**Unit 1**

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.

**Unit 2**

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.

**Unit 3**

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.

**Unit 5**

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 characteristics. 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.

**Unit 7**

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.

**Unit 12**

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 in a long time and has collected various ways to treat different illness. 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.

**Unit 1**

1. Why is family reverence so important?

Family reverence is taken as the root of human feelings by Confucius. It is the root of humaneness (ren). Humane love starts from close intimate feelings and extends to other people as one begins to love. A human being can only fulfill himself by beginning with family reverence, the starting point of all relationships. We must be aware of this innate feeling so we can nourish and cultivate it, and extend it to other social relationships. (paragraphs 4 & 5)

2. Why is humaneness more important than ritual propriety according to Confucius?

In human communication, the most important factor is one’s feelings toward others, while the form as ritual propriety of this sentiment comes secondary. (paragraphs 7)

3. Why does Confucius wisdom become the essence of traditional Chinese thinking? (open question)

core concepts Ren and Li → cultivate filial piety at home → giving love to everybody → keep social and political order in a country

4. How to understand “In our differences, gentlemen seek harmony but not uniformity” “Harmony without uniformity”? （合而不同）

Maintain harmonious and friendly relationship with others while we should insist on our own opinions instead of catering to others.

**Unit 2 The Wisdom of Laozi**

1. How does Laozi think through opposition ? (P27 P3)
2. Laozi appreciates the power of being weak and yielding. Few understand the reason why the weak prevails over the strong, and act according to it. This does not mean that if one understands one aspect, the other is self-evident. Actually, neither aspect can exist independently from it’s opposite part. Dao always moves to its counter aspect and works through its weakening process.
3. Could you give an example to show Laozi’s view of “overcoming the strong by being weak”?

Water is a typical example of the weak winning over the strong. Water is invincible because it desires nothing and contends for nothing

3. Why can’t Dao be spoken of?

1. Dao can not be described in words because it is profound, obscure and always creates. Its existence can be felt but not expressed in any language. If it is put in words, it is no longer fundamental, basic and lasting. (Paragraph 6)
2. Daoism and Chinese national personality

Daoist philosophy is full of historical and life wisdom, which has gone beyond secular life. Taoists have open mind and concern little about fame and fortune. Over thousands of years, Chinese people have self-cultivated firm and tenacious national personality from Daoism. We wait and prepare everything patiently when we’re still weak. We attack only after being attacked, and retreat in order to advance. Therefore, Daoism has been a significant spiritual anchor, helping Chinese people to overcome difficult times and plights.

**Unit 3 Chinese characters**

1. What are the five scripts of Chinese calligraphy （P8-12第一句话）
2. Some people say that in our modern age it is unnecessary to teach children about the skills of handwriting. To what extent do you agree or disagree?
3. Write a paragraph on the importance of Chinese characters and how to develop handwriting ability.

elegant, proud spirit of Chinese

You can find peace and harmony while writing Chinese calligraphy.

**Unit 5 Chinese Food**

What are the eating taboos of Mongolian，Tibetan，Hui ethnic minority? (P94 Reading Comprehension 2)

2. Does every food have the characteristic of yin and yang? How can cooking methods affect the yin and yang characteristics of food?

Yes, the Chinese philosophy of yin and yang influences every aspect of food cooking and taste. Each food has its own characteristic of yin and yang. Yin foods are thin, cool and low in calories. Yang foods are rich, spicy, warming and high in calories. Boiling makes food more yin while frying makes it more yang.

3. According to Huang Di Nei Jing, What is medicinal diet? (P98 Para6)

The book Huang Di Nei Jing, written during the Warring States Period, is the first book to describe medicinal diet. Compared with medicine, food is more mild and gentle to the body. Every type of food contains certain fine extract that can exert certain effect on the body.

**Unit 7 Chinese Clothing**

1. What are the overall characteristics of Chinese garments ? P137 Para12

2. Recently, Hanfu has gained popularity among many people, please comment on the renaissance. (open question)

Increasingly, the young generation has recognized the beauty of traditional Chinese costume, they are also proud to carry on the legacy of Chinese culture. Hanfu reflects the aesthetic stands for traditional Chinese clothing and accessories. The renaissance of an ethic group starts with costume and traditional Chinese costume is just the starting point. At the same time, Hanfu was seen as the embodiment of rising cultural confidence.

**Unit 12 Traditional Chinese Medicine**

1. What is acupuncture? (P250 Para7)
2. Acupuncture needles are used to relieve energy blockages at key acupoints along the meridians to help qi flow smoothly. By improving the operation of an organ, acupuncture helps restore internal balance and harmony within the body.
3. Could you explain the microcosmo and macrocosmo in between human body and the nature as an analogy in TCM?

Epistemology of traditional Chinese philosophy treats all the things in the universe as a whole, and TCM growing under the background is not an exception, so it believes human body are correspondent to the nature, just like the microcomo and macrocosmo. In this sense, analogy is employed in all the respects of TCM. For example, in the theory of zangxiang (viscera and their manifestations), the heart is a monarch-like organ, the spleen is a granary-like organ, the liver is a general-like organ, the gallbladder is a judge-like organ, etc.; the functions of the viscera are compared to the system of court. In the composition of a formula, the herbs used are categorized into four groups, monarch, minister, assistant and guide. In fact, awareness of analogy used in TCM is the key to understand TCM. (Part 1 课文第2段)

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?

Clinical efficacy must be the primary reason for TCM as an ever-lasting and lively medial practice. TCM’s two thousand years history of being the only one method on the vast land of China to protect the health of Chinese nation has proved its usefulness. Besides, the ideas buried in the mind of every TCM practitioner that disorders should be prevented first instead of being treated, syndromes should be differentiated before treatment, and local problems should be considered on the background of the body condition as a whole, are definitely the advantages of its doctrine, compared with western biomedicine that focus on diseases already existed and patients all as the same. Meanwhile, it is necessary to appreciate the great contribution of national policies that greatly promote the development of TCM. This special political support rarely found in any other traditional medicines in the world promises an ever-long lasting vitality of TCM.

4. Could you give a brief description of Traditional Chinese Medicine?

Traditional Chinese Medicine (abbreviated as TCM) has been built up and continually improved under the guidance of plain Materialism and Dialectics of ancient China. Currently, it is not only a popular medical treatment option in China, but is also attracting attention from the international medical community for its curative effects. Influenced by Chinese culture, TCM is featured with a holistic view of “integrating heaven and man” and the thinking style of analogy. Huang Di Nei Jing is one of the earliest existing TCM classics. It established the fundamental theory of TCM by expounding the viscera and their manifestations, the meridian connections, the etiology, the pathogenesis, the diagnoses and treatments according to theories like Yin and Yang, Five Elements Framework, Miracle of Qi, etc. Additionally, TCM proposed the ideas of cultivating health in four seasons and preventing and curing diseases before its onset.