

全国高等医药院校试用教材  
(供医学、中医、儿科、口腔、卫生专业用)

# 英 语

第 四 册

(2) 中 医 分 册

上海第二医学院 主編

人 民 卫 生 出 版 社

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## 编写说明

本书是卫生部组织编写的高等医学院校英语教材，供医学、中医、儿科、口腔、卫生专业使用。第一、二册供基础阶段用，占学时 180 左右。第三册供阅读提高阶段用，占学时 100 左右。第四册根据各不同专业分为(1)医学分册、(2)中医分册、(3)儿科分册、(4)口腔分册、(5)卫生分册等五种，供自学用。另一册为英语语法，供查阅参考。

本中医分册共选录有关中医、中药专著三十一篇。为了确保英语语言的正确性，上述专著大多选自国外英文版的中医书刊。每篇均有词汇表、注释和译文。书后还有“中医书名简目”、“常用中药的植物和动物学名”和“针灸穴位名称”等三个附录。由于读者可能按需要选读，因此有些词汇在不同课文的词汇表中重复出现。

本书由三院集体编写。中医分册由南京医学院蒋琳、孙子刚编写，在编写过程中，曾得到姚荷生教授指导，戴竹美、黄芸、古影莲同志协助。全书编成后，由上海第二医学院谢大任、梁梦非二位教授审阅。

由于中医论著内容广泛，有些问题在认识上尚不一致，其语言结构和词汇使用亦有很大特点，因此本分册选材可能有一定局限性，同时对一些术语的翻译亦可能不够确切。欢迎读者对本分册的缺点和错误提出宝贵意见，以便今后修订提高。

# 目 录

## Contents

1. The Development of Acupuncture in China (1) ..... 1  
中国针灸的发展概况 (一)
2. The Development of Acupuncture in China (2) ..... 3  
中国针灸的发展概况 (二)
3. The Development of Acupuncture in China (3) ..... 6  
中国针灸的发展概况 (三)
4. The Principle of Opposites (1) ..... 9  
对立的法则 (阴阳) (一)
5. The Principle of Opposites (2) ..... 14  
对立的法则 (阴阳) (二)
6. The Principle of Opposites (3) ..... 17  
对立的法则 (阴阳) (三)
7. Five Elements ..... 21  
五行
8. The Energy of Life-Qi ..... 27  
生命力——气
9. Nourishing Qi and Protecting Qi ..... 32  
营气和卫气
10. Differentiation of Syndromes According to the Theory of Zang-Fu (1) ..... 36  
脏腑辨证 (一)
11. Differentiation of Syndromes According to the Theory of Zang-Fu (2) ..... 41  
脏腑辨证 (二)
12. Differentiation of Syndromes According to the Theory of Zang-Fu (3) ..... 44  
脏腑辨证 (三)
13. Differentiation of Syndromes According to the Theory of Zang-Fu (4) ..... 49  
脏腑辨证 (四)
14. Differentiation of Syndromes According to the Theory of Zang-Fu (5) ..... 53  
脏腑辨证 (五)
15. Equisetum hyemale. Arctium lappa. Tamarix chinensis ..... 58  
木贼·恶实·怪柳
16. Asarum forbesi. Angelica anomala. Angelica decursiva ..... 61  
杜衡·白芷·前胡
17. Salvia miltiorrhiza. Carthamus tinctorius. Hibiscus mutabilis ..... 64

丹参·红蓝花·木芙蓉	
18. <i>Ephedra vulgaris</i> . <i>Cannabis sativa</i> .....	67
麻黄·大麻	
19. <i>Achryanthes bidentata</i> . <i>Portulacca oleracea</i> . <i>Scrophularia oldhami</i> .....	72
牛膝·马齿苋·玄参	
20. <i>Ligustrum lucidum</i> . <i>Anemarrhena asphodeloides</i> .....	76
女贞·知母	
21. <i>Panax ginseng</i> .....	79
人参	
22. <i>Liquorice</i> .....	83
甘草	
23. The Point of the Lung Channel of Hand-Taiyin (11 points) .....	88
手太阴肺经穴位 (共 11 穴)	
24. The Pathology of the Channels .....	91
经络的病理	
25. The Manipulation Methods of Bu (Re-enforcing) and Xie (Reducing) .....	95
补泻手法	
26. Moxibustion .....	99
灸法	
27. The 28 Most Commonly Used Pulse Qualities (1) .....	103
二十八种常用脉象 (一)	
28. The 28 Most Commonly Used Pulse Qualities (2) .....	107
二十八种常用脉象 (二)	

## 附    录

一、近期文献选读 .....	111
1. Effective Acupuncture Therapy for Duodenal and Gastric Ulcers .....	111
针刺法是十二指肠和胃溃疡的有效疗法	
2. Electrical Stimulation Acupuncture Therapy .....	116
电刺激针疗	
3. Treatment of Acute Perforation of Peptic Ulcer with Combined Traditional Chinese and Western Medicine .....	129
中西医结合治疗溃疡病急性穿孔	
二、中医书名简目 .....	134
三、常用中药的植物和动物学名 .....	137
四、针灸穴位名称 .....	154

## 1. The Development of Acupuncture in China (1)

Acupuncture is one of the legacies<sup>1</sup> in the treasure-house of Chinese medicine, a method of treatment highly appreciated<sup>2</sup> by the working people because it is safe and simple, widely applicable<sup>3</sup>, gives quick results and costs<sup>4</sup> practically nothing. For several thousand years it has played an important role in curing diseases and protecting the health of the Chinese people. It became known to<sup>⑤</sup> other countries in very early times<sup>⑥</sup>.

