

News Buddy

中醫夜市幫青年「養生續命除班味」

**原文**

摘錄自2月23日香港《文匯報》：夜幕降臨，華燈初上，下班的年輕人成群湧入廣州的大街小巷，準備開啟一段精彩豐富的都市夜生活。除了吃飯逛街、泡吧蹦迪等常規節目外，近段時間他們又多了一個新去處——到中醫夜市排隊打卡，請老中醫號脈，品嚐中醫藥膳養生湯。當草本香融入了煙火氣，在中醫藥文化不斷活化發展的熱潮中，新中式養生在這屆「脆皮青年」（編者註：「脆皮青年」是指新生代青年群體，年紀輕輕小毛病不少）中日益流行起來，打八段錦、飲藥膳花茶、泡腳理療……他們一邊拚命、一邊「續命」，在傳統中醫藥文化中挖掘日常的養生秘方與樂趣。

一號難求的名醫免費義診，耳穴貼壓、耳部刮痧、穴位貼敷、火龍罐等中醫療法現場體驗，還有養生茶飲、中藥香囊、五行藥膳、AI（人工智能）診脈等特色攤位……在廣州番禺的一處廣場上臨時支起的兩排攤位間，候診的隊伍蜿蜒盤旋，淡淡的草藥、藥油、花茶香氣瀰漫在空氣中，集中提供了許多中醫藥文化的精華體驗的中醫夜市，吸引了大量「脆皮青年」前來打卡，每個人都帶着自己的「頭疼腦熱」，亟待老中醫們對症下藥。

「自己天天熬夜，心裏感覺有點慌，來看看中醫。」從附近大學城專程趕來的易同學和楊同學才剛上大一，就操心起了養生問題。如此



▲中醫夜市往往會提供耳穴貼壓、耳部刮痧等多種中醫理療供市民免費體驗。



►中醫夜市人氣火爆，候診隊伍大排長龍，其中許多都是年輕面孔。

「孜孜不倦熬夜，勤動懇懇養生」似乎也成了90後、00後最流行的朋克養生法。這群年輕人普遍具有更強烈的健康意識，和不那麼健康的生活方式，並非真的生病，但又希望通過食補、調理等日常行為保持身心健康。

中醫夜市火爆背後，是中醫藥文化的流行發展，不僅夜市活動上湧現了成群結隊的年輕面孔，各種養生習慣也越來越成為人們的日常生活方式，打八段錦、藥材泡腳、養生膳食等等，博大精深的傳統文化正從細微處融入大眾

生活。

中醫師郭永標也感受到人們對中醫藥文化愈來愈高漲的熱情，他告訴記者，現在很多年輕人都處於亞健康狀態，但許多健康問題都還比較輕微，將中醫藥的理療、調理、飲食調整等方式融入到日常生活，就可以在潛移默化中改善身體的狀態，幫助人們養成長期健康的生活習慣，所以愈來愈廣受歡迎，這讓他很欣慰。

近年來，中國慢性病患群體呈現年輕化趨勢，脫髮掉髮、肥胖、運動能力下降、焦慮、

頸椎病、睡眠障礙等問題在90後和00後青年中愈來愈普遍存在，開始注重養生的年齡也不斷提前。為了更好地發揮防治未病作用，中醫夜市通常還會透過主題科普講堂、急救演示等活動，科普如穴位保健、煎煮中藥等常見養生問題，以提高人們的健康素養和知識。

中華中醫藥學會急診危重症分會主任委員劉清泉認為，中醫夜市最積極的一面，是讓中醫中藥的很多醫學理念走進千家萬戶，變成老百姓日常健康生活的一部分。

## TCM Night Market Helps Young People to "Renew Life"

**譯文**

As night falls and the lights come on, young people from work flock to the streets and alleys of Guangzhou, ready to embark on an incredible and rich urban nightlife.

In addition to the usual activities like dining, shopping, and clubbing, they have recently added a new hotspot: lining up at the traditional Chinese medicine night market to consult with experienced practitioners and taste herbal medicinal soups. As herbal aromas blend with the vibrant atmosphere, the culture of traditional Chinese medicine is revitalizing, and new-style wellness practices are becoming increasingly popular among the "crisp-skinned youth" (a term referring to the younger generation who often face minor health issues). They engage in activities like practicing Baduanjin, drinking herbal tea, foot therapy..... While they work hard, they also seek to "extend their lives", discovering everyday wellness tips and enjoyment within the realm of traditional Chinese medicine.

