

Malaysian Chinese Talks About His Life in Malaysia and Studying Traditional Chinese Medicine in China

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Dàjiā hǎo, huānyíng láidào Mandarin Corner, Wǒ shì Eileen.

大家好，欢迎来到 mandarin corner，我是 Eileen。

Hi everyone, welcome to Mandarin Corner! I'm Eileen.

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Wǒ zài Mǎláixīyà lǚxíng qījiān ne jiù fāxiàn zhèlǐ yǒu xǔduō huárén,

我在马来西亚旅行期间呢就发现这里有许多华人，

During my travels in Malaysia, I discovered that there are many Malaysian-Chinese here,

3

zhè lǐng wǒ gǎndào hěn hàoqí,

这令我感到很好奇，

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which made me wonder

4

tāmen gēn Zhōngguó rén yǒu shénme qūbié ne?

他们跟中国人有什么区别呢?

what differences there might be between them and (mainland) Chinese.

5

Jīntiān wǒmen jiù qǐng dào yī wèi Mǎláixīyà huárén Zhōng yīshī

今天我们就请到一位马来西亚华人中医师

Today, we're having a Malaysian Chinese who practices traditional Chinese medicine

6

lái gēn wǒmen fēnxiǎng tā zài zhèlǐ de shēnghuó,

来跟我们分享他在这里的生活,

to share with us his life here,

7

tā zài Zhōngguó shíxí qījiān fāxiàn de zhōng mǎ wénhuà chāyì,

他在中国实习期间发现的中马文化差异,

the cultural differences between China and Malaysia that he discovered during his
internship in China,

8

yǐjí tā dāng zhōng yīshī de jīnglì.

以及他当中医师的经历。

and his experience as a traditional Chinese medicine doctor.

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Nà xiàmiàn wǒmen jiù yǒuqǐng tā lái gēn dàjiā dǎ gè zhāohu ba.

那下面我们就有请他来跟大家打个招呼吧。

Now, let's have him say "hello" to everyone.

10

Dàjiā hǎo, wǒ shì Liú yīshī, nǐmen kěyǐ jiào wǒ Regent.

大家好，我是刘医师，你们可以叫我 Regent。

Hello, everyone. I'm Dr. Liu, and you can call me Regent.

11

Wǒ shì láizì Jílóngpō de,

我是来自吉隆坡的，

I am from Kuala Lumpur,

12

mùqián zài yī jiā zhōngyī zhěnsuǒ lǐmiàn zuò yīshī yě guǎnlǐ zhěnsuǒ.

目前在一家中医诊所里面做医师也管理诊所。

currently working in a TCM (traditional Chinese medicine) clinic as a practitioner as well as managing the clinic.

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Nǐ shì dì jǐ dài huárén? | Dì sì dài

你是第几代华人？ | 第四代

What generation of Chinese descendant are you? | Fourth generation.

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Nà nǐ fùmǔ yǒu qù guo Zhōngguó ma?

那你父母有去过中国吗？

Have your parents ever visited China?

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15

Méiyǒu | Méiyǒu qù guo a?

没有 | 没有去过啊?

No. | They haven't?

16

Wǒmen lái zhèlǐ le jīběn hé Zhōngguó de qīnqī yǐjīng méiyǒu liánxì.

我们来这里了基本和中国的亲戚已经没有联系。

Since we came here, we have lost contact with our relatives in China.

17

Tāmen yǒu gàosu wǒ jiāxiāng zài nǎlǐ, dàn wǒ bù jìde le.

他们有告诉我家乡在哪里，但我不记得了。

They did tell me where my hometown was, but I can't remember now.

18

Dàgài zài nǎlǐ jìde ma? | Gūjì shì zài Guǎngdōng de ba

大概在哪里记得吗? | 估计是在广东的吧

Do you have a rough idea of where? | Probably in Guangdong.

19

Suǒyǐ nǐ yě huì shuō Guǎngdōnghuà?

所以你会说广东话?

So you speak Cantonese too?

20

Duì, Yuèyǔ, Zhōngwén, Mǎláiwén, Yīngwén, Kèjiāhuà

对，粤语、中文、马来文、英文、客家话

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Yes, (I can speak) Cantonese, Chinese, Malay, English and Hakka.

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Kèjiāhuà gēn Guǎngdōnghuà yǒu qūbié ma?

客家话跟广东话有区别吗?

Is there a difference between Hakka and Cantonese?

22

Yǒu de, dànshì háishi bǐjiào róngyì xué,

有的, 但是还是比较容易学,

Yes, but they're still easy to learn,

23

Wǒ gèrén juéde kèjiāhuà hé Guǎngdōnghuà dōu shì chàbuduō.

我个人觉得客家话和广东话都是差不多。

and personally I find Hakka and Cantonese to be quite similar.

24

Nà zài jiā lǐmiàn de shíhòu,

那在家里面的时候,

In what language

25

Nǐ de fùmǔ gēn nǐ shì yòng shénme yǔyán gōutōng de?

你的父母跟你是用什么语言沟通的?

do your parents communicate with you at home?

26

Wǒmen shì yòng Yuèyǔ.

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我们是用粤语。

We speak Cantonese (at home).

27

Suīrán wǒ shì kèjiā rén,

虽然我是客家人，

Although I'm Hakka,...

28

dànshì zài Jílóngpō de huárén jiā tíng lǐ miàn yī bān dōu shì yòng Yuèyǔ de.

但是在吉隆坡的华人家庭里面一般都是用粤语的。

In Kuala Lumpur, Chinese families typically speak Cantonese at home.

29

Wǒ tīngshuō huárén dōu huì qù shàng huá xiào, duì ma? | Duì

我听说华人都会去上华校，对吗？ | 对

I heard that Malaysian Chinese attend Chinese schools, right? | Yes.

30

Zài Mǎláixīyà de huárén yī bān dōu huì bǎ xiǎohái sòng qù huá xiào.

在马来西亚的华人一般都会把小孩送去华校。

Chinese in Malaysia usually send their children to Chinese schools.

31

Wǒmen de xiǎoxué yǒu fēn huá xiǎo, guóxiǎo, yìndù de xiǎoxué.

我们的小学有分华小、国小、印度的小学。

Our primary schools are divided into Chinese, national, and Indian schools.

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Wǒmen jiùshì qù huá xiǎo,

我们就是去华小,

We, (Malaysian Chinese) attend Chinese schools

33

liù suì qī suì kāishǐ jiù yǐjīng xué Zhōngwén le.

六岁七岁开始就已经学中文了。

and we start learning Mandarin from the age of six or seven.

34

Jiù zhǐ xué Zhōngwén ma?

就只学中文吗?

Only learn Chinese (in primary school)?

35

Sān dà yǔyán, Mǎláiwén, Yīngwén, Zhōngwén.

三大语言, 马来文、英文、中文。

(No, we learn) the three major languages: Malay, English and Chinese.

36

Tóngshí xué a? | Tóngshí xué

同时学啊? | 同时学

All at the same time? | Yes.

37

Nà jiāo Zhōngwén de lǎoshī shì Zhōngguó rén ne hái shì Mǎláixīyà huárén?

那教中文的老师是中国人呢还是马来西亚华人?

So are the Chinese language teachers mainland Chinese or Malaysian Chinese?

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Mǎláixīyà huárén

马来西亚华人

Malaysian Chinese.

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Nǐ xiǎoshíhou huì juéde xué sān mén yǔyán hěn xīnkǔ ma? | Huì

你小时候会觉得学三门语言很辛苦吗? | 会

Did you find it challenging to learn three languages as a child? | Yes.

40

Bǐfāngshuō wǒ zài jiālǐ shì shuō yuèyǔ de,

比方说我在家里是说粤语的,

For example, I spoke Cantonese at home,

41

suǒyǐ wǒ dìyī yǔyán kěndìng shì yuèyǔ,

所以我第一语言肯定是粤语,

so Cantonese was my first language.

42

wǒ dào nǎlǐ dōu shì shuō Guǎngdōnghuà,

我到哪里都是说广东话,

I spoke Cantonese wherever I went.

43

ránhòu jìn le huá xiào jiù kāishǐ xué Zhōngwén,

然后进了华校就开始学中文,

Then, I started learning Mandarin when I got into a Chinese school.

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44

suǒyǐ lǎoshī yě bù ràng shuō fāngyán, jiù yīdìngyào xué Zhōngwén,

所以老师也不让说方言，就一定要学中文，

The teachers wouldn't allow us to speak in dialects and we had to learn Mandarin,

45

suǒyǐ yuèyǔ Zhōngwén dōu huì bǐjiào hǎo,

所以粤语中文都会比较好，

so I was good at Cantonese and Mandarin.

46

fǎn'ér Mǎláiyǔ hé Yīngyǔ bǐjiào chà

反而马来语和英语比较差

But, my Malay and English weren't as good

47

yīnwèi nǐ zhǐ xué... nǐ zhǐ zài kètáng shàng xué,

因为你只学...你只在课堂上学，

because we only learned them in class

48

xiàkè le guòhòu méiyǒu rén hé nǐ shuō Mǎláiyǔ,

下课了过后没有人和你说马来语，

and after class, no one spoke Malay

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méiyǒu rén hé nǐ shuō Yīngyǔ

没有人和你说英语

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and English with us

50

zhídào chūlái gōngzuò jiēchù le qítā zhǒngzú de rén,

直到出来工作接触了其他种族的人,

until we started working and interacting with people from other races.

51

Nǐ yòng le tāmen de yǔyán gēn tāmen shuōhuà,

你用了他们的语言跟他们说话,

The more you speak their languages,

52

nǐ jiù huì yuè shuō yuè shùnchàng.

你就会越说越顺畅。

the better you become at it.

53

Suǒyǐ nǐ dàgài dào duōshao suì kāishǐ shǐyòng Mǎláiwén rìcháng jiāoliú?

所以你大概到多少岁开始使用马来文日常交流?

So, around what age did you start using Malay for everyday communication?

54

Rìcháng jiāoliú ya, zhōngxué

日常交流呀, 中学

We started in middle school.

55

Wǒ xiǎoxué shì huá... Zhōngwén xiǎoxué,

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我小学是华... 中文小学,

I went to a Chinese primary school

56

zhōngxué shì guómín xíng de zhōngxué.

中学是国民型的中学。

and then, to a national middle school.

57

Shì sān dà zhǒngzú dōu huì hùn zài yìqǐ?

是三大种族都会混在一起?

(In middle school), were all the three major ethnic groups mixed together?

58

Duì, yǐ Mǎláiwén wéizhǔ de.

对, 以马来文为主的。

Yes, and we mainly used Malay (in class).

59

Xiāngbǐ Mǎláirén hé Yīndùrén,

相比马来人和印度人,

Compared to Malays and Indians,

60

huárén háizi de tóngnián yǒuméiyǒu shénme bù yíyàng?

华人孩子的童年有没有什么不一样?

is there anything unique about Chinese kids' childhood?

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Yībān huárén háizi tāmen dōu huì shìwéi bǎo, suǒyǐ huì guǎn...

一般华人孩子他们都会视为宝，所以会管...

Generally speaking, Chinese children are (overly) treasured, so they restrict...

62

Bèi fùmǔ shìwéi bǎo?

被父母视为宝？

Treasured by their parents?

63

Duì, guǎn de bǐjiào yán

对，管得比较严

Yes, and the parents are more strict.

64

Nǐ yào suí suí biàn biàn de chūmén wán yě wèibì kěyǐ,

你要随随便便地出门玩也未必可以，

If the children want to go out, they may not be allowed.

65

wǒ shuō de shì shìzhōngxīn

我说的是市中心

I'm talking about urban areas,

66

Xiāngxià de jiù huì bǐjiào zìyóu, xiāngduì de bǐjiào zìyóu,

乡下的就会比较自由，相对的比较自由，

but in rural areas, it's more relaxed, relatively speaking.

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yīnwèi shìzhōngxīn rén bǐjiào fùzá,

因为市中心人比较复杂,

Since in the city, it's more chaotic,

68

suǒyǐ yībān dōu huì guǎn de bǐjiào yán.

所以一般都会管得比较严。

(Chinese parents) usually restrict their kids more.

69

Nǐ shuō yào chūqù wán, wǒ běnshēn shì bùnéng de, jiālǐ guǎn de bǐjiào yán.

你说要出去玩, 我本身是不能的, 家里管得比较严。

I wasn't allowed to go out by myself. My family was very strict.

70

Nà nǐ juéde huárén de fùmǔ huì bǐ Mǎlái rén hé Yìndù fùmǔ

那你觉得华人的父母会比马来人和印度父母

Compared to Malay and Indian parents, do Chinese parents

71

gèng zhòngshì hái zǐ de jiàoyù ma?

更重视孩子的教育吗?

put more emphasis on children's education?

72

Jiù bǐrú shuō xiàng wǒmen zài Zhōngguó dehuà,

比如说像我们在中国的话,

For example, in China,

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háizǐ bùjǐn shì yào zài xuéxiào lǐ shàngkè,

孩子不仅是要在学校里上课,

not only do kids need to go to school,

74

xiàle kè zhīhòu ne hái yào qù shàng bǔxí bān

下了课之后呢还要去上补习班

but also they need to attend cram schools afterwards

75

huòzhě shì kèwài xìngqù bān xué gāngqín a shénme de

或者是课外兴趣班学钢琴啊什么的

or extracurricular classes, such as piano and so on.

76

Huárén dehuà yībān huì ānpái de bǐjiào duō

华人的话一般会安排得比较多

Malaysian Chinese parents usually arrange more (classes for their kids).

77

Yǒu yījù huà jiào... jiùshì pà shū

有一句话叫... 就是怕输

There is a line (in Hakka), which means "afraid to lose".

78

Jiù huárén jiā tíng yǒu yīxiē rén huì bǐjiào pà shū,

就华人家庭有一些人会比较怕输,

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Some Chinese families are afraid of losing,

79

jiù huì bǎ háizǐ... ānpái háizǐ de kè ānpái dào mǎn mǎn,
就会把孩子... 安排孩子的课安排到满满,
so they arrange many extra classes for their kids

80

jiù yào xué, xué de yā lì xué dào kū.
就要学，学得压力学到哭
and the kids are so stressed that they cry.

81

Yǒu yīxiē jiā tíng shì zhè yàng zi
有一些家庭是这样子
Some families are like this.

82

Nǐ yǒu zhè yàng ma? | Méi yǒu
你有这样吗? | 没有
Was it like this for you? | No.

83

Suǒ yǐ nǐ de tóng nián xiāng duì bǐ jiào qīng sōng ma?
所以你的童年相对比较轻松吗?
So, your childhood was relatively more relaxed?

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Kě yǐ zhè me shuō, xiāng duì bǐ jiào qīng sōng

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可以这么说，相对比较轻松

You can say that. It was relatively easier.

85

Zuìduō xiàkè le guòhòu wǒ jiù yǒu gè huà huà bān, jiù zhèyàng

最多下课了过后我就有个画画班，就这样

At most, I needed to attend a painting class after school.

86

Zài hūnliàn fāngmiàn... Jiùshì hūnliàn guānniàn fāngmiàn,

在婚恋方面... 就是婚恋观念方面，

In terms of marriage and dating,

87

nǐmen yǒuméiyǒu shénme bù yíyàng de dìfang?

你们有没有什么不一样的地方？

are there any differences (among the three groups)?

88

Wǒmen yě yǒu kàndào shǎoshù de huárén hé mǎláirén chǔ duìxiàng,

我们也有看到少数的华人和马来人处对象，

You can only see a few Chinese who date

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jiéhūn shēng hái zi

结婚生孩子

marry, and have children with Malays.

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Yě yǒuyīxiē jiātíng huì fǎnduì,

也有一些家庭会反对,

(But) there are some (Chinese) families that will oppose this,

91

yīnwèi rúguǒ wǒmen hé Mǎláirén chǔ duìxiàng jiéhūn,

因为如果我们和马来人处对象结婚,

because if we were to date and marry Malays,

92

zài huíjiào de fǎlǐng lǐmiàn,

在回教的法令里面,

according to Islamic law,

93

wǒmen xūyào huàn wǒmen de zōngjiào.

我们需要换我们的宗教。

we need to change our religion (to become a Muslim).

94

Zhè shì fǎlǜ guīdìng de? | Duì

这是法律规定的? | 对

Is this a legal requirement? | Yes.

95

Suǒyǐ yǒuyīxiē huárén jiātíng jiù huì dānxīn

所以有一些华人家庭就会担心

Some Chinese families worry about

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fēngsú xíguàn yǒu shénme gǎibiàn,

风俗习惯有什么改变,

changes in customs and habits,

97

tāmen huì fǎnduì.

他们会反对。

so they will oppose it.

98

Yǒuyīxiē jiù méiyǒu, zhège hái kàn gèrén la

有一些就没有，这个还看个人啦

(But) some families don't have such concerns. So it depends on the individual.

99

Zài Mǎláixīyà nǐmen sān dà zhǒngzú zhījiān

在马来西亚你们三大种族之间

Within the three major ethnic groups in Malaysia

100

huìbùhuì yǒu shénme kèbǎnyìnxìàng?

会不会有什么刻板印象?

are there any stereotypes?

101

Huárén jiù bǐjiào jījí ba

华人就比较积极吧

(Malaysian) Chinese are more proactive.

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Nǐ shuō gōngzuò ma? Zhuànnián ma?

你说工作吗？赚钱吗？

Are you referring to work and making money?

103

Gōngzuò, zhuànnián bǐjiào jījí, cóng shāng

工作、赚钱比较积极，从商

In terms of work and making money, we are more proactive, and like to get into business.

104

Mǎláirén jiù bǐjiào jiézòu huì màn yīdiǎn.

马来人就比较节奏会慢一点。

Malays tend to have a slower pace.

105

Yìndùrén dehuà

印度人的话

Regarding Indians,

106

zài huárén jiāting lǐmiàn, wǒmen xiǎoshíhou rúguǒ wǒmen tiáopí huàidàn,

在华人家庭里面，我们小时候如果我们调皮坏蛋，

in Chinese families, when we were kids and misbehaved,

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fùmǔ yībān dōu huì shuō,

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父母一般都会说,

our parents would often say:

108

nǐ zài huàidàn wǒ jiù jiào Yìndùrén zhuā nǐ

你再坏蛋我就叫印度人抓你

If you continue to be naughty, I'll have an Indian come and get you!

109

Wèishénme huì ràng Yìndùrén lái zhuā nǐ?

为什么会让印度人来抓你?

Why would an Indian come to get you?

110

Shì yīnwèi Yìndùrén hěn huì zhuā xiǎohái ma háishi zěnmeyàng?

是因为印度人很会抓小孩吗还是怎么样?

Is it because Indians are good at catching children or something else?

111

Yīnggāi yě bùshì la,

应该也不是啦,

It's probably not that.

112

jiù kěnéng xiǎoháizi kàndào bù yīyàng fū sè de, tāmen huì pà.

就可能小孩子看到不一样肤色的, 他们会怕。

It might be because children are scared when they see someone with a different skin color.

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Qíshí zhège wǒ yě bù tài quèdìng

其实这个我也不太确定

I'm not sure why (our parents say this).

