

第八課 看中醫還是看西醫？

Lesson 8 See a Chinese Doctor or a Western Doctor?

情境

Scenario

白樂雅、阮明芳和畢馬克上課前在教室裡一邊吃早飯，一邊聊天。吃早飯以後，明芳拿出一包中藥，準備吃藥，大家就聊起中醫和中藥，以及中醫和西醫的不同。

Bái Lèyǎ, Ruǎn Míngfāng hé Bì Mǎkè shàng kè qián zài jiàoshì lǐ yìbiān chī zǎofàn, yìbiān liáo tiān. Chī zǎofàn yǐhòu, Míngfāng ná chū yì bāo zhōngyào, zhǔnbèi chī yào, dàjiā jiù liáo qǐ zhōngyī hé zhōngyào, yǐjí zhōngyī hé xīyī de bùtóng.

Before class, Bai Leya, Ruan Mingfang, and Bi Make are eating breakfast and chatting in the classroom. After breakfast, Mingfang takes out a pack of Chinese medicine and gets ready to take it, which leads everyone to talk about traditional Chinese medicine and how it differs from Western medicine.

學習目標

Learning Object

01. 能說明自己不舒服的症狀與就醫經驗。

Néng shuōmíng zìjǐ bù shūfú de zhèngzhuàng yǔ jiùyī jīngyàn.

Be able to describe one's symptoms and experiences of seeing a doctor.

02. 能敘述中西醫就診方式與治療方式的差異。

Néng xùshù Zhōng xī yī jiùzhěn fāngshì yǔ zhiliáo fāngshì de chāyì.

Be able to describe the differences between Chinese and Western medical consultation and treatment methods.

03. 能說明臺灣民眾對看中醫的想法，認識中醫診療的文化觀念與生活習慣，例如「保養和預防生病」的健康理念。

Néng shuōmíng Táiwan mínhòng duì kàn zhōngyī de xiǎngfǎ, rènshì zhōngyī zhěnliao de wénhuà guānniàn yǔ shēnghuó xíguàn, lìrú "bǎoyǎng hé yùfáng shēng bìng" de jiànkāng lǐniàn.

Be able to explain Taiwanese people's views on seeing traditional Chinese doctors, and recognize the cultural beliefs and lifestyle habits behind traditional Chinese medicine, such as the health philosophy of "maintaining wellness and preventing illness."



白樂雅：明芳，你在吃什麼啊？那是藥嗎？

Bái Lèyǎ: Míngfāng, nǐ zài chī shénme a? Nà shì yào ma?

阮明芳：這是中藥。我阿姨在臺灣住了十幾年了，她說不少臺灣人習慣看中醫，也給我介紹了一個中醫，讓我去看看。

Ruǎn Míngfāng: Zhè shì zhōngyào. Wǒ āyí zài Táiwan zhù le shí jǐ nián le, tā shuō bù shǎo Táiwan rén xíguàn kàn zhōngyī, yě gěi wǒ jièshào le yí ge zhōngyī, ràng wǒ qù kànkàn.

畢馬克：為什麼要看中醫？你生病了嗎？

Bì Mǎkè: Wèishénme yào kàn zhōngyī? Nǐ shēng bìng le ma?

阮明芳：我沒生病。最近常常睡不好，常常覺得累，所以想看中醫，試試中醫的幫助。

Ruǎn Míngfāng: Wǒ méi shēng bìng. Zuìjìn chángcháng shuì bù hǎo, chángcháng juéde lèi, suǒyǐ xiǎng kàn zhōngyī, shìshì zhōngyī de bāngzhù.

畢馬克：聽起來你沒有生病，為什麼還要去看看醫生呢？

Bì Mǎkè: Tīng qǐlái nǐ méiyǒu shēng bìng, wèishénme hái yào qù kàn yīshēng ne?

阮明芳：看中醫不一定是因為生病。很多人習慣看中醫，是為了預防生病。

Ruǎn Míngfāng: Kàn zhōngyī bù yíding shì yīnwèi shēng bìng. Hěn duō rén xíguàn kàn zhōngyī, shì wèile yùfáng shēng bìng.

