

中醫藥文化教育（中英文對照）指導圖書

Cultural Education of Traditional Chinese Medicine (in both Chinese and English) Guide Book

# 中醫典故

## Compendium of Chinese Medical Wisdom

編著◎許敬生

Chief Editor◎Xu Jingsheng

總主譯◎夏 昀

Chief Translator◎Xia Yun

第 **叁** 分冊  
Third Volume

名句箴言 Illuminating Quotes and Maxims

大醫精誠 Doctors of Utmost Medical Excellence and Ethics

辨證論治 Differential Diagnosis and Treatment

養生健身 Guarding Life and Cultivating Health

主譯◎穆海博 李 蘋

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## 作者簡介

**許敬生** 安徽省蕭縣人，河南中醫學院教授，河南中醫學院中醫藥文獻研究所所長，中原中醫藥文化研究所所長，中華中醫藥學會醫古文研究會原主任（現為名譽主任）、中華中醫藥學會中醫藥文化分會學術顧問、《中醫藥文化》雜誌編委會副主任。



長期從事醫古文教學和中醫藥古代文獻及中醫藥文化的研究。先後發表學術論文70餘篇，主編出版了《醫古文選讀》、《醫古文語法知識》、全國高等中醫藥院校規劃教材《大學語文》、全國高等中醫藥院校研究生教育衛生部“十一五”規劃教材《古代漢語》等多部教材和教學參考書，主持整理了《危亦林醫學全書》《羅天益醫學全書》《中原歷代中醫藥名家文庫古代卷》等多部中醫古籍。

2011年7月，被中華中醫藥學會授予“醫古文資深名師”稱號。2014年5月，經中華中醫藥學會批准，被確定為全國“中醫典籍與語言文化研究專家學術傳承與人才培養”首批專家。

Professor Xu Jingsheng is from Xiao County, Anhui Province, and is now teaching at Henan University of Traditional Chinese Medicine. He is the director of TCM Literature Research Institute of the University and TCM Culture Research Institute in Central China, Honorary Director of Chinese Medical Classics Council of China TCM Association, academic counselor of the Culture Council of China TCM Association, and deputy director of editorial board of the journal TCM Culture.

Having dedicated himself to teaching Chinese medical classics and research of TCM culture, Professor Xu has published more than seventy journal articles, in addition to edited volumes and monographs including *Selected Readings of Chinese Medical Classics* and *Grammar of Classical Chinese Medical Texts*. He is the editor-in-chief of *Classical Chinese*, a textbook project undertaken by the Ministry of Health. He also collected, edited and published ancient medical classics including *Wei Yilin's Medical Encyclopedia*, *Luo Tianyi's Medical Encyclopedia* and *Works of Central Chinese TCM Masters · Ancient Period Volume*.

In July, 2011, Prof. Xu received from China TCM Association the honorary title of “Senior Professor of Chinese Medical Classics.” He is also among the first group of scholars approved by the China TCM Association to participate in the “Chinese Medical Classics, Linguistics and Cultural Studies” research project.



**夏昀** 2004年畢業於北京大學，獲歷史學與經濟學雙學士，並於當年到美國俄勒岡大學碩博連讀，2010年畢業獲博士學位。2010年8月至2012年8月任教于美國西雅圖大學，2012年9月至今任教于美國瓦爾帕萊索大學。主講東亞歷史、近現代史、亞洲電影欣賞、世界史、中日關係史等課程，並曾受邀至華盛頓大學、哥倫比亞大學等著名學府做學術報告。

夏昀博士在研究東亞法制史之餘，對東西方電影及其發展史頗感興趣，曾在美國其所任教的高等學府開設“電影裏的現代中國”及“東亞國家電影史”等課程。夏昀博士更致力於翻譯和推介反映中國傳統文化和歷史的優秀電影，由她擔任英文主譯的《蒼生大醫》《精誠大醫》《電影兒女》等多部電影已經在國內外公映。她主譯的大型歷史舞臺戲劇《蘇武牧羊》于2012年3月8日在北京人民大會堂上映，中國國家領導人和三十六個國家駐中國大使館的大使共同觀賞了該劇，各國大使對劇中優美的英文翻譯給與了高度贊揚。2012年，《蘇武牧羊》獲中國最高戲曲獎。

Dr. Xia Yun holds a Ph.D. degree from the University of Oregon (2010), having earned her B.A. degree in History and Economics from Beijing University (2004). She taught at Seattle University from 2010 to 2012, and since 2012 has been assistant professor of history at Valparaiso University, Indiana. She regularly offers courses on East Asian history and culture, film studies, world history, China-Japan relations, law and society in China, and other topics. She has been invited to give guest lectures and share her research at the University of Washington and Columbia University, among other institutions.