114

Jiù fūsè bǐjiào hēi de Yìndùrén wǒmen jiù huì chēng tā wéi apunene

就肤色比较黑的印度人我们就会称他为 Apunene

We call Indians who have dark skin "Apunene".

115

"Nǐ zài chǎo, wǒ jiù jiào apunene lái zhuā nǐ!"

“你再吵，我就叫 Apunene 来抓你！”

(Chinese parents will say): "If you don't behave, I will have Apunene come and get you!"

116

Ránhòu nàge xiǎohái tā jiù huì bù chūshēng, ránhòu jiù bǐjiào guāi le.

然后那个小孩他就会不出声，然后就比较乖了。

The child immediately will stop screaming and will behave.

117

Dànshì wǒ yǒu kàn guo zhège huì shuō Zhōngwén de Yìndùrén

但是我有看过这个会说中文的印度人

But I have seen Indians who speak Chinese

118

pāi shìpín zìcháo

拍视频自嘲

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make videos and joke about themselves (as Apunene).

119

suǒyǐ tā shì yī gè kěyǐ nálái shuō de dōngxī,

所以它是一个可以拿来说的东西,

So, this is something we can talk about

120

dàn tā bù cúnzài rènhe zhǒngzú yǔ zhǒngzú zhōngjiān zhījiān de mǐngǎn huàtí

但它不存在任何种族与种族中间之间的敏感话题

and it's not a racially sensitive topic.

121

yīnwèi dàjiā dōu dǒng | Nálái kāiwánxiào? | En

因为大家都懂 | 拿来开玩笑? | 嗯

Everybody understands this. | And it can be joked about? | Yes.

122

Yě bùshì shuō zhēnde shì Yìndùrén huì zhuā xiǎohái a,

也不是说真的是印度人会抓小孩啊,

But there is no such thing

123

bù cúnzài zhèyàng de dōngxī

不存在这样的东西

as Indians taking kids.

124

Jiùshì měi yī gè wénhuà zhǎngdà de hái zi,

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就是每一个文化长大的孩子,

Do children from different cultures

125

zài zhǎngdà zhīhòu yǒu méiyǒu gèng qīngxiàng yú zuò

在长大之后有没有更倾向于做

tend to gravitate towards

126

mǒu yī gè hángyè de gōngzuò?

某一个行业的工作?

certain types of jobs when they grow up?

127

Huárén huì gǔlì háizǐ zuò shēngyì

华人会鼓励孩子做生意

(Malaysian) Chinese often encourage their children to go into business.

128

Yìndù rén chuántǒng Yìndù shèhuì lǐmiàn

印度人传统印度社会里面

In traditional Indian society,

129

tāmen de jiējí guānniàn huì bǐjiào qiáng

他们的阶级观念会比较强

there is a strong sense of caste system.

130

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Rúguǒ zhège jiāting tā shì zuò lǚshī de,

如果这个家庭他是做律师的,

If a family is in the legal profession,

131

tāmen shì shì dài dài dōu huì cóngshì lèisì de hángyè

他们世世代代都会从事类似的行业

they will continue in that line of work for generations.

132

Rúguǒ tā zhège jiāting tā shì zuò wéixiū de,

如果他这个家庭他是做维修的,

If a family is in the repair business,

133

nà shì shì dài dài dōu huì zuò wéixiū, tāmen bǐjiào nán huì kuà chūlai

那世世代代都会做维修, 他们比较难会跨出来

they will stick to it for generations as well. It's difficult for them to break out of these traditional roles.

134

Dāngrán fùmǔ dōu huì xiǎng tāmen de hái zǐ chéngwéi gèng hǎo de rén,

当然父母都会想他们的孩子成为更好的人,

Of course, parents always want their children to do better

135

tāmen yě huì jìn nénglì qù bāng tāmen kuà

他们也会尽能力去帮他们跨

and will try to help them move beyond the family trade.

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136

Yǒuxiē kěyǐ, yǒuxiē jiù bǐjiào... Jiù zuò huí lǎo běn háng

有些可以，有些就比较... 就做回老本行

Some can make the transition while others end up returning to the family business.

137

Mǎlái rén guānyuán a, dàbùfen guānyuán shì yǐ Mǎláirén wéi zhǔ

马来人官员啊，大部分官员是以马来人为主

As for Malays, the majority become government officials.

138

Wǒ hǎoxiàng yǒu tīngshuō guo zhège

我好像有听说过这个

I've heard about this too.

139

Xiàng nǐ xué de shì zhōngyī zhuānyè, duìbùduì? | Duì

像你学的是中医专业，对不对？ | 对

So, you studied TCM (traditional Chinese medicine), right? | Yes.

140

Wèishénme huì xuǎnzé zhèyàng de yī gè zhuānyè?

为什么会选择这样的一个专业？

Why did you choose this major?

141

Wǒ zài zhōngxué shíqī wǒ shì bǐjiào nèixiàng de ma,

我在中学时期我是比较内向的嘛，

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During my middle (he meant high) school years, I was quite introverted

142

wǒ yě méiyǒu jīngcháng chūqù wán,
我也没有经常出去玩,
and I didn't go out much.

143

suǒyǐ zhōumò dōu huì qù dǎgōng,
所以周末都会去打工,
So on weekends,

144

dǎgōng de dìfang shì yī gè chiropractor de zhěnsuǒ
打工的地方是一个 chiropractor 的诊所
I would work part-time at a chiropractor's clinic.

145

Gāng kāishǐ jiù chún cuì de qù nàbian shàngbān,
刚开始就纯粹地去那边上班,
Initially, I was just working there,

146

ránhòu guòhòu jiù fāxiàn kāishǐ zài zhè fāngmiàn yǒuxìngqù.
然后过后就发现开始在这方面有兴趣。
but later I started to develop an interest in this field

147

Wǒ kàndào bìng rén jìn lái hěn tóngkǔ,
我碰到病人进来很痛苦,

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我看到病人进来很痛苦,

because when I saw patients who were in pain come in,

148

ránhòu chūqù shì bǎ wèntí jiějué le,

然后出去是把问题解决了,

and then leave with their problems solved,

149

tāmen hěn kāixīn, kěyǐ jiějué tāmen de tòngkǔ

他们很开心, 可以解决他们的痛苦

they were very happy that their pain had been alleviated.

150

Ránhòu wǒ jiù zài zhè jiān zhěng jǐ zhěng suǒ shàngbān

然后我就在这间整脊诊所上班

I continued to work at this chiropractic clinic,

151

dāi dào yīzhí dào wǒ Form 5 bìyè le,

待到一直到我 Form 5 毕业了,

until I graduated from the 11th grade.

152

ránhòu lǎobǎn jiù wèn nǐ yào dú shénme zhuānyè

然后老板就问你要读什么专业

The boss asked me what major I wanted to study.

153

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Ránhòu wǒ shuō kěyǐ kǎolù chiropractor, zhěngjǐxué

然后我说可以考虑 chiropractor, 整脊学

I said I was considering studying chiropractic,

154

Tā shuō nǐ yě kěyǐ kǎolù physical therapy wùlǐzhìliáo

他说你也可以考虑 physical therapy 物理治疗

but he said that I should also consider physical therapy

155

huòzhě shì Chinese medicine chuántǒng zhōngyīxué.

或者是 Chinese medicine 传统中医学。

or TCM.

156

Nà wǒ jiù xuǎnzé le chuántǒng zhōngyīxué.

那我就选择了传统中医学。

So, I chose TCM.

157

Wèishénme? Zhè sān zhě wèishénme yào xuǎn zuìhòu yī gè?

为什么? 这三者为什么要选最后一个?

Why? Out of the three, why did you choose the last one?

158

Yīnwèi zài zhōngyīxué lǐmiàn,

因为在中医学里面,

I found that TCM

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159

wǒ fāxiàn tā hángài de dōngxī shì bǐjiào duō de.

我发现它涵盖的东西是比较多的。

covers a lot of areas,

160

Tā hángài de dōngxī yě yǒu bāokuò kāngfù yùndòng,

它涵盖的东西也有包括康复运动，

including rehabilitation

161

zhěngjǐxué lǐmiàn de yībùfen dōngxī.

整脊学里面的一部分东西。

and some aspects of chiropractic,

162

Suǒyǐ wǒ xué zhōngyī dehuà, wǒ kěyǐ zuò de dōngxī huì gèng duō,

所以我学中医的话，我可以做的东西会更多，

so if I studied TCM, I could do more things,

163

wǒ yǒu de jìnéng zài wǒ yīgèrén shēnshang huì gèng duō.

我有的技能在我一个人身上会更多。

and I would learn more skills.

164

Zhèyàng bìngrén jiù shěng le hěn duō máfan.

这样病人就省了很多麻烦。

This way, I could save my patients a lot of trouble.

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165

Tā lái kàn yīcì yīshēng,

他来看一次医生,

They only need to see one doctor

166

wǒ jiù kěyǐ gèng wánshàn gèng wánzhěng de qù jiějué tā de wèntí,

我就可以更完善更完整地去解决他的问题,

to solve their problems entirely and comprehensively.

167

suǒyǐ wǒ jiù xuǎnzé le zhōngyī.

所以我就选择了中医。

That was why I chose TCM.

168

Nǐ dāngshí xué zhōngyī de shíhòu, nǐ fùmǔ shénme fǎnyìng?

你当时学中医的时候，你父母什么反应？

When you decided to study TCM, what was your parents' reaction?

169

Tāmen shì zhīchí de ma?

他们是支持的吗？

Were they supportive?

170

Fǎnduì | Á, wèishénme?

反对 | 啊，为什么？

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They were against it. | Why?

171

Jiù xiàng wǒ gāngcái suǒ shuō de,

就像我刚才所说的,

As I mentioned earlier,

172

wǒ xiǎoxué huòzhě yǐqián wǒ dōu méiyǒu jiēchù guo zhōngyī,

我小学或者以前我都没有接触过中医,

before primary school or earlier, I had never been exposed to TCM,

173

suǒyǐ wǒ duì zhōngyī de rènzhī shì wánquán shì líng de,

所以我对中医的认知是完全是零的,

so my understanding of TCM was zero,

174

Wǒ fùmǔ yě huì juéde nǐ xué zhōngyī yǐhòu nǐ néng zhǎo chī ma?

我父母也会觉得你学中医以后你能找吃吗?

and my parents were worried whether or not I could make a living as a TCM doctor.

175

Tāmen shuō nǐ kàn zhè mén kè zhème shǎo xuésheng lái bàomíng,

他们说你看这门课这么少学生来报名,

They said: "See how few students are signing up for this major,

176

nǐ quèdìng nǐ hái yào jìxù bàomíng ma?

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你确定你还要继续报名吗?

are you sure you want to do this?"

177

Wǒ shuō wǒ quèdìng

我说我确定

I said I was sure.

178

Dànshì xiànzài nénggòu kàndào fùmǔ de fǎnyìng,

但是现在能够看到父母的反应,

But now, I can see from their behaviors

179

tāmen shì wánquán zhīchí de.

他们是完全支持的。

that they are fully supportive (of this decision).

180

Dāngshí bàomíng de rén duō ma? Nǐmen bān yǒu duōshao gè rén?

当时报名的人多吗? 你们班有多少个人?

Were there many people signing up for this major? How many people were there in your class?

181

Bù duō, quèshí bù duō,

不多, 确实不多,

Not many,

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182

yīnwèi zài Mǎláixīyà xué zhōngyī de rén yǐqián huì xiāngduì de shǎo,

因为在马来西亚学中医的人以前会相对地少,

because there were relatively fewer people studying TCM in Malaysia before,

183

xiànzài huì màn màn de zhú jiàn zēng duō.

现在会慢慢地逐渐增多。

but now it's gradually increasing.

184

Nǐmen bān yǒu duōshao gè rén xué zhōngyī?

你们班有多少个人学中医?

How many students were there in your class?

185

Wǒ běnshēn de bān jiù zhǐ yǒu jǐ gè, bù chāo guò shí gè

我本身的班就只有几个, 不超过十个

In my class, there were only a few, less than ten.

186

Zhème shǎo a? | Hěn shǎo hěn shǎo

这么少啊? | 很少很少

So few?! | Yes, very few.

187

Wǒmen shàngkè dōu yào hé qítā de bān hé qilai.

我们上课都要和其他的班合起来。

(So few that) we had to combine our class with other classes.

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188

Wǒ kàn nǐ shuōhuà zhème wēnróu, wǒ yě biànde hǎo wēnróu

我看你说话这么温柔，我也变得好温柔

You speak so softly that I have become soft-spoken as well.

189

Háishì wǒ xūyào... | Méiguānxi, jiùshì nǐ zuò nǐ zìjǐ jiù hǎo.

还是我需要... | 没关系，就是你做你自己就好。

Should I... | It's okay. Just be yourself.

190

Nǐ píngcháng jiùshì zhèyàng de ma?

你平常就是这样的吗？

Are you always like this?

191

Xiāngduì de bǐjiào wēnróu.

相对地比较温柔。

Yes, I am soft-spoken.

192

Yīnwèi yīshēng ma, rúguǒ nǐ shì shuōhuà bǐjiào cūlǔ,

因为医生嘛，如果你是说话比较粗鲁，

Because as a doctor, if you speak rudely

193

jiézòu bǐjiào kuài, bìng rén de jiézòu yě gěi nǐ dài kuài

节奏比较快，病人的节奏也给你带快

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and quickly, the patient will also be affected.

194

Tā yǐjīng hěn bùshūfu, hěn bù kāixīn le,

他已经很不舒服，很不开心了，

They're already very sick and unhappy,

195

suǒyǐ wǒmen bìxū yào... wǒ běnshēn shì huì bǎ jiézòu gěi lǎ màn.

所以我们要... 我本身是会把节奏给拉慢。

so we must... I personally will slow down my pace.

196

Ránhòu bìng rén kěyǐ gèng hǎo de bǎ tā de tòngkǔ gěi shuō chūlai.

然后病人可以更好地把他的痛苦给说出来。

That way, the patients will feel more comfortable talking about their pains.

197

Qíshí wǒ hěn hàoqí nǐ zài dàxué de shíhòu dōu huì xué shénme kèchéng ne?

其实我很好奇你在大学的时候都会学什么课程呢？

Actually, I am curious, what lessons do you take in university?

198

jiùshì zhōngyī tāmen yào xué nǎxiē dōngxi ne?

就是中医他们要学哪些东西呢？

What kind of TCM courses did you take?

199

Zuì jīchǔ de kèchéng jiùshì zhōngyī jīchǔ lǐlùn.

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最基础的课程就是中医基础理论。

The most fundamental course was Basic Theory of TCM.

200

Wǒ shàng de shíhòu yě huì mí máng,

我上的时候也会迷茫,

When I just started, it was very confusing to me

201

yīnwèi suǒ xué de dōngxi shì cóngwèi jiēchù guo de.

因为所学的东西是从未接触过的。

because I had never been exposed to it.

202

Ránhòu nǐ gāng kāishǐ qù jiēchù zhèxiē lǐlùn,

然后你刚开始去接触这些理论,

And when I first learned about it,

203

nǐ yě huì fāxiàn zěnmē gēn wǒ yǐwǎng shàng de kēxué shì bù yíyàng de?

你也会发现怎么跟我以往上的科学是不一样的?

I found that it was different from the science I had learned previously.

204

Dāng xué xí wán le,

当学习完了,

But after I finished studying it,

205

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wǒ fāxiàn lǐmiàn de lǐlùn qíshí hěn kēxué de,

我发现里面的理论其实很科学的,

I found that the theories were actually very scientific

206

tā jiùshì wǒmen shēnghuó de yībùfēn lái de

它就是我们生活的一部分来的

and that they were part of our life.

207

Bǐrúshuō yīnyáng a wǔxíng a,

比如说阴阳啊五行啊,

For example, Yin and Yang, the Five Elements,

208

dōu kěyǐ wánwánquánquán de zài wǒmen shēnghuó zhōng

都可以完完全全地在我们生活中

which could all be found

209

zhǎodào de dōngxi lái de.

找到的东西来的。

in our everyday life.

210

Shénme shì wǔxíng?

什么是五行?

What are the Five Elements?

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211

Jiùshì zhōngyī lǐlùn lǐmiàn huì rènwéi

就是中医理论里面会认为

In TCM theory, it is believed that

212

suǒyǒu de dōngxi dōu yǒu tā de shǔxìng.

所有的东西都有它的属性。

everything has its properties.

213

Shǔxìng yǒu fēnwéi wǔ lèi, mù, huǒ, tǔ, jīn, shuǐ

属性有分为五类，木、火、土、金、水

These properties are divided into five categories: wood, fire, earth, metal and water.

214

yòu huòzhě shì suǒyǒu de dōngxi dōu kěyǐ bǎ tā fēnwéi yīn hé yáng.

又或者是所有的东西都可以把它分为阴和阳。

Or, everything can be categorized as Yin and Yang.

215

Tīng zhe shì yǒudiǎn fùzá

听着是有点复杂

It sounds a bit complicated.

216

Zhōngyī yǒu yī gè fāngfǎ dàjiā kěnéng dōu zhīdào de jiùshì zhēnjiǔ.

中医有一个方法大家可能都知道的就是针灸。

A method TCM uses that many people may know about is acupuncture.

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217

Nà nǐmen xué zhēnjiǔ de shíhou shì zěnmé xué de ne?

那你们学针灸的时候是怎么学的呢?

How did you learn acupuncture?

218

Zhā biéren ma?

扎别人吗?

Did you practice on others?

219

Dìyī zhēn zhā de shì zìjǐ

第一针扎的是自己

We first practiced on ourselves.

220

Pà bùpà? | Pà, fēicháng pà!

怕不怕? | 怕, 非常怕!

Were you scared? | Yes, very scared!

221

Yīnwèi zhēn jìnqu de shíhou

因为针进去的时候

When acupuncture needles are inserted,

222

huì yǒu suān, má, zhàng de gǎnjué

会有酸、麻、胀的感觉

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there may be sensations of soreness, numbness and tingling.

223

Wǒ běnshēn huì bǐjiào pà zhèzhǒng gǎnjué.

我本身会比较怕这种感觉。

I personally fear these kinds of sensations.

224

Dànshì tā quèshí shì yǒu tā de xiàoguǒ zài de

但是它确实是有它的效果在的

But it does have an effect.

225

Zhōngyī zài Mǎláixīyà de jiēshòu chéngdù gāo ma?

中医在马来西亚的接受程度高吗?

How well is TCM accepted in Malaysia?

226

Zhǔliú yīxué hái shì yǐ xīyī wéizhǔ,

主流医学还是以西医为主,

The mainstream medicine is still Western,

227

suǒyǐ yībānrén shēngbìng le, tā dōu huì qù zhǎo xīyī

所以一般人生病了, 他都会去找西医

so when people get sick, they usually go to Western doctors.

228

Yǒuyīxiē niǚshāng a diē shāng a tāmen jiù huì qù zhǎo zhōngyī,

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有一些扭伤啊跌伤啊他们就会去找中医,

For sprains or injuries, they might go see a TCM doctor,

229

qítā de qíngkuàng, qítā de bìng tāmen dōu huì zhǎo xīyī wéizhǔ.

其他的情况, 其他的病他们都会找西医为主。

but for other conditions or diseases, they mainly go see Western doctors.

