day 32 seeing a doctor

Book a doctor's appointment, describe what's wrong, and say something isn't worth doing with 沒什麼 V 頭.

Sooner or later everyone needs a doctor in Taiwan, and 沒什麼看頭 or 有什麼玩頭 is how people wave off a film, a meal or a plan that isn't worth the bother.

words

word	pinyin	meaning	example
預約	yùyuē	book, make an appointment	我在網路上預約了明天早上的門診。 I booked a clinic appointment online for tomorrow morning.
胃	wèi	stomach	我最近胃不太舒服，什麼都不想吃。 My stomach hasn't felt right lately; I don't feel like eating anything.
醫療	yīliáo	medical care, healthcare	臺灣的醫療很方便，看病不用等很久。 Healthcare in Taiwan is convenient: you don't wait long to see a doctor.
診斷	zhěnduàn	diagnose; diagnosis	醫生診斷以後說，問題不大。 After the diagnosis, the doctor said it was nothing serious.
治療	zhìliáo	treat (an illness); treatment	這種病越早治療越好。 The earlier you treat this illness, the better.
中醫	zhōngyī	Chinese medicine; a TCM doctor	我外婆不舒服的時候喜歡看中醫。 When my grandma isn't well, she likes to see a Chinese-medicine doctor.
姿勢	zīshì	posture, position	你坐的姿勢不對，難怪脖子會痛。 You're sitting the wrong way: no wonder your neck hurts.
敏感	mǐngǎn	sensitive	我的皮膚很敏感，不能用太多化妝品。 My skin is sensitive: I can't use much make-up.
健身房	jiànshēnfáng	gym	大衛每天下班都去健身房。 David goes to the gym every day after work.
彎曲	wānqū	winding, bent	這條山上的路又窄又彎曲。 This mountain road is narrow and winding.
異常	yìcháng	abnormal, unusual	醫生說，我的檢查結果沒有異常。 The doctor said nothing abnormal showed up in my tests.
飢餓	jī è	hunger; starving	世界上還|有很多人生活在飢餓中。 Many people in the world still live with hunger.
強壯	qiángzhuàng	strong, robust	他每天健身，身體很強壯。 He works out every day and is very strong.
患者	huànzhě	patient (someone with an illness)	這位醫生一天要看一百多個患者。 This doctor sees over a hundred patients a day.
醫藥	yīyào	medicine (the field), medical	這個月的醫藥費花了不少錢。 Medical bills cost quite a lot this month.

胳膊	gēbo	arm	他的胳膊受傷了，不能拿重的東西。 He hurt his arm and can't carry heavy things.
健身	jiànshēn	work out, keep fit	健身對身體和心情都有好處。 Working out is good for your body and your mood.
結實	jiēshi	sturdy, solidly built	這張桌子很結實，用了二十年還很好。 This table is sturdy: twenty years old and still fine.
藥品	yàopǐn	medicines, drugs (as products)	藥品要放在小孩拿不到的地方。 Keep medicines where children can't reach them.
有益	yǒuyì	be good for, beneficial	每天走路對身體有益。 Walking every day is good for you.
短暫	duǎnzhàn	brief, short-lived	短暫的休息以後，我們又開始工作了。 After a short break, we got back to work.
跟前	gēnqián	in front of (someone), close to	小黑走到我跟前，叫了一聲{sheng1-tw2}。 Xiaohei walked right up to me and meowed.
哩	li	(casual particle, like 呢)	我還沒吃早餐哩！ I haven't even had breakfast yet!

pattern 沒什麼 + v + 頭: not worth v-ing

沒什麼 / 有什麼 | 看・吃・玩・聽・賺 | 頭

Add 頭 to a verb and it becomes "something worth V-ing": 看頭 something worth seeing, 吃頭 something worth eating, 賺頭 profit to be made. 沒什麼 V 頭 says "not worth it"; the question 有什麼 V 頭? says the same thing with a raised eyebrow. In these words 頭 is said lightly: kàntou.

這種小生意沒什麼賺頭。 **zhè zhǒng xiǎo shēngyì méishénme zhuàn tou** There's no money to be made in a little business like this.

這種遊戲有什麼玩頭？ **zhè zhǒng yóuxì yǒu shénme wán tou** What's the fun in a game like this?

他的笑話我都聽過了，沒什麼聽頭。 **tā de xiàohuà wǒ dōu tīng guo le méishénme tīng tou** I've heard all his jokes: they're not worth listening to.

dialogue anna's stomach

david 安娜，王阿姨的早餐你怎麼一口都沒吃？

Ānnà Wáng āyí de zǎocān nǐ zěnme yì kǒu dōu méi chī · Anna, how come you haven't touched Auntie Wang's breakfast?

anna 不瞞你說，我的胃這幾天很不舒服，什麼都不想吃，做什麼都沒有興致。

bù mán nǐ shuō wǒ de wèi zhè jǐ tiān hěn bù shūfu shénme dōu bù xiǎng chī zuò shénme dōu méiyǒu xìngzhì · To be honest, my stomach has been bad for days. I don't feel like eating anything, or doing anything.

meiling 難怪你最近看起來這麼疲憊。

nánguài nǐ zuìjìn kànqǐlái zhème píbèi · No wonder you've looked so worn out lately.

david 你有去看醫生嗎？

nǐ yǒu qù kàn yīshēng ma · Have you seen a doctor?

anna 有啊，上個星期有去看醫生。醫生診斷以後說是壓力太大，要我調整心態，檢查也沒有異常。還好醫藥費不貴。

yǒu a shàng ge xīngqí yǒu qù kàn yīshēng yīshēng zhěnduàn yǐhòu shuō shì yālì tài dà yào wǒ tiáozhěng xīntài jiǎnchá yě méiyǒu yìcháng háihǎo yīyào fèi bú guì · Yes, I saw a doctor last week. The doctor said it's stress and told me to change my mindset; the tests showed nothing abnormal. At least the bill wasn't much.

meiling 說實在的，你的胃本來就很敏感，每天又在電腦前面坐十個小時，這未免太辛苦了。我奶奶說，這種問題要看中醫。

shuō shízài de nǐ de wèi běnlái jiù hěn mǐngǎn měi tiān yòu zài diànnǎo qiánmiàn zuò shí ge xiǎoshí zhè wèimiǎn tài xīnkǔ le wǒ nǎinai shuō zhè zhǒng wèntí yào kàn zhōngyī · Honestly, your stomach's always been sensitive, and you sit at a computer ten hours a day. That's a bit much. My grandma says this kind of thing needs a Chinese-medicine doctor.

anna 我在網路上看了評論，找到一位很好的中醫，已經預約了，今天下午三點。

wǒ zài wǎnglù shàng kàn le pínglùn zhǎo dào yí wèi hěn hǎo de zhōngyī yǐjīng yùyuē le jīntiān xiàwǔ sān diǎn · I read the online reviews and found a very good Chinese-medicine doctor. I've already booked: three o'clock this afternoon.

david 看中醫也好，吃藥也罷，你得多運動。你坐的姿勢不對，背都彎曲了。跟我去健身房吧！你看我的胳膊，多結實。

kàn zhōngyī yěhǎo chī yào yěbà nǐ děi duō yùndòng nǐ zuò de zīshì bú duì bèi dōu wānqū le gēn wǒ qù jiànshēnfáng ba nǐ kàn wǒ de gēbo duō jiēshi · Chinese medicine, pills, whatever: you need to exercise more. You sit badly: your back's all bent. Come to the gym with me! Look at my arms: solid.

anna 說真的，舉一樣的東西舉一個小時，有什麼玩頭？我又不是很混的人，每天上班已經夠累了。

shuō zhēnde jǔ yíyàng de dōngxi jǔ yí ge xiǎoshí yǒu shénme wán tou wǒ yòu bú shì hěn hùn de rén měi tiān shàngbān yǐjīng gòu lèi le · Seriously, what's the fun in lifting the same thing for an hour? I'm no slacker: work tires me out enough.

meiling 大衛上次帶我去，我果真第二天胳膊都抬不起來。他是很強壯，可是我們不是他。

Dàwèi shàng cì dài wǒ qù wǒ guǒzhēn dì èr tiān gēbo dōu tái bu qǐlai tā shì hěn qiángzhuàng kěshì wǒmen bú shì tā · David took me last time, and sure enough, the next day I couldn't lift my arms. He's strong, but we're not him.

david 你們兩個就是愛找藉口！

nǐmen liǎng ge jiùshì ài zhǎo jièkǒu · You two are always making excuses!

anna 你看，小黑跑到我跟前來了。牠也還沒吃早餐哩！

nǐ kàn Xiǎohēi pǎo dào wǒ gēnqián lái le tā yě hái méi chī zǎocān li · Look, Xiaohei's come right up to me. Xiaohei hasn't had breakfast yet either!

write it trace the grey, then write your own



聚
jù
get together



伙
huǒ
companion

縱
zòng
let loose

寵
chǒng
favour, pet



拖
tuō
drag, pull; delay

good to know · At a Taiwan clinic you 掛號 (register) at the counter or book ahead online (預約掛號). National health insurance keeps a visit to a neighbourhood clinic cheap. New meaning: 混 (hùn) also describes someone who slacks off: 他上班很混 he coasts at work.

You can now book a doctor, explain what hurts, and shrug off anything not worth the bother.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 33 first aid and recovery

Handle small emergencies (heatstroke, a cut), talk about getting well, and say how things turn out in the end with 終究 and 到頭來.