白樂雅：我也聽說有些人會找中醫針灸或是推拿，他們覺得這些中醫的治療方式對身體健康有幫助。

Bái Lèyǎ: Wǒ yě tīngshuō yǒuxiē rén huì zhǎo zhōngyī zhēnjiǔ huòshì tuīná, tāmen juéde zhèxiē zhōngyī de zhìliáo fāngshì duì shēntǐ jiànkāng yǒu bāngzhù.

畢馬克：那麼，看中醫的臺灣人多嗎？

Bì Mǎkè: Nàme, kàn zhōngyī de Táiwān rén duō ma?

阮明芳：不少，我每次去都要等很久。我看的中醫診所對面有一家西醫診所，也是大排長龍。

Ruǎn Míngfāng: Bù shǎo, wǒ měi cì qù dōu yào děng hěn jiǔ. Wǒ kàn de zhōngyī zhěnsuǒ duìmiàn yǒu yì jiā xīyī zhěnsuǒ, yě shì dà-pái-cháng-lóng.

畢馬克：在臺灣，看醫生真的是太方便了，到處有診所或是醫院，而且臺灣有全民健保，看病很便宜。

Bì Mǎkè: Zài Táiwān, kàn yīshēng zhēnde shì tài fāngbiàn le, dào chù yǒu zhěnsuǒ huòshì yīyuàn, érqiě Táiwān yǒu Quánmín Jiànbǎo, kàn bìng hěn piányí.

阮明芳：所以很多臺灣人一覺得身體不舒服就去看醫生，不像有些國家的人會先去藥房買藥。

Ruǎn Míngfāng: Suǒyǐ hěn duō Táiwān rén yì juéde shēntǐ bù shūfú jiù qù kàn yīshēng, bú xiàng yǒuxiē guójiā de rén huì xiān qù yàofáng mǎi yào.

白樂雅：明芳，我沒有看中醫的經驗，你覺得看中醫跟看西醫有什麼不同？

Bái Lèyǎ: Míngfāng, wǒ méiyǒu kàn zhōngyī de jīngyàn, nǐ juéde kàn zhōngyī gēn kàn xīyī yǒu shénme bùtóng?

阮明芳：西醫會先問病人哪裡不舒服，再給他們做檢查。

Ruǎn Míngfāng: Xīyī huì xiān wèn bìngrén nǎlǐ bù shūfú, zài gěi tāmen zuò jiǎnchá.

畢馬克：中醫不會給病人做檢查嗎？

Bì Mǎkè: Zhōngyī bú huì gěi bìngrén zuò jiǎnchá ma?

阮明芳：會啊，比方說把脈，檢查病人的舌頭。不過，中醫還會問病人很多問題，像是平常幾點睡覺，吃些什麼東西等。

Ruǎn Míngfāng: Huì a, bǐfāngshuō bǎ mài, jiǎnchá bìng rén de shétou. Búguò, zhōngyī hái huì wèn bìng rén hěn duō wèntí, xiàng shì píngcháng jǐ diǎn shuì jiào, chī xiē shénme dōngxi děng.

畢馬克：為什麼要問吃了什麼東西？

Bì Mǎkè: Wèishénme yào wèn chī le shénme dōngxi?

阮明芳：中醫認為有些食物對身體不好，應該少吃。比方說甜的、冰的、辣的。有的中醫也說要少吃水果，因為太甜了，不一定適合每個人吃。

Ruǎn Míngfāng: Zhōngyī rènwéi yǒuxiē shíwù duì shēntǐ bù hǎo, yīnggāi shǎo chī. Bǐfāngshuō tián de, bīng de, là de. Yǒude zhōngyī yě shuō yào shǎo chī shuǐguǒ, yīnwèi tài tián le, bù yíding shìhé měi ge rén chī.

畢馬克：不能吃冰的嗎？臺灣熱死了，我每天都要喝冰水。

Bì Mǎkè: Bù néng chī bīng de ma? Táiwān rè sǐ le, wǒ měi tiān dōu yào hē bīngshuǐ.

