A Medical Legacy

Read the article and circle the best answer for each question.

The ancient Chinese developed an early kind of medicine. The basic idea of their medicine held that the human body, like the universe, must be in a state of harmony and balance. Ancient Chinese healers carefully examined patients and tried to find places in the body where energy was blocked or life forces were out of balance.

According to the ancient Chinese, two main forces govern life. They called these forces yin and yang. Yin has to do with things in nature thought of as female such as shadows and nature. Yang has to do with things in nature thought of as male such as light and summer. The ancient Chinese believed that yin and yang controlled the body and must be in balance, or a person became sick.

A Chinese healer would first figure out where and how a patient was out of balance. Then the healer would try a number of treatments. Some common treatments were moxibustion, herbal medicine, and acupuncture. These are noted in books such as the Nei Jing, or The Book of Medicine of the Yellow Emperor, written in the third century B.C.

Moxibustion involved blistering a patient’s skin. The blisters were caused by heating powdered leaves of an Artemisia plant and placing the leaves on the patient’s skin.

Herbal medicine involved the choice and preparation of plants believed to cure infections, take care of common ailments, and help keep the body healthy. Herbs were taken in the form of pills, powders, or teas.

Acupuncture was based on the idea that energy flows throughout the body by means of certain pathways. The acupuncturist tried to find out where the energy was not flowing properly. Long, solid needles were passed into the patient’s skin at certain points to restore balance.

Belief in the power of these treatments still exists among many people who have inherited or come into contact with the Chinese culture. The heritage of the ancient Chinese healers guides these people who practice Chinese medicine today. Some of the ancient Chinese practices are now finding their way into Western medicine.
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Read the article and circle the best answer.

1. What is this article mostly about?
   A. the way people can cure themselves
   B. the ancient Chinese belief that to be healthy the body must be in a state of harmony and balance
   C. forces in the universe
   D. the belief that people must exercise regularly to have energy

2. Which of these is the best summary for the second paragraph?
   A. The heat of yang causes fevers in people.
   B. Yin means energy and yang means lack of energy.
   C. Yin and yang must be in balance for proper health.
   D. Yin and yang should never be in balance.

3. In this article, the word *moxibustion* involves
   A. the use of oxygen to help a person’s breathing.
   B. the blistering of a person’s skin for a medical purpose.
   C. the preparation of herbs for use in treating illness.
   D. a deep-breathing exercise to relieve a patient’s symptoms.

4. From the article, you can tell that ancient Chinese healers believed that
   A. it was necessary to examine a patient carefully.
   B. surgery was the best remedy for most illnesses.
   C. pain relief was of the greatest importance.
   D. the patients’ attitude was more important than a doctor’s care.

5. Which of these is an opinion presented in the article?
   A. Long, solid needles were used in acupuncture.
   B. The ancient Chinese developed an early kind of medicine.
   C. Herbal medicine cures infections, takes care of common ailments, and helps keep the body healthy.
   D. Some books on medicine were written in the third century B.C.

6. According to the article, acupuncture was used to
   A. drain extra fluid from the body.
   B. test the patient’s reflexes.
   C. make a patient feel relaxed.
   D. open pathways in the body where energy was not flowing properly.

7. In this article, the word *heritage* means
   A. a new idea that inspires people
   B. a Chinese hospital of the eighth century.
   C. an ancient dwelling
   D. a set of ideas passed from generation to generation

8. The article gives you enough information to conclude that
   A. ancient Chinese healing practices are still used in China today.
   B. the Chinese have abandoned the ancient Chinese healing arts.
   C. surgery was never practiced in ancient China.
   D. many ancient Chinese patients died.