In primitive<sup>5</sup> society before metallurgy<sup>6</sup> was known, acupuncture was administered with a piece of sharp stone called *bien*<sup>7</sup>. According to *Shuo Wen Jie Zi*<sup>8</sup> (A Dictionary of Characters) compiled during the Han dynasty<sup>9</sup> (B. C. 206–A. D. 220)<sup>③</sup>, “*bien* means the curing of diseases by pricking<sup>10</sup> with a stone”. A cure was effected by pressing or pricking a certain section of the body. This was acupuncture in the early stages of its development. As social production developed<sup>④</sup>, the *bien* was replaced first by needles made of stone, bone or bamboo, and later when metals were discovered, by copper, iron and silver needles. Today, acupuncture is done with fine needles of stainless steel.

The earliest record of an effective cure of a typical case by acupuncture is found in the “Biographies of *Bian Que* and *Cang Gong*”<sup>11</sup> in *Shi Ji*<sup>12</sup> (Historical Records) written 2, 000 years ago. The book recorded that *Bian Que* of the Warring States period<sup>13</sup> (B. C. 476–221) applied acupuncture to revive a dying patient already in coma.

The *Nei Jing*<sup>14</sup> (Book of Internal Medicine), the earliest extant medical classic<sup>15</sup> in China and a summing up of Chinese medicine before the Qin and Han dynasties<sup>16</sup>, has a special section entitled<sup>17</sup> *Ling Shu*<sup>18</sup> which deals at length with<sup>⑤</sup> the “channels<sup>19</sup>” and “points”<sup>20</sup> on the body, needles and ways of applying them, diseases and ailments<sup>⑥</sup> curable by acupuncture, as well as prohibitions<sup>21</sup>. *Ling Shu* later became known as<sup>⑦</sup> the Book of Acupuncture.

The use of acupuncture to relieve pain has long proved to be<sup>③</sup> a quick remedy. The Book of Internal Medicine describes a variety of pains that can be allayed<sup>22</sup> by this method, pains in the head, ear, tooth, back, stomach, abdomen and the joints. The chapter on “Muscles and Tendons”<sup>23</sup> in the book *Ling Shu* emphasizes “treating the pain by applying the needle at the spot”, that is, a method of direct insertion.

During the Jin dynasty<sup>24</sup> (A. D. 265–420) acupuncture was fairly comprehen-

sively<sup>25</sup> summed up in the Zhen Jiu Jia Yi Jing<sup>26</sup> (An Introduction to Acupuncture and Moxibustion) which for the first time defined 349 basic acupuncture points and listed 649 such points on the human body. The book discusses the theory of acupuncture, location of the points, manipulation of the needles and prohibitions. It is the earliest extant work which specially treats of acupuncture. It exerted a great influence<sup>②</sup> both in China and abroad in the 1,000 years and more after its compilation<sup>27</sup>.

## Word List

- |  |  |
|--|--|
| 1. Legacy ['legəsi] <i>n.</i> 遗产   | 13. Warring States period 战国时期                             |
| 2. appreciate [ə'pri:ʃieit] <i>v.</i> 正确评价, 重视 (put a high value on)         | 14. Nei Jing 《内经》  |
| 3. applicable [ˈæplikəbl] <i>a.</i> 能应用的, 可适用的                               | 15. classic ['klæsik] <i>n.</i> 名著, 古典著作                   |
| 4. cost [kɒst] <i>v.</i> (使) 花费 (金钱、时间、劳力等)                                  | 16. Qin and Han dynasties 秦汉                               |
| 5. primitive ['prɪmɪtɪv] <i>a.</i> 原始的, 远古的 ~ society 原始社会                   | 17. entitle [ɪn'taɪtl] <i>v.</i> 给...称号                    |
| 6. metallurgy [me'tælədʒi] <i>n.</i> 冶金学, 冶金术                                | 18. Ling Shu 《灵枢》  |
| 7. bian 砭, 即中国古代针刺用的石针 (a stone needle used in acupuncture in ancient China) | 19. channel ['tʃænl] <i>n.</i> 经络                          |
| 8. Shuo Wen Jie Zi 《说文解字》  | 20. point [pɔɪnt] <i>n.</i> 穴位                             |
| 9. Han dynasty ['dɪnəsti] 汉朝   | 21. prohibition [,prəʊhɪ'bɪʃən] <i>n.</i> 禁忌               |
| 10. prick [prɪk] <i>v.</i> 刺(穿), 扎(穿), 戳(穿)                                  | 22. allay [ə'leɪ] <i>v.</i> 减轻, 缓和(痛苦, 烦恼)                 |
| 11. Biographies of Bian Que and Carg Gong 《扁鹊仓公列传》《史记》中的篇名)                  | 23. Muscles and Tendons 《经筋篇》(《灵枢》中的篇名)                    |
| 12. Shi Ji 《史记》  | 24. Jin dynasty 晋代   |
|  | 25. comprehensively [kəmprɪ'hensɪvli] <i>ad.</i> 全面地, 多方面地 |
|  | 26. Zhen Jiu Jia Yi Jing 《针灸甲乙经》                           |
|  | 27. compilation [kəmpi'leɪʃən] <i>n.</i> 编辑                |

