day 143 internal medicine

Tell someone what the doctor said, describe sleeplessness, dizziness and itching, and sum things up with 基本上 (basically).

Sooner or later everyone needs a clinic in Taiwan: knowing which department to choose and how to report back saves a lot of worry.

words

word	pinyin	meaning	example
壽命	shòumìng	life span	現在人的壽命比以前長多了。 People live much longer now than they used to.
中毒	zhòngdú	be poisoned	他吃了不新鮮的海鮮，中毒了。 He ate some seafood that wasn't fresh and got food poisoning.
內科	nèikē	internal medicine	感冒發燒，要看{=see}內科。 For a cold or a fever, you see a doctor of internal medicine.
外科	wàikē	surgery (department)	他的腳受傷了，得{dei3-tw}去看外科。 He's hurt his foot, so he has to go to surgery.
癢	yǎng	itchy	被蚊子咬了，好癢！ I've been bitten by a mosquito. It's so itchy!
暈	yūn	dizzy	我早上起來頭很暈。 My head was spinning when I got up this morning.
針	zhēn	needle; injection	護士說：「這一針不會痛。」 The nurse said, "This injection won't hurt."
捲	juǎn	roll up	請把褲子捲起來。 Please roll up your trousers.
搶救	qiǎngjiù	rescue, give emergency care	醫生搶救了兩個小時，病人終於醒了。 The doctors worked on him for two hours, and the patient finally came round.
失眠	shīmián	have insomnia, can't sleep	我最近常常失眠。 I often can't sleep these days.
基本上	jīběnshàng	basically	你的身體基本上沒有問題。 Basically, there's nothing wrong with you.
處處	chùchù	everywhere, in every way	春天的臺北處處都是花。 In spring there are flowers all over Taipei.
耽誤	dānwù	delay, hold up	對不起，耽誤你的時間了。 Sorry to have taken up your time.
惡劣	èliè	bad, nasty, harsh	天氣很惡劣，飛機不能起飛。 The weather's terrible: planes can't take off.
工夫	gōngfu	time, effort	他花{hua1-tw2}了很多工夫才學會。 It took him a lot of effort to learn it.
橫	héng	horizontal, across	請在這裡畫一條橫線。 Please draw a horizontal line here.

解	jiě	untie; solve	他把繩子解開了。 He untied the rope.
立場	lìchǎng	standpoint, position	我了解你的立場。 I understand where you're coming from.

pattern 基本上: basically, on the whole

基本上 (，) the general picture (只是 / 可是 + the exception)

基本上 sums up the big picture and leaves room for small exceptions, like "basically" or "on the whole". It goes at the start of the sentence or right after the subject. The exception often follows with 只是 or 可是.

你的身體基本上沒有問題，只是太累了。 **nǐ de shēntǐ jīběnshàng méiyǒu wèntí zhǐshì tài lèi le** Basically you're healthy: you're just overtired.

我基本上每天都走路上班。 **wǒ jīběnshàng měi tiān dōu zǒulù shàngbān** I walk to work pretty much every day.

基本上，這個計畫可以，可是時間有點緊。 **jīběnshàng zhè ge jìhuà kěyǐ kěshì shíjiān yǒudiǎn jǐn** On the whole the plan works, but the timing's a bit tight.

dialogue what the doctor said

meiling 你回來了！醫生怎麼說？

nǐ huí lái le yīshēng zěnme shuō · You're back! What did the doctor say?

anna 他說我基本上沒什麼問題，只是太累了。

tā shuō wǒ jīběnshàng méishénme wèntí zhǐshì tài lèi le · He says there's basically nothing wrong with me: I'm just exhausted.

meiling 你天天失眠，白天又頭暈，我真的很擔心。隨著考試越來越近，你也越來越緊張了。

nǐ tiāntiān shīmián báitiān yòu tóu yūn wǒ zhēnde hěn dānxīn suízhe kǎoshì yuèláiyuè jìn nǐ yě yuèláiyuè jǐnzhāng le · You can't sleep, you're dizzy all day... I've been really worried. The closer the exams get, the more stressed you are.

anna 醫生笑著說：「這樣下去，會影響你的壽命喔！」

yīshēng xiào zhe shuō zhèyàng xiàqù huì yǐngxiǎng nǐ de shòumìng ō · The doctor laughed and said, "Carry on like this and it'll shorten your life!"

meiling 醫生再三提醒，你一定要聽！那你腿上那麼癢，是怎麼回事？

yīshēng zàisān tíxǐng nǐ yídìng yào tīng nà nǐ tuǐ shàng nàme yǎng shì zěnmehuíshì · The doctor keeps warning you, so you must listen! And why are your legs so itchy?

anna 他叫我把褲子捲起來看了看，說是過敏，開了一點藥。還好不用打一針！

tā jiào wǒ bǎ kùzi juǎn qǐlai kàn le kan shuō shì guòmǐn kāi le yìdiǎn yào háihǎo búyòng dǎ yì zhēn · He had me roll up my trousers, said it's an allergy and gave me some medicine. Luckily no injection!

meiling 藥一天要吃幾次？

yào yì tiān yào chī jǐ cì · How many times a day do you take the medicine?

anna 一天三次。醫院今天好忙，急診那邊，醫生正在搶救一個病人。

yì tiān sān cì yīyuàn jīntiān hǎo máng jízhěn nà biān yīshēng zhèng zài qiǎngjiù yí ge bìngrén · Three times a day. The hospital was so busy today: in A&E, doctors were trying to save a patient.

meiling 最近很多人被感染了，你也要小心。站在朋友的立場，我一定要說：你得少工作一點！

zuìjìn hěn duō rén bèi gǎnrǎn le nǐ yě yào xiǎoxīn zhàn zài péngyǒu de lìchǎng wǒ yídìng yào shuō nǐ děi shǎo gōngzuò yìdiǎn · Lots of people have caught something lately, so you be careful too. As your friend, I have to say it: you need to work less!

anna 可是李經理的計畫還在進行中，我不想耽誤大家。

kěshì Lǐ jīnglǐ de jìhuà hái zài jìnxíng zhōng wǒ bù xiǎng dānwù dàjiā · But Manager Li's project is still in progress, and I don't want to hold everyone up.

meiling 工作又不會跑掉！據說睡覺以前看電腦，最容易失眠。今天晚上不可以看電腦，十一點就睡覺。

gōngzuò yòu bú huì pǎo diào jùshuō shuìjiào yǐqián kàn diànnǎo zuì róngyì shīmián jīntiān wǎnshàng bù kěyǐ kàn diànnǎo shíyī diǎn jiù shuìjiào · It's not as if the work's going anywhere! They say screens before bed are the surest way to lose sleep. No screens tonight: bed at eleven.

anna 好吧，我贊成。

hǎo ba wǒ zànchéng · All right, I agree.

write it trace the grey, then write your own

藝
yì
skill, art

術
shù
technique

內
nèi
within, inside



片
piàn
slice, piece (flat)

good to know · In a Taiwan hospital you register (掛號) for a department first: 內科 for illnesses, 外科 for injuries and operations, plus 牙科, 眼科 and more. 工夫 is time and effort (花工夫, 沒工夫); kung fu, the martial art, is written 功夫.

Now you can come home from the doctor and tell your friends exactly what happened, the basics and the details.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 144 heart and nerves

Talk about the heart, blood and nerves, describe symptoms and a check-up, and give yourself or someone as an example with 就 (for one).

When a friend or colleague has a health scare, you want to ask the right questions and pass on the doctor's news clearly.

words

word	pinyin	meaning	example
症狀	zhèngzhuàng	symptom	感冒有哪些症狀？ What are the symptoms of a cold?
腫	zhǒng	swollen	我的腳腫了，走路很痛。 My foot is swollen and it hurts to walk.
骨頭	gútou	bone	還好骨頭沒斷。 Luckily the bone isn't broken.
神經	shénjīng	nerve	牙齒的神經很多，所以牙痛很難受。 Teeth have lots of nerves, so toothache is awful.
血管	xiěguǎn	blood vessel	多運動對{=for}心臟和血管都很好。 Exercise is good for your heart and blood vessels.
血液	xiěyè	blood	醫生要檢查我的血液。 The doctor wants to test my blood.
心臟	xīnzàng	heart (the organ)	他的心臟不太好，不能做劇烈的運動。 His heart isn't great, so he can't do hard exercise.
疲勞	píláo	tired, fatigued	看電腦太久，眼睛會疲勞。 Your eyes get tired if you look at a screen too long.
後退	hòutuì	step back, go backwards	請大家後退一步。 Everyone, please take a step back.
冒	mào	give off; brave (the rain)	他冒著大雨來看我。 He came to see me through the pouring rain.
噴	pēn	spray, spout	她在身上噴了一點香水。 She put on a little perfume.
純	chún	pure	這瓶果汁很純，沒有加糖。 This juice is pure, with no added sugar.
大致	dàzhì	roughly; general	檢查的結果{=results}大致正常。 The test results are normal on the whole.
番	fān	(measure) a round, a spell	醫生把我仔細檢查了一番。 The doctor gave me a thorough examination.
構造	gòuzào	structure, how it's built	人的眼睛構造很複雜。 The human eye has a very complex structure.
接下來	jiēxiàlái	next, after that	接下來，請你躺在床上。 Next, please lie down on the bed.

