day 65 the body

Name the parts of the body, from wrist and knee to kidney and artery, and scoff "what's the point?" with 有什么 + verb + 头.

Doctors, coaches and health articles all talk about the body in this precise vocabulary, and 有什么……头 is how Chinese friends tease you about your plans.

words

word	pinyin	meaning	example
身躯	shēnqū	body, frame (written)	老人拖着疲惫的身躯走回了家。 The old man dragged his weary body home.
身子	shēnzi	body (spoken); health	我这两天身子不太舒服。 I haven't been feeling too well these last couple of days.
浑身	húnshēn	from head to toe, all over	跑完步，我浑身都是汗。 After my run I was sweating all over.
四肢	sìzhī	the four limbs, arms and legs	运动前要先活动一下四肢。 Before exercise, loosen up your arms and legs first.
肢体	zhītǐ	limbs; body (language)	他不会说中文，只好用肢体语言。 He can't speak Chinese, so he has to use body language.
手脚	shǒujiǎo	hands and feet; movements	奶奶八十岁了，手脚还很灵活。 Grandma is eighty and still very nimble.
手腕	shǒuwàn	wrist	她天天打电脑，手腕有点儿疼。 She types all day and her wrist hurts a bit.
手掌	shǒuzhǎng	palm (of the hand)	他把手掌放在我头上，说我发烧了。 He put his palm on my head and said I had a fever.
拇指	mǔzhǐ	thumb; big toe	他向我竖起了大拇指。 He gave me a thumbs-up.
指甲	zhǐjia	fingernail, toenail	孩子的指甲长{zhang3}得很快，要常剪。 Children's nails grow fast: you have to cut them often.
膝盖	xīgài	knee	跑步跑多了，膝盖容易受伤。 Run too much and you can easily hurt your knees.
屁股	pìgu	bottom, backside (spoken)	坐了一天车，屁股都坐疼了。 After a whole day in the car, my backside hurts.
臀	tún	buttocks (formal)	这个动作可以锻炼腿部和臀部的肌肉。 This exercise works the muscles of your legs and buttocks.
腹	fù	belly, abdomen (written)	他感到腹部一阵疼痛。 He felt a stab of pain in his abdomen.
胸膛	xiōngtáng	chest	他挺起胸膛，大步走上台。 He puffed out his chest and strode onto the stage.

脊梁	jǐliáng	back, backbone	坐的时候要挺直脊梁。 Keep your back straight when you sit.
骨骼	gǔgé	skeleton, bones	青少年的骨骼还在发育。 Teenagers' bones are still growing.
关节	guānjié	joint (knee, elbow…); key point	天一冷，奶奶的关节就疼。 As soon as it turns cold, Grandma's joints ache.
筋	jīn	tendon, sinew; vein	我打球的时候扭了筋，走路有点儿疼。 I pulled a tendon playing ball, and it hurts a bit to walk.
肌肤	jīfū	skin (written)	冬天空气干燥，肌肤也容易变干{gan1}。 The air is dry in winter, and your skin dries out easily.
脸颊	liǎnjiá	cheek	泪水从她的脸颊上流了下来。 Tears ran down her cheeks.
嘴唇	zuǐchún	lips	天太冷了，孩子的嘴唇都冻紫了。 It was so cold the child's lips had turned blue.
喉咙	hóulóng	throat	我喉咙疼，说不出话来。 My throat hurts so much I can hardly speak.
咽喉	yānhóu	throat, pharynx (medical); key passage	医生说是咽喉发炎，多喝水就好了。 The doctor says it's an inflamed throat: drink plenty of water and it will clear up.
气管	qìguǎn	windpipe, trachea	吃东西别说话，小心掉进气管里。 Don't talk while you eat, or something might go down the wrong way.
内脏	nèizàng	internal organs	检查结果显示，他的内脏都很健康。 The check-up shows all his internal organs are healthy.
器官	qìguān	organ (of the body)	心脏是人体最重要的器官之一。 The heart is one of the body's most vital organs.
肾	shèn	kidney	医生说他的肾有点儿问题，要多喝水。 The doctor says there's a slight problem with his kidneys and he should drink more water.
脾	pí	spleen; temper	中医认为，脾胃不好的人要少吃生{sheng1-4-2}冷的东西。 Traditional Chinese medicine holds that people with weak digestion should avoid raw and cold food.
动脉	dòngmài	artery	动脉把血液从心脏送到全身。 Arteries carry blood from the heart to the whole body.
脉搏	màibó	pulse	跑完以后，我的脉搏一分钟一百五十次。 After the run my pulse was 150 beats a minute.
五官	wǔguān	facial features	这个孩子五官长{zhang3}得很好看。 This child has lovely features.
腔	qiāng	cavity (of the body); accent, tone	他说话带着一股上海腔。 He speaks with a bit of a Shanghai accent.
秃	tū	bald; bare	我爸爸四十岁头就秃了。 My dad went bald at forty.
皱纹	zhòuwén	wrinkle	奶奶脸上的皱纹多了，可笑容|还是{==still, after all}那么慈祥。

Grandma has more wrinkles now, but her smile is as kind as ever.

pattern 有什么 + verb + 头: what's the point of ...?

有什么 | verb | 头(儿)

Verb + 头(儿) makes a noun: "something worth doing". 有什么看头儿? is a scoffing question, "what's there to see?", so it really means "it isn't worth it". It is the mirror of 没什么 + verb + 头儿, which you met on day 63. Common verbs: 看, 吃, 玩, 说, 跑.

这种电影有什么看头儿? **zhè zhǒng diànyǐng yǒu shénme kàntour** What's worth watching in a film like that?

天这么冷，公园有什么玩头? **tiān zhème lěng gōngyuán yǒu shénme wán tou** In this cold, what fun is there to be had in the park?

事情早就说清楚了，还有什么说头? **shìqing zǎo jiù shuō qīngchu le hái yǒu shénme shuō tou** It was all settled long ago: what's left to talk about?

dialogue a check-up from head to toe

dr li 安娜，听说你报名参加明年春天的城市马拉松了？
Ānnà tīngshuō nǐ bàomíng cānjiā míngnián chūntiān de chéngshì mǎlāsōng le · Anna, I hear you've signed up for the city marathon next spring?

anna 是啊，比赛四月举行，届时有三万人参加。公司要求我们尽早做个体检。
shì a bǐsài sì yuè jǔxíng jièshí yǒu sān wàn rén cānjiā gōngsī yāoqiú wǒmen jǐnzǎo zuò gè tǐjiǎn · Yes: it's in April, and thirty thousand people will be running. The company wants us to have a check-up as early as possible.

little sister 顶着风沙跑四十二公里，累得浑身是汗，膝盖还疼，有什么跑头？
dǐng zhe fēngshā pǎo sìshíèr gōnglǐ lèi de húnshēn shì hàn xīgài hái téng yǒu shénme pǎo tou · Running 42 kilometres into the blowing sand, sweating all over, with sore knees: what's the point?

anna 一则锻炼身体，二则认识新朋友，三则跑到终点的那一刻，特别有成就感！
yì zé duànliàn shēntǐ èr zé rènshi xīn péngyou sān zé pǎo dào zhōngdiǎn de nà yí kè tèbié yǒu chéngjiù gǎn · For one thing it keeps me fit, for another I meet new people, and thirdly, the moment you cross the finish line feels amazing!

dr li 好，先量一下脉搏……每分钟五十八次，很好。把手掌伸出来，再看看你的指甲。
hǎo xiān liáng yíxià màibó měi fēnzhōng wǔshíbā cì hěn hǎo bǎ shǒuzhǎng shēn chulai zài kàn kan nǐ de zhǐjia · Right, first your pulse… fifty-eight a minute, very good. Hold out your hands, and let me see your nails.

dr li 张开嘴，我看看喉咙。咽喉有点儿红，嘴唇也有点儿干。最近温差大，感冒了吗？
zhāng kāi zuǐ wǒ kàn kan hóulóng yānhóu yǒudiǎnr hóng zuǐchún yě yǒudiǎnr gān zuìjìn wēnchā dà gǎnmào le ma · Open your mouth and let me see your throat. It's a little red, and your lips are a bit dry. The temperature swings a lot these days: have you had a cold?

anna 前几天身子不太舒服，现在好了。
qián jǐ tiān shēnzi bú tài shūfu xiànzài hǎo le · I was a bit under the weather a few days ago, but I'm fine now.

dr li 再弯一下膝盖。你的骨骼和关节都没问题，就是腿上的筋有点儿紧。跑前一定要活动活动四肢，转转手腕。
zài wān yíxià xīgài nǐ de gǔgé hé guānjié dōu méi wèntí jiùshì tuǐ shàng de jīn yǒudiǎnr jǐn pǎo qián yídìng yào huódòng huódòng sìzhī zhuàn zhuan shǒuwàn · Now bend your knee. Your bones and joints are fine; just the tendons in your legs are a bit tight. Always loosen up your arms and legs and circle your wrists before you run.

dr li 检查结果也出来了：肝、肾、脾，所有的内脏器官都很健康，动脉也没问题。
jiǎnchá jiéguǒ yě chūlái le gān shèn pí suǒyǒu de nèizàng qìguān dōu hěn jiànkāng dòngmài yě méi wèntí · Your test results are back too: liver, kidneys, spleen, all your internal organs are healthy, and your arteries are fine.

anna 太好了！那跑步的时候要注意什么？
tài hǎo le nà pǎobù de shíhou yào zhùyì shénme · Great! So what should I watch out for when I run?

dr li 挺起胸膛，挺直脊梁，手脚要协调，手掌放松，大拇指轻轻放在手指上。坐久了别马上跑，先活动一下腹部和臀部的肌肉。
tǐng qǐ xiōngtáng tǐng zhí jǐliáng shǒujiǎo yào xiétiáo shǒuzhǎng fàngsōng dà mǔzhǐ qīng qīng fàng zài shǒuzhǐ shàng zuò jiǔ le bié mǎshàng pǎo xiān huódòng yíxià fù bù hé tún bù de jīròu · Chest up, back straight, arms and legs in rhythm, hands relaxed, thumb resting lightly on your fingers. If you've been sitting a long time, don't start running straight away: loosen up your stomach and glutes first.

little sister 爸爸，你向来说跑步最伤膝盖，怎么现在又让安娜去跑？
bàba nǐ xiànglái shuō pǎobù zuì shāng xīgài zěnme xiànzài yòu ràng Ānnà qù pǎo · Dad, you've always said running ruins your knees. Why are you telling Anna to do it now?

dr li 我是说过，可我现在也天天跑。你看我，头快秃了，脸上的皱纹也多了，可脸色红润，身体比十年前还好。
wǒ shì shuō guo kě wǒ xiànzài yě tiān tiān pǎo nǐ kàn wǒ tóu kuài tū le liǎn shàng de zhòuwén yě duō le kě liǎnsè hóngrùn shēntǐ bǐ shí nián qián hái hǎo · I did say that, but now I run every day myself. Look at me: I'm nearly bald and I've got more wrinkles, but I've got a healthy colour and I'm fitter than I was ten years ago.

little sister 那我跟你们一起跑几公里吧。不过先说好，屁股坐疼了我就不跑了！
nà wǒ gēn nǐmen yìqǐ pǎo jǐ gōnglǐ ba búguò xiān shuō hǎo pìgu zuò téng le wǒ jiù bù pǎo le · All right, I'll run a

few kilometres with you. But I'm warning you: once my backside gets sore from sitting, I'm done!

anna 跑步又不是坐着！你看你，脸颊红红的，肌肤很有光泽，五官又漂亮，跑完步一定更有精神。

pǎobù yòu bú shì zuò zhe nǐ kàn nǐ liǎnjiá hóng hóng de jīfū hěn yǒu guāngzé wǔguān yòu piàoliang pǎo wán bù yídìng gèng yǒu jīngshen · Running isn't sitting! Look at you: rosy cheeks, glowing skin, pretty features: you'll look even livelier after a run.

dr li 跑的时候用鼻子和嘴一起呼吸，让冷空气慢慢进入气管和胸腔。累了就停，别用疲惫的身躯硬撑。

pǎo de shíhou yòng bízi hé zuǐ yìqǐ hūxī ràng lěng kōngqì màn màn jìnrù qìguǎn hé xiōng qiāng lèi le jiù tíng bié yòng píbèi de shēnqū yìng chēng · When you run, breathe through your nose and mouth together, so the cold air goes into your windpipe and chest slowly. If you're tired, stop: don't force a worn-out body to keep going.

anna 明白！跑步也是一种肢体语言，告诉自己：我能行！

míngbai pǎobù yě shì yì zhǒng zhītǐ yǔyán gàosu zìjǐ wǒ néng xíng · Got it! Running is body language too: it tells yourself, "I can do this!"

write it trace the grey, then write your own

黏 nián sticky

渣 zhā dregs, residue; crumbs

锈 xiù rust; to rust

皱 zhòu wrinkle, crease; to frown

good to know · Spoken words and written words for the body often come in pairs: 身子 / 身躯, 屁股 / 臀部, 肚子 / 腹部, 皮肤 / 肌肤. Use the first in conversation and the second in medical or literary writing. Verb + 头(儿) "something worth doing" mostly appears in 有什么……头 and 没什么……头. In writing the 儿 is often dropped: 没什么吃头.

From thumb to artery, you can now follow a doctor's check-up in Chinese, and tease a friend: 有什么跑头?
Do this day interactively, with audio and games, free at **wishyou.today/learning**

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day 66 looks and fitness

Chinese HSK 7–9 in 193 days
unit 9 · health and medicine

Talk about looks, figure and fitness, the Chinese art of 养生, and say what you would rather do with 宁可 / 宁愿……，也不……

Looks and health come up in every family conversation in China, and 宁可……也不…… is the natural way to state a firm preference.

words

word	pinyin	meaning	example
相貌	xiàngmào	looks, appearance (of a face)	不能只看一个人的相貌。 You can't judge a person by their looks alone.
长相	zhǎngxiàng	looks (spoken)	兄弟俩的长相差不多，性格却完全不同。 The two brothers look much the same but have completely different personalities.
容貌	róngmào	looks, features (written)	几十年过去了，她的容貌没怎么变。 Decades have passed, and her looks have hardly changed.
容颜	róngyán	face, youthful looks (literary)	时间会改变容颜，却改变不了真心。 Time changes our faces but not a true heart.
面孔	miànkǒng	face (as seen by others)	公司里来了好几张新面孔。 There are quite a few new faces at the company.
外貌	wàimào	outward appearance	她觉得外貌没有健康重要。 She thinks looks matter less than health.
体态	tǐtài	figure, posture	常跳舞的人体态都很好。 People who dance a lot have good posture.
苗条	miáotiao	slim, slender	为了苗条，她晚饭只吃一点儿水果。 To stay slim, she only eats a little fruit for supper.
修长	xiūcháng	long and slender	她的手指修长，很适合弹钢琴。 She has long slender fingers, perfect for the piano.
性感	xìnggǎn	sexy	广告里的模特儿穿得很性感。 The models in the ad are dressed very sexily.
美容	měiróng	to beautify, do beauty treatments	她每个月都去做一次美容。 She has a beauty treatment once a month.
气色	qìsè	complexion, how well you look	你最近气色不错，是不是休息好了？ You're looking well lately: have you been getting some rest?
憔悴	qiáocuì	haggard, worn out	连着加了一个月班，他看起来很憔悴。 After a month of overtime he looks haggard.
健壮	jiànzhuàng	strong and healthy	大白是一条健壮的大狗。 Dabai is a big, strong dog.
硬朗	yìnglang	hale and hearty (of old people)	爷爷九十岁了，身体还很硬朗。 Grandpa is ninety and still hale and hearty.
壮	zhuàng	strong; to strengthen	他长{zhang3}得又高又壮。 He's grown tall and strong.