Dr. Xia's research focuses on Chinese legal history, although she is interested in a variety of academic and cultural subjects. She has a passion for film studies, and has taught film courses including "Modern China through Film" and "Organized Crime in Asia through Film". In addition, she has provided English subtitles for several Chinese films, including *People's Doctor* (2006), and *A Great Master of Chinese Medicine* (2011). She also translated the scripts of the historical play "*Su Wu: Story of a Chinese Diplomat*", which was on stage in March, 2012 at the Great Hall of the People and was well received among Chinese dignitaries and foreign ambassadors.



# 序言

中醫隨中華民族的誕生而誕生，伴中華民族的繁衍而發展。數千年積籍浩瀚，聖賢典故、凡醫趣聞、豐富多彩。而賞者衆，集者鮮。

許敬生老師，學本文史，授課醫古文數十年，成就斐然。年逾古稀，仍精勤不倦，博覽群書，廣勘闊采，展卷百數，選錄典故、軼事。涉醫、文、史，輯為《中醫典故》，列分醫史記聞，大醫精誠，養生健身，名醫軼事，名句箴言，醫鑒醫戒，辨證論治，奇方異案，雜說趣談等，凡十五類。書成，有幸先睹，覽勝喟嘆：豈止中醫典故？所涉廣博。豈止寓教醫者？更啓世人知醫。豈止學者興致？信雅俗共賞。豈止益享國人？異域亦必爭覽。偶生一念：譯為外文，共賞天下，焉非佳冀？

商諸老師，欣然同意。于是特邀美國瓦爾帕萊索大學歷史系助理教授夏昀博士為主譯，邀美國伊利諾伊州大學法學博士 Nicholas Phillips，美國瓦爾帕萊索大學英語系教授 John Ruff 博士，美國布朗大學醫學博士、聖盧克醫院執業醫師 Evelyn Henry，美國聖瑪麗私立學校校長 Frank Phillips 先生，上海社會科學院王成至教授及河南中醫學院的孫俊芳教授為主審，皆應邀協力，切意翻譯，英文版將付梓，是序也。

鄭玉玲

河南中醫學院院長

2014年7月

## Preface

The development of Chinese civilization has been accompanied and punctuated by the flourishing of Traditional Chinese Medicine. The indigenous medical theories and practices in China ensured the proliferation of the Chinese people. Over the past thousands of years, a vast amount of classic texts, anecdotes, pieces of ancient wisdom, and stories of renowned doctors piled up into a rich repository of knowledge. Many have read and appreciated such materials, and yet few collect and compile them.

Prof. Xu Jingsheng had taught classic Chinese medical texts for decades and is a leading authority in this field. With an outstanding education in liberal arts, Professor Xu continues to read and write diligently at an age of over seventy. He browsed through hundreds of volumes of medical, literary and historical works, searching for valuable pieces on philosophies and practices of TCM. What comes out of this ambitious project is *Compendium of Chinese Medical Wisdom*. This work contains fifteen categories including the follows: *Records of Medical History, Medical Ethics and Skills of Great Doctors, Health Cultivation and Body Building, Anecdotes of Renowned Doctors, Famous Maxims, Unusual Cases and Unconventional Treatments, Lessons and Warnings for Physicians, Syndrome Differentiation and Treatment*, and *Miscellany*. Upon its completion, I had the honor to be the first reader of the book. I was deeply impressed by how profound and comprehensive the content is. This book goes beyond a collection of excerpts and quotations about Chinese medicine, and takes readers into all different realms of Chinese culture. Not only is it beneficial to medical practitioners, it will also enlighten people from all walks of life regarding the world of medicine. This work is serious enough for scholars, yet accessible enough for a larger audience. It will prove intriguing for Chinese and foreigners alike. For such reasons, I suggested translating it into English and sharing it with a much larger community.