## Notes

- ① become known to 为...所知
- ② in very early times 在很久的年代以前 in 可以表示在某段时间中, 前, 后 (at, before or after the end of).
- ③ B. C. [缩] = Before Christ 公元前 A. D. [缩] [拉] = Anno Domini 公元
- ④ As social production developed... 是时间状语从句, 意为: 随着社会生产的发展... 又如: As the disease process continues, fatty change occurs in liver cells. 随着病程的进展, 肝细胞发生脂肪变性。

- ⑤ deal at length with 详细论述      deal with 论述      at length 详细地 (作 deal 的状语)
- ⑥ disease (疾病) 是任何不健康状态的总称, 特别是指有特定原因和典型症状的病征。ailment (病痛) 指程度不等的慢性病症。
- ⑦ become known as 称之为
- ⑧ have long proved to be 很早就被发现是...      其中 long *adv.* 意为长久地, 很久以来。prove to be 意为: 被发现是...。
- ⑨ exert a great influence 有巨大影响

## 〈译文〉 中国针灸的发展概况(一)

针刺法是中医宝库中的一分遗产。这一疗法, 由于它安全, 简便, 适应症广, 疗效快, 实际花费低廉, 深受劳动人民的欢迎。数千年来, 它在治疗疾病, 保护中国人民的健康方面, 起了重要的作用。在很久的年代以前, 这一疗法就为其他国家所熟知。

在原始社会, 冶金术尚未发明以前, 针刺法是用一种叫做“砭”的锐利小石片施行的。据汉代 (公元前 206 年至公元 220 年) 编写的《说文解字》(一种字典), “砭”就是“以石刺病也”, 即压迫或扎刺身体的某部位以治病。这是最原始的针刺术。随着社会生产的发展, “砭”首先由石针、骨针或竹针所代替。发现金属以后, 它又为铜针、铁针、银针所代替。今天, 针刺法是用不锈钢的毫针施行的。

最早记载用针刺治病取得显著疗效的典型病例, 见之于《史记·扁鹊仓公列传》(此书写于 2000 年前)。此书记载了战国时期 (公元前 476 年至公元前 221 年) 医家扁鹊运用针刺的方法, 救活了一个濒于死亡的患“尸蹶”症的病人。

中国自古传下来最早的医学典籍《内经》, 是秦汉以前中国医学的经验总结。此书有一专册, 叫《灵枢》, 对经络、穴位、针刺用具、针刺方法、针刺的适应症以及禁忌症都叙述甚详。《灵枢》后来被称之为《针经》。

针刺很早就被认为是一种迅速止痛的有效方法。《内经》叙述了针刺能够治疗多种多样的疼痛, 如头痛、耳痛、牙痛、背痛、胃痛、腹痛以及关节痛。《灵枢》的《经筋篇》强调“以痛为输”, 就是直接在疼处取穴扎针止痛的方法。

晋代 (公元 265 年至 420 年) 的《针灸甲乙经》对针刺术作了相当全面的总结。本书第一次确定了 349 个基本针刺穴位, 列出了人体 649 个这样的穴位。它论述了针刺的理论、输穴的定位, 针刺手法和禁忌症。这是最早的一本专门论述针刺的著作。自从编辑出版时起, 1000 多年以来, 它对国内外都有巨大的影响。

## 2. The Development of Acupuncture in China (2)

In the Tang dynasty<sup>1</sup> (A. D. 618-907) a special acupuncture department was set



up in the Imperial Medical College, China's earliest medical school.

In the Song dynasty<sup>2</sup> (A. D. 960-1280) acupuncture was again fairly extensively<sup>3</sup> summarized<sup>4</sup> and systematized<sup>5</sup>. The *Tong Ren Shu Xue Zhen Jiu Tu Jing*<sup>6</sup> (Illustrated<sup>7</sup> Manual<sup>8</sup> on the Points for Acupuncture and Moxibustion as Found on the Bronze Figure) published<sup>9</sup> in 1026 verified<sup>10</sup> the names of 354 basic points and marked out a total of 657 such points on the human body. It discusses in great detail<sup>11</sup> the various acupuncture points and their functions, clarifying<sup>11</sup> those points and functions which had previously<sup>12</sup> been confused<sup>13</sup>. Two bronze<sup>14</sup> figures<sup>15</sup> marked with the location of the points<sup>16</sup> were cast<sup>16</sup> in 1027 for use in teaching and examinations. They are the oldest medical teaching models<sup>17</sup> yet found in China.

During the Ming dynasty<sup>18</sup> (1368-1644) the previous achievements of acupuncture were summarized in the *Zhen Jiu Da Cheng*<sup>19</sup> (Compendium<sup>20</sup> of Acupuncture and Moxibustion) which handed<sup>21</sup> down to posterity<sup>22</sup> many valuable and effective methods practised in ancient times. The Compendium was widely circulated<sup>23</sup> in the 300 years after the 17th century. It was also studied abroad.