白樂雅：聽起來，要聽中醫說的話來生活，很不容易，辛苦啊！

Bái Lèyǎ: Tīng qǐlái, yào tīng zhōngyī shuō de huà lái shēnghuó, hěn bù róngyì, xīnkǔ a!

阮明芳：所以，最好不要生病才能輕鬆！

Ruǎn Míngfāng: Suǒyǐ, zuìhǎo bú yào shēng bìng cái néng qīngsōng!

● 英譯 Translation

Bai Leya: Mingfang, what are you eating? Is that medicine?

Ruan Mingfang: This is Chinese medicine. My aunt has lived in Taiwan for more than ten years. She said many Taiwanese people are used to seeing traditional Chinese doctors, and she even introduced one to me.

Bi Make: Why do you see a traditional Chinese doctor? Are you sick?

Ruan Mingfang: I'm not sick. I just haven't been sleeping well lately and often feel tired, so I wanted to try Chinese medicine to see if it could help.

Bi Make: It sounds like you're not really sick. Why do you still go to see a doctor?

Ruan Mingfang: Seeing a Chinese doctor isn't necessarily because you're sick. Many people do it to prevent illness.

Bai Leya: I've also heard that some people go to Chinese doctors for acupuncture or massage therapy, and they believe these treatments are good for their health.

Bi Make: So, are there many Taiwanese people who go to Chinese doctors?

Ruan Mingfang: Quite a lot! Every time I go, I have to wait a long time. There's a Western clinic across from my Chinese medicine clinic, and it's just as crowded.

Bi Make: It's really convenient to see a doctor in Taiwan. There are clinics and hospitals everywhere, and thanks to the National Health Insurance, it's also very cheap.

Ruan Mingfang: That's why many Taiwanese people go to the doctor as soon as they feel unwell, unlike people in some countries who first buy medicine from a pharmacy.

Bai Leya: Mingfang, I've never seen a Chinese doctor before. What do you think is the difference between Chinese and Western medicine?

Ruan Mingfang: Western doctors usually ask where you feel uncomfortable first, and then do tests.

Bi Make: Don't Chinese doctors do tests?

Ruan Mingfang: Yes, they do. For example, they take your pulse and check your tongue. But Chinese doctors also ask a lot of questions, like what time you usually go to bed and what you usually eat.

Bi Make: Why do they ask about what you eat?

Ruan Mingfang: Chinese medicine believes some foods are bad for your body and should be eaten less. For example, sweet, cold, or spicy foods. Some doctors even say not to eat too much fruit because it's too sweet and not suitable for everyone.

Bi Make: No cold food? Taiwan is so hot! I drink iced water every day!

Bai Leya: It sounds like living according to what Chinese doctors say isn't easy. That's tough!

Ruan Mingfang: That's why the best way is not to get sick in the first place!

General Vocabulary

詞彙

01. 中藥 zhōngyào N Chinese medicine (herbal medicine)

這些學生對十幾種中藥做了研究，發現這些中藥對放鬆心情很有幫助。

02. 阿姨 āyí N aunt; middle-aged woman

明芳的阿姨在臺灣住了十幾年了，已經很習慣臺灣的生活方式。

03. 看 kàn V to see (a doctor), to visit (a doctor)

我最近常常吃得很少，也睡不好，打算這個週末去看醫生。

04. 中醫 zhōngyī N traditional Chinese medicine doctor

我這學期上了跟中醫有關的課，學了很多可以讓身體變得越來越好的方式。

05. 預防 yùfáng V to prevent
平常多運動，多喝水，有空的時候多休息，這些生活方式對預防感冒都很有幫助。
06. 針灸 zhēnjiǔ N acupuncture
去看了中醫以後，醫生說針灸可以讓我的頭痛慢慢地變好，建議我可以試試看。
07. 推拿 tuīná V therapeutic massage
他最近玩電腦遊戲玩得太久，覺得手不太舒服，所以請中醫推拿。
08. 治療 zhìliáo V/N to treat; treatment
這幾天忽然變冷了，我一直打噴嚏，昨天去看醫生，請醫生治療我的過敏。
09. 健康 jiànkāng N/SV health; to be healthy
每天睡七到九小時，每星期運動三次，這些習慣都對身體的健康很有幫助。
10. 診所 zhěnsuǒ N clinic
要是你開始打噴嚏、咳嗽，可以去學校對面的診所看醫生。
11. 西醫 xīyī N western medicine doctor
很多人感冒的時候會去看西醫，聽說這種治療方式可以讓病好得快一點。
12. 醫院 yīyuàn N hospital
如果只是小感冒，別去大醫院了，去附近的診所看醫生吧。
13. 藥房 yàofáng N pharmacy
他感冒了，沒去看醫生，只去了學校旁邊的藥房買感冒藥，然後回家休息。

