wishyou.today learning

day 136 in hospital

Chinese TOCFL B in 220 days
unit 21 · the body

Talk about being in hospital, temperatures and injections, and say “as, along with” with 隨著.

Visiting a friend in hospital is when you most want the right words, and the kindest ones.

words

word	pinyin	meaning	example
出院	chūyuàn	leave hospital	沒問題的話，後天就能出院。 If everything’s fine, he can go home the day after tomorrow.
住院	zhùyuàn	be in hospital	他昨天晚上住院了。 He was admitted to hospital last night.
量	liáng	measure	護士每四個小時來量一次體溫。 A nurse takes his temperature every four hours.
力氣	lìqì	strength	我現在一點力氣都沒有。 I’ve got no strength at all right now.
大夫	dàifū	doctor	大夫說，要多休息。 The doctor says to get plenty of rest.
難受	nánshòu	feel unwell, feel awful	我發燒了，好難受。 I’ve got a fever: I feel awful.
體溫	tǐwēn	(body) temperature	隨著體溫下降，他的力氣也回來了。 As his temperature came down, his strength came back.
衛生	wèishēng	hygienic, clean	這家醫院很乾淨，也很衛生。 This hospital is clean and hygienic.
造	zào	build, make	這家醫院是五十年前{qian2-tw2}造的。 This hospital was built fifty years ago.
打針	dǎzhēn	give / have an injection	護士剛給我打針，好痛。 The nurse just gave me an injection: it hurt.
隨著	suízhe	as, along with	隨著天氣變冷，感冒的人越來越多。 As it gets colder, more and more people catch colds.
無限	wúxiàn	endless, unlimited	父母對孩子的愛是無限的。 Parents’ love for their children knows no limits.
性質	xìngzhí	nature, character (of a thing)	這兩種病的性質不一樣。 These two illnesses are different in nature.
意識	yìshì	consciousness, awareness	他燒得很高，意識都不太清楚了。 His fever was so high he was barely conscious.
有利	yǒulì	beneficial, good for	多休息對身體有利。 Plenty of rest is good for your body.
轉變	zhuǎnbiàn	change, transform	你的態度要轉變一下。 Your attitude needs to change.
哎喲	āiyāo	ouch, oh dear	哎喲，好痛！ Ouch, that hurts!

不成	bùchéng	won't do, not OK	你不休息不成！ You have to rest: not resting is not an option!

pattern 隨著: as, along with

隨著	a change (天氣變冷, 年紀越來越大)	,	another change that follows

隨著 A, B: as A changes, B changes with it. A is a change or a process (天氣變冷, 時間過去, 科技的進步), and B usually has 越來越, 也 or 慢慢. It opens the sentence and sounds a little formal, so it's common in writing and the news.

隨著科技的進步，生活越來越方便。 **suízhe kējì de jìnbù shēnghuó yuèláiyuè fāngbiàn** As technology advances, life gets more and more convenient.

隨著體溫慢慢下降，他的力氣也回來了。 **suízhe tǐwēn mànmàn xiàjiàng tā de lìqì yě huí lái le** As his temperature slowly came down, his strength came back too.

隨著秋天來了，山上的葉子都紅了。 **suízhe qiūtiān lái le shān shàng de yèzi dōu hóng le** With autumn here, the leaves on the mountain have all turned red.

dialogue visiting zhiming

teacher chen 志明發燒三天了，就是不肯去看醫生。結果昨天晚上燒到近四十度，意識都不太清楚了，只好住院。

Zhìmíng fāshāo sān tiān le jiùshì bù kěn qù kàn yīshēng jiéguǒ zuótiān wǎnshàng shāo dào jìn sìshí dù yìshì dōu bú tài qīngchǔ le zhǐhǎo zhùyuàn · Zhiming had a fever for three days and simply refused to see a doctor. In the end, last night it hit nearly forty degrees and he was barely conscious, so he had to be admitted.

meiling 果然！颱風那天他在雨裡搬東西，我就知道他會生病。

guǒrán táifēng nà tiān tā zài yǔ lǐ bān dōngxi wǒ jiù zhīdào tā huì shēngbìng · I knew it! The day of the typhoon he was carrying things in the rain: I knew he'd get ill.

zhiming 哎喲，你們來了。護士剛給我打針，好痛。我現在一點力氣都沒有，好難受。

āiyāo nǐmen lái le hùshì gāng gěi wǒ dǎzhēn hǎo tòng wǒ xiànzài yìdiǎn lìqì dōu méiyǒu hǎo nánshòu · Ow, you're here. The nurse just gave me an injection: it hurt. I've got no strength at all, I feel awful.

meiling 都怪你自己不注意身體！

dōu guài nǐ zìjǐ bú zhùyì shēntǐ · It's your own fault for not looking after yourself!

anna 大夫怎麼說？

dàifū zěnme shuō · What did the doctor say?

teacher chen 大夫說，感冒變嚴重了，可是不是什麼嚴重的病。護士每四個小時來量一次體溫。檢查的結果明天出來，沒問題的話，後天就能出院。

dàifū shuō gǎnmào biàn yánzhòng le kěshì bú shì shénme yánzhòng de bìng hùshì měi sì ge xiǎoshí lái liáng yí cì tǐwēn jiǎnchá de jiéguǒ míngtiān chū lái méi wèntí dehuà hòutiān jiù néng chūyuàn · The doctor says his cold got worse, but it's nothing serious. A nurse takes his temperature every four hours. The test results come out tomorrow, and if they're fine, he can go home the day after.

meiling 也就是說，你下個星期就能回去上班了？

yě jiùshìshuō nǐ xià ge xīngqí jiù néng huí qù shàngbān le · So that means you can go back to work next week?

zhiming 應該可以。隨著體溫慢慢下降，我覺得好多了。這裡的護士，沒有一個不親切的。

yīnggāi kěyǐ suízhe tǐwēn mànmàn xiàjiàng wǒ juéde hǎo duō le zhèlǐ de hùshì méiyǒu yí ge bù qīnqiè de · Should be. As my temperature comes down, I feel much better. Every one of the nurses here is lovely.

meiling 護士都那麼溫和，難怪你喜歡住院！

hùshì dōu nàme wēnhé nánguài nǐ xǐhuān zhùyuàn · The nurses are all so gentle: no wonder you like being in hospital!

anna 這家醫院是五十年前造的，可是很乾淨，也很衛生。

zhè jiā yīyuàn shì wǔshí nián qián zào de kěshì hěn gānjìng yě hěn wèishēng · This hospital was built fifty years ago, but it's very clean and hygienic.

teacher chen 志明，你以為你的力氣是無限的嗎？以後再不舒服，你不去看醫生不成！你的態度要轉變一下。

Zhìmíng nǐ yǐwéi nǐ de lìqì shì wúxiàn de ma yǐhòu zài bù shūfu nǐ bú qù kàn yīshēng bùchéng nǐ de tàidù yào zhuǎnbiàn yíxià · Zhiming, do you think your strength is unlimited? Next time you feel unwell, not seeing a doctor is not an option! Your attitude needs to change.

zhiming 知道了，姑姑。看到大家來看我，我好感動。多休息對身體有利，我會好好休息的。

zhīdào le gūgu kàn dào dàjiā lái kàn wǒ wǒ hǎo gǎndòng duō xiūxí duì shēntǐ yǒulì wǒ huì hǎohǎo xiūxí de · Got it, Auntie. Seeing you all here, I'm so touched. Rest is good for me: I'll rest properly.

anna 等你出院，我們聚餐慶祝吧！

děng nǐ chūyuàn wǒmen jùcān qìngzhù ba · When you're out of hospital, let's have a dinner to celebrate!

write it trace the grey, then write your own



像
xiàng
be like, look like

擔
dān
carry

喔
ō
oh (I see; reminder)

規
guī
rule, compass

good to know · New meaning: 結果 as a noun, “result, outcome”: 檢查的結果 the test results. You know it as a joining word, “in the end, as a result”. 就是 can mean “simply, just (won’t)”: 他就是不肯去. Don’t confuse it with 就是 “even if”. 大夫 (dàifū) is an older, warmer word for doctor. In Taiwan most people say 醫生.

Temperatures, injections and a kind word for a friend in bed: and as your Chinese grows, so does what you can say. 早日康復，志明!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 137 breathing and muscles

Chinese TOCFL B in 220 days
unit 21 · the body

Talk about breathing, muscles and small injuries, and say what follows from a plan with 這樣一來.