Hiking in Taiwan's heat is a national pastime, and so is heatstroke. 終究 and 到頭來 let you sum up how a story ends: calmly, or with a sigh.

words

word	pinyin	meaning	example
血壓	xiěyā	blood pressure	爺爺每天早上都要量血壓。 Grandpa takes his blood pressure every morning.
胸	xiōng	chest	如果胸痛得很厲害，要馬上去醫院。 If your chest hurts badly, go to hospital at once.
急救	jíjiù	first aid, give emergency treatment	公司請了醫生來教我們怎麼急救。 The company invited a doctor to teach us first aid.
傷口	shāngkǒu	wound, cut	傷口不大，可是要先消毒。 The cut isn't big, but it needs disinfecting first.
中暑	zhòngshǔ	get heatstroke	天氣太熱了，小心別中暑。 It's so hot: be careful not to get heatstroke.
按摩	ànmó	massage	工作太累的時候，我常去按摩。 When work wears me out, I often go for a massage.
發育	fāyù	grow, develop (physically)	這個孩子發育得很好。 This child is growing well.
嗓子	sǎngzi	throat; voice	我昨天唱了一晚上的歌，今天嗓子很痛。 I sang all evening yesterday, and today my throat really hurts.
加重	jiāzhòng	make worse, add to	熬夜會加重感冒。 Staying up late makes a cold worse.
酒精	jiǔjīng	alcohol (rubbing alcohol)	先用酒精把傷口消毒一下。 First clean the cut with some alcohol.
康復	kāngfù	recover, get well	祝你早日康復！ Get well soon!
免疫	miǎnyì	immune	多運動可以讓免疫力變好。 Exercising more can boost your immune system.
損傷	sǔnshāng	damage, injure	太大的聲音會損傷耳朵。 Very loud sounds can damage your ears.
消毒	xiāodú	disinfect	醫生用的東西每天都要消毒。 Everything the doctors use is disinfected every day.

抑制	yìzhì	hold back, inhibit	這種藥可以抑制咳嗽。 This medicine suppresses coughing.
防治	fángzhì	prevent and treat	政府很重視這種病的防治。 The government takes preventing and treating this disease seriously.
患	huàn	suffer from (an illness)	他患了一種很少見的病。 He has a rare illness.
肺炎	fèiyán	pneumonia	他感冒沒好好休息，後來變成了肺炎。 He didn't rest properly with his cold, and it turned into pneumonia.
額外	éwài	extra, additional	住院要付額外的費用嗎？ Do I have to pay extra for staying in hospital?
歸	guī	return; be the job of	這件事歸他管。 That's his job to deal with.
咦	yí	huh? (surprise)	咦，我的手機呢？ Huh? Where's my phone?
到頭來	dàotóulái	in the end (after all that)	他忙了一年，到頭來什麼都沒有。 He worked hard all year, and in the end he had nothing to show for it.
終究	zhōngjiù	after all, in the end	孩子終究是孩子。 Kids will be kids, after all.

pattern 終究 / 到頭來: in the end, after all

what happened **終究 / 到頭來** **how it ends**

Both words say how things end up. 終究 is calm and a little philosophical: "after all, when all is said and done" (孩子終究是孩子). 到頭來 looks back on a lot of effort and often sighs: "after all that, in the end…", usually with a disappointing or ironic result.

我們吵了半天，到頭來還是照他說的做。 **wǒmen chǎo le bàntiān dàotóulái háishì zhào tā shuō de zuò** We argued for ages, and in the end we did it his way anyway.

他再怎麼不好，終究是你哥哥。 **tā zài zěnme bù hǎo zhōngjiù shì nǐ gēge** Whatever his faults, he's still your brother.

他小時候發育得慢，可是終究長得比哥哥還高。 **tā xiǎo shíhòu fāyù de màn kěshì zhōngjiù zhǎng de bǐ gēge hái gāo** He was slow to grow as a child, but in the end he grew taller than his brother.

dialogue too hot to climb

zhiming 咦，阿傑呢？他剛才還在我後面。
yí Ājié ne tā gāngcái hái zài wǒ hòumiàn · Huh, where's Ajie? He was right behind me a minute ago.

meiling 在那裡！他坐在石頭上，臉色很不好。
zài nàlǐ tā zuò zài shítou shàng liǎnsè hěn bù hǎo · Over there! He's sitting on a rock and he looks awful.

zhiming 大家別慌，先讓他休息片刻。
dàjiā bié huāng xiān ràng tā xiūxí piànkè · Nobody panic: let him rest for a moment first.

david 阿傑，你頭會不會暈？胸會不會悶？心跳有沒有異常？
Ājié nǐ tóu huì bu huì yūn xiōng huì bu huì mēn xīntiào yǒu méiyǒu yìcháng · Ajie, are you dizzy? Does your chest feel tight? Is your heartbeat normal?

ajie 有一點……我早上沒吃東西，水也只帶了一瓶。
yǒuyìdiǎn wǒ zǎoshàng méi chī dōngxi shuǐ yě zhǐ dài le yì píng · A bit... I didn't eat this morning, and I only brought one bottle of water.

david 不是我說你，你說你一個工程師，怎麼連要帶多少水都算不出來？你應該是中暑了。快坐到樹下，急救的事歸我管。
bú shì wǒ shuō nǐ nǐ shuō nǐ yí ge gōngchéngshī zěnme lián yào dài duōshǎo shuǐ dōu suàn bu chū lái nǐ yīnggāi shì zhòngshǔ le kuài zuò dào shù xià jíjiù de shì guī wǒ guǎn · I hate to say it, but you're an engineer: how can you not work out how much water to bring? You must have heatstroke. Sit under that tree, quick. First aid is my department.

zhiming 我額外帶了兩瓶水，給你。我也幫你按摩一下肩膀跟胳膊。
wǒ éwài dài le liǎng píng shuǐ gěi nǐ wǒ yě bāng nǐ ànmó yíxià jiānbǎng gēn gēbo · I brought two extra bottles: here. And I'll rub your shoulders and arms a bit.

ajie 謝謝。說真的，我太自滿了，以為自己很強壯。
xièxie shuō zhēnde wǒ tài zìmǎn le yǐwéi zìjǐ hěn qiángzhuàng · Thanks. Honestly, I was too cocky: I thought I was strong enough.

meiling 哎呀！我的手被石頭割了一個傷口。
āiyā wǒ de shǒu bèi shítou gē le yí ge shāngkǒu · Ouch! I've cut my hand on a rock.

david 我包裡有酒精，先消毒一下。好了，我們終究還是得下山，今天別再往上爬了。
wǒ bāo lǐ yǒu jiǔjīng xiān xiāodú yíxià hǎole wǒmen zhōngjiù háishì děi xià shān jīntiān bié zài wǎng shàng pá le · I've got alcohol in my bag: let's clean it first. Right, we have to go back down after all. No more climbing today.

ajie 對不起，大家爬了一個早上，到頭來因為我，誰都沒看到山上的風景。我晚上還有一堆活要做哩。
duìbùqǐ dàjiā pá le yí ge zǎoshàng dàotóulái yīnwèi wǒ shéi dōu méi kàn dào shān shàng de fēngjǐng wǒ wǎnshàng hái yǒu yì duī huó yào zuò li · Sorry. Everyone climbed all morning, and in the end, because of me, nobody got to see the view. And I've got a pile of work to do tonight.

zhiming 別這麼說。山上的風景沒什麼看頭，同伴比較重要。活明天再做吧。
bié zhème shuō shān shàng de fēngjǐng méishénme kàn tou tóngbàn bǐjiào zhòngyào huó míngtiān zài zuò ba · Don't be silly. The view up there's nothing special: your companions matter more. The work can wait till tomorrow.

david 爬山對身體有益，可是不能太勉強。
pá shān duì shēntǐ yǒuyì kěshì bù néng tài miǎnqiǎng · Hiking is good for you, but you mustn't push yourself too hard.

write it trace the grey, then write your own

蹟 jī trace												

訴
sù
tell



吹
chuī
blow

狀
zhuàng
case, complaint

咐
fù
instruct

good to know · Signs of heatstroke (中暑): headache, dizziness, no sweating. Shade, water and rest first, then a doctor if it doesn't pass. New meaning: 活 (huó) is also a noun, "work, a job (to be done)": 我還有很多活要做 I've still got loads of work to do.

Heatstroke, cuts, colds: you can deal with them in Chinese now, and sum up how the day turned out. Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 34 skin, lips and lungs

Talk about skin, faces and the body's systems, and boast that something has everything with 要 X 有 X，要 Y 有 Y.

Skincare is big business in Taiwan, and Meiling is in the middle of it. 要 X 有 X is how people praise a place, a product or a person that has it all.

words

word	pinyin	meaning	example
眉毛	méimáo	eyebrow	她的眉毛又黑又長。 She has long, dark eyebrows.
脆弱	cuìruò	fragile	生病的時候，人的心特別脆弱。 When you're ill, you feel especially fragile.
能量	néngliàng	energy	早餐能給你一天的能量。 Breakfast gives you energy for the day.
堵塞	dǔsè	blocked, clogged	廚房的水管堵塞了。 The kitchen pipe is blocked.
縫	fèng	crack, gap, seam	小黑從門|縫{feng4-tc}裡看著我們。 Xiaohei was watching us through the crack in the door.
揉	róu	rub, knead	別一直揉眼睛。 Stop rubbing your eyes.
蒼白	cāngbái	pale	你的臉色怎麼這麼蒼白？ Why are you so pale?
嘴唇	zuǐchún	lips	冬天我的嘴唇很容易乾。 My lips get dry easily in winter.
生理	shēnglǐ	physiology; physical (of the body)	這是正常的生理現象，不用擔心。 That's a normal bodily reaction: nothing to worry about.
先天	xiāntiān	congenital, innate	他的心臟有先天的問題。 He was born with a heart problem.
調節	tiáojié	regulate, adjust	我們的身體會自己調節溫度。 Our bodies regulate their own temperature.
渾身	húnshēn	all over (the body)	我跑完步渾身都是汗。 After my run I was sweaty all over.
肌膚	jīfū	skin (written)	這種產品適合敏感的肌膚。 This product is suitable for sensitive skin.
皺紋	zhòuwén	wrinkles	外婆笑的時候，臉上的皺紋很好看。 When Grandma smiles, the lines on her face are lovely.
分泌	fēnmì	secrete	壓力大的時候，皮膚會分泌更多油。 Under stress, your skin produces more oil.
面孔	miànkǒng	face (as seen by others)	公司裡最近|來了很多新面孔。 There are lots of new faces at the company lately.