体质	tǐzhì	constitution, physique	她体质弱，一到冬天就感冒。 She has a weak constitution and catches a cold every winter.
体魄	tǐpò	physique, vigour	运动能让人有一个健康的体魄。 Exercise gives you a strong, healthy body.
先天	xiāntiān	inborn, congenital	他的心脏病是先天的。 His heart condition is congenital.
生理	shēnglǐ	physiology; physical	压力太大|会影响人的生理和心理。 Too much stress affects people both physically and mentally.
养生	yǎngshēng	to look after your health	现在很多年轻人也开始注重养生了。 These days many young people care about staying healthy too.
保养	bǎoyǎng	to take care of (health, skin, a car)	她保养得很好，看起来很年轻。 She has looked after herself well and looks young.
疗养	liáoyǎng	to convalesce (in a sanatorium)	病好以后，他去海边疗养了一个月。 After he got better, he spent a month by the sea recuperating.
休养	xiūyǎng	to rest and recover	医生让他在家休养两个星期。 The doctor told him to rest at home for two weeks.
桑拿	sāngná	sauna	运动完洗个桑拿，浑身都舒服。 A sauna after exercise makes you feel good all over.
辫子	biànzi	plait, braid	妹妹小时候总是梳着两条辫子。 As a little girl, his sister always wore two plaits.
嗅觉	xiùjué	sense of smell	狗的嗅觉比人灵敏得多。 Dogs have a far keener sense of smell than people.
触觉	chùjué	sense of touch	皮肤是我们的触觉器官。 The skin is our organ of touch.
知觉	zhījué	consciousness, feeling	我的手冻得失去了知觉。 My hands were so cold they'd gone numb.
分泌	fēnmì	to secrete	人紧张的时候会分泌更多的激素。 When we are nervous, we secrete more hormones.
激素	jīsù	hormone	运动可以让身体分泌让人快乐的激素。 Exercise makes the body release hormones that make you happy.
唾液	tuòyè	saliva (medical)	唾液可以帮助消化。 Saliva helps digestion.
口水	kǒushuǐ	saliva, drool	一看到红烧肉，他就流口水了。 One look at the braised pork and his mouth was watering.
鼻涕	bítì	nasal mucus, runny nose	我感冒了，一直流鼻涕。 I've got a cold and my nose won't stop running.
痰	tán	phlegm	咳嗽有痰的话，要多喝热水。 If you have a chesty cough, drink plenty of warm water.

pattern 宁可 / 宁愿……，也不……: would rather … than …

宁可 / 宁愿 | A (the price you accept) | 也不 | B (what you refuse)

宁可 and 宁愿 introduce the choice you accept, even though it costs you something; 也不 introduces what you refuse to do. 宁愿 sounds a little more personal ("I'd willingly…"), 宁可 a little more resolute. Use it for real preferences and principles.

我宁可走路去，也不想挤公共汽车。 **wǒ nìngkě zǒulù qù yě bù xiǎng jǐ gōnggòng qìchē** I'd rather walk than squeeze onto the bus.

她宁愿每天早起一个小时，也不放弃跑步。 **tā nìngyuàn měi tiān zǎo qǐ yí gè xiǎoshí yě bú fàngqì pǎobù** She would rather get up an hour earlier every day than give up running.

我宁可胖一点儿，也不饿着肚子减肥。 **wǒ nìngkě pàng yìdiǎnr yě bú è zhe dùzi jiǎnféi** I'd rather be a bit chubby than starve myself to lose weight.

dialogue the 养生 expert

ms zhang 安娜，快进来！你最近气色真好，脸红扑扑的。
Ānnà kuài jinlai nǐ zuìjìn qìsè zhēn hǎo liǎn hóngpūpū de · Anna, come on in! You're looking so well lately: such rosy cheeks.

anna 因为天天跑步！阿姨，您看起来比去年还年轻，保养得真好。
yīnwèi tiān tiān pǎobù āyí nín kàn qǐlai bǐ qùnián hái niánqīng bǎoyǎng de zhēn hǎo · That's from running every day! And you look even younger than last year: you really take care of yourself.

ms zhang 我五十多了，容颜早就不比当年了。不过养生我是认真的。我每天六点起床，先喝一杯热水；然后去公园活动活动四肢，走一个小时；中午睡半个小时；晚饭后出去散步；最后，十点以前一定睡觉。
wǒ wǔshí duō le róngyán zǎo jiù bù bǐ dāngnián le búguò yǎngshēng wǒ shì rènzhēn de wǒ měi tiān liù diǎn qǐchuáng xiān hē yì bēi rè shuǐ ránhòu qù gōngyuán huódòng huódòng sìzhī zǒu yí gè xiǎoshí zhōngwǔ shuì bàn gè xiǎoshí wǎnfàn hòu chūqù sànbù zuìhòu shí diǎn yǐqián yídìng shuìjiào · I'm over fifty: my looks aren't what they were. But I take my health seriously. Every day I get up at six and drink a glass of hot water; then I loosen up my arms and legs and walk in the park for an hour; at noon I nap for half an hour; after supper I go for a stroll; and last of all, I'm always in bed before ten.

little sister 妈妈，这是老年人的生活！我宁可每天少睡两个小时，也不想十点就睡觉。
māma zhè shì lǎonián rén de shēnghuó wǒ nìngkě měi tiān shǎo shuì liǎng gè xiǎoshí yě bù xiǎng shí diǎn jiù shuìjiào · Mum, that's a pensioner's life! I'd rather sleep two hours less a day than go to bed at ten.

ms zhang 你呀，天天说要苗条，饭也不好好吃，脸色苍白，人都憔悴了。
nǐ yā tiān tiān shuō yào miáotiao fàn yě bù hǎohǎo chī liǎnsè cāngbái rén dōu qiáocuì le · Oh, you: always going on about being slim, not eating properly, and now you're pale and look worn out.

little sister 现在的女孩子都想要修长的腿、苗条的身材。网上那些模特儿多性感啊！
xiànzài de nǚ háizi dōu xiǎng yào xiūcháng de tuǐ miáotiao de shēncái wǎngshang nàxiē mótèr duō xìnggǎn a · All girls want long legs and a slim figure these days. The models online are so sexy!

anna 我觉得外貌没那么重要。健康的体魄比漂亮的面孔重要多了。
wǒ juéde wàimào méi nàme zhòngyào jiànkāng de tǐpò bǐ piàoliang de miànkǒng zhòngyào duō le · I don't think looks matter that much. A healthy body is far more important than a pretty face.

ms zhang 安娜说得对。相貌是父母给的，没法选，可体质是可以慢慢变好的。
Ānnà shuō de duì xiàngmào shì fùmǔ gěi de méifǎ xuǎn kě tǐzhì shì kěyǐ màn màn biàn hǎo de · Anna's right. Your looks come from your parents and you can't choose them, but your constitution can improve over time.

little sister 好吧好吧。那我周末或去游泳，或去健身房，洗完桑拿再去做个美容。
hǎo ba hǎo ba nà wǒ zhōumò huò qù yóuyǒng huò qù jiànshēnfáng xǐ wán sāngná zài qù zuò gè měiróng · All right, all right. Then at weekends I'll either go swimming or go to the gym, and after the sauna I'll get a beauty treatment.

anna 我宁愿在公园里跑步，也不去健身房，那里人太多了。
wǒ nìngyuàn zài gōngyuán lǐ pǎobù yě bú qù jiànshēnfáng nàlǐ rén tài duō le · I'd rather run in the park than go to the gym: it's too crowded.

dr li 你们在说什么呢？有的人先天体质弱，但是坚持锻炼，也能变得很健壮。
nǐmen zài shuō shénme ne yǒude rén xiāntiān tǐzhì ruò dànshì jiānchí duànliàn yě néng biàn de hěn jiànzhuàng · What are you all talking about? Some people are born with a weak constitution, but if they keep exercising they can become strong and healthy.

ms zhang 你看你爸爸，六十了，头快秃了，身体还这么硬朗，壮得像个小伙子。
nǐ kàn nǐ bàba liùshí le tóu kuài tū le shēntǐ hái zhème yìnglang zhuàng de xiàng gè xiǎohuǒzi · Look at your dad: sixty, nearly bald, still so fit, and as strong as a young man.

dr li 这是有生理原因的：运动的时候，身体会分泌一种让人快乐的激素。还有，吃饭要慢慢嚼，唾液可以帮助消化。
zhè shì yǒu shēnglǐ yuányīn de yùndòng de shíhou shēntǐ huì fēnmì yì zhǒng ràng rén kuàilè de jīsù hái yǒu chī fàn yào màn màn jiáo tuòyè kěyǐ bāngzhù xiāohuà · There's a physiological reason for that: when you exercise, your body releases a hormone that makes you happy. And chew your food slowly: saliva helps digestion.

anna 大白怎么一直流口水?

Dàbái zěnme yìzhí liú kǒushuǐ · Why is Dabai drooling like that?

dr li 它闻到厨房里的肉味了。狗的嗅觉比人灵敏多了。

tā wén dào chúfáng lǐ de ròu wèi le gǒu de xiùjué bǐ rén língmǐn duō le · He can smell the meat in the kitchen. A dog's sense of smell is far keener than ours.

little sister 我感冒以后，一点儿嗅觉都没有了，鼻涕和痰也特别多，喉咙也疼。昨天顶着呼啸的北风骑车回学校，手冻得失去了知觉，连触觉都没了。

wǒ gǎnmào yǐhòu yìdiǎnr xiùjué dōu méiyǒu le bítì hé tán yě tèbié duō hóulóng yě téng zuótiān dǐng zhe hūxiào de běi fēng qí chē huí xuéxiào shǒu dòng de shīqù le zhījué lián chùjué dōu méi le · Since I caught a cold I can't smell a thing, I'm full of snot and phlegm, and my throat hurts. And riding back to college into the howling north wind yesterday, my hands got so cold they went numb: I couldn't feel a thing.

dr li 那就在家休养两天，多喝水，出门戴手套。

nà jiù zài jiā xiūyǎng liǎng tiān duō hē shuǐ chūmén dài shǒutào · Then rest at home for a couple of days, drink lots of water and wear gloves when you go out.

ms zhang 你奶奶年轻的时候，梳着两条长辫子，体态好，容貌也美。现在九十了，脸上全是皱纹，前年还去南方温暖湿润的海边疗养了一个月呢。

nǐ nǎinai niánqīng de shíhou shū zhe liǎng tiáo cháng biànzi tǐtài hǎo róngmào yě měi xiànzài jiǔshí le liǎn shàng quán shì zhòuwén qiánnián hái qù nánfāng wēnnuǎn shīrùn de hǎi biān liáoyǎng le yí gè yuè ne · When your grandma was young she wore two long plaits, she held herself beautifully and she was lovely to look at. Now she's ninety and her face is all wrinkles, and the year before last she still went to a warm, humid seaside place in the south to convalesce for a month.

little sister 难怪大家都说我的长相像奶奶!

nánguài dàjiā dōu shuō wǒ de zhǎngxiàng xiàng nǎinai · No wonder everyone says I look like Grandma!

write it trace the grey, then write your own

孔
kǒng
hole, opening (small); pore

稠
chóu
thick (liquid); dense

曰
yuē
to say (classical)

炮
pào
cannon, artillery

good to know · 你气色真好 (you look well) is a warm compliment; 你瘦了 (you've lost weight) is usually meant kindly too, while 你胖了 can still be said by older relatives as plain observation. To tell a story or a routine in time order, chain 先……，然后……，再……，最后……; in writing, 起初……，后来……，最终…… 宁可 and 宁愿 can swap in almost every sentence. With 与其 (tomorrow's pattern) the order flips: 与其 + what you reject, 宁可 + what you choose.

You can now compliment a friend's 气色, compare looks and health, and stand your ground: 我宁可跑步，也不节食!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 67 feeling ill

Describe how you feel when you are ill, from sneezing and numbness to fainting and choking, and weigh two options with 与其……，宁可 / 宁愿……

When you or a colleague falls ill in China you need these words for the doctor, the boss and the pharmacy, and 与其……宁可…… is how people talk you into the sensible choice.

words

word	pinyin	meaning	example
打喷嚏	dǎpēntì	to sneeze	我一闻到花香就打喷嚏。 I sneeze as soon as I smell flowers.
发热	fārè	to have a temperature	孩子有点儿发热，今天别去学校了。 The child has a slight temperature: no school today.
乏力	fálì	weak, lacking strength	我这几天总是浑身乏力。 I've felt weak all over these last few days.
虚弱	xūruò	weak, frail	她刚生完病，身体还很虚弱。 She has just been ill and is still very weak.
衰弱	shuāiruò	feeble, failing	老人的听力慢慢衰弱了。 The old man's hearing has slowly failed.
昏	hūn	to faint; dizzy, dim	天太热了，有个游客昏了过去。 It was so hot that a tourist fainted.
昏迷	hūnmí	to be unconscious, in a coma	他出了车祸，昏迷了两天。 He was in a car accident and was unconscious for two days.
苏醒	sūxǐng	to come round, regain consciousness	经过抢救，病人终于苏醒了。 After emergency treatment, the patient finally came round.
休克	xiūkè	shock (medical); to go into shock	病人突然休克，医生马上进行抢救。 The patient suddenly went into shock and the doctors began emergency treatment.
喘	chuǎn	to pant, gasp	爬了十层楼，我累得直喘。 After climbing ten floors I was out of breath.
喘息	chuǎnxī	to gasp; a breather	忙了一个月，终于有了喘息的机会。 After a month of rush, at last there's a chance to catch my breath.
呻吟	shēnyín	to moan, groan	他疼得一直呻吟。 He was in so much pain he kept groaning.
呕吐	ǒutù	to vomit	她晕车，一路上呕吐了好几次。 She got carsick and threw up several times on the way.
腹泻	fùxiè	diarrhoea; to have diarrhoea	他吃了不干净的东西，腹泻了一天。 He ate something bad and had diarrhoea all day.
呛	qiāng	to choke (on food or water)	喝慢一点儿，别呛{qiang1-7b}着。 Drink slowly, or you'll choke.

呛	qiàng	to irritate (throat, nose: of smoke)	厨房里的辣椒味呛{qiang4}得我直咳嗽。 The chilli fumes in the kitchen made me cough and cough.
窒息	zhìxī	to suffocate	房间里人太多，空气不流通，让人感到窒息。 The room was so crowded and the air so still that it felt suffocating.
溺水	nìshuǐ	to drown	夏天游泳要小心，每年都有孩子溺水。 Be careful swimming in summer: children drown every year.
疙瘩	gēda	lump, bump; knot (of worry)	被蚊子咬了以后，腿上起了好几个疙瘩。 After the mosquito bites, my leg came up in bumps.
胀	zhàng	swollen, bloated	吃得太多了，肚子胀得难受。 I ate too much and my stomach feels horribly bloated.
麻	má	numb, tingling	坐得太久，腿都麻{ma2-7}了。 I sat so long that my legs have gone numb.
麻木	mámù	numb; apathetic	我的手冻得麻木了。 My hands are numb with cold.
麻痹	mábì	paralysed; to lull, numb	比分领先的时候，千万不能麻痹大意。 When you're ahead, you mustn't drop your guard.
瘫	tān	paralysed; to collapse	跑完全程，我累得瘫在地{di4-3}上。 After finishing the race I collapsed on the ground, exhausted.
瘫痪	tānhuàn	to be paralysed; paralysis	大雪让城市的交通几乎瘫痪了。 The heavy snow almost paralysed the city's traffic.
聋	lóng	deaf	爷爷耳朵有点儿聋，你说话大声一点儿。 Grandpa is a bit deaf: speak up.
哑	yǎ	mute; hoarse	唱了一晚上歌，嗓子都哑了。 I sang all night and lost my voice.
瘸	qué	to limp, be lame	他走路有点儿瘸，是不是脚受伤了？ He's walking with a slight limp: has he hurt his foot?
失明	shīmíng	to lose your sight, go blind	她小时候生了一场病，一只眼睛失明了。 She was ill as a child and lost the sight of one eye.
尿	niào	urine; to pee	医生让我去检查一下血和尿。 The doctor wants me to have a blood and urine test.
屎	shǐ	excrement, poo	带狗出去散步的时候，请把狗屎带走。 When you walk your dog, please take the dog poo with you.
上火	shànghuǒ	to have too much "inner heat"; to get angry	最近吃了太多辣的，有点儿上火。 I've eaten too much spicy food lately and it's given me "inner heat".
发作	fāzuò	to flare up, have an attack	他的心脏病又发作了。 His heart trouble has flared up again.
急性	jíxìng	acute (illness)	她得{de2}了急性胃病，在医院住了三天。 She had an acute stomach illness and spent three days in hospital.