Every good plan comes with a “that way…”: 這樣一來 is how you sell it.

words

word	pinyin	meaning	example
呼吸	hūxī	breathe; breathing	跑步的時候，要注意呼吸。 Mind your breathing when you run.
傷	shāng	injury, wound; hurt	你們看，傷還在！ Look, the bruise is still there!
病情	bìngqíng	(patient’s) condition	大夫說，他的病情已經好了。 The doctor says he has recovered.
過敏	guòmǐn	allergic	我對花草過敏。 I’m allergic to plants.
腰	yāo	waist, lower back	搬箱子的時候，我傷到腰了。 I hurt my back lifting boxes.
大腦	dànǎo	brain	運動對大腦也很好。 Exercise is good for your brain too.
疾病	jíbìng	disease, illness	常常運動，可以減少很多疾病。 Regular exercise prevents lots of illnesses.
肌肉	jīròu	muscle	運動以前先拉一拉肌肉。 Stretch your muscles before exercise.
人體	réntǐ	the human body	運動對人體的好處很多。 Exercise does the body a lot of good.
撞	zhuàng	bump into, crash into	我昨天撞到頭了。 I bumped my head yesterday.
顯得	xiǎnde	look, appear (to be)	你今天顯得很有精神。 You look full of energy today.
延長	yáncháng	extend, lengthen	我們每週延長一公里。 We add a kilometre every week.
疑問	yíwèn	question, doubt	我有一個疑問。 I have a question.
原本	yuánběn	originally, at first	我原本也想跑。 I meant to run too.
早已	zǎoyǐ	long ago, already	我早已決定了。 I made up my mind long ago.
擺脫	bǎituō	get rid of, break free from	我要擺脫每天坐在電腦前面的生活。 I want to get away from a life sitting at a computer all day.
不當	bùdàng	improper, wrong	搬箱子的方法不當，很容易傷到腰。 Lifting boxes the wrong way can easily hurt your back.

策略	cèlüè	strategy	我們要有策略。 We need a strategy.
這樣一來	zhèyàngyīlái	that way, as a result	多走路，這樣一來，就不用另外運動了。 Walk more: that way, you don't need extra exercise.

pattern 這樣一來: that way, as a result

an action or change **，這樣一來，** **the result (就 / 也 + verb)**

這樣一來 means "once this happens, then…": it introduces the result of the step you just mentioned. Use it to explain a plan (先熱身，這樣一來就不容易受傷) or what a change led to. The second half often has 就 or 也.

運動以前先拉一拉肌肉，這樣一來，就不容易受傷了。 **yùndòng yǐqián xiān lā yi la jīròu zhèyàngyìlái jiù bù róngyì shòushāng le** Stretch your muscles before exercise: that way, you're less likely to get hurt.

他搬到公司附近，這樣一來，每天多睡了一個小時。 **tā bān dào gōngsī fùjìn zhèyàngyìlái měi tiān duō shuì le yí ge xiǎoshí** He moved near the office, and as a result he gets an extra hour's sleep every day.

我們每週延長一公里，這樣一來，三個月就能跑二十公里。 **wǒmen měi zhōu yáncháng yì gōnglǐ zhèyàngyìlái sān ge yuè jiù néng pǎo èrshí gōnglǐ** We'll add a kilometre every week: that way, in three months we can run twenty.

dialogue a big idea in the park

david 志明，你出院以後，身體怎麼樣？今天顯得很有精神。
Zhìmíng nǐ chūyuàn yǐhòu shēntǐ zěnmeyàng jīntiān xiǎnde hěn yǒu jīngshén · Zhiming, how are you since you came out of hospital? You look full of energy today.

zhiming 好多了。大夫說病情已經好了，可是我一跑步，呼吸就有點困難。
hǎo duō le dàifū shuō bìngqíng yǐjīng hǎo le kěshì wǒ yì pǎobù hūxī jiù yǒudiǎn kùnnán · Much better. The doctor says I've recovered, but as soon as I run, breathing's a bit hard.

anna 我原本也想跑，可是上個星期搬箱子的方法不當，腰受傷了。
wǒ yuánběn yě xiǎng pǎo kěshì shàng ge xīngqí bān xiāngzi de fāngfǎ búdàng yāo shòushāng le · I meant to run too, but I lifted some boxes the wrong way last week and hurt my back.

david 我昨天也撞到頭了。你們看，傷還在！不過大腦沒問題。
wǒ zuótiān yě zhuàng dào tóu le nǐmen kàn shāng hái zài búguò dànǎo méi wèntí · I bumped my head yesterday too. Look, the bruise is still there! But my brain's fine.

meiling 大衛，你真像一個淘氣的小孩！
Dàwèi nǐ zhēn xiàng yí ge táoqì de xiǎohái · David, you're just like a naughty little kid!

meiling 隨著天氣變涼，跑步越來越舒服了。我們下個月一起參加二十一公里的跑步比賽吧？
suízhe tiānqì biàn liáng pǎobù yuèláiyuè shūfu le wǒmen xià ge yuè yìqǐ cānjiā èrshíyī gōnglǐ de pǎobù bǐsài ba · Now the weather's cooling down, running gets nicer and nicer. Shall we all enter a 21-kilometre race next month?

anna 光聽到「二十一公里」，我就累了！
guāng tīng dào èrshíyī gōnglǐ wǒ jiù lèi le · Just hearing "twenty-one kilometres" makes me tired!

zhiming 別擔心，我們慢慢來。你的意志很堅定，一定可以的。
bié dānxīn wǒmen mànmàn lái nǐ de yìzhì hěn jiāndìng yídìng kěyǐ de · Don't worry, we'll take it slowly. You're strong-willed: you can do it.

david 我們要有策略：先每天跑三公里，然後每週延長一點。運動以前先拉一拉肌肉，這樣一來，就不容易受傷了。
wǒmen yào yǒu cèlüè xiān měi tiān pǎo sān gōnglǐ ránhòu měi zhōu yáncháng yìdiǎn yùndòng yǐqián xiān lā yi la jīròu zhèyàngyìlái jiù bù róngyì shòushāng le · We need a strategy: three kilometres a day first, then a bit more every week. And stretch before running: that way we won't get hurt so easily.

anna 我有一個疑問：我對花草過敏，在公園跑步沒問題嗎？
wǒ yǒu yí ge yíwèn wǒ duì huācǎo guòmǐn zài gōngyuán pǎobù méi wèntí ma · I have a question: I'm allergic to plants. Is it OK for me to run in the park?

zhiming 有問題儘管問醫生。我早已決定了：我要擺脫每天坐在電腦前面的生活。運動對人體的好處太多了。
yǒu wèntí jǐnguǎn wèn yīshēng wǒ zǎoyǐ juédìng le wǒ yào bǎituō měi tiān zuò zài diànnǎo qiánmiàn de shēnghuó yùndòng duì réntǐ de hǎochù tài duō le · Feel free to ask a doctor about it. I made up my mind long ago: I'm getting away from a life sitting at a computer all day. Exercise does the body so much good.

meiling 我們四個人很合得來，一起練習一定很有意思！
wǒmen sì ge rén hěn hédelái yìqǐ liànxí yídìng hěn yǒuyìsi · The four of us get on so well: training together is going to be fun!

david 那就這麼決定了！誰都不能說懶得起床喔！
nà jiù zhème juédìng le shéi dōu bù néng shuō lǎnde qǐchuáng ō · That's settled, then! Nobody's allowed to say they can't be bothered to get up!

write it trace the grey, then write your own



需
xū
need
(written)

農
nóng
farming

總
zǒng
always;
after all

訓
xùn
instruct

good to know · 傷 is both a noun (an injury, a bruise: 傷還在) and a verb ending (受傷, 傷到腰). 腰 is your lower back and waist: 腰痛 back pain. 原本 and 早已 are a little more written than 本來 and 早就: 原本想跑 (meant to run), 早已決定 (decided long ago).

Breathing, muscles, a plan: 這樣一來, you're ready to start training.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 138 emergency!

Talk about the emergency room, operations and hospital wards, and say what makes someone feel something with 使.

In an emergency you need clear words fast, and afterwards the words to comfort someone.

words

word	pinyin	meaning	example
病房	bìngfáng	(hospital) ward	她要在病房住兩天。 She'll stay on the ward for two days.
急診	jízhěn	emergency (department); emergency treatment	我們快去急診！ Let's get to A&E, quick!
伸	shēn	stretch (out)	她的手不能伸直。 She can't straighten her arm.
手術	shǒushù	operation, surgery	手術本身不難。 The operation itself isn't difficult.
醫學	yīxué	medicine (the science)	醫學真進步。 Medicine has come such a long way.
消化	xiāohuà	digest	太油的東西，不好消化。 Very oily food is hard to digest.
緊急	jǐnjí	urgent, emergency	這是緊急的狀況！ This is an emergency!
門診	ménzhěn	outpatient clinic	請問，門診幾點開始？ Excuse me, what time do outpatient clinics start?
使	shǐ	make, cause	這個消息使我很難過。 This news made me very sad.
相似	xiāngsì	similar	這兩個病人的狀況很相似。 These two patients are in a similar condition.
要不	yàobù	how about; otherwise	要不我們先回去，明天再來？ How about we go home now and come back tomorrow?
一再	yīzài	again and again	她一再說她沒事。 She kept saying she was fine.
預計	yùjì	expect, be expected to	手術預計明天早上做。 The operation is expected to be tomorrow morning.
窄	zhǎi	narrow	走道又窄又擁擠。 The corridor is narrow and crowded.
狀況	zhuàngkuàng	condition, situation	手的狀況不太好。 The arm isn't in good shape.
本身	běnshēn	itself	手術本身不難。 The operation itself isn't difficult.
不許	bùxǔ	not allowed	這幾天不許您工作！ You're not allowed to work for the

			next few days!
超越	chāoyuè	surpass, beat	我們的目標是超越自己。 Our goal is to beat our own best.

pattern 使 + someone + feeling / verb: make (someone feel...)

a cause **使** **someone** **a feeling or result (放心, 難過, 更愛護...)**

使 works like 讓 in "make someone feel or do": 這個消息使我很難過 (this news made me sad). It's a little more written and serious than 讓, so you meet it in reports, speeches and the news. The cause comes first, often a thing or an event rather than a person.

