

The basic unit of the Chinese language is the zi (字), i.e. a Chinese word. Each zi has a written form (called a character, made up of strokes), a sound (made up of consonant and vowel) and a meaning (or multiple meanings). When we speak or write Chinese, we string zi together to form terms, phrases and sentences.

This week: Words about health and healing



Pronunciation: fang (Putonghua, 2nd tone), fong (Cantonese, 4th tone) Basic meaning: defend, guard, protect, prevent 防 = 防衛 (fang wei = defend~guard), 防線 (fang xian = defense~lines). 防空洞 (fang kong dong = protect~air-raid~holes/caves) = air-raid shelters. 防毒面罩 (fang du mian zao = prevent~toxic-gas~face~cover) = gas masks. Terrorist attacks are 防不勝防 (fang bu sheng fang = protect~not~succeed~protect = never completely detectable/avoidable).

In summer, housewives spray 防蟲劑 (fang cong ji = prevent~bugs~medicine = insect detergents), swimmers rub 防曬油 (fang shai you = protect-from~sunlight~oil = sunburn lotion), 護士 (hu shi = protect~scholar = nurses) 打防疫針 (da fang yi zhen = hit~prevent~epidemic~needle = perform anti-infections injections).

"上醫治未病" (shang yi zhi wei bing = top/best~doctors~heal~not-yet~ill) means the best doctors treat you before you become ill.