Prof. Xu was delighted to hear this suggestion. We thus invited Dr. Xia Yun, assistant professor of History at Valparaiso University to be the chief translator. Also on the translation team are: Dr. John Ruff, professor of English from Valparaiso University, Mr. Nicholas Phillips, a J.D. from University of Illinois, Dr. Evelyn Henry, a graduate of Brown University medical school who now practices at St. Luke's Hospital, Mr. Frank Phillips, the principal of Saint Mary's School in the USA, and Dr. Wang Chengzhi from Shanghai Academy of Social Sciences, Sun Junfang from Henan University of TCM. Now that the English version is going to be published soon, I hereby laud their joint efforts.

**Zheng Yuling**

President of Henan University of TCM

July 2014



# 前 言

在浩如煙海的古代醫學著作和其他古籍中，保存了許多有關醫家和中醫藥知識的典故。這些典故發人深思，啓迪智慧，且詼諧幽默，充滿了知識性和趣味性，頗有教育意義。對學習古代漢語及提高閱讀古醫籍的能力，也大有幫助。而有關這方面的知識，當今介紹甚少。多年來，我在閱讀古書的過程中，留心收集了不少資料，初步進行了這方面的研究，深感其中蘊蓄着精深的中醫藥文化和豐富的語言寶藏。於是奮編摩之志，決心在整理醫林中流傳已久的典故的基礎上，同時總結歸納古籍中有關醫學的若干典故資料，以便提煉出新的成語典故，供社會流傳使用，進而豐富祖國的語言寶庫。

成語典故是經過人們長期使用、反復加工錘煉而形成的結構相對固定的詞語或短語。往往具備語音和諧、結構整齊、語義含蓄、語言生動等特點，是語言中的精華。許多現代人正是通過對漢語中的成語典故的學習和使用，而在一定程度上保留了對逐漸生疏的古代漢語的一些記憶。

衆所周知，成語典故來源於古代的典籍、詩文雜記和民間的俚語、諺語等，而作為與人的生命、生活休戚相關的中醫藥學，自然也是成語典故的源頭之一。本書也收載了一些流傳已久的與中醫藥有關的或直接來源於醫學著作的成語典故，如膏肓、吐故納新、對症下藥、樂極生悲、不可救藥、流水不腐、戶樞不蠹（蠹）、三折肱知爲良醫等。這些成語典故，不僅保留着醫藥學的意義，而且早已延伸到更廣泛的社會領域，用以說明一些社會現象，因而具備了廣泛的社會學意義。這類成語典故在應用的過程中，醫學和社會學相互滲透而廣泛聯繫的現象，充分體現了中醫藥學的發展和普及，也體現了社會的進步。

而本書收載更多的是有關醫學的典故資料。這些典故在人們閱讀熟知的基礎上，可進一步加工成新的成語典故，以便廣泛使用。這正是筆者編寫本書的用意所在。

本書編寫體例如下。每則典故分四個部分：首先是原文並標明出處；其二是簡要的注釋；其三是釋義，基本上是原文的語譯；其四是按語，僅做簡要的提示或必要的考證。

所有典故均按類編排，全書分醫史記聞、大醫精誠、養生健身、名醫軼事、名句箴言、醫鑒醫戒、辨證論治、奇方異案、情志之疾、雜說趣談、本草拾萃、諷喻世情、成語尋幽、傳說故事、破除迷信等十五個門類，分別編排在四個分冊之中。第一分冊含名醫軼事、情志之疾、本草拾萃、傳說故事四類，第二分冊含醫史記聞、奇方異案、諷喻世情三類，第三分冊含名句箴言、大醫精誠、辨證論治、養生健身四類，第四分冊含醫鑒醫戒、雜說趣談、成語尋幽、破除迷信四類。每類之內，按選文的時代順序先後排列。以上分類，未必恰當，只是爲了方便閱讀而已。