長時間看電腦，使眼睛很累。 **cháng shíjiān kàn diànnǎo shǐ yǎnjīng hěn lèi** Looking at a computer for hours tires your eyes.

這次的經驗使他更愛護身體。 **zhè cì de jīngyàn shǐ tā gèng àihù shēntǐ** This experience made him take better care of his body.

運動使人快樂。 **yùndòng shǐ rén kuàilè** Exercise makes people happy.

dialogue a night in the emergency room

meiling 這是緊急的狀況！王阿姨在店裡摔了，手不能伸直。我們快去急診！
zhè shì jǐnjí de zhuàngkuàng Wáng āyí zài diàn lǐ shuāi le shǒu bù néng shēn zhí wǒmen kuài qù jízhěn · This is an emergency! Auntie Wang slipped in the shop and can't straighten her arm. Let's get to A&E, quick!

anna 這麼晚了，急診還是這麼多人。走道又窄又擁擠。
zhème wǎn le jízhěn háishì zhème duō rén zǒudào yòu zhǎi yòu yǒngjǐ · It's this late and A&E is still packed. The corridor is narrow and crowded.

meiling 阿姨，您的腰也受傷了嗎？
āyí nín de yāo yě shòushāng le ma · Auntie, have you hurt your back too?

auntie wang 哎喲……我沒事，我沒事，你們不用陪我。
āiyāo wǒ méi shì wǒ méi shì nǐmen búyòng péi wǒ · Ow… I'm fine, I'm fine, you don't need to stay with me.

meiling 阿姨，您一再說沒事，可是您的臉色好白。大夫說，手的狀況不太好，需要一個小手術，預計明天早上做。
āyí nín yízài shuō méi shì kěshì nín de liǎnsè hǎo bái dàifū shuō shǒu de zhuàngkuàng bú tài hǎo xūyào yí ge xiǎo shǒushù yùjì míngtiān zǎoshàng zuò · Auntie, you keep saying you're fine, but you're so pale. The doctor says your arm isn't in good shape: it needs a small operation, probably tomorrow morning.

auntie wang 手術？我明天還要開店呢！
shǒushù wǒ míngtiān hái yào kāi diàn ne · An operation? I've still got to open the shop tomorrow!

anna 阿姨，這幾天不許您工作！大夫說，手術本身不難，可是要在病房住兩天，以後再去門診檢查。今天病人太多，醫院把這個房間作為臨時的病房。
āyí zhè jǐ tiān bùxǔ nín gōngzuò dàifū shuō shǒushù běnshēn bù nán kěshì yào zài bìngfáng zhù liǎng tiān yǐhòu zài qù ménzhěn jiǎnchá jīntiān bìngrén tài duō yīyuàn bǎ zhè ge fángjiān zuòwéi línshí de bìngfáng · Auntie, you're not allowed to work for the next few days! The doctor says the operation itself isn't difficult, but you'll stay on the ward for two days and then go back to outpatients for a check-up. There are so many patients tonight that the hospital is using this room as a temporary ward.

auntie wang 醫學真進步。以前這種傷，要好久才會好。
yīxué zhēn jìnbù yǐqián zhè zhǒng shāng yào hǎo jiǔ cái huì hǎo · Medicine has come such a long way. In the old days an injury like this took ages to heal.

anna 對，病房也很衛生。
duì bìngfáng yě hěn wèishēng · Yes, and the ward is very clean.

anna 我有一個朋友，狀況跟您很相似。手術以後很快就好了。
wǒ yǒu yí ge péngyǒu zhuàngkuàng gēn nín hěn xiāngsì shǒushù yǐhòu hěn kuài jiù hǎo le · A friend of mine was in a very similar situation. She recovered really quickly after the operation.

auntie wang 你們真好。醫院的飯不好消化，明天幫我帶一碗粥來，好不好？
nǐmen zhēn hǎo yīyuàn de fàn bù hǎo xiāohuà míngtiān bāng wǒ dài yì wǎn zhōu lái hǎo bu hǎo · You're so good to me. Hospital food is hard to digest: will you bring me a bowl of congee tomorrow?

meiling 當然好！您的笑使我們放心多了。要不我們先回去，明天早上再來？等您好了，來看我們跑步比賽！我們的目標是超越自己。
dāngrán hǎo nín de xiào shǐ wǒmen fàngxīn duō le yàobù wǒmen xiān huí qù míngtiān zǎoshàng zài lái děng nín hǎo le lái kàn wǒmen pǎobù bǐsài wǒmen de mùbiāo shì chāoyuè zìjǐ · Of course! Seeing you smile has put our minds at rest. How about we head home now and come back in the morning? When you're better, come and watch our race! Our goal is to beat our own best.

auntie wang 好吧，我聽你們的。你們跑步也要小心，別像我一樣受傷喔！
hǎo ba wǒ tīng nǐmen de nǐmen pǎobù yě yào xiǎoxīn bié xiàng wǒ yíyàng shòushāng ō · All right, I'll do as you say. And be careful when you run: don't get hurt like me!

write it trace the grey, then write your own

資
zī
means, funds

源
yuán
source



計
jì
plan

系
xì
(university) department



good to know · In Taiwan, 119 is the number for fire and ambulance, 110 for the police. In hospital, 急診 is A&E and 門診 the outpatient clinics. 要不 at the start of a sentence makes a soft suggestion: 要不我們先回去？ (how about we go home first?).

Emergencies, wards, a bowl of congee: you can look after a friend in Chinese now. 早日康復，王阿姨! Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 139 sleep and medicine

Chinese TOCFL B in 220 days
unit 21 · the body

Talk about sleep, energy and medicine, and say who does something with 由 + someone + verb.

"Who's in charge?" comes up everywhere, at home, at work and at the doctor's: 由 is the tidy way to say it.

words

word	pinyin	meaning	example
睡眠	shuìmián	sleep	睡眠不好，白天就沒有精力。 If you don't sleep well, you've no energy during the day.
藥物	yàowù	medication, drugs	藥物不能隨便吃。 You shouldn't take medication casually.
中藥	zhōngyào	Chinese medicine	中藥好苦。 Chinese medicine is so bitter.
精力	jīnglì	energy, vigour	又要上班，又要練跑步，精力不夠。 Working and training at the same time: there isn't enough energy.
不良	bùliáng	poor, bad (formal)	我最近睡眠不良。 I've been sleeping badly lately.
平衡	pínghéng	balance	工作和休息要平衡。 Work and rest need to be in balance.
消極	xiāojí	negative, passive	你千萬不要太消極！ Whatever you do, don't be too negative!
補充	bǔchōng	replenish, add (to)	多吃水果，補充一下精力。 Eat more fruit to top up your energy.
移	yí	move, shift	我幫你把床移到窗戶旁邊。 I'll help you move your bed next to the window.
閉	bì	close (eyes, mouth)	每天晚上一閉上眼睛，就想到工作。 Every night, the moment I close my eyes, I think about work.
撐	chēng	hold up, keep going	我快撐不下去了。 I can barely keep going.
顯然	xiǎnrán	obviously, clearly	顯然，你最近太累了。 You've obviously been too tired lately.
一致	yīzhì	unanimous, in agreement	大家的意見一致嗎？ Are we all agreed?
運用	yùnyòng	use, apply	學了新的字，要多運用。 When you learn new characters, use them a lot.
章	zhāng	chapter (measure word)	這本書的第三章講睡眠。 Chapter three of this book is about sleep.
主觀	zhǔguān	subjective	這只是我主觀的想法。 That's just my personal view.
不止	bùzhǐ	not only, more than	這不止是幫忙。 This is more than help.
初步	chūbù	first, preliminary	這是我們初步的計畫。 This is our first plan.

pattern 由 + someone + verb: by, up to (someone)

a job or decision | 由 | someone | (來) + verb

由 + person + verb says who does the job or makes the decision: 這件事由我負責 (I'm in charge of this), 路線由公司決定 (the company decides the route). The task usually comes first. 由 sounds organised and a little formal: it's the language of plans, rules and notices.