劇烈	jùliè	intense, violent	剛吃完飯，不要做劇烈運動。 Don't do hard exercise straight after a meal.
列	liè	(measure) for trains, rows	這列火車是開{=run}往臺南的。 This train is going to Tainan.

pattern 就 (for one): 我的朋友就很喜歡

a general statement , **one example (person / thing)** **就** **what is true of it**

After a general statement, 就 picks out one concrete case that proves it, or goes against it: "X, for one, …". Say it with a little stress on the example. It sits right before the verb or adjective.

運動對身體很好。我外公就每天走路，九十歲了還很健康。 **yùndòng duì shēntǐ hěn hǎo wǒ wàigōng jiù měi tiān zǒulù jiǔshí suì le hái hěn jiànkāng** Exercise is good for you. My grandpa, for one, walks every day, and he's still healthy at ninety.

大家都喜歡香水，我就不喜歡，噴一點就頭暈。 **dàjiā dōu xǐhuān xiāngshuǐ wǒ jiù bù xǐhuān pēn yìdiǎn jiù tóu yūn** Everyone likes perfume, but not me: one spray and I feel dizzy.

這個辦法不一定有用，上次就沒用。 **zhè ge bànfǎ bù yídìng yǒuyòng shàng cì jiù méi yòng** This method doesn't always work. Last time, for one, it didn't.

dialogue the man who never gets ill

david 安娜，李經理今天沒來，他去醫院了。

Ānnà Lǐ jīnglǐ jīntiān méi lái tā qù yīyuàn le · Anna, Manager Li isn't in today. He's gone to the hospital.

anna 什麼？他不是說，大家都常常生病，他就從來不生病嗎？

shénme tā bú shì shuō dàjiā dōu chángcháng shēngbìng tā jiù cónglái bù shēngbìng ma · What? Doesn't he always say everyone else gets ill, but he never does?

david 他說最近很疲勞，昨天開會的時候，心臟很不舒服。

tā shuō zuìjìn hěn píláo zuótiān kāihuì de shíhòu xīnzàng hěn bù shūfu · He says he's been exhausted lately, and his heart felt strange in yesterday's meeting.

anna 那很嚴重！他連吃飯的工夫都沒有。還有什麼症狀？

nà hěn yánzhòng tā lián chī fàn de gōngfu dōu méiyǒu hái yǒu shénme zhèngzhuàng · That's serious! He never even has time to eat. Any other symptoms?

david 沒有了。他今天早上冒著大雨去醫院，醫生給他檢查了血液和血管。

méiyǒu le tā jīntiān zǎoshàng mào zhe dà yǔ qù yīyuàn yīshēng gěi tā jiǎnchá le xiěyè hé xiěguǎn · No. He went to the hospital in the pouring rain this morning, and they checked his blood and blood vessels.

anna 結果呢？

jiéguǒ ne · And the results?

david 大致正常。醫生說是工作太多，神經太緊張。接下來兩個星期，不能做劇烈運動，也不能加班。

dàzhì zhèngcháng yīshēng shuō shì gōngzuò tài duō shénjīng tài jǐnzhāng jiēxiàlái liǎng ge xīngqí bù néng zuò jùliè yùndòng yě bù néng jiābān · Normal on the whole. The doctor says it's overwork and stress. For the next two weeks: no hard exercise and no overtime.

anna 這樣一來，我們的計畫怎麼辦？

zhèyàngyìlái wǒmen de jìhuà zěnmebàn · So what happens to our project?

david 別擔心，計畫我會先處理。工作再忙，也不能耽誤看病。

bié dānxīn jìhuà wǒ huì xiān chǔlǐ gōngzuò zài máng yě bù néng dānwù kànbìng · Don't worry, I'll handle the project for now. However busy work gets, you can't put off seeing a doctor.

manager li 喂，大衛？我基本上沒事了！醫生給我上了一課，講心臟的構造，講了半個小時。報告寄給我吧。

wéi Dàwèi wǒ jīběnshàng méi shì le yīshēng gěi wǒ shàng le yí kè jiǎng xīnzàng de gòuzào jiǎng le bàn ge xiǎoshí bàogào jì gěi wǒ ba · Hello, David? I'm basically fine! The doctor gave me a whole lecture on how the heart works: half an hour. Send me the report.

david 李經理，醫生不是說不能加班嗎？

Lǐ jīnglǐ yīshēng bú shì shuō bù néng jiābān ma · Manager Li, didn't the doctor say no overtime?

manager li 好啦好啦，我聽你的。

hǎo la hǎo la wǒ tīng nǐ de · All right, all right: I'll do as you say.

write it trace the grey, then write your own

館
guǎn
hall, building

角
jiǎo
corner; angle



歌
gē
song

戲
xì
play, show, drama

good to know · 血 is xiě in Taiwan in words like 血管, 血液 and 流血; you will hear xuè on the mainland. 一番 after a verb means a thorough go at something: 檢查一番, 打扮一番, 研究一番.

Heart, blood, nerves and a stubborn boss: you can follow a health scare from the first worry to the all-clear.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 145 tired eyes, dry mouth

Chinese TOCFL B in 220 days
unit 22 · at the hospital

Talk about tired eyes, sitting too long and staying alert, and add a further point with 此外 (besides, in addition).

Exam season means long days at a desk: you can now describe what it does to you and pass on advice point by point.

words

word	pinyin	meaning	example
近視	jìnshì	short-sighted	我有點近視，開車要戴眼鏡。 I'm a bit short-sighted, so I wear glasses to drive.
清醒	qīngxǐng	awake, clear-headed	喝了咖啡以後，我清醒多了。 I'm much more awake after that coffee.
舌頭	shétou	tongue	醫生說：「請把舌頭伸出來。」 The doctor said, "Stick out your tongue, please."
循環	xúnhuán	circulate; circulation	多走路，血液循環會比較好。 Walk more and your circulation will improve.
口水	kǒushuǐ	saliva	看到這些菜，我都流口水了。 Seeing all this food makes my mouth water.
刺	cì	prick, stab; sting	我的手被花刺到了。 I pricked my hand on the flower.
跌	dié	fall, drop	這個月菜的價錢跌了不少。 Vegetable prices have dropped quite a bit this month.
疲倦	píjuàn	weary, worn out	他看起來很疲倦。 He looks worn out.
屁股	pìgǔ	bottom, behind	坐了一整天，屁股好痛！ I've been sitting all day, and my bum hurts!
器官	qìguān	organ (of the body)	心臟和肺都是重要的器官。 The heart and lungs are vital organs.
此外	cǐwài	besides, in addition	每天要多喝水。此外，也要早點睡。 Drink plenty of water every day. Besides that, go to bed earlier.
分散	fēnsàn	scattered, distracted	一邊工作一邊看手機，|注意力{==attention}很容易分散。 If you check your phone while you work, it's easy to lose focus.
怪不得	guàibùde	no wonder	你昨天沒睡，怪不得這麼累。 You didn't sleep last night: no wonder you're so tired.
戶	hù	(measure) household	這棟大樓住了三十戶人家。 Thirty households live in this building.
驚人	jīngrén	amazing, astonishing	他的進步很驚人。 His progress is amazing.

來臨	láilín	arrive, come (formal)	夏天來臨了，天氣越來越熱。 Summer is here, and it's getting hotter and hotter.
流動	liúdòng	flow; move around	打開窗戶，讓空氣流動一下。 Open the window and let some air in.
明亮	míngliàng	bright, well-lit	看書的地方要明亮一點。 Where you read should be nice and bright.

pattern 此外: besides, in addition

point one 。 **此外** ， **point two (often with 也 / 還)**

此外 (literally "outside this") adds one more point after you have made one: "besides, in addition". It starts the new sentence or clause and often brings 也 or 還 with it. It is a little formal; in chat 還有 or 再說 do the same job. The written 除此之外 means the same, and you will meet it soon.

這家醫院很大，醫生也很好。此外，交通也很方便。 **zhè jiā yīyuàn hěn dà yīshēng yě hěn hǎo cǐwài jiāotōng yě hěn fāngbiàn** This hospital is big and the doctors are good. Besides, it's easy to get to.