230

Dànshì qíshí wǒmen zhōngyī zhìliáo...

但是其实我们中医治疗...

But actually,

231

Nénggòu zhìliáo de bìng zhǒng fànwéi shì hěn guǎng de

能够治疗的病种范围是很广的

the range of diseases that TCM can treat is very broad.

232

hé xīyī shì yīyàng de fànwéi, yīyàng de fēn kē.

和西医是一样的范围, 一样的分科。

It's the same as Western medicine, and with the same specialties.

233

Wǒmen yě yǒu fùkē a gǔ shāng kē a, píwèi kē a

我们也有妇科啊骨伤科啊、脾胃科啊

We also have gynecology, orthopedics, and gastroenterology.

234

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Dàn shìbùshì yīxiē jízhèng jiù kàn xīyī bǐjiào hǎo?

但是不是一些急症就看西医比较好?

But for some emergencies, is it better to see a Western doctor?

235

Zhōngyī nǐ hǎoxiàng méiyǒu bànfǎ kāidāo a zuò shǒushù shénmede.

中医你好像没有办法开刀啊做手术什么的。

It seems that TCM cannot perform surgeries, right?

236

Dāngrán le, rúguǒ yǒuyīxiē bìngqíng shì xūyào kāidāo,

当然了, 如果有一些病情是需要开刀,

Of course, if the condition requires surgery

237

xūyào hěn xiānjìn de jìshù, nà kěndìng shì yǐ xīyī wéizhǔ.

需要很先进的技术, 那肯定是以西医为主。

and advanced technology, Western medicine will definitely be better.

238

Ránhòu nǐ kāidāo guòhòu de kāngfù de tiáolǐ,

然后你开刀过后的康复的调理,

But after surgery, for rehabilitation,

239

nǐ jiù kěyǐ xuǎnzé zhōngyī.

你就可以选择中医。

you can choose TCM.

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240

Zhǐyǒu zài zhèyàng de qíngkuàng xià,

只有在这样的情况下,

Only this way,

241

bìng rén jiù huì dé dào gèng wán shàn de zhào gu,

病人就会得到更完善的照顾,

will patients receive more comprehensive care.

242

suǒ yǐ zhōng yī xī yī hù xiāng jié hé shì zuì hǎo de.

所以中医西医互相结合是最好的。

So it's best to combine the two types of medicines.

243

Jiù shì zhōng yī tā kě néng gèng piān xiàng yú zhì liáo màn xìng de jí bìng,

就是中医它可能更偏向于治疗慢性的疾病,

TCM might be more suitable for treating chronic diseases,

244

duì bù duì?

对不对?

right?

245

Zhè yě bù yī dìng, bǐ rú shuō lào zhěn

这也不一定, 比如说落枕

Not necessarily, for example, a stiff neck,

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246

yě shì jíxìng de téngtòng, wǒmen yě shì kěyǐ chǔlǐ de.

也是急性的疼痛，我们也是可以处理的。

which is an acute pain, we can also handle.

247

Bǐrúshuō jíxìng de wèitòng, nǐ yào yòng zhēnjiǔ a qù chǔlǐ jiǎn tòng

比如说急性的胃痛，你要用针灸啊去处理减痛

For acute stomachache, we will use acupuncture to ease the pain

248

Chǔlǐ de tóngshí, wǒmen yě huì qù zhǎo nǐ de wèntí de gēnyuán zài nǎlǐ

处理的同时，我们也会去找你的问题的根源在哪里

and at the same time, we will look for the root cause of the problem

249

wǒmen yě huì ràng nǐ qù xīyī nàbian zuò jiǎnchá, rúguǒ yǒu xūyào dehuà

我们也会让你去西医那边做检查，如果有需要的话

and if necessary, advice you to go for a Western medical exam.

250

Wǒmen dàxué xué zhēnjiǔ, tuīná, zhōngyào,

我们大学学针灸、推拿、中药，

We studied acupuncture, massage, and TCM in university,

251

dàxué yě xué le xīyī de jīběn zhīshi.

大学也学了西医的基本知识。

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but we also studied the basic knowledge of Western medicine.

252

Xīyī de bàogào wǒmen shì kěyǐ kàn,

西医的报告我们是可看,

We can read Western medical reports

253

wǒmen yě kàn de dǒng bìngrén de qíngkuàng shì zěnmeyàng,

我们也看得懂病人的情况是怎么样,

and understand the patients' condition (based on them).

254

suǒyǐ wǒmen kěyǐ hěn hǎo de qù bǎ zhège bìngrén gěi jiē guòlai

所以我们可以很好地去把这个病人给接过来

So we can take over the patients (from Western hospitals)

255

zài jìxù zhàogu tā.

再继续照顾他。

and continue treating them.

256

Nà shìbùshì kěyǐ zhèyàng lǐjiě, xué zhōngyī huì gèng lèi ne?

那是不是可以这样理解, 学中医会更累呢?

So, is it fair to say that studying TCM is more tiring

257

Yīnwèi nǐ liǎng zhǒng yīxué dōu yào xuéxí ma

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因为你两种医学都要学习嘛

because you have to learn both types of medicines?

258

jiùshì nǐ gānggang shuō de xīyī kè yě shì yǒu de.

就是你刚刚说的西医课也是有的。

As you just mentioned, there was also Western medicine involved (in your study).

259

Fùdān huì bǐjiào zhòng lo, yīnwèi nǐ chúle kàn zhōngyī de nèiróng,

负担会比较重咯，因为你除了看中医的内容，

Yes, there's more burden because in addition to reading about TCM,

260

xīyī nèiróng nǐ yě kàn

西医内容你也看

we also need to read about Western medicine.

261

Nǐ bìxū qù yīzhí dú xīn de zhōngyī de dōngxī, xīn de xīyī de dōngxī.

你必须去一直读新的中医的东西，新的西医的东西。

We must keep up with new information on both, TCM and Western medicine.

262

Lèi bù lèi qíshí yě shì kàn gèrén la,

累不累其实也是看个人啦，

Whether it's tiring or not really depends on the individual.

263

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zhǐyào wǒ juéde shì wǒ de xìngqù,

只要我觉得是我的兴趣,

As long as I find it interesting,

264

zài lèi de qíshí yě bùshì shénme shì

再累的其实也不是什么事

it's not a big deal.

265

Nǐ xué le zhōngyī zhīhòu huì gěi nǐ de shēnghuó

你学了中医之后会给你的生活

Does learning TCM

266

dàilái shénme tèbié de hǎochu ma?

带来什么特别的好处吗?

bring any benefits to your personal life?

267

Zuì zhíjiē de hǎochu jiùshì wǒ nénggòu zhàogu wǒ de jiārén.

最直接的好处就是我能照顾我的家人。

The most direct benefit is that I can take care of my family.

268

Yǐqián jiārén shēngbìng jiù huì kàn yīshēng,

以前家人生病就会看医生,

In the past, when family members got sick, they would go see a doctor.

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269

xiànzài tāmen shēngbìng gěi wǒ dǎdiànhuà,

现在他们生病给我打电话,

Now, when they get sick, they will call me

270

ràng wǒ kāiyào, ràng wǒ huíqu zuò zhìliáo

让我开药, 让我回去做治疗

and ask me to prescribe medicine or give them treatments when I get home.

271

Miǎnfèi de ma? | Duì, dōu miǎnfèi de

免费的吗? | 对, 都免费的

For free? | Sure.

272

Zìjǐ de fùmǔ a zìjǐ de qīnqī péngyou men

自己的父母啊自己的亲戚朋友们

They're my parents, relatives and friends.

273

Huìbùhuì yīnwèi zhège nǐ hěn shòuhuānyíng?

会不会因为这个你很受欢迎?

Does this make you popular (with them)?

274

Yě bùhuì yīnwèi zhège hěn shòuhuānyíng,

也不会因为这个很受欢迎,

Not really.

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275

dànshì guònián guòjié, bǐrúshuō nónglìxīnnián ma

但是过年过节，比如说农历新年嘛

But during Chinese New Year,

276

dàjiā qīnqī péngyou dōu hěn jiǔ cái jiànmiàn yīcì,

大家亲戚朋友都很久才见面一次，

since we don't meet very often,

277

tā dǒng nǐ zuò zhōngyī, tā jiù huì wèn,

他懂你做中医，他就会问，

when they find out that I practice TCM, they will ask me

278

lái gěi wǒ bǎ gè mài, kànkàn wǒ yǒu shénme wèntí

来给我把个脉，看看我有什么问题

to take their pulses and see if there's anything wrong with them.

279

Suǒyǐ nǐ xià le bān yě gēn shàngbān yīyàng, shìbùshì?

所以你下了班也跟上班一样，是不是？

So, even after work, it still feels like you're at work, right?

280

Yǒushíhòu, dànshì guònián guòjié wǒ yībān dōu méiyǒu kàn le,

有时候，但是过年过节我一般都没有看了，

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Yes, sometimes. But during Chinese New Year or other festivals, I generally don't do it

281

wǒ jiù shuō wǒmen lái liáo liáo qítā de

我就说我们来聊聊其他的

and I will tell them: "Let's talk about something else."

282

nǐ zěnmē yòu yào wǒ shàngbān le? Dà niánchū yī

你怎么又要我上班了？大年初一

Why do you want me to work the first day of the year?"

283

Chúfēi tā zhēnde shì hěn jíxìng de bùshūfu,

除非他真的是很急性的不舒服，

Unless they have an acute illness

284

nà wǒ hái shì huì bāngmáng de.

那我还是会帮忙的。

and in that case, I will help.

285

Nǐ zài dàxué xué le jǐnián?

你在大学学了几年？

How many years did you study at the university?

286

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Wǒmen zhōngyī de běnkē shì wǔ nián de,

我们中医的本科是五年的,

Our TCM undergraduate program was five years,

287

ránhòu yǒu yī nián shì zài

然后有一年是在

and in the last year,

288

Zhōngguó Jiāngsū shěng Yángzhōu shì de zhōng yīyuàn shíxí.

中国江苏省扬州市的中医院实习。

I was an intern at a TCM hospital in Yangzhou, Jiangsu province.

289

Āi, zěnmé huì qù dào nàlǐ shíxí ne?

唉, 怎么会去到那里实习呢?

Why did you go there for internship?

290

Jiù tīng xuéjiě xuézhǎng shuō Yángzhōu huì bǐjiào hǎo, nà wǒ jiù xuǎn le

就听学姐学长说扬州会比较好, 那我就选了

I just heard from schoolmates before me that Yangzhou was nice, so I chose it.

291

yě méiyǒu shuō shénme tèbié de yuányīn xuǎn le Yángzhōu.

也没有说什么特别的原因选了扬州。

There wasn't any particular reason.

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292

Fǎnzhèng duìwǒláishuō, zhǐyào nǐ de xīn shì yǒu xuéxí de xīn,

反正对我来说，只要你的心是有学习的心，

For me anyway, if I had the desire to learn,

293

nǐ qù dào nǎlǐ hái shì yīyàng xuéxí de.

你去到哪里还是一样学习的。

it wouldn't matter where I went.

294

Bùrán gěi nǐ zài hǎo de yīyuàn, nǐ bù xuéxí nǐ yě xué bù dào dōngxi.

不然给你再好的医院，你不学习你也学不到东西。

Otherwise, even if you're in the best hospital, you still won't learn much.

295

Dāngshí qù de shíhòu shì nǐ yīgèrén hái shì yǒu qítā de tóngxué?

当时去的时候是你一个人还是有其他同学？

Did you go there alone or with your classmates?

296

Wǒmen yǔ qítā tóngxué yìqǐ qù de.

我们与其他同学一起去的。

I went with my classmates.

297

Nà shì nǐ dìyīcì qù Zhōngguó ma? | Duì

那是你第一次去中国吗？ | 对

Was it your first time in China? | Yes.

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298

Gāng xiàfēijī duì Zhōngguó de yìnxiàng shì shénme? Shénme gǎnjué?

刚下飞机对中国的印象是什么？什么感觉？

What was your impression when you got off the airplane? How did it feel?

299

Yīnwèi Mǎláixīyà tiānqì bǐjiào yánrè ma,

因为马来西亚天气比较炎热嘛，

The weather in Malaysia is (always) hot.

300

ránhòu wǒ qù de shíhòu shì jiējìn niánwěi, qiūtiān le

然后我去的时候是接近年尾，秋天了

When I arrived there, it was close to the end the year. It was already autumn.

301

suǒyǐ yī chūqù jīchǎng jiù juéde hěn lěng,

所以一出去机场就觉得很冷，

So as soon as I got out of the airport, I felt very cold

302

jiù mǎshàng yào chuān chángxiù yī ya

就马上要穿长袖衣呀

and had to put on long-sleeved clothes immediately.

303

Ránhòu jiēxiàlái de yìnxiàng jiù bǐjiào bùhǎo,

然后接下来的印象就比较不好，

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The next impression was not so good,

304

yīnwèi qiánmiàn de shūshu jiù wǎng dìshang gěi tǔtán,

因为前面的叔叔就往地上给吐痰,

because an "uncle" in front of me spat on the ground,

305

ránhòu jiù huì juéde, zěnmē zhèlǐ de rén dōu suídi tǔtán?

然后就会觉得, 怎么这里的人都随地吐痰?

and I was thinking: "Why do people here spit on the ground?"

306

Zhèbiān bǐjiào shǎo, shì ba?

这边比较少, 是吧?

It's less common here, right?

307

Zhèlǐ bǐjiào shǎo, yě yǒu de, dàn bǐjiào shǎo

这里比较少, 也有的, 但比较少

Yes. There are some that do it, but not very common.

308

Nǐ zài Yángzhōu shíxí de zhè yī nián qījiān

你在扬州实习的这一期间

Did you notice any cultural differences

309

yǒuméiyǒu fāxiàn shénme wénhuà chāyì,

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有没有发现什么文化差异,

during your year-long internship in Yangzhou,

310

háishi shuō yīnwèi dōu shì huárén, méiyǒu shénme tài dà de chāyì?

还是说因为都是华人, 没有什么太大的差异?

or did you feel it was almost the same, since we're all Chinese?

311

Yángzhōu rén bǐjiào yǒushàn,

扬州人比较友善,

People in Yangzhou were quite friendly.

312

tāmen zhīdào wǒ shì Mǎláixīyà rén,

他们知道我是马来西亚人,

When they found out that I was from Malaysia,

313

tāmen huì tèbié de rèqíng, ránhòu huì wèn bǐjiào duō de wèntí,

他们会特别地热情, 然后会问比较多的问题,

they would be even more welcoming and asked me many questions,

314

Mǎláixīyà rén zěnmeyàng?

马来西亚人怎么样?

(such as,) "How are Malaysians like?"

315

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Nǐmen huárén gēn wǒmen yī bù yī yàng?

你们华人跟我们一不一样?

and "Are (Malaysian) Chinese different from us?".

316

Qíshí bù yī yàng de dìfāng shì... zuì dà de shì yǔ yán.

其实不一样的地方是... 最大的是语言。

Actually, the differences are... The biggest one is language.

317

Wǒmen jiǎnghuà huì chuānchā bù tóng de yǔ yán,

我们讲话会穿插不同的语言,

When we talk, we mix in different languages.

318

bǐrúshuō yījù huà lǐ miàn Zhōngwén yě yǒu Mǎláiwén,

比如说一句话里面中文也有马来文,

For example, within one sentence, there might be Chinese, Malay

319

yě yǒu Yīngwén zài lǐ miàn de.

也有英文在里面的。

and English.

320

Gāng kāishǐ de shíhòu bù xíguàn,

刚开始的时候不习惯,

At first, I wasn't used to (being in China),

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321

suǒyǐ wǒ shuō Zhōngwén de shíhòu huì bùjīngyì de shuō le Yīngwén,

所以我说中文的时候会不经意地说了英文,

when I spoke Chinese, I would unconsciously use English

322

bùjīngyì de shuō le Mǎláiwén, xūyào shíjiān qù shìyìng.

不经意地说了马来文, 需要时间去适应。

and Malay. I needed some time to adjust.

323

Nǐ jīntiān dōu méiyǒu shuō Yīngwén

你今天都没有说英文

You didn't speak any English today.

324

Tiáozhěng guòlái le

调整过来了

I've adjusted myself.

325

Hǎo, nà dāngshí nǐ zài hùnhé jǐ zhǒng yǔyán jiǎng de shíhòu,

好, 那当时你在混合几种语言讲的时候,

When you were speaking with a mixture of languages,

326

tāmen huìbùhuì juéde nǐ hěn qíguài?

他们会不会觉得你很奇怪?

did they think you were strange?

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327

Huì de, tāmen shuō tīng bù míngbai.

会的，他们说听不明白。

Yes, they said they couldn't understand me.

328

Nǐ juéde nǐmen zhèbiān de Zhōngwén

你觉得你们这边的中文

Do you think there is a difference between the Chinese spoken here (in Malaysia)

329

gēn dàlù nàbian de Zhōngwén yǒu qūbié ma?

跟大陆那边的中文有区别吗？

and the Chinese spoken in China?

330

Yǒu a, yòngcí shàng huì yǒu qūbié de

有啊，用词上会有区别的

Yes, there are differences in the words we use.

331

Jíshǐ wǒ shì yòng le wánzhěng de Zhōngwén qù shuō,

即使我是用了完整的中文去说，

Even if I used only Chinese,

332

nàlǐ de āyí háishi hé wǒ shuō, wǒ méi tīngdǒng | Shì ma?

那里的阿姨还是和我说，我没听懂 | 是吗？

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the "aunties" in China still said: "I don't understand." | Really?

333

Wǒ yào shuō de nà jù huà, kěnéng tā de gòucí a,

我要说的那句话，可能它的构词啊，

Perhaps, the construction of the sentence

334

qiánhòu yǒuyīxiē bù yīyàng,

前后有一些不一样，

or the word order was different (from mainland Chinese),

335

tāmen jiù méi tīngdǒng,

他们就没听懂，

so they couldn't understand

336

ránhòu wǒ jiù yào zài chóngfù yòng bùtóng de fāngshì zài shuō yībiàn,

然后我就要再重复用不同的方式再说一遍，

and I had to repeat it in a different way.

337

zuihòu tāmen hái shì tīngdedǒng la.

最后他们还是听得懂啦。

Eventually, they would understand.

338

Háiyǒu yī gè jiùshì hé Mǎláixīyà bù yīyàng de dìfang

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还有一个就是和马来西亚不一样的地方

Another difference from Malaysia is that

339

fāxiàn Zhōngguó de shèshī dōu hěn fāngbiàn de

发现中国的设施都很方便的

the facilities in China are very convenient,

340

bǐrúshuō wàimài, kuàidì, gōngjiāo a, gāotiě a

比如说外卖，快递、公交啊、高铁啊

such as, ordering takeout, express delivery, public transportation and high-speed rail.

341

zhèzhǒng dōu shì bǐ Mǎláixīyà fāngbiàn hěn duō.

这种都是比马来西亚方便很多。

All these were much more convenient than in Malaysia.

342

Kuàidì shì tèbié nénggǎn dào de

快递是特别能够感受到的

I could feel the (difference) especially on express delivery,

343

yīnwèi wǒ kāishǐ wǎnggòu

因为我开始网购

because I started doing online shopping (in China).