盲人	mángrén	blind person	現在很多手機都有給盲人用的功能。 Many phones now have features for blind users.
動脈	dòngmài	artery	吃太多油的東西，動脈容易堵塞。 Eat too much fatty food and your arteries clog more easily.
氣管	qìguǎn	windpipe, airway	他的氣管不好，一感冒就咳嗽。 He has a weak chest: every cold makes him cough.
身子	shēnzi	body (colloquial), health	你身子還沒好，先別去上班。 You're not well yet: don't go to work.
拳	quán	(measure: a punch); fist	他氣得在桌子上打了一拳。 He was so angry he banged his fist on the table.
綁	bǎng	tie, bind	她把頭髮綁起來，開始工作。 She tied her hair back and got to work.
歷年	lìnián	over the years, past years	這是公司歷年的銷售資料。 These are the company's sales figures over the years.

pattern 要X有X，要Y有Y: everything you could want

要 X 有 X，要Y有Y

Literally "want X, there's X; want Y, there's Y": whatever you ask for, it's there. Use the same noun twice in each half, and give two (or three) halves. It praises a place, a product or a person who has it all.

這個夜市要吃的有吃的，要玩的有玩的。 **zhè ge yèshì yào chī de yǒu chī de yào wán de yǒu wán de** This night market has everything: food, games, the lot.

他要能力有能力，要經驗有經驗，難怪老闆喜歡他。 **tā yào nénglì yǒu nénglì yào jīngyàn yǒu jīngyàn nánguài lǎobǎn xǐhuān tā** He has the skills and the experience: no wonder the boss likes him.

這支新手機要功能有功能，盲人用起來也很方便。 **zhè zhī xīn shǒujī yào gōngnéng yǒu gōngnéng mángrén yòng qǐlai yě hěn fāngbiàn** This new phone has every feature you could want, and it's easy for blind users too.

dialogue meiling's samples

meiling 安娜，你看你，臉色這麼蒼白，嘴唇也沒有顏色。胃還在痛嗎？
Ānnà nǐ kàn nǐ liǎnsè zhème cāngbái zuǐchún yě méiyǒu yánsè wèi hái zài tòng ma · Anna, look at you: so pale, and no colour in your lips. Is your stomach still hurting?

anna 好多了，應該快康復了。中醫說我身子太弱，要多休息。工作再忙，身體終究最重要。
hǎo duō le yīnggāi kuài kāngfù le zhōngyī shuō wǒ shēnzi tài ruò yào duō xiūxí gōngzuò zài máng shēntǐ zhōngjiù zuì zhòngyào · Much better: I should be well again soon. The Chinese-medicine doctor says I'm run down and need more rest. However busy work gets, health comes first, after all.

meiling 對啊，別再熬夜了，免疫力會變差。
duì a bié zài áoyè le miǎnyì lì huì biàn chà · Right, and no more late nights: they weaken your immune system.

meiling 恰好我們公司新出了一套保養的產品，你來試試。要洗臉的有洗臉的，要擦的有擦的！
qiàhǎo wǒmen gōngsī xīn chū le yí tào bǎoyǎng de chǎnpǐn nǐ lái shì shi yào xǐ liǎn de yǒu xǐ liǎn de yào cā de yǒu cā de · Good timing: my company's just brought out a new skincare set. Try it! Face wash, creams, the lot!

anna 適合敏感的肌膚嗎？我的皮膚很脆弱，渾身都容易過敏。
shìhé mǐngǎn de jīfū ma wǒ de pífū hěn cuìruò húnshēn dōu róngyì guòmǐn · Is it OK for sensitive skin? Mine's delicate: I'm allergic to everything.

meiling 放心，這是我們歷年賣得最好的，不含酒精。它能幫皮膚調節水分，少分泌一點油。
fàngxīn zhè shì wǒmen lìnián mài de zuìhǎo de bù hán jiǔjīng tā néng bāng pífū tiáojié shuǐfèn shǎo fēnmì yìdiǎn yóu · Don't worry: it's our bestseller, year after year, and it has no alcohol in it. It balances your skin's moisture so it makes less oil.

anna 我同事也很推崇你們公司的產品。
wǒ tóngshì yě hěn tuīchóng nǐmen gōngsī de chǎnpǐn · My colleagues speak very highly of your company's products too.

anna 那皺紋呢？我最近發現眼睛旁邊多了好幾條。
nà zhòuwén ne wǒ zuìjìn fāxiàn yǎnjīng pángbiān duō le hǎojǐ tiáo · And wrinkles? I've just found a few new ones round my eyes.

meiling 別揉眼睛！你越揉，皺紋越多。先把頭髮綁起來，我幫你擦。
bié róu yǎnjīng nǐ yuè róu zhòuwén yuè duō xiān bǎ tóufǎ bǎng qǐlai wǒ bāng nǐ cā · Stop rubbing your eyes! The more you rub, the more wrinkles. Tie your hair back first and I'll put it on.

david 你們在幹嘛？小黑一直從門縫裡看你們。咦，安娜，你的眉毛怎麼只剩一半？
nǐmen zài gànma Xiǎohēi yìzhí cóng mén fèng lǐ kàn nǐmen yí Ānnà nǐ de méimáo zěnme zhǐ shèng yíbàn · What are you two up to? Xiaohei's been watching you through the crack in the door. Huh, Anna, why have you only got half your eyebrows?

anna 美玲幫我洗臉，連眉毛都擦掉了一半！你再笑，我就給你一拳。
Měilíng bāng wǒ xǐ liǎn lián méimáo dōu cā diào le yíbàn nǐ zài xiào wǒ jiù gěi nǐ yì quán · Meiling washed my face and wiped off half my eyebrows! Laugh again and you'll get a punch.

meiling 大衛，你來得湊巧，你的臉也很乾。要不要試試？
Dàwèi nǐ lái de còuqiǎo nǐ de liǎn yě hěn gān yào bu yào shì shi · David, you've come at just the right moment: your face is dry too. Want to try?

david 不用了，我寧可去按摩一下。
búyòng le wǒ níngkě qù ànmó yíxià · No thanks: I'd rather go for a massage.

write it trace the grey, then write your own

宣

宣 xuān proclaim

讚 zàn praise

嘆 tàn sigh

爆爆

爆 bào burst

妨

妨 fáng hinder

good to know · Cosmetics copy says 肌膚 (skin); friends talking say 皮膚. 要 X 有 X needs the same word twice: 要錢有錢. Saying 要錢有人 breaks the pattern.

You can talk skin, lips and lungs, and praise anything that has it all.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 35 habits that harm

Talk about bad habits, addiction and their effects on health, and say “absolutely not” with 萬萬不 / 萬萬沒.

Late nights, endless coffee, a phone that never leaves your hand: everyone has a habit to give up. 萬萬 makes a warning or a surprise as strong as it gets.

words

word	pinyin	meaning	example
喘	chuǎn	pant, gasp	他爬了五層樓，喘得說不出話來。 He climbed five floors and was too out of breath to speak.
昏	hūn	dizzy, faint; dim	我頭有點昏，想躺一下。 My head’s spinning a bit: I want to lie down.
戒	jiè	give up (a habit), quit	我在戒咖啡，已經三天沒喝了。 I’m giving up coffee: three days without it now.
上癮	shàngyǐn	get addicted, get hooked	這個遊戲很容易讓人上癮。 This game is very easy to get hooked on.
酗酒	xùjiǔ	drink heavily, abuse alcohol	研究發現，酗酒對身體的危害很大。 Research shows that heavy drinking does great harm to the body.
致命	zhìmìng	fatal, deadly	這種病如果不早點治療，可能會致命。 If this illness isn’t treated early, it can be fatal.
處方	chǔfāng	prescription	這種藥要有醫生的處方才能買。 You need a doctor’s prescription to buy this medicine.
體質	tǐzhí	physical constitution	每個人的體質不一樣，吃的藥也不一樣。 Everyone’s constitution is different, and so is the medicine they take.
發作	fāzuò	flare up, have an attack	我的過敏一到春天就發作。 My allergies flare up as soon as spring comes.
失明	shīmíng	lose one’s sight, go blind	他的爺爺晚年失明了，可是還是天天聽廣播。 His grandfather lost his sight in old age, but still listened to the radio every day.
屎	shǐ	poo, droppings	小心！地上有狗屎。 Watch out! There’s dog poo on the ground.
啞	yǎ	hoarse; mute	他喊了一整場比賽，嗓子都啞了。 He yelled through the whole match and lost his voice.
畸形	jīxíng	deformed, malformed	醫生說，有些先天畸形現在可以用手術治療。 Doctors say some congenital malformations can now be treated with surgery.
瘟疫	wēnyì	plague, epidemic	歷史上有好幾次可怕的瘟疫。 History has seen several terrible plagues.
健壯	jiànzhuàng	healthy and strong	我外公八十歲了，身體還很健壯。 My grandpa is eighty and still fit and strong.
疙瘩	gēda	lump, bump; goosebumps	聽到這個故事，我全身都起了雞皮疙瘩。 That story gave me goosebumps all over.

