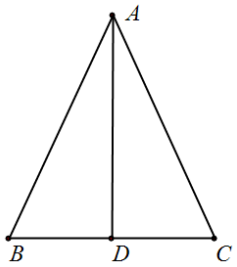
Example 1: As shown in Figure 1 , in $\triangle ABC$, AD is the bisector of $\angle BAC$, *and* AD *is* the midline on the side of BC. Prove: $AB = AC$.



Proof: $\dfrac{\dfrac{C-B}{C-A}}{\dfrac{B-A}{B-C}} + 4\dfrac{A-\dfrac{B+C}{2}}{\dfrac{A-B}{A-C}} = 4.$