344

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wǒ huílai Mǎláixīyà jīběn méiyǒu wǎnggòu.

我回来马来西亚基本没有网购。

I rarely shop online after I came back to Malaysia.

345

Dànshì nǐ shuō wàimài dehuà wǒ jiù diǎn de bǐjiào shǎo,

但是你说外卖的话我就点得比较少,

But I didn't order takeout food much (in China)

346

yīnwèi wǒ shì yào bùduàn chūqù bùtóng de dìfang.

因为我是不断出去不同的地方。

because I wanted to go to different places.

347

Qù chángshì shì ba? | Duì

去尝试是吧? | 对

To try (things)? | Yes.

348

Wǒ huì qí zìjǐ diànpíngchē, wǎnshàng qù zhèlǐ chī qù nàlǐ chī.

我会骑自己电瓶车，晚上去这里吃去那里吃。

I would ride my E-bike and try food at different places at night.

349

Ránhòu wǒ zài Yángzhōu zhǎngxiàng yě hěn xiàng Zhōngguó rén ma,

然后我在扬州长相也很像中国人嘛，

Also in Yangzhou, since I look Chinese

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350

shuōhuà de fāngshì yě bǐjiào xiàng Guǎngdōngrén,

说话的方式也比较像广东人,

and the way I speak sounds like someone from Guangdong,

351

suǒyǐ yībān tāmen dōu rènwéi wǒ shì Guǎngdōngrén.

所以一般他们都认为我是广东人。

they all thought I was from Guangdong.

352

Nà wǒ qí diànpíngchē

那我骑电瓶车

When I rode my E-bike,...

353

gānghǎo yángzhōu de diànpíngchē xūyào guàpái

刚好扬州的电瓶车需要挂牌

E-bikes were required to be registered in Yangzhou,

354

Nàlǐ shì bǐjiào duō dàxuéshēng de,

那里是比较多大学生的,

and there were many college students (around where I lived).

355

ránhòu rúguǒ dàxuéshēng shì yáng rén de yàngzi,

然后如果大学生是洋人的样子,

If the students were Westerners,

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356

tāmen qí diànpíngchē jiāotōngjǐngchá jiù huì tíng tāmen,

他们骑电瓶车交通警察就会停他们,

the traffic police would stop them

357

wèn tāmen yǒuméiyǒu zhízhào a zhīlèi de dōngxi

问他们有没有执照啊之类的东西

and check if they had a license, and so on.

358

Ránhòu wǒ de yàngzi jiù bǐjiào xiàng běndìrén,

然后我的样子就比较像本地人,

But since I looked like a local,

359

yībān wǒ dōu méiyǒu shìqíng de.

一般我都没有事情的。

I didn't have this problem.

360

Jiù méiyǒu rén chá nǐ, shìbùshì?

就没有人查你, 是不是?

Nobody checked you?

361

Dōu méiyǒu rén chá wǒ, wǒ jiù hěn zìyóu de zǒu lái zǒu qù.

都没有人查我, 我就很自由地走来走去。

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No. I could move around quite freely.

362

Qí diànpíngchē shì xūyào jiàzhào de ma?

骑电瓶车是需要驾照的吗?

Did you need a driver's license to ride an E-bike?

363

Bù xūyào jiàzhào, tā xūyào nǐ de chē yǒu nàge zhèng

不需要驾照，它需要你的车有那个证

No, but the vehicle needed a license.

364

Zài yīyuàn shíxí de qījiān

在医院实习的期间

During your internship at the hospital,

365

yǒuméiyǒu fāshēng guo shénme yǒuqù de shìqíng?

有没有发生过什么有趣的事情?

did anything interesting happen?

366

Bǐjiào yǒuqù de shì jiùshì tāmen dǒng wǒ néng shuō Yīngwén,

比较有趣的事就是他们懂我能说英文,

What was interesting was that since they knew I could speak English,

367

tāmen jiù wèn, yǒurén yào lái cānguān wǒmen de yīyuàn,

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他们就问，有人要来参观我们的医院，

they told me that some people were coming to our hospital for a visit,

368

nǐ néng bùnéng qù dāng fānyì yuán?

你能不能去当翻译员？

and asked if I could be the translator.

369

Wǒmen shuō Zhōngwén nǐ jiù fānyì gěi tā tīng Yīngwén,

我们说中文你就翻译给他听英文，

They wanted me to translate their Chinese into English

370

wǒ jiù shuō hǎo a

我就说好啊

and I said "okay".

371

Dāngshí tāmen lái cānguān de rén shì Sūdān de rén, tāmen shì mùsīlín.

当时他们来参观的人是苏丹的人，他们是穆斯林。

The visitors were from Sudan and they were Muslims.

372

Nà wǒ Mǎláixīyà yě shì mùsīlín de guójiā ma,

那我马来西亚也是穆斯林的国家嘛，

Since Malaysia is also a Muslim country,

373

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ránhòu wǒ dǒng mùsīlín yǔ mùsīlín zhījiān shì zěnmē dǎzhāohu de.

然后我懂穆斯林与穆斯林之间是怎么打招呼的。

I knew how Muslims greeted each other.

374

Ránhòu tāmen cóng chē yī xiàlai,

然后他们从车一下来,

So when they got out of the bus,

375

wǒ jiù yòng le nàge fāngshì hé tāmen dǎzhāohu,

我就用了那个方式和他们打招呼,

I greeted them (the Muslim way).

376

tāmen de biǎoqíng jiùshì hěn jīngyà,

他们的表情就是很惊讶,

They were very surprised

377

zěnmē zhège Zhōngguó rén nénggòu

怎么这个中国人能够

and wondered how did a Chinese know

378

yòng zhèzhǒng fāngshì lái hé wǒ dǎzhāohu?

用这种方式来和我打招呼?

their way of greeting each other.

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379

Hěn jīngxǐ, shì ba? | Tāmen juéde hěn jīngxǐ

很惊喜，是吧？ | 他们觉得很惊喜

A pleasant surprise? | They felt surprised.

380

Háiyǒu yī gè bǐjiào yǒuqù de jiùshì bìngrén wèn míng lǎo zhōngyī,

还有一个比较有趣的就是病人问名老中医，

Another interesting thing happened when a patient asked an old Chinese doctor

381

zhège yào zěnmē jiān zěnmē zhǔ,

这个药怎么煎怎么煮，

how they should prepare the medicine.

382

ránhòu yībān wǒmen dōu huì shuō bǎ shuǐ gěi zhǔkǎi,

然后一般我们都会说把水给煮开，

We usually tell them

383

jiù dàibiǎo bǎ shuǐ gěi zhǔ fèiténg.

就代表把水给煮沸腾。

to boil the water.

384

Ránhòu zài wǒmen Mǎláixīyà shuō Yuèyǔ shuǐ gǔn

然后在我们马来西亚说粤语水滚

In Malaysia, we say "shui gun" which means "boiling water" (in Cantonese).

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385

Shuǐ gǔn jiùshì... yìsī jiùshì bǎ shuǐ zhǔkāi

水滚就是... 意思就是把水煮开

"Shui gun" means to bring the water to a boil.

386

Ránhòu zhège bìng rén dāngxià jiù wèn le, bǎ shuǐ zhǔ dào shénme chéngdù?

然后这个病人当下就问了，把水煮到什么程度？

When the patient asked, to what extend should the water be boiled,

387

Yībān nǐmen shì shuō "Kāi",

一般你们是说“开”，

the Chinese might say "kai" (boiled),

388

ránhòu zhège Mǎláixīyà xuésheng jiù huídá "gǔn".

然后这个马来西亚学生就回答“滚”。

but a Malaysian student (instead of saying "kai"), said "gun" (which also means "get lost").

389

Nà duìfāng bùshì hěn shēngqì ma?

那对方不是很生气吗？

Didn't the patient get angry?

390

Duì, ránhòu nàge lǎo zhōngyī tā jiù mǎshàng de shuō

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对，然后那个老中医他就马上地说

Yes, but the old Chinese doctor immediately said that

391

tāmen shì Mǎláixīyà xuésheng,

他们是马来西亚学生，

these students are from Malaysia

392

tāmen shuō shuǐ gǔn de yìsi jiùshì bǎ shuǐ zhǔkāi,

他们说水滚的意思就是把水煮开，

and "shui gun" just means to boil the water.

393

bùshì jiào nǐ gǔn.

不是叫你滚。

He was not asking you "to get lost".

394

Zhège yě shì yī gè yǔyán shàng de wénhuà chāyì le.

这个也是一个语言上的文化差异了。

This is also a cultural difference in language.

395

Ránhòu hái yǒu yī gè chāyì jiùshì

然后还有一个差异就是

Another difference is

396

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wǒmen zài Yángzhōu yào zhǎo fángzi zhù ma,

我们在扬州要找房子住嘛,

when we were looking for a place to live in Yangzhou,

397

ránhòu zhǎodào yī jiān fángzi wǒmen jiù bān jìnqu le.

然后找到一间房子我们就搬进去了。

we found one and moved in.

398

Wǒ jiù bù lǐjiě wèishénme zài mǎtǒng gébì huì yǒu yī gè lājītǒng,

我就不理解为什么在马桶隔壁会有一个垃圾桶,

But we couldn't understand why there was a garbage can next to the toilet.

399

ránhòu nàge fángdōng qiāndīngwànzhǔ de shuō,

然后那个房东千叮万嘱地说,

The landlord repeatedly instructed us

400

nǐmen yòng de cèzhǐ bùnéng wǎng mǎtǒng lǐmiàn diū,

你们用的厕纸不能往马桶里面丢,

to not throw paper down the toilet

401

yīdìngyào diū zài cèzhǐ... diū zài nàge lājītǒng lǐmiàn

一定要丢在厕纸... 丢在那个垃圾桶里面

and we should instead throw it in the garbage can.

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402

Wǒ juéde zhège hěn bùkěsīyì

我觉得这个很不可思议

I found it unbelievable.

403

wèishénme bùnéng bǎ zhǐ diū jìnqu mǎtǒng?

为什么不能把纸丢进去马桶?

(I asked the landlord) "Why can't we throw the paper down the toilet?"

404

Tāmen shuō huì dǔzhù

他们说会堵住

He said it would clog up (the pipe).

405

yīnwèi zài Mǎláixīyà wǒmen dōu shì bǎ cèzhǐ gěi rēng jìn mǎtǒng de.

因为在马来西亚我们都是把厕纸给扔进马桶的。

In Malaysia, we always throw paper down the toilet.

406

Wǒ gēn nǐ shì xiāngfǎn de jīngyàn,

我跟你是相反的经验,

My experience is opposite yours.

407

jiùshì wǒ láidào zhèlǐ de shíhòu wǒ zài zhǎo wèishénme méiyǒu lājītǒng,

就是我来到这里的时候我在找为什么没有垃圾桶,

When I first got here, I was looking for a garbage can (in the bathroom)

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408

ránhòu wǒ bù gǎn rēng, wǒ pà bǎ tā gěi dǔ le.

然后我不敢扔，我怕把它给堵了。

and I didn't dare throw it into the toilet because I was worried that it would get clogged.

409

Qíshí kěyǐ rēng de, wū zhǔ qiāndīngwànzhǔ de shuō bùnéng rēng

其实可以扔的，屋主千叮万嘱地说不能扔

Actually, it was okay, but the landlord repeatedly told us not to.

410

Nà wǒmen zhěnggè wūzi lǐmiàn zhù de dōu shì Mǎláixīyà rén ma,

那我们整个屋子里面住的都是马来西亚人嘛，

Since everyone in the house was Malaysian,

411

wǒmen jiù tǒngyī shuō, rēng ba méishì de

我们就统一说，扔吧没事的

we all agreed to just throw the paper into the toilet.

412

Yǒuméiyǒu dǔ guo? | Méiyǒu dǔ guo

有没有堵过？ | 没有堵过

Did it get clogged? | Never.

413

Dànshì fángdōng yī shànglái jiǎnchá,

但是房东一上来检查，

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But when the landlord came up to check,

414

wǒmen jiù huì wǎng nàge lājītǒng lǐmiàn diū jǐ zhāng zhǐ

我们就会往那个垃圾桶里面丢几张纸

we would throw a few pieces of paper into the trash can.

415

Ràng tā kàn yīxià wǒ méiyǒu diū o

让他看一下我没有丢哦

So he could see that you guys weren't throwing it (down the toilet).

416

Nǐ píngcháng rúguǒshuō yào shíxí dehuà yīnggāi yě hěn máng,

你平常如果说要实习的话应该也很忙,

You were probably very busy with the intern job,

417

xiàng nǐmen yīyuàn lǐmiàn huì yǒu shítáng tígōng cānyǐn ma?

像你们医院里面会有食堂提供餐饮吗?

did your hospital have a cafeteria that provided meals?

418

Yǒu a, yǒu

有啊, 有

Yes, it did.

419

Wǒmen yīyuàn lǐmiàn huì yǒu shítáng de

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我们医院里面会有食堂的

We had a cafeteria in our hospital,

420

yǒushí yīgèrén chī, yǒushí hé shīxiōng shījiě yīqǐ chī.

有时一个人吃，有时和师兄师姐一起吃。

and I would eat alone or with senior students.

421

Bǐjiào yǒuqù de shìqíng shì yǒuyīcì wǒ jiù yīgèrén chī,

比较有趣的事情是有一次我就一个人吃，

What was interesting was that once, I was eating alone,

422

ránhòu yǒu yī gè āyí jiù zuò xiàlai

然后有一个阿姨就坐下来

and an "auntie" sat down (next to me).

423

Tā jiù wèn, nǐ shì nǎlǐ lái de? Shénme míngzi a?

她就问，你是哪里来的？什么名字啊？

She asked: "Where are you from? What's your name?"

424

Zhège shì dìyī tiān, jiù pǔtōng de liáotiān

这个是第一天，就普通的聊天

That was the first day and it was just a regular chat.

425

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ránhòu dì'èrtiān wǒ hái shì yīgè rén chī,

然后第二天我还是一个人吃,

The next day, I was eating alone,

426

āyí yòu zài zuò xiàlai, yòu zài pǔtōng liáotiān.

阿姨又再坐下来, 又在普通聊天。

and she sat down again and started another casual chat.

427

Ránhòu dì sān tiān āyí jiù kāishǐ rù zhèng tí le.

然后第三天阿姨就开始入正题了。

By the third day, she got to the main subject.

428

Tā jiù wèn wǒ, nǐ chǔ duìxiàng le ma?

她就问我, 你处对象了吗?

She asked me: "Are you dating anyone?"

429

Wǒ jiā guīnǚ kěyǐ hé nǐ qù chī gè fàn ma?

我家闺女可以和你去吃个饭吗?

Can my daughter have a meal with you?"

430

Āyí jiù gěi wǒ jièshào duìxiàng, ránhòu tā jiù gěi le wǒ yī gè zhǐtiáo,

阿姨就给我介绍对象, 然后他就给了我一个纸条,

She was trying to set me up with a girl and handed me a note

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431

zhǐtiáo shàngmiàn shì diànhuà hàomǎ.

纸条上面是电话号码。

with a phone number.

432

Yǒu zhàopiàn ma? | Méiyǒu zhàopiàn

有照片吗? | 没有照片

Any photos? | No.

433

Jiù yǒu gè diànhuà hàomǎ, tā shuō nǐ gěi tā dǎdiànhuà

就有个电话号码，她说你给她打电话

Only a phone number. She asked me to call her.

434

Nàshí tā yě bù hé wǒ shuō shì tā jiā guīnǚ,

那时她也不和我说是她家闺女，

At that time, she didn't tell me that it was her daughter.

435

guòhòu wǒ cái zhīdào de

过后我才知道的

I only found that out afterwards.

436

Tā yě shì zài tóngyī jiā yīyuàn gōngzuò,

她也是在同一家医院工作，

The daughter worked in the same hospital

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437

ránhòu tā de nǚ'ér shì nàbian de hùshi.

然后她的女儿是那边的护士。

and was a nurse.

438

Nǐmen hòumian jiànmiàn le ma?

你们后面见面了吗？

Did you meet her later?

439

Yǒu jiànmiàn chī gè fàn, jiù jiànmiàn chī gè fàn

有见面吃个饭，就见面吃个饭

We met and had a meal.

440

zhèyàng āyí jiù bǐjiào hǎo jiāodài

这样阿姨就比较好交代

That way, the auntie would be satisfied.

441

Nǐ pà nǐ bù qù dehuà, tā huì yīzhí lái wèn nǐ shì ma?

你怕你不去的话，她会一直来问你是吗？

You were afraid that if you didn't go, she would keep asking you, right?

442

Bǐjiào hǎo jiāodài

比较好交代

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It would be easier for me to explain to her.

443

Lǎoshī yě huì zài bǐrúshuō xīngqīwǔ a zhōumò a

老师也会在比如说星期五啊周末啊

Also, on Fridays or the weekends, our teachers

444

rúguǒ tā bǐjiào téng wǒmen dehuà,

如果他比较疼我们的话,

if they liked us,

445

tā huì bǎ wǒmen yīqǐ dài chūqu chàng k a chīfàn a

他会把我们一起带出去唱 K 啊吃饭啊

would take us out for karaoke or for a dinner

446

jièshào péngyou ràng wǒmen rènshi a

介绍朋友让我们认识啊

and introduce us to new friends.

447

Hējiǔ ma? | Hējiǔ a

喝酒吗? | 喝酒啊

Did you guys drink? | Yes, we did.

448

Hē de hěn xiōng, tāmen dōu hē de hěn xiōng, hē báijiǔ

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喝得很凶，他们都喝得很凶，喝白酒

(The hospital teachers) drank quite heavily, especially baijiu (Chinese liquor).

449

Wǒ yǐwéi zuò yīshēng de dōu huì tèbié yǎngshēng,

我以为做医生的都会特别养生，

I thought doctors were more health-conscious.

450

ránhòu bù hējiǔ a, zǎoshuìzǎoqǐ a.

然后不喝酒啊，早睡早起啊。

They won't drink, and will get up and go to bed early.

451

Nà yě bù yīdìng de, yīshēng shàngbān shì shàngbān,

那也不一定的，医生上班是上班，

That's not necessarily the case. We're doctors when we're at work,

452

xiàbān jiù hé pǔtōngrén shì yīyàng de ma

下班就和普通人是一样的嘛

but off work, we're just like anybody else.

453

Érqiě lǎoshī dài wǒmen chūqù hējiǔ, hējiǔ shì bùnéng zuòbì de.

而且老师带我们出去喝酒，喝酒是不能作弊的。

Also, when our teachers took us out to drink, we couldn't cheat.

454

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Nàge báijiǔ dào chūlai dào qù yī gè liángbēi,

那个白酒倒出来倒去一个量杯,

Baijiu would be poured into a measuring cup,

455

ránhòu zài dào qù yī gè tèbié xiǎo de bēi,

然后再倒去一个特别小的杯,

then into another smaller cup.

456

yī jìngjiǔ nǐ jiù bìxū dēi hē wán.

一敬酒你就必须得喝完。

If anyone proposed a toast, we had to drink it up.