慢性	mànxìng	chronic (illness)	慢性病要长期治疗。 Chronic illnesses need long-term treatment.

pattern 与其……，宁可 / 宁愿……: rather than …, better …

与其 | A (what you reject) | 宁可 / 宁愿 | B (what you choose)

与其 introduces the option you turn down, and 宁可 or 宁愿 the one you prefer, even if it costs something. Compare yesterday's 宁可 B，也不 A: same idea, opposite order. 与其……不如…… (you know it from HSK 5) is the cooler, more neutral version.

与其在家躺着难受，我宁可去医院看看。 yǔqí zài jiā tǎng zhe nánshòu wǒ nìngkě qù yīyuàn kàn kan
Rather than lie at home feeling awful, I'd sooner go and get checked at the hospital.

与其花钱买补药，宁愿早睡早起多锻炼。 yǔqí huā qián mǎi bǔ yào nìngyuàn zǎo shuì zǎo qǐ duō duànliàn Better to go to bed early, get up early and exercise than spend money on tonics.

与其把感冒传染给大家，你宁可在家休息两天。 yǔqí bǎ gǎnmào chuánrǎn gěi dàjiā nǐ nìngkě zài jiā xiūxi liǎng tiān Rather than give everyone your cold, you'd better rest at home for two days.

dialogue sent home

manager liu 安娜，你一上午不停地打喷嚏，脸也红红的，是不是发热了？

Ānnà nǐ yí shàngwǔ bù tíng de dǎ pēntì liǎn yě hóng hóng de shì bu shì fārè le · Anna, you've been sneezing all morning and your face is all red: have you got a temperature?

anna 有一点儿。浑身乏力，头有点儿昏，嗓子也哑了。刚才爬了两层楼就喘得不行。

yǒuyìdiǎnr húnshēn fálì tóu yǒudiǎnr hūn sǎngzi yě yǎ le gāngcái pá le liǎng céng lóu jiù chuǎn de bùxíng · A little. I feel weak all over, my head's a bit woozy and I've lost my voice. Just now I climbed two flights of stairs and was completely out of breath.

manager liu 说真的，你脸色憔悴，看起来很虚弱。与其在这儿硬撑着，我宁愿你回家好好休息两天。下午的会我替你开。

shuō zhēn de nǐ liǎnsè qiáocuì kàn qǐlai hěn xūruò yǔqí zài zhèr yìng chēng zhe wǒ nìngyuàn nǐ huí jiā hǎohǎo xiūxi liǎng tiān xiàwǔ de huì wǒ tì nǐ kāi · Honestly, you look worn out and really weak. Rather than have you struggling on here, I'd prefer you went home and rested properly for two days. I'll take your meeting this afternoon.

anna 谢谢刘经理！昨天跑步淋了雨，又吃了一大盘麻辣火锅，李医生说我是着凉加上上火。他让我一次吃两丸中药。

xièxie Liújīnglǐ zuótiān pǎobù lín le yǔ yòu chī le yí dà pán málà huǒguō Lǐyīshēng shuō wǒ shì zháoliáng jiāshàng shànghuǒ tā ràng wǒ yí cì chī liǎng wán zhōngyào · Thank you, Ms Liu! I got caught in the rain while running yesterday, and then I ate a huge spicy hot pot. Dr Li says I caught a chill and have too much "inner heat" on top. He told me to take two herbal pills at a time.

manager liu 最近公司好几个人呕吐、腹泻，也许跟食堂有关系。你嘴唇都干了，回家多喝水，别再吃辣的了。

zuìjìn gōngsī hǎo jǐ gè rén ǒutù fùxiè yěxǔ gēn shítáng yǒu guānxì nǐ zuǐchún dōu gān le huí jiā duō hē shuǐ bié zài chī là de le · Lately several people at the company have had vomiting and diarrhoea: maybe it's something to do with the canteen. Your lips are all dry: drink plenty of water at home, and no more spicy food.

anna 我现在一闻到辣椒味就被呛得直咳嗽，想吃也吃不下了。喂，林编辑？

wǒ xiànzài yì wén dào làjiāo wèi jiù bèi qiàng de zhí késou xiǎng chī yě chī bu xià le wèi Línbiānjí · The smell of chilli catches my throat now and I can't stop coughing: I couldn't eat it if I wanted to. Hello, Editor Lin?

editor lin 安娜，听说你病了？我正在写一则新闻，讲急救知识。上个月，全市打急救电话的超过了两万人次。

Ānnà tīngshuō nǐ bìng le wǒ zhèngzài xiě yì zé xīnwén jiǎng jíjiù zhīshi shàng gè yuè quán shì dǎ jíjiù diànhuà de chāoguò le liǎng wàn réncì · Anna, I hear you're ill? I'm writing a news story about first aid. Last month people across the city rang the emergency number more than twenty thousand times.

anna 这么多！都是什么病？

zhème duō dōu shì shénme bìng · That many! What sort of illnesses?

editor lin 有急性的，也有慢性病突然发作的。有人心脏病发作，休克昏迷；有老人吃饭呛着了，差点儿窒息；夏天还有孩子溺水。

yǒu jíxìng de yě yǒu mànxìng bìng tūrán fāzuò de yǒu rén xīnzàng bìng fāzuò xiūkè hūnmí yǒu lǎorén chī fàn qiāng zhe le chàdiǎnr zhìxī xiàtiān hái yǒu háizi nìshuǐ · Acute ones, and chronic ones that suddenly flare up. Some people have heart attacks and go into shock or lose consciousness; old people choke on food and nearly suffocate; in summer there are children who drown.

editor lin 医生说，如果有人昏倒了，与其慌慌张张地乱动他，宁可先打急救电话，按医生说的做。等他苏醒了，再慢慢扶他起来。

yīshēng shuō rúguǒ yǒu rén hūn dǎo le yǔqí huānghuāngzhāngzhāng de luàn dòng tā nìngkě xiān dǎ jíjiù diànhuà àn yīshēng shuō de zuò děng tā sūxǐng le zài màn màn fú tā qǐlái · The doctor says that if someone collapses, rather than move them about in a panic, you should call an ambulance first and do as the doctor says. Once they come round, help them up slowly.

anna 我记住了。很多人觉得自己年轻，就麻痹大意了。

wǒ jì zhù le hěn duō rén juéde zìjǐ niánqīng jiù mábì dàyi le · I'll remember that. Lots of people think they're young, so they let their guard down.

editor lin 还有一个让人感动的故事：一位老人病了以后，身体一天比一天衰弱，半边身子瘫痪了，手脚麻木，疼得整夜呻吟。可他坚持锻炼，体质慢慢变好了，现在虽然走路还有点儿瘸，但能自己去公园了。

hái yǒu yí gè ràng rén gǎndòng de gùshi yí wèi lǎorén bìng le yǐhòu shēntǐ yì tiān bǐ yì tiān shuāiruò bàn biān shēnzi tānhuàn le shǒujiǎo mámù téng de zhěng yè shēnyín kě tā jiānchí duànliàn tǐzhì màn màn biàn hǎo le xiànzài suīrán zǒulù hái yǒudiǎnr qué dàn néng zìjǐ qù gōngyuán le · There's a moving story too: after an illness, an old man grew weaker by the day and was paralysed down one side, his arms and legs numb, groaning with pain all night. But he kept up his exercises and his constitution slowly improved, and now, though he still limps a little, he can walk to the park by himself.

editor lin 我还采访了一所特殊学校。那里的孩子有的耳朵聋，有的眼睛失明，可是都特别乐观。

wǒ hái cǎifǎng le yì suǒ tèshū xuéxiào nàlǐ de háizi yǒude ěrduo lóng yǒude yǎnjing shīmíng kěshì dōu tèbié lèguān · I also interviewed a special school. Some of the children there are deaf and some are blind, but they're all wonderfully cheerful.

anna 真了不起。跟他们比，我这点小感冒算什么？就是肚子有点儿胀，身上冷得起了一层鸡皮疙瘩。

zhēn liǎobuqǐ gēn tāmen bǐ wǒ zhè diǎn xiǎo gǎnmào suàn shénme jiùshì dùzi yǒudiǎnr zhàng shēn shàng lěng de qǐ le yì céng jī pí gēda · How amazing. Next to them, what's my little cold? My stomach just feels a bit bloated, and I'm so cold I've got goosebumps.

editor lin 医生说，发热的时候要多喝水，多排尿。你快回家好好休养吧，别坐太久，腿都坐麻了。

yīshēng shuō fārè de shíhou yào duō hē shuǐ duō pái niào nǐ kuài huí jiā hǎohǎo xiūyǎng ba bié zuò tài jiǔ tuǐ dōu zuò má le · The doctor says that with a fever you should drink a lot and keep peeing. Go home and rest properly now, and don't sit too long, or your legs will go numb.

anna 好，我现在只想瘫在床上好好睡一会儿。这个项目做完，大家都能喘息一下了。

hǎo wǒ xiànzài zhǐ xiǎng tān zài chuáng shàng hǎohǎo shuì yíhuìr zhège xiàngmù zuò wán dàjiā dōu néng chuǎnxī yíxià le · OK. Right now I just want to collapse into bed and sleep. Once this project is done, we can all catch our breath.

write it trace the grey, then write your own

昏
hūn
to faint; dizzy, dim

恒
héng
constant

晃
huàng
to sway, shake; to wander about

枚
méi
(measure word for coins, stamps, medals)

good to know · 上火 “inner heat” is a traditional idea, not a Western diagnosis, but everyone uses it: spicy food, fried food and late nights cause it; herbal tea (凉茶) and pears are said to cool it. 呛 has two readings: qiāng when food or water goes down the wrong way (喝水呛着了), qiàng when smoke or chilli catches your throat (辣椒味呛人). Speak of disabilities with respect: 听障 (hearing-impaired) and 视障 (visually impaired) are the modern polite words; 聋 and 失明 are plain descriptions; avoid 哑巴 and 瞎子.

You can now tell a doctor exactly how you feel, and talk a stubborn colleague into going home: 与其硬撑，宁可休息!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 68 serious illness

Talk about serious illness, screening, vaccines and addiction, and say what a lucky break saved you from with 幸亏 / 幸好……，不然 / 否则……

Health news, check-up reports and family worries all use this vocabulary, and 幸亏……不然…… is how Chinese people tell a near-miss story.

words

word	pinyin	meaning	example
癌	ái	cancer	抽烟会增加得{de2}肺癌的风险。 Smoking increases the risk of lung cancer.
癌症	áizhèng	cancer (the illness)	很多癌症早发现是可以治好的。 Many cancers can be cured if they are found early.
肿瘤	zhǒngliú	tumour	检查发现他肺里有个小肿瘤，幸好不是恶性的。 The scan found a small tumour in his lung; luckily it isn't malignant.
恶性	èxìng	malignant; vicious	恶性肿瘤要尽早治疗。 A malignant tumour must be treated as soon as possible.
晚期	wǎnqī	late stage, final period	到了晚期，治疗就难多了。 At a late stage, treatment is much harder.
艾滋病	àizībìng	AIDS	12月1日是世界艾滋病日。 1 December is World AIDS Day.
糖尿病	tángniàobìng	diabetes	得{de2}了糖尿病，饮食要特别注意。 If you have diabetes, you must be very careful about what you eat.
高血压	gāoxuèyā	high blood pressure	我奶奶有高血压，每天都要吃药。 My grandma has high blood pressure and takes medicine every day.
瘟疫	wēnyì	plague, pestilence	历史上，瘟疫曾经让很多城市变得空荡荡的。 In history, plagues once left many cities empty.
防疫	fángyì	epidemic prevention	防疫人员在机场给旅客量体温。 Epidemic-control staff take travellers' temperatures at the airport.
疫苗	yìmiáo	vaccine	孩子出生以后要打好几种疫苗。 After birth, babies have several vaccinations.
隔离	gélí	to isolate, quarantine	他得{de2}了传染病，要隔离一个星期。 He has an infectious disease and must be isolated for a week.
筛查	shāichá	to screen (for a disease)	社区每年为老人免费筛查高血压和糖尿病。 Every year the community screens old people for high blood pressure and diabetes for free.
确诊	quèzhěn	to confirm a diagnosis	经过检查，他被确诊为{wei2}糖尿病。 After tests, he was diagnosed with diabetes.
并发症	bìngfāzhèng	complication (medical)	糖尿病最可怕的是并发症。 The worst thing about diabetes is the complications.

后遗症	hòuyízhèng	after-effects, lasting damage	那次车祸没给他留下什么后遗症。 That car accident left him with no lasting damage.
衰竭	shuāijié	failure (of an organ); exhaustion	病人因为心力衰竭住进了医院。 The patient was admitted to hospital with heart failure.
致命	zhìmìng	deadly, fatal	这种病如果不及时治疗，是会致命的。 If this illness isn't treated in time, it can be fatal.
性命	xìngmìng	(a person's) life	医生们救了他一条性命。 The doctors saved his life.
畸形	jīxíng	deformed; abnormal	孕妇吃错药可能会导致胎儿畸形。 The wrong medicine in pregnancy can cause birth defects.
痴呆	chīdāi	dementia; dull-witted	得{de2}了老年痴呆的人，常常连家里人都认不出来。 People with dementia often can't even recognise their own family.
精神病	jīngshénbìng	mental illness	精神病和身体上的病一样，都需要治疗。 Mental illness, like physical illness, needs treatment.
抑郁症	yìyùzhèng	depression (the illness)	抑郁症不是心情不好，而是一种病。 Depression isn't just a bad mood: it is an illness.
瘾	yǐn	addiction; craving	他打游戏打出瘾来了，一天不玩就难受。 He's got hooked on video games: he feels awful if he goes a day without.
上瘾	shàngyǐn	to get addicted, be hooked	这部电视剧太好看了，我已经上瘾了。 This TV series is so good I'm already hooked.
酗酒	xùjiǔ	to drink heavily	长期酗酒对肝的伤害很大。 Years of heavy drinking do great harm to the liver.
戒	jiè	to give up, quit (a habit)	为了孩子，他终于把烟戒了。 For his child's sake he finally gave up smoking.
阳性	yángxìng	positive (test result)	检查结果是阳性，他马上被隔离了。 His test was positive, and he was immediately isolated.
阴性	yīnxìng	negative (test result)	还好，结果是阴性。 Thank goodness, the result was negative.
蛀牙	zhùyá	tooth decay, a cavity	糖吃多了容易长{zhang3}蛀牙。 Eat too many sweets and you'll get cavities.

pattern 幸亏 / 幸好……，不然 / 否则……: luckily …, otherwise …

幸亏 / 幸好 | the lucky fact | 不然 / 否则 | what would have happened

幸亏 or 幸好 (luckily) introduces what really happened; 不然 or 否则 (otherwise) introduces the bad thing that would have happened without it. 不然 is spoken, 否则 a little more written. Add 就 in the second half: 不然就……, 否则就……

幸亏你提醒我，不然我就忘了吃药。 **xìngkuī nǐ tíxǐng wǒ bùrán wǒ jiù wàng le chī yào** Good thing you reminded me, or I'd have forgotten my medicine.

幸好打了疫苗，否则这次肯定也被传染了。 **xìnghǎo dǎ le yìmiáo fǒuzé zhè cì kěndìng yě bèi chuánrǎn le** Luckily I'd been vaccinated; otherwise I'd certainly have caught it this time.