運動可以使身體更健康。此外，也能使心情變好。 **yùndòng kěyǐ shǐ shēntǐ gèng jiànkāng cǐwài yě néng shǐ xīnqíng biàn hǎo** Exercise makes your body healthier. It also puts you in a better mood.

讀書的地方要明亮。此外，空氣也要流動。 **dúshū de dìfāng yào míngliàng cǐwài kōngqì yě yào liúdòng** Where you study should be bright. And it needs fresh air, too.

dialogue ten hours in the library

teacher chen 大衛，你怎麼了？看起來很疲倦。
Dàwèi nǐ zěnme le kànqǐlái hěn píjuàn · David, what's wrong? You look worn out.

david 考試快來臨了，我每天在圖書館坐十個小時。
kǎoshì kuài láilín le wǒ měi tiān zài túshūguǎn zuò shí ge xiǎoshí · Exams are nearly here. I sit in the library ten hours a day.

anna 他的屁股都坐痛了！昨天他還在桌上睡著了，口水流到書上。
tā de pìgǔ dōu zuò tòng le zuótiān tā hái zài zhuō shàng shuìzháo le kǒushuǐ liú dào shū shàng · He's sat so long his bum hurts! Yesterday he even fell asleep on the desk and drooled on his book.

teacher chen 怪不得你的臉色這麼差。坐太久，血液循環不好。此外，眼睛也會很疲勞。
guàibùde nǐ de liǎnsè zhème chà zuò tài jiǔ xiěyè xúnhuán bù hǎo cǐwài yǎnjīng yě huì hěn píláo · No wonder you look so pale. Sitting too long is bad for your circulation. And your eyes get tired too.

david 對，我有點近視，眼睛又乾又痛。
duì wǒ yǒudiǎn jìnshì yǎnjīng yòu gān yòu tòng · Yes, I'm a bit short-sighted, and my eyes are dry and sore.

anna 他的眼睛還有點腫。
tā de yǎnjīng hái yǒudiǎn zhǒng · His eyes are a bit puffy too.

teacher chen 眼睛是很重要的器官。讀書的地方要明亮，空氣要流動。此外，每一個小時要站起來走一走。再說，你一邊讀書一邊看手機，注意力很容易分散。
yǎnjīng shì hěn zhòngyào de qìguān dúshū de dìfāng yào míngliàng kōngqì yào liúdòng cǐwài měi yí ge xiǎoshí yào zhàn qǐlai zǒu yi zou zàishuō nǐ yì biān dúshū yì biān kàn shǒujī zhùyìlì hěn róngyì fēnsàn · Your eyes are precious organs. Study somewhere bright, with fresh air. Besides that, get up and walk around every hour. What's more, if you check your phone while you study, it's easy to lose focus.

david 老師怎麼知道我一直看手機？
lǎoshī zěnme zhīdào wǒ yìzhí kàn shǒujī · How do you know I keep checking my phone?

anna 老師的判斷一向都很準！
lǎoshī de pànduàn yíxiàng dōu hěn zhǔn · Teacher's guesses are always spot on!

teacher chen 我的學生就都是這樣！
wǒ de xuéshēng jiù dōu shì zhèyàng · All my students do, for one!

anna 老師，喝咖啡能使人清醒嗎？
lǎoshī hē kāfēi néng shǐ rén qīngxǐng ma · Teacher, does coffee keep you alert?

teacher chen 能，可是喝太多會失眠。大衛的進步已經很驚人了，今天晚上早點睡吧！
néng kěshì hē tài duō huì shīmián Dàwèi de jìnbù yǐjīng hěn jīngrén le jīntiān wǎnshàng zǎodiǎn shuì ba · It does, but too much and you won't sleep. David's progress is already amazing. Get an early night tonight!

david 好！今天晚上我要好好休息，讓神經放鬆一下。
hǎo jīntiān wǎnshàng wǒ yào hǎohǎo xiūxí ràng shénjīng fàngsōng yíxià · OK! Tonight I'll rest properly and let my nerves unwind.

write it trace the grey, then write your own

風
fēng
wind

畢
bì
finish

局

局
jú
(measure) a game, a set

團
tuán
group, tour (measure word)

good to know · 怪不得 and 難怪 both mean “no wonder”: 怪不得你這麼累 = 難怪你這麼累. 跌 is dié in Taiwan (diē on the mainland): people 跌倒 (fall over), prices 跌 (drop).

Point one, and then 此外 point two: you can now give advice in clear, tidy steps.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 146 cancer and smoking

Chinese TOCFL B in 220 days
unit 22 · at the hospital

Talk about smoking, cancer and prescriptions, and say what something means to someone with 對於 (regarding; for).

Health habits are a big topic in families: you can now tell a story of someone giving something up, and say how it looks from their side.

words

word	pinyin	meaning	example
浮	fú	float	幾片葉子浮在水上。 A few leaves are floating on the water.
夾	jiá	pick up (with chopsticks); clip	奶奶用筷子夾了一塊{=(piece)}肉給我。 Grandma picked up a piece of meat for me with her chopsticks.
模仿	mófǎng	imitate, copy	小孩子喜歡模仿大人。 Children love copying grown-ups.
昏迷	hūnmí	be unconscious, in a coma	他昏迷了兩天|才醒過來。 He was unconscious for two days before he came round.
尿	niào	urine; pee	醫生要檢查我的尿。 The doctor wants to test my urine.
癌症	áizhèng	cancer	很多癌症都跟吸菸有關。 Many cancers are linked to smoking.
拳頭	quántou	fist	護士說：「請握一下拳頭。」 The nurse said, “Make a fist, please.”
吸菸	xīyān	smoke (tobacco)	這裡不可以吸菸。 You can’t smoke here.
藥方	yàofāng	prescription	這是醫生開的藥方。 This is the prescription the doctor wrote.
鮮血	xiānxiě	blood (fresh, red)	他切菜切到手，流了不少鮮血。 He cut his hand chopping vegetables and lost quite a bit of blood.
注射	zhùshè	inject	這種藥要用注射的。 This medicine is given by injection.
對於	duìyú	regarding, towards	對於這個問題，你有什麼看法？ What do you think about this question?
次數	cìshù	number of times	他吸菸的次數越來越少了。 He’s smoking less and less often.
頂	dǐng	(measure) for hats	這頂帽子很適合你。 This hat really suits you.
管道	guǎndào	channel, way; pipe	我們可以通過很多管道找到資料。 We can find information through lots of channels.
近來	jìnlái	recently, lately	你近來身體好嗎？ How have you been keeping lately?

理	lǐ	pay attention to, respond	我跟他說話，他都不理我。 I talk to him, and he just ignores me.
輪流	lúnliú	take turns	我們輪流照顧奶奶。 We take turns looking after Grandma.

pattern 對於: regarding; 對於……來說: as far as ... is concerned

對於 | someone / something | (來說) | , | your comment

對於 is a slightly formal 對: “regarding, towards”. 對於 + topic, then your comment: 對於這件事，我沒有意見. Add 來說 after a person to give their point of view: 對於老人來說 (for old people). In writing you will also see 對於……而言 and 就……而言 with the same meaning.

對於這件事，我沒有意見。 **duìyú zhè jiàn shì wǒ méiyǒu yìjiàn** I have no opinion on this.

對於學生來說，時間比錢更重要。 **duìyú xuéshēng láishuō shíjiān bǐ qián gèng zhòngyào** For students, time matters more than money.