The Qing dynasty<sup>24</sup> (1644-1911), however, discriminated<sup>25</sup> against acupuncture. A Qing government decree<sup>26</sup> issued<sup>27</sup> in 1822 banned<sup>28</sup> its practice. The development of this branch of Chinese medicine was stifled<sup>29</sup>.

During the Kuomintang days, the reactionary ruling class, submitting<sup>30</sup> everywhere to imperialism, exerted great efforts<sup>31</sup> to enforce<sup>31</sup> an enslaving<sup>32</sup> education. In 1929 the Kuomintang government banned the practice of Chinese medicine altogether. The decree dealt<sup>33</sup> a considerable blow to<sup>34</sup> acupuncture. Nevertheless, since acupuncture is safe, simple and effective, the ban was largely ignored<sup>34</sup> among the ordinary people.

Comrade Mao zedong has always attached great importance to<sup>35</sup> traditional Chinese medicine and pharmacology. In his article "The Struggle in the Jing gang Mountains" he instructed the Red Army hospitals in the mountains to "give both Chinese and Western treatment" to the Red Army and the people in the revolutionary bases. In October 1944, at the Conference of the Shanxi-Gansu-Ningxia Border Region Cultural and Educational Workers held in Yen-an, he called on the doctors of both Chinese and Western medicine to strengthen their unity, raise their level together and work hard to treat and prevent diseases in men in the border region. An acupuncture clinic was set up at the Peace Hospital in Yen-an in April 1945. It cured a great number of patients and made acupuncture very popular among the people.

In the War of Liberation, acupuncture training classes were run in the liberated areas. Medical workers of the People's Liberation Army applied this method in the treatment of dozens of diseases including malaria<sup>35</sup>, dysentery<sup>36</sup>, enteritis<sup>37</sup>, infections of the respiratory tract and arthritis<sup>38</sup>, successfully curing large numbers of patients and effectively supporting the War of Liberation.

## Word List

- |   |  |
|---|--|
| <p>1. Tang dynasty 唐代</p> <p>2. Song dynasty 宋代</p> <p>3. extensively [iks'tensivli] <i>ad.</i> 广泛地</p> <p>4. summarize ['sʌməraiz] <i>v.</i> 概括, 概述, 总结</p> <p>5. systematize ['sistimətaiz] <i>v.</i> 使系统化, 使成体系</p> <p>6. Tong Ren Shu Xue Zhen Jiu Tu Jing 《铜人腧穴针灸图经》</p> <p>7. illustrate ['iləstreit] <i>v.</i> 说明, 阐明</p> <p>8. manual ['mænjuəl] <i>n.</i> 手册, 指南</p> <p>9. publish ['pʌbliʃ] <i>v.</i> 出版, 发行</p> <p>10. verify ['verifai] <i>vt.</i> 查证、证实、考定</p> <p>11. clarify ['klærifai] <i>v.</i> 澄清、讲清楚, 阐明</p> <p>12. previously ['pri:vjesli] <i>ad.</i> 以前</p> <p>13. confuse[kən'fju:z] <i>v.</i> 使混乱, 混淆</p> <p>14. bronze [brɒnz] <i>n.</i> 青铜</p> <p>15. figure ['figə] <i>n.</i> 塑像</p> <p>16. cast [kɑ:st] <i>v.</i> 铸造</p> <p>17. model ['mɒdl] <i>n.</i> 模型</p> <p>18. Ming dynasty 明代</p> | <p>19. Zhen Jiu Da Cheng 《针灸大成》</p> <p>20. compendium [kəm'pendiəm] <i>n.</i> 概要、纲要</p> <p>21. hand [hænd] <i>v.</i> (down) 把...传下来</p> <p>22. posterity [pɒs'teriti] <i>n.</i> 子孙后代</p> <p>23. circulate ['sə:kjuleit] <i>v.</i> 流通, 传播, 发行</p> <p>24. Qing dynasty 清代</p> <p>25. discriminate [dis'krimineit] <i>v.</i> (against) 歧视</p> <p>26. decree [di'kri:] <i>n.</i> 法令, 政令</p> <p>27. issue ['isju:] <i>v.</i> 发布, 放出</p> <p>28. ban [bæn] <i>v.</i> 禁止, 取缔</p> <p>29. stifle ['staɪfl] <i>v.</i> 抑制, 使窒息</p> <p>30. submit [səb'mit] <i>v.</i> (to) 屈从, 屈服, 顺从</p> <p>31. enforce [in'fɔ:s] <i>v.</i> 加强, 坚持</p> <p>32. enslave [in'sleiv] <i>v.</i> 奴役</p> <p>33. deal [di:l] <i>v.</i> (dealt) [delt] 给予</p> <p>34. ignore [ig'nɔ:] <i>v.</i> 不顾、不理、忽视</p> <p>35. malaria [mə'leəriə] <i>n.</i> 疟 (疾)</p> <p>36. dysentery ['disntri] <i>n.</i> 痢疾</p> <p>37. enteritis [entə'reitis] <i>n.</i> 肠炎</p> <p>38. arthritis [ɑ:'θraitis] <i>n.</i> 关节炎</p> |
|---|--|