本書的編寫經歷了較長的歲月，早在二十世紀八十年代初期我編寫《醫古文選讀》一書時，曾從古籍中收集到不少資料，便萌發了編寫此書的想法，並撰寫了一些片斷。之後，由於繁重的教學工作和衆多的寫作任務，此書的編寫工作時續時斷，我一旦收集到可用資料，便隨手寫上一篇或一段，裝入紙袋，以備後用。直到2003年，《河南中醫》雜誌開設“醫林掌故”專欄，我便每期發一篇，連載至今，已達十三年之久。其間，在《大河健康報》等報刊上也發表一部分，先後刊載一百餘篇。不少讀者向我表示，希望能儘快出版此書，我也感到不能再拖延了。正好我已經退休，可以比較自由地掌握時間，於是全力投入了此書的編寫工作。當我整理完目錄，望着一摞摞打印的書稿，感慨不已。近三十年時間，我無時不惦念着此事，星霜幾換，歲月悠悠，鷄聲燈影，甘苦自知。今天終於了却了心願，怎能不感到欣慰呢！

我在編寫本書的過程中，曾得到多人的幫助和支持。早在二十多年前，老友賈太誼主任醫師得知我要編寫此書，便積極爲我提供《本草綱目》中一些本草故事的資料，並親自撰寫了其中一部分初稿；我的研究生馬鴻祥、吳忠利及青年教師施森等同志認真參與查找資料、校對書稿等繁瑣的工作；黃夏和尤佳二人幫助打印書稿並編排了全書的兩套目錄；著名中醫文獻專家、北京中醫藥大學錢超塵教授和著名中醫文化學者、科普作家、中華中醫藥學會學術顧問溫長路教授這兩位摯友，更是多次給予鼓勵和支持，並提出了許多建設性意見。還有不少同志給予幫助，不再一一列舉。正是大家的熱心幫助和支持，才使本書



得以順利付梓。

該書內容在報刊連載以後，受到中醫界和文化界很多同志的關注和鼓勵，他們提出了許多建設性意見。河南中醫學院院長鄭玉玲教授高瞻遠矚，爲了向世界傳揚中醫藥文化，她親自策劃將此書譯成英文。兩年多來，在鄭院長及多位院系領導的大力支持下，由在瓦爾帕萊索大學任教的夏昀博士擔任總主譯，由河南中醫學院外語學院孫俊芳教授和朱文曉、蘇峰、穆海博、李曉婧、李蕾、李蘋、劉鴻等專家分別擔任各分冊主譯，經過艱苦的努力而將其全部譯成英文。鄭院長還親自爲這部英漢對照版著作寫了序言。筆者謹在此向鄭院長和各位同志表示崇高的敬意和誠摯的感謝。同時，還要特別感謝本書的英文主審 Nicholas Phillips、John Ruff、Evelyn Henry、Frank Phillips、王成至教授、孫俊芳教授等諸位女士和先生，是他們的辛勤工作才最終玉成此事。

由於本人水平所限，書中可能會有錯訛之處，懇請讀者批評指正。

**許敬生**

2014年12月31日

于河南中醫學院金水河畔問學齋

## Preface

Among the tremendous amount of ancient medical works and other ancient works, there hid wisdom of renowned doctors and Traditional Chinese Medical knowledge. These stories are instructive and thought-provoking with inspiring enlightenment, wits, and delights. It's also helpful for learners to improve their classical Chinese level and competence of reading ancient medical classics. Yet, books on this topic are scarce. In the past years, I collected a lot of materials while reading ancient classics and have often been marveled at the profound TCM culture and the rich mine of Chinese language. Inspired to compile these works, I decide to sort out the medical literature hidden in ancient books and extract some new idioms and allusions to enrich the Chinese language repository.

Idioms and allusions are customized words and phrases long being used, repeatedly refined and polished to certain forms. They are quintessence of the language, normally melodious in phonetics, neat in structure, implicit in semantics, and vivid in feature. It is often through learning and using of the phrasal idioms that the modern people's memory of ancient Chinese is activated and kept alive.

It is well-known that the phrasal idioms come from ancient works, poetry, proses, slangs and proverbs. TCM, which is closely related to people's lives, is naturally one of the sources. This book includes some idioms which are directly traced to medical works, such as "the disease has attacked the vitals" "exhale the old and inhale the new" "apply medicine according to indications" "extreme joy begets sorrow" "beyond remedy" "a rolling stone gathers no moss, door pivot not cricket" "breaking arms three times makes a skilled doctor" etc. These idioms not only keep the medical implication, but also get wider social meaning by extending to other fields, to describe certain social phenomena. The mutual penetration of medicine and sociology in the usage of these idioms represents the development and popularization of TCM and the progress of the society.