痰	tán	phlegm	我咳嗽有痰，要|不要去看醫生？ I've got a chesty cough: should I see a doctor?
惡性	èxìng	malignant; vicious (circle)	熬夜、喝咖啡、再熬夜，變成了惡性循環。 Staying up, drinking coffee, staying up again: it became a vicious circle.
世代	shìdài	generation(s)	我們這個世代的人每天都離不開手機。 People of our generation can't go a day without their phones.
猜想	cāixiǎng	guess, suppose; conjecture	我猜想他應該是太累了。 I suppose he must just be too tired.
于	yú	at, in, to (formal; = 於)	那本老醫書上寫著：「此病多發于冬天。」 The old medical book says: "This illness mostly strikes in winter."
萬萬	wànwàn	absolutely (+ not), by no means	這件事你萬萬不能告訴她。 You must absolutely not tell her about this.

pattern 萬萬 + 不 / 沒: absolutely not

萬萬 | 不 / 不能 / 不可以 | do it

萬萬, "ten thousand times", only ever comes before a negative and makes it as strong as possible. 萬萬不能 / 萬萬不要 is a serious warning: "whatever you do, don't". 萬萬沒想到 is the classic way to say something took you completely by surprise.

這種藥萬萬不能跟酒一起吃。 **zhè zhǒng yào wànwàn bù néng gēn jiǔ yìqǐ chī** Whatever you do, never take this medicine with alcohol.

我萬萬沒想到，他會在那裡等我。 **wǒ wànwàn méixiǎngdào tā huì zài nàlǐ děng wǒ** I never in a million years expected him to be waiting for me there.

你身體不好，萬萬不要再熬夜了。 **nǐ shēntǐ bù hǎo wànwàn bú yào zài áoyè le** You're not well: you absolutely mustn't stay up late any more.

dialogue the fifth coffee

ajie 志明，你的桌上要咖啡有咖啡，要零食有零食，這已經是你今天的第五杯咖啡了。你萬萬不能再喝了。

Zhìmíng nǐ de zhuō shàng yào kāfēi yǒu kāfēi yào língshí yǒu língshí zhè yǐjīng shì nǐ jīntiān de dì wǔ bēi kāfēi le nǐ wànwàn bù néng zài hē le · Zhiming, your desk has coffee, snacks, the lot, and that's your fifth coffee today. You absolutely can't have another.

zhiming 不喝不行，一停下來，我的頭就昏。我好像對咖啡上癮了。

bù hē bù xíng yì tíng xialai wǒ de tóu jiù hūn wǒ hǎoxiàng duì kāfēi shàngyǐn le · I have to: the moment I stop, my head starts spinning. I think I'm hooked on the stuff.

ajie 你剛剛才爬了三層樓就喘成那樣，聲音也啞了，臉色又蒼白，別提多嚇人了。

nǐ gānggāng cái pá le sān céng lóu jiù chuǎn chéng nàyàng shēngyīn yě yǎ le liǎnsè yòu cāngbái bié tí duō xià rén le · You climbed three flights just now and were gasping like that, your voice is hoarse and you're pale. You've no idea how scary that was.

zhiming 我這幾天一直咳嗽，還有痰，渾身都不舒服。

wǒ zhè jǐ tiān yìzhí késòu háiyǒu tán húnshēn dōu bù shūfu · I've been coughing for days, with phlegm too. I feel rotten all over.

ajie 我猜想是熬夜的關係。熬夜、喝咖啡、再熬夜，這是惡性循環。新聞上說，長時間熬夜跟酗酒一樣，對身體的危害很大。

wǒ cāixiǎng shì áoyè de guānxì áoyè hē kāfēi zài áoyè zhè shì èxìng xúnhuán xīnwén shàng shuō cháng shíjiān áoyè gēn xùjiǔ yíyàng duì shēntǐ de wéihài hěn dà · My guess is it's the late nights. Stay up, drink coffee, stay up again: it's a vicious circle. The news says staying up late for a long time harms your body as much as heavy drinking.

zhiming 公司才剛開始，我萬萬沒想到會這麼累。可是我不想拖累你。

gōngsī cái gāng kāishǐ wǒ wànwàn méixiǎngdào huì zhème lèi kěshì wǒ bù xiǎng tuōlèi nǐ · The company's only just started. I never imagined it'd be this exhausting. But I don't want to drag you down.

ajie 你姑姑上次不是給了你一張中醫的處方嗎？她說你的體質不適合熬夜，還說老醫書上寫著：「此病多發于秋天。」

nǐ gūgu shàng cì bú shì gěi le nǐ yì zhāng zhōngyī de chǔfāng ma tā shuō nǐ de tǐzhí bú shìhé áoyè hái shuō lǎo yī shū shàng xiě zhe cǐ bìng duō fā yú qiūtiān · Didn't your aunt give you a Chinese-medicine prescription last time? She said your constitution can't take late nights, and that the old medical books say "this illness mostly strikes in autumn".

zhiming 對，她每次看到我都說：「你的過敏又要發作了。」

duì tā měi cì kàn dào wǒ dōu shuō nǐ de guòmǐn yòu yào fāzuò le · Yeah. Every time she sees me she says, "Your allergies are about to flare up again."

ajie 熬夜不會馬上致命，可是會慢慢把身體累壞，血壓也會變高。看在你姑姑的面子上，今天晚上別喝了，早點回家。

áoyè bú huì mǎshàng zhìmìng kěshì huì mànmàn bǎ shēntǐ lèi huài xiěyā yě huì biàn gāo kànzài nǐ gūgu de miànzi shàng jīntiān wǎnshàng bié hē le zǎodiǎn huí jiā · Late nights won't kill you straight away, but they'll slowly wear your body down, and push your blood pressure up. For your aunt's sake, no more coffee tonight: go home early.

zhiming 好吧，好吧。看在她的面子上，也看在你的面子上。

hǎo ba hǎo ba kànzài tā de miànzi shàng yě kànzài nǐ de miànzi shàng · Fine, fine. For her sake. And for yours.

ajie 這才對嘛！明天下班，我陪你去健身房。

zhè cái duì ma míngtiān xiàbān wǒ péi nǐ qù jiànshēnfáng · That's more like it! Tomorrow after work, I'll go to the gym with you.

zhiming 好啦好啦，我的身子我自己清楚。

hǎo la hǎo la wǒ de shēnzi wǒ zìjǐ qīngchǔ · OK, OK. I know my own body.

write it trace the grey, then write your own



插
chā
insert, stick in; plug in



嘴
zuǐ
mouth

謊
huǎng
lie



俗
sú
tacky, vulgar; common

誇
kuā
praise; boast

good to know · Ajie calls Teacher Chen “your aunt” (你姑姑): 姑姑 is your father’s sister. Zhiming is Teacher Chen’s nephew. New meaning: 集合 (jíhé) is also a noun, a “set” in maths. You already know it as a verb, “gather, meet up”.

Now you can warn a friend off a bad habit, and mean it: 萬萬不能!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 36 in the operating room

Chinese TOCFL C in 142 days
unit 5 · health & the body

Talk about operations, hospital care and treatment, and push back politely with 話是這麼說，可是.....

When someone reassures you and you're not reassured, 話是這麼說，可是..... lets you agree in principle and still say what worries you.

words

word	pinyin	meaning	example
過量	guòliàng	excessive; overdose	藥吃過量會傷身體。 Taking too much medicine harms your body.
診所	zhěnsuǒ	clinic	我家樓下有一家小診所。 There's a little clinic downstairs from my place.
針灸	zhēnjiǔ	acupuncture (and moxibustion)	我媽媽腰痛的時候會去做針灸。 When my mum's back hurts, she goes for acupuncture.
惡化	èhuà	worsen, deteriorate	他的病情突然惡化了。 His condition suddenly got worse.
復原	fùyuán	recover, be restored	手術以後，他復原得很快。 He recovered quickly after the operation.
鼻孔	bíkǒng	nostril	他感冒了，兩個鼻孔都塞住了。 He's got a cold and both nostrils are blocked.
病床	bìngchuáng	hospital bed	這家醫院的病床不夠。 This hospital doesn't have enough beds.
病患	bìnghuàn	patient	護士每天要照顧二十個病患。 Each nurse looks after twenty patients a day.
出血	chūxiě	bleed	他的胃有一點出血，要住院觀察。 There's a little bleeding in his stomach; he has to stay in hospital under observation.
膽	dǎn	gall bladder; courage	爸爸的膽有問題，下個月要開刀。 Dad has a gall-bladder problem and is having an operation next month.
墮胎	duòtāi	have an abortion; abortion	各國的法律對墮胎有不同的規定。 Countries have different laws on abortion.
臨床	línchuáng	clinical	這種新藥還在做臨床試驗。 This new drug is still in clinical trials.
麻醉	mázuì	anaesthetize; anaesthesia	手術前，醫生會先幫你麻醉。 Before the operation, the doctor will give you an anaesthetic.
輸血	shūxiě	give a blood transfusion	他出血太多，需要輸血。 He's lost too much blood and needs a transfusion.
移植	yízhí	transplant	他三年前做了心臟移植手術。 He had a heart transplant three years ago.

草藥	cǎoyào	herbal medicine	林|奶奶相信草藥可以治很多病。 Grandma Lin believes herbal medicine can cure many illnesses.
創傷	chuāngshāng	trauma, wound	那次車禍給他留下了很大的心理創傷。 That car crash left him with deep psychological trauma.
催眠	cuīmián	hypnotize; make sleepy	這首音樂好像在催眠，我都想睡了。 This music is hypnotic: it's making me sleepy.
劑量	jìliàng	dose, dosage	小孩吃藥的劑量跟大人不一樣。 Children's doses are different from adults'.
殘酷	cánkù	cruel, harsh	現實有時候很殘酷。 Reality can be harsh.
給予	jǐyǔ	give, grant (formal)	謝謝大家給予我們的支持。 Thank you all for the support you've given us.
飛快	fēikuài	very fast, in a flash	時間過得飛快。 Time flies.

pattern 話是這麼說，可是……: that may be so, but...

what someone says **話是這麼說，** **可是 / 但是** **the catch**

Literally "the words are said like that, but...". You accept what the other person said as true in principle, then add the problem they left out. It's softer than saying 不對 and very common in real arguments.

