

Additional Task

Task ① Compound Dictation

Directions: Listen to the passage on Chinese conception of relationships three times and fill in the blanks with the information you have got from the tape.

Renqing translates into English as “human sentiment or human emotion.” In Chinese philosophy, *renqing* (1) *denotes* a human being’s common emotional response, although it implies an obligatory affective component which serves to define the responsibility one has toward the other’. The Chinese Personality Assessment Inventory defines *renqing* as relationship orientation, which covers adherence to cultural norms of (2) *interaction* based on reciprocity, exchange of social favors, and exchange of (3) *affection* according to implicit rules.

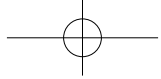
Renqing also implies a process when one receives a favor based on a human (4) *obligation*, the other person is obliged to pay back this favor sometime in the future.

The third (5) *connotation* of *renqing* suggests gifts, presents or some sort of monetary gift. *Zhuoge renqing* indicates a unique Chinese gift-giving practice, which carries a strong (6) *implication* of *guanxi* obligation. During special occasions such as New Year, weddings, birthdays and festivals, Chinese often feel duty-bound to give presents to individuals of (7) *priority* within their *guanxi* network. For example, (8) *people give gifts to respected individuals or people of a superior or more powerful social status*, gifts to individuals who helped them before and owe them *renqing*. These gift-giving activities (9) *are a large part of guanxi building and maintenance*. The amount of the value of the gift varies somewhat according to the depth of the relationship. In general, the closer or stronger the *guanxi* relationships one has with another, (10) *the bigger the gift one should give to the other*.

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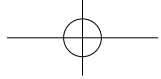
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Task ② Oral Summary

Directions: Watch a video clip which is an introduction to how TCM views the balance of energy flow in animals body and how identifying the imbalance helps us to choose remedies to re-establish the harmony for health and healing. Take detailed notes and then make an oral summary.

Hi, I'm Dr. Maynard, here at the Integrative Veterinary Medical Center. I specialize in Chinese medicine and acupuncture and I'm currently pursuing a Master's Degree in Traditional Chinese Medicine through the Chi Institute of Florida. Today we're starting off our blog series and I want to talk to you about the concept of harmony and why disharmony causes disease. In TCM, the Chinese have long recognized that when we're in balance with our environment and with all that around us, we are in harmony and we don't get sick. But when we're in disharmony, when we're stressed out, when the environment changes, when it goes from hot to cold, this allows for disease to penetrate our body because we're out of balance. Although many of you may recognize the yin and yang from popular culture, the symbol is actually the traditional symbol for harmony in Chinese culture. Its proper pronunciation is "yin yang" and this symbol is a symbol of balance. The white representing yang, the black representing yin and a circle included into each half reminds us that one cannot exist without the other, and that we are in life defined by our opposites. One thing cannot exist without its opposite and thus also the center line flows from yin into yang, then back into yin. In TCM, one such opposite bearing is that between hot and cold. You can't separate "hot" from "cold." When we go to wash our hands, we usually like the water to be warm. Warm is a mixture of yin and yang, i.e. hot water and cold water. If, for some reason, we want the water to be warmer, we can turn up the hot water, turn up yang, or we can turn down the cool water, turn down yin. The same is true in the opposite if we want the water to be colder, we can either turn down the hot water and turn down yang or turn up the cold water and turn up yin.



When animals lose their temperature balance, often times we will see heat-seeking or cool ness-seeking behavior. This can denote to the owners as well as to us who practice Traditional Chinese Medicine that the animals are out of balance because it's warm-seeking or it's cool ness-seeking. It's seeking yang or it's seeking yin because it either has an excess of the opposite element or it's deficient in that particular element. That way we can help diagnose and treat your animal for whatever disharmony is going on in its body. This concept of yin and yang—of balance and harmony, combined with the five-element theory that we will touch on in the next few blog segments allows us as Chinese medical practitioners to diagnose and treat a wide range of illnesses, which includes everything from internal medicine to skin diseases to osteoarthritis. Thank you for joining us tonight at the Integrative Veterinary Medical Center.