這件事由我負責。 **zhè jiàn shì yóu wǒ fùzé** I'm in charge of this.

比賽的路線由公司決定。 **bǐsài de lùxiàn yóu gōngsī juédìng** The company decides the race route.

奶奶的中藥由大夫開，不能自己買。 **nǎinai de zhōngyào yóu dàifū kāi bù néng zìjǐ mǎi** Grandma's Chinese medicine is prescribed by a doctor: you can't buy it yourself.

dialogue grandma's orders

grandma lin 美玲，你怎麼了？顯然沒睡好。
Měilíng nǐ zěnme le xiǎnrán méi shuì hǎo · Meiling, what's the matter? You obviously haven't slept.

meiling 奶奶，我最近睡眠不良。每天晚上一閉上眼睛，就想到工作。我快撐不下去了。
nǎinai wǒ zuìjìn shuìmián bùliáng měi tiān wǎnshàng yí bì shàng yǎnjīng jiù xiǎngdào gōngzuò wǒ kuài chēng bu xiaqu le · Grandma, I've been sleeping badly. Every night, the moment I close my eyes, I think about work. I can barely keep going.

grandma lin 你又要上班，又要練跑步，精力當然不夠。工作和休息要平衡。
nǐ yòu yào shàngbān yòu yào liàn pǎobù jīnglì dāngrán bú gòu gōngzuò hé xiūxí yào pínghéng · You're working and training for a race: of course you're out of energy. Work and rest need to be in balance.

meiling 老實說，我有時候想放棄比賽。我是不是太消極了？
lǎoshíshuō wǒ yǒushíhou xiǎng fàngqì bǐsài wǒ shì bu shì tài xiāojí le · To be honest, sometimes I want to give up the race. Am I being too negative?

david 別這麼說，你已經跑了那麼多公里了！
bié zhème shuō nǐ yǐjīng pǎo le nàme duō gōnglǐ le · Don't say that: you've already run loads of kilometres!

anna 不會。怎麼說呢……我覺得你只是太累了。不過，這只是我主觀的想法。
bú huì zěnme shuō ne wǒ juéde nǐ zhǐshì tài lèi le búguò zhè zhǐshì wǒ zhǔguān de xiǎngfǎ · No. How can I put it… I think you're just too tired. But that's only my personal view.

grandma lin 奶奶給你帶了中藥。可是藥物不能隨便吃，要由大夫來看，大夫說了算。
nǎinai gěi nǐ dài le zhōngyào kěshì yàowù bù néng suíbiàn chī yào yóu dàifū lái kàn dàifū shuō le suàn · Grandma's brought you some Chinese medicine. But you can't just take medicine: a doctor needs to see you first, and the doctor decides.

meiling 中藥好苦，我根本不想吃！
zhōngyào hǎo kǔ wǒ gēnběn bù xiǎng chī · Chinese medicine is so bitter: I really don't want to take it!

grandma lin 加一點蜂蜜就不苦了。我原本也不愛吃。
jiā yìdiǎn fēngmì jiù bù kǔ le wǒ yuánběn yě bú ài chī · Add a little honey and it isn't bitter. I didn't like it at first either.

anna 初步的計畫：美玲每天十一點以前睡覺，多補充水和水果，週末不練跑步。大家意見一致嗎？
chūbù de jìhuà Měilíng měi tiān shíyī diǎn yǐqián shuìjiào duō bǔchōng shuǐ hé shuǐguǒ zhōumò bú liàn pǎobù dàjiā yìjiàn yízhì ma · Plan, first version: Meiling goes to bed before eleven every night, drinks more water and eats more fruit, and doesn't train at weekends. Are we all agreed?

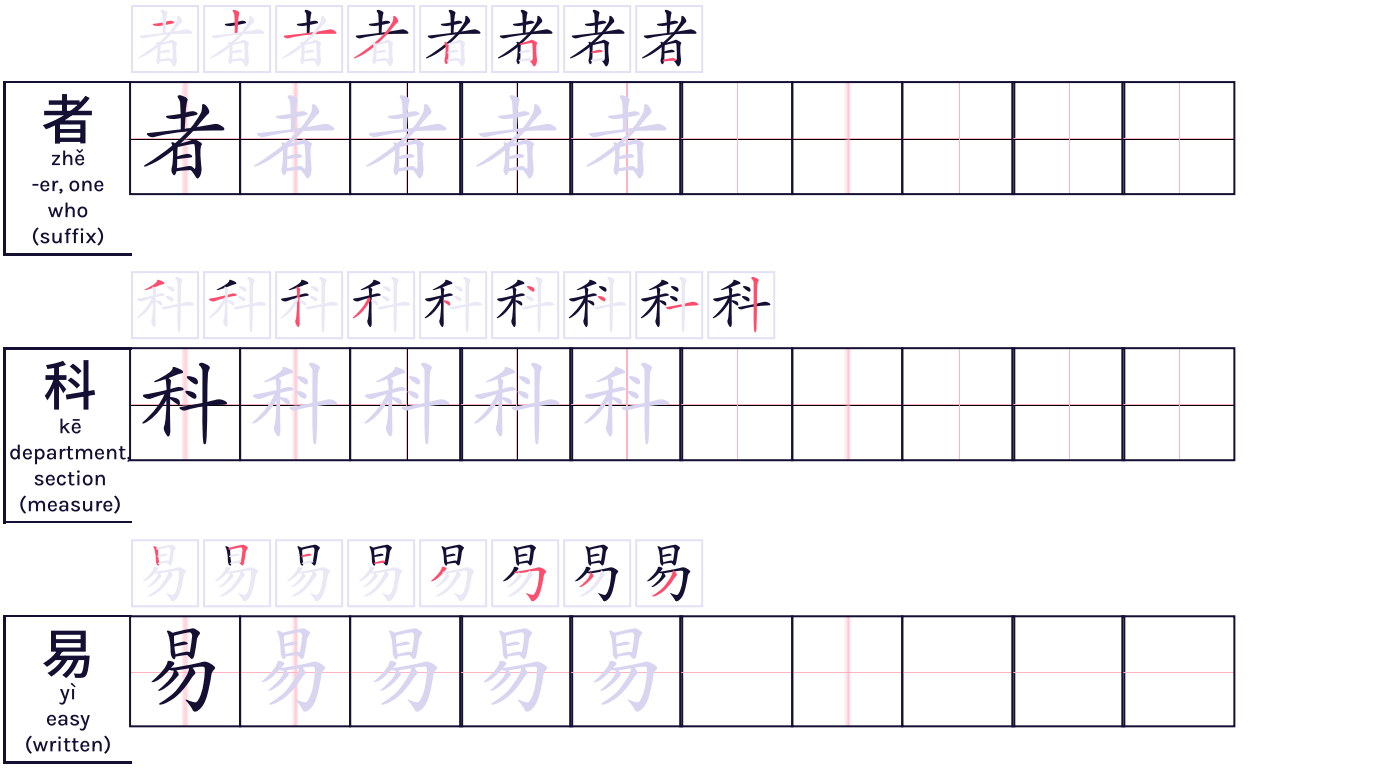
david 一致！美玲，我幫你把床移到窗戶旁邊，早上有太陽，起床比較容易。
yízhì Měilíng wǒ bāng nǐ bǎ chuáng yí dào chuānghu pángbiān zǎoshàng yǒu tàiyáng qǐchuáng bǐjiào róngyì · Agreed! Meiling, I'll help you move your bed next to the window: with the morning sun, it's easier to get up.

meiling 你們真好。這不止是幫忙，你們使我覺得好溫暖。
nǐmen zhēn hǎo zhè bùzhǐ shì bāngmáng nǐmen shǐ wǒ juéde hǎo wēnnuǎn · You're all so kind. This isn't just help: you make me feel so cared for.

grandma lin 你們都要擺脫壞習慣，晚上別看手機。
nǐmen dōu yào bǎituō huài xíguàn wǎnshàng bié kàn shǒujī · You all need to break your bad habits: no phones at night.

write it trace the grey, then write your own

統
tǒng
unite



good to know · Many people in Taiwan see both Western doctors and practitioners of Chinese medicine; prescriptions for 中藥 (often powders) are covered by the national health insurance. 不止 means “more than, not only”: 這不止是幫忙 (this is more than help). Don’t mix it up with 不只, which works the same way in speech.

Sleep, energy, balance: and a whole plan made by your friends, 由大家決定. Sweet dreams, Meiling!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 140 inflammation and blood types

Talk about health checks, blood types and inflammation, and read notices written with 將 (will; = 把).