14. 病人 bìngrén N patient
病人因為常常咳嗽，所以醫生要他平常少吃冰的東西，也不要喝冷水。
15. 檢查 jiǎnchá N/V check-up; to have a check-up
我最近覺得身體不太舒服，想去醫院好好地做檢查。
16. 把脈 bǎ mài VO to take the pulse
病人告訴醫生哪裡不舒服以後，醫生就開始給他把脈。
17. 舌頭 shétou N tongue
中醫會檢查病人的舌頭，看看病人現在的身體健康怎麼樣。
18. 認為 rènwéi V to think, to believe
我認為聽中文歌、看中文的電視劇都是可以學好中文的方式。
19. 甜 tián SV to be sweet
這塊蛋糕太甜了，我認為不適合病人吃。
20. 辣 là SV to be spicy
很多醫生都會建議病人少吃辣的食物。
21. 辛苦 xīnkǔ SV to be hard, to be exhausting
雖然這幾個月準備中文考試很辛苦，但是我相信這次的成績一定比上次好。
22. 最好 zuìhǎo ADV had better
外面看起來要下雨了，我沒帶雨傘，最好現在馬上回家。

專有名詞

01. 全民健保 Quánmín Jiànbǎo National Health Insurance

Common Usage

常用說法

01. 最近常常睡不好，常常覺得累，所以想看中醫，試試中醫的幫助。
I just haven't been sleeping well lately and often feel tired, so I wanted to try Chinese medicine to see if it could help.
02. 看中醫不一定是因為生病。很多人習慣看中醫，是為了預防生病。
Seeing a Chinese doctor isn't necessarily because you're sick. Many people do it to prevent illness.
03. 他們覺得這些中醫的治療方式對身體健康有幫助。
They think these traditional Chinese medical treatments are helpful for their health.
04. 西醫會先問病人哪裡不舒服，再給他們做檢查。
Western doctors usually ask where you feel uncomfortable first, and then do tests.
05. 中醫認為有些食物對身體不好，應該少吃。比方說甜的、冰的、辣的。
Chinese medicine believes some foods are bad for your body and should be eaten less. For example, sweet, cold, or spicy foods.

Grammar Structure

語言點

01. S + 給 + O + VO

This structure is used when the subject does something for someone. The word “給” functions as a preposition meaning for or to, and it shows that the action is done on behalf of someone else.

- Eg. • 我阿姨說不少臺灣人習慣看中醫，也給我介紹了一個中醫，讓我去看看。
- 室友的生日快到了，我剛剛買了一個蛋糕，想給他慶祝生日。
 - 昨天學校有活動，我給老師和同學們拍照，大家都笑得很開心，這張照片一定要放在社群媒體上。

練習

Use “S + 給 + O + VO” and the words provided to complete the dialogue.

01. 白樂雅：你為什麼買了兩杯咖啡？你很累嗎？
阮明芳：不是。剛剛泰宇打電話給我，請我_____（買），所以有一杯是他的。
02. 畢馬克：聽說你這幾天不舒服，昨天去看醫生了。醫生怎麼說？
古尚杰：_____（檢查），覺得是感冒。
03. 杜艾莉：現在 AI 工具很多，不知道用哪一個 AI 適合學習中文？
阮明芳：我_____（介紹），這些都是我覺得對學習中文有幫助的工具。

02. ……，是為了…… 為了……，……

The structures “……，是為了……” and “為了……，……” are used to explain the purpose of an action. It means “... to... / for the purpose of ...”.