457

Méiyǒu de zuòbì, shuō nǐ zhǐ fàng zài zuǐba, dànshì bù hē

没有的作弊，说你只放在嘴巴，但是不喝

We couldn't cheat by only putting it to our lips and not drinking it.

458

Měi yīkǒu nǐ dōu yào hē hē hē, ránhòu dào zuìhòu wǒ shì hē dào tù

每一口你都要喝喝喝，然后到最后我是喝到吐

We had to drink every bit of it and in the end, I would be vomiting.

459

Jīngcháng huì chūqù hējiǔ ma?

经常会出去喝酒吗?

Did you guys often go out to drink?

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460

Duì, jīngcháng huì chūqù hējiǔ

对，经常会出去喝酒

Yes, quite often.

461

Jīběnshàng yī dào liǎng gè xīngqī dōu yǒu yīcì de

基本上一到两个星期都有一次的

Once a week or once every other week.

462

Yuánlái nǐmen shì zhèyàng de!

原来你们是这样的!

I had no idea you guys were like this!

463

Wǒ duì zhōngyī yǒu wùhuì

我对中医有误会

I had the wrong idea about TCM doctors!

464

wǒ yǐwéi nǐmen de shēnghuó jiùshì tèbié guīlǜ de.

我以为你们的生活就是特别规律的。

I thought you guys would live a healthier life.

465

Yě bù yīdìng la, yīnwèi wǒmen dōu shì yǒu yúlè a qù wán a

也不一定啦，因为我们都是有娱乐啊去玩啊

Not necessarily, because we also like entertainment and having fun.

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466

Nǐmen dōu shì zhèngcháng rén | Dōu shì zhèngcháng rén

你们都是正常人 | 都是正常人

Okay, you're all just normal people. | Right.

467

Zài Zhōngguó de dàifu gēn zài Mǎláixīyà de zhōngyī dàifu

在中国的大夫跟在马来西亚的中医大夫

Are there any differences

468

duì bìng rén de tài dù yǒu méi yǒu bù yī yàng de dì fāng?

对病人的态度有没有不一样的地方?

between the attitudes of doctors in China and Malaysia towards their patients?

469

Dōu shì yī yàng de xì xīn a zǐ xì a

都是一样的细心啊仔细啊

Doctors from both places are meticulous and serious.

470

dàn shì zài Zhōngguó de yī huàn guān xi huì xiāng duì de jǐn zhāng.

但是在中国的医患关系会相对地紧张。

But the doctor-patient relationship in China is more tense.

471

Wǒ jì de yǒu yī cì zài fù kē, lún zhuàn fù kē de shí hòu,

我记得有一次在妇科，轮转妇科的时候，

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I remember once when I was rotating through the gynecology department,

472

yǒu wèi bìng rén jiù hé yī shēng nào qilai, nào de hěn dà

有位病人就和医生闹起来，闹得很大

a patient had a huge fight with a doctor.

473

Bǎo'ān rén yuán yào lái bǎ nà ge bìng rén gěi... | Tuō zǒu

保安人员要来把那个病人给... | 拖走

Security guards came to... | Drag her away?

474

tuō zǒu qǐng zǒu

拖走请走

Escort her out.

475

tā jiù zhí jiē chōng jìn lái kē shì jiù duì zhe zhǔ rén mà mà mà

她就直接冲进来科室就对着主任骂骂骂

The patient just stormed into the department and started cursing the doctor.

476

Wèi shén me ya?

为什么呀?

Why?

477

Gū ji shì tāi'ér méi yǒu le ba, suǒ yǐ bìng rén de qíng xù yī shí shàng lái.

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估计是胎儿没有了吧，所以病人的情绪一时上来。

Maybe because she lost her baby and got emotional.

478

Ránhòu zài Mǎláixīyà xiāngduì de bǐjiào shǎo yǒu lèisì de shìqíng

然后在马来西亚相对地比较少有类似的事情

In Malaysia, there are relatively fewer incidents like this.

479

Nǐ dāng yīshēng yě yǒu hǎo duō nián le, duì ba?

你当医生也有好多年了，对吧？

You've been a doctor for many years, right?

480

Nà zài nǐ cóngyī de zhège qījiān

那在你从医的这个期间

Have you ever encountered any particularly difficult patients

481

yǒuméiyǒu pèngdào guo tèbié jíshǒu de bìngrén?

有没有碰到过特别棘手的病人？

during your medical career?

482

Jíshǒu de bìngrén, zhè yǒu

棘手的病人，这有

Yes, I have.

483

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yīnwèi wǒmen shì kànqǐlai jiù bù xiàng lǎo zhōngyī, wǒmen yǒu húzi,

因为我们是看起来就不像老中医，我们有胡子，

We were not old and didn't have beards (as many patients imagined us).

484

kànqǐlai jiùshì yī gè pǔtōng niánqīngrén.

看起来就是一个普通年轻人。

We just looked like regular young people,

485

Suǒyǐ tāmen yībān jìn dào lái zhěnshì lǐmiàn,

所以他们一般进到来诊室里面，

so when they came into the consultation room,

486

tāmen dōu huì yǒu huáiyí de xīntài.

他们都会有怀疑的心态。

they were often skeptical about us.

487

Nǐ shì yīshēng háishi shíxísheng?

你是医生还是实习生？

"Are you a doctor or an intern?" (The patients would ask.)

488

Ránhòu yǒuyīxiē bìngrén tāmen huì rènwéi tāmen zìjǐ

然后有一些病人他们会认为他们自己

Also, some patients think that

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489

yǐjīng dǒng hěn duō zhōngyī de dōngxi le,
已经懂很多中医的东西了,
they already know a lot about Chinese medicine,

490

suǒyǐ tāmen jiù jìn dào lái,
所以他们就进到来,
so when they came to us,

491

tāmen huì shuō wǒ de wèntí shì zhèyàng zhèyàng
他们会说我的问题是这样这样
they would tell us what their problems were,

492

nǐ bāng wǒ zhèyàng zhèyàng zuò.
你帮我这样这样做。
and what we should do for them.

493

Tā lái jiāo nǐ zěnmē kàn tā | Duì
他来教你怎么看他 | 对
They would tell you how you should treat them? | Right.

494

Suǒyǐ zhèxiē shì bǐjiào jíshǒu de bìngrén lo,
所以这些是比较棘手的病人咯,
So, these are the difficult patients.

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495

ránhòu yǒuyīxiē bìng rén huì shuō huà bǐjiào zhíjiē a bù lǐmào a

然后有一些病人会说话比较直接啊不礼貌啊

Also, some patients may talk quite directly or impolitely,

496

dàn zhème dehuà wǒmen hái shì huì

但这么的话我们还是会

but even in those cases, we will still

497

bǐjiào lǐmào gēn wēnróu de duìdài huíqu la

比较礼貌跟温柔地对待回去啦

treat them with courtesy and gentleness.

498

Yě nénggòu lǐjiě tāmen huì huáiyí wǒmen,

也能够理解他们会怀疑我们,

I could also understand why they had this skepticism towards us

499

yīnwèi kànqǐlái shì niánqīng ma,

因为看起来是年轻嘛,

because we looked very young.

500

dànshì wǒmen jiù yòng zhuānyè qù zhèngmíng lo

但是我们就用专业去证明咯

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But we would prove ourselves with our professionalism.

501

Nà nǐ yǒuméiyǒu kǎolǔ guo mǎi yī gè jiǎ húzi dàishang, jiǎzhuāng lǎo le?

那你有没有考虑过买一个假胡子戴上，假装老了？

Have you ever considered buying a fake beard so that you will look older?

502

Suǒyǐ tāmen dōu huì shuō nǐmen quánbù yīshī dōu hěn niánqīng a,

所以他们都会说你们全部医师都很年轻啊，

That's why they often ask: "All of the doctors here are so young,

503

nǐmen kěyǐ ma? Nǐmen yǒunénglì ma?

你们可以吗？你们有能力吗？

can you guys really handle this? Are you guys capable?"

504

Shì, wǒ kàn nǐ hái dài ěrhuan ne

是，我看你还戴耳环呢

Right, I see that you're even wearing earrings.

505

Duì, suǒyǐ yǒuxiē bìngrén gèng bù xiāngxìn...

对，所以有些病人更不相信...

Right, so some patients are even less likely to trust...

506

Gèng kàn zhe xiàng bùliáng qīngnián, bùliáng shàonián gěi wǒ kànbìng

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更看着像不良青年，不良少年给我看病

You look more like a bad boy to them.

507

Yǒuyīxiē háiyǒu wénshēn

有一些还有纹身

Some of us even have tattoos.

508

Nǐmen zuò yīshēng de kěyǐ wénshēn ma?

你们做医生的可以纹身吗?

Are doctors allowed to have tattoos?

509

Zuò yīshēng kěyǐ wénshēn,

做医生可以纹身,

Yes, we are allowed.

510

dànshì nǐ kàn zhěn de shíhou,

但是你看诊的时候,

But when we see a patient,

511

nǐ bǎ tā gài qilai huì bǐjiào hǎo.

你把它盖起来会比较好。

it's better to cover them up

512

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Mǎláixīyà jǐngchá jiù bù ràng wénshēn.

马来西亚警察就不让纹身。

In Malaysia, policemen aren't allowed to have tattoos.

513

O, zhèyàng de ma?

哦，这样的吗？

Oh, really?

514

Nǐ yǒu wénshēn nǐ lián bàomíng jǐngchá

你有纹身你连报名警察

If you have a tattoo,

515

nǐ yě bùnéng qù bàomíng dāng jǐngchá de,

你也不能去报名当警察的，

you can't even apply to be a police officer,

516

dàn yīshēng wénshēn hái shì kěyǐ de.

但医生纹身还是可以的。

but it's okay for doctors.

517

Tā méiyǒu shuō yīdìng bùkěyǐ, dànshì... | Huì yǐngxiǎng xíngxiàng ma?

他没有说一定不可以，但是... | 会影响形象吗？

There's no regulation against us having (tattoos), but... | Will it affect the image (of doctors)?

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518

Duōshǎo huì yǐngxiǎng, yīnwèi tā jiù huì juéde nǐ shìbùshì huàirén,

多少会影响，因为他就会觉得你是不是坏人，

More or less, because they might feel that you're a bad person

519

nǐ yǒu wénshēn nǐ shìbùshì huàirén, nǐ shìbùshì bù zhuānyè de.

你有纹身你是不是坏人，你是不是不专业的。

or that you're not professional.

520

Suǒyǐ yībān rúguǒ yǒu wénshēn dehuà,

所以一般如果有纹身的话，

That's why in general,

521

wǒmen huì jiànyì tāmen gài qilai de.

我们会建议他们盖起来的。

it's advised to cover them up if we do have tattoos.

522

Nǐ yǒu ma? | Wǒ méiyǒu

你有吗？ | 我没有

Do you have one? | No.

523

Zài jílóngpō zhōng yīyuàn duō ma huòzhě shì zhěnsuǒ?

在吉隆坡中医院多吗或者是诊所？

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Are there many TCM hospitals or clinics in Kuala Lumpur?

524

Zhōngyī yīyuàn bù duō, zhōngyī zhěnsuǒ jiù hěn duō.

中医医院不多，中医诊所就很多。

There aren't many hospitals, but there are many TCM clinics.

525

Wǒ tīng nàge gěi wǒ kàn de nàge yīshēng shuō,

我听那个给我看的那个医生说，

The doctor who treated (my stiff neck) said that

526

zhèbiān hǎoxiàng zhōngyī bùshì tèbié bèi gǔlì.

这边好像中医不是特别被鼓励。

TCM isn't being encouraged here.

527

Jiù xiàng gāngcái suǒ shuō de, zhǔliú de hái shì yīxī yī wéizhǔ,

就像刚才所说的，主流的还是以西医为主，

As mentioned earlier, Western medicine is still the mainstream option

528

zhōngyī zhěnsuǒ hěn duō, dànshì bùshì rénmen de shǒuxuǎn.

中医诊所很多，但是不是人们的首选。

and despite the big number of TCM clinics, they're not the first choice of people.

529

Xuānchuán dehuà zhèngfǔ yě méiyǒu hěn jījí de xuānchuán zhōngyī,

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宣传的话政府也没有很积极地宣传中医,

In terms of promoting TCM, the government is not very proactive.

530

suǒyǐ zhōngyī de xuānchuán yībān dōu shì zìjǐ zài xuānchuán.

所以中医的宣传一般都是自己在宣传。

So, we usually promote it ourselves.

531

Xuānchuán dehuà, nǐ yě bùnéng shuō nǐ néng yī zhège bìng,

宣传的话, 你也不能说你能医这个病,

In terms of advertising, you're not allowed to claim that

532

nǐ néng zhiliáo zhège bìng,

你能治疗这个病,

you can cure a disease,

533

nǐ zhǐnéng shuō duì zhège yǒubāngzhù yǒu gǎishàn.

你只能说对这个有帮助有改善。

you can only say that you can help improve the condition.

534

Tā yǒu tā de fǎlìng guīdìng,

它有它的法令规定,

There are regulations regarding promoting (TCM)

535

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nǐ bìxū zūncóng nàge fǎlìng qù zuò xuānchuán de.

你必须遵从那个法令去做宣传的。

that must be followed.

536

Dāng yīshēng xīnkǔ ma? Jiùshì yī tiān gōngzuò xiàlai

当医生辛苦吗？就是一天工作下来

Is it difficult to be a doctor? After a day's work,

537

Rúguǒshuō xiàng wǒmen zuò zài diànnǎo pángbiān gōngzuò huì bǐjiào lèi ma,

如果说像我们坐在电脑旁边工作会比较累嘛，

it can be tiring for someone who works in front of a computer.

538

nà xiàng nǐmen zhèzhǒng ne?

那像你们这种呢？

What about your job?

539

Wǒ běnshēn rúguǒ nǐ yào wǒ zhāojiǔ wǎnwǔ duì diànnǎo wǒ shì bùxíng de,

我本身如果你要我朝九晚五对电脑我是不行的，

Personally, if I had to work from nine to five at a computer, I wouldn't be able to do it

540

wǒ huì hěn xīnkǔ.

我会很辛苦。

and I would feel tired.

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541

Ránhòu wǒ zhè fèn gōngzuò zǎoshang dào wǎnshang

然后我这份工作早上到晚上

If I see many patients

542

rúguǒ shì kàn le hěn duō gè bìng rén

如果是看了很多个病人

in a day,

543

zuò wán gōng xiàbān le huì hěn lèi, tǎng xiàlai quèshí shì lèi,

做完工下班了会很累，躺下来确实是累，

after work and when I lie down, I will feel very tired.

544

dànshì huì juéde... nàge mǎnzúgǎn háishi zài,

但是会觉得... 那个满足感还是在，

But there is still a sense of fulfillment,

545

suǒyǐ bùhuì juéde xīnlèi.

所以不会觉得心累。

so you don't feel mentally exhausted.

546

Xiūxi a qù zuò gè yùndòng, nǐ jiù huì...

休息啊去做个运动，你就会...

After resting and doing exercise, I will...

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547

Tiáozhěng guòlai | Duì, huì tiáozhěng guòlai

调整过来 | 对，就会调整过来

Recharge? | Right.

548

Xiàmiàn ne wǒmen jiù lái liáo yīxià

下面呢我们就来聊一下

Now, let's talk about

549

guānyú zhōngyī de yīxiē dàjiā suǒ shúzhī de lǐniàn.

关于中医的一些大家所熟知的理念。

some well-known concepts in TCM.

550

Kěnéng xuéxí Zhōngwén de xuésheng yě zhīdào

可能学习中文的学生也知道

Perhaps students who are learning Chinese are all familiar

551

wǒmen jīngcháng huì shuō de yī gè gàiniàn shì shànghuǒ,

我们经常会说的一个概念是上火，

with the concept of "shang huo" (literally, to be on fire).

552

jiù bǐrúshuō wǒ zhèlǐ zhǎng le yī gè dòu dòu,

比如说我这里长了一个痘痘，

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For example, if I have a pimple here,

553

huòzhě shì wǒ de shétou qǐpào le, wǒ jiù huì gēn péngyou shuō

或者是我的舌头起疱了，我就会跟朋友说

or if I have a canker sore on my tongue, I would tell my friends

554

āiyā wǒ shànghuǒ le, wǒ bùnéng chī shénme shénme dōngxī,

哎呀我上火了，我不能吃什么什么东西，

that I have "shang huo" le and I cannot eat such and such things,

555

wǒ yào chī shénme shénme dōngxī qù jiànguǒ.

我要吃什么什么东西去降火。

but instead I should eat something else to lower my "body fire".

556

Zhège gàiniàn yě shì cóng zhōngyī lái de, duì ba?

这个概念也是从中医来的，对吧？

This concept is from TCM, right?

557

Duì, shànghuǒ zhège gàiniàn

对，上火这个概念

Yes, the concept of 'shang huo' or (having too much internal heat)

558

zài huárén de quānzi lǐmiàn shì hěn shúxī de.

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在华人的圈子里面是很熟悉的。

is very familiar among Chinese communities.

559

Shànghuǒ de biǎoxiàn yǒu hěn duō la,

上火的表现有很多啦,

There are many manifestations of "shang huo",

560

kěyǐ yǐngxiǎng nǐ xīnfán, shīmián, tóutòng a

可以影响你心烦、失眠、头痛啊

such as: feeling irritable, having insomnia, having headaches,

561

shènzhi xuèyā gāo, yǎnjīng gānsè , zhǎng dòu dòu, hóulóng tòng , fāshāo

甚至血压高、眼睛干涩、长痘痘、喉咙痛、发烧

having high blood pressure, dry eyes, acne, sore throat and fever.

562

Hěn duō hěn duō zhèngzhuàng dōu shì shànghuǒ de zhèngzhuàng,

很多很多症状都是上火的症状,

There are many symptoms of "shang huo".

563

wǒmen yào kàn de shì tā shànghuǒ,

我们要看的是它上火,

We need to determine

564

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zhège huǒ dàodǐ shì nǎyīge zàngfǔ lái de?

这个火到底是哪一个脏腑来的?

which organ has the "huo" (or "fire").

565

Tā kěyǐ shì yǒu fèi rè, kěyǐ shì yǒu wèi huǒ,

它可以是有肺热, 可以是有胃火,

It can be from the lungs, stomach

566

kěyǐ shì yǒu gān rè, yǒu gānhuǒ

可以是有肝热, 有肝火

or liver.

567

Hǎo fùzá | Duì

好复杂 | 对

So complicated! | Right.

568

Bùtóng de huǒ wǒmen yǒu bù yīyàng de chǔlǐ fāngshì.

不同的火我们有不一样的处理方式。

Different kinds of "heat" are treated differently.

569

Qiánmiàn yě shuōdào nǐmen zhěnsuǒ yě huì yǒu Mǎláirén,

前面也说到你们诊所也会有马来人、

As we mentioned earlier, there are Malay,

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570

Yìndùrén shènzhì qítā guójiā de rén lái kàn,

印度人甚至其他国家的人来看,

Indian patients, and even patients from other nationalities.

571

nà rúguǒshuō tāmen yǒu shànghuǒ de zhèngzhuàng,

那如果说他们有上火的症状,

If they have symptoms of internal heat,

572

nǐ yào zěnmē gēn tāmen jiěshì shànghuǒ de zhège gàiniàn?