Company notices, signs and the news all speak in 將: once you can read it, written Chinese opens up.

words

word	pinyin	meaning	example
生存	shēngcún	survive; survival	人沒有水，就不能生存。 People can't survive without water.
水分	shuǐfèn	water content, moisture	跑步的時候要補充水分。 Stay hydrated when you run.
肥胖	féipàng	overweight, obese	肥胖會帶來很多疾病。 Being overweight brings many illnesses.
發炎	fāyán	be inflamed	我的眼睛有一點發炎。 My eye is a bit inflamed.
吐	tǔ	be sick, vomit; spit	跑完以後，我差點吐了。 After the run I nearly threw up.
血型	xiěxíng	blood type	你是什麼血型？ What's your blood type?
招手	zhāoshǒu	wave (your hand)	她在對面向我招手。 She's waving to me from across the road.
服	fú	take (medicine)	這個藥一天服三次。 Take this medicine three times a day.
肺	fèi	lung	跑步對肺很好。 Running is good for your lungs.
捕	bǔ	catch, capture	貓會捕老鼠。 Cats catch mice.
踩	cǎi	step on	對不起，我踩到你的腳了！ Sorry, I stepped on your foot!
將	jiāng	will (written); = 把 (written)	公司將在下個月舉辦跑步比賽。 The company will hold a running race next month.
斜	xié	slanting, crooked	這張照片拍斜了。 This photo is crooked.
億	yì	a hundred million	全世界有好幾億人喜歡跑步。 Hundreds of millions of people love running.
用不著	yòngbùzháo	no need to	用不著擔心。 There's no need to worry.
再三	zàisān	again and again	大夫再三說，要多運動。 The doctor keeps telling me to exercise more.
逐漸	zhújiàn	gradually	天氣將逐漸變冷。 The weather will gradually get colder.

遲	chí	late	報名千萬不要遲了！ Whatever you do, don’t sign up late!

pattern 將: will (written); 將 + object = 把

someone | 將 | verb (will…) | or 將 + object + verb (= 把)

In notices, the news and formal writing, 將 does two jobs. Before a verb it means “will, is going to”: 公司將舉辦比賽. Before an object it works like 把: 請將垃圾丟進垃圾桶 (please put your rubbish in the bin). In speech you’d say 會 and 把.

本公司將在十二月舉辦健康檢查。 **běn gōngsī jiāng zài shíèr yuè jǔbàn jiànkāng jiǎnchá** Our company will hold health checks in December.

請將垃圾丟進垃圾桶。 **qǐng jiāng lèsè diū jìn lèsè tǒng** Please put your rubbish in the bin.

請將報名的表交給李經理。 **qǐng jiāng bàomíng de biǎo jiāo gěi Lǐ jīnglǐ** Please hand the sign-up form to Manager Li.

dialogue health-check week

manager li 安娜，你看公司的通知了嗎？我念一下：「各位同事：本公司將在下星期一舉辦健康檢查，請大家當天早上不要吃東西。另外，公司將在十二月參加臺北的跑步比賽，報名由公司負責，請有興趣的同事將名字交給李經理。報名千萬不要遲了！」

Ānnà nǐ kàn gōngsī de tōngzhī le ma wǒ niàn yíxià gèwèi tóngshì běn gōngsī jiāng zài xià xīngqíyī jǔbàn jiànkāng jiǎnchá qǐng dàjiā dàngtiān zǎoshàng bú yào chī dōngxi lìngwài gōngsī jiāng zài shíèr yuè cānjiā Táiběi de pǎobù bǐsài bàomíng yóu gōngsī fùzé qǐng yǒu xìngqù de tóngshì jiāng míngzi jiāo gěi Lǐ jīnglǐ bàomíng qiānwàn bú yào chí le · Anna, have you seen the company notice? I'll read it: "Dear colleagues: the company will hold health checks next Monday. Please don't eat anything that morning. Also, in December the company will take part in a running race in Taipei. The company will handle registration: colleagues who are interested, please give your name to Manager Li. Don't be late signing up!"

anna 太好了！我早就在練習了。

tài hǎo le wǒ zǎo jiù zài liànxí le · Brilliant! I've been training for ages already.

manager li 這麼說，你一定要參加了？我也想參加。大夫再三說，我有點肥胖，用不著擔心，可是要多運動。

zhème shuō nǐ yídìng yào cānjiā le wǒ yě xiǎng cānjiā dàifū zàisān shuō wǒ yǒudiǎn féipàng yòngbùzháo dānxīn kěshì yào duō yùndòng · So you're definitely in? I'd like to join too. The doctor keeps telling me I'm a bit overweight: nothing to worry about, but I should exercise more.

anna 您的精力那麼好，一定沒問題！我上次跑太快，跑完差點吐了。人又多，我一直踩到別人的腳。

nín de jīnglì nàme hǎo yídìng méi wèntí wǒ shàng cì pǎo tài kuài pǎo wán chàdiǎn tǔ le rén yòu duō wǒ yìzhí cǎi dào biérén de jiǎo · You've got so much energy: you'll be fine! Last time I ran too fast and nearly threw up at the end. And it was so crowded I kept treading on people's feet.

manager li 跑步要逐漸增加，好讓肺和肌肉慢慢習慣。對了，安娜，你是什麼血型？

pǎobù yào zhújiàn zēngjiā hǎo ràng fèi hé jīròu mànmàn xíguàn duìle Ānnà nǐ shì shénme xiěxíng · You should build up gradually, so your lungs and muscles can get used to it. Oh, by the way, Anna: what's your blood type?

anna 我不知道！在臺灣，大家好像都很重視血型。很多人說，看血型就知道一個人的個性。

wǒ bù zhīdào zài Táiwān dàjiā hǎoxiàng dōu hěn zhòngshì xiěxíng hěn duō rén shuō kàn xiěxíng jiù zhīdào yí ge rén de gèxìng · I don't know! In Taiwan everyone seems to care about blood types. Lots of people say your blood type tells you someone's personality.

manager li 那不是絕對的。老實說，我覺得血型跟個性沒有關係。

nà bú shì juéduì de lǎoshíshuō wǒ juéde xiěxíng gēn gèxìng méiyǒu guānxì · That's not absolute. To be honest, I don't think blood type has anything to do with personality.

anna 我也覺得那是很主觀的說法。

wǒ yě juéde nà shì hěn zhǔguān de shuōfǎ · I think it's a very subjective idea too.

anna 經理，您的眼睛怎麼紅紅的？

jīnglǐ nín de yǎnjīng zěnme hóng hóng de · Manager Li, why are your eyes so red?

manager li 有一點發炎。大夫給了我藥，一天服三次。這樣一來，跑步比賽以前就會好了。

yǒuyìdiǎn fāyán dàifū gěi le wǒ yào yì tiān fú sān cì zhèyàngyìlái pǎobù bǐsài yǐqián jiù huì hǎo le · A bit of an infection. The doctor gave me medicine: three times a day. That way, I'll be better before the race.

anna 經理，您要注意睡眠，眼睛才會好得快。

jīnglǐ nín yào zhùyì shuìmián yǎnjīng cái huì hǎo de kuài · Manager, make sure you get enough sleep, and your eye will heal faster.

write it trace the grey, then write your own

軍
jūn
army, troops



尺
chǐ
ruler

噢
ō
oh
(understanding)



池
chí
pool

good to know · 本公司 (our company) and 將 (will) are the voice of every Taiwanese notice. Read them aloud with a straight face! 血 reads xiě in Taiwan in many words (血型 xiěxíng); the mainland says xuè.

Notices in 將, health checks, blood types: you can read the company noticeboard now. 加油!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 141 viruses and infections

Chinese TOCFL B in 220 days
unit 21 · the body

Talk about colds, viruses and infections, and push back with 又 + 不/沒 (it's not as if...).

"It's not as if I've got a fever!" is what every stubborn patient says: now you can say it, and answer it.

words

word	pinyin	meaning	example
死亡	sǐwáng	die; death	很多病毒離開人體以後，很快就死亡了。 Many viruses die soon after leaving the body.
腦袋	nǎodài	head	我的腦袋好重。 My head feels so heavy.
喉嚨	hóulóng	throat	我的喉嚨好痛。 My throat really hurts.
肝	gān	liver	睡得太少，對肝也不好。 Too little sleep is bad for your liver, too.
病毒	bìngdú	virus	感冒的病毒傳染得很快。 Cold viruses spread very fast.
傳染	chuánrǎn	infect, be contagious	感冒會傳染給別人。 Colds spread to other people.
感染	gǎnrǎn	be infected, catch	你被感染了！ You've caught it!
鼻涕	bítì	runny nose, snot	我的鼻涕一直流。 My nose won't stop running.
補	bǔ	mend; make up; build up	我買了一些水果，給你補一補。 I've bought some fruit to build you up.
採	cǎi	pick, gather	他們在山上採茶。 They're picking tea in the hills.
闖	chuǎng	rush, charge (into)	騎機車千萬別闖紅燈。 Whatever you do on a scooter, don't run a red light.
形式	xíngshì	form, format	比賽有兩種形式：十公里和二十一公里。 The race comes in two forms: 10 km and 21 km.
依據	yījù	basis; according to	依據文章的說法，要常常洗手。 According to the article, we should wash our hands often.
有力	yǒulì	strong, powerful (argument)	你們的理由很有力。 Your arguments are convincing.
贊成	zànchéng	agree with, approve	我贊成美玲。 I'm with Meiling.
重量	zhòngliàng	weight	背包的重量不能超過三公斤。 The backpack mustn't weigh more than three kilos.