幸亏送医院送得及时，不然他就有生命危险了。 **xìngkuī sòng yīyuàn sòng de jíshí bùrán tā jiù yǒu shēngmìng wēixiǎn le** Luckily he got to hospital in time, or his life would have been in danger.

dialogue screening day

xiaoming 安娜，你感冒好了？今天社区给老人免费筛查高血压和糖尿病，我陪奶奶来了。
Ānnà nǐ gǎnmào hǎo le jīntiān shèqū gěi lǎorén miǎnfèi shāichá gāoxuèyā hé tángniàobìng wǒ péi nǎinai lái le · Anna, over your cold? The community is screening older people for high blood pressure and diabetes for free today, so I've brought Grandma.

anna 早好了，就是还有点儿打喷嚏。这个中心真大，我都找不到路了。
zǎo hǎo le jiùshì hái yǒudiǎnr dǎ pēntì zhège zhōngxīn zhēn dà wǒ dōu zhǎo bu dào lù le · Long since: I just still sneeze a bit. This centre is huge: I can't find my way around.

xiaoming 我给你介绍一下：一进门，左边是登记处，右边是小药店；往里走，走廊尽头是抽血的地方；二楼是牙科；楼顶上还有一个小花园。
wǒ gěi nǐ jièshào yíxià yí jìn mén zuǒbian shì dēngjì chù yòubian shì xiǎo yàodiàn wǎng lǐ zǒu zǒuláng jìntóu shì chōu xiě de dìfang èr lóu shì yá kē lóu dǐng shàng hái yǒu yí gè xiǎo huāyuán · Let me show you: as you come in, registration is on the left and a little pharmacy on the right; further in, at the end of the corridor, is where they take blood; dentistry is on the first floor, and there's even a little garden on the roof.

anna 奶奶呢？
nǎinai ne · Where's Grandma?

xiaoming 在二楼看牙呢。她最近时而牙疼，时而不疼，医生说是蛀牙。
zài èr lóu kàn yá ne tā zuìjìn shíér yá téng shíér bù téng yīshēng shuō shì zhùyá · Upstairs at the dentist's. Lately her tooth hurts on and off: the dentist says it's a cavity.

dr li 小明，奶奶的检查结果出来了：血压有点儿高，不过不是糖尿病。
Xiǎomíng nǎinai de jiǎnchá jiéguǒ chūlái le xuèyā yǒudiǎnr gāo búguò bú shì tángniàobìng · Xiaoming, Grandma's results are in: her blood pressure is a bit high, but it isn't diabetes.

xiaoming 幸亏今天来筛查了，不然我们还不知道奶奶有高血压。
xìngkuī jīntiān lái shāichá le bùrán wǒmen hái bù zhīdào nǎinai yǒu gāoxuèyā · Good thing we came for the screening today, or we still wouldn't know she had high blood pressure.

dr li 高血压和糖尿病都是慢性病，最怕的是并发症，心、肾这些内脏器官都可能出问题，严重了还会衰竭。有的病好了，也会留下后遗症。
gāoxuèyā hé tángniàobìng dōu shì mànxìng bìng zuì pà de shì bìngfāzhèng xīn shèn zhèxiē nèizàng qìguān dōu kěnéng chū wèntí yánzhòng le hái huì shuāijié yǒude bìng hǎo le yě huì liúxia hòuyízhèng · High blood pressure and diabetes are both chronic; the real danger is the complications. The heart, kidneys and other internal organs can be affected, and in serious cases they can fail. Even when some illnesses are cured, they leave lasting damage.

anna 我有个同事，去年体检发现肺里有个肿瘤。幸好不是恶性的，否则就麻烦了。
wǒ yǒu gè tóngshì qùnián tǐjiǎn fāxiàn fèi lǐ yǒu gè zhǒngliú xìnghǎo bú shì èxìng de fǒuzé jiù máfan le · A colleague of mine had a check-up last year and they found a tumour in her lung. Luckily it wasn't malignant, or it would have been serious.

dr li 很多癌症，比如肺癌、胃癌，早发现是可以治好的，到了晚期就难多了。所以这几年医院频频组织筛查。
hěn duō áizhèng bǐrú fèi ái wèi ái zǎo fāxiàn shì kěyǐ zhì hǎo de dào le wǎnqī jiù nán duō le suǒyǐ zhè jǐ nián yīyuàn pínpín zǔzhī shāichá · Many cancers, lung or stomach cancer for example, can be cured if they're found early; at a late stage it's much harder. That's why hospitals have been organising screenings so often these past few years.

xiaoming 奶奶以前总说自己身体硬朗，从来不体检。
nǎinai yǐqián zǒng shuō zìjǐ shēntǐ yìnglang cónglái bù tǐjiǎn · Grandma always used to say she was fit as a fiddle, and she never had check-ups.

ms zhang 我小时候，还没有这么多疫苗。一场瘟疫，一个村子相继死了好多人。那时候很多病都是致命的。
wǒ xiǎoshíhou hái méiyǒu zhème duō yìmiáo yì chǎng wēnyì yí gè cūn zi xiāngjì sǐ le hǎoduō rén nà shíhou hěn duō bìng dōu shì zhìmìng de · When I was little there weren't so many vaccines. One epidemic, and people in a village would die one after another. Many illnesses were fatal back then.

dr li 我刚当医生那几年，参加过防疫工作，病人都要隔离。现在孩子一出生就要打好几种疫苗。艾滋病也一样，以前得了就没救了，现在可以长期控制。

wǒ gāng dāng yīshēng nà jǐ nián cānjiā guo fángyì gōngzuò bìngrén dōu yào gélí xiànzài háizi yì chūshēng jiù yào dǎ hǎo jǐ zhǒng yìmiáo àizībìng yě yíyàng yǐqián dé le jiù méi jiù le xiànzài kěyǐ chángqī kòngzhì · In my first years as a doctor I worked in epidemic control, and patients all had to be isolated. Now babies get several vaccines as soon as they're born. It's the same with AIDS: it used to be a death sentence, and now it can be controlled long-term.

xiaoming 我记得传染病流行的那年，我们公司好几个人检查结果是阳性。我一连做了三次检查，幸好都是阴性。

wǒ jìde chuánrǎnbìng liúxíng de nà nián wǒmen gōngsī hǎo jǐ gè rén jiǎnchá jiéguǒ shì yángxìng wǒ yìlián zuò le sān cì jiǎnchá xìnghǎo dōu shì yīnxìng · I remember the year the epidemic broke out: several people at our company tested positive. I had three tests in a row, and luckily they were all negative.

anna 那心理方面的病呢？我有个朋友最近确诊了抑郁症。

nà xīnlǐ fāngmiàn de bìng ne wǒ yǒu gè péngyou zuìjìn quèzhěn le yìyùzhèng · What about mental illness? A friend of mine was recently diagnosed with depression.

dr li 抑郁症是一种病，不是“想不开”。精神病患者也需要大家的理解。老年人还要注意痴呆，奶奶最近时时忘事。

yìyùzhèng shì yì zhǒng bìng bú shì xiǎng bù kāi jīngshénbìng huànzhě yě xūyào dàjiā de lǐjiě lǎonián rén hái yào zhùyì chīdāi nǎinai zuìjìn shíshí wàng shì · Depression is an illness, not "taking things too hard". People with mental illness need understanding too. With older people you also have to watch for dementia: Grandma has been forgetting things all the time lately.

ms zhang 对，她屡次把钥匙忘在门上，一个劲儿地说自己没忘。

duì tā lǚcì bǎ yàoshi wàng zài mén shàng yígèjìnr de shuō zìjǐ méi wàng · Yes, time and again she's left her keys in the door, and she keeps insisting she didn't forget.

dr li 还有上瘾的问题。我有个病人酗酒三十年，酒瘾很大，后来肝坏了，昏迷了三天，差点儿丢了性命。幸好他终于把酒戒了，不然人早就没了。

hái yǒu shàngyǐn de wèntí wǒ yǒu gè bìngrén xùjiǔ sānshí nián jiǔ yǐn hěn dà hòulái gān huài le hūnmí le sān tiān chàdiǎnr diū le xìngmìng xìnghǎo tā zhōngyú bǎ jiǔ jiè le bùrán rén zǎo jiù méi le · Then there's addiction. I had a patient who drank heavily for thirty years; he was badly hooked, his liver gave out, he was in a coma for three days and he nearly lost his life. Luckily he finally gave up drinking, or he'd be gone by now.

ms zhang 孕妇也要特别小心，吃错药可能导致胎儿畸形。

yùnfù yě yào tèbié xiǎoxīn chī cuò yào kěnéng dǎozhì tāiér jīxíng · Pregnant women must be especially careful too: the wrong medicine can cause birth defects.

anna 听了这么多，我觉得体检真的不能偷懒。

tīng le zhème duō wǒ juéde tǐjiǎn zhēn de bù néng tōulǎn · After hearing all that, I really think you can't skip your check-ups.

write it trace the grey, then write your own

幢
zhuàng
(measure word for buildings)

缕
lǚ
wisp, strand (of smoke, hair, light)

盏
zhǎn (measure word for lamps)

桩
zhuāng (measure word for events, matters); stake

good to know · To describe a place in space order, pick a path and stick to it: 一进门……，左边……，右边……，往里走……，楼上……. Chinese guides and essays do exactly this. In medicine, 阳性 positive is the worrying result and 阴性 negative is the good news, the same as in English. Chinese often avoids naming cancer directly in front of a patient; families may say 不好的病 or 那个病.

You can now follow a doctor on serious illness and screening, and tell a near-miss story the Chinese way: 幸亏……，不然……
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 69 at the hospital

Find your way through a Chinese hospital: records, tests, prescriptions, doses, drips and operations, and set a condition with 非得……才……

A hospital visit in China moves fast and has its own vocabulary; 非得……才…… is how doctors and families say what simply has to happen first.

words

word	pinyin	meaning	example
就医	jiùyī	to see a doctor, get treatment	身体不舒服要及时就医。 If you feel unwell, see a doctor promptly.
就诊	jiùzhěn	to see a doctor (at a clinic)	请带好身份证和病历|来医院就诊。 Please bring your ID card and medical record when you come to the hospital.
求医	qiúyī	to seek medical help	为了治好儿子的病，他们到处求医。 They went everywhere looking for doctors to cure their son.
诊所	zhěnsuǒ	clinic	我家楼下有一家小诊所，看个感冒很方便。 There's a little clinic downstairs from me: handy for a cold.
医务	yīwù	medical work	医务人员连夜救治伤员。 The medical staff treated the injured through the night.
临床	línchuáng	clinical (at the bedside)	李医生有三十年的临床经验。 Dr Li has thirty years of clinical experience.
会诊	huìzhěn	to hold a consultation (several doctors)	医院请了三位专家给奶奶会诊。 The hospital brought in three specialists to examine Grandma together.
病历	bìnglì	medical record, case history	医生看了看我的病历，又问了几个问题。 The doctor glanced at my medical record and asked a few more questions.
病症	bìngzhèng	illness, symptoms	这种病症在老年人中很常见。 This illness is very common among the elderly.
床位	chuángwèi	bed (in a hospital, a sleeper train)	医院床位很紧张，要等两天才能住院。 Hospital beds are in short supply: we have to wait two days to be admitted.
化验	huàyàn	to do a lab test	化验结果下午就能出来。 The lab results will be out this afternoon.
复查	fùchá	to have a follow-up check	医生让我一个月以后|来复查。 The doctor wants me back for a follow-up in a month.
处方	chǔfāng	prescription; to prescribe	这种药必须有医生的处方才能买。 You can only buy this medicine with a doctor's prescription.
药方	yàofāng	prescription, remedy	老中医给他开了一个药方。 The old Chinese doctor wrote him a prescription.

剂	jì	dose; (measure) a dose of medicine	这个药方要吃三剂{ji4-7b}，每天一剂{ji4-7b}。 This prescription is three doses, one a day.
剂量	jìliàng	dosage	孩子吃药，剂量要比大人少。 Children take a smaller dose than adults.
过量	guòliàng	excessive; to overdo it	安眠药过量是很危险的。 An overdose of sleeping pills is very dangerous.
适量	shìliàng	in moderation, the right amount	适量运动对身体有好处。 Moderate exercise is good for you.
胶囊	jiāonáng	capsule	这种胶囊一天吃两次，每次一粒。 Take one of these capsules twice a day.
抗生素	kàngshēngsù	antibiotic	感冒一般不需要吃抗生素。 A cold doesn't usually need antibiotics.
安眠药	ānmiányào	sleeping pill	她最近睡不着，得{dei3}靠安眠药才能睡觉。 She can't sleep lately: she needs sleeping pills to get any rest.
注射	zhùshè	to inject; injection	护士给他注射了一针止疼药。 The nurse gave him an injection of painkiller.
输液	shūyè	to be on a drip	她发高烧，在医院输液输了两天。 She had a high fever and spent two days on a drip in hospital.
输血	shūxuè	to have / give a blood transfusion	手术的时候他流了很多血，需要输血。 He lost a lot of blood in the operation and needed a transfusion.
麻醉	mázuì	to anaesthetise; anaesthesia	做手术前，医生先给病人麻醉。 Before the operation the doctor anaesthetises the patient.
切除	qiēchú	to remove (surgically)	医生切除|了他身上的肿瘤。 The surgeons removed his tumour.
移植	yízhí	to transplant	他做了肾移植手术，恢复得很好。 He had a kidney transplant and has recovered well.
缝合	fénghé	to stitch up (a wound)	伤口缝合了五针。 The wound needed five stitches.
救治	jiùzhì	to give emergency treatment	伤员被送到医院救治。 The injured were taken to hospital for treatment.
护理	hùlǐ	to nurse; nursing care	护士们护理病人非常细心。 The nurses look after the patients very carefully.
看护	kānhù	to look after (a patient); carer	妈妈住院的时候，是姐姐一直在看护她。 When Mum was in hospital, it was my sister who looked after her the whole time.

pattern 非得……才……: only if ... will ...

非得 the condition 才 the result

非得 (fēiděi) means “it simply must be”: put the necessary condition after it, and the result after 才. The sentence says “only this will do”. In speech 非得 can also stand alone with a stubborn person: 他非得去 “he insists on going”.

这个病非得做手术才能治好。 **zhège bìng fēiděi zuò shǒushù cáinéng zhì hǎo** This illness can only be cured with an operation.

你非得亲自去一趟，事情才能办好。 **nǐ fēiděi qīnzì qù yí tàng shìqing cáinéng bàn hǎo** You’ll have to go in person, or it won’t get sorted out.

他非得睡够八个小时，才有精神工作。 **tā fēiděi shuì gòu bā gè xiǎoshí cái yǒu jīngshen gōngzuò** He has to get a full eight hours’ sleep before he can work properly.

dialogue a morning at the big hospital

xiaoming 人真多！挂号就排了半个小时。
rén zhēn duō guàhào jiù pái le bàn gè xiǎoshí · So many people! Just registering took half an hour.

dr li 我们医院每天来就诊的病人，在全市仅次于人民医院。很多人从外地来求医。
wǒmen yīyuàn měi tiān lái jiùzhěn de bìngrén zài quán shì jǐn cì yú rénmín yīyuàn hěn duō rén cóng wàidì lái qiúyī · Our hospital sees more patients a day than any in the city except the People's Hospital. Lots of people come from other provinces for treatment.

anna 奶奶为什么不去楼下的小诊所?
nǎinai wèi shénme bú qù lóu xià de xiǎo zhěnsuǒ · Why doesn't Grandma go to the little clinic downstairs from her?

dr li 小诊所看个感冒还行。奶奶的高血压，非得到大医院复查，我才放心。
xiǎo zhěnsuǒ kàn gè gǎnmào hái xíng nǎinai de gāoxuèyā fēiděi dào dà yīyuàn fùchá wǒ cái fàngxīn · A little clinic is fine for a cold. But with Grandma's blood pressure, I won't rest easy until she's been followed up at a big hospital.

ms zhang 奶奶的病历带了吗？上次的化验单也要带。
nǎinai de bìnglì dài le ma shàng cì de huàyàn dān yě yào dài · Have you brought Grandma's medical record? We need the last lab report too.

xiaoming 都带了。王主任有三十年的临床经验，他说奶奶这种病症不复杂，不用会诊。
dōu dài le Wáng zhǔrèn yǒu sānshí nián de línchuáng jīngyàn tā shuō nǎinai zhè zhǒng bìngzhèng bú fùzá búyòng huìzhěn · Got them both. Dr Wang, the head of department, has thirty years of clinical experience: he says Grandma's condition isn't complicated and there's no need for a team consultation.

anna 这是王主任开的处方：这种胶囊一天一次，每次一粒，剂量不能自己改。
zhè shì Wáng zhǔrèn kāi de chǔfāng zhè zhǒng jiāonáng yì tiān yí cì měi cì yí lì jìliàng bù néng zìjǐ gǎi · Here's the prescription Dr Wang wrote: these capsules once a day, one at a time, and she mustn't change the dose herself.

dr li 对，药要适量，过量就危险了，特别是安眠药。还有抗生素，很多人一感冒就吃，其实感冒是病毒引起的，非得有细菌感染才需要抗生素。
duì yào yào shìliàng guòliàng jiù wēixiǎn le tèbié shì ānmiányào hái yǒu kàngshēngsù hěn duō rén yì gǎnmào jiù chī qíshí gǎnmào shì bìngdú yǐnqǐ de fēiděi yǒu xìjūn gǎnrǎn cái xūyào kàngshēngsù · Right: medicine in the right amount; too much is dangerous, especially sleeping pills. And antibiotics: lots of people take them at the first sign of a cold, but colds are caused by viruses. You only need antibiotics if there's a bacterial infection.