大家都說手術很安全。話是這麼說，可是我還是不放心。 **dàjiā dōu shuō shǒushù hěn ānquán huà shì zhème shuō kěshì wǒ háishì bú fàngxīn** Everyone says the operation is safe. That may be so, but I'm still worried.

話是這麼說，但是現實很殘酷。 **huà shì zhème shuō dànshì xiànshí hěn cánkù** That's all very well, but reality is harsh.

你說得對，話是這麼說，可是做起來很難。 **nǐ shuō de duì huà shì zhème shuō kěshì zuò qǐlai hěn nán** You're right, in theory. But it's hard to do.

dialogue xiaowen's week in the operating room

xiaowen 我這個星期都在醫院拍片，跟著一個做心臟移植的醫生團隊。
wǒ zhè ge xīngqí dōu zài yīyuàn pāi piàn gēn zhe yí ge zuò xīnzàng yízhí de yīshēng tuánduì · I've been filming at a hospital all week, following a heart-transplant team.

anna 你真的看了手術嗎？不會害怕嗎？
nǐ zhēnde kàn le shǒushù ma bú huì hàipà ma · You actually watched the operations? Weren't you scared?

xiaowen 看了。病患一麻醉，就像被催眠一樣，馬上睡著了。醫生的手動得飛快，什麼事都自己來，從不假手他人。
kàn le bìnghuàn yì mázuì jiù xiàng bèi cuīmián yíyàng mǎshàng shuìzháo le yīshēng de shǒu dòng de fēikuài shénme shì dōu zìjǐ lái cóngbù jiǎ shǒu tārén · I did. Once the patient is anaesthetized, it's like they're hypnotized: out like a light. The surgeon's hands move incredibly fast, and he does everything himself, never leaves it to others.

anna 聽你這麼描述，我都替病患緊張。
tīng nǐ zhème miáoshù wǒ dōu tì bìnghuàn jǐnzhāng · Hearing you describe it, I'm nervous for the patient.

meiling 別說了……我爸爸的膽有問題，下個月要開刀，我聽了就頭昏。
bié shuō le wǒ bàba de dǎn yǒu wèntí xià ge yuè yào kāidāo wǒ tīng le jiù tóu hūn · Stop… my dad has gall-bladder trouble and needs an operation next month. Just hearing this makes my head spin.

xiaowen 放心，你爸爸體質好，膽的手術也很普通。醫生說，在病床上躺幾天，一個星期左右就能復原。
fàngxīn nǐ bàba tǐzhí hǎo dǎn de shǒushù yě hěn pǔtōng yīshēng shuō zài bìngchuáng shàng tǎng jǐ tiān yí ge xīngqí zuǒyòu jiù néng fùyuán · Don't worry: your dad has a strong constitution, and it's a very routine operation. The doctor says a few days in a hospital bed and he'll be better in about a week.

meiling 話是這麼說，可是萬一出血太多，要輸血呢？萬一麻醉的劑量不對呢？
huà shì zhème shuō kěshì wànyī chūxiě tài duō yào shūxiě ne wànyī mázuì de jìliàng bú duì ne · That may be so, but what if he bleeds too much and needs a transfusion? What if the anaesthetic dose is wrong?

xiaowen 醫院的劑量都算得很清楚。多虧現在的醫療這麼進步，以前這種病很容易惡化，甚至致命。
yīyuàn de jìliàng dōu suàn de hěn qīngchǔ duōkuī xiànzài de yīliáo zhème jìnbù yǐqián zhè zhǒng bìng hěn róngyì èhuà shènzhì zhìmìng · Hospitals calculate doses very carefully. Thanks to how far medicine has come: in the past this kind of illness easily got worse, and could even kill you.

meiling 也對，我不該有那麼多疑慮。
yě duì wǒ bù gāi yǒu nàme duō yílǜ · True. I shouldn't have so many doubts.

anna 你爸爸之前不是一直在吃草藥、做針灸嗎？
nǐ bàba zhīqián bú shì yìzhí zài chī cǎoyào zuò zhēnjiǔ ma · Hasn't your dad been taking herbal medicine and having acupuncture all this time?

meiling 對，他連醫院都不想去，也不照醫生的處方吃藥。到最後還是得開刀。
duì tā lián yīyuàn dōu bù xiǎng qù yě bú zhào yīshēng de chǔfāng chī yào dào zuìhòu háishì děi kāidāo · Yes. He didn't even want to go to hospital, and he wouldn't take what the doctor prescribed. And in the end he still needs the operation.

xiaowen 草藥也好，針灸也罷，這種病萬萬不能拖。手術那天，我陪你去醫院。
cǎoyào yěhǎo zhēnjiǔ yěbà zhè zhǒng bìng wànwàn bù néng tuō shǒushù nà tiān wǒ péi nǐ qù yīyuàn · Herbs, acupuncture, whatever: you mustn't put this kind of thing off. On the day of the operation, I'll go to the hospital with you.

meiling 謝謝你，小雯。我真慶幸有你這個朋友。
xièxie nǐ Xiǎowén wǒ zhēn qìngxìng yǒu nǐ zhè ge péngyǒu · Thank you, Xiaowen. I'm so lucky to have a friend like you.

write it trace the grey, then write your own

壺
hú
pot (measure word); kettle

藉
jiè
make use of

納
nà
take in



拍
pāi
pat; take (a photo), film

屁
pì
bottom

good to know · Taiwan reads 血 as xiě in 出血 and 輸血; the mainland says xuè. You'll hear both. New meaning: 假 (jiǎ) is also a formal preposition, "by way of, through", mostly in the set phrase 假手他人 (get others to do it for you).

You can follow a hospital story now, and push back gently when the reassurance isn't enough.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 37 eastern and western medicine

Chinese TOCFL C in 142 days
unit 5 · health & the body

Compare Chinese and Western medicine, talk about nutrition and hospital visits, and set a minimum with 起碼.

In Taiwan most families mix both kinds of medicine, and everyone has an opinion. 起碼 sets the bar: “at the very least”.

words

word	pinyin	meaning	example
肉體	ròutǐ	the (physical) body, flesh	這份工作對肉體和精神都是很大的考驗。 This job is a big test, physically and mentally.
西醫	xīyī	Western medicine; a Western doctor	你想看中醫還是西醫？ Do you want to see a Chinese-medicine doctor or a Western one?
牙科	yákē	dentistry; the dentist’s	我下午要去牙科看牙。 I’m going to the dentist this afternoon.
養分	yǎngfèn	nutrients	植物從土裡吸收養分。 Plants take in nutrients from the soil.
中風	zhòngfēng	have a stroke	血壓太高容易中風。 Very high blood pressure makes a stroke more likely.
腸子	chángzi	intestines, guts	醫生說我的腸子沒有問題。 The doctor said there’s nothing wrong with my intestines.
膽固醇	dǎngùchún	cholesterol	爸爸的膽固醇有點高，醫生叫他少吃油。 Dad’s cholesterol is a bit high, so the doctor told him to eat less fat.
冷汗	lěnghàn	cold sweat	聽到這個消息，我緊張得手心都是冷汗。 When I heard the news, my palms broke out in a cold sweat.
冥想	míngxiǎng	meditate; meditation	我每天早上冥想十|分鐘。 I meditate for ten minutes every morning.
攝取	shèqǔ	take in (nutrients), consume	每天要攝取足夠的水分。 You need to take in enough fluids every day.
生殖	shēngzhí	reproduce; reproduction	這本書介紹了人體的呼吸、消化和生殖系統。 This book introduces the body’s respiratory, digestive and reproductive systems.
體格	tǐgé	physique, build	他的體格很好，以前是籃球選手。 He’s well built: he used to be a basketball player.
胸口	xiōngkǒu	chest (the front of it)	我覺得胸口很悶。 My chest feels tight.
醫術	yīshù	medical skill	這位醫生的醫術很好，很多人從遠方來找他。 This doctor is very skilled: many people come from far away to see him.

元氣	yuánqì	vitality, energy	好好睡了一晚以後，我又恢復了元氣。 After a good night's sleep, I'm full of energy again.
愛滋病	àizībìng	AIDS	現在愛滋病已經可以用藥物控制。 AIDS can now be controlled with medication.
靜脈	jìngmài	vein	護士在他手上的靜脈打針。 The nurse put the needle into a vein in his hand.
避孕	bìyùn	use contraception	學校的健康教育課也會教避孕的知識。 School health classes also teach about contraception.
病菌	bìngjùn	germs, bacteria	飯前洗手可以減少病菌。 Washing your hands before meals cuts down on germs.
石膏	shígāo	plaster (cast)	他的腿斷了，打了石膏。 He broke his leg and has it in a cast.
探病	tànbìng	visit someone who is ill	明天我們一起去醫院探病吧。 Let's go and visit him in hospital tomorrow.
起碼	qǐmǎ	at least	這種手術起碼要休息兩個星期。 After this kind of operation you need at least two weeks' rest.

pattern 起碼: at the very least

起碼 | 要 / 有 / 該 | the minimum

起碼 sets the lowest acceptable bar: "at least, at the very least". Before a number it estimates (起碼要半個小時, at least half an hour); before a verb it says what someone should have done at minimum (你起碼要說一聲). It means the same as 至少 but sounds more spoken.