綜合	zònghé	combine; comprehensive	綜合大家的意見，我們週末再跑。 Putting everyone's views together, we'll run at the weekend.

pattern 又 + 不 / 沒: but it's not as if...

someone	又不 / 又沒	verb (the reason the other person forgot)	, (so why...?)

又 before 不 or 沒 adds a "come on, it's not as if..." feeling: it reminds someone of a fact that makes their worry, order or complaint pointless. 你又沒做錯 (it's not as if you did anything wrong), 我又不是小孩子 (I'm not a child, you know). The next part is often a question: 為什麼...? 怕什麼?

我又沒發燒，為什麼不能跑？ **wǒ yòu méi fāshāo wèishénme bù néng pǎo** It's not as if I have a fever: why can't I run?

怕什麼？他又不會生氣。 **pà shénme tā yòu bú huì shēngqì** What are you afraid of? It's not as if he'll be angry.

你又不是醫生，怎麼知道沒問題？ **nǐ yòu bú shì yīshēng zěnme zhīdào méi wèntí** You're not a doctor: how do you know it's fine?

dialogue david has a cold

david 我的喉嚨好痛，鼻涕一直流，腦袋也好重。可是今天我照跑！

wǒ de hóulóng hǎo tòng bítì yìzhí liú nǎodài yě hǎo zhòng kěshì jīntiān wǒ zhào pǎo · My throat hurts, my nose won't stop running and my head feels heavy. But I'm running today all the same!

meiling 你被感染了！最近公司裡很多人感冒，病毒傳染得很快。

nǐ bèi gǎnrǎn le zuìjìn gōngsī lǐ hěn duō rén gǎnmào bìngdú chuánrǎn de hěn kuài · You've caught it! Loads of people at work have colds: the virus spreads really fast.

david 我又沒發燒，只是一點小感冒。我又不是小孩子！

wǒ yòu méi fāshāo zhǐshì yìdiǎn xiǎo gǎnmào wǒ yòu bú shì xiǎoháizi · It's not as if I've got a fever: it's just a little cold. I'm not a child, you know!

anna 你一再說沒事，可是聲音都變了。

nǐ yízài shuō méi shì kěshì shēngyīn dōu biàn le · You keep saying you're fine, but your voice has changed.

anna 大夫說，生病的時候要休息，不要勉強。你原來每天睡八個小時，如今每天只睡五個小時。睡得太少，對肝也不好。

dàifū shuō shēngbìng de shíhòu yào xiūxí bú yào miǎnqiǎng nǐ yuánlái měi tiān shuì bā ge xiǎoshí rújīn měi tiān zhǐ shuì wǔ ge xiǎoshí shuì de tài shǎo duì gān yě bù hǎo · The doctor says rest when you're ill, don't push it. You used to sleep eight hours a night; now you only get five. Too little sleep is bad for your liver, too.

meiling 也就是說，你的身體太累了。公司也說了：「感冒的同事請將工作帶回家，在家休息。」

yě jiùshìshuō nǐ de shēntǐ tài lèi le gōngsī yě shuō le gǎnmào de tóngshì qǐng jiāng gōngzuò dài huí jiā zài jiā xiūxí · In other words, your body is worn out. Even the company says: "Colleagues with colds, please take your work home and rest there."

anna 綜合大家的意見：休息兩天，週末再跑。我贊成美玲。

zònghé dàjiā de yìjiàn xiūxí liǎng tiān zhōumò zài pǎo wǒ zànchéng Měilíng · Putting everyone's views together: two days' rest, then run at the weekend. I'm with Meiling.

david 好吧……你們的理由很有力，我聽你們的。

hǎo ba nǐmen de lǐyóu hěn yǒulì wǒ tīng nǐmen de · OK... your arguments are convincing. I'll do as you say.

meiling 這才對嘛！要不，比賽的時候撐不下去怎麼辦？

zhè cái duì ma yàobù bǐsài de shíhòu chēng bu xiaqu zěnmebàn · That's more like it! Otherwise, what if you can't keep going in the race?

meiling 藥房距離這裡只有五分鐘，我去幫你買藥，順便買一些剛採下來的水果，給你補一補。

yàofáng jùlí zhèlǐ zhǐyǒu wǔ fēnzhōng wǒ qù bāng nǐ mǎi yào shùnbiàn mǎi yìxiē gāng cǎi xialai de shuǐguǒ gěi nǐ bǔ yi bu · The pharmacy is only five minutes from here. I'll get you some medicine, and some freshly picked fruit too, to build you up.

anna 我看了一篇文章，依據文章的說法，很多病毒離開人體以後，很快就死亡了。所以要常常洗手！

wǒ kàn le yì piān wénzhāng yījù wénzhāng de shuōfǎ hěn duō bìngdú líkāi réntǐ yǐhòu hěn kuài jiù sǐwáng le suǒyǐ yào chángcháng xǐ shǒu · I read an article: according to it, lots of viruses die soon after they leave the body. So wash your hands often!

david 好，我先閉上眼睛睡一下。

hǎo wǒ xiān bì shàng yǎnjīng shuì yíxià · OK, I'll close my eyes and have a sleep.

write it trace the grey, then write your own

功 gōng effect, work



器
qì
device

網
wǎng
net; the web

眾
zhòng
crowd

good to know · 又 + 不/沒 can sound a bit sharp: say it with a smile among friends (我又不是小孩子!), and avoid it with your boss. Taiwan's pharmacies (藥房, 藥局) are everywhere, and pharmacists will often suggest something for a cold without a prescription.

Colds, viruses and a stubborn flatmate: you held your own. 又不難，對吧?
Do this day interactively, with audio and games, free at **wishyou.today/learning**

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day 142 mission: training for the marathon

Chinese TOCFL B in 220 days
unit 21 · the body

Read a race notice and follow three weeks of training: plans, a scare, rest and food, and race day.

Training for a race touches every part of the body, and every word of unit 21 comes back on the way to the finish.

chapter 1

anna 比賽的通知來了！我念給大家聽：「各位朋友好：今年的臺北秋季跑步比賽，將在十二月八日早上六點開始。比賽有兩種形式：十公里和二十一公里。出發的地方距離捷運站只有五分鐘。一、比賽當天，請在五點半以前到達。二、背包的重量最好不要超過三公斤。三、身體不舒服、發燒或是感冒的人，千萬不要勉強參加。四、路上有大夫和學醫學的學生，緊急的時候，請向他們招手。五、有幾段路比較窄，請不要推擠，也不許闖進汽車的路。以上，祝大家順利！」

bǐsài de tōngzhī lái le wǒ niàn gěi dàjiā tīng gèwèi péngyǒu hǎo jīnnián de Táiběi qiūjì pǎobù bǐsài jiāng zài shíèr yuè bā rì zǎoshàng liù diǎn kāishǐ bǐsài yǒu liǎng zhǒng xíngshì shí gōnglǐ hé èrshíyī gōnglǐ chūfā de dìfāng jùlí jiéyùn zhàn zhǐyǒu wǔ fēnzhōng yī bǐsài dàngtiān qǐng zài wǔ diǎn bàn yǐqián dàodá èr bēibāo de zhòngliàng zuìhǎo bú yào chāoguò sān gōngjīn sān shēntǐ bù shūfu fāshāo huòshì gǎnmào de rén qiānwàn bú yào miǎnqiǎng cānjiā sì lù shàng yǒu dàifū hé xué yīxué de xuéshēng jǐnjí de shíhòu qǐng xiàng tāmen zhāoshǒu wǔ yǒu jǐ duàn lù bǐjiào zhǎi qǐng bú yào tuī jǐ yě bùxǔ chuǎng jìn qìchē de lù yǐshàng zhù dàjiā shùnlì · The race notice is here! I'll read it out: "Dear friends: this year's Taipei autumn race will start at 6 am on 8 December. There are two races: 10 km and 21 km. The start is only five minutes from the MRT station. 1. On race day, please arrive by 5.30. 2. Backpacks should weigh no more than 3 kg. 3. If you feel unwell, have a fever or have caught a cold, please don't push yourself to take part. 4. There will be doctors and medical students along the route: in an emergency, wave to them. 5. Some stretches are narrow: please don't push, and running into the road is not allowed. That's all: good luck, everyone!"