- Eg. • 很多人習慣看中醫，是為了預防生病。
- 他每天去健身房運動，是為了讓自己的身體更健康。
 - 為了讓大家可以更認識臺灣的傳統文化，我們決定舉辦中秋節烤肉活動。

練習

Use “……，是為了……” or “為了……，……” to complete the sentence.

01. 我努力學中文，是為了_____。
02. 為了_____，他搬到學校附近。
03. 我們決定早一點到那間有名的運動酒吧，是為了_____。

03. 對 + O + ADV + SV

The preposition “對” can mean to, toward, or for, depending on context. It introduces the object of an action, attitude, or feeling. It often shows the target of an action or the person/thing affected.

- Eg.
- 中醫認為有些食物對身體不好，應該少吃。
 - 這家餐廳的服務人員對人很客氣，餐廳的氣氛也很舒服。
 - 做這份工作雖然要花很多時間，可是對我不難，因為我已經有一些經驗了。

練習

Complete the dialogue.

01. 杜艾莉：你知道尚杰最近怎麼了嗎？他看起來不太開心。
金泰宇：他上個星期考完試，覺得自己沒考好，
_____（擔心）。
02. 阮明芳：你為什麼一直咳嗽？你感冒了嗎？
畢馬克：我沒有感冒。每年只要春天一到，我就會咳嗽，因為到處都是花，我_____（過敏）。

03. 古尚杰：你覺得學校對面的那家咖啡店怎麼樣？

白樂雅：那家咖啡店的環境很好，店員的服務也很好，

_____ (熱心)。

04. 少 + V (+ NU-M) (+ O)

The structure “少 + V (+ NU-M) (+ O)” means “do less of something”. It is used to suggest reducing the frequency or amount of an action.

- Eg.
- 中醫認為有些食物對身體不好，應該少吃。
 - 上中文課的時候，要多說中文，少說英文。
 - 為了身體健康，應該要少看手機，多運動。

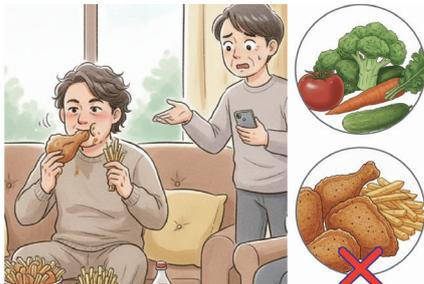
練習

Use the grammar structure to describe what you see in the picture.

01.



02.



03.





在臺灣，要是你生病了，別擔心，看病很方便，到處都找得到診所或是醫院，而且臺灣人有全民健保，看病不需要花很多錢。有的人習慣看西醫，西醫給病人做檢查，用西醫的方式治療，給病人吃藥，幫助病人快一點恢復健康。有的人比較習慣看中醫，他們認為中醫的治療方式比較溫和，不但生病的時候去看中醫，有時候為了預防生病也會去看中醫。雖然吃中藥恢復的速度比較慢，但是中藥比西藥溫和得多，對身體健康更好。

另外，很多臺灣人在運動的時候受傷，也會選擇去看中醫做治療。一般來說，中醫生會用針灸、推拿和拔罐這樣的治療方式，減少病人的疼痛，幫助病人受傷的地方好好地放鬆。這也是為什麼現在有很多運動員，沒辦法好好地打球或是跑步的時候，常常會選擇去中醫診所，請中醫生來幫助他們恢復體力和精神。

當然，最重要的是我們要預防生病，平時多注意飲食，適當地做運動，睡眠要足夠，這樣就不容易生病。如果生病了，不管是看西醫還是看中醫，一定要早一點治療，避免越來越嚴重，趕快恢復健康。