## Notes

- ① discuss in great detail 详加讨论
- ② marked with the location of the points 标以输穴位置的, 这是一个分词短语, 做定语用, 说明 the bronze figures.
- ③ exert efforts ...尽力 exert great effort 竭力 exert every effort 尽一切力量
- ④ deal a blow to... 给...以打击
- ⑤ attach importance to... 重视, 认为...有重要意义

## 〈译文〉 中国针灸的发展概况(二)

在唐代 (公元 618 年~907 年), “太医署” (中国最早的医学校) 内, 设立了针刺

专科。

在宋代（公元 960～1280 年），针刺法又一次得到了详尽的总结和整理。于公元 1026 年出版的《铜人腧穴针灸图经》考定了基本穴名三百五十四个，标明了全身共有穴位六百五十七个。该书详述了针灸穴位及其功能，纠正了以前这些方面的混乱状态。为了教学和考试之用，两具标有腧穴位置的铜人于 1027 年铸造了出来。这是中国最早的教学模型。

明代（公元 1368～1644 年）的《针灸大成》对古代针灸学的成就作了一次总结。它为后代保存了许多古代针灸学术的可贵资料 and 有效方法。《针灸大成》在十七世纪出版后，三百多年来，在国内外流传很广。

然而，清代（公元 1644～1911 年）歧视针灸。公元 1822 年，清王朝下令禁用针灸。中国医学这一分支的发展受到了阻碍。

国民党统治时期，反动统治阶级处处投降帝国主义，竭力推行奴化教育。1929 年，国民党政府发布了全面废止中医的命令。这使针灸的发展受到严重挫折。尽管如此，由于针刺法的安全、简便、疗效良好，这些法令在广大群众中根本无法实行。

毛泽东同志一向极其关怀我国医药学的发展。在他的《井冈山的斗争》这篇著作中，他指示山区的红军医院为红军和根据地的人民“用中西医两法治疗”。1944 年 10 月，他在延安召开的陕甘宁边区文教工作者会议上，号召中医西医要加强团结，共同提高，积极防治边区人民的疾病。1945 年 4 月，延安的“和平医院”开始举办针灸门诊，医好了许多病员，使针灸在人民群众中广泛推行。

解放战争时期，解放区举办过许多针灸训练班。人民解放军的医务人员用针灸治疗许多疾病，如疟疾、痢疾、肠炎、呼吸道感染和关节炎，医治好了大批伤病员，有效地支持了解放战争。

### 3. The Development of Acupuncture in China (3)

Since the founding of the People's Republic of China in 1949, the Communist Party has established a series of<sup>①</sup> correct policies<sup>1</sup> concerning<sup>2</sup> Chinese medicine. Chinese medicine has been carried forward and developed. Acupuncture has made tremendous<sup>3</sup> advances<sup>4</sup>. Research institutions<sup>5</sup> in acupuncture have been established in Beijing and many cities and provinces.

Many different methods of treatment by acupuncture were developed and popularized, such as needling the fingers, nose, ears, face; hot needles, warm needles, needles activated<sup>6</sup> by electricity, “plum-blossom”<sup>7</sup> and “seven-star” needles and the injection of distilled<sup>8</sup> water into certain points. An instrument for determining the location of the “channels” and a glass figure marked with acupuncture points were made.

Since pain could be stopped by inserting needles into certain points of the human body, medical workers at first applied acupuncture to alleviate<sup>9</sup> post-operative pain and achieved satisfactory results. This gave rise to<sup>②</sup> the question: "If needling can stop pain, can it also produce anaesthesia<sup>10</sup> for operations?" With doctors of Chinese and Western medicine working together, they first applied acupuncture to induce<sup>11</sup> anaesthesia in dental<sup>12</sup> operations and succeeded. Soon they were applying it in the removal<sup>13</sup> of tonsils<sup>14</sup>, thyroidectomy<sup>15</sup> and herniorrhaphy<sup>16</sup>. The new method of anaesthetization<sup>17</sup> by acupuncture was thus created. From 1959, Chinese medical workers began to use acupuncture anaesthesia in operations on the neck and limbs, in the chest and abdominal cavities, and for pneumonectomies<sup>18</sup> and the removal of cerebral<sup>19</sup> tumours<sup>20</sup>.

Continuous practice in the past few years has introduced an increasing number of new methods of anaesthetization by acupuncture. In addition to<sup>③</sup> needling only the body as in the past, anaesthesia is now produced by inserting the needle into points on the ears, face, nose, fingers, feet, by injecting distilled water or simply by pressing a point with a finger. These new methods are good because only a few selected points are needed to produce the same effect, and the few needles can be easily manipulated<sup>21</sup> with greater safety. As a result, operations can be more conveniently<sup>22</sup> carried out. Anaesthesia by injection of distilled water into certain points has eliminated<sup>23</sup> the shortcoming resulting from<sup>④</sup> the uneven manipulation of needle by the anaesthetist. Finger-pressing anaesthesia is a good method to use with children who have to have dental work.