你要怎么跟他们解释上火的这个概念?

how would you explain this concept to them?

573

Wǒmen jiù huì yòng tā zuì zhíjiē de yǔyán qù hé tā shuō,

我们就会用他最直接的语言去和他说,

We would use the most direct words in their language to explain it to them.

574

bǐrúshuō Mǎláirén rè jiào panas

比如说马来人热叫 Panas

For example, Malays call heat "Panas".

575

Jiù huì shuō nǐ de shēntǐ xiànzài shì panas

就会说你的身体现在是 Panas

I would tell them that their body is in a state of "panas".

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576

Tā jiù huì panas? Tā jiù mō zìjǐ

他就会 Panas? 他就摸自己

They would be touching themselves and asking: "Panas?"

577

yǒu ma? Méiyǒu

有吗? 没有

Really? I don't feel it."

578

Nà wǒ jiù huì gēn tā jiǎng,

那我就跟他讲,

Then I would explain to them:

579

zhè yī gè panas bùshì shuō nǐ shēntǐ rè,

这一个 Panas 不是说你身体热,

This panas" doesn't mean that your body is actually hot,

580

érshì nǐ biǎoxiàn zhè yīxiē bùshūfu de zhèngzhuàng,

而是你表现这一些不舒服的症状,

but rather the uncomfortable symptoms you're experiencing

581

zài zhōngyī lái jiǎng tā shì rè de.

在中医来讲它是热的。

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are considered as signs of having "heat" in TCM,

582

Suǒyǐ wǒ jiēxiàlái gěi nǐ de yào huì shì bǐjiào hán xìng yīdiǎn

所以我接下来给你的药会比较寒性一点

so the medicine I will prescribe to you will have a cooling effect

583

qù zōnghé huíqu ràng nǐ kāngfù.

去综合回去让你康复。

to balance it out."

584

Bǐrúshuō yīngwén dehuà, wǒmen jiù huì shuō heat

比如说英文的话，我们就会说 heat

In English, we would say "heat".

585

nǐ shànghuǒ le, nǐ shēntǐ yǒu zhège heat

你上火了，你身体有这个 heat

(So I will tell English speakers) that their body has "heat".

586

tāmen yě shì hěn hàoqí, wǒ nǎlǐ rè le?

他们也是很好奇，我哪里热了？

They will find it curious and ask how are they hot.

587

Wǒ fāshāo, wǒ zhīdào wǒ rè

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我发烧，我知道我热

If they have a fever, they will know that they're "hot".

588

dànshì rúguǒ nǐ shuō tā kǒushé shēng chuāng a zhǎng dòu dòu a zhèxiē shì...

但是如果你说他口舌生疮啊长痘痘啊这些是...

But if you tell them that the cankers in their mouths or acne (are due to "heat"),

589

tāmen bù rènwéi shì shànghuǒ, bù rènwéi shì heat

他们不认为是上火，不认为是 heat

they won't believe it.

590

Wǒ jiù hé tāmen shuō nǐ xūyào pì kāi nǐ yuányǒu de lǐjiě,

我就和他们说你需要避开你原有的理解，

So, I will tell them that they need to set aside their original understanding,

591

nǐ bǎ tā rènwéi zhège shì zhōngyī lǐmiàn suǒ shuō de

你把它认为这个中医里面所说的

and consider it as

592

shànghuǒ huì yǒu biǎoxiàn de zhè yī zǔ zhèngzhuàng,

上火会有表现的这一组症状，

a set of symptoms related to "shang huo".

593

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ér bùshì shuō nǐ shēntǐ de wēndù tígāo,

而不是说你身体的温度提高,

It's not a body heat

594

shànguǒ qù chōng gè lěngshuǐ zǎo tā jiù jiànguǒ

上火去冲个冷水澡它就降火

that can be lowered by a cold shower.

595

Zhège bùshì de

这个不是的

No, it's not like that.

596

Nǐ yǒu gānhuǒ, nǐ jiù yào yòng jiàng gānhuǒ de yào,

你有肝火, 你就要用降肝火的药,

If you have liver "heat", you will need to use medicine to reduce it,

597

nǐ yǒu xīn huǒ wàng, nǐ yǒu wèi huǒ wàng,

你有心火旺, 你有胃火旺,

and if you have heart or stomach "heat",

598

nǐ jiù yào yòng bùtóng de zhōngyào bùtóng chǔlǐ de fāngshì.

你就要用不同的中药不同处理的方式。

you will use a different Chinese medicine to treat it.

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599

Nà zěnmé néng kàn chūlai shì nǎyīge zàngfǔ lǐmiàn yǒu huǒ ne?

那怎么能看出来是哪一个脏腑里面有火呢?

How can you tell which organ has "heat"?

600

Zhège bìxū qǐngqiú zhuānyè de yīshī.

这个必须请求专业的医师。

Regarding this, you must see a professional physician.

601

Bǐrúshuō rúguǒ nǐ kǒushé shēng chuāng, yě zhǎng dòu dòu,

比如说如果你口舌生疮，也长痘痘，

For example, if you have mouth ulcers and acne,

602

zhège kěnéng shì wèi huǒ de.

这个可能是胃火的。

this might be stomach "heat".

603

Dòu dòu zhǎng de bùwèi bùyīyàng, yě kěnéng shì wèi huǒ,

痘痘长的部位不一样，也可能是胃火，

The location of the acne can also affect the diagnosis because it can mean stomach "heat",

604

yě kěnéng shì gānhuǒ, yě kěnéng shì fèi huǒ.

也可能是肝火，也可能是肺火。

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liver "heat" or lung "heat".

605

Yào kàn qítā de zhèngzhuàng yīqǐ qù jiéhé.

要看其他的症状一起去结合。

We need to see what other symptoms there are to determine (which organ has the "heat").

606

Zhōngyī tōngcháng dōu tōngguò shénmeyàng de fāngfǎ

中医通常都通过什么样的方法

How does TCM usually

607

lái zhěnduàn bìng rén de bìngqíng?

来诊断病人的病情?

diagnose a patient's condition?

608

Zài chuántǒng zhōngyī lǐmiàn,

在传统中医里面,

In TCM,

609

wǒmen yòng de fāngshì yībān shì sìzhěn hé cān.

我们用的方式一般是四诊合参。

the methods we generally use are a combination of four.

610

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Sìzhěn hé cān jiùshì wàng, wén, wèn, qiè.

四诊合参就是望、闻、问、切。

They are inspection (looking), auscultation and olfaction (smelling/listening), inquiry (asking), and palpation (feeling the pulse).

611

Wàng jiùshì kàn, zhège bìngrén yī jìn dào lái,

望就是看，这个病人一进到来，

Regarding "looking", as soon as a patient walks in,

612

wǒmen jiù huì kāishǐ guānchá tā de miànsè zěnmeyàng,

我们就会开始观察他的面色怎么样，

we will start observing their complexion,

613

miànxiàng zěnmeyàng, yánxíng jǔzhǐ tánǔ zěnmeyàng

面相怎么样，言行举止谈吐怎么样

how they look, how they behave, how they talk and so on.

614

Dàshēng xiǎoshēng, zhèxiē wǒmen dōu zài guānchá, nàge jiùshì wàng.

大声小声，这些我们都在观察，那个就是望。

We will see if their voice is high or low. We will observe all these things.

615

Wén jiùshì wǒmen tīng

闻就是我们听

Auscultation and olfaction means to listen.

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616

Wǒ yǐwéi shì wén | Háiyǒu wén, zhè liǎng gè

我以为是闻 | 还有闻，这两个

I thought it meant to smell. | Also to smell.

617

Duì, tā shì yǒu liǎng gè yìsi de.

对，它是有两个意思的。

Right, "wen" has two meanings.

618

Yī gè shì tīng, tīng jiùshì tīng nǐ miáoshù de dōngxi,

一个是听，听就是听你描述的东西，

One is to listen to their descriptions of (their symptoms)

619

háiyǒu lìngwài jiùshì wén, wén qìwèi.

还有另外就是闻，闻气味。

and the other is to smell their odors.

620

Bǐrúshuō tángniàobìng de bìng rén tā huì yǒu yīzhǒng tèshū de qìwèi.

比如说糖尿病的病人他会有一种特殊的气味。

For example, patients with diabetes may have a distinctive odor.

621

Wèn, wèn jiùshì wǒmen de wènzhěn,

问，问就是我们的问诊，

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"Inquiry" is to ask questions,

622

ránhòu qiè, jiùshì qiè mài

然后切，就是切脉

and "palpation" is to feel their pulses

623

yòu huòzhě shì chùzhěn, fùbù de chùzhěn a

又或者是触诊，腹部的触诊啊

or to do a physical examination, such as touching their abdominal area.

624

bǐrúshuō nǐ zhèlǐ tòng wǒ yào chùzhěn na,

比如说你这里痛我要触诊哪，

For example, if they have a pain here, I will touch it

625

zhège shì shǔyú qiè mài de fànchóu.

这个是属于切脉的范畴。

and this falls under the category of palpation.

626

Zhège shì zài gǔdài hái méiyǒu xiānjìn de jìshù yǐqián

这个是在古代还没有先进的技术以前

In ancient times, without advanced technology,

627

wǒmen dōu shì yòng zhè sìzhěn hé cān.

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我们都是用这四诊合参。

we would use these four diagnostic methods.

628

Rúguǒ xiànzài zhōngyīxué wǒmen huì yòng zhè wàng wén wèn qiē,

如果现在中医学我们会用这望闻问切,

Nowadays, in TCM, although we still use the four diagnostics methods,

629

zài pèihé xīyī de bàogào, xīyī de jiǎnchá,

再配合西医的报告, 西医的检查,

we will also consult Western medical reports.

630

rúguǒ yǒu piānzi yǒu xuèxiàng bàogào,

如果有片子有血象报告,

If they have medical imaging reports or blood reports,

631

wǒmen yě huì yībìng de yīqǐ qù cānkǎo.

我们也会一并地一起去参考。

we will also take them into consideration.

632

Wǒ juéde qiè mài shì bǐjiào shénqí de,

我觉得切脉是比较神奇的,

I find pulse diagnosis to be quite fascinating.

633

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xiàng nàzhǒng gōngtīng jù

像那种宫廷剧

In TV dramas where the stories take place in a palace...

634

nǐ píngcháng kàn ma? | Kàn de

你平常看吗? | 看的

Do you watch these? | Yes.

635

Lǐmiàn jiù huì yǒuyīxiē niángniang men shēngbìng le,

里面就会有一些娘娘们生病了,

In the dramas, there would be scenes where a concubine falls ill,

636

ránhòu huì yǒu yùyī lái bǎmài

然后会有御医来把脉

and an imperial physician would take her pulse

637

tā yī bǎ, niángniang yǒuxǐ le!

他一把, 娘娘有喜了!

and would announce: "You Highness is pregnant!"

638

Yǒuméiyǒu zhème shénqí?

有没有这么神奇?

Is it really that magical?

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639

Duì, tā shì yǒu de, quèshí yǒu de

对，它是有的，确实有的

Yes, it's possible.

640

Yǐqián gōngtīng nǐ méiyǒu yànyùnbàng ma,

以前宫廷你没有验孕棒嘛，

In the past, in the royal court, there were no pregnancy test kits,

641

suǒyǐ wéiyī de jiǎnchá bǎmài,

所以唯一的检查把脉，

so the only way to diagnose it was through feeling pulses

642

ránhòu háiyǒu wàng wén wèn qiè

然后还有望闻问切

and along with the three other diagnostic methods.

643

Wènzhěn, nǐ de yuèjīng méi lái le,

问诊，你的月经没来了，

(For example, with) the "inquiry" method, we would ask if the woman's period came

644

ránhòu wǒmen jiù huì tōngguò wènzhěn sōují de zīliào,

然后我们就会通过问诊搜集的资料，

and gather other information.

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645

zài jiéhé nǐ de jī xiàng màixiàng

再结合你的舌象脉象

Along with the appearance of their tongue and pulses,

646

qù gēn nǐ shuō nǐ huáiyùn le.

去跟你说你怀孕了。

we would then determine whether or not they were pregnant.

647

Huáiyùn de màixiàng shì huá mài, xǐ mài

怀孕的脉象是滑脉，喜脉

The pulse of pregnancy is described as a "slippery pulse" or a "joyful pulse".

648

Huá mài tā kěyǐ dàibiǎo huáiyùn,

滑脉它可以代表怀孕，

A slippery pulse can indicate pregnancy,

649

huá mài yě kěyǐ dàibiǎo yǒu shīqì, shīqì zhòng

滑脉也可以代表有湿气，湿气重

but it can also indicate excessive "dampness" in the body,

650

huá mài yě kěyǐ dàibiǎo yǒu rè,

滑脉也可以代表有热，

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and "heat".

651

suǒyǐ dān kào bǎmài lái shuō tā huáiyùn zhège shì bùduì de,

所以单靠把脉来说她怀孕这个是不对的,

So relying solely on pulse diagnosis for pregnancy is not correct,

652

yīnwèi yào sìzhěn hé cān.

因为要四诊合参。

because we need to use all four methods.

653

Rúguǒ yǐ xiàndài lái shuō,

如果以现代来说,

If we were to do it now,

654

wǒmen bùhuì dān kào bǎmài lái shuō nǐ huáiyùn,

我们不会单靠把脉来说你怀孕,

we wouldn't rely solely on pulse diagnosis for pregnancy,

655

wǒmen huì qù ràng tā cèshì.

我们会去让她测试。

we would have them take a test.

656

Nà tōngguò bǎmài néng kànchū shénme ne?

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那通过把脉能看出什么呢？

What can be determined through pulse diagnosis then?

657

Bǎmài dehuà wǒmen yào kàn de dōngxi shì nǐ tiào de guīlǜ,

把脉的话我们要看的东西是你跳的规律，

Pulse diagnosis allows us to observe the rhythm of your pulse beat,

658

tiào de cìshù, tiào de xuèguǎn de chōngyíng dù, tā de lìdù,

跳的次数，跳的血管的充盈度，它的力度，

the number of beats, the fullness of the blood vessels and how strong it is.

659

wǒmen dōu shì gǎnshòu zhè yīxiē.

我们都是感受这一些。

We feel these things.

660

Bǐrúshuō bǐjiào xū de rén,

比如说比较虚的人，

For example, for someone who is fatigue,

661

nǐ bǎmài shǒuzhǐ xiàmiàn de gǎnjué jiù huì gǎnjué de bǐjiào ruò,

你把脉手指下面的感觉就会感觉得比较弱，

the pulse will feel weak under your fingers.

662

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nà shuōmíng zhège rén de qìxuè xiāngduì de láishuō tā huì bǐjiào chà,

那说明这个人的气血相对的来说他会比较差,

This indicates that this person's Qi and blood are relatively poor,

663

bǐjiào xū.

比较虚。

or deficient.

664

Nǐ kàn wǒ xū bù xū

你看我虚不虚

Take a look at me and see if I am deficient.

665

ránhòu bǎmài yībān wǒmen fàng dehuà huì shì zài zhè yī qū

然后把脉一般我们放的话会是在这一区

Generally, when we take the pulse, we place it in this area.

666

zuǒshǒu hé yòushǒu dàibiǎo de dōngxī huì yǒu bù yīyàng,

左手和右手代表的东西会有不一样,

The left and right hand represent different things;

667

bǐrúshuō yòushǒu tā huì dàibiǎo de shì fèi, pí, shèn,

比如说右手它会代表的是肺、脾、肾,

for example, the right hand represents the lung, spleen, and kidney,

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668

zuǒshǒu dàibiǎo de shì xīn, gān, shèn.

左手代表的是心、肝、肾。

while the left hand represents the heart, liver, and kidney.

669

Suǒyǐ měi yī gè shǒuzhǐ xiàmiàn duìyīng de nàge

所以每一个手指下面对应的那个

So each finger corresponds to

670

zàngfǔ dōu huì yǒu bù yīyàng de.

脏腑都会有不一样的。

a different organ, and they all have different meanings.

671

Nǐ kàn wǒ de miànxiàng nǐ juéde wǒ xū ma? | Shì xū de

你看我的面相你觉得我虚吗? | 是虚的

Judging from my face, do you think I am deficient? | Yes, you are.

672

Nǎ fāngmiàn xū ya?

哪方面虚呀?

In which aspect am I deficient?

673

Yǎnjīng yě huì bǐjiào gānsè,

眼睛也会比较干涩,

Your eyes are dry

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674

tóufa yě huì xiāngduì de xībó yīdiǎndiǎn,

头发也会相对地稀薄一点点,

and your hair is a little thin.

675

kěnéng shuìmián yě bùzěnmě hǎo.

可能睡眠也不怎么好。

Perhaps, your sleep is not very good.

676

Zhè liǎng tiān bùzěnmě hǎo, píngcháng hái shì kěyǐ de.

这两天不怎么好，平常还是可以的。

It hasn't been good these past few days, but normally, it's good.

677

Wǒ kàn nǐ yǎnjīng tǐng gān de.

我看你眼睛挺干的。

I see your eyes are quite dry.

678

Duì, shìbùshì kàn wǒ jīngcháng zhǎyǎnjīng

对，是不是看我经常眨眼睛

Yes, is it because you noticed that I blink very frequently?

679

Yǒudeshíhòu tèbié gān de shíhòu,

有的时候特别干的时候，

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Sometimes, when they're extremely dry,

680

jiùshì wǒ yě bù zhīdào wǒ zài zhǎyǎnjīng,

就是我也不知道我在眨眼睛,

I won't even know that I am blinking.

681

dànshì kěnéng guānzhòng jiù néng kàn chūlai, yīnwèi wǒ lǎo zhèyàngzi.

但是可能观众就能看出来, 因为我老这样子。

But the audience might be able to notice that because I do it all the time.

682

Duì, zhège jiùshì wàng wén wèn qiè lǐmiàn de wàngzhěn,

对, 这个就是望闻问切里面的望诊,

Right, so this is the "inspection" method among the four.

683

wǒmen zài bùduàn de guānchá bìng rén.

我们在不断地观察病人。

We constantly observe our patients.

684

Jiùshì gēn nǐ liáotiān huìbùhuì juéde yǒudiǎn kǐpà,

就是跟你聊天会不会觉得有点可怕,

It might feel a bit eerie talking to you,

685

gǎnjué nǐ zài yīzhí kàn wǒmen

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感觉你在一直看我们

because you're always observing

686

kàn wǒmen de biǎoqíng, kàn wǒmen de miànxàng tóufa shénmede

看我们的表情，看我们的面相头发什么的

our expressions, hair and faces.

687

Wǒ xiànzài méiyǒu shàngbān | Hǎo, xiàbān le

我现在没有上班 | 好，下班了

(But) I'm not working right now. | Okay, off duty.

688

Tōngguò nǐ gānggang jiǎng de zhè sì zhǒng fāngfǎ,

通过你刚刚讲的这四种方法，

Using the four diagnostic methods you just mentioned,

689

jiāshàng xīyī de jìshù de pèihé

加上西医的技术的配合

combined with Western medical techniques,

690

lái zhěnduàn bìng rén yǒu shénme wèntí.