● 漢語拼音 Hanyu Pinyin

Zài Táiwān, yàoshì nǐ shēng bìng le, bié dān xīn, kàn bìng hěn fāngbiàn, dào chù dōu zhǎo de dào zhěnsuǒ huòshì yīyuàn, érqǐě Táiwān rén yǒu Quánmín Jiànbǎo, kàn bìng bù xūyào huā hěn duō qián. Yǒude rén xíguàn kàn xīyī, xīyī gěi bìngrén zuò jiǎnchá, yòng xīyī de fāngshì zhìliáo, gěi bìngrén chī yào, bāngzhù bìngrén kuài yìdiǎn huīfù jiànkāng. Yǒude rén bǐjiào xíguàn kàn zhōngyī, tāmen rènwéi zhōngyī de zhìliáo fāngshì bǐjiào wēnhé, búdàn shēng bìng de shíhòu qù kàn zhōngyī, yǒu shíhòu wèile yùfáng shēng bìng yě huì qù kàn zhōngyī. Suīrán chī zhōngyào huīfù de sùdù bǐjiào màn, dànshì zhōngyào bǐ xīyào wēnhé de duō, duì shēntǐ jiànkāng gèng hǎo.

Lìngwài, hěn duō Táiwān rén zài yùndòng de shíhòu shòu shāng, yě huì xuǎnzé qù kàn zhōngyī zuò zhìliáo. Yībān lái shuō, zhōngyīshēng huì yòng zhēnjiǔ, tuīná hé bá guān zhèyàng de zhìliáo fāngshì, jiǎnshǎo bìngrén de téngtòng, bāngzhù bìngrén shòushāng de dìfāng hǎohǎo de fàngsōng. Zhè yě shì wèishénme xiànzài yǒu hěn duō yùndòngyuán, méi bànfǎ hǎohǎo de dǎ qiú huò shì pǎo bù de shíhòu, chángcháng huì xuǎnzé qù zhōngyī zhěnsuǒ, qǐng zhōngyīshēng lái bāngzhù tāmen huīfù tǐlì hé jīngshén.

Dāngrán, zuì zhòngyào de shì wǒmen yào yùfáng shēng bìng, píngshí duō zhùyì yǐnshí, shìdàng de zuò yùndòng, shuìmián yào zúgòu, zhèyàng jiù bù róngyì shēng bìng. Rúguǒ shēng bìng le, bùguǎn shì kàn xīyī háishì kàn zhōngyī, yídìng yào zǎo yìdiǎn zhìliáo, bìmiǎn yuè lái yuè yánzhòng, gǎnkuài huīfù jiànkāng.

● 英譯 Translation

In Taiwan, if you get sick, don't worry. Seeing a doctor is very convenient, and you can easily find clinics or hospitals everywhere. In addition, people in Taiwan have National Health Insurance, so medical treatment doesn't cost a lot of money. Some people are used to seeing Western doctors. Western doctors give patients examinations, use Western medical methods for treatment, prescribe medicine, and help patients recover their health more quickly. Some people are more used to seeing traditional Chinese medicine (TCM) doctors. They believe that TCM treatments are gentler. They not only go to TCM doctors when they are sick, but sometimes also go for prevention. Although recovery with Chinese medicine is slower, Chinese medicine is much milder than Western medicine and is better for health.

In addition, many Taiwanese people choose to see TCM doctors for treatment when they get injured during exercise. Generally speaking, TCM doctors use treatments such as acupuncture, tuina (Chinese therapeutic massage), and cupping to reduce patients' pain and help the injured areas relax. This is also why many athletes, when they are unable to play ball or run properly, often choose to go to TCM clinics and ask TCM doctors to help them restore their physical strength and energy.

Of course, the most important thing is to prevent illness. In daily life, we should pay attention to diet, exercise appropriately, and get enough sleep so that it's not easy to get sick. If you do get sick, whether you go to a Western doctor or a TCM doctor, you must get treatment early to avoid the condition getting worse and recover your health as soon as possible.