Acupuncture anaesthesia is now used extensively in China in a great number of medical establishments<sup>24</sup>, for people of all ages, from very young babies to people above eighty. It is being used successfully in head, chest, abdominal surgery and 200 other kinds of major and minor operations, in both mild and serious cases.

### Word List

- |  |   |
|--|---|
| 1. policy ['pɒlɪsi] <i>n.</i> 政策                       | 8. distilled [dis'tɪld] <i>a.</i> 蒸馏的               |
| 2. concerning [kən'sə:nɪŋ] <i>prep.</i> 关于             | 9. alleviate [ə'li:vieɪt] <i>v.</i> 减轻 (痛苦等); 缓和    |
| 3. tremendous [tri'mendəs] <i>a.</i> 极大的               | 10. anaesthesia [ænis'θi:zjə] <i>n.</i> 感觉缺失, 麻醉    |
| 4. advance [əd'vɑ:ns] <i>n.</i> 前进, 进展                 | 11. induce [in'dju:s] <i>v.</i> 诱导                  |
| 5. institution [ˌɪnstɪ'tju:ʃən] <i>n.</i> 公共机构, 协会, 学校 | 12. dental ['dentl] <i>a.</i> 牙齿的, 牙科的              |
| 6. activate ['æktɪveɪt] <i>v.</i> 使活动, 激化              | 13. removal [ri'mu:vəl] <i>n.</i> 切除, 除掉            |
| 7. plum-blossom [pləm'blɒsəm] <i>n.</i> 梅花             | 14. tonsil ['tɒnsɪl] <i>n.</i> 扁桃腺                  |
|  | 15. thyroidectomy [θaɪrɔɪ'dektəmi] <i>n.</i> 甲状腺切除术 |

- |  |   |
|--|---|
| 16. herniorrhaphy [hə:'ni'ɔrəfi] <i>n.</i> 疝修补术          | 21. manipulate [mə'nɪpjuleɪt] <i>v.</i> 熟练地使用, 操作     |
| 17. anaesthetization [ænisθɪtaɪ'zeɪʃən] <i>n.</i> 麻醉 [法] | 22. conveniently [kən'vi:njəntli] <i>ad.</i> 便利地, 方便地 |
| 18. pneumonectomy [nju:mə'nektəmi] <i>n.</i> 肺切除术        | 23. eliminate [i'limineɪt] <i>vt.</i> 排除, 消除          |
| 19. cerebral ['seribrəl] <i>a.</i> 脑的, 大脑的               | 24. establishment [ɪs'tæblɪʃmənt] <i>n.</i> 机构        |
| 20. tumour ['tju:mə] <i>n.</i> 肿瘤, 肿块                    |   |

### Notes

- ① a series of 一系列      a series of questions 一系列问题
- ② give rise to 引起, 使发生      例: Social practice alone gives rise to human knowledge. 只有社会实践能产生人的认识。
- ③ In addition to 除了...以外
- ④ result from (作为结果) 发生, 产生      例: resulting from the uneven manipulation of needle 由于捻针不均而产生的      这是现在分词短语作定语用说明 short-coming.

### 〔译文〕 中国针灸的发展概况(三)

从1949年中华人民共和国诞生以来, 党制定了一系列正确的中医政策, 中医学得以向前推进和发展。针术也有了很大的进步。在北京和许多省、市建立了针术研究机构。

许多不同的针刺疗法, 如指针、鼻针、耳针和面针, 还有火针、温针、电针、梅花针和七星针, 以及“穴位注射疗法”等, 都得到了发展和普及。经络测定器和经穴玻璃人也被创制了出来。

由于针刺人体的某些穴位可以止痛, 医务人员最初把针刺的方法用来消除手术后的伤口疼痛, 并获得了相当好的效果。这就引起了这样一个问题: “既然针刺能够止痛, 它能否用来作手术麻醉?” 在中西医合作的条件下, 医务人员首次运用针刺, 在牙科手术中进行诱导麻醉, 并取得了成功。接着, 他们又用这种方法成功地施行了扁桃体摘除术, 甲状腺摘除术, 疝修补术。这样, 针刺麻醉这一新的方法就产生了。1959年以后, 中国医务人员又陆续将针刺麻醉用于颈部、四肢、胸腔、腹腔以及肺切除和脑瘤切除等手术。

经过过去几年不断地实践, 愈来愈多新的针刺麻醉法得到了运用。除了过去的体针麻醉以外, 现在还用耳针、面针、鼻针、指针、水针和指压法进行麻醉。这些新的麻醉法具有体针麻醉的同样作用, 还具有取穴少、用针少、易于操作、安全等优点。因此, 手术可更为方便地进行。水针麻醉则避免了麻醉师捻针不匀的缺点。指压麻醉是用于儿童拔牙的好方法。

现在针刺麻醉已在全国许多医疗单位广泛地使用。它可用于不同年龄的人, 从刚生

下来的婴儿到八十多岁高龄的老人。在头、胸、腹 200 多种大小手术中，不管在轻症病人和重症病人，针刺麻醉都已获得成功。

## 4. The Principle of Opposites (1)

For life as we know it to be possible with all its richness<sup>①</sup> and variety, its infinite<sup>1</sup> potentialities<sup>2</sup> for good and ill, this world had to be split<sup>3</sup> in two<sup>②</sup>. The Unity had to become a duality<sup>4</sup>; and from this duality arose the idea of the complementary<sup>5</sup> opposites<sup>③</sup>, the negative<sup>6</sup> and the positive<sup>7</sup>, which the Chinese called the *Yin* and the *Yang*. These two principles are at the very root of the Chinese way of life; they pervade<sup>8</sup> all their art, literature and philosophy<sup>9</sup> and are therefore also embodied<sup>10</sup> in their theories of traditional medicine.