anna 上次我发烧，还以为非得输液才能好，医生说吃药就行。
shàng cì wǒ fāshāo hái yǐwéi fēiděi shūyè cáinéng hǎo yīshēng shuō chī yào jiù xíng · Last time I had a fever, I thought I'd have to go on a drip to get better, but the doctor said tablets would do.

dr li 我们有个原则：能吃药就不注射，能注射就不输液。
wǒmen yǒu gè yuánzé néng chī yào jiù bú zhùshè néng zhùshè jiù bù shūyè · We have a rule: if a tablet works, no injection; if an injection works, no drip.

ms zhang 那中药呢？我们家有个治上火的老药方，一剂药要熬三次。
nà zhōngyào ne wǒmen jiā yǒu gè zhì shànghuǒ de lǎo yàofāng yí jì yào yào áo sān cì · What about Chinese medicine? Our family has an old prescription for "inner heat": each dose has to be boiled three times.

dr li 中药也一样，要按医生说的吃。对了，今天上午我们科刚做了一个肾移植手术。
zhōngyào yě yíyàng yào àn yīshēng shuō de chī duì le jīntiān shàngwǔ wǒmen kē gāng zuò le yí gè shèn yízhí shǒushù · Same with Chinese medicine: take it as the doctor says. Oh, and this morning our department did a kidney transplant.

xiaoming 这种手术是怎么做的?
zhè zhǒng shǒushù shì zěnme zuò de · How is an operation like that done?

dr li 先给病人麻醉，然后切除坏的肾，再移植新的，最后缝合伤口。手术中还要给病人输血，随时注意他的脉搏。
xiān gěi bìngrén mázuì ránhòu qiēchú huài de shèn zài yízhí xīn de zuìhòu fénghé shāngkǒu shǒushù zhōng hái yào gěi bìngrén shūxuè suíshí zhùyì tā de màibó · First the patient is anaesthetised, then the damaged

kidney is removed and the new one transplanted, and finally the wound is stitched up. During the operation the patient also needs a blood transfusion, and his pulse is watched the whole time.

anna 太厉害了！医务人员真不容易。
tài lìhai le yīwù rényuán zhēn bù róngyì · Amazing! Medical staff have such a hard job.

dr li 救治病人是我们的工作。昨天送来一个溺水的孩子，一个小时以后才苏醒过来。手术以后，护士的护理也非常重要。现在床位很紧张，有的病人非得等两三天才能住进来。
jiùzhì bìngrén shì wǒmen de gōngzuò zuótiān sòng lái yí gè nìshuǐ de háizi yí gè xiǎoshí yǐhòu cái sūxǐng guolai shǒushù yǐhòu hùshi de hùlǐ yě fēicháng zhòngyào xiànzài chuángwèi hěn jǐnzhāng yǒude bìngrén fēiděi děng liǎngsān tiān cáinéng zhù jinlai · Treating patients is our job. Yesterday a child who had nearly drowned was brought in, and it was an hour before he came round. After an operation, the nursing care matters a lot too. Beds are in short supply right now: some patients have to wait two or three days to be admitted.

ms zhang 要是哪天奶奶住院了，咱们得商量好谁来看护她。
yàoshi nǎ tiān nǎinai zhùyuàn le zánmen děi shāngliang hǎo shéi lái kānhù tā · If Grandma ever has to go into hospital, we'll need to work out who looks after her.

xiaoming 我们轮流。哎，等候区的电视节目真没什么看头儿，奶奶去拿药了，怎么还不回来？
wǒmen lúnliú āi děnghòu qū de diànshì jiémù zhēn méi shénme kàntour nǎinai qù ná yào le zěnme hái bù huílái · We'll take turns. Hey, the TV in the waiting area really isn't worth watching. Grandma went to get her medicine: why isn't she back yet?

anna 你看墙上写着："就医请带好身份证和病历。"我们都带了，别着急。
nǐ kàn qiáng shàng xiě zhe jiùyī qǐng dài hǎo shēnfènzhèng hé bìnglì wǒmen dōu dài le bié zháojí · Look, it says on the wall: "When seeing a doctor, please bring your ID card and medical record." We've got them both, so don't worry.

write it trace the grey, then write your own

从
cóng
clump, thicket; (measure word for plants)

摊
tān
stall; (measure word for puddles)

磅
bàng
pound (weight)

亩
mǔ
mu (unit of land, about 667 m²)

good to know · In a Chinese hospital you usually 挂号 (register and pay for a doctor) first, often on a phone app, then 就诊, then pay and 化验 or collect medicine at separate windows. 非得 is pronounced fēiděi: 得 here is děi “must”. In speech people sometimes drop 才: 你非得去吗？ “Do you really have to go?”

From 挂号 to 处方, you can now get through a Chinese hospital morning, and know when something 非得 be done.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 70 wounds and healing

Talk about cuts, scars, fractures and how they heal, about Western and Chinese treatments, and give a reason of caution with 为(了)……起见.

Sports injuries and home remedies come up all the time, and 为了安全起见 is a phrase you will hear in every notice, briefing and worried parent's advice.

words

word	pinyin	meaning	example
创伤	chuāngshāng	wound, trauma	那次地震给很多人留下了心理创伤。 That earthquake left many people with psychological trauma.
伤残	shāngcán	to be disabled by injury	政府给伤残人士提供了很多帮助。 The government gives a lot of support to people disabled by injury.
伤痕	shānghén	scar	他的手臂上有一道很长的伤痕。 He has a long scar on his arm.
伤势	shāngshì	the seriousness of an injury	还好，他的伤势不重。 Luckily his injuries aren't serious.
疤	bā	scar	我膝盖上的疤是小时候摔的。 The scar on my knee is from a fall when I was little.
流血	liúxuè	to bleed	我切菜的时候不小心切到手，流血了。 I cut my finger chopping vegetables and it bled.
鲜血	xiānxuè	(fresh) blood	鲜血从伤口里流了出来。 Blood flowed out of the wound.
骨折	gǔzhé	to fracture, break (a bone)	他打篮球的时候摔倒了，左腿骨折了。 He fell playing basketball and broke his left leg.
拐杖	guǎizhàng	crutch, walking stick	腿好之前，她只能拄着拐杖走路。 Until her leg heals, she can only walk on crutches.
绷带	bēngdài	bandage	护士给我换了一条新绷带。 The nurse changed my bandage.
包扎	bāozā	to bandage, dress (a wound)	医生把伤口包扎好，让他回家休息。 The doctor dressed the wound and sent him home to rest.
敷	fū	to apply (a compress, ointment)	脚扭了，先用冰块敷一敷。 If you twist your ankle, first put some ice on it.
愈合	yùhé	to heal (of a wound)	伤口愈合得很好，下个星期可以拆线了。 The wound is healing well: the stitches can come out next week.
治愈	zhìyù	to cure	经过半年的治疗，她的病终于治愈了。 After six months of treatment, she was finally cured.
根治	gēnzhì	to cure completely, eradicate	这种病很难根治，只能慢慢控制。 This illness is hard to cure completely: it can only be controlled over time.

疗法	liáofǎ	therapy, treatment method	医生们正在试一种新的疗法。 The doctors are trying a new therapy.
疗效	liáoxiào	curative effect	这种药疗效不错，副作用也小。 This medicine works well and has few side effects.
副作用	fùzuòyòng	side effect	吃了这种药，可能会有一点儿副作用，比如头晕。 This medicine may have mild side effects, such as dizziness.
复发	fùfā	to recur, relapse	病好了也要按时复查，防止复发。 Even when you're better, keep your follow-ups to prevent a relapse.
矫正	jiǎozhèng	to correct (posture, teeth, eyesight)	很多孩子都戴着牙套矫正牙齿。 Lots of children wear braces to straighten their teeth.
草药	cǎoyào	herbal medicine	奶奶相信草药，感冒了就喝中药汤。 Grandma believes in herbal remedies: when she has a cold she drinks herbal soup.
药材	yàocái	medicinal materials, herbs	云南的山里出产很多珍贵的药材。 The mountains of Yunnan produce many precious medicinal herbs.
秘方	mìfāng	secret recipe, secret remedy	他说他有治感冒的秘方，其实就是姜汤。 He says he has a secret cure for colds: it's just ginger soup.
针灸	zhēnjiǔ	acupuncture and moxibustion	他腰疼，做了几次针灸，好多了。 He had a bad back, and after a few sessions of acupuncture it's much better.
穴位	xuéwèi	acupuncture point	按这个穴位可以让眼睛不那么累。 Pressing this point can relieve tired eyes.
忌口	jìkǒu	to avoid certain foods (on a diet)	吃中药的时候要忌口，别吃辣的。 While taking herbal medicine you have to watch what you eat: nothing spicy.
催眠	cuīmián	to hypnotise; make sleepy	这首歌太慢了，简直是催眠曲。 This song is so slow it's practically a lullaby.
口罩	kǒuzhào	face mask	感冒的时候戴上口罩，免得传染别人。 Wear a mask when you have a cold so you don't infect others.
防护	fánghù	to protect; protection	医务人员穿|着防护服在病房工作。 Medical staff work on the ward in protective suits.

pattern 为(了)……起见: for the sake of …, to be …

为(了) 安全 / 保险 / 慎重 / 方便 起见 , what you do

为(了) + a quality + 起见 means “for the sake of being …”: 为了安全起见 “to be safe”, 为保险起见 “just to be sure”, 为慎重起见 “to be careful”, 为方便起见 “for convenience”. It is a fixed frame from notices and formal speech, and always comes before the action.

为了安全起见，请大家系好安全带。 wèile ānquán qǐjiàn qǐng dàjiā jì hǎo ānquándài For your safety, please fasten your seat belts.

为慎重起见，医生又给他做了一次检查。 wèi shènzhòng qǐjiàn yīshēng yòu gěi tā zuò le yí cì jiǎnchá To be careful, the doctor examined him once more.

为方便起见，我们把会议改到了线上。 wèi fāngbiàn qǐjiàn wǒmen bǎ huìyì gǎi dào le xiànshàng For convenience, we’ve moved the meeting online.

dialogue the bandaged knee

ms zhang 哎呀，你的腿怎么了？还包着绷带！
āiyā nǐ de tuǐ zěnme le hái bāo zhe bēngdài · Goodness, what's happened to your leg? It's all bandaged up!

little sister 打篮球的时候摔了一下，膝盖流血了，学校的医生帮我包扎好了。
dǎ lánqiú de shíhou shuāi le yíxià xīgài liúxuè le xuéxiào de yīshēng bāng wǒ bāozā hǎo le · I fell playing basketball and my knee was bleeding. The school doctor dressed it for me.

ms zhang 伤势重不重？是不是骨折了？
shāngshì zhòng bu zhòng shì bu shì gǔzhé le · Is it bad? Have you broken anything?

little sister 不重，检查过了，没有骨折。医生说伤口一个星期就能愈合，就是可能会留个疤。
bú zhòng jiǎnchá guo le méiyǒu gǔzhé yīshēng shuō shāngkǒu yí gè xīngqī jiù néng yùhé jiùshì kěnéng huì liú gè bā · No, they checked: nothing's broken. The doctor says the cut will heal in a week; it just might leave a scar.

xiaoming 留个疤有什么关系？我胳膊上这道伤痕，就是小时候爬树留下的。
liú gè bā yǒu shénme guānxì wǒ gēbo shàng zhè dào shānghén jiùshì xiǎoshíhou pá shù liúxia de · So what if there's a scar? This one on my arm is from climbing a tree when I was little.

ms zhang 为了安全起见，以后打球前一定要做好防护。
wèile ānquán qǐjiàn yǐhòu dǎ qiú qián yídìng yào zuò hǎo fánghù · To be on the safe side, from now on protect yourself properly before you play.

little sister 妈妈，你动不动就担心。这点小伤，有什么说头？
māma nǐ dòngbudòng jiù dānxīn zhè diǎn xiǎo shāng yǒu shénme shuō tou · Mum, you worry about every little thing. A scratch like this, what's there to talk about?

dr li 脚是不是也扭了？先用冰块敷一敷，四十八小时以后再热敷。
jiǎo shì bu shì yě niǔ le xiān yòng bīng kuài fū yi fu sìshíbā xiǎoshí yǐhòu zài rè fū · Did you twist your ankle too? Put ice on it first, and after forty-eight hours use something warm.

dr li 今天急诊来了一个车祸病人，满身鲜血，腿骨折了。幸好送得及时，医生马上给他输血，没有造成伤残，不过要拄好几个月拐杖。
jīntiān jízhěn lái le yí gè chēhuò bìngrén mǎn shēn xiānxuè tuǐ gǔzhé le xìnghǎo sòng de jíshí yīshēng mǎshàng gěi tā shūxuè méiyǒu zàochéng shāngcán búguò yào zhǔ hǎo jǐ gè yuè guǎizhàng · Today a road-accident victim came into A&E, covered in blood, with a broken leg. Luckily he got there in time and the doctors gave him a blood transfusion straight away; he won't be disabled, but he'll be on crutches for months.

anna 身体上的伤能治愈，心理上的创伤也需要时间。
shēntǐ shàng de shāng néng zhìyù xīnlǐ shàng de chuāngshāng yě xūyào shíjiān · Physical injuries can be cured, but psychological trauma takes time too.

ms zhang 说到治病，奶奶最近膝盖疼，在一家中医诊所做针灸。中医说针灸加上草药，疗效不错。
shuō dào zhì bìng nǎinai zuìjìn xīgài téng zài yì jiā zhōngyī zhěnsuǒ zuò zhēnjiǔ zhōngyī shuō zhēnjiǔ jiāshàng cǎoyào liáoxiào búcuò · Talking of treatment, Grandma's knee has been hurting lately, so she's having acupuncture at a Chinese medicine clinic. The Chinese doctor says acupuncture plus herbal medicine works well.

anna 针灸疼吗？要扎那么多穴位。
zhēnjiǔ téng ma yào zhā nàme duō xuéwèi · Does acupuncture hurt? With needles in all those points?

ms zhang 奶奶说一点儿也不疼，扎着扎着就睡着了，跟催眠一样。中医还让她忌口，不能吃辣的、凉的。
nǎinai shuō yìdiǎnr yě bù téng zhā zhe zhā zhe jiù shuì zháo le gēn cuīmián yíyàng zhōngyī hái ràng tā jìkǒu bù néng chī là de liáng de · Grandma says it doesn't hurt at all: she drifts off to sleep halfway through, as if hypnotised. The doctor also has her avoid spicy and cold food.

xiaoming 奶奶还有个秘方，用好几种药材熬水，热敷膝盖。
nǎinai hái yǒu gè mìfāng yòng hǎo jǐ zhǒng yàocái áo shuǐ rè fū xīgài · Grandma has a secret remedy too: she soaks several herbs in spirits and rubs it on her knee.

dr li 为慎重起见，什么秘方都要先问问医生。有的草药也有副作用，剂量不对更危险。针灸能减轻疼痛，但是关节的老毛病很难根治，还容易复发。

wèi shènzhòng qǐjiàn shénme mìfāng dōu yào xiān wèn wen yīshēng yǒude cǎoyào yě yǒu fùzuòyòng jìliàng bú duì gèng wēixiǎn zhēnjiǔ néng jiǎnqīng téngtòng dànshì guānjié de lǎo máobìng hěn nán gēnzhì hái róngyì fùfā · To be careful, ask a doctor about any secret remedy first. Some herbs have side effects too, and the wrong dose is even more dangerous. Acupuncture can ease the pain, but an old joint problem is hard to cure completely and tends to come back.

dr li 现在新的疗法越来越多了。就像你小时候矫正牙齿，以前要好几年，现在快多了。

xiànzài xīn de liáofǎ yuè lái yuè duō le jiù xiàng nǐ xiǎoshíhou jiǎozhèng yáchǐ yǐqián yào hǎo jǐ nián xiànzài kuài duō le · There are more and more new treatments now. Like when you had your teeth straightened as a child: it used to take years, and now it's much quicker.

little sister 爸爸，你一讲医学知识，我就想睡觉。

bàba nǐ yì jiǎng yīxué zhīshi wǒ jiù xiǎng shuìjiào · Dad, as soon as you start on medicine I want to fall asleep.

dr li 那最后一句：流感季节，为保险起见，最好打一针疫苗，去医院记得戴口罩。

nà zuìhòu yí jù liúgǎn jìjié wèi bǎoxiǎn qǐjiàn zuìhǎo dǎ yì zhēn yìmiáo qù yīyuàn jìde dài kǒuzhào · Then just one last thing: in flu season, just to be safe, it's best to get a vaccine, and remember to wear a mask when you go to the hospital.

write it trace the grey, then write your own

揽
lǎn
to take on, take upon oneself; hold

屿
yǔ
islet

峡
xiá
gorge, narrow pass

滩
tān
beach, shoal

good to know · First aid in Chinese: 冷敷 a cold compress for a fresh sprain, 热敷 a warm one later; 止血 stop the bleeding; 包扎 dress the wound. 为了……起见 always takes an abstract quality: 安全, 保险, 慎重, 方便, 公平. You can't say 为了你起见: say 为了你 instead.