這位醫生對於病人很有耐心。 **zhè wèi yīshēng duìyú bìngrén hěn yǒu nàixīn** This doctor is very patient with her patients.

dialogue thirty years of smoking

zhiming 你的茶。小心，茶葉還浮在上面。

nǐ de chá xiǎoxīn cháyè hái fú zài shàngmiàn · Your tea. Careful, the leaves are still floating on top.

anna 謝謝！你今天怎麼這麼高興？

xièxie nǐ jīntiān zěnme zhème gāoxìng · Thanks! Why are you so cheerful today?

zhiming 我爸終於不吸菸了！他吸了三十年。

wǒ bà zhōngyú bù xīyān le tā xī le sānshí nián · My dad has finally stopped smoking! He smoked for thirty years.

anna 太好了！吸菸對每個器官都不好。以前你們不是一直勸他嗎？

tài hǎo le xīyān duì měi ge qìguān dōu bù hǎo yǐqián nǐmen bú shì yìzhí quàn tā ma · That's great! Smoking is bad for every organ. Didn't you all keep trying to talk him out of it?

zhiming 對啊，我們全家人輪流勸他，可是他都不理我們。我媽說，最後還是要由他自己決定。

duì a wǒmen quán jiārén lúnliú quàn tā kěshì tā dōu bù lǐ wǒmen wǒ mā shuō zuìhòu háishì yào yóu tā zìjǐ juédìng · Yes, the whole family took turns, but he just ignored us. Mum said in the end it had to be his own decision.

anna 那他為什麼突然不吸了？

nà tā wèishénme túrán bù xī le · So why did he suddenly stop?

zhiming 近來他的一個老朋友檢查出癌症，在醫院昏迷了好幾天。我爸去看他，回來以後就不吸了。

jìnlái tā de yí ge lǎo péngyǒu jiǎnchá chū áizhèng zài yīyuàn hūnmí le hǎojǐ tiān wǒ bà qù kàn tā huí lái yǐhòu jiù bù xī le · Recently an old friend of his was diagnosed with cancer and was unconscious in hospital for days. Dad went to see him, and he hasn't smoked since.

anna 對於一個吸了三十年的人來說，這真的不容易。他的意志真驚人。

duìyú yí ge xī le sānshí nián de rén láishuō zhè zhēnde bù róngyì tā de yìzhì zhēn jīngrén · For someone who's smoked for thirty years, that's really not easy. His willpower is amazing.

zhiming 以前他一天吸二十根。現在他握著拳頭說：「一根也不吸！」還模仿電視上的醫生說話。

yǐqián tā yì tiān xī èrshí gēn xiànzài tā wò zhe quántou shuō yì gēn yě bù xī hái mófǎng diànshì shàng de yīshēng shuōhuà · He used to smoke twenty a day. Now he clenches his fist and says, "Not one!" He even imitates the doctors on TV.

anna 你爸的口才真好！你們真的找了很多管道幫他。我們為你爸爸乾杯吧——用茶！

nǐ bà de kǒucái zhēn hǎo nǐmen zhēnde zhǎo le hěn duō guǎndào bāng tā wǒmen wèi nǐ bàba gānbēi ba yòng chá · Your dad has quite a way with words! You really tried every way to help him. Let's drink to your dad: with tea!

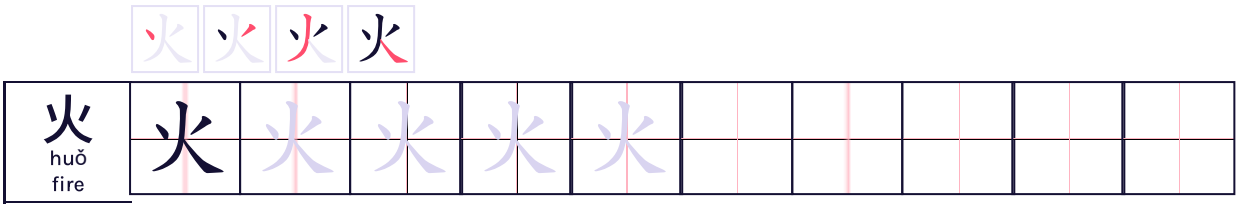
write it trace the grey, then write your own

連
lián
even (連……都)

唱 唱 唱 唱 唱 唱 唱 唱 唱 唱 唱

唱
chàng
sing

窮
qióng
poor



good to know · Signs say 禁止吸菸 or 請勿吸菸; in speech people say 抽菸. In Taiwan, 菸 is tobacco and 煙 is smoke. Since 2009, smoking has been banned in indoor public places in Taiwan, including restaurants, cafés and offices.

You can now tell a story of change and say what it means for the person living it: 對於他來說, not easy, but done.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 147 surgery

Talk about falls, fainting and operations, say what you would rather do with 寧可, and say what something is taken as with 以……作為…… (以……為……).

When bad news comes from far away, you need words fast: what happened, how serious it is, and what you are going to do.

words

word	pinyin	meaning	example
立	lì	stand; set up	新年的時候，我立下{=(set down)}了一個目標。 At New Year I set myself a goal.
披	pī	drape over the shoulders	外面很冷，披一件外套吧。 It's cold out: put a jacket round your shoulders.
醫	yī	treat, cure	這種病醫得好嗎？ Can this illness be cured?
大便	dàbiàn	stool, poo	醫生問我大便正常不正常。 The doctor asked if my bowel movements were normal.
大腿	dàtuǐ	thigh	她跌倒的時候傷到了大腿。 She hurt her thigh when she fell.
跌倒	diédǎo	fall over	地很滑，小心別跌倒。 The floor's slippery: careful you don't fall.
害處	hàichù	harm, disadvantage	吸菸對身體有很多害處。 Smoking does a lot of harm to your body.
昏倒	hūndǎo	faint	天氣太熱，有一個人在路上昏倒了。 It was so hot that someone fainted in the street.
開刀	kāidāo	have / do an operation	我爸爸下{=next}個月要開刀。 My dad is having an operation next month.
輕傷	qīngshāng	minor injury	還好他只受了輕傷。 Luckily he was only slightly hurt.
大都	dàdōu	mostly, for the most part	早上來看病的大都是老人。 The patients in the morning are mostly elderly.
對立	duìlì	opposed, at odds	這兩種看法是對立的。 These two views are opposed.
符號	fúhào	symbol, sign	這個符號是什麼意思？ What does this symbol mean?
毫無	háowú	without the least	他對運動毫無興趣。 He has no interest whatsoever in sport.
間接	jiànjiē	indirect	這件事跟我有間接的關係。 This has something to do with me, indirectly.
局	jú	(measure) a game, a set	我們再打一局吧！ Let's play one more game!
落後	luòhòu	fall behind; backward	他生病了一個月，功課落後了很多。 He was ill for a month and fell a long way behind with his schoolwork.

寧可	níngkě	would rather	我寧可多等一個小時，也要看這位醫生。 I'd rather wait another hour: I want to see this doctor.

pattern 以……作為……: take … as … (written 以……為……)

以 | A | 作為 | B (例子 / 目標 / 重點 / 中心)

以 A 作為 B means "take A as B": as an example, a goal, the main thing. Written Chinese shortens 作為 to 為 (wéi): 以臺灣為例 (take Taiwan as an example), 以健康為目標 (aim for good health), 以學生為主 (mainly students). In speech, 拿 A 當 B says the same thing.

我們以健康作為目標，每天走路。 **wǒmen yǐ jiànkāng zuòwéi mùbiāo měi tiān zǒulù** Our goal is good health, so we walk every day.

老師以我的報告作為例子，告訴大家怎麼寫。 **lǎoshī yǐ wǒ de bàogào zuòwéi lìzi gàosù dàjiā zěnme xiě** The teacher used my report as an example to show everyone how to write.

奶奶一直以家人作為生活的中心。 **nǎinai yìzhí yǐ jiārén zuòwéi shēnghuó de zhōngxīn** Grandma's life has always revolved around her family.

dialogue a call from tainan

meiling 安娜！我媽剛才打電話來，我奶奶在浴室跌倒了！
Ānnà wǒ mā gāngcái dǎdiànhuà lái wǒ nǎinai zài yùshì diédǎo le · Anna! My mum just called. My grandma fell in the bathroom!

anna 什麼？她現在怎麼樣？有沒有昏倒？
shénme tā xiànzài zěnmeyàng yǒu méiyǒu hūndǎo · What? How is she? Did she pass out?

meiling 沒有，她很清醒，還跟醫生開玩笑。可是她傷到了大腿，骨頭斷了，要開刀。
méiyǒu tā hěn qīngxǐng hái gēn yīshēng kāiwánxiào kěshì tā shāng dào le dàtuǐ gútou duàn le yào kāidāo · No, she's wide awake and joking with the doctors. But she's hurt her thigh: the bone's broken and she needs an operation.

david 外科醫生怎麼說？對於老人來說，開刀危險嗎？
wàikē yīshēng zěnme shuō duìyú lǎorén láishuō kāidāo wéixiǎn ma · What does the surgeon say? For an old person, is an operation dangerous?

meiling 醫生說，除非她自己不想開刀，否則這是最好的辦法。他們將在明天早上給她開刀。
yīshēng shuō chúfēi tā zìjǐ bù xiǎng kāidāo fǒuzé zhè shì zuì hǎo de bànfǎ tāmen jiāng zài míngtiān zǎoshàng gěi tā kāidāo · The doctor says unless she refuses, it's the best option. They'll operate tomorrow morning.

anna 現在的醫學很進步，一定醫得好。開這種刀的老人，大都恢復得不錯。
xiànzài de yīxué hěn jìnbù yídìng yī de hǎo kāi zhè zhǒng dāo de lǎorén dàdōu huīfù de búcuò · Medicine is so advanced now: they'll fix it. Older people mostly recover well from this kind of operation.

meiling 都怪我！上次我送她的那雙拖鞋太滑了。這是我間接害的……
dōu guài wǒ shàng cì wǒ sòng tā de nà shuāng tuōxié tài huá le zhè shì wǒ jiànjiē hài de · It's all my fault! The slippers I gave her last time are too slippery. I sort of caused this…

anna 這又不是你的錯！你要回臺南嗎？
zhè yòu bú shì nǐ de cuò nǐ yào huí Táinán ma · It's not as if it's your fault! Are you going back to Tainan?

meiling 要。我寧可請假，工作落後一點，也要回去陪她。
yào wǒ níngkě qǐngjià gōngzuò luòhòu yìdiǎn yě yào huí qù péi tā · Yes. I'd rather take leave and fall a bit behind at work: I want to be with her.

anna 好，這個星期我們就以照顧奶奶作為最重要的事，工作的事先放一放。
hǎo zhè ge xīngqí wǒmen jiù yǐ zhàogù nǎinai zuòwéi zuì zhòngyào de shì gōngzuò de shì xiān fàng yi fang · OK. This week let's make looking after Grandma the most important thing and put work on hold for now.

