

Discussion

- ◆ Recently, Hanfu has gained popularity among many people, please comment on the renaissance.



Discussion

1. What is acupuncture?
2. Could you explain the microcosmos (微观世界) and macrocosmos (宏观世界) in between human body and the nature as an analogy in TCM?
3. In spite of extreme difficulties and heavy strikes since the beginning of the modern times, why has TCM never been replaced by western biomedicine, and even survived and developed to become an important practice for people's health care today?
4. Could you give a brief description of Traditional Chinese Medicine?

1. 《论语》是儒家学派的经典著作 (classic) 之一, 该书记录了孔子及其弟子的言行, 传授儒家的主要思想 (central theme): 仁、义 (righteousness)、礼、智, 其中仁是儒家的核心价值观 (kernel value)。仁是指爱父母和敬长兄, 如果这种对家庭成员的情感延伸 (extend to) 到社会上其他人身上, 人与人之间的和睦关系也就建立起来了。

The Analects is one of the Confucian classics. The book records the sayings and behaviors of Confucius and his disciples. It teaches the central themes of Confucianism: humaneness, righteousness, propriety, and wisdom, of which humaneness is the kernel value. Humaneness is taken as love for parents and respect for elder brothers. If the feelings for family members are extended to other people in the society, harmonious relationships among individuals will be built up.

2. 在《道德经》中，老子建立了以“道”为核心的哲学体系。老子提出的“道”是“非常道”（invariable and constant Dao），他认为宇宙万物均起源与“道”，“道”具有无为（non-action）、相反、无形、无名、玄妙（obscurity）等特征。道家的许多原理已成为中国人重要的理想准则（ideals and norms），对中国文化的发展影响深远。

In the *Dao De Jing*, Laozi established a philosophy system centered on Dao. He refers Dao as invariable and constant Dao. He holds that Dao is the origin of the cosmos and that Dao is characterized by non-action, opposition, shapelessness, namelessness, obscurity, etc. Many Daoist principles have already been Chinese people's important ideals and norms and have exerted a profound influence on the development of Chinese culture.

3. 一般情况下，汉字是由十几种基本笔画（basic strokes）构成的。笔画和大多数欧洲语言的字母作用类似，只是笔画之间无法构成“音节”。汉字有八个基本的笔画：点、横、折、竖、钩、提、撇、捺。在一个小小的方形空间中，将不同笔画组合成字时，要用数量不等的笔画以及各种各样的连接和排列（link and arrange）方式，以求使字形易识而又简洁。于是，在这方形空间里，各式笔画就采取了上下、左右、分合、交叉、穿插、重叠、堆积、包裹等组合方式。

Chinese characters, in general, are composed of a dozen basic strokes, which have similar functions to the letters of most European languages, though they do not combine into syllables. There are eight basic strokes: dot, horizontal stroke, turning stroke, vertical stroke, hook stroke, right-upward stroke, left-downward stroke and right-downward stroke.

In a small square space, characters are composed of different strokes linked and arranged in various ways, thus they are easy to be recognized, and look neat. These strokes are placed in various positions in the square — upper or lower, left or right, separate or linked, crossed, going through, overlapping, piling up or surrounding.

4. 中国菜享誉世界，是世界美食的明珠，中国菜菜系（style of cooking）繁多，烹饪方法也不尽相同。其四大要素——色、形、香（aroma）、味，决定了菜品的好坏，是判断其质量的标准。中国的南北方饮食也各具特色（feature）。北方菜以色艳味重（bright color and strong taste）取胜，最大的特点就是就地取材（local food materials），讲究火候。南方有些地方的菜则口味清淡，注重保留食材的原始味道（original flavor）。

Chinese cuisine, which is world famous, is a pearl of world cuisine. It has various styles of cooking and its cooking techniques are different as well. Chinese cuisine features four elements — color, shape, aroma and taste. The four elements decide how good the dish is and are also the criteria of judging its quality. The northern foods and southern foods have their unique features. The northern dishes attach great importance to bright color and heavy taste, with the greatest feature of using local food materials and controlling cooking time and temperature. While in some parts of southern China, the dishes feature light taste and remain the original flavor of the food materials.

5. 从服饰成为人们生活一部分的那天起，人们就已将社会地位、生活方式、审美情趣，以及种种文化观念融入到服饰中。服饰在任何时代都是社会历史风貌（social and historical scenes）最真实、最直观的反映。从这个意义上说，服饰的历史也是一部生动的文明发展史。在我们这个历史悠久的衣冠之国，不仅有丰富的考古资料（archeological findings）记录服饰发展的历史，在古代神话、史书、诗歌、小说以及戏剧中，与服饰有关的记载（portrayals）也随处可见。

From the day garments became part of people's lives, they have been endowed with connotations concerning the social status, lifestyles, aesthetics and cultural concepts. Garments have always been the truest and most straightforward reflection of the social and historical scenes of any given time. In this sense, the history of garments is also a vivid development history of civilization. In our country with a long history of garments and ornaments, there is a wealth of archeological findings showing the development of garments, as well as their portrayals in ancient mythology, history books, poems and songs, novels and drama.

6. 中医是世界医学的一份遗产 (heritage)。中医的治疗效果和医治方式使其在世界上越来越流行。中医起源于古代，经过长时间的发展，收集了治疗 (treat) 不同疾病的各种方法。中医讲究人体系统的平衡 (balance)。据说，如果人的身体系统平衡，疾病就会消失。

TCM is a heritage of world medicine. The effect and way to heal people of TCM make it more and more popular in the world. Originated from the ancient time, TCM has developed for a long time and has collected various ways to treat different illnesses. TCM pays attention to the balance of the body system. It is said that once the body system is in balance, the illness will disappear.