這間房子起碼有五十年了。 **zhè jiān fángzi qǐmǎ yǒu wǔshí nián le** This house is at least fifty years old.

從這裡走過去，起碼要半個小時。 **cóng zhèlǐ zǒu guoqu qǐmǎ yào bàn ge xiǎoshí** Walking there from here takes at least half an hour.

每天起碼冥想十分鐘，心情會好很多。 **měi tiān qǐmǎ míngxiǎng shí fēnzhōng xīnqíng huì hǎo hěn duō** Meditate for at least ten minutes a day and you'll feel much better.

dialogue grandma lin's soup

grandma lin 大衛，來，喝一碗湯。這裡面有好幾種草藥，最能補元氣。
Dàwèi lái hē yì wǎn tāng zhè lǐmiàn yǒu hǎojǐ zhǒng cǎoyào zuì néng bǔ yuánqì · David, come and have a bowl of soup. There are several herbs in it: just the thing to build your strength.

david 謝謝林奶奶！不過說真的，我比較相信西醫。
xièxie Lín nǎinai búguò shuō zhēnde wǒ bǐjiào xiāngxìn xīyī · Thank you, Grandma Lin! But honestly, I trust Western medicine more.

grandma lin 中醫也好，西醫也罷，能把病治好就是好醫生。我五十歲的時候差點中風，是一位老中醫救了我。他的醫術真的很好。
zhōngyī yěhǎo xīyī yěbà néng bǎ bìng zhì hǎo jiù shì hǎo yīshēng wǒ wǔshí suì de shíhòu chàdiǎn zhòngfēng shì yí wèi lǎo zhōngyī jiù le wǒ tā de yīshù zhēnde hěn hǎo · Chinese medicine, Western medicine, whatever: a good doctor is one who cures you. When I was fifty I nearly had a stroke, and an old Chinese-medicine doctor saved me. He really knew his stuff.

meiling 奶奶，那次你在病床上躺了一個星期，護士也在你手上的靜脈打針，你也吃了醫院開的藥啊。
nǎinai nà cì nǐ zài bìngchuáng shàng tǎng le yí ge xīngqí hùshì yě zài nǐ shǒu shàng de jìngmài dǎzhēn nǐ yě chī le yīyuàn kāi de yào a · Grandma, that time you spent a week in a hospital bed, the nurses gave you injections in a vein in your hand, and you took the hospital's medicine.

grandma lin 話是這麼說，可是我後來的身體，是靠中醫跟針灸慢慢調好的。
huà shì zhème shuō kěshì wǒ hòulái de shēntǐ shì kào zhōngyī gēn zhēnjiǔ mànmàn tiáo hǎo de · That may be so, but it was Chinese medicine and acupuncture that slowly got my health back afterwards.

david 我每天健身，體格這麼好，胃和腸子都沒問題，應該不需要喝草藥吧？
wǒ měi tiān jiànshēn tǐgé zhème hǎo wèi hé chángzi dōu méi wèntí yīnggāi bù xūyào hē cǎoyào ba · I work out every day, I'm in great shape, my stomach and gut are fine. I don't need herbs, surely?

meiling 大衛，你上次感冒，不是復原得很慢嗎？
Dàwèi nǐ shàng cì gǎnmào bú shì fùyuán de hěn màn ma · David, didn't you take ages to get over your last cold?

grandma lin 你們年輕人只會練肌肉，不管吃什麼。肉體跟精神都要顧，運動完要攝取足夠的養分。這個星期你起碼要喝三碗。
nǐmen niánqīng rén zhǐ huì liàn jīròu bù guǎn chī shénme ròutǐ gēn jīngshén dōu yào gù yùndòng wán yào shèqǔ zúgòu de yǎngfèn zhè ge xīngqí nǐ qǐmǎ yào hē sān wǎn · You young people only build muscle and never think about what you eat. Body and mind both need looking after, and after exercise you need proper nutrients. You're having at least three bowls this week.

david 好，好。我喝了，身體果真暖起來了！這個週末爬山就靠它了。
hǎo hǎo wǒ hē le shēntǐ guǒzhēn nuǎn qǐlai le zhè ge zhōumò pá shān jiù kào tā le · OK, OK. I've had some, and sure enough I feel warmer already! It'll get me up the mountain this weekend.

meiling 奶奶的湯比診所的藥還有效！
nǎinai de tāng bǐ zhěnsuǒ de yào hái yǒuxiào · Grandma's soup works better than the clinic's medicine!

grandma lin 爬山會不會很危險？上次電視上說，有個年輕人爬山摔斷了腿，最後是兩個朋友架著他下山的。我看得手心都是冷汗。
pá shān huì bu huì hěn wéixiǎn shàng cì diànshì shàng shuō yǒu ge niánqīng rén pá shān shuāi duàn le tuǐ zuìhòu shì liǎng ge péngyǒu jià zhe tā xià shān de wǒ kàn de shǒu xīn dōu shì lěnghàn · Isn't climbing dangerous? Last time on TV there was a young man who broke his leg on a mountain, and two friends had to hold him up all the way down. My hands were in a cold sweat watching it.

meiling 放心，奶奶，安娜跟他一起去。大衛起碼會聽安娜的話。
fàngxīn nǎinai Ānnà gēn tā yìqǐ qù Dàwèi qǐmǎ huì tīng Ānnà de huà · Don't worry, Grandma: Anna's going with him. David at least listens to Anna.

grandma lin 那就好。爬山要小心，千萬別太衝動。多保重！
nà jiù hǎo pá shān yào xiǎoxīn qiānwàn bié tài chōngdòng duō bǎozhòng · Good. Be careful on the mountain, and don't do anything rash. Take care of yourselves!

write it trace the grey, then write your own

輩
bèi
generation

辭
cí
resign, quit; take leave

鄰
lín
neighbour



抽
chōu
take out, draw; find (time)



搭
dā
take (a vehicle), catch

good to know · Taiwan's national health insurance covers both Western medicine and Chinese medicine, including acupuncture, at licensed clinics. New meaning: 架 (jià) is also a verb, "hold someone up (under the arms)": 兩個人架著他走. You know it as a measure word for planes and pianos.

You can now hold your own in the great family debate: Chinese medicine or Western? At least, you can follow it.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

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day 38 mission: david's knee

Chinese TOCFL C in 142 days
unit 5 · health & the body

Follow an accident from the mountain to the operating room and back home, give first aid and comfort in Chinese, and read hospital instructions and a get-well email aloud.

Today all of unit 5 comes back in one story: injuries, doctors, surgery, Chinese and Western medicine, and the people who visit you in hospital.

chapter 1 racing down the mountain

david 安娜，你看！下山要用跑的才快！
Ānnà nǐ kàn xià shān yào yòng pǎo de cái kuài · Anna, watch! Going down, you have to run: it's quicker!

anna 大衛，小心！路很彎曲，石頭又滑！
Dàwèi xiǎoxīn lù hěn wānqū shítou yòu huá · David, careful! The path's winding and the rocks are slippery!

david 哎喲！我的腿……我的右腿不能彎曲了，好痛。我的頭有點昏，胸口也很悶。
āiyāo wǒ de tuǐ wǒ de yòu tuǐ bù néng wānqū le hǎo tòng wǒ de tóu yǒudiǎn hūn xiōngkǒu yě hěn mēn · Ow! My leg… I can't bend my right leg, it really hurts. My head's spinning and my chest feels tight.

anna 咦，你的臉色好蒼白，嘴唇都白了。今天這麼熱，你是不是也中暑了？
yí nǐ de liǎnsè hǎo cāngbái zuǐchún dōu bái le jīntiān zhème rè nǐ shì bu shì yě zhòngshǔ le · Huh, you've gone so pale: even your lips are white. It's so hot today: have you got heatstroke as well?

david 我也不知道。我渾身都是冷汗，喘不過氣來。
wǒ yě bù zhīdào wǒ húnshēn dōu shì lěnghàn chuǎn búguò qì lái · I don't know. I'm in a cold sweat all over, I can't catch my breath.

anna 別動！你的腿在出血，傷口不小。還好沒傷到動脈。我上個月剛學過急救：先用酒精消毒，再用你的外套把腿綁好。
bié dòng nǐ de tuǐ zài chūxiě shāngkǒu bù xiǎo háihǎo méi shāng dào dòngmài wǒ shàng ge yuè gāng xué guo jíjiù xiān yòng jiǔjīng xiāodú zài yòng nǐ de wàitào bǎ tuǐ bǎng hǎo · Don't move! Your leg's bleeding, and it's not a small cut. Luckily it's missed the artery. I did a first-aid course last month: first disinfect it with alcohol, then tie your leg up with your jacket.

david 我體格這麼好，應該只是短暫的痛，休息一下就沒事了。
wǒ tǐgé zhème hǎo yīnggāi zhǐshì duǎnzhàn de tòng xiūxí yíxià jiù méi shì le · I'm in great shape. It'll only hurt for a bit: I just need a rest.

anna 話是這麼說，可是你連站都站不起來。看到這麼多血，我全身都起了雞皮疙瘩。你萬萬不能再自己走了，我叫救護車。
huà shì zhème shuō kěshì nǐ lián zhàn dōu zhàn bu qǐlai kàn dào zhème duō xiě wǒ quánshēn dōu qǐ le jī pí gēda nǐ wànwàn bù néng zài zìjǐ zǒu le wǒ jiào jiùhùchē · That's all very well, but you can't even stand up. All this blood is giving me goosebumps. You absolutely mustn't walk on it. I'm calling an ambulance.

david 不要叫救護車吧？太丟臉了。
bú yào jiào jiùhùchē ba tài diūliǎn le · Not an ambulance, please? That's so embarrassing.