These principles are of course, up to a point<sup>④</sup>, accepted<sup>11</sup> in the West. We too divide every phenomenon into its two contrary<sup>12</sup> components<sup>13</sup>. Male and female, hard and soft, good and bad, positive and negative electrical charges<sup>14</sup>, laevorotary<sup>15</sup> and dextrorotary<sup>16</sup> chemical compounds—all these are 'opposites'. It is indeed a fact that nothing can happen in the physical world unaccompanied<sup>17</sup> by positive or negative electrical charges. If a man moves his hand or a raindrop<sup>18</sup> falls or a child rolls a marble<sup>19</sup> across the floor, such changes will affect the balance<sup>20</sup> of positive and negative charges in each of these instances. But in Europe we have not formulated<sup>21</sup> this polarity<sup>22</sup> as a universal<sup>23</sup> law<sup>⑤</sup> as have the Chinese<sup>⑥</sup>, to whom the perpetual<sup>24</sup> interplay<sup>25</sup> of the *Yin* and the *Yang* is the very keystone<sup>26</sup> of their thinking. It is the law operating<sup>27</sup> throughout all existence<sup>28</sup> that the states of *Yin* and *Yang* must succeed<sup>29</sup> one another, so that, in a *Yin* condition, the corresponding *Yang* state can be precisely<sup>30</sup> foretold<sup>31</sup>. The practical application<sup>32</sup> of this law to acupuncture can be illustrated<sup>33</sup> thus:

	<i>Yang</i>	<i>Yin</i>
In the natural world:	day	night
	clear day	cloudy day
	spring/summer	autumn/winter
	east /south	west/north
	upper	lower
	exterior	interior
	hot	cold
	fire	water
	light	dark
	sun	moon

In the body:	surfaces of the body	interior of the body
	spine/back	chest/abdomen
	male	female
	clear or clean body	cloudy or dirty body
	fluid	fluid
	energy(Qi)	blood
	protecting Qi	nourishing Qi
In disease:	acute/virulent	chronic/non-active
	powerful/flourishing	weak/decaying
	patient feels hot or	patient feels cold or
	hot to touch or has	cold to touch or has
	temperature	under-temperature
	dry	moist
	advancing	retiring
	hasty	lingering

The twelve basic organs are similarly divided into the Yang hollow (Fu) organs, which 'transform'<sup>34</sup> but do not retain<sup>35</sup> and the Yin solid (Zang) organs, which 'store but do not transmit'<sup>36</sup>:

Yin	Yang
liver	gall bladder
heart	small intestine
spleen (pancreas)	stomach
lung	large intestine
kidney	bladder
pericardium	triple warmer

The qualities of Yin and Yang are relative, not absolute. For example, the surface of the body is Yang, the interior Yin. But this relation also remains constant within the body, for the surface of every internal organ is always Yang and its interior always Yin, down to the individual cells that compose it. Similarly<sup>37</sup>, a gas is Yang, a solid Yin; but among the gases the more rarefied are Yang, the denser are Yin. Life and death belong to Yang, growth and storage<sup>38</sup> to Yin, so that 'if only Yang exists, there will be no birth; if only Yin exists, there will be no growth.' The life of every organism depends upon the correct balance of its various components.

Yin and Yang are the Tao<sup>⑦</sup> of heaven and earth (the basic law of opposition and unity in the natural world), the fundamental principle of the myriad<sup>39</sup> things (all things can only obey this law and cannot transgress<sup>40</sup> it), the originators<sup>41</sup> (literally<sup>42</sup> parents) of change (change in all things is according to this law), the beginning of birth and death (the birth and creation, death and destruction of all things

begins with this law), the storehouse<sup>43</sup> of Shen Ming<sup>44</sup> (the location of all that is mysterious<sup>45</sup> in the natural world). The treatment of disease must be sought for in this basic law (man is one of the living things of nature, so the curing of disease must be sought<sup>46</sup> for in this basic law).’