Cuts, scars, crutches and acupuncture: you can now follow a family argument about how best to heal, and end it 为了安全起见.
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day 71 idioms with 无, 东...西, 七...八

Chinese HSK 7–9 in 193 days
unit 9 · health and medicine

Use the four-character frames 东A西B, 忽A忽B, 七A八B, 无A不B and 无A可B, and the big family of 无 idioms, to talk about worry, care and helplessness.

无 idioms are everywhere in speeches, news and essays, and once you know the frames you can understand dozens you have never seen.

words

word	pinyin	meaning	example
东奔西走	dōngbēnxīzǒu	to rush about here and there	为了给妈妈找好医生，他东奔西走了一个月。 He rushed around for a month to find a good doctor for his mum.
东张西望	dōngzhāngxīwàng	to look around in all directions	他在医院门口东张西望，好像在找人。 He was looking all around at the hospital entrance, as if searching for someone.
忽冷忽热	hūlěnghūrè	hot one moment, cold the next	这几天天气忽冷忽热，很容易感冒。 The weather keeps swinging between hot and cold: it's easy to catch a cold.
或多或少	huòduōhuòshǎo	more or less, to some extent	每个人或多或少都有点儿压力。 Everyone is under some stress, more or less.
七嘴八舌	qīzuǐbāshé	everyone talking at once	大家七嘴八舌地出主意。 Everyone chipped in with ideas at once.
乱七八糟	luànqībāzāo	in a terrible mess	孩子们一走，房间里乱七八糟的。 As soon as the kids left, the room was a total mess.
时好时坏	shíhǎoshíhuài	sometimes good, sometimes bad	奶奶的身体时好时坏，我们都很担心。 Grandma's health is up and down: we're all worried.
无微不至	wúwēibùzhì	meticulous, in every detail (care)	护士们对病人的照顾无微不至。 The nurses look after the patients with the greatest care.
无话可说	wúhuàkěshuō	to have nothing to say	事实摆在眼前，他无话可说。 Faced with the facts, he had nothing to say.
无家可归	wújiākěguī	homeless	大地震以后，很多人无家可归。 After the big earthquake, many people were left homeless.
无可奈何	wúkěnàihé	to have no choice, helpless	医生也无可奈何地摇了摇头。 Even the doctor shook his head helplessly.
无可厚非	wúkěhòufēi	understandable, not to be blamed	病人着急，想早一点儿出院，这无可厚非。 The patient is impatient to go home early: that's understandable.
无能为力	wúnéngwéilì	powerless to help	这件事我也无能为力，真对不起。 I'm afraid there's nothing I can do about it. I'm so sorry.
无济于事	wújìyúshì	no help at all, futile	事情已经发生了，后悔也无济于事。 It's already happened: regret won't help.

无所事事	wúsuǒshìshì	to have nothing to do, idle	住院的时候无所事事，我天天看书。 With nothing to do in hospital, I read every day.
无所作为	wúsuǒzuòwéi	to achieve nothing	面对问题，我们不能无所作为。 Faced with the problem, we can't just sit back and do nothing.
无边无际	wúbiānwújì	boundless	站在山顶，眼前是无边无际的大海。 From the hilltop we looked out on the boundless sea.
无忧无虑	wúyōuwúlǜ	carefree	我真想回到无忧无虑的童年。 I'd love to go back to my carefree childhood.
无价之宝	wújiàzhībǎo	priceless treasure	健康是无价之宝。 Health is a priceless treasure.
无关紧要	wúguānjǐnyào	unimportant, of no consequence	这些都是无关紧要的小事，别放在心上。 These are all trivial little things: don't let them bother you.
无动于衷	wúdòngyúzhōng	unmoved, indifferent	大家都劝他戒烟，可他无动于衷。 Everyone urged him to quit smoking, but he was unmoved.
无精打采	wújīngdǎcǎi	listless, in low spirits	你今天怎么无精打采的？是不是没睡好？ Why are you so listless today? Didn't you sleep well?
一无所有	yīwúsuǒyǒu	to have nothing at all	他刚来北京的时候一无所有。 When he first came to Beijing he had nothing.
一无所知	yīwúsuǒzhī	to know nothing at all	我对中医一无所知，你给我讲讲吧。 I know nothing about Chinese medicine: tell me about it.
一事无成	yīshìwúchéng	to accomplish nothing	如果做什么都不坚持，最后会一事无成。 If you never stick at anything, you'll end up achieving nothing.
一筹莫展	yīchóumòzhǎn	at your wits' end	医生们都一筹莫展的时候，一位老专家想出了办法。 Just when the doctors were at their wits' end, a senior specialist found a way.
束手无策	shùshǒuwúcè	helpless, at a loss	电脑突然坏了，我束手无策。 My computer suddenly died and I was helpless.
走投无路	zǒutóuwúlù	to have nowhere to turn	在他走投无路的时候，是朋友帮了他。 When he had nowhere left to turn, it was his friends who helped him.
目中无人	mùzhōngwúrén	arrogant, looking down on everyone	他成绩好，可是有点儿目中无人。 His grades are good, but he's a bit arrogant.
肆无忌惮	sìwújìdàn	brazen, without restraint	有人在病房里肆无忌惮地大声打电话。 Someone was brazenly talking loudly on the phone in the ward.
杂乱无章	záluànwúzhāng	disorganised, chaotic	他的文章杂乱无章，看不出想说什么。 His essay is so disorganised you can't tell what he's trying to say.
寥寥无几	liáoliáowújǐ	very few	下雨了，公园里的游客寥寥无几。 It was raining, and there were hardly any visitors in the park.
前所未有	qiánsuǒwèiyǒu	unprecedented	这次瘟疫的规模是前所未有的。 The scale of this epidemic is unprecedented.

前无古人	qiánwúgǔrén	without precedent (an achievement)	他的研究可以说是前无古人。 His research could be called a first of its kind.
史无前例	shǐwúqiánlì	unprecedented in history	这样大规模的移植手术，在这家医院是史无前例的。 A transplant operation on this scale is unprecedented at this hospital.

pattern frames: 东a西b, 忽a忽b, 七a八b, 无a不b, 无a可b

东A西B **忽A忽B** **七A八B** **无A不B** **无A可B**

东A西B is “here and there”: 东奔西走 rushing about, 东张西望 looking around. 忽A忽B is “now A, now B”: 忽冷忽热 hot and cold. 七A八B is “all over the place”: 七嘴八舌 everyone talking, 乱七八糟 a mess. 无A不B is a double negative, “no A that isn’t B”: 无微不至 caring down to the tiniest detail. 无A可B is “no A to B”: 无话可说 nothing to say, 无家可归 no home to go to.

为了这件事，他东奔西走了好几个月。 **wèile zhè jiàn shì tā dōngbēn xīzǒu le hǎo jǐ gè yuè** He rushed around for months over this.

他的房间乱七八糟的，什么都找不到。 **tā de fángjiān luànqībāzāo de shénme dōu zhǎo bu dào** His room is such a mess you can’t find anything.

大地震以后，很多人无家可归。 **dà dìzhèn yǐhòu hěn duō rén wújiā kěguī** After the big earthquake, many people were left homeless.

这样的好成绩，在学校历史上是前所未有的。 **zhèyàng de hǎo chéngjì zài xuéxiào lìshǐ shàng shì qiánsuǒwèiyǒu de** Results this good are unprecedented in the school’s history.

dialogue a family meeting

ms zhang 奶奶这几天无精打采的，气色也不好，饭也吃不下。
nǎinai zhè jǐ tiān wújīng dǎcǎi de qìsè yě bù hǎo fàn yě chī bu xià · Grandma has been so listless these last few days, she doesn't look well, and she can hardly eat.

dr li 天气忽冷忽热，老人的身体或多或少都会受影响，加之她的血压时好时坏，所以没精神。
tiānqì hūlěng hūrè lǎorén de shēntǐ huòduō huòshǎo dōu huì shòu yǐngxiǎng jiāzhī tā de xuèyā shíhǎo shíhuài suǒyǐ méi jīngshen · With the weather swinging between hot and cold, older people are all affected to some extent; on top of that her blood pressure has been up and down, so she has no energy.

little sister 鉴于奶奶的情况，我觉得应该让她去医院住几天，好好复查一下。
jiànyú nǎinai de qíngkuàng wǒ juéde yīnggāi ràng tā qù yīyuàn zhù jǐ tiān hǎohǎo fùchá yíxià · Given how Grandma is, I think she should spend a few days in hospital and have a proper check-up.

xiaoming 奶奶最不喜欢住院了。她说她宁可在家难受，也不去医院。
nǎinai zuì bù xǐhuan zhùyuàn le tā shuō tā nìngkě zài jiā nánshòu yě bú qù yīyuàn · Grandma hates being in hospital. She says she'd rather feel awful at home than go in.

anna 这也无可厚非，谁都不喜欢医院。
zhè yě wúkěhòufēi shéi dōu bù xǐhuan yīyuàn · That's understandable: nobody likes hospitals.

ms zhang 可是倘若她晚上起来头晕，摔倒骨折了怎么办？
kěshì tǎngruò tā wǎnshang qǐlái tóu yūn shuāi dǎo gǔzhé le zěnme bàn · But what if she gets up in the night, feels dizzy, falls and breaks a bone?

xiaoming 你们看，大家七嘴八舌说了半天，还是没有结果。
nǐmen kàn dàjiā qīzuǐ bāshé shuō le bàntiān háishi méiyǒu jiéguǒ · Look at us: everyone talking at once for ages, and still no decision.

dr li 这样吧，白天请人来看护她，晚上我们轮流陪她，以防万一。
zhèyàng ba báitiān qǐng rén lái kānhù tā wǎnshang wǒmen lúnliú péi tā yǐfáng wànyī · Here's what we'll do: during the day we'll have someone come and look after her, and at night we'll take turns staying with her, just in case.

little sister 安娜上个月为了项目东奔西走，累得够呛，况且还在准备马拉松，就别让她来了。
Ānnà shàng gè yuè wèile xiàngmù dōngbēn xīzǒu lèi de gòuqiàng kuàngqiě hái zài zhǔnbèi mǎlāsōng jiù bié ràng tā lái le · Anna was rushing all over the place for her project last month and was worn out; on top of that she's training for the marathon. Let's not ask her.

anna 没关系，奶奶是我的老朋友了。她讲的那些老故事，对我来说是无价之宝。
méi guānxi nǎinai shì wǒ de lǎo péngyou le tā jiǎng de nàxiē lǎo gùshi duì wǒ lái shuō shì wújiàzhībǎo · It's fine: Grandma and I are old friends. The old stories she tells are priceless to me.

ms zhang 奶奶年轻的时候吃过很多苦。她十几岁那年，家乡发大水，很多人无家可归，她家也一无所有了。
nǎinai niánqīng de shíhou chī guo hěn duō kǔ tā shí jǐ suì nà nián jiāxiāng fā dà shuǐ hěn duō rén wújiā kěguī tā jiā yě yìwúsuǒyǒu le · Grandma had a hard life when she was young. When she was a teenager her home town flooded; lots of people lost their homes, and her family lost everything.

dr li 后来她一个人到城里，对城市一无所知，差点儿走投无路。幸亏遇到了好人。
hòulái tā yí gè rén dào chéng lǐ duì chéngshì yìwúsuǒzhī chàdiǎnr zǒutóu wúlù xìngkuī yùdào le hǎo rén · Later she came to the city alone, knowing nothing about it, and almost had nowhere to turn. Luckily she met some kind people.

xiaoming 奶奶常说，人可以穷，但不能无所作为，更不能目中无人。
nǎinai cháng shuō rén kěyǐ qióng dàn bù néng wúsuǒzuòwéi gèng bù néng mùzhōng wúrén · Grandma always says you can be poor, but you mustn't do nothing with your life, and you must never look down on others.

little sister 我小时候不想上学，她就说：“这样下去，你会一事无成的！”
wǒ xiǎoshíhou bù xiǎng shàngxué tā jiù shuō zhèyàng xiàqù nǐ huì yíshì wúchéng de · When I was little and didn't want to go to school, she'd say: “Carry on like this and you'll never amount to anything!”

little sister 不过她也说过，她小时候在海边长大，每天看着无边无际的大海，无忧无虑。
búguò tā yě shuō guo tā xiǎoshíhou zài hǎi biān zhǎng dà měi tiān kàn zhe wúbiān wújì de dà hǎi wúyōu wúlǜ · But she's also told me she grew up by the sea, looking out at the endless ocean every day, without a care in the world.

anna 奶奶九十岁了，还天天读报纸，真可以说是前无古人。
nǎinai jiǔshí suì le hái tiān tiān dú bàozhǐ zhēn kěyǐ shuō shì qiánwúgǔrén · Grandma is ninety and still reads the paper every day: you could call it a first in history!

little sister 可是我劝她少吃咸菜，她一点儿也不听，无动于衷。
kěshì wǒ quàn tā shǎo chī xián cài tā yìdiǎnr yě bù tīng wúdòngyúzhōng · But when I tell her to eat less pickled veg, she won't listen at all: totally unmoved.

dr li 我在医院见过很多家属，面对老人的痴呆、晚期癌症这些病束手无策，只能无可奈何地叹气。有的病，医学也无能为力。
wǒ zài yīyuàn jiàn guo hěn duō jiāshǔ miànduì lǎorén de chīdāi wǎnqī áizhèng zhèxiē bìng shùshǒu wúcè zhǐ néng wúkěnàihé de tànqì yǒude bìng yīxué yě wúnéngwéilì · At the hospital I've seen plenty of families who are helpless in the face of an old person's dementia or late-stage cancer, and can only sigh. For some illnesses, medicine can do nothing.

anna 医生也有一筹莫展的时候吧?
yīshēng yě yǒu yìchóu mòzhǎn de shíhou ba · Even doctors are sometimes at their wits' end, aren't they?

dr li 当然有。不过医学发展得很快，有的移植手术十年前还是史无前例的，现在已经很普通了。
dāngrán yǒu búguò yīxué fāzhǎn de hěn kuài yǒude yízhí shǒushù shí nián qián háishi shǐwúqiánlì de xiànzài yǐjīng hěn pǔtōng le · Of course. But medicine is moving fast: some transplant operations that were unheard of ten years ago are routine now.

xiaoming 还有，奶奶的房间杂乱无章，晚上起来很容易摔倒。上次还有人在楼道里肆无忌惮地放东西，把路都堵上了。
hái yǒu nǎinai de fángjiān záluàn wúzhāng wǎnshang qǐlái hěn róngyì shuāi dǎo shàng cì hái yǒu rén zài lóudào lǐ sìwú jìdàn de fàng dōngxi bǎ lù dōu dǔ shàng le · And Grandma's room is so cluttered she could easily fall when she gets up at night. Last time someone even brazenly dumped their things in the stairwell and blocked the way.

ms zhang 明天我去收拾一下，那些无关紧要的旧东西都收起来，免得她摔倒。
míngtiān wǒ qù shōushi yíxià nàxiē wúguān jǐnyào de jiù dōngxi dōu shōu qǐlai miǎnde tā shuāi dǎo · Tomorrow I'll go and tidy up, and put away all the old odds and ends so she doesn't trip.

xiaoming 我也去。周末在家无所事事，还不如去陪奶奶。
wǒ yě qù zhōumò zài jiā wúsuǒshìshì hái bùrú qù péi nǎinai · I'll come too. Rather than sit at home with nothing to do at the weekend, I may as well keep Grandma company.

write it trace the grey, then write your own

畔
pàn
side, bank

泊
pō
lake, pool

溪
xī
stream, brook

悬
xuán
to hang, be suspended; unresolved

good to know · Many 无 idioms are complaints or criticism (无所事事, 目中无人, 肆无忌惮, 杂乱无章); a few are warm praise (无微不至, 无价之宝, 无忧无虑). Learn each with its feeling. 无可奈何, 无能为力, 束手无策 and 一筹莫展 all mean “nothing can be done”, but 无能为力 is about lacking the power, 束手无策 and 一筹莫展 about lacking a plan.