Renowned doctors, who are hard to come by, offer free consultations, ear acupressure, ear scraping, acupoint plastering, and fire cupping. There are also specialty booths featuring wellness teas, herbal sachets, five-element medicinal cuisine, and AI pulse diagnosis..... In Guangzhou Panyu, a plaza temporarily erected between two rows of booths waiting for the medical queue me-

andering around, the light of the herbal medicine and the faint scent of herbs, medicinal oils, and flower teas fills the air. The Chinese Medicine Night Market, which focuses on providing many of the best experiences of Chinese medicine culture, attracts a large number of "crunchy youngsters" who come to visit the market, each with their own "headache and fever" and desperately in need of the proper remedy from the veteran Chinese medicine practitioners.

"I've been staying up late every day, and I feel a little panicky, so I've come to see a Chinese medicine practitioner. The Yi and Yang students came from the nearby university and city and were just in their first year of college, worried about their health. So "tirelessly stay up late, diligently and sincerely healthy" seems to have become the most popular punk health method of the 90s and 00s. This group of young people generally have a stronger sense of health and a less healthy lifestyle; they are not sick but also hope to maintain physical and mental health through dietary supplements, adjustments and other daily behaviours.

Behind the fire of the Chinese medicine night market is the widespread development of Chinese medicine culture; not only the night market activities on the emergence of groups of young faces, but a variety of health habits are also becoming more and more people's daily life style,

playing the eight duan jin, medicinal herbs foot soak, health meals, etc., the profound traditional culture is from the smallest into the public life.

Dr. Guo Yongbiao, a Chinese medicine practitioner, also felt people's increasing enthusiasm for Chinese medicine culture. He said that many young people are now in sub-health, but many health problems are still relatively minor. Integrating Chinese medicine's physical therapy, conditioning, and dietary adjustments into daily life can subconsciously improve the state of the body and help people develop long-term healthy habits, so it has become increasingly popular. This is why it is becoming increasingly popular, which gratifies him.

In recent years, China's chronic disease patients have shown a trend of youth, hair loss, obesity, reduced exercise capacity, anxiety, cervical spondylosis, sleep disorders and other problems in the post-90s and post-00s youth more and more prevalent, and began to pay attention to the health of the age of advance. To better prevent and treat illnesses, the Chinese Medicine Night Market also popularizes common health issues such as acupoint health care and decoction Chinese medicines through thematic popularization lectures and first-aid demonstrations to enhance people's health literacy and knowledge. According to Liu Qingquan, director of the Emergency and Critical Care Branch of the Chinese

Medical Association, the most positive aspect of the Chinese Medicine Night Market is that it allows many medical concepts of Chinese medicine to be introduced to thousands of households and become a part of the people's daily health life.

**●瑠琰**

**小測試**

(1) What new trend has emerged among young people enjoying the nightlife in Guangzhou? ( )

A) Dining and shopping  
B) Go to the hospital for a consultation  
C) Frequenting the traditional Chinese medicine night market  
D) Engaging in extreme sports activities

(2) What health-related issue do many of the younger visitors to the Chinese Medicine Night Market commonly face? ( )

A) They are dealing with serious medical conditions.  
B) They seek solutions for minor health complaints.  
C) They are primarily interested in Western medical treatments.  
D) They are focused on enhancing their physical appearance.

答案：B (1) C (2)

### 恒大清思

## 「青衣」是詞還是短語？語言結構值得深究

香港有一個地方叫做「青衣」，據說青衣島附近海域曾生產青衣魚，又有指該島地形似青衣魚，因而得名。在香港的語言環境中提及「青衣」，一般是指地名；指代一種魚時，或許要叫「青衣魚」來區分。

### 「青衣」借代儒生

不過，「青衣」一詞在香港以外的漢語環境中卻有其他意義，它常見於古典詩詞、文獻中，最初是一種春服，為青綠色（古人以青色作為春天的代表顏色），有時用來借代儒生，例如南宋詞人陸游的「只愁風斷青衣渡」、唐代白居易的詩句「青衣報平坦」等等。後來「青」也可作黑色解。無論如何，古時的「青衣」大抵就是「青色的衣服」之意。

上述例子在意義上之差異，正好反映漢語「詞」和「詞組」的不同結構。詞是能獨立運用的最小音義結合體，換句話說，它是表示最基本的完整意義，並且能自由造句的語法單位。

例如，當我們看到「青衣」這個字眼時，腦海中會浮現出一個地方或是一種魚（意義）。將「青衣」視作一個詞，這是本港理解這個詞語最常見的方法。

至於詞組，則是由兩個或兩個以上的詞組成的語法單位，其意義是將組成這個詞組的詞的意義合成的結果。同樣是「青衣」這個書寫形式，若將其理解為「青色」（形容詞）＋「衣服」（名詞），就是兩個意義簡單相加，這種對「青衣」的理解便是將它當作詞組看待的結果。因此，古代使用「青衣」一詞，其實就是將它當作詞組看待。