General Vocabulary

詞彙

01. 看病 kàn bìng VO to see a doctor

最近天氣變化很大，我覺得有點不舒服，決定今天下了課就去看病。

02. 恢復 huīfù V to recover

醫生說我只要好好地休息，很快就能恢復體力。

03. 溫和 wēnhé SV to be mild

跟有些西藥比起來，中藥比較溫和，吃完以後不會覺得不舒服。

04. 速度 sùdù N speed

這部電腦的速度很快，上網找資料或是寫報告都很方便。

05. 受傷 shòu shāng VO to get injured

他上星期打籃球受傷了，醫生告訴他要休息半年，要不然以後可能都不能再打球了。

06. 選擇 xuǎnzé V/N to choose; choice
雖然兩家公司都給了他不錯的薪水，他還是選擇那間離家近、工作氣氛比較好的公司。
07. 拔罐 bá guǎn VO to do cupping therapy
很多人擔心拔罐的時候會很痛，但做完以後身體會覺得比較放鬆，也比較好睡。
08. 減少 jiǎnshǎo V to reduce, to decrease
有些人開始減少看社群媒體的時間，這樣就可以有多一點的時間運動和看書。
09. 疼痛 téngtòng N pain
這個實驗室在研究一種新藥，這種藥可以讓病人減少疼痛，而且不會有不好的影響。
10. 平時 píngshí ADV ordinarily
他平時就很努力地學習，所以考試的時候不會太緊張，成績也一直很好。
11. 飲食 yǐnshí N diet
在不同的國家，人們的飲食文化都不一樣，所以旅行的時候常常可以享受又好吃又特別的食物。
12. 適當 shìdàng SV to be appropriate, to be suitable
如果覺得太累，就要適當地休息一下，不要一直坐在電腦前寫報告，這樣對身體不好。
13. 睡眠 shuìmián N sleep
醫生說，要有好的睡眠，最好不要太晚看手機，也不要喝太多咖啡。

14. 足夠 zúgòu SV to be enough

我們準備了足夠的點心和飲料，希望大家來參加派對的時候都能玩得很開心。

15. 避免 bìmiǎn V to avoid

我每天都很早睡覺，喝很多水，常常運動，也注意自己的飲食，是為了避免生病。

Grammar Structure

語言點

01. 一般來說

This phrase is used to introduce a general statement, summary, or typical situation rather than a specific case. It expresses that what follows is true in most situations, but not always. It usually appears at the beginning of a sentence to provide a general comment or overview.

- Eg.
- 一般來說，中醫生會用針灸、推拿和拔罐這樣的治療方式，減少病人的疼痛。
 - 一般來說，年輕人比較喜歡用手機看社群媒體上有趣的貼文或照片。
 - 一般來說，喝太多咖啡可能讓人沒辦法好好地睡覺，對睡眠有不好的影響。

練習

Use the grammar structure to answer the questions based on what you see in the picture.

01.



想要有健康的身體應該要怎麼做比較好？

02.



在學校的實驗室打工，要做什麼工作？

03.

Learning Chinese Schedule	
MONDAY	16 : 00-19 : 00
TUESDAY	15 : 00-17 : 00
WEDNESDAY	08 : 00-09 : 00
THURSDAY	16 : 00-19 : 00
FRIDAY	19 : 00-20 : 00
SATURDAY	休息
SUNDAY	15 : 00-18 : 00

你一個星期花多少時間學習中文？
你怎麼安排你的學習時間？

任務活動

01. 介紹中醫

你有很多朋友聽過中醫，但是他們不了解中醫怎麼看病，請你給你的朋友介紹一下中醫：

1. 中醫怎麼給病人做檢查？
2. 中醫有哪一些治療方式？
3. 生什麼病適合去看中醫？

Many people have heard of traditional Chinese medicine (TCM), but they don't understand how TCM treats illness. Please give an introduction about the following:

1. How traditional Chinese medicine examines patients?
2. What kinds of treatment methods TCM uses?
3. What kinds of people are suitable for seeing a TCM doctor?

任務要求：最少用 5 個詞彙和 2 個語言點完成任務。

Task Requirements:

Complete the task using at least five vocabulary words and two grammar structures.