Five little frames and a shelf of 无 idioms: you can now follow a whole family argument, and sum it up in four characters.
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day 72 mission: a week in hospital

Follow a whole week in a Chinese hospital: the fall, the emergency, the operation, life on the ward, the discharge notes and the homecoming.

Everything from this unit comes together: the body, feeling ill, serious illness, the hospital, wounds and healing, and the idioms of 无.

chapter 1 chapter 1: the fall

xiaoming 爸爸，快来！奶奶起来上厕所，头一昏，摔倒了！

bàba kuài lái nǎinai qǐlái shàng cèsuǒ tóu yì hūn shuāi dǎo le · Dad, come quick! Grandma got up to go to the loo, felt dizzy and fell!

dr li 别慌。她昏迷了吗?

bié huāng tā hūnmí le ma · Don't panic. Is she unconscious?

xiaoming 刚才昏过去了一会儿，现在已经苏醒了。可是她疼得一直呻吟，浑身出冷汗，喘得很厉害。我当时一筹莫展，只好给你打电话。

gāngcái hūn guoqu le yíhuìr xiànzài yǐjīng sūxǐng le kěshì tā téng de yìzhí shēnyín húnshēn chū lěng hàn chuǎn de hěn lìhai wǒ dāngshí yìchóu mòzhǎn zhǐhǎo gěi nǐ dǎ diànhuà · She passed out for a moment, but she's come round now. But she keeps groaning with pain, she's in a cold sweat all over and breathing very hard. I didn't know what to do, so I rang you.

dr li 千万别乱动她！与其把她扶起来，宁可让她先躺着。我马上打120。

qiānwàn bié luàn dòng tā yǔqí bǎ tā fú qǐlai nìngkě ràng tā xiān tǎng zhe wǒ mǎshàng dǎ · Whatever you do, don't move her! Rather than help her up, let her stay lying down. I'm calling 120 right now.

xiaoming 她的左腿一点儿也动不了，屁股和腰也摔疼了。膝盖那儿还流血了，地上有不少鲜血。

tā de zuǒ tuǐ yìdiǎnr yě dòng bu liǎo pìgu hé yāo yě shuāi téng le xīgài nàr hái liúxuè le dì shàng yǒu bù shǎo xiānxuè · She can't move her left leg at all, and she's hurt her hip and back. Her knee is bleeding too: there's quite a lot of blood on the floor.

dr li 先用干净的毛巾把伤口包扎一下，止住血。看看她的手脚，有没有发麻?

xiān yòng gānjìng de máojīn bǎ shāngkǒu bāozā yíxià zhǐ zhù xiě kàn kan tā de shǒujiǎo yǒu méiyǒu fā má · First wrap the cut with a clean towel to stop the bleeding. Check her hands and feet: are they numb or tingling?

xiaoming 她说右手还好，左腿麻木了，没有知觉。

tā shuō yòu shǒu hái hǎo zuǒ tuǐ mámù le méiyǒu zhījué · She says her right hand is fine, but her left leg has gone numb: she can't feel it.

dr li 老人的骨骼没有年轻人结实，关节也不灵活，摔一下就可能骨折。我再量一下脉搏……一分钟一百次，有点儿快，血压也高。

lǎorén de gǔgé méiyǒu niánqīng rén jiēshi guānjié yě bù línghuó shuāi yíxià jiù kěnéng gǔzhé wǒ zài liáng yíxià màibó yì fēnzhōng yìbǎi cì yǒudiǎnr kuài xuèyā yě gāo · Old people's bones aren't as strong as young people's and their joints are stiffer: one fall can mean a fracture. Let me take her pulse… a hundred a minute, a bit fast, and her blood pressure is high.

dr li 别让她喝水，万一要做手术，非得空着肚子才行。要是她想呕吐，让她侧着头，免得呛着，窒息就危险了。

bié ràng tā hē shuǐ wànyī yào zuò shǒushù fēiděi kōng zhe dùzi cái xíng yàoshi tā xiǎng ǒutù ràng tā cè zhe tóu miǎnde qiāng zhe zhìxī jiù wēixiǎn le · Don't give her water: if she needs an operation, her stomach has to be empty. If she feels sick, turn her head to one side so she doesn't choke: suffocating would be dangerous.

xiaoming 伤势重不重？会不会有生命危险?

shāngshì zhòng bu zhòng huì bu huì yǒu shēngmìng wēixiǎn · How bad are her injuries? Is her life in danger?

dr li 老人摔倒，最怕的是休克。她现在说话清楚，暂时没有性命危险，你放心。

lǎorén shuāi dǎo zuì pà de shì xiūkè tā xiànzài shuōhuà qīngchu zànshí méiyǒu xìngmìng wēixiǎn nǐ fàngxīn · When old people fall, the biggest fear is shock. She's talking clearly now, so for the moment her life isn't in danger: don't worry.

xiaoming 幸亏今天是我值班，不然奶奶一个人在家，后果不敢想。

xìngkuī jīntiān shì wǒ zhíbān bùrán nǎinai yí gè rén zài jiā hòuguǒ bù gǎn xiǎng · Thank goodness it was my turn to stay tonight; otherwise Grandma would have been alone, and I daren't think what might have happened.

dr li 这几天天气忽冷忽热，她本来就浑身乏力，身体很虚弱。房间又乱七八糟的，晚上起来很容易摔倒。

zhè jǐ tiān tiānqì hūlěng hūrè tā běnlái jiù húnshēn fálì shēntǐ hěn xūruò fángjiān yòu luànqībāzāo de

wǎnshang qǐlái hěn róngyì shuāi dǎo · The weather has been swinging between hot and cold; she was already weak all over and very frail. And her room is such a mess: it's easy to fall when you get up in the night.

xiaoming 救护车到了！我去开门。

jiùhùchē dào le wǒ qù kāi mén · The ambulance is here! I'll get the door.

chapter 2 chapter 2: emergency and operation

ms zhang （跑进来）怎么样了？半夜的急诊，病人寥寥无几，我在门口东张西望，半天才找到这儿。

pǎo jinlai zěnmeyàng le bànyè de jízhěn bìngrén liáoliáo wújǐ wǒ zài ménkǒu dōngzhāng xīwàng bàntiān cái zhǎo dào zhèr · (running in) How is she? A&E is almost empty in the middle of the night, but I was looking all around at the entrance for ages before I found you.

dr li 医务人员已经开始救治了。护士先给奶奶注射了止疼药，现在疼得好一点儿了。

yīwù rényuán yǐjīng kāishǐ jiùzhì le hùshi xiān gěi nǎinai zhùshè le zhǐ téng yào xiànzài téng de hǎo yìdiǎnr le · The medical staff are already treating her. The nurse first gave Grandma a painkilling injection, and now the pain is a little better.

ms zhang 大家怎么都戴着口罩？

dàjiā zěnme dōu dài zhe kǒuzhào · Why is everyone wearing masks?

dr li 最近流感病人多，为保险起见，医院规定都要戴。住院前还要先筛查传染病，结果是阴性才能住进病房，阳性的要隔离。

zuìjìn liúgǎn bìngrén duō wèi bǎoxiǎn qǐjiàn yīyuàn guīdìng dōu yào dài zhùyuàn qián hái yào xiān shāichá chuánrǎnbìng jiéguǒ shì yīnxìng cáinéng zhù jìn bìngfáng yángxìng de yào gélí · There's a lot of flu about, so to be on the safe side the hospital requires them. Before admission patients are also screened for infectious diseases: only a negative result gets you onto the ward, and positive cases are isolated.

dr li 检查结果出来了，确诊是左腿骨折。王主任临床经验很丰富，他和几位专家一起会诊了，说非得做手术，骨头才能长好。

jiǎnchá jiéguǒ chūlái le quèzhěn shì zuǒ tuǐ gǔzhé Wáng zhǔrèn línchuáng jīngyàn hěn fēngfù tā hé jǐ wèi zhuānjiā yìqǐ huìzhěn le shuō fēiděi zuò shǒushù gǔtou cáinéng zhǎng hǎo · The results are in: it's confirmed, a fractured left leg. Dr Wang has a lot of clinical experience; he and several specialists examined her together, and they say only an operation will let the bone heal properly.

ms zhang 她九十岁了，能做手术吗？

tā jiǔshí suì le néng zuò shǒushù ma · She's ninety: can she have an operation?

dr li 化验过了，心、肾这些内脏器官都还好，也没有糖尿病，就是高血压。为了安全起见，手术前先把血压降下来。

huàyàn guo le xīn shèn zhèxiē nèizàng qìguān dōu hái hǎo yě méiyǒu tángniàobìng jiùshì gāoxuèyā wèile ānquán qǐjiàn shǒushù qián xiān bǎ xuèyā jiàng xialai · They've done the lab tests: her heart, kidneys and other organs are all right and she doesn't have diabetes, just high blood pressure. To be safe, they'll bring her blood pressure down before the operation.

xiaoming 要不要输血？

yào búyào shūxuè · Will she need a blood transfusion?

dr li 可能要输一点儿，现在先输液。手术用全身麻醉，大概两个小时，最后缝合伤口就行了。

kěnéng yào shū yìdiǎnr xiànzài xiān shūyè shǒushù yòng quánshēn mázuì dàgài liǎng gè xiǎoshí zuìhòu fénghé shāngkǒu jiù xíng le · Possibly a little; for now she's on a drip. The operation is under general anaesthetic, about two hours, and then they just stitch up the wound.

ms zhang 会不会有并发症？我听说老人骨折以后，躺久了容易出问题，甚至心肺衰竭。

huì bu huì yǒu bìngfāzhèng wǒ tīngshuō lǎorén gǔzhé yǐhòu tǎng jiǔ le róngyì chū wèntí shènzhì xīn fèi shuāijié · Could there be complications? I've heard that when old people break a bone, lying in bed a long time causes problems, even heart and lung failure.

dr li 所以要尽早做手术，手术以后早一点儿下床，就不会留下什么后遗症。躺得太久，老人还容易得抑郁症，甚至痴呆。

suǒyǐ yào jǐnzǎo zuò shǒushù shǒushù yǐhòu zǎo yìdiǎnr xià chuáng jiù bú huì liúxia shénme hòuyízhèng tǎng de tài jiǔ lǎorén hái róngyì dé yìyùzhèng shènzhì chīdāi · That's why they operate as soon as possible: if she's out of bed early afterwards, there shouldn't be any lasting damage. Lying down too long can also bring on depression in old people, or even dementia.

xiaoming 床位够吗？上次听说要等两三天。

chuángwèi gòu ma shàng cì tīngshuō yào děng liǎngsān tiān · Are there enough beds? Last time we heard you had to wait two or three days.

dr li 急性病人有专门的床位。病历和处方我都交给护士了。

jíxìng bìngrén yǒu zhuānmén de chuángwèi bìnglì hé chǔfāng wǒ dōu jiāo gěi hùshi le · Acute patients have beds set aside. I've given her medical record and prescriptions to the nurses.

ms zhang 我什么忙也帮不上，真是无能为力。奶奶年轻的时候，生了病只能到处求医，有的病医生也束手无策。

wǒ shénme máng yě bāng bu shàng zhēnshi wúnéngwéilì nǎinai niánqīng de shíhou shēng le bìng zhǐ néng dàochù qiúyī yǒude bìng yīshēng yě shùshǒu wúcè · And I can't help at all: I feel so powerless. When Grandma was young, if you fell ill you had to go from doctor to doctor, and for some illnesses the doctors were helpless.

dr li 着急也无济于事。你在这儿陪着她，就是最大的帮助。

zháojí yě wújìyúshì nǐ zài zhèr péi zhe tā jiùshì zuì dà de bāngzhù · Worrying won't help. Staying here with her is the biggest help of all.

xiaoming 手术灯灭了！医生出来了，他竖起了大拇指！

shǒushù dēng miè le yīshēng chūlái le tā shù qǐ le dà mǔzhǐ · The theatre light's gone out! The surgeon's come out, and he's giving us a thumbs-up!

chapter 3 chapter 3: life on the ward

anna 奶奶，我来看您了！您的气色比昨天好多了。
nǎinai wǒ lái kàn nín le nín de qìsè bǐ zuótiān hǎo duō le · Grandma, I've come to see you! You look much better than yesterday.

little sister 奶奶说她刚做完手术那天，嘴唇发白，脸颊一点儿也不红，憔悴得自己都认不出来了。前两天她无精打采，情绪时好时坏。
nǎinai shuō tā gāng zuò wán shǒushù nà tiān zuǐchún fā bái liǎnjiá yìdiǎnr yě bù hóng qiáocuì de zìjǐ dōu rèn bu chulai le qián liǎng tiān tā wújīng dǎcǎi qíngxù shíhǎo shíhuài · Grandma says the day of the operation her lips were white and there was no colour in her cheeks at all: she looked so worn out she didn't recognise herself. The first two days she was listless and her mood was up and down.

anna 现在看起来，她脸上的皱纹虽然多了，五官还是那么好看。
xiànzài kàn qǐlai tā liǎn shàng de zhòuwén suīrán duō le wǔguān háishi nàme hǎokàn · Looking at her now, she may have more wrinkles, but her features are as lovely as ever.

little sister 护士说奶奶体质好，先天条件好，加上平时注意保养，恢复得特别快。
hùshi shuō nǎinai tǐzhì hǎo xiāntiān tiáojiàn hǎo jiāshàng píngshí zhùyì bǎoyǎng huīfù de tèbié kuài · The nurse says Grandma has a strong constitution, good genes, and she's always looked after herself, so she's recovering very fast.

anna 护士们对奶奶的照顾真是无微不至。
hùshimen duì nǎinai de zhàogù zhēnshi wúwēi búzhì · The nurses really look after Grandma wonderfully.

little sister 是啊，每天按时给她量体温、换药，帮她剪指甲，还教她活动四肢。不过奶奶在病房里无所事事，天天说没意思。
shì a měi tiān ànshí gěi tā liáng tǐwēn huàn yào bāng tā jiǎn zhǐjia hái jiāo tā huódòng sìzhī búguò nǎinai zài bìngfáng lǐ wúsuǒshìshì tiān tiān shuō méi yìsi · Yes: every day they take her temperature and change her dressing on time, they cut her nails and teach her exercises for her arms and legs. But Grandma has nothing to do on the ward and keeps saying she's bored.

little sister 我今天有点儿流鼻涕，还老打喷嚏，所以一直戴着口罩，免得传染给奶奶。
wǒ jīntiān yǒudiǎnr liú bítì hái lǎo dǎ pēntì suǒyǐ yìzhí dài zhe kǒuzhào miǎnde chuánrǎn gěi nǎinai · I've got a bit of a runny nose today and I keep sneezing, so I'm wearing a mask the whole time so I don't give it to Grandma.

anna 病房里消毒水的味道有点儿呛人。看看电视吧?
bìngfáng lǐ xiāodú shuǐ de wèidào yǒudiǎnr qiàng rén kàn kan diànshì ba · The smell of disinfectant on the ward catches your throat a bit. What about watching TV?

little sister 她说：“这种电视剧有什么看头儿？”她宁可跟别人聊天，也不看电视。医院的饭太软，她也说没什么吃头。
tā shuō zhè zhǒng diànshìjù yǒu shénme kàntour tā nìngkě gēn biérén liáotiān yě bú kàn diànshì yīyuàn de fàn tài ruǎn tā yě shuō méi shénme chī tou · She says: “What's worth watching in a series like that?” She'd rather chat with people than watch TV. And the hospital food is too soft: she says it isn't worth eating.

anna 下午来了好几个邻居，大家七嘴八舌，病房里热闹得像开会。病房里每天都有新面孔。
xiàwǔ lái le hǎo jǐ gè línjū dàjiā qīzuǐ bāshé bìngfáng lǐ rènao de xiàng kāihuì bìngfáng lǐ měi tiān dōu yǒu xīn miànkǒng · Several neighbours came this afternoon, everyone talking at once: the ward was as lively as a meeting. There are new faces on the ward every day.