●香港人往往將「青衣」視作一個詞而非短語。圖為在青衣自然徑上俯瞰青馬大橋。

### 網上圖片 加「的」字區分詞和短語

詞和詞組的結構所導致的意義差異，在日常生活中並不罕見，至於如何分辨，只需在兩個字之間加上「的」字，如果意思跟本來的不同，那便是詞，否則就是短語。

例如作為詞的火車並不等於「着火的車」、大學並不等於「大的學校」或「大的學問」、葡萄牙並不等於「葡萄的牙」等等。

這些例子說明，在日常語言使用中，即使外在形式（書寫或說話）相同，不同的語言結構會產生不同的意義，因此，哪怕是母語使用者，仍需對自己的語言有基本的語法認識。

無論「青衣」是指地名抑或青色的衣服，它們背後的語言結構和文化意義都值得我們深入探討。這不僅有助於日常準確表達，同時也是對文化的尊重。



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## 合理運用修辭 優化寫作表達

### 貼地英文

今學年大部分時間已探討很多基本詞類（Parts of Speech）之外的技巧，當中多是修辭手段（Figures of Speech），主要目的是多掌握寫作時的「工具」，但我們不會因為工具箱裏有一把電鑽，便在無需要之下拿去鑽洞——嘗試是可以，但是不能胡亂運用，不肯定是否正確時用較安全的淺白句更好。

另外，有些修辭手法雖然有趣，但缺乏實用性，如頭韻（Alliteration），句子內大部分字有相同或近的音韻，讀起來便有趣味，如"Peter Piper picked a peck of pickled peppers."其實它就是繞口令（Tongue twister），所以我略過了這類題目。

### 潮流用語增共鳴感

寫作時用潮流用語，可增加共鳴感，令讀者更認同。有不少修辭法我們已在日常生活中不自覺地用上了，例如催促他人時說"Hurry up. Even snail is faster than you!"或誇讚同學的足球技能很了得，"He is the king of football."

多年前洛杉磯有一宗謀殺案，電視直播訴訟過程，因疑犯是位明星，非常引人矚目。控方律師志在得意，因為他們手上有"a mountain of evidence"，即是鐵證如山，後來被發現當中包含有偽證。

當時涉及證據的句子多會用這一說法，不過潮流總在變化，近年這個說法已經少見了。

不過，還有些修辭難過時，但仍被我們接受，例如形容固執或一成不變說"You can't teach an old dog new tricks."同時，有些過時成語如"It is raining cats and dogs"也變成了"It is pouring"，下雨如倒水，甚至可更簡單一點用"Heavy rain"，而不用俚語或成語。

### 簡單辭句亦可達意

斐迪南大公遇刺事件是一戰導火索（trigger point），用成語可說"the straw that broke the camel's back."歷史學家則把這事件，說作一個火星，點燃了一戰之火："The spark that ignited World War I."。想要簡單或比較正式（formal）一點也可說"The immediate cause"，這是近因，有時候簡單的詞語從字面就可達意。

俚語聽得多便易上口，即使是老舊也不妨一用。以前有一個去頭皮屑洗頭水廣告，產品目標是想交男女朋友的年輕人，要「拍拖」便要好好打點外表"You never get a second chance to make a good first impression."你沒有第二次機會留下好的第一印象，十分有道理。若有朋友去面試，不論是升學或找工作，你也可以用這句來提醒朋友注意儀表整潔。

### 「轉彎抹角」容易入耳

「轉彎抹角」是修辭的特色，雖然這特色有時令人煩躁，但是話說得太直白，便很難以入耳，有時話說得委婉也是個優點。提醒朋友笑多一點，可說"It only takes an 's' to turn miles into smiles"

失敗乃成功之母是一個好的鼓勵，不要因為挫敗一蹶不振。不過，最後我提議向「成功之父」——亞歷山大大帝的父親學習，他是個軍事天才，發明一種戰術叫Divide and Conquer，便是把敵人拆散再逐一擊破。你要溫習的內容，也要像敵人一樣，先分而後克服。

答題時，要懂得取捨，跳過不明白或太花時間的問題、不要漏過可取分的題。"A bird in hand is worth two in the bush."一鳥在手，勝於二鳥在林。

●康源 專業英語導師