anna 你看你，都什麼時候了，還管丟不丟臉！你再喊，嗓子都要啞了。
nǐ kàn nǐ dōu shénme shíhòu le hái guǎn diū bu diūliǎn nǐ zài hǎn sǎngzi dōu yào yǎ le · Look at you: at a time like this, worrying about being embarrassed! And stop yelling, or you'll lose your voice.

chapter 2 what the doctor said

meiling 大衛！你沒事吧？我們一接到安娜的電話就來了。醫生幫你量血壓了嗎？
Dàwèi nǐ méi shì ba wǒmen yì jiēdào Ānnà de diànhuà jiù lái le yīshēng bāng nǐ liáng xiěyā le ma · David! Are you OK? We came the moment Anna called. Has the doctor taken your blood pressure?

david 量了，血壓正常。醫生診斷以後說，我右腿裡面受到很大的損傷，要開刀治療。
liáng le xiěyā zhèngcháng yīshēng zhěnduàn yǐhòu shuō wǒ yòu tuǐ lǐmiàn shòudào hěn dà de sǔnshāng yào kāidāo zhìliáo · Yes, it's normal. After the diagnosis, the doctor said there's serious damage inside my right leg, and it needs an operation.

zhiming 要開刀？會不會很危險？新聞說，歷年在那座山上受傷的人很多，有的傷還會致命。
yào kāidāo huì bu huì hěn wéixiǎn xīnwén shuō lìnián zài nà zuò shān shàng shòushāng de rén hěn duō yǒude shāng hái huì zhìmìng · An operation? Is it dangerous? The news says lots of people get hurt on that mountain every year, and some accidents are fatal.

anna 志明，別嚇他！醫生說是很普通的手術，要全身麻醉。手術已經預約在星期一早上，以後起碼要住院三天。
Zhìmíng bié xià tā yīshēng shuō shì hěn pǔtōng de shǒushù yào quánshēn mázuì shǒushù yǐjīng yùyuē zài xīngqíyī zǎoshàng yǐhòu qǐmǎ yào zhùyuàn sān tiān · Zhiming, don't scare him! The doctor says it's a routine operation under general anaesthetic. It's booked for Monday morning, and afterwards he'll be in hospital for at least three days.

zhiming 我猜想是你平常健身太多了，腿早就累壞了。
wǒ cāixiǎng shì nǐ píngcháng jiànshēn tài duō le tuǐ zǎo jiù lèi huài le · My guess is you work out too much, and your legs were worn out already.

david 醫生說，我的腿沒有先天的問題，體質也很好，只是下山的時候跑步的姿勢不對。
yīshēng shuō wǒ de tuǐ méiyǒu xiāntiān de wèntí tǐzhí yě hěn hǎo zhǐshì xià shān de shíhòu pǎobù de zīshì bú duì · The doctor says there's nothing wrong with my legs from birth, and my constitution's fine: I just ran downhill the wrong way.

david 到頭來，我沒爬到山上，倒是先爬上了病床。
dàotóulái wǒ méi pá dào shān shàng dàoshì xiān pá shàng le bìngchuáng · So in the end I never made it up the mountain, but I made it into a hospital bed.

zhiming 你還有心情開玩笑！你要的運動，這下要汗有汗，要血有血。
nǐ hái yǒu xīnqíng kāiwánxiào nǐ yào de yùndòng zhè xià yào hàn yǒu hàn yào xiě yǒu xiě · And you're still cracking jokes! You wanted exercise: well, now you've got sweat, you've got blood, the lot.

meiling 你的身子現在很脆弱，少說兩句。醫藥費的事有保險，別擔心。我奶奶知道了，一定會說：都是不喝草藥的關係！
nǐ de shēnzi xiànzài hěn cuìruò shǎo shuō liǎng jù yīyào fèi de shì yǒu bǎoxiǎn bié dānxīn wǒ nǎinai zhīdào le yídìng huì shuō dōu shì bù hē cǎoyào de guānxì · You're very weak right now: talk less. The medical bills are covered by insurance, don't worry. When my grandma hears, she'll say: that's what you get for not drinking your herbal soup!

david 林奶奶那天說的話，果真都說中了。
Lín nǎinai nà tiān shuō de huà guǒzhēn dōu shuō zhòng le · Everything Grandma Lin said that day turned out to be right.

chapter 3 waiting

xiaowen 安娜！美玲跟我說了。手術開始了嗎？
Ānnà Měilíng gēn wǒ shuō le shǒushù kāishǐ le ma · Anna! Meiling told me. Has the operation started?

anna 開始一個小時了。麻醉以前，護士在他手上的靜脈打針，他說他好像被催眠了，還在跟護士開玩笑。
kāishǐ yí ge xiǎoshí le mázuì yǐqián hùshì zài tā shǒu shàng de jìngmài dǎzhēn tā shuō tā hǎoxiàng bèi cuīmián le hái zài gēn hùshì kāiwánxiào · An hour ago. Before the anaesthetic, while the nurse put the needle into a vein in his hand, he said he felt like he'd been hypnotized, and he was still joking with her.

xiaowen 他終究是大衛。放心，臺灣的醫療很好，這家醫院的醫術更好。我上個月在這裡拍過一個心臟移植的病患，他們還做了很多臨床研究。
tā zhōngjiù shì Dàwèi fàngxīn Táiwān de yīliáo hěn hǎo zhè jiā yīyuàn de yīshù gèng hǎo wǒ shàng ge yuè zài zhèlǐ pāi guo yí ge xīnzàng yízhí de bìnghuàn tāmen hái zuò le hěn duō línchuáng yánjiù · That's David for you. Don't worry: healthcare in Taiwan is good, and the doctors here are even better. Last month I filmed a heart-transplant patient here, and they do a lot of clinical research too.

anna 我萬萬沒想到，一次爬山會變成這樣。都怪我沒有好好看著他。這兩天我的胃病又發作了。
wǒ wànwàn méixiǎngdào yí cì pá shān huì biànchéng zhèyàng dōu guài wǒ méiyǒu hǎohǎo kàn zhe tā zhè liǎng tiān wǒ de wèi bìng yòu fāzuò le · I never imagined one hike could end like this. It's my fault for not keeping an eye on him. My stomach's been playing up again these last two days.

xiaowen 你的胃本來就很敏感，別再怪自己了。他那麼強壯，誰都以為他不會有事。
nǐ de wèi běnlái jiù hěn mǐngǎn bié zài guài zìjǐ le tā nàme qiángzhuàng shéi dōu yǐwéi tā bú huì yǒu shì · Your stomach's always been sensitive: stop blaming yourself. He's so strong, everyone thought he'd be fine.

anna 醫生說，手術以後就看他復原得怎麼樣，只要傷口不惡化就好。現實有時候真殘酷。
yīshēng shuō shǒushù yǐhòu jiù kàn tā fùyuán de zěnmeyàng zhǐyào shāngkǒu bú èhuà jiù hǎo xiànshí yǒushíhou zhēn cánkù · The doctor says after the operation it depends how he recovers: as long as the wound doesn't get worse. Life can be cruel sometimes.

xiaowen 別一直揉眼睛，你昨天晚上一定沒睡。受傷的人除了肉體上的痛，旁人也會有心理創傷。
bié yìzhí róu yǎnjīng nǐ zuótiān wǎnshàng yídìng méi shuì shòushāng de rén chúle ròutǐ shàng de tòng pángrén yě huì yǒu xīnlǐ chuāngshāng · Stop rubbing your eyes: you obviously didn't sleep last night. When someone gets hurt, it's not just their body that suffers: the people around them get shaken too.

xiaowen 你看，時間過得飛快，門開了，醫生出來了！
nǐ kàn shíjiān guò de fēikuài mén kāi le yīshēng chū lái le · Look, that went by in a flash: the door's opening, the doctor's coming out!

anna 醫生說手術很成功，出血不多，也不需要輸血！
yīshēng shuō shǒushù hěn chénggōng chūxiě bù duō yě bù xūyào shūxiě · The doctor says the operation went really well: not much bleeding, no transfusion needed!

chapter 4 manager li comes to visit

manager li 大衛，我來探病了。聽說手術很順利？你身體這麼健壯，一定很快就能康復。
Dàwèi wǒ lái tànbìng le tīngshuō shǒushù hěn shùnlì nǐ shēntǐ zhème jiànzhuàng yídìng hěn kuài jiù néng kāngfù · David, I've come to see how you are. I hear the operation went smoothly? You're so fit, you'll be well again in no time.

david 李經理！謝謝您來。醫生說我起碼要休息六個星期，腿才能完全彎曲。
Lǐ jīnglǐ xièxie nín lái yīshēng shuō wǒ qǐmǎ yào xiūxí liù ge xīngqí tuǐ cáinéng wánquán wānqū · Manager Li! Thank you for coming. The doctor says I need at least six weeks' rest before my leg will bend properly.

manager li 工作的事你萬萬不要擔心，這段時間歸安娜管。我父親當年中風，也是在這家醫院治療的，這裡的醫生很好。
gōngzuò de shì nǐ wànwàn bú yào dānxīn zhè duàn shíjiān guī Ānnà guǎn wǒ fùqīn dāngnián zhòngfēng yě shì zài zhè jiā yīyuàn zhìliáo de zhèlǐ de yīshēng hěn hǎo · Don't you worry about work at all: Anna's in charge for now. When my father had a stroke years ago, he was treated here too. The doctors are very good.

david 這三天我躺在病床上，肉體很痛，心裡更痛：不能去健身房！你看，我的胳膊都沒有以前那麼結實了。
zhè sān tiān wǒ tǎng zài bìngchuáng shàng ròutǐ hěn tòng xīn lǐ gèng tòng bù néng qù jiànshēnfáng nǐ kàn wǒ de gēbo dōu méiyǒu yǐqián nàme jiēshi le · Three days lying in a hospital bed: my body hurts, and my heart hurts more. No gym! Look, my arms aren't as solid as they were.