来诊断病人有什么问题。

you can determine what issues patients have.

691

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Nà quèzhěn zhīhòu zhōngyī yǒu nǎxiē shǒuduàn láí zhìliáo?

那确诊之后中医有哪些手段来治疗?

After the diagnosis, what treatments does TCM have?

692

Zhōngyī zhìliáo de shǒuduàn tā líbukāi zhōngyào,

中医治疗的手段它离不开中药、

TCM must use Chinese herbal medicines,

693

zhēnjiǔ, àijiǔ, tuīná, zhěng gǔ

针灸、艾灸、推拿、整骨

acupuncture, moxibustion, tuina massage, and bone setting.

694

zhèxiē shì zuì jīběn de

这些是最基本的

These are the most basic methods.

695

Suǒyǐ yào kàn tā shì shénme bìng,

所以要看他是什么病,

This will depend on what the problem is.

696

bǐrúshuō jīntiān lái de bìngrén tā shì xīgài tòng de,

比如说今天来的病人他是膝盖痛的,

For example, if the patient has knee pain,

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697

ránhòu zhège xīgài tòng shì yīnwèi yùndòng sǔnshāng,

然后这个膝盖痛是因为运动损伤,

and it's caused by sports,

698

nà wǒmen huì gēnjù tā de tǐzhì kāiyào gěi tā.

那我们会根据他的体质开药给他。

we will prescribe medication based on their constitution.

699

Rúguǒ tā tǐzhì shì yǒu yūxué de,

如果他体质是有淤血的,

If their constitution has blood stasis,

700

nà wǒmen jiù kāiyào shì yǐ qū yūxué wéizhǔ de,

那我们就开药是以祛淤血为主的,

then the medicine will mainly focus on removing blood stasis,

701

ránhòu ràng tā de júbù gèng hǎo de qū xiūfù.

然后让他的局部更好地去修复。

allowing the (injured) area to repair better.

702

Ránhòu zài tōngguò zhēnjiǔ qù fàngsōng jīròu, fàngsōng jīnmó,

然后再通过针灸去放松肌肉, 放松筋膜,

Then, we will use acupuncture to relax the muscles and fascia,

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703

cùjìn tā de xuèyèxúnhuán, cùjìn xiūfù

促进它的血液循环，促进修复

promoting blood circulation and repair.

704

ránhòu zài zhěng gǔ tuīná

然后再整骨推拿

Lastly, we will give them bone setting and tuina massages.

705

jiù bǐjiào wánshàn de qù zhìliáo zhège xīgài tòng de wèntí.

就比较完善地去治疗这个膝盖痛的问题。

This way, we can treat the knee problem more comprehensively.

706

Zhège shì zài zhěnshì lǐmiàn de.

这个是在诊室里面的。

These are things we do in the clinic.

707

Chú cǐ yǐwài,

除此以外，

In addition,

708

wǒmen yě hěn zhùzhòng bìngrén zài jiālǐ yīnggāi yào zěnmé qù duànliàn,

我们也很注重病人在家里应该要怎么去锻炼，

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we'll also emphasize exercise at home

709

shénme kěyǐ zuò, shénme bùkěyǐ zuò.

什么可以做，什么不可以做。

(and instruct the patients on) what they can and cannot do.

710

Nǐ zhège xīgài tòng, nǐ zhèxiē zhèxiē dōngxi bùkěyǐ zuò,

你这个膝盖痛，你这些这些东西不可以做，

For knee pain, you should avoid doing certain things,

711

bùkěyǐ jiǔ zuò jiǔ zhàn, bùkěyǐ guòduō de yùndòng,

不可以久坐久站，不可以过多地运动，

such as long sitting, long standing, and exercising excessively.

712

wǒmen dōu huì gēn bìng rén qù shuō nǐ shì bù yīnggāi zuò zhèxiē de,

我们都会跟病人去说你是应该做这些的，

We always tell our patients what they should not do,

713

fǎn'ér nǐ yīnggāi yào qù zuò shénme shénme duànliàn

反而你应该要去做什么什么锻炼

and what exercises they should do.

714

Wǒmen jiù jiāo bìng rén lǎo

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我们就教病人咯

We will instruct our patients accordingly.

715

Ránhòu wǒmen yě huì bǐjiào zhùzhòng jíkǒu,

然后我们也会比较注重忌口,

Also, we place a great emphasis on their diet.

716

rúguǒ nǐ shànguǒ de rè de jiù bùnéng chī,

如果你上火的热的就不能吃,

If they have internal "heat", then they should avoid certain things,

717

là de jiù bùnéng chī.

辣的就不能吃。

such as spicy food.

718

Rúguǒ nǐ xīgài tòng, tā shì yǒu yánzhèng de,

如果你膝盖痛, 它是有炎症的,

If you have knee pain, it means there's inflammation.

719

nǐ chī shànguǒ de dōngxī tā yǒukěnéng huì jiāzhòng.

你吃上火的东西它有可能会加重。

If you eat "heat-inducing" foods, your condition could get worse.

720

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Xiàng wǒ yǒu gānyǎnzhèng shìbùshì yě bùnéng chī shànghuǒ de dōngxi?

像我有干眼症是不是也不能吃上火的东西?

For my dry eye syndrome, should I also avoid food that can cause internal "heat"?

721

Duì, yīnwèi tā shì yī gè rè xiàng.

对, 因为它是一个热象。

Yes, because it's a "heat" symptom.

722

Kěshì wǒ líbukāi là, wú là bù huān na

可是我离不开辣, 无辣不欢哪

But I can't live without spicy food! I love it so much.

723

Zhēnde! Méiyǒu là wǒ juéde wǒ huóbùxiàqu.

真的! 没有辣我觉得我活不下去。

Really! I cannot live without spicy food.

724

Nà nǐ jiù chī huí yīxiē bǐjiào bǔ yǎnjīng de dōngxi,

那你就吃回一些比较补眼睛的东西,

Then, you should eat things that nourish your eyes,

725

bǐjiào rùn de dōngxi ba, gǒuqǐzi a, juémíngzi a

比较润的东西吧, 枸杞子啊, 决明子啊

such as: goji berries and cassia seeds.

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726

Hǎo, dào shí hòu gěi wǒ kāi yī gè fāng zi | Kě yǐ a

好，到时候给我开一个方子 | 可以啊

Okay, give me a prescription later. | Sure.

727

Zhí jiē shì xiàn shàng wèn zhěn le wǒ

直接是线上问诊了我

I am getting an online medical consultation now.

728

Qí shí zhōng yī yě bǐ jiào zhù zhòng bìng rén de shēng huó xí guàn, duì ba? | Duì

其实中医也比较注重病人的生活习惯，对吧？ | 对

Actually, TCM also pays attention to the patient's lifestyle, right? | Yes.

729

Xī yī bù huì ma?

西医不会吗？

What about Western medicine?

730

Xī yī qí shí yě shì huì de, xī yī jiù huì hé nǐ shuō nǐ yào duō xiū xi a,

西医其实也是会的，西医就会和你说你要多休息啊，

They do too, for example, they will tell you to get more rest,

731

rán hòu tā jiù huì refer nǐ qù wù lǐ zhì liáo,

然后他就会 refer 你去物理治疗，

and refer you to physical therapy

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732

ránhòu ràng nǐ de wùlǐzhìliáo shī hé nǐ shuō

然后让你的物理治疗师和你说

and have your physical therapist tell you

733

shénme kěyǐ zuò, shénme bùkěyǐ zuò.

什么可以做，什么不可以做。

what you can and cannot do.

734

Dànshì zài zhōngyī lǐmiàn,

但是在中医里面，

But in TCM,

735

wǒmen yī wèi yīshī jiù yào jùbèi zhe bùtóng de zhīshi,

我们一位医师就要具备着不同的知识，

one practitioner needs to have knowledge in various fields,

736

jiù zài dāngxià jiù yǐjīng hé nǐ shuō, advise nǐ

就在当下就已经和你说，advise 你

and right there, advise you on

737

gēn nǐ shuō nǐ yào zuò... zhège kěyǐ zuò, zhège bùnéng zuò.

跟你说你要做... 这个可以做，这个不能做。

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what you can and cannot do.

738

Xīyī lǐmiàn yǒu yījùhuà,

西医里面有一句话,

There is a saying in Western medicine:

739

tāmen yě shì hěn zhùzhòng de jiùshì yùfáng shèng yú zhìliáo.

他们也是很注重的就是预防胜于治疗。

prevention is better than cure.

740

Zhōngyī lǐmiàn yě shì yǒu yījùhuà shuō wǒmen shì zhìwèibìng,

中医里面也是有一句话说我们是治未病,

In TCM, there is a similar concept of treating potential illnesses that haven't happened yet

741

suǒyǐ zhè liǎng jù huà qíshí de hányì shì yīyàng de,

所以这两句话其实的含义是一样的,

and the two sayings have the same meaning.

742

nǐ hái méiyǒu shēngbìng de shíhòu nǐ jiù yào yùfáng zhège bìng.

你还没有生病的时候你就要预防这个病。

It means that you should prevent illness before it occurs.

743

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Rúguǒ dàjiā dōu zài méiyǒu shēngbìng de shíhòu jiù zhàogu zìjǐ,

如果大家都在没有生病的时候就照顾自己,

If everyone takes care of themselves well,

744

bǎ zìjǐ zhàogu de hěn hǎo, dàjiā dōu bù shēngbìng le,

把自己照顾得很好, 大家都不生病了,

and no one gets sick,

745

nǐ jiù yào shīyè le | Duì

你就要失业了 | 对

you will be unemployed. | Right.

746

Dànshì rén yīdìng huì yǒu lǎnduò xiàlai de shíhòu,

但是人一定会有懒惰下来的时候,

But people will inevitably have moments of laziness,

747

rén yīdìng huì yǒu bù shǒuguījǔ de shíhòu de,

人一定会有不守规矩的时候的,

and moments when they don't follow the rules.

748

suǒyǐ tāmen huì áoyè a shànguǒ a, zhè duōshǎo dōu huì.

所以他们会熬夜啊上火啊, 这多少都会。

More or less, they will stay up late, get internal "heat" and so on.

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749

Duì, jiù xiàng wǒ míngmíng bùnéng chī là,

对，就像我明明不能吃辣，

Right, just like me. I know I cannot eat spicy food,

750

ránhòu wǒ hái fēiyào chī là, duì, jiùshì zhème bù guāi

然后我还非要吃辣，对，就是这么不乖

but I still eat it. I just don't behave.

751

Duì, rén jiùshì bù guāi de

对，人就是不乖的

Right, that's how people are.

752

Zhòngsuǒzhōuzhī, Zhōngguó rén dōu fēicháng de ài hē rèshuǐ,

众所周知，中国人都非常地爱喝热水，

As we all know, Chinese people love drinking hot water

753

érqiě shì hěn tàng de nàzhǒng shuǐ,

而且是很烫的那种水，

and it's often burning hot.

754

shènzhì yǒu wánxiào huà shuō rèshuǐ bāozhìbǎibìng.

甚至有玩笑话说热水包治百病。

There's even a joke that says "hot water cures all illnesses".

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755

Zhège shìbùshì zhōngyī jiāo de?

这个是不是中医教的?

Did TCM teach us to (drink hot water)?

756

Bùshì, wǒmen huì jīngcháng hé bìng rén shuō bù hē lěngyǐn,

不是, 我们会经常和病人说不喝冷饮,

No, we often tell patients not to drink cold beverages,

757

dànshì wǒmen bùhuì hé bìng rén shuō nǐ yīdìngyào hē rèshuǐ.

但是我们不会和病人说你一定要喝热水。

but we don't tell them that they must drink hot water.

758

Lǎoyībèi de rén tāmen huì hē hěn fèiténg de shuǐ, hěn kāi de shuǐ

老一辈的人他们会喝很沸腾的水, 很开的水

The older generation would drink boiling or very hot water.

759

Gǔnshuǐ | Duì, gǔnshuǐ

滚水 | 对, 滚水

(Gun) water. | Right, "gun" (boiling) water.

760

Zhège shì cuò de gàiniàn, cuòwù de gàiniàn lái de,

这个是错的概念, 错误的概念来的,

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This idea is wrong.

761

nǐ hē hěn tàng de shuǐ, tā huì shānghài wǒmen de niánmó,

你喝很烫的水，它会伤害我们的黏膜，

If you drink very hot water, it can damage your mucous membranes,

762

huì hěn róngyì dé shí dào'ái.

会很容易得食道癌。

and potentially lead to esophageal cancer.

763

Suǒyǐ dàjiā qiānwàn bùyào hē kāishuǐ, hěn tàng de shuǐ

所以大家千万不要喝开水，很烫的水

So, you should never drink super hot water.

764

zhège shì bù zhèngquè de.

这个是不正确的。

This is wrong.

765

Nà yīnggāi hē shénme shuǐ ne?

那应该喝什么水呢？

So, what kind of water should we drink?

766

Wēn shuǐ jiù hǎo le

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温水就好了

Warm water is fine.

767

Yě bùshì shuō wēn shuǐ bāozhìbǎibìng

也不是说温水包治百病

It's also not right to say that warm water cures all illnesses.

768

Zhínán dōu huì hé tòngjīng de nǚpéngyou shuō nǐ hē wēn shuǐ ba | Gǔn

直男都会和痛经的女朋友说你喝温水吧 | 滚

Stereotypical "straight men" will tell their girlfriends to drink warm water when they have menstrual pain. | Get lost!

769

Zài Zhōngguó jiùshì zhínán jiù huì gàosù nǚpéngyou hē rèshuǐ.

在中国就是直男就会告诉女朋友喝热水。

In China, a "straight man" often tells his girlfriend to drink hot water.

770

Gǎnmào le hē rèshuǐ, dùzitòng hē rèshuǐ, duì

感冒了喝热水，肚子痛喝热水，对

Have a cold? Drink hot water! Have stomachache, hot water!

771

Jiùshì shuō wán le zhīhòu ne,

就是说完了之后呢，

After he says that,

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772

ránhòu nàge nǚpéngyou jiù shuō nà wǒmen fēnshǒu ba,

然后那个女朋友就说那我们分手吧,

his girlfriend might say: "Let's break up!".

773

ránhòu nàge nánshēng shuō bù yào

然后那个男生说不要

The guy will say: "No!"

774

Tā shuō hē rèshuǐ!

她说喝热水!

The girl will reply: "Drink hot water!"

775

Kěyǐ zhìliáo nǐ nàge shīliàn de wèntí.

可以治疗你那个失恋的问题。

It can cure his problem of losing his girlfriend.

776

Duì, zhè shì zhège xiàohua

对, 这是这个笑话

This is a joke.

777

Zhège gěng | Duì, shì yī gè gěng, nǐ yě míngbai zhège?

这个梗 | 对, 是一个梗, 你也明白这个?

This is a "geng" (a joke). | Right. You know this word too?

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778

Míngbai de, wǒmen yě kàn hěn duō...

明白的，我们也看很多...

Yes, we also use...

779

Zhōngwén de Zhōngguó de yīxiē shèjiāoméitǐ

中文的中国的一些社交媒体

Chinese social media.

780

Wǒ shuō ne? Nǐ zěnmē dōu lǐjiě | wēibó a Xiǎohóngshū a

我说呢？你怎么都理解 | 微博啊小红书啊

No wonder you understand everything! | Weibo, Little Red Book and so on.

781

Jiùshì shànghuǒ zhège gàiniàn yǒu kēxué yījù ma?

就是上火这个概念有科学依据吗？

Does the concept of "shang huo" have a scientific basis?

782

Hǎo nán huídá

好难回答

That's a tough question.

783

Wǒ bǎ nǐ wèn dào le, wǒ jìngrán bǎ yīshēng wèn dào le.

我把你问到了，我竟然把医生问到了。

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I've stumped a doctor, I've actually stumped a doctor.

784

Shànghuǒ zhège gàiniàn yǒu kēxué yījù ma?

上火这个概念有科学依据吗?

Is there a scientific basis for the concept of "shanghuo"?

785

Tā shì empirical science jiùshì yǒu lěijī xiàlai de yī mén kēxué

它是 empirical science 就是有累积下来的一门科学

This is empirical science, meaning it's a body of knowledge accumulated through experience

786

Yě suànshì yī mén kēxué

也算是一门科学

and can be considered a form of science.

787

Hǎo, nǐ yíng le! Kěyǐ

好, 你赢了! 可以

Okay, you've made your point! That's acceptable.

788

Nà zhōngcǎoyào ne? Yǒu kēxué yījù ma?

那中草药呢? 有科学依据吗?

What about herbal medicine? Is there a scientific basis for it?

789

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Yǒu, zhège juéduì yǒu de

有，这个绝对有的

Yes, there definitely is.

790

Xiànzài hěn duō yánjiū huì... dōu huì qù yánjiū

现在很多研究会... 都会去研究

Nowadays, many research studies investigate

791

dàodǐ shénme zhōngcǎoyào duì shénme yǒubāngzhù.

到底什么中草药对什么有帮助。

what effects certain Chinese herbs have on various conditions.

792

Wǒ jiù dǎ gè bǐfang, qīng hāo

我就打个比方，青蒿

For example, *Artemisia annua* (qinghao).

793

Yǒu yī gè kēxuéjiā jiù fāxiàn le qīng hāo duì nǜèjí yǒubāngzhù,

有一个科学家就发现了青蒿对疟疾有帮助，

A scientist discovered that it is effective against malaria,

794

ránhòu zhège yánjiū jiù dé le nuòbèi'ěr jiǎng.

然后这个研究就得了诺贝尔奖。

and she won the Nobel Prize.

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795

Suǒyǐ zhōngcǎoyào de jiàzhí shìbùshì kàn tā lǐmiàn yǒu nǎxiē chéngfèn?

所以中草药的价值是不是看它里面有哪些成分?

So, is the value of (TCM) herbs determined by the nutrients they contain,

796

jiù xiàng shíwù lǐmiàn yě huì yǒu gèzhǒng yíngyǎng | Duì

就像食物里面也会有各种营养 | 对

just like food which contains various nutrients? | Right.

797

Yǐ xiàndài de kēxué guānniàn guāndiǎn qù kàn zhōngcǎoyào,

以现代的科学观念观点去看中草药,

From a modern scientific perspective,

798

tāmen jiù huì wēiguān,

他们就会微观,

they look at herbal medicine in a more microscopic way.

799

suǒwèi de wēiguān, jiùshì tāmen huì kàn

所谓的微观, 就是他们会看

By "microscopic," I mean they examine

800

zhōngcǎoyào lǐmiàn yǒu shénme chéngfèn,

中草药里面有什么成分,

I mean they examine what components are in the herbs

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801

zhège chéngfèn bāngzhù dào shénme dōngxi.

这个成分帮助到什么东西。

and how these components contribute to health.

802

Dànshì qíshí zhōngyào tā xūyào de shì zhěngtǐ guān.

但是其实中药它需要的是整体观。

But actually, TCM requires a holistic view.

803

Wǒmen yào kàn zhège yào hé zhège yào shì zěnmē yīqǐ qù pèihé

我们要看这个药和这个药是怎么一起去配合

We need to see how these medicines work together.