(Su Wen, Yinyang Yingxiang Dalun)

## Word List

1. infinite ['ɪnɪtɪt] *a.* 无限的, 无穷的
2. potentiality [pə, tenʃi'æliɪtɪ] *n.* 潜在性, 潜在的可能性
3. split [splɪt] *v.* 使分裂; (平)分
4. duality [dju(:)'æliɪtɪ] *n.* 两重性
5. complementary [kəmpli'mentəri] *a.* 互补的
6. negative ['negatɪv] *a.* 否定的, 阴性的, 负的
7. positive ['pɒzətɪv] *a.* 肯定的, 阳性的, 正的
8. pervade [pə:'veɪd] *v.* 渗透, 遍及
9. philosophy [fɪ'lɒsəfi] *n.* 哲学
10. embody [ɪm'bɒdi] *v.* 体现, 包含
11. accept [ək'sept] *v.* 接受, 承认
12. contrary ['kɒntrəri] *a.* 相反的, 对抗的
13. component [kəm'pəʊnənt] *n.* 组成部分, 成分
14. charge [tʃɑ:dʒ] *n.* 电荷
15. laevorotary [li:vou'routəri] *a.* 左旋的
16. dextrorotary [dekstrou'routəri] *a.* 右旋的
17. unaccompanied [ʼʌnə'kampənɪd] *a.* 不伴有…的
18. raindrop ['reɪndrɒp] *n.* 雨点
19. marble ['mɑ:bl] *n.* 弹子
20. balance ['bæləns] *n.* 平衡
21. formulate ['fɔ:mjuleɪt] *v.* 用公式表示, 系统地提出
22. polarity [pou'lærɪtɪ] *n.* 极性
23. universal [ju:'ni:və:səl] *a.* 普通的, 普遍的
24. perpetual [pə'petʃuəl] *a.* 永远的, 永恒的, 不断的
25. interplay ['ɪntə:pleɪ] *n.* 相互影响, 相互作用
26. keystone ['ki:stoun] *n.* 基本原理, 要旨
27. operate ['ɒpəreɪt] *v.* 起作用
28. existence [ɪg'zɪstəns] *n.* 存在, 实在; 存在物, 实体
29. succeed [sək'si:d] *v.* 继…之后
30. precisely [pri'saɪsli] *ad.* 精确地, 明确地
31. foretell [fɔ:'tel] (foretold [fɔ:'tould]) *v.* 预言, 预示
32. application [æpli'keɪʃən] *n.* 应用, 适用, 运用
33. illustrate ['ɪləstreɪt] *v.* 说明, 阐明
34. transform [træns'fɔ:m] *v.* 改变, 转换
35. retain [ri'teɪn] *v.* 保持, 保留, 留住
36. transmit [trænz'mɪt] *v.* 传送
37. similarly ['sɪmɪləli] *ad.* 相似地, 类似地
38. storage ['stɔ:ridʒ] *n.* 贮藏, 保管
39. myriad ['mɪrɪəd] *a.* 无数的
40. transgress [træns'gres] *v.* 违反, 违背



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|---|---|
| 41. originator [ə'ridʒineɪtə] <i>n.</i> 起源,<br>来源, 起因 | 44. Shen Ming 神明                                      |
| 42. literally ['lɪərəli] <i>ad.</i> 照字义, 逐<br>字地      | 45. mysterious [mis'tɪəriəs] <i>a.</i> 神秘<br>的, 不可思议的 |
| 43. storehouse ['stɔ:haus] <i>n.</i> 宝库, 仓<br>库       | 46. seek [si:k] (sought [sɔ:t]) <i>v.</i> 寻<br>找, 探索  |

## Notes

- ① know it to be possible with all its richness 知道生命是丰富多彩的 it 指 life, 是 know 的宾语; to be possible 是不定式短语, 是 it 的宾语补足语。
- ② had to be split in two 必然是“一分为二”。这里作者叙述的是古人的看法, 所以用 have 的过去时 had.
- ③ from this duality arose the idea of the complementary opposites 这是一个倒装句, 主语, 谓语和状语都倒装。the idea 是主语, arose 是谓语。
- ④ up to a point 在某种程度上
- ⑤ formulate this polarity as a universal law 把这一极性现象公式化地形成一个普遍规律 as a universal law 作宾语补足语。
- ⑥ as have the chinese 后省略了 formulated this polarity as a universal law.
- ⑦ Tao 是道家学说中的道。本文用“Tao”来表示自然界的法则。

## 〈译文〉 对立的法则(阴阳)(一)

我们知道, 生命是丰富多彩的, 它具有善和恶的无限可能性, 这个世界必然是一分为二的。统一必然是双重性的。从这双重性便产生了互为补充的对立观念, 即正的和负的。而中国人则称之为阴阳。阴阳这两个要素, 是中国生活方式的根本。阴阳贯串在一切文学、艺术和哲学之中, 也体现在传统医学的理论之中。

当然, 这两个要素在某种程度上也被西方所接受。我们也把每一现象分成它的两个相反的成分。男和女, 硬和软, 好和坏, 正电荷和负电荷, 左旋和右旋化合物——这一切都是“对立物”。的确, 在物质世界中, 没有一种事物是不具有正或负电荷的。一个人挥动他的手, 一滴雨水从天空落下, 一个孩子在地板上滚动弹子, 这些变化在每一具体场合都将影响正负电荷的平衡。但是, 在欧洲, 我们没有把这种极性现象形成公式, 不象中国人把它作为一个普遍的定律。对中国人来说, 阴和阳的永恒的相互作用是他们进行思维的根本原理。阴阳的状态必然是相互消长的, 因而从阴的某一状态可以精确地预卜相应的阳的状态, 这是在一切实在的事物中都起着作用的定律。这个定律对针刺的实际应用可以作下列说明:

	阳	阴
在自然界	日	夜
	晴	阴
	春/夏	秋/冬