meiling 我奶奶從臺南寄了草藥來，說可以補元氣，調節體質。她說她年輕的時候也摔過，後來是做針灸好的。等你的傷口好了，她還要親自給你按摩。
wǒ nǎinai cóng Táinán jì le cǎoyào lái shuō kěyǐ bǔ yuánqì tiáojié tǐzhí tā shuō tā niánqīng de shíhòu yě shuāi guo hòulái shì zuò zhēnjiǔ hǎo de děng nǐ de shāngkǒu hǎo le tā hái yào qīnzì gěi nǐ ànmó · My grandma has posted herbs up from Tainan: she says they'll build your strength and balance your constitution. She says she had a fall when she was young too, and acupuncture fixed it. Once your wound has healed, she wants to give you a massage herself.

david 中醫也好，西醫也罷，只要讓我早日回到健身房就好。隔壁床的先生剛開完膽的手術，又患了肺炎，一直咳嗽有痰，我晚上都睡不好。
zhōngyī yěhǎo xīyī yěbà zhǐyào ràng wǒ zǎorì huí dào jiànshēnfáng jiù hǎo gébì chuáng de xiānshēng gāng kāi wán dǎn de shǒushù yòu huàn le fèiyán yìzhí késòu yǒu tán wǒ wǎnshàng dōu shuì bu hǎo · Chinese medicine, Western medicine, whatever: as long as I get back to the gym soon. The man in the next bed has just had his gall bladder out, and now he's got pneumonia: he coughs up phlegm all night, so I can't sleep.

manager li 醫院的飯有什麼吃頭？我帶了水果和便當。便當裡沒有油，不會讓你的膽固醇變高。
yīyuàn de fàn yǒu shénme chī tou wǒ dài le shuǐguǒ hé biàndāng biàndāng lǐ méiyǒu yóu bú huì ràng nǐ de dǎngùchún biàn gāo · Hospital food's not worth eating: I've brought fruit and a lunch box. No fat in it, so it won't push your cholesterol up.

david 太好了！我現在處於飢餓狀態。李經理果真最懂我！
tài hǎo le wǒ xiànzài chǔyú jīè zhuàngtài Lǐ jīnglǐ guǒzhēn zuì dǒng wǒ · Brilliant! I'm in a state of starvation. Manager Li, you really do understand me best!

chapter 5 the discharge instructions

anna 醫院給的單子，我念給你聽：「出院須知：一、傷口每天用酒精消毒一次，不要碰水，以免病菌感染；也可以到附近的診所換藥。二、藥品照醫生的處方吃，可以抑制疼痛，萬萬不可過量。三、右腿的石膏要打四個星期，六個星期內不要跑步。四、多攝取蛋白質等養分，多休息，維持免疫力，對傷口復原有益。五、如果疼痛加重，或有發燒、出血等異常情形，請立刻到醫院急診。」

yīyuàn gěi de dānzi wǒ niàn gěi nǐ tīng chūyuàn xūzhī yī shāngkǒu měi tiān yòng jiǔjīng xiāodú yí cì bú yào pèng shuǐ yǐmiǎn bìngjùn gǎnrǎn yě kěyǐ dào fùjìn de zhěnsuǒ huàn yào èr yàopǐn zhào yīshēng de chǔfāng chī kěyǐ yìzhì téng tòng wànwàn bù kě guòliàng sān yòu tuǐ de shígāo yào dǎ sì ge xīngqí liù ge xīngqí nèi bú yào pǎobù sì duō shèqǔ dànbáizhí děng yǎngfèn duō xiūxí wéichí miǎnyì lì duì shāngkǒu fùyuán yǒuyì wǔ rúguǒ téng tòng jiāzhòng huò yǒu fāshāo chūxiě děng yìcháng qíngxíng qǐng lìkè dào yīyuàn jízhěn · I'll read you the hospital's sheet: "Discharge instructions: 1. Disinfect the wound with alcohol once a day and keep it dry, to avoid infection; you can also have the dressing changed at a nearby clinic. 2. Take medicines as prescribed: they relieve pain. Never take more than the dose. 3. The cast on the right leg stays on for four weeks; no running for six weeks. 4. Eat plenty of protein and other nutrients and rest well to keep your immunity up: it helps the wound heal. 5. If the pain gets worse, or you have a fever, bleeding or anything abnormal, go to hospital emergency at once."

david 六個星期不能跑步？那健身房呢？

liù ge xīngqí bù néng pǎobù nà jiànshēnfáng ne · No running for six weeks? What about the gym?

meiling 你看你，又是健身房！你這是對健身上癮了，得戒一戒。

nǐ kàn nǐ yòu shì jiànshēnfáng nǐ zhè shì duì jiànshēn shàngyǐn le děi jiè yi jie · Look at you: the gym again! You're addicted to working out: you need to kick the habit.

anna 身體終究最重要。這六個星期，要吃的有吃的，要喝的有喝的，你就好好在家休息。

shēntǐ zhōngjiù zuì zhòngyào zhè liù ge xīngqí yào chī de yǒu chī de yào hē de yǒu hē de nǐ jiù hǎohǎo zài jiā xiūxí · Your health matters most, when all's said and done. For these six weeks you'll have all the food and drink you want: just rest at home.

david 每天在家看電視，有什麼玩頭？我寫了一封信給公司，你們聽聽：「李經理及各位同事：謝謝大家這兩個星期給予我的關心。住院沒有額外的費用，醫生也說我復原得很快。這段時間，工作就麻煩大家了。大衛」

měi tiān zài jiā kàn diànshì yǒu shénme wán tou wǒ xiě le yì fēng xìn gěi gōngsī nǐmen tīng ting Lǐ jīnglǐ jí gèwèi tóngshì xièxie dàjiā zhè liǎng ge xīngqí jǐyǔ wǒ de guānxīn zhùyuàn méiyǒu éwài de fèiyòng yīshēng yě shuō wǒ fùyuán de hěn kuài zhè duàn shíjiān gōngzuò jiù máfan dàjiā le Dàwèi · Watching TV at home all day: where's the fun in that? I've written an email to the office, listen: "Dear Manager Li and colleagues, thank you all for your care these two weeks. The hospital stay cost nothing extra, and the doctor says I'm recovering fast. Thank you for covering my work in the meantime. David"

meiling 寫得很好。那你就學我外公，每天早上冥想十分鐘。

xiě de hěn hǎo nà nǐ jiù xué wǒ wàigōng měi tiān zǎoshàng míngxiǎng shí fēnzhōng · Nicely written. Now do what my grandpa does: meditate for ten minutes every morning.

david 冥想？好吧，總比躺在醫院的病床上好。我還沒吃早餐哩！小黑，你來陪我吧。

míngxiǎng hǎo ba zǒng bǐ tǎng zài yīyuàn de bìngchuáng shàng hǎo wǒ hái méi chī zǎocān li Xiǎohēi nǐ lái péi wǒ ba · Meditate? Fine: anything's better than a hospital bed. I haven't even had breakfast yet! Xiaohei, come and keep me company.

anna 你看，牠從門縫裡進來了，真的跑到你跟前來了。

nǐ kàn tā cóng mén fèng lǐ jìn lái le zhēnde pǎo dào nǐ gēnqián lái le · Look, Xiaohei's squeezed in through the gap in the door: right up to you.

chapter 6 hiking in summer: take care

anna 市政府提醒大家：夏天爬山的人越來越多，意外也越來越多。

shì zhèngfǔ tíxǐng dàjiā xiàtiān pá shān de rén yuèláiyuè duō yìwài yě yuèláiyuè duō · The city government reminds everyone: more and more people are hiking this summer, and there are more and more accidents.

anna 出門以前，請先看天氣預報。中午最熱的時候不要上山，以免中暑。

chūmén yǐqián qǐng xiān kàn tiānqì yùbào zhōngwǔ zuì rè de shíhòu bú yào shàng shān yǐmiǎn zhòngshǔ · Before you set out, check the weather forecast. Don't climb at midday, when it's hottest, to avoid heatstroke.

anna 一定要帶足夠的水、手機和簡單的急救用品，像消毒用的酒精。最好不要一個人去，出發以前也要告訴家人你去哪裡。

yídìng yào dài zúgòu de shuǐ shǒujī hé jiǎndān de jíjiù yòngpǐn xiàng xiāodú yòng de jiǔjīng zuìhǎo bú yào yí ge rén qù chūfā yǐqián yě yào gàosù jiārén nǐ qù nǎlǐ · Always take enough water, your phone and basic first-aid supplies, such as alcohol for disinfecting. It's best not to go alone, and tell your family where you're going before you set off.

anna 下山的時候千萬不要跑：山路彎曲，石頭又滑，很容易受傷。

xià shān de shíhòu qiānwàn bú yào pǎo shān lù wānqū shítou yòu huá hěn róngyì shòushāng · Never run on the way down: the paths are winding and the rocks are slippery, so it's very easy to get hurt.

anna 要是覺得頭昏、喘不過氣，或是渾身冒冷汗，請馬上停下來休息。情況嚴重的話，請立刻打119。

yàoshì juéde tóu hūn chuǎnbúguòqì huòshì húnshēn mào lěnghàn qǐng mǎshàng tíng xialai xiūxí qíngkuàng yánzhòng dehuà qǐng lìkè dǎ · If you feel dizzy, can't catch your breath or break out in a cold sweat all over, stop and rest at once. If it's serious, call 119 right away.

From a fall on a mountain to discharge instructions: you followed the whole story in Chinese. Unit 5, done!
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