little sister 隔壁床的老人更有意思。他头已经秃了，可是胸膛很宽，身体很壮，年轻时是开大卡车的。他以前酗酒，戒了十年了，可是烟瘾还很大。
gébì chuáng de lǎorén gèng yǒu yìsi tā tóu yǐjīng tū le kěshì xiōngtáng hěn kuān shēntǐ hěn zhuàng niánqīng shí shì kāi dà kǎchē de tā yǐqián xùjiǔ jiè le shí nián le kěshì yān yǐn hái hěn dà · The old man in the next bed is even funnier. He's gone bald, but he has a broad chest and he's strong: he used to drive lorries. He used to drink heavily and quit ten years ago, but he's still badly hooked on cigarettes.

little sister 有一次他肆无忌惮地在厕所里抽烟，被护士发现了。他天天咳嗽，痰很多，喉咙也疼，还说抽烟跟打游戏一样，一上瘾就戒不了。
yǒu yí cì tā sìwú jìdàn de zài cèsuǒ lǐ chōu yān bèi hùshi fāxiàn le tā tiān tiān késou tán hěn duō hóulóng yě

téng hái shuō chōu yān gēn dǎ yóuxì yíyàng yí shàngyǐn jiù jiè bu liǎo · Once he brazenly smoked in the toilet and got caught by the nurse. He coughs every day, brings up lots of phlegm and has a sore throat, and he says smoking is like video games: once you're hooked you can't quit.

anna 在医院抽烟？他的气管受得了吗？

zài yīyuàn chōu yān tā de qìguǎn shòu de liǎo ma · Smoking in hospital? Can his windpipe take it?

little sister 护士怎么劝他，他都无动于衷。最后王主任来了，他才无话可说。护士也只能无可奈何地笑笑。

hùshi zěnme quàn tā tā dōu wúdòngyúzhōng zuìhòu Wáng zhǔrèn lái le tā cái wúhuà kěshuō hùshi yě zhǐ néng wúkěnàihé de xiào xiao · Whatever the nurse said, he didn't care. Only when Dr Wang came did he have nothing more to say. The nurse could only smile helplessly.

anna 对面床的老人呢？

duìmiàn chuáng de lǎorén ne · And the old man in the bed opposite?

little sister 他耳朵有点儿聋，跟他说话得很大声。他有糖尿病，一只眼睛差点儿失明，现在走路还有点儿瘸。

tā ěrduo yǒudiǎnr lóng gēn tā shuōhuà děi hěn dà shēng tā yǒu tángniàobìng yì zhī yǎnjing chàdiǎnr shīmíng xiànzài zǒulù hái yǒudiǎnr qué · He's a bit deaf, so you have to talk loudly. He has diabetes, almost lost the sight of one eye, and still walks with a slight limp.

anna 奶奶，听说您年轻的时候梳着两条长辫子，容貌特别美？

nǎinai tīngshuō nín niánqīng de shíhou shū zhe liǎng tiáo cháng biànzi róngmào tèbié měi · Grandma, I hear that when you were young you wore two long plaits and you were really beautiful?

little sister 奶奶笑了，说：“那时候家里一无所有，哪有时间想自己的长相？”她十几岁的时候，家乡发大水，她无家可归，一个人到城里，对城市一无所知，差点儿走投无路。后来她东奔西走地打工，靠一双手养活了一家人。

nǎinai xiào le shuō nà shíhou jiā lǐ yìwúsuǒyǒu nǎ yǒu shíjiān xiǎng zìjǐ de zhǎngxiàng tā shí jǐ suì de shíhou jiāxiāng fā dà shuǐ tā wújiā kěguī yí gè rén dào chéng lǐ duì chéngshì yìwúsuǒzhī chàdiǎnr zǒutóu wúlù hòulái tā dōngbēn xīzǒu de dǎgōng kào yì shuāng shǒu yǎnghuo le yì jiā rén · Grandma laughed and said: “Back then our family had nothing: who had time to think about their looks?” As a teenager, her home town flooded and she lost her home; she came to the city alone, knowing nothing about it, and almost had nowhere to turn. After that she rushed from job to job and supported the whole family with her own two hands.

anna 奶奶的故事对我来说是无价之宝。我想把它们写下来，不过我的笔记现在还杂乱无章。

nǎinai de gùshi duì wǒ lái shuō shì wújiàzhībǎo wǒ xiǎng bǎ tāmen xiě xialai búguò wǒ de bǐjì xiànzài hái záluàn wúzhāng · Grandma's stories are priceless to me. I'd like to write them down, but my notes are still all over the place.

little sister 奶奶说好啊，不过要先等她的伤口愈合。现在她每天还要输液，手腕上都是针眼。

nǎinai shuō hǎo a búguò yào xiān děng tā de shāngkǒu yùhé xiànzài tā měi tiān hái yào shūyè shǒuwàn shàng dōu shì zhēn yǎn · Grandma says yes, but only once her wound has healed. She's still on a drip every day, and her wrist is covered in needle marks.

chapter 4 chapter 4: the discharge notes

dr li 好消息：奶奶明天可以出院了！这是出院注意事项，安娜，你普通话标准，给大家念一下吧。

hǎo xiāoxi nǎinai míngtiān kěyǐ chūyuàn le zhè shì chūyuàn zhùyì shìxiàng Ānnà nǐ pǔtōnghuà biāozhǔn gěi dàjiā niàn yíxià ba · Good news: Grandma can go home tomorrow! Here are the discharge instructions. Anna, your Mandarin is so clear: read them out for everyone.

anna （念）“出院注意事项：一、按处方吃药。每天早上一粒胶囊，剂量不能自己改，不能过量，也不要自己加安眠药。抗生素再吃三天就停。高血压是慢性病，要按时吃药，以防发作。

niàn chūyuàn zhùyì shìxiàng yī àn chǔfāng chī yào měi tiān zǎoshang yí lì jiāonáng jìliàng bù néng zìjǐ gǎi bù néng guòliàng yě búyào zìjǐ jiā ānmiányào kàngshēngsù zài chī sān tiān jiù tíng gāoxuèyā shì mànxìng bìng yào ànshí chī yào yǐfáng fāzuò · (reading) “Discharge instructions: 1. Take your medicine as prescribed: one capsule every morning. Do not change the dose yourself or take more than prescribed, and do not add sleeping pills on your own. Stop the antibiotics after three more days. High blood pressure is a chronic condition: take your medicine on time to prevent attacks.

anna 二、伤口护理：每两天换一次绷带，可以在附近的诊所换。伤口周围肿的话，可以用冰袋敷一敷。伤口愈合以后会留下疤，这是正常的。如果伤口发热、流血或者有疙瘩，请及时就诊。

èr shāngkǒu hùlǐ měi liǎng tiān huàn yí cì bēngdài kěyǐ zài fùjìn de zhěnsuǒ huàn shāngkǒu zhōuwéi zhǒng dehuà kěyǐ yòng bīng dài fū yi fu shāngkǒu yùhé yǐhòu huì liúxia bā zhè shì zhèngcháng de rúguǒ shāngkǒu fārè liúxuè huòzhě yǒu gēda qǐng jíshí jiùzhěn · 2. Wound care: change the bandage every two days; a local clinic can do it. If the area around the wound swells, put an ice pack on it. Once the wound heals it will leave a scar: this is normal. If the wound feels hot, bleeds or develops lumps, see a doctor promptly.

anna 三、活动：出院后用拐杖走路，适量活动，避免再次骨折。为了安全起见，晚上起床要开灯，家里的东西要放整齐。

sān huódòng chūyuàn hòu yòng guǎizhàng zǒulù shìliàng huódòng bìmiǎn zàicì gǔzhé wèile ānquán qǐjiàn wǎnshang qǐchuáng yào kāi dēng jiā lǐ de dōngxi yào fàng zhěngqí · 3. Activity: walk with a crutch after discharge and keep moderately active, to avoid another fracture. For safety, turn the light on when getting up at night, and keep things at home tidy.

anna 四、饮食：要忌口，少吃咸的、辣的，多喝水，免得上火。如果出现腹泻、呕吐、肚子胀等情况，请马上就医。

sì yǐnshí yào jìkǒu shǎo chī xián de là de duō hē shuǐ miǎnde shànghuǒ rúguǒ chūxiàn fùxiè ǒutù dùzi zhàng děng qíngkuàng qǐng mǎshàng jiùyī · 4. Diet: avoid certain foods; eat less salty and spicy food and drink plenty of water, so as not to build up “inner heat”. If you have diarrhoea, vomiting or a bloated stomach, see a doctor immediately.

anna 五、复查：一个月后来医院复查，请带好病历。祝您早日康复！”

wǔ fùchá yí gè yuè hòu lái yīyuàn fùchá qǐng dài hǎo bìnglì zhù nín zǎorì kāngfù · 5. Follow-up: come back to the hospital for a check-up in one month, and bring your medical record. We wish you a speedy recovery!”

ms zhang 念得真清楚！奶奶还说要用她的秘方，药材泡酒擦腿，再请老中医开一剂草药。

niàn de zhēn qīngchu nǎinai hái shuō yào yòng tā de mìfāng yàocái pào jiǔ cā tuǐ zài qǐng lǎo zhōngyī kāi yí jì cǎoyào · Read beautifully! Grandma says she wants to use her secret remedy too, herbs soaked in spirits rubbed on her leg, and get the old Chinese doctor to prescribe a dose of herbal medicine.

dr li 与其用秘方，宁可多做几次复查。针灸、按穴位可以减轻疼痛，但是骨折不能靠针灸治愈。新的疗法疗效好，不过什么药都可能有副作用，先问医生。

yǔqí yòng mìfāng nìngkě duō zuò jǐ cì fùchá zhēnjiǔ àn xuéwèi kěyǐ jiǎnqīng téngtòng dànshì gǔzhé bù néng kào zhēnjiǔ zhìyù xīn de liáofǎ liáoxiào hǎo búguò shénme yào dōu kěnéng yǒu fùzuòyòng xiān wèn yīshēng · Better to have a few more check-ups than use a secret remedy. Acupuncture and pressing acupoints can ease the pain, but a fracture can’t be cured by acupuncture. New treatments work well, but any medicine can have side effects: ask the doctor first.

dr li 以前老人骨折只能一直躺着，有的就瘫在床上好几年，现在好多了。她的高血压没法根治，但是只要按时吃药，就不容易复发。千万不能麻痹大意。

yǐqián lǎorén gǔzhé zhǐ néng yìzhí tǎng zhe yǒude jiù tān zài chuáng shàng hǎo jǐ nián xiànzài hǎo duō le tā de gāoxuèyā méifǎ gēnzhì dànshì zhǐyào ànshí chī yào jiù bù róngyì fùfā qiānwàn bù néng mábì dàyi · In the old days an old person with a fracture just had to lie in bed, and some were bedridden for years; it's much better now. Her high blood pressure can't be cured completely, but as long as she takes her medicine on time it shouldn't flare up again. We mustn't let our guard down.

xiaoming 那奶奶回家以后谁来看护她?

nà nǎinai huí jiā yǐhòu shéi lái kānhù tā · So who looks after Grandma once she's home?

dr li 白天请个专门护理老人的阿姨，晚上我们还是轮流。

báitiān qǐng gè zhuānmén hùlǐ lǎorén de āyí wǎnshang wǒmen háishi lúnliú · In the daytime we'll get a carer who specialises in looking after old people, and at night we'll still take turns.

chapter 5 chapter 5: home again

xiaoming 奶奶回家了！房间我已经收拾好了，那些乱七八糟的东西都收起来了。
nǎinai huí jiā le fángjiān wǒ yǐjīng shōushi hǎo le nàxiē luànqībāzāo de dōngxi dōu shōu qǐlai le · Grandma's home! I've tidied her room and put away all the clutter.

little sister 奶奶拄着拐杖走了两圈，说自己的身体还硬朗着呢。
nǎinai zhǔ zhe guǎizhàng zǒu le liǎng quān shuō zìjǐ de shēntǐ hái yìnglang zhe ne · Grandma walked two laps on her crutch and said she's still hale and hearty.

anna 奶奶，您这一个星期最想念什么？
nǎinai nín zhè yí gè xīngqī zuì xiǎngniàn shénme · Grandma, what did you miss most this week?

little sister 她说最想大白！医院里不能带狗，她每天都问大白吃饭了没有。
tā shuō zuì xiǎng Dàbái yīyuàn lǐ bù néng dài gǒu tā měi tiān dōu wèn Dàbái chī fàn le méiyǒu · She says Dabai! You can't bring a dog into hospital, and every day she asked whether Dabai had eaten.

dr li 大白的嗅觉真灵，奶奶一进门，它就冲过来了，口水流了奶奶一手。
Dàbái de xiùjué zhēn líng nǎinai yí jìn mén tā jiù chōng guolai le kǒushuǐ liú le nǎinai yì shǒu · Dabai's nose is amazing: the moment Grandma came in, he rushed over and drooled all over her hand.

xiaoming 骨折以后，老人或多或少都会害怕走路，这也无可厚非。奶奶却一点儿也不怕。
gǔzhé yǐhòu lǎorén huòduō huòshǎo dōu huì hàipà zǒulù zhè yě wúkěhòufēi nǎinai què yìdiǎnr yě bú pà · After a fracture, old people are usually afraid of walking to some degree, which is understandable, but Grandma isn't scared at all.

ms zhang 这一个星期，大家为奶奶东奔西走，辛苦了。奶奶说，她宁可少活几年，也不想给大家添麻烦。
zhè yí gè xīngqī dàjiā wèi nǎinai dōngbēn xīzǒu xīnkǔ le nǎinai shuō tā nìngkě shǎo huó jǐ nián yě bù xiǎng gěi dàjiā tiān máfan · Everyone has been rushing about for Grandma this week: thank you all. Grandma says she'd rather live a few years less than be a burden to everyone.

anna 奶奶，您可不能这么说！您是我们家的无价之宝。
nǎinai nín kě bù néng zhème shuō nín shì wǒmen jiā de wújiàzhībǎo · Grandma, you mustn't say that! You're this family's greatest treasure.

dr li 这次幸亏发现得及时，治疗也顺利，否则就麻烦了。以后要注意养生，好好休养，大家终于可以喘息一下了。
zhè cì xìngkuī fāxiàn de jíshí zhìliáo yě shùnlì fǒuzé jiù máfan le yǐhòu yào zhùyì yǎngshēng hǎohǎo xiūyǎng dàjiā zhōngyú kěyǐ chuǎnxī yíxià le · This time it was lucky that we caught it in time and the treatment went smoothly; otherwise it would have been serious. From now on she must take care of her health and rest well, and the rest of us can finally catch our breath.

ms zhang 奶奶说，她年轻的时候，很多手术是史无前例的，现在九十岁做手术都没问题，真是前所未有的变化。
nǎinai shuō tā niánqīng de shíhou hěn duō shǒushù shì shǐwúqiánlì de xiànzài jiǔshí suì zuò shǒushù dōu méi wèntí zhēnshi qiánsuǒwèiyǒu de biànhuà · Grandma says that when she was young, many of these operations had never been done; now even a ninety-year-old can have surgery. It's a change like nothing before.

little sister 奶奶还说，人老了也不能无所作为。等腿好了，她要学画画。
nǎinai hái shuō rén lǎo le yě bù néng wúsuǒzuòwéi děng tuǐ hǎo le tā yào xué huà huà · Grandma also says that getting old is no reason to do nothing. When her leg is better she wants to learn to paint.

xiaoming 她还说，下个月要去海边疗养，看看无边无际的大海，像小时候一样无忧无虑。
tā hái shuō xià gè yuè yào qù hǎi biān liáoyǎng kàn kan wúbiān wújì de dà hǎi xiàng xiǎoshíhou yíyàng wúyōu wúlǜ · She also says that next month she wants to go to the seaside to convalesce, look at the endless sea and be as carefree as when she was little.

anna 我陪您去！等您好了，再来看我跑马拉松。
wǒ péi nín qù děng nín hǎo le zài lái kàn wǒ pǎo mǎlāsōng · I'll go with you! And when you're better, come and watch me run the marathon.

A fall at night, an operation, a week on the ward and a homecoming: you can follow every step in Chinese, and comfort a family through it.
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