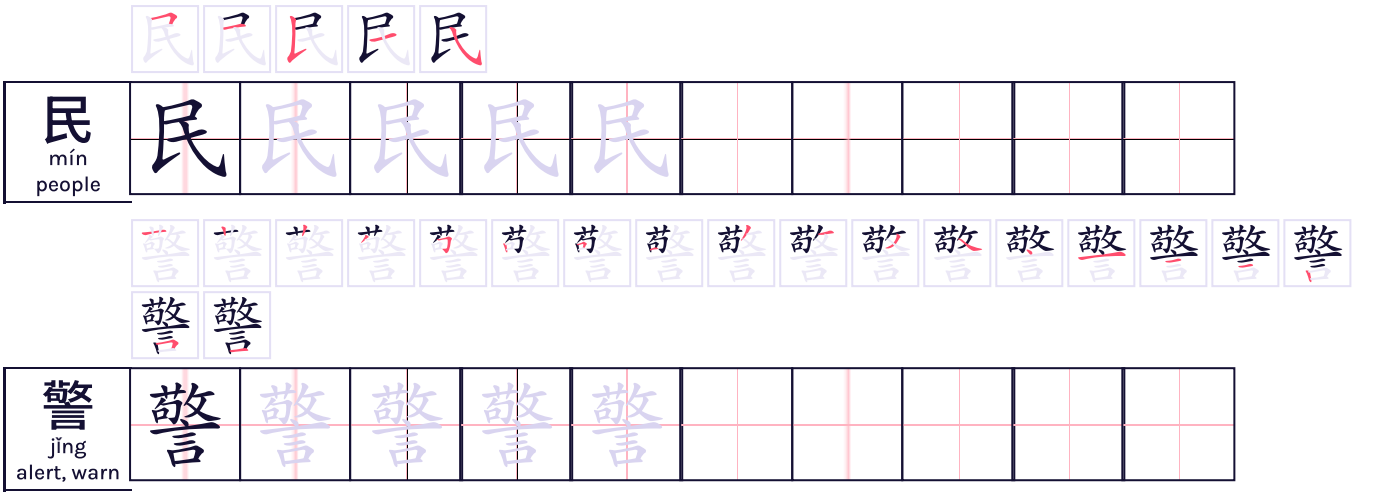
david 我幫你們買火車票。外面在下雨，天氣很惡劣，出門的時候披一件外套。
wǒ bāng nǐmen mǎi huǒchē piào wàimiàn zài xiàyǔ tiānqì hěn èliè chūmén de shíhòu pī yí jiàn wàitào · I'll buy your train tickets. It's raining out and the weather's awful, so throw on a coat when you go.

anna 謝謝！就算要冒著大雨，我們也要今天出發。
xièxie jiùsuàn yào mào zhe dà yǔ wǒmen yě yào jīntiān chūfā · Thanks! Even if we have to brave the rain, we're leaving today.

write it trace the grey, then write your own

圓
yuán
round

王
wáng
king



good to know · 開刀 is the everyday word for an operation, used by doctors and patients alike; 手術 is the formal one. In Taiwan, family members usually stay with a patient in hospital, or hire a carer (看護), to help with meals and washing.

Bad news, a quick decision and friends who help: you can now talk through a family emergency in Chinese.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 148 small injuries, big ones

Talk about injuries big and small, fill in a hospital form, and ask the written "whether" with 是否.

Hospital forms and nurses' questions are full of 是否: now you can read them and answer for someone you love.

words

word	pinyin	meaning	example
蹲	dūn	squat	他蹲在地上找鑰匙。 He squatted down to look for his keys.
埋	mái	bury	小狗把骨頭埋在院子裡。 The puppy buried a bone in the garden.
下巴	xiàbā	chin	他跌倒的時候撞到了下巴。 He hit his chin when he fell.
小便	xiǎobiàn	pee, urinate	開刀以後，她小便正常嗎？ Is she passing urine normally after the operation?
小腿	xiǎotuǐ	calf (of the leg)	跑完步，我的小腿很痛。 My calves hurt after the run.
藥水	yàoshuǐ	liquid medicine, lotion	護士在我的腳上擦了一點藥水。 The nurse dabbed some lotion on my foot.
重傷	zhòngshāng	serious injury; badly hurt	這次車禍有兩個人受了重傷。 Two people were badly hurt in the accident.
維他命	wéitāmìng	vitamin	我每天吃一粒維他命。 I take a vitamin pill every day.
心跳	xīntiào	heartbeat, heart rate	我緊張的時候心跳很快。 My heart races when I'm nervous.
吸食	xīshí	take (drugs), inhale	吸食毒品對身體的害處很大。 Taking drugs does great harm to the body.
是否	shìfǒu	whether, if (formal)	請告訴醫生，您是否對藥物過敏。 Please tell the doctor whether you are allergic to any medicine.
代價	dàijià	price, cost (of doing sth)	不睡覺的代價就|是第二天很累。 The price of not sleeping is being exhausted the next day.
乾脆	gāncuì	just, simply; straightforward	雨太大了，我們乾脆不去了。 It's pouring: let's just not go.
嘿	hēi	hey!	嘿，你也在這裡！ Hey, you're here too!
健全	jiànquán	sound, well-developed	這家{=(measure word)}醫院的制度很健全。 This hospital is very well run.
卷	juǎn	(measure) a roll	家裡只剩一卷衛生紙了。 There's only one roll of toilet paper left at home.

粒	lì	(measure) a grain, a pill	這種藥一次吃兩粒。 Take two of these pills at a time.

pattern 是否: whether (written)

someone / something | 是否 | verb / adjective

是否 (literally “yes or no”) is the written way to ask or report a yes-no question: it replaces 是不是, 有沒有 and V不V. It goes before the verb or adjective, and the sentence takes no 嗎. You see it on forms, notices and in the news.

請問您是否吃過早飯？ **qǐngwèn nín shìfǒu chī guo zǎo fàn** Have you had breakfast?

醫生問他是否吸食過毒品。 **yīshēng wèn tā shìfǒu xīshí guo dúpǐn** The doctor asked whether he had ever taken drugs.

我不知道奶奶明天是否能出院。 **wǒ bù zhīdào nǎinai míngtiān shìfǒu néng chūyuàn** I don’t know whether Grandma can leave hospital tomorrow.

dialogue grandma gives the orders

meiling 奶奶！開刀開得順利嗎？
nǎinai kāidāo kāi de shùnlì ma · Grandma! Did the operation go well?

grandma lin 嘿，你們怎麼都跑來了？我只是跌了一下。
hēi nǐmen zěnme dōu pǎo lái le wǒ zhǐshì dié le yíxià · Hey, what are you all doing here? I only had a little fall.

meiling 奶奶，我們一聽到消息就急忙趕來了。
nǎinai wǒmen yì tīng dào xiāoxí jiù jímáng gǎn lái le · Grandma, we rushed here the moment we heard.

anna 奶奶，您受了重傷，我們當然要來。
nǎinai nín shòu le zhòngshāng wǒmen dāngrán yào lái · Grandma, you were badly hurt. Of course we came.

grandma lin 什麼重傷？又不是什麼大事！醫生說，從檢查的結果來看，開刀很成功。
shénme zhòngshāng yòu bú shì shénme dà shì yīshēng shuō cóng jiǎnchá de jiéguǒ lái kàn kāidāo hěn chénggōng · Badly hurt? It's not as if it's a big deal! The doctor says, judging by the tests, the operation went well.

meiling 醫生剛才又檢查了一番。護士問我，您是否對藥物過敏，是否有心臟病。我都不知道！
yīshēng gāngcái yòu jiǎnchá le yì fān hùshì wèn wǒ nín shìfǒu duì yàowù guòmǐn shìfǒu yǒu xīnzàng bìng wǒ dōu bù zhīdào · The doctor has just given you another check-up. The nurse asked me whether you're allergic to any medicine, and whether you have heart trouble. I had no idea!