804

Hùxiāng zuòyòng | Duì

互相作用 | 对

Compliment each other. | Right.

805

Zhōngwén lǐmiàn yǒu yījù lǎo huàshuō, chī shénme bǔ shénme

中文里面有一句老话说，吃什么补什么

There's an old saying in Chinese, "You eat what you need to supplement".

806

Jiù bǐrúshuō wǒ shuāiduàn le tuǐ,

就比如说我摔断了腿，

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For example, if I break my leg,

807

wǒ mā kěnéng huì bāo jītuǐ tāng gěi wǒ hē

我妈可能会煲鸡腿汤给我喝

my mom might cook chicken leg soup for me.

808

Yǐ xíng bǔ xíng

以形补形

"Like nourishes like" or "eating what you lack."

809

Duì, nà wǒ yǎnjīng bùhǎo, wǒ yào chī yǎnjīng ma? Hǎo ěxīn!

对，那我眼睛不好，我要吃眼睛吗？好恶心！

Yes, if my eyesight is poor, do I have to eat eyes? That will be disgusting!

810

Nà kě bù yīdìng, tā zhǐshì yī gè shuōfǎ

那可不一定，它只是一个说法

Not necessarily, it's just a saying.

811

Yǐ xíng bǔ xíng quèshí shì yǒu zhèyàng de gàiniàn,

以形补形确实是有这样的概念，

We do have this concept (in TCM).

812

bǐrúshuō nánshì tā xūyào gèng qiáng de nánshì nénglì,

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比如说男士他需要更强的男士能力,

For example, if a man needs to enhance his male vitality,

813

tā huì chī biān

他会吃鞭

he might consume certain animal penises.

814

Shì niúbiān ma?

是牛鞭吗?

Ox penis?

815

Niúbiān na, hǔ biān na, lù biān na | Zhíjiē chī ma?

牛鞭哪, 虎鞭哪, 鹿鞭哪 | 直接吃吗?

Ox, tiger, or deer penis. | Do they eat them directly?

816

Qù pào jiǔ, pào jiǔ hē

去泡酒、泡酒喝

Soak them in alcohol and make medicinal wine.

817

Dāngrán zhège yě shì xūyào dāpèi bùtóng de zhōngyào,

当然这个也是需要搭配不同的中药,

Of course, this also needs to be combined with other herbs

818

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nà yī gè zhōngyào yīdìngyào héshì nǐ de tǐzhì.

那一个中药一定要合适你的体质。

and the medicine must be suitable for your constitution.

819

Rúguǒ nàge zhōngyào bù héshì nǐ de tǐzhì,

如果那个中药不合适你的体质,

If the herbs are not suitable for your constitution,

820

nǐ chī xiàqu shì fǎn xiàoguǒ huòzhě shì méiyǒu xiàoguǒ de.

你吃下去是反效果或者是没有效果的。

it could have the opposite effect or be ineffective.

821

Nà zhège shì zhēnde shì yǒuyòng de ma?

那这个是真的有用的吗?

Does it really work?

822

Yǒuyòng de, zhège shì yǒuyòng de.

有用的, 这个是有用的。

Yes, it does.

823

Érqiě wèishénme zhēnde jiù zhuānmén zhǎo nàzhǒng

而且为什么真的就专门找那种

And why do they only eat

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824

tèbié xióng wǔ de dòngwù, xiàng lǎohǔ

特别雄武的动物，像老虎

parts from powerful animals, like tiger?

825

Wèishénme bù zhǎo gǒu de?

为什么不找狗的？

Why not from dogs, (for example)?

826

Wǒmen jiùùyào shuō biān ba, wǒmen shuō lùróng,

我们就不要说鞭吧，我们说鹿茸，

Forget about penises, let's first talk about deer antlers.

827

wǒmen dōu zhīdào lùróng shì kěyǐ zhuàngyáng de.

我们都知道鹿茸是可以壮阳的。

We all know that deer antlers can enhance male virility.

828

Dàjiā yī shuō lùróng jiù huì mǎshàng liánxiǎng dào zhuàngyáng

大家一说鹿茸就会马上联想到壮阳

When people mention deer antlers, they immediately associate it with enhancing male virility.

829

Gǔdài de huángdì jiùshì nàge

古代的皇帝就是那个

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In ancient times,

830

pín qiè jīngcháng huì nòng nàgè gěi huángdì chī.

嫔妾经常会弄那个给皇帝吃。

the emperor's concubines would often prepare that for the emperor.

831

Huángdì hòugōng sān qiān | Duì, mángbùguòlái a!

皇帝后宫三千 | 对，忙不过来啊！

The emperor had a harem of three thousand! | Yes, so busy!

832

Měi yī zhī lù tā měinián tā de lùjiǎo tā dōu huì diào,

每一只鹿它每年它的鹿角它都会掉，

Deers' antlers will fall off every year

833

tā dào sānyuè de shíhou tā jiù huì kāishǐ diào le,

它到三月的时候它就会开始掉了，

in March.

834

ránhòu dào tā fāqíng de shíhou yào jiāopèi de shíhou,

然后到它发情的时候要交配的时候，

When it's their mating season and they need to mate,

835

tā de lùróng jiù huì kāishǐ zhǎng,

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它的鹿茸就会开始长,

their antlers will begin to grow,

836

lùjiǎo lǐmiàn de xuèguǎn yě huì bǐjiào duō.

鹿角里面的血管也会比较多。

and there are many blood vessels in the antlers at that time.

837

Zài tā yào jiāopèi de shíhou, shēntǐ lǐmiàn de xióngjīsù huì bǐjiào duō,

在它要交配的时候, 身体里面的雄激素会比较多,

During their mating season, there will be more androgens (male sex hormones) in the body,

838

ránhòu zài nàge shíhou cǎi xiàlai de lùróng

然后在那个时候采下来的鹿茸

and the antlers harvested at that time

839

lǐmiàn de xióngjīsù yě huì bǐjiào duō,

里面的雄激素也会比较多,

will also contain more androgens.

840

ránhòu ràng bìng rén chī xiàqu,

然后让病人吃下去,

When the patient consumes it,

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841

tā jiù qǐdào yī gè bǔ shèn zhuàngyáng de xiàoguǒ.

它就起到一个补肾壮阳的效果。

it has the effect of nourishing the kidneys and enhancing male virility.

842

Nǐ yǒu kàn guo zhèyàng de bìng rén ma?

你有看过这样的病人吗？

Have you ever had patients

843

Jiùshì lái zhǎo nǐ yào zhège fāngzi de?

就是来找你要这个方子的？

who asked you for this prescription?

844

Yǒu a | Á? Zhēnde

有啊 | 啊？真的

Yes. | Oh, really?

845

Jīntiān zǎoshang wǒ cái shōudào xīnxi, tā shì wǒ yǐqián jiù de bìng rén.

今天早上我才收到信息，他是我以前救的病人。

This morning, I just received a message from a patient I had helped before.

846

Lǎogong lǎopó dōu yào huái háizi,

老公老婆都要怀孩子，

Both the husband and wife wanted to have a child,

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847

dànshì hěn jiǔ dōu huái bù shàng,

但是很久都怀不上,

but for the longest time, they couldn't get pregnant.

848

tāmen qù zuò réngōng shòuyùn, IBF

他们去做人工受孕, IBF

They tried artificial insemination,

849

yě shībài, yīnwèi jiù ná bùdào jīngzǐ ma.

也失败, 因为就拿不到精子嘛。

but it failed because they couldn't obtain sperms from the guy.

850

Méiyǒu hěn zhìliàng hǎo de?

没有很质量好的?

There were no quality sperms?

851

Bùshì méiyǒu zhìliàng hǎo de shì wánquán méiyǒu, tā méiyǒu

不是没有质量好的是完全没有, 他没有

It wasn't that he didn't have quality sperms, he just didn't have any sperms.

852

suǒyǐ yào ná yě ná bùdào.

所以要拿也拿不到。

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So even if they wanted to get some, they couldn't.

853

Tā de bàogào shì xiǎnshì quánbù shì líng líng líng, ránhòu tā jiù lái jiùzhěn.

他的报告是显示全部是零零零，然后他就来就诊。

On his medical report, everything was zero. So he came to us.

854

Wǒ jiù bāng tā kàn lo, kàn tā shì shèn yángxū de,

我就帮他看咯，看他是肾阳虚的，

I diagnosed that he had a kidney deficiency,

855

zhèyàng tā jiù yào bǔ shèn zhuàngyáng lo,

这样他就要补肾壮阳咯，

so he needed to nourish his kidneys.

856

qízhōng yī gè yòng shàng de shì zhège yào ma.

其中一个用上的是这个药嘛。

One of the medicines we used was (deers' antlers).

857

Ránhòu jīntiān zǎoshang wǒ shōudào tā de xùnxī,

然后今天早上我收到他的讯息，

This morning, I received a message from him

858

tā shuō qíshí wǒ lǎopó yǐjīng huáiyùn qī gè yuè le.

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他说其实我老婆已经怀孕七个月了。

saying that his wife is already seven months pregnant.

859

Ránhòu tā shuō zhīqián nǐ wèn wǒ de shíhòu,

然后他说之前你问我的时候,

He said that when I asked him earlier

860

wǒ méi gēn nǐ shuō, yīnwèi tāmen yǒu gè...

我没跟你说, 因为他们有个...

he didn't tell me because they had a...

861

Tā shì Yìndùrén, ránhòu tā jiù hé wǒ shuō tāmen Yìndùrén yǒu gè xísú,

他是印度人, 然后他就和我说他们印度人有个习俗,

He is Indian, and they have a custom

862

jiùshì zài sān gè yuè nèi huáiyùn bù yào gàosu... | Wǒmen yě shì

就是在三个月内怀孕不要告诉... | 我们也是

that they shouldn't tell anyone if the pregnancy is within three month. | We're like this too.

863

Huárén yě shì, wǒmen yě shì de

华人也是, 我们也是的

Yes, (Malaysian) Chinese have this (custom) as well.

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864

Qíshí huárén yě shì de, tāmen yě shì zhèyàngzi de

其实华人也是的，他们也是这样子的

Actually, (Malaysian) Chinese are like this too.

865

tā jiù shuō bùhǎoyìsi, zhīqián méiyǒu hé nǐ shuō,

他就说不好意思，之前没有和你说，

He apologized for not telling me earlier

866

yīnwèi yǒu zhèyàng de gùlǜ

因为有这样的顾虑

because they had this concern.

867

xiànzài qī gè yuè le, xièxie nǐ!

现在七个月了，谢谢你!

But now it's seven months and he thanked me.

868

Érqiě tā shì xīyī.

而且他是西医。

Also, he's a Western medicine doctor.

869

Tā shì yīshēng? | Duì, tā shì yīshēng, tā yě shì yīshēng

他是医生？ | 对，他是医生，他也是医生

He is a doctor? | Yes, he is also a doctor.

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870

suǒyǐ qíshí zhōngyī xīyī dàjiā dōu shì bāng rén de,

所以其实中医西医大家都是帮人的,

Actually, both TCM and Western medicine are here to help people,

871

nénggòu hé qilai shì zuìhǎo de, xiānghù bāngzhù.

能够合起来是最好的, 相互帮助。

so it's best when the two types of medicines are combined.

872

Ránhòu qiánmiàn wǒmen yǒu jiǎngdào zhōngyī

然后前面我们有讲到中医

Earlier we talked about how TCM

873

huì yǐ yīxiē dòngwù de shēntǐ bùwèi rùyào ma,

会以一些动物的身体部位入药嘛,

uses animal body parts as medicines,

874

nà yīnwèi zhège yě yǒu hěn duō rén pīpíng zhōngyī

那因为这个也有很多人批评中医

and because of this, many people criticize TCM

875

shì dǎozhì mǒuxiē yěshēngdòngwù mièjué de zuìkuíhuòshǒu,

是导致某些野生动物灭绝的罪魁祸首,

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as the main culprit leading to the extinction of some wild animals.

876

duì cǐ nǐ zěnmē kàn ne?

对此你怎么看呢?

What do you think about this?

877

Zuìkuíhuòshǒu jiù méi nàme yánzhòng la

罪魁祸首就没那么严重啦

To call it the main culprit is a little too extreme

878

yīnwèi wǒmen yě bù yīdìng yào qù yòng

因为我们也不一定要去用

because we don't necessarily have to use

879

nà yī gè dòngwù de nà yī gè bùwèi qù rùyào.

那一个动物的那一个部位去入药。

a particular animal part for medicine.

880

Bǐrúshuō wǒ shuō xīniú jiǎo ba, xīniú jiǎo dōu shì qīng rè de,

比如说我说犀牛角吧, 犀牛角都是清热的,

For example, rhinoceros horn is used for clearing "heat".

881

rúguǒ shì rè zhèng de bìng,

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如果是热症的病,

If the symptoms are related to "heat",

882

wǒmen yǐqián gǔshū lǐmiàn jìzǎi huì yòng xīniú jiǎo rùyào.

我们以前古书里面记载会用犀牛角入药。

ancient (TCM) books have records that rhinoceros can be used to treat that.

883

Zhèyàngzi xiànzài wǒmen bùnéng yòng xīniú jiǎo,

这样子现在我们不能用犀牛角,

But we don't have to use that,

884

wǒmen kěyǐ yòng língyáng jiǎo lái dàitì,

我们可以用羚羊角来代替,

we can use antelope horn instead.

885

méiyǒu língyáng jiǎo wǒmen kěyǐ yòng shuǐ niújiǎo lái dàitì,

没有羚羊角我们可以用水牛角来代替,

If we don't have antelope horn, we can use water buffalo horn instead,

886

dàn nǐ yòng de liàng xūyào bǐjiào duō yīdiǎn.

但你用的量需要比较多一点。

but with a larger quantity.

887

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Suǒyǐ nǐ jiǎng huìbùhuì dǎozhì dào dòngwù miànlín juézhǒng? Jiù bùzhìyú

所以你讲会不会导致到动物面临绝种？就不至于

So will (TCM) cause animals to be extinct? It's not that bad

888

Yīnwèi wǒmen hái yǒu qítā de zhōngyào qù dàiì de,

因为我们还有其他的中药去代替的，

because we have various substances that can be used to get the same effect.

889

gāngcái de lìzi shì yòng dòngwù yào qù dàiì dòngwù yào.

刚才的例子是用动物药去代替动物药。

The example I just gave is substituting one animal medicine with another.

890

Rúguǒ bù yào yòng dòngwù yào,

如果不要用动物药，

If we don't want to use animal medicines,

891

bǐrúshuō sùshízhě tā bùnéng chī dòngwù yào,

比如说素食者他不能吃动物药，

for example, for vegetarians who can't consume animal medicines,

892

nà wǒmen jiù kāi qīngrè de zhíwù yào hǎo le.

那我们就开清热的植物药好了。

we can prescribe plant medicines for clearing "heat".

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893

Wǒ běnshēn fāxiàn zhège shì miànlín juézhǒng de zhōngyào,

我本身发现这个是面临绝种的中药,

If I find that a medicine is facing extinction,

894

wǒmen dōu bùhuì yòng de.

我们都不会用的。

I personally won't use it.

895

Zhōngyī gēn xīyī hùxiāng zhījiān yǒuméiyǒu shénme piānjiàn?

中医跟西医互相之间有没有什么偏见?

Are there any prejudices between TCM and Western medicine?

896

Háishi huì yǒu la

还是会有啦

There are some.

897

Xīyī rènwéi wǒmen, nǐmen shì wěikēxué

西医认为我们, 你们是伪科学

Western medicine might think of us as pseudoscience.

898

Wǒmen huì rènwéi xīyào fùzuòyòng dà.

我们会认为西药副作用大。

We might think that Western medicines have significant side effects.

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899

Quèshí shìyào sānfēndú,

确实是药三分毒,

Indeed, all medicines have some toxicity,

900

dànshì nǐ yàokàn tā nénggòu bāngzhù nǐ de fànwéi bǐjiào dà,

但是你要看它能够帮助你的范围比较大,

but you have to see whether or not the benefits they provide are greater

901

háishi tā de fùzuòyòng lái de bǐjiào dà.

还是它的副作用来的比较大。

than the side effects.

902

Rúguǒ tā bāngzhù nǐ de bǐjiào dà, nǐ kěndìng shì yào chī nàge yào.

如果它帮助你的比较大，你肯定是要吃那个药。

If the benefits are greater, you should definitely take that medicine.

903

Ránhòu guòhòu nǐ kěyǐ yòng zhōngyī de fāngshì

然后过后你可以用中医的方式

Then afterward, you can use Traditional Chinese medicines

904

qù tiáolǐ fùzuòyòng dàilái de fǎnyìng

去调理副作用带来的反应

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to adjust the reactions brought about by side effects.

905

Wǒ de guāndiǎn shì wǒ fēicháng zhōnglì,

我的观点是我非常中立,

My view is more neutral.

906

nǎyīge nénggòu bāngzhù dào bìng rén de nǎge jiùshì hǎo de.

哪一个能够帮助到病人的哪个就是好的。

Whichever one can help the patient is the better one.

907

Tā méiyǒu zuìhǎo de dōngxi, zhǐyǒu zuì héshì de dōngxi.

它没有最好的东西，只有最合适的东西。

There is no best thing, only the most suitable thing.

908

Nà yīyàng dōngxi héshì nàge bìng rén, tā jiùshì zuìhǎo de lo.

那一样东西合适那个病人，它就是最好的咯。

Whatever is suitable for the patient is the best.

909

Hǎo de, jīntiān fēicháng gǎnxiè liú yīshī

好的，今天非常感谢刘医师

Alright. Thank you very much, Dr. Liu,

910

lái wèi wǒmen kēpǔ le zhème duō zhōngyī zhīshi,

Malaysian Chinese Talks About His Life in Malaysia and Studying Traditional Chinese Medicine in China

来为我们科普了这么多中医知识,

for sharing so much knowledge about TCM with us,

911

bìngqiě ne fēnxiǎng le tā zài xuéyī de jīnglì,

并且呢分享了他在学医的经历,

your experiences in studying medicine,

912

háiyǒu zuòwéi Mǎláixīyà huárén zài zhège guójiā de shēnghuó dēngděng.

还有作为马来西亚华人在这个国家的生活等等。

as well as life as a Malaysian Chinese in this country, and so on.

913

Hěn gāoxìng kěyǐ shàng dào lái hé dàjiā liáotiān.

很高兴可以上到来和大家聊天。

I am happy to be here chatting with everyone.

914

Rúguǒ yǒu jīhuì dehuà, wǒmen xiàcì yě kěyǐ jìxù zài liáo de.

如果有机会的话, 我们下次也可以继续再聊的。

If there's a chance, we can talk again.

915

Nà rúguǒshuō zài Mǎláixīyà de,

那如果说在马来西亚的,

If you're in Malaysia,

916

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shuōbùdìng yǐhòu hái nénggòu pèngdào liú yīshēng shìbùshì?

说不定以后还能够碰到刘医生是不是?

maybe you'll get a chance to meet Dr. Liu in person, right?

917

Hǎo, jīntiān jiù xiān zhèyàng le, xièxie! Báibái

好, 今天就先这样了, 谢谢! 拜拜

Well, that's it for today. Thank you and bye bye!