The materials collected in this book are mainly from medical works. The author aims to refine and extract new phrasal idioms for people to use on the basis of reading and understanding them.

The structure of this book is like this: each story consists of four parts: original work and the source of the work, notes to the text, modern Chinese explanation, and the editor's notes, followed by English translation. The stories are compiled into fifteen categories in four volumes: the first volume has Anecdotes of Famous Doctors, Emotional Diseases, Finely Selected



Notes on Herbal Medicine, and Legends and Stories; the second volume consists of Records of Medical History, Unusual Cases and Unconventional Treatments, and Allegories Related to Medical Treatments; the third volume includes Illuminating Quotes and Maxims, Doctors of Utmost Medical Excellence and Ethics, Differential Diagnosis and Treatment, Guarding Life and Cultivating Health; the fourth volume is made up of Drawing Lessons from Past Medical Cases, Miscellaneous Thoughts and Anecdotes, Origins of Chinese Idioms Relevant to Medicine, and Medical Explanations for Supernatural Beings and Phenomena. Every category is arranged in time sequence. The division of the categories is not necessarily appropriate, but just for the convenience of the readers. The bibliography and index of Pinyin are provided at the end of the book for the readers to refer to.

It took me many years to finish the book. While I was compiling the textbook *Selected Readings of Ancient Chinese Medical Literature* I collected a lot of classic resources and came up the idea of compiling this book and started with some segments. Since then, the work on the book was on again off again for a while because of the heavy workload and writing commitments. But when I came across some useful resources, I noted them down and put them into my pocket for future use. It was not until 2003, when the Journal of *Henan Traditional Chinese Medicine* started the new column “medical quotations and allusions” that my collections were published, one article at an issue, for thirteen years. More than 100 of these articles were published in *Dahe Health News* at the same time. Many readers expected me to publish this book as soon as possible, and I also feel I shouldn't delay the work anymore. Then I spared no efforts into this book since I had more time at my disposal at my retirement. After I put the contents in order and looked at the pile of the printed manuscript in front, all sorts of feelings welled up in my mind. For thirty years I had been thinking of this book. For years, in long nights, in early dawn, in frosty winter and hot summer days, I had been tasting the joy and frustration of writing this book. Now finally my wish was fulfilled, how could I not feel joy and relief?

Many people contributed to the compiling of the book. As early as more than twenty years ago, when my old friend Jia Taiyi got to know that I was working on this book, he provided some herbal stories from the book *Compendium of Materia Medica* and even wrote part of it; My postgraduate students Ma Hongxiang, Wu Zhongli and a young teacher Shi Miao got involved in the tedious task of looking up the references and proofreading. Huang Xia and You Jia helped with typing and printing of the manuscripts and worked with the two sets of contents of the book. My dear friends Qian Chaochen, a renowned TCM literature expert and professor

in Beijing University of TCM, and Wen Changlu, a famous scholar in TCM culture, popular science writer and adviser of China Association of Chinese Medicine provided me continuous encouragement and support with constructive suggestions. Many other people contributed to this work but it was impossible for me to acknowledge them all here. It was owing to all these people's help and support that this book was able to be published finally.

The book has received many people's attention in the field of TCM and culture since it came out as a serial. Many people gave me their encouragement and constructive suggestions. Zheng Yuling, the president of Henan University of TCM is far-sighted to plan out the translation of the book in order to publicize the TCM culture to the world. In the past two years, with the support of President Zheng and other university leaders, the translation work has been successfully done with Dr. Xia Yun as the main translator, Sun Junfang, Zhu Wenxiao, Su Feng, Mu Haibo, Li Xiaojing, Li Lei, Li Ping, and Liu Hong as the translators-in-chief for the four volumes. President Zheng even wrote the preface for the book. I want to present my high respect and heart-felt thanks to these people. At the same time, I owe my gratitude to the English language proofreaders Nicholas Phillips, John Ruff, Evelyn Henry, Frank Phillips, Professor Wang Chengzhi, Professor Sun Junfang, etc. for their contribution. Without their hard work, it would have been impossible to finish the book.

With My limitation, it will be hard to avoid errors and mistakes in this book. So I sincerely invite my dear readers for your advice and corrections.

**Xu Jingsheng**

December 31, 2014

In Wenxue Study, Henan University of TCM by Jinshui River



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