grandma lin 我身體好得很，心跳比你們年輕人還穩定！
wǒ shēntǐ hǎo de hěn xīntiào bǐ nǐmen niánqīng rén hái wěndìng · I'm as fit as a fiddle. My heartbeat is steadier than you young people's!

anna 奶奶，您這麼健康，一定會活到一百歲！
nǎinai nín zhème jiànkāng yídìng huì huó dào yìbǎi suì · Grandma, you're so healthy: you'll live to a hundred!

anna 這家醫院的制度很健全，護士也很專業。我們還買了水果、毛巾和兩卷衛生紙。
zhè jiā yīyuàn de zhìdù hěn jiànquán hùshì yě hěn zhuānyè wǒmen hái mǎi le shuǐguǒ máojīn hé liǎng juǎn wèishēngzhǐ · This hospital is really well run, and the nurses are so professional. We also brought fruit, towels and two rolls of toilet paper.

meiling 還有維他命，一天吃一粒。醫生說，以後您不能蹲在地上洗衣服了。
háiyǒu wéitāmìng yì tiān chī yí lì yīshēng shuō yǐhòu nín bù néng dūn zài dì shàng xǐ yīfú le · And vitamins: one a day. The doctor says you can't squat on the floor to do the washing any more.

grandma lin 唉，這就是不小心的代價。我院子裡剛埋了一些種子，誰幫我澆水呢？
āi zhè jiù shì bù xiǎoxīn de dàijià wǒ yuànzi lǐ gāng mái le yìxiē zhǒngzǐ shéi bāng wǒ jiāo shuǐ ne · Oh dear, that's the price of being careless. I've just planted some seeds in the garden. Who's going to water them?

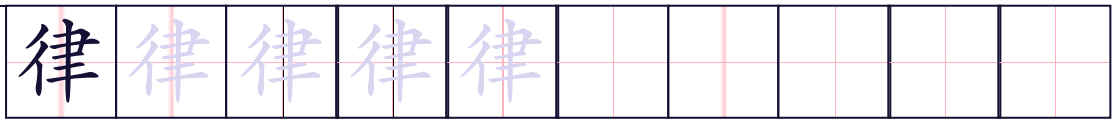
meiling 我們乾脆輪流回家澆水吧！您就好好休息。
wǒmen gāncuì lúnliú huí jiā jiāo shuǐ ba nín jiù hǎohǎo xiūxí · We'll just take turns going home to water them! You get some proper rest.

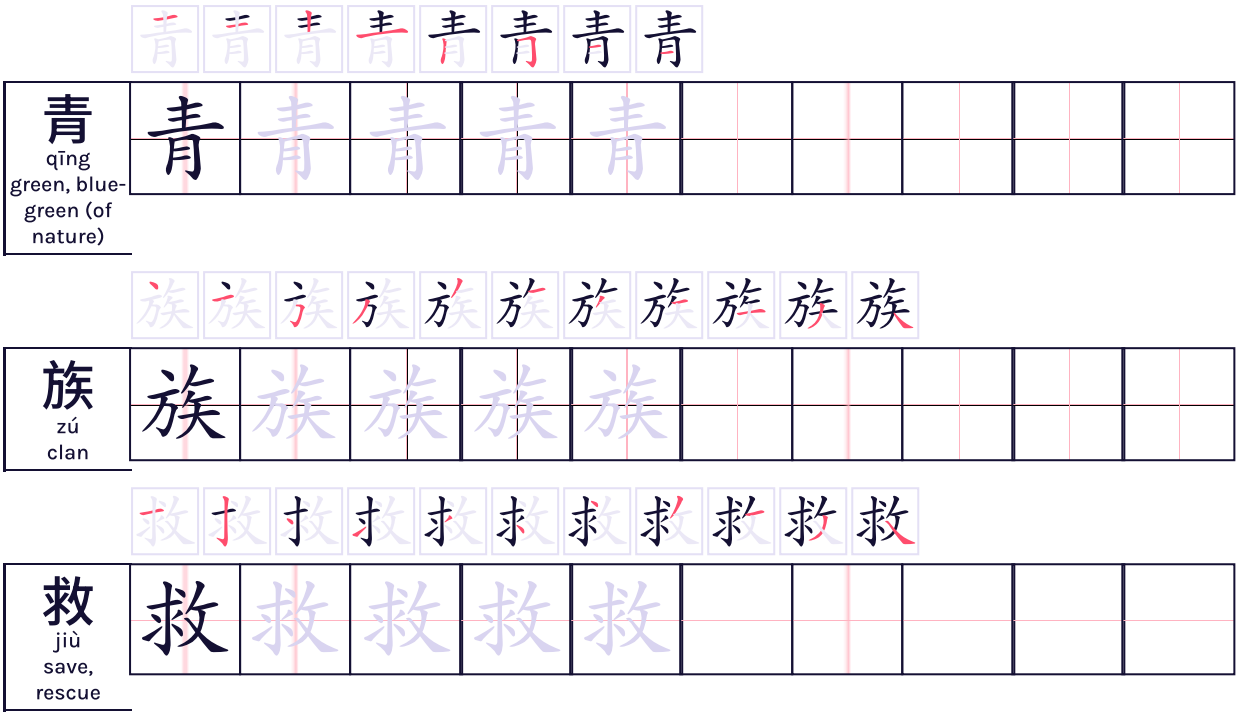
grandma lin 好，就這麼決定。你們倆真貼心。
hǎo jiù zhème juédìng nǐmen liǎng zhēn tiēxīn · Good, that's settled. You two are so sweet.

write it trace the grey, then write your own



律
lǜ
law





good to know · 是否 turns up on every form: 是否有過敏? (any allergies?) 是否吸菸? (do you smoke?). Tick 是 for yes, 否 for no. 維他命 is what you ask for at the pharmacy; 維生素 is the word on the label and in textbooks.

Forms, nurses and one very stubborn grandma: you can now understand and answer the questions that matter in a hospital.
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day 149 mission: grandma lin in hospital

Chinese TOCFL B in 220 days
unit 22 · at the hospital

Read a hospital ward notice, follow a doctor's report, and talk a patient through recovery, visits and going home.

A week in hospital with someone you love uses every word of this unit: symptoms, forms, medicine, and a lot of patience.

chapter 1 a notice on the wall

meiling 安娜，牆上有一張病房的通知。你念給我聽，我一邊幫奶奶整理東西。
Ānnà qiáng shàng yǒu yì zhāng bìngfáng de tōngzhī nǐ niàn gěi wǒ tīng wǒ yì biān bāng nǎinai zhěnglǐ dōngxi · Anna, there's a ward notice on the wall. Read it out to me while I sort out Grandma's things.

anna 「親愛的病人和家人：一、病房內不可吸菸。二、每次來看病人，最多兩個人。三、如果病人頭暈、昏倒、心跳不正常，或是流出鮮血，請立刻告訴護士。四、護士每天早上量體溫，檢查血液和尿。請告訴護士，病人是否能自己小便、大便。五、醫生開的藥方，請按照時間吃，一次一粒。請不要自己買維他命或中藥給病人吃。六、內科在二樓，外科在三樓。七、晚上九點以後請保持安靜，不要耽誤病人休息。」
qīnài de bìngrén hé jiārén yī bìngfáng nèi bù kě xīyān èr měi cì lái kàn bìngrén zuìduō liǎng ge rén sān rúguǒ bìngrén tóu yūn hūndǎo xīntiào bú zhèngcháng huòshì liú chū xiānxiě qǐng lìkè gàosù hùshì sì hùshì měi tiān zǎoshàng liáng tǐwēn jiǎnchá xiěyè hé niào qǐng gàosù hùshì bìngrén shìfǒu néng zìjǐ xiǎobiàn dàbiàn wǔ yīshēng kāi de yàofāng qǐng ànzhào shíjiān chī yí cì yí lì qǐng bú yào zìjǐ mǎi wéitāmìng huò zhōngyào gěi bìngrén chī liù nèikē zài èr lóu wàikē zài sān lóu qī wǎnshàng jiǔ diǎn yǐhòu qǐng bǎochí ānjìng bú yào dānwù bìngrén xiūxí · "Dear patients and families: 1. No smoking anywhere on the ward. 2. At most two visitors per patient at a time. 3. If a patient feels dizzy, faints, has an abnormal heartbeat or is bleeding, tell a nurse at once. 4. Nurses take temperatures and test blood and urine every morning. Please tell the nurse whether the patient can pass urine and open their bowels unaided. 5. Take the medicine the doctor prescribes on time, one pill at a time. Please don't buy vitamins or Chinese medicine for patients yourself. 6. Internal medicine is on the second floor, surgery on the third. 7. After 9 pm please keep quiet so patients can rest."