david 這麼說，還有三個星期。我的感冒早已好了，可以開始練了！

zhème shuō hái yǒu sān ge xīngqí wǒ de gǎnmào zǎoyǐ hǎo le kěyǐ kāishǐ liàn le · So that means three weeks to go. My cold is long gone: I can start training!

meiling 大衛，你的喉嚨還痛嗎？還有鼻涕嗎？要是還有病毒，會傳染給大家。

Dàwèi nǐ de hóulóng hái tòng ma hái yǒu bítì ma yàoshì hái yǒu bìngdú huì chuánrǎn gěi dàjiā · David, does your throat still hurt? Is your nose still running? If you've still got the virus, you'll pass it on to everyone.

david 都好了！我的腦袋也很清楚。

dōu hǎo le wǒ de nǎodài yě hěn qīngchǔ · All better! My head's clear too.

meiling 隨著比賽越來越近，大家都練得越來越認真了。

suízhe bǐsài yuèláiyuè jìn dàjiā dōu liàn de yuèláiyuè rènzhēn le · As the race gets closer, everyone's training harder and harder.

zhiming 我原本只想跑十公里，可是我改變主意了：我要跑二十一公里！

wǒ yuánběn zhǐ xiǎng pǎo shí gōnglǐ kěshì wǒ gǎibiàn zhǔyì le wǒ yào pǎo èrshíyī gōnglǐ · I was only going to run the ten, but I've changed my mind: I'm doing the twenty-one!

anna 你上個月才出院，不許勉強！大家的意見一致嗎？

nǐ shàng ge yuè cái chūyuàn bùxǔ miǎnqiǎng dàjiā de yìjiàn yízhì ma · You only came out of hospital last month: no pushing yourself! Do we all agree?

zhiming 放心，我的體溫正常，力氣也回來了。大夫說，運動對我的身體有利。

fàngxīn wǒ de tǐwēn zhèngcháng lìqì yě huí lái le dàifū shuō yùndòng duì wǒ de shēntǐ yǒulì · Don't worry: my temperature's normal and my strength is back. The doctor says exercise is good for me.

anna 好吧。顯然你已經完全擺脫感冒了。

hǎo ba xiǎnrán nǐ yǐjīng wánquán bǎituō gǎnmào le · All right. You've obviously shaken off that cold completely.

chapter 2

david 我們的策略：先拉一拉肌肉，然後慢慢跑，注意呼吸。每週延長兩公里，這樣一來，就不容易受傷。

wǒmen de cèlüè xiān lā yi la jīròu ránhòu mànmàn pǎo zhùyì hūxī měi zhōu yáncháng liǎng gōnglǐ zhèyàngyìlái jiù bù róngyì shòushāng · Our strategy: stretch first, then run slowly, minding our breathing. Two more kilometres every week: that way we won't get injured so easily.

manager li 大夫再三說我有點肥胖，所以我也來了！不過我的腰有一點傷，用不著跑太快吧？

dàifū zàisān shuō wǒ yǒudiǎn féipàng suǒyǐ wǒ yě lái le búguò wǒ de yāo yǒuyìdiǎn shāng yòngbùzháo pǎo tài kuài ba · The doctor keeps saying I'm a bit overweight, so here I am! But my back is a little sore: no need to run too fast, right?

anna 經理，用不著跑快，跑完就好。您今天顯得很有精神！我對花草過敏，所以大夫給了我一種藥物，一天服兩次。

jīnglǐ yòngbùzháo pǎo kuài pǎo wán jiù hǎo nín jīntiān xiǎnde hěn yǒu jīngshén wǒ duì huācǎo guòmǐn suǒyǐ dàifū gěi le wǒ yì zhǒng yàowù yì tiān fú liǎng cì · Manager Li, no need to be fast: just finish. You look full of energy today! I'm allergic to plants, so the doctor has given me some medication: twice a day.

manager li 我有一個疑問：跑得慢的人怎麼辦？

wǒ yǒu yí ge yíwèn pǎo de màn de rén zěnmebàn · I have a question: what about the slow runners?

david 依據大家的狀況，我們分成兩組。綜合來看，這樣最好。

yījù dàjiā de zhuàngkuàng wǒmen fēn chéng liǎng zǔ zònghé lái kàn zhèyàng zuìhǎo · Based on how everyone's doing, we'll split into two groups. All things considered, that's best.

meiling 我贊成！你的理由很有力。

wǒ zànchéng nǐ de lǐyóu hěn yǒulì · I agree! That's a convincing argument.

zhiming 跑步對人體的好處太多了：對肺好，對大腦也好，還可以減少很多疾病。

pǎobù duì réntǐ de hǎochù tài duō le duì fèi hǎo duì dànǎo yě hǎo hái kěyǐ jiǎnshǎo hěn duō jíbìng · Running does the body so much good: it's good for your lungs and your brain, and it prevents lots of illnesses.

meiling 哎喲，我的腳！我又沒跑多遠，怎麼這麼難受？

āiyāo wǒ de jiǎo wǒ yòu méi pǎo duō yuǎn zěnme zhème nánshòu · Ow, my feet! It's not as if I've run far: why does it hurt so much?

david 你的鞋子不對，跑的方法也不當。新的鞋子由我來幫你選！

nǐ de xiézi bú duì pǎo de fāngfǎ yě búdàng xīn de xiézi yóu wǒ lái bāng nǐ xuǎn · Your shoes are wrong, and so is the way you run. I'll help you choose new shoes!

chapter 3

david 昨天跑步的時候，我踩到一塊石頭，撞到了一棵樹，現在腳好痛。
zuótiān pǎobù de shíhòu wǒ cǎi dào yí kuài shítou zhuàng dào le yì kē shù xiànzài jiǎo hǎo tòng · Running yesterday, I stepped on a stone, crashed into a tree, and now my foot really hurts.

anna 所以我們今天來門診。這不是緊急的狀況，不用去急診。
suǒyǐ wǒmen jīntiān lái ménzhěn zhè bú shì jǐnjí de zhuàngkuàng búyòng qù jízhěn · That's why we've come to outpatients today. It's not an emergency: no need for A&E.

david 大夫說，初步的檢查結果沒問題，不用手術，也不用住院，只是要休息三天。這家醫院很衛生，病房也很新，聽說是去年造的。
dàifū shuō chūbù de jiǎnchá jiéguǒ méi wèntí búyòng shǒushù yě búyòng zhùyuàn zhǐshì yào xiūxí sān tiān zhè jiā yīyuàn hěn wèishēng bìngfáng yě hěn xīn tīngshuō shì qùnián zào de · The doctor says the first check-up results are fine: no operation and no need to stay in. I just have to rest for three days. This hospital is so clean, and the wards are new: I hear it was built last year.

anna 太好了！大夫還一再說，腳要是不能伸直，就要再來。預計三天以後就能跑了。上次王阿姨的狀況跟你很相似，現在她的手已經好多了。
tài hǎo le dàifū hái yízài shuō jiǎo yàoshì bù néng shēn zhí jiù yào zài lái yùjì sān tiān yǐhòu jiù néng pǎo le shàng cì Wáng āyí de zhuàngkuàng gēn nǐ hěn xiāngsì xiànzài tā de shǒu yǐjīng hǎo duō le · Great! The doctor also kept saying that if you can't straighten your foot, you have to come back. You should be able to run in three days. Auntie Wang was in a similar state last time, and her arm is much better now.

david 可是只剩兩個星期了。要不，我放棄二十一公里，改跑十公里？
kěshì zhǐ shèng liǎng ge xīngqí le yàobù wǒ fàngqì èrshíyī gōnglǐ gǎi pǎo shí gōnglǐ · But there are only two weeks left. How about I give up the twenty-one and do the ten instead?

anna 跑幾公里由你決定。可是你千萬不要太消極！大夫的話使我放心多了。
pǎo jǐ gōnglǐ yóu nǐ juédìng kěshì nǐ qiānwàn bú yào tài xiāojí dàifū de huà shǐ wǒ fàngxīn duō le · How far you run is up to you. But don't be too negative! What the doctor said has really put my mind at rest.

chapter 4

auntie wang 我出院了！你們練得這麼辛苦，阿姨請你們吃早餐，補充一下精力。
wǒ chūyuàn le nǐmen liàn de zhème xīnkǔ āyí qǐng nǐmen chī zǎocān bǔchōng yíxià jīnglì · I'm out of hospital! You've been training so hard: breakfast is on me, to get your energy back.

meiling 阿姨，您的手好了嗎？不許您太累喔！您的蛋餅好好吃，也好消化！
āyí nín de shǒu hǎo le ma bùxǔ nín tài lèi ō nín de dàn bǐng hǎo hǎochī yě hǎo xiāohuà · Auntie, is your arm better? You're not allowed to overdo it! Your egg pancakes are delicious, and easy on the stomach!

