

南華大學九十九學年度 碩士班 招生考試試題卷

系所組別：自然醫學研究所

科目編號：D52-3

科目：英文

試題紙第 1 頁共 4 頁

Answer all questions based on what is stated or implied in the following passages. Choose the best or most appropriate answer.

I. Read the following passage: (30%)

My friend, David Wiebe, 58, of Woodstock, N.Y., is a well-known maker of violins and cellos, with a 48-year history of severe asthma that was treated with bronchodilators and steroids for two decades. Ten years ago, Mr. Wiebe noticed gradually worsening vision problems, eventually diagnosed as a form of macular degeneration caused by the steroids. Two leading retina specialists told him to stop using the drugs if he
5 wanted to preserve his sight.

He did, and endured several terrifying trips to the emergency room when asthma attacks raged out of control and forced him to resume steroids temporarily to stay alive.

Nothing else he tried seemed to work. "After having a really poor couple of years with significantly reduced quality of life and performance at work," he told me, "I was ready to give up my eyesight and go back
10 on steroids just so I could breathe better."

Then, last spring, someone told him about the Buteyko method, a shallow-breathing technique developed in 1952 by a Russian doctor, Konstantin Buteyko. Mr. Wiebe watched a video demonstration on YouTube and mimicked the instructions shown.

"I could actually feel my airways relax and open," he recalled. "This was impressive. Two of the
15 participants on the video were basically incapacitated by their asthma and on disability leave from their jobs. They each admitted that keeping up with the exercises was difficult but said they had been able to cut back on their medications by about 75 percent and their quality of life was gradually returning."

A further search uncovered the Buteyko Center USA in his hometown, newly established as the official North American representative of the Buteyko Clinic in Moscow.

20 "When I came to the center, I was without hope," Mr. Wiebe said. "I was using my rescue inhaler 20 or more times in a 24-hour period. If I was exposed to any kind of irritant or allergen, I could easily get a reaction that jeopardized my existence and forced me to go back on steroids to save my life. I was a mess."

But three months later, after a series of lessons and refresher sessions in shallow breathing, he said, "I am using less than one puff of the inhaler each day — no drugs, just breathing exercises." (Excerpted from *The New York Times*, "A Breathing Technique Offers Help for People With Asthma" by Jane E. Brady, November 2, 2009.)

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試題紙第 2 頁共 4 頁

1. This passage is mainly about _____.
(A) steroids (B) eyesight (C) asthma (D) vision problems
2. The word "mimicked" in line 13 means _____.
(A) copy (B) listen (C) look (D) use
3. According to the above passage, _____.
(A) steroids improve eyesight
(B) steroids should be used with inhalers
(C) the breathing technique improves eyesight
(D) the breathing technique reduces the use of inhalers by asthma sufferers
4. The word "jeopardized" in line 22 means _____.
(A) preserve
(B) endanger
(C) increase
(D) assist
5. It can be inferred from the above passage that _____.
(A) steroids have no side-effects
(B) breathing exercises improves asthma patients' quality of life
(C) breathing exercises do not help asthma patients
(D) rescue inhalers are dangerous to use
6. According to the passage, which one of the following is wrong? _____.
(A) Mr. Wiebe used his inhaler more times after being treated at the Buteyko Center
(B) To preserve his eyesight, Mr. Wiebe should stop using steroids
(C) The breathing technique was developed by Konstantin Buteyko
(D) Irritants or allergens could cause Mr. Wiebe to have an asthma attack

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試題紙第 3 頁共 4 頁

II. Read the following passage: (30%)

Traditional Chinese medicine, which encompasses many different practices, is rooted in the ancient philosophy of Taoism and dates back more than 5,000 years. Today, TCM is practiced side by side with Western medicine in many of China's hospitals and clinics.

5 TCM emphasizes individualized treatment. Practitioners traditionally used four methods to evaluate a patient's condition: observing (especially the tongue), hearing, asking, and palpating.

TCM practitioners use a variety of therapies in an effort to promote health and treat disease. The most commonly used are Chinese herbal medicine and acupuncture.

10 Chinese herbal medicine: The Chinese *materia medica* (a pharmacological reference book used by TCM practitioners) contains hundreds of medicinal substances—primarily plants, but also some minerals and animal products—classified by their perceived action in the body. Different parts of plants such as the leaves, roots, stems, flowers, and seeds are used. Usually, herbs are combined in formulas and given as teas, capsules, tinctures, or powders.

Acupuncture: By stimulating specific points on the body, most often by inserting thin metal needles through the skin, practitioners seek to remove blockages in the flow of qi.

15 The theoretical framework of TCM has a number of key components:

Yin-yang theory—the concept of two opposing, yet complementary, forces that shape the world and all life—is central to TCM.

20 In the TCM view, a vital energy or life force called qi circulates in the body through a system of pathways called meridians. Health is an ongoing process of maintaining balance and harmony in the circulation of qi.

The TCM approach uses eight principles to analyze symptoms and categorize conditions: cold/heat, interior/exterior, excess/deficiency, and yin/yang (the chief principles). TCM also uses the theory of five elements—fire, earth, metal, water, and wood—to explain how the body works; these elements correspond to particular organs and tissues in the body.

(Excerpted from "What is CAM?" <http://nccam.nih.gov/health/whatiscam/chinesemed.htm>)

7. This passage is mainly about _____.

- (A) Acupuncture (B) western medicine
(C) Chinese herbal medicine (D) traditional Chinese medicine

8. According the passage, which one of the following is wrong? _____.

- (A) Minerals are used in Chinese herbal medicine
(B) Qi is a life force that circulates in the human body
(C) Chinese herbal medicine and acupuncture are used to promote health
(D) Ying and yang are not complementary forces in traditional Chinese medicine

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試題紙第 4 頁共 4 頁

9. The word "palpating" in line 5 means _____.
 (A) hear (B) taste (C) touch (D) smell
10. It can be inferred from the passage that _____.
 (A) practitioners use different therapies to treat a patient
 (B) practitioners use the eight principles to treat a patient
 (C) traditional Chinese medicine is better than Western medicine
 (D) the five elements represent the symptoms of a patient
11. It can be inferred from the passage that _____.
 (A) The ying-yang theory is not important in traditional Chinese medicine
 (B) acupuncture is used to improve the circulation of qi in a body
 (C) meridians are the vital energy in a body
 (D) tinctures are most commonly used in traditional Chinese medicine
12. The word "perceived" in line 10 means _____.
 (A) to achieve well-being (B) to become sick (C) to become cured (D) to achieve understanding

III. Link each word in the left column with its correct meaning provided in the right column: (40%)

- | | | |
|---------------------------|-------|---|
| 13. dietary supplements | _____ | A. therapies instead of conventional treatments |
| 14. aromatherapy | _____ | B. the use of fragrances to affect a person's mood |
| 15. alternative therapy | _____ | C. pertaining to birds |
| 16. survey | _____ | D. experiencing a rapid onset |
| 17. herbal | _____ | E. physical, mental, or emotional strain or tension |
| 18. complementary therapy | _____ | F. a sign or indication of something |
| 19. symptom | _____ | G. a systematic collection of factual data |
| 20. acute | _____ | H. an abnormally strong craving |
| 21. stress | _____ | I. therapies in addition to conventional treatments |
| 22. avian | _____ | J. pertaining to animals |
| | | K. products in capsule that provide nutrients |
| | | L. pertaining to plants |