meiling 糟糕，我昨天給奶奶帶了維他命。不過這家醫院的制度真健全，什麼都寫得很清楚。
zāogāo wǒ zuótiān gěi nǎinai dài le wéitāmìng búguò zhè jiā yīyuàn de zhìdù zhēn jiànquán shénme dōu xiě de hěn qīngchǔ · Oops, I brought Grandma vitamins yesterday. Still, this hospital is really well organised: everything's spelled out.

grandma lin 我聽到了！我又不吸菸，也不昏倒，這些規矩跟我毫無關係。
wǒ tīng dào le wǒ yòu bù xīyān yě bù hūndǎo zhèxiē guījǔ gēn wǒ háowú guānxì · I heard that! I don't smoke and I don't faint: these rules have nothing to do with me.

anna 奶奶，第七條就跟您有關係：晚上九點以後不能打電話給您的朋友。
nǎinai dì qī tiáo jiù gēn nín yǒu guānxì wǎnshàng jiǔ diǎn yǐhòu bù néng dǎdiànhuà gěi nín de péngyǒu · Grandma, rule seven, for one, does concern you: no phoning your friends after nine.

grandma lin 那我晚上失眠，誰陪我說話？
nà wǒ wǎnshàng shīmián shéi péi wǒ shuōhuà · Then who'll talk to me when I can't sleep at night?

chapter 2 what the doctor said

grandma lin 美玲，剛才醫生跟你說了什麼？我的耳朵不好，只聽到「接下來」。
Měilíng gāngcái yīshēng gēn nǐ shuō le shénme wǒ de ěrduo bù hǎo zhǐ tīng dào jiēxiàlái · Meiling, what did the doctor just tell you? My ears aren't good: I only caught "next".

meiling 他說，開刀基本上很成功。大腿的骨頭沒問題，只是小腿還有一點腫。他還仔細檢查了一番，說神經也沒有受傷。
tā shuō kāidāo jīběnshàng hěn chénggōng dàtuǐ de gútou méi wèntí zhǐshì xiǎotuǐ hái yǒuyìdiǎn zhǒng tā hái zǐxì jiǎnchá le yì fān shuō shénjīng yě méiyǒu shòushāng · He said the operation went well, basically. The thigh bone is fine, but your lower leg is still a bit swollen. He gave you a thorough check, too, and says there's no nerve damage.

anna 還好那天奶奶沒有昏迷，也沒撞到下巴。腫是正常的症狀嗎？
háihǎo nà tiān nǎinai méiyǒu hūnmí yě méi zhuàng dào xiàbā zhǒng shì zhèngcháng de zhèngzhuàng ma · Thank goodness Grandma didn't black out or hit her chin that day. Is swelling a normal symptom?

meiling 大致是正常的。躺太久，血液循環不好。所以護士每天要給奶奶注射一針，保護血管。
dàzhì shì zhèngcháng de tǎng tài jiǔ xiěyè xúnhuán bù hǎo suǒyǐ hùshì měi tiān yào gěi nǎinai zhùshè yì zhēn bǎohù xiěguǎn · More or less normal. Lying down too long is bad for circulation, so the nurse gives Grandma an injection every day to protect her blood vessels.

grandma lin 還有，我的腿好癢！
háiyǒu wǒ de tuǐ hǎo yǎng · And my leg itches like mad!

meiling 醫生說，癢表示傷在變好。可是不能抓，可以擦一點藥水。
yīshēng shuō yǎng biǎoshì shāng zài biàn hǎo kěshì bù néng zhuā kěyǐ cā yìdiǎn yàoshuǐ · The doctor says itching means it's healing. But no scratching: you can put a bit of lotion on.

grandma lin 那我是否能明天就出院？
nà wǒ shìfǒu néng míngtiān jiù chūyuàn · So may I leave hospital tomorrow?

meiling 不行。接下來一個星期，您不能做任何劇烈的動作，要慢慢地學走路。
bù xíng jiēxiàlái yí ge xīngqí nín bù néng zuò rènhé jùliè de dòngzuò yào mànmàn de xué zǒulù · No. For the next week you mustn't make any sudden movements, and you'll slowly learn to walk again.

grandma lin 我寧可在家慢慢學，也不想在這裡吃醫院的飯！
wǒ níngkě zài jiā mànmàn xué yě bù xiǎng zài zhèlǐ chī yīyuàn de fàn · I'd rather learn slowly at home than eat hospital food here!

chapter 3 grandma won't eat

grandma lin 你們看，這是什麼湯？幾片菜浮在水上，一點味道也沒有。我的舌頭都沒感覺了。整天躺著，屁股也好痛！

nǐmen kàn zhè shì shénme tāng jǐ piàn cài fú zài shuǐ shàng yìdiǎn wèidào yě méiyǒu wǒ de shétou dōu méi gǎnjué le zhěng tiān tǎng zhe pìgǔ yě hǎo tòng · Look at this: what kind of soup is it? A few bits of veg floating in water, no taste at all. My tongue has gone numb. And lying here all day makes my bottom ache!

meiling 奶奶，醫院的飯比較清淡，對於病人來說比較好。至少不會中毒！

nǎinai yīyuàn de fàn bǐjiào qīngdàn duìyú bìngrén láishuō bǐjiào hǎo zhìshǎo bú huì zhòngdú · Grandma, hospital food is plain because it's better for patients. At least it won't poison you!

grandma lin 清淡可以，可是不能沒有味道！你們等著，我來模仿一下那個護士。

qīngdàn kěyǐ kěshì bù néng méiyǒu wèidào nǐmen děng zhe wǒ lái mófǎng yíxià nà ge hùshì · Plain is fine, but not tasteless! Just watch, I'll do that nurse for you.

grandma lin 「林奶奶，今天您是否有大便？是否有小便？是否有好好吃飯？」一天問三次！我請她打開窗戶，讓空氣流動一下，她都不理我。

Línnǎinai jīntiān nín shìfǒu yǒu dàbiàn shìfǒu yǒu xiǎobiàn shìfǒu yǒu hǎohǎo chī fàn yì tiān wèn sān cì wǒ qǐng tā dǎkāi chuānghu ràng kōngqì liúdòng yíxià tā dōu bù lǐ wǒ · "Grandma Lin, have you opened your bowels today? Have you passed urine? Have you eaten properly?" Three times a day! I asked her to open the window to let some air in, and she ignored me.

anna 奶奶，您模仿得太像了！我笑到流口水了。

nǎinai nín mófǎng de tài xiàng le wǒ xiào dào liú kǒushuǐ le · Grandma, that's spot on! I'm laughing so hard I'm drooling.

meiling 我們帶了純果汁和您最愛吃的魚。我幫您夾一塊。

wǒmen dài le chún guǒzhī hé nín zuì ài chī de yú wǒ bāng nín jiá yí kuài · We've brought pure juice and your favourite fish. I'll pick you out a piece.

grandma lin 這才對嘛！昨天晚上我又失眠了，今天很疲倦。吃了這個，我清醒多了。

zhè cái duì ma zuótiān wǎnshàng wǒ yòu shīmián le jīntiān hěn píjuàn chī le zhè ge wǒ qīngxǐng duō le · That's more like it! I couldn't sleep again last night and I'm worn out today. That's woken me up.

anna 吃完飯，我們打一局牌吧。不過您要坐好，不能亂動。

chī wán fàn wǒmen dǎ yì jú pái ba búguò nín yào zuò hǎo bù néng luàn dòng · After lunch, let's play a game of cards. But you have to sit properly and keep still.

chapter 4 two more visitors

david 林奶奶好！我們坐早上那列火車來的。這頂帽子是送您的，出院的時候戴。
Línnǎinai hǎo wǒmen zuò zǎoshàng nà liè huǒchē lái de zhè dǐng màozi shì sòng nín de chūyuàn de shíhòu dài · Hello, Grandma Lin! We came on the morning train. This hat is for you, to wear when you leave hospital.

zhiming 此外，還有我媽媽做的雞湯。她說一定要讓您喝。
cǐwài háiyǒu wǒ māma zuò de jī tāng tā shuō yídìng yào ràng nín hē · Plus there's chicken soup from my mum. She says you absolutely must drink it.

grandma lin 你們冒著大雨跑來，真是好孩子。志明，你爸爸近來好嗎？還吸菸嗎？
nǐmen mào zhe dà yǔ pǎo lái zhēnshì hǎo háizi Zhìmíng nǐ bàba jìnlái hǎo ma hái xīyān ma · Coming all this way in the pouring rain: you're good kids. Zhiming, how's your dad lately? Still smoking?