auntie wang 好多了，大夫的手術做得很好。醫學真進步！美玲，你的臉色也好多了。
hǎo duō le dàifū de shǒushù zuò de hěn hǎo yīxué zhēn jìnbù Měilíng nǐ de liǎnsè yě hǎo duō le · Much better: the doctor did a great operation. Medicine has come so far! Meiling, you look much better too.

meiling 我的睡眠好多了。我每天十一點閉上眼睛，一下就睡著了。奶奶的中藥好苦，可是很有用。
wǒ de shuìmián hǎo duō le wǒ měi tiān shíyī diǎn bì shàng yǎnjīng yíxià jiù shuìzháo le nǎinai de zhōngyào hǎo kǔ kěshì hěn yǒuyòng · I'm sleeping much better. Every night at eleven I close my eyes and I'm out like a light. Grandma's Chinese medicine is so bitter, but it works.

zhiming 跑步的時候要多喝水，補充水分。這樣一來，就不容易吐，也不容易累。
pǎobù de shíhòu yào duō hē shuǐ bǔchōng shuǐfèn zhèyàngyìlái jiù bù róngyì tǔ yě bù róngyì lèi · Drink plenty of water when you run, to stay hydrated. That way you're less likely to be sick or get tired.

auntie wang 對。吃得不好，營養不良，就沒有力氣跑。阿姨幫你們補一補！
duì chī de bù hǎo yíngyǎng bùliáng jiù méiyǒu lìqì pǎo āyí bāng nǐmen bǔ yi bu · Right. If you don't eat well, you won't have the energy to run. Let me feed you up!

zhiming 我讀了一本跑步的書，第五章說，跑步的時候要多運用呼吸的方法。睡不好，對肝和肺也不好。
wǒ dú le yì běn pǎobù de shū dì wǔ zhāng shuō pǎobù de shíhòu yào duō yùnyòng hūxī de fāngfǎ shuì bu hǎo duì gān hé fèi yě bù hǎo · I read a book about running: chapter five says you should use breathing techniques when you run. And poor sleep is bad for your liver and lungs.

david 我的腳好了！我又沒受很重的傷，休息三天就好了。
wǒ de jiǎo hǎo le wǒ yòu méi shòu hěn zhòng de shāng xiūxí sān tiān jiù hǎo le · My foot's better! It's not as if it was a serious injury: three days' rest and it was fine.

auntie wang 這只是阿姨主觀的想法：跑步不止是運動，也是一種生活方式。你們的工作和休息平衡了，身體和心情也都變好了。比賽那天，阿姨在路邊給你們加油！
zhè zhǐshì āyí zhǔguān de xiǎngfǎ pǎobù bùzhǐ shì yùndòng yě shì yì zhǒng shēnghuó fāngshì nǐmen de gōngzuò hé xiūxí pínghéng le shēntǐ hé xīnqíng yě dōu biàn hǎo le bǐsài nà tiān āyí zài lù biān gěi nǐmen jiāyóu · This is just Auntie's own view: running isn't only exercise, it's a way of life. Your work and rest are in balance now, and your bodies and spirits are better for it. On race day, I'll be by the road cheering you on!

chapter 5

zhiming 我跑完了！原來我上個月還在住院，如今居然跑完了二十一公里！
wǒ pǎo wán le yuánlái wǒ shàng ge yuè hái zài zhùyuàn rújīn jūrán pǎo wán le èrshíyī gōnglǐ · I finished! Last month I was still in hospital, and now I've actually run twenty-one kilometres!

meiling 我也是！最後五公里我差點撐不下去，可是想到大家，我就一直跑。
wǒ yě shì zuìhòu wǔ gōnglǐ wǒ chàdiǎn chēng bu xiaqu kěshì xiǎngdào dàjiā wǒ jiù yìzhí pǎo · Me too! In the last five kilometres I nearly couldn't go on, but thinking of all of you kept me running.

david 你們看，王阿姨和陳老師在那邊向我們招手！
nǐmen kàn Wáng āyí hé Chén lǎoshī zài nà biān xiàng wǒmen zhāoshǒu · Look, Auntie Wang and Teacher Chen are waving to us over there!

teacher chen 你們跑得真好！志明，你的病情完全好了？
nǐmen pǎo de zhēn hǎo Zhìmíng nǐ de bìngqíng wánquán hǎo le · You ran so well! Zhiming, are you completely better?

zhiming 完全好了，姑姑。這次比賽使我明白：最重要的不是贏別人，是超越自己。
wánquán hǎo le gūgu zhè cì bǐsài shǐ wǒ míngbái zuì zhòngyào de bú shì yíng biérén shì chāoyuè zìjǐ · Completely, Auntie. This race has taught me: what matters most isn't beating other people, it's beating yourself.

manager li 我也跑完了十公里！我比大家遲了一個小時，可是我對自己有無限的信心了。
wǒ yě pǎo wán le shí gōnglǐ wǒ bǐ dàjiā chí le yí ge xiǎoshí kěshì wǒ duì zìjǐ yǒu wúxiàn de xìnxīn le · I finished the ten kilometres too! I was an hour behind everyone, but now I have endless faith in myself.

meiling 哎呀，我給大家拍的照片拍斜了！
āiyā wǒ gěi dàjiā pāi de zhàopiàn pāi xié le · Oh no, the photo I took of everyone is crooked!

teacher chen 全世界有好幾億人喜歡跑步，今天你們也加入了！跑步使你們的身體逐漸變好。
quán shìjiè yǒu hǎojǐ yì rén xǐhuān pǎobù jīntiān nǐmen yě jiārù le pǎobù shǐ nǐmen de shēntǐ zhújiàn biàn hǎo · Hundreds of millions of people around the world love running, and today you joined them! Running is gradually making you all healthier.

anna 我們四個人，沒有一個沒跑完的！明年，我們一起跑更長的比賽吧？
wǒmen sì ge rén méiyǒu yí ge méi pǎo wán de míngnián wǒmen yìqǐ pǎo gèng cháng de bǐsài ba · All four of us finished, every single one! Next year, shall we run an even longer race together?

chapter 6 running and resting

teacher chen 「跑步與休息」很多人以為，練得越多，跑得越好。其實，休息和運動一樣重要。
pǎobù yǔ xiūxí hěn duō rén yǐwéi liàn de yuè duō pǎo de yuè hǎo qíshí xiūxí hé yùndòng yíyàng zhòngyào · "Running and Resting." Many people think the more you train, the better you run. In fact, rest matters as much as exercise.

teacher chen 跑步的時候，肌肉會受一點小傷。睡得好，身體才有機會把傷養好，肌肉也才會變得更有力氣。睡眠不足的人，容易覺得累，也容易感冒。大夫說，每天最好睡七到八個小時。
pǎobù de shíhòu jīròu huì shòu yìdiǎn xiǎo shāng shuì de hǎo shēntǐ cái yǒu jīhuì bǎ shāng yǎng hǎo jīròu yě cái huì biàn de gèng yǒu lìqì shuìmián bùzú de rén róngyì juéde lèi yě róngyì gǎnmào dàifū shuō měi tiān zuìhǎo shuì qī dào bā ge xiǎoshí · When you run, your muscles pick up small injuries. Only if you sleep well does your body get the chance to repair them, and only then do the muscles grow stronger. People who don't sleep enough get tired easily and catch colds easily. Doctors say it's best to sleep seven to eight hours a night.

teacher chen 吃的東西也很重要。跑步以前，不要吃得太飽，不然肚子會不舒服；跑完以後，要多喝水，還要補充蛋白質和維生素，讓身體恢復精力。
chī de dōngxi yě hěn zhòngyào pǎobù yǐqián bú yào chī de tài bǎo bùrán dùzi huì bù shūfu pǎo wán yǐhòu yào duō hē shuǐ háiyào bǔchōng dànbáizhí hé wéishēngsù ràng shēntǐ huīfù jīnglì · What you eat matters too. Before a run, don't eat too much, or your stomach will be uncomfortable; afterwards, drink plenty of water and top up on protein and vitamins so your body recovers its energy.

teacher chen 還有，一個星期最好跑三天，休息兩天，不要天天跑。要是腳痛了，就先休息幾天，必要的時候去看大夫。每個人的身體狀況不一樣，不可以勉強。聽身體的聲音，才可以跑得遠，跑得久。
háiyǒu yí ge xīngqí zuìhǎo pǎo sān tiān xiūxí liǎng tiān bú yào tiāntiān pǎo yàoshì jiǎo tòng le jiù xiān xiūxí jǐ tiān bìyào de shíhòu qù kàn dàifū měi ge rén de shēntǐ zhuàngkuàng bù yíyàng bù kěyǐ miǎnqiǎng tīng shēntǐ de shēngyīn cái kěyǐ pǎo de yuǎn pǎo de jiǔ · Also, it's best to run three days a week and rest two, rather than run every day. If your foot hurts, rest for a few days first, and see a doctor if you need to. Everyone's body is different, so don't push too hard. Listen to your body, and you'll run far and for a long time.

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