Vocabularies:

看、預防、治療、受傷、選擇、針灸、推拿、拔罐、避免、健康、病人、檢查、把脈、舌頭、中藥、溫和

Grammar Structures:

1. S + 給 + O + VO
2. 對 + O + ADV + SV
3. 一般來說
4. ……，是為了……
5. (要是) ……的話



02. 中醫和西醫有什麼不同的地方？

你的朋友到臺灣旅行，今天他爬山以後，覺得身體不太舒服，想知道應該看中醫還是西醫。請你先跟他說一說中醫和西醫有什麼不同的地方，最後請他自己決定。兩個人一組，請你們都說一說：

1. 中醫、西醫怎麼給病人做檢查？檢查的方式有什麼不一樣？
2. 中醫、西醫怎麼治療病人？治療的方式有什麼不同的地方？
3. 中醫、西醫給病人什麼藥？中藥有什麼特別的地方？
4. 請聽的人決定他要看中醫還是看西醫。

Your friend is traveling in Taiwan. After hiking today, he doesn't feel very well and wants to ask whether he should see a TCM doctor or a Western doctor. First, please explain to him the differences between traditional Chinese medicine (TCM) and Western medicine, and then let him decide for himself. Work in pairs, and both of you should talk about the following:

1. How do TCM and Western medicine examine patients?
What are the differences in their examination methods?
2. How do TCM and Western medicine treat patients? In what ways are their treatments different?
3. What kind of medicine do TCM and Western doctors give their patients? What is special about Chinese herbal medicine?
4. After listening, the person playing the "friend" should decide whether to see a TCM doctor or a Western doctor.

任務要求：最少用 5 個詞彙和 3 個語言點完成任務。

Task Requirements:

Complete the task using at least five vocabulary words and three grammar structures.

Vocabularies:

中醫、西醫、看、預防、治療、受傷、選擇、針灸、推拿、拔罐、避免、健康、病人、檢查、把脈、舌頭、中藥、溫和

Grammar structures:

1. 對 + O + ADV + SV
2. ……，是為了……
3. S + 給 + O + VO
4. 少 + V(+NU-M) (+O)
5. 一般來說
6. (NP₁/VP₁) 跟 NP₂/VP₂ 比起來，NP₁/VP₁……
7. 比較 + SV
8. A + 比 + B + SV



● 中醫還是西醫？該怎麼選擇？

中醫和西醫有很多不同的地方。對西醫來說，生病的時候，最重要的是趕快讓病人好起來，所以常常會開藥、打針，快速處理身體的問題。但中醫的想法不同，中醫認為要讓身體變健康，最重要的是提高免疫力，這樣才不容易再生病。

有些人覺得西醫只看身體哪裡痛，就治療哪裡，所以會說西醫「頭痛醫頭、腳痛醫腳」。中醫則會看整個人的身體情況，認為不管哪裡不舒服，提高免疫力才是最好的方法。

雖然有些人覺得中醫和西醫是完全不一樣的，但現在越來越多人會把中醫當作「輔助療法」。比如說，有些運動員受傷了，除了看西醫，也會做中醫的推拿、針灸或拔罐，讓身體恢復得更快，甚至幫助他們在比賽中表現更好。

現在在臺灣，很多大醫院裡已經有中醫和西醫一起幫病人看病。這表示，沒有哪一種醫療是最好的，最重要的是找到適合自己身體的治療方式，這樣才能保持健康，好好生活。

● Chinese Medicine or Western Medicine: How Should We Choose?

Chinese and Western medicine differ in many ways. In Western medicine, when someone gets sick, the main goal is to help the patient recover as quickly as possible. Doctors often prescribe medication or give injections to deal with the problem fast. But Chinese medicine takes a different view, it believes that the key to good health is strengthening the immune system so that people are less likely to get sick again.

Some people think Western medicine only treats the symptoms, for example, if your head hurts, it focuses on your head; if your foot hurts, it treats your foot. That's why people sometimes say Western doctors "treat the head when the head aches, and treat the foot when the foot aches." In contrast, Chinese medicine looks at the whole body, believing that the best way to heal any discomfort is by improving overall immunity.

Although some people see Chinese and Western medicine as completely different, more and more people now use Chinese medicine as a form of complementary therapy. For instance, when athletes get injured, besides visiting Western doctors, they might also try Chinese therapies such as massage (tuina), acupuncture, or cupping to help their bodies recover faster, even improving their performance in competitions.

Today in Taiwan, many large hospitals already have both Chinese and Western doctors working together to treat patients. This shows that there isn't one kind of medicine that is absolutely the best. What matters most is finding the treatment that suits your own body, that's the key to staying healthy and living well.