zhiming 不吸了！他的朋友檢查出癌症以後，他就知道吸菸的害處了。以前一天二十根，現在吸菸的次數是零。
bù xī le tā de péngyǒu jiǎnchá chū áizhèng yǐhòu tā jiù zhīdào xīyān de hàichù le yǐqián yì tiān èrshí gēn xiànzài xīyān de cìshù shì líng · He's stopped! After his friend was diagnosed with cancer, he understood how harmful smoking is. He used to smoke twenty a day; now it's zero.

grandma lin 怪不得你今天這麼高興。不吸菸，壽命會長一點。我就從來不吸，所以這麼健康！
guàibùde nǐ jīntiān zhème gāoxìng bù xīyān shòumìng huì cháng yìdiǎn wǒ jiù cónglái bù xī suǒyǐ zhème jiànkāng · No wonder you're so cheerful today. Give up smoking and you live longer. I, for one, never smoked: that's why I'm so healthy!

david 我們坐了四個小時的車，有點疲勞，可是聽說您受了重傷，一定要來。
wǒmen zuò le sì ge xiǎoshí de chē yǒudiǎn píláo kěshì tīngshuō nín shòu le zhòngshāng yídìng yào lái · We've been travelling for four hours and we're a bit tired, but when we heard you were badly hurt, we had to come.

grandma lin 什麼重傷？只是輕傷！
shénme zhòngshāng zhǐshì qīngshāng · Badly hurt? It's only a minor injury!

meiling 奶奶，可是您現在躺在醫院裡啊……
nǎinai kěshì nín xiànzài tǎng zài yīyuàn lǐ a · Grandma, but you're lying in a hospital bed right now…

grandma lin 那是跌倒，不是生病！醫生說，我的心臟和血管比很多年輕人還好，進步得很驚人。
nà shì diédǎo bú shì shēngbìng yīshēng shuō wǒ de xīnzàng hé xiěguǎn bǐ hěn duō niánqīng rén hái hǎo jìnbù de hěn jīngrén · That was a fall, not an illness! The doctor says my heart and blood vessels are better than plenty of young people's, and my progress is amazing.

david 我們四個人可以輪流來看您。這個星期我們以照顧您作為最重要的事！
wǒmen sì ge rén kěyǐ lúnliú lái kàn nín zhè ge xīngqí wǒmen yǐ zhàogù nín zuòwéi zuì zhòngyào de shì · The four of us can take turns visiting. This week, looking after you comes first!

chapter 5 a hospital announcement

anna 「各位病人和家人請注意，這裡是醫院的廣播。」

gèwèi bìngrén hé jiārén qǐng zhùyì zhèlǐ shì yīyuàn de guǎngbò · "Attention, patients and families. This is the hospital announcement."

anna 「為了讓病人好好休息，來看病人的時間改為下午兩點到八點，每次最多兩個人。晚上九點以後，請保持安靜，也請不要打電話。」

wèile ràng bìngrén hǎohǎo xiūxí lái kàn bìngrén de shíjiān gǎi wéi xiàwǔ liǎng diǎn dào bā diǎn měi cì zuìduō liǎng ge rén wǎnshàng jiǔ diǎn yǐhòu qǐng bǎochí ānjìng yě qǐng bú yào dǎdiànhuà · "So that patients can rest properly, visiting hours are changed to 2 pm to 8 pm, with at most two visitors at a time. After 9 pm, please keep quiet and don't make phone calls."

anna 「感冒的季節又到了。從下個星期一開始，醫院每天上午九點到十一點，為老人和小孩注射，不用排隊。請到一樓櫃臺。」

gǎnmào de jìjié yòu dào le cóng xià ge xīngqíyī kāishǐ yīyuàn měi tiān shàngwǔ jiǔ diǎn dào shí yìdiǎn wèi lǎorén hé xiǎohái zhùshè búyòng páiduì qǐng dào yì lóu guìtái · "Cold season is here again. From next Monday, the hospital will give injections to the elderly and children every day from 9 to 11 am, with no queue. Please go to the counter on the first floor."

anna 「出院的病人，離開以前請先到櫃臺拿藥，聽護士說明回家以後要注意的事：按時吃藥，多休息，不要做劇烈的運動。如果發燒、頭暈，或是傷口很痛，請立刻回醫院。」

chūyuàn de bìngrén líkāi yǐqián qǐng xiān dào guìtái ná yào tīng hùshì shuōmíng huí jiā yǐhòu yào zhùyì de shì ànshí chī yào duō xiūxí bú yào zuò jùliè de yùndòng rúguǒ fāshāo tóu yūn huòshì shāng kǒu hěn tòng qǐng lìkè huí yīyuàn · "Patients who are leaving hospital, please first collect your medicine at the counter and listen to the nurse explain what to watch out for at home: take your medicine on time, rest a lot, and avoid strenuous exercise. If you get a fever or feel dizzy, or the wound hurts a lot, please come straight back to the hospital."

anna 「醫院的停車場在大樓後面，只有病人和照顧病人的家人可以使用。請大家不要把車停在路邊，以免擋住救護車。謝謝大家的合作，祝各位早日恢復健康。」

yīyuàn de tíngchēchǎng zài dàlóu hòumiàn zhǐyǒu bìngrén hé zhàogù bìngrén de jiārén kěyǐ shǐyòng qǐng dàjiā bú yào bǎ chē tíng zài lù biān yǐmiǎn dǎng zhù jiùhùchē xièxie dàjiā de hézuò zhù gèwèi zǎorì huīfù jiànkāng · "The hospital car park is behind the building, for patients and the family members caring for them only. Please don't park by the roadside, so you don't block the ambulances. Thank you for your cooperation, and we wish you all a speedy recovery."

chapter 6 new rules at home

meiling 奶奶，到家了！外面有風，您先披一件外套。
nǎinai dào jiā le wàimiàn yǒu fēng nín xiān pī yí jiàn wàitào · We're home, Grandma! It's windy: put a jacket round your shoulders first.

grandma lin 嘿，我的院子！你們看，我埋的種子都長出來了！
hēi wǒ de yuànzi nǐmen kàn wǒ mái de zhǒngzǐ dōu zhǎng chū lái le · Hey, my garden! Look, the seeds I planted have all come up!

anna 我們在浴室的地上鋪了一塊不會滑的地毯，牆上也貼了一張紙，寫著「小心地滑」。燈也換了，現在很明亮。客廳的地毯也捲起來了。
wǒmen zài yùshì de dì shàng pū le yí kuài bú huì huá de dìtǎn qiáng shàng yě tiē le yì zhāng zhǐ xiě zhe xiǎoxīn dì huá dēng yě huàn le xiànzài hěn míngliàng kètīng de dìtǎn yě juǎn qǐlai le · We've put a non-slip mat on the bathroom floor and stuck a notice on the wall: "Caution: slippery floor". We changed the light too, so it's nice and bright now. And we've rolled up the living-room rug.

meiling 還有，您以後不能蹲著洗衣服了。乾脆用洗衣機吧！
háiyǒu nín yǐhòu bù néng dūn zhe xǐ yīfú le gāncuì yòng xǐyījī ba · And from now on, no squatting to do the washing. Just use the washing machine!

grandma lin 好，好。這次跌倒的代價太大了。我立下一個目標：每天走路三十分鐘，一個月以後去爬山！
hǎo hǎo zhè cì diédǎo de dàijià tài dà le wǒ lì xià yí ge mùbiāo měi tiān zǒulù sānshí fēnzhōng yí ge yuè yǐhòu qù pá shān · All right, all right. That fall cost me a lot. I'm setting myself a goal: walk thirty minutes a day, and go hiking in a month!

anna 奶奶，爬山是不是太劇烈了？
nǎinai pá shān shì bu shì tài jùliè le · Grandma, isn't hiking a bit too strenuous?

grandma lin 站在奶奶的立場，這一點也不劇烈！好了，美玲，你的工作已經落後了，明天就回臺北吧。
zhàn zài nǎinai de lìchǎng zhè yìdiǎn yě bú jùliè hǎole Měilíng nǐ de gōngzuò yǐjīng luòhòu le míngtiān jiù huí Táiběi ba · From Grandma's point of view, it's not strenuous at all! Now then, Meiling, you're behind with your work: go back to Taipei tomorrow.

meiling 好。可是您每天都要打電話給我。說好了喔！
hǎo kěshì nín měi tiān dōu yào dǎdiànhuà gěi wǒ shuōhǎole ō · OK. But you have to call me every day. Promise!

A notice, a doctor's report, a stubborn patient and a happy homecoming: you followed it all in Chinese. Grandma Lin would be proud!
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