

## Compilers' Preface to the People's Medical Publishing Edition

In the transmission of knowledge from one language community to another, bilingual dictionaries can serve a number of different purposes. In the early stages of transmission when the terminology of the recipient community is in a state of flux, a bilingual dictionary is the means by which term translators propose a comprehensive set of target-language terms as a standard that all members of the field can follow. The Westward transmission of Chinese medicine is still in its initial phase because, despite the growth in popularity of Chinese medicine over recent decades, there is still no universally used English terminology of Chinese medicine. *A Practical Dictionary of Chinese Medicine*, which was first published by Paradigm Publications in 1998 and which we now present to Chinese readers, meets the present need by proposing an English terminological standard for Chinese medicine and by forming a major element of a broader effort to solve the linguistic problems of transmission.

当一种知识体系从一个语言群传播到另外一个语言群时，双语词典可发挥很多不同的功能。在传播的初期接受群的词汇尚未固定时，双语词典是词汇翻译人员提供完整一套译入语词汇供该领域中所有成员使用。中医西传就是处于这种初期时段，虽然中医在西方国家最近几十年越来越受欢迎，但至目前为止，尚未订出一套普遍公认的英文词汇。今所提供给中为国读者之原先由美国 Paradigm Publications（标登出版社）1998年出版的《实用英文中医辞典》是满足这种初期时段的需求，提出一种希望能够成为标准中医英文词汇，属于解决中医西传的语言方面问题的更广泛的努力中的一个关键部分。

The reason why no standard English terminology has been universally accepted is that there are different approaches to the translation of Chinese medical terms. Some believe in the liberal use of Western medical terms to represent traditional Chinese medical concepts wherever possible. Others, like ourselves, believe that only loan-translation (literal translation) can reflect Chinese medical concepts accurately. Still others in the West, believe that Chinese medicine possesses only a small number of core terms and hence the need for term standardization does not exist. Although a debate about the selection of English equivalents for a few Chinese medical terms has occurred the last decades, it has failed to reach any agreement because it has failed to examine the assumptions underlying approaches to translation and their logical consequences.

为何尚未有公认的英文中医词汇的标准是因为中医词汇翻译有不同的方法。有的人认为要尽量采用西医词汇来代表中医传统概念；有人，包括笔者在内，认为以仿造(即直译)为主的翻译方法能够反映出中医概念；还有许多西方人认为，中医只有少数核心专有名词，因此英文名词无需规范化。虽然几十年来讨论过中医名如何翻译的问题，但尚未达到公识，原因是各种不同的翻译方的法基本假定以及其能推理的后果尚未好好地探讨。

People are only just starting to realize that the choice of approach to translation is influenced by different expectations about the result of the transmission process. Both in China and abroad, those who propose the liberal use of Western medical terms as equivalents for traditional Chinese medical purposes generally believe in the integration of Chinese with Western medicine. Those who favor loan-translation believe that Chinese medicine as traditionally understood and practiced in Chinese can and should be transmitted to the West without having to be wedded to Western medicine to gain acceptance. Those who believe Chinese medicine only possesses a few terms—many of them writers with no linguistic access to Chinese sources—are less

interested in the transmission of Chinese knowledge to the West than in adapting it to the demands of their own alternative health-care philosophies that exaggerate the importance of holism and the relationship between body and mind.

中医界现在才开始了解，翻译方法的选用与对于传播过程所期待的结果有密切关系。国内外提倡尽量采用西医名词来翻译中医传统概念者，多赞成中西医结合，而推崇以仿造为主的翻译方法者认为，中国的传统中医能够，也应该传播到西方，无需与西医结合才能获得西方的接受。认为中医只有少量术语者，其中有许多看不懂中文原文文献的西方作者，对传播中医知识兴趣淡薄，较重视中医的改制，使中医能够符合替代医学过于重视中医整体观与心身为一的理念。

Disagreement about term translation is a disagreement not about choice of words; it is about the direction of the development of Chinese medicine in the West. Few people understand all of the issues. English speakers are confused about what Chinese medicine is because works in which Chinese medicine is simplified, biomedicized, and adapted to the alternative health-care environment are all labeled as "traditional Chinese medicine," and since most English speakers do not know Chinese (and are only just starting to discover the need to learn it), they have no access to primary sources that inform them what Chinese medicine is in China. Chinese people, on the other hand, are generally unaware of the influence alternative health-care values on the development of Chinese medicine in the West, and do not realize how successful the efforts of those trying to present Chinese medicine faithfully.

中医名词翻译的争论不是选定字词的争论，而是决定中医在西方国家的发展方向的争论。而这争论迁涉到许多复杂问题，并非每个人所能掌握。讲英文的人并不清楚，中医到底是什么，因为提供简化、西医化、或为符合替代医学需求而改制之中医的书籍上都贴者“中医”的标签，而且大部分讲英文的人不会汉语（现在才开始了解需要学习汉语的重要性），因此他们无法看到提供关于中国的传统中医较可靠的中文原文材料。而国内人一般不知晓替代医学的价值观如何影响了中医在西方国家的发展，也不了解忠实于中医原貌翻译方法的成就。

The fact remains, however, that it is only when we view translation methods in terms of transmission goals that it becomes obvious which of these three approaches to transmission is the most rational and viable. The liberal use of Western medical terms is obviously most suited to a form of Chinese medicine that is integrated with Western medicine; by transposing Chinese medical concepts into inexact Western medical equivalents, it cannot hope to transmit a traditional understanding of the elaborate body of Chinese medical knowledge. Those who believe Chinese medicine possesses only a small terminology simplify Chinese medicine, or even adapt it to perceived Western needs, neglecting more than 2,000 years' experience when they try to "reinvent Chinese medicine." Both these approaches to transmission decide what elements of Chinese medical knowledge are suitable for Westerners and what elements can be discarded in the transmission process; both methods deprive Westerners of the opportunity to view and understand Chinese medicine in exactly the same way that it is viewed and understood in China. Only by recreating all the terms of Chinese medicine in English by a translation scheme largely based on loan-translation can Westerners hope to see the true face of Chinese medicine.

然而只有从传播目标的角度来看翻译方法才能了解，这三种翻译方式中何种最为合理可行。尽量采用西医名词，显然最适合传播一种与西医结合的中医，但因为这种方法是把中医概念转换为西医概念，故无法传达传统中医知识的特色，而认为中医只有少数核心名

词者，是把中医简单化，甚至为让它能符合西方人所假想的需求而把它改制，完全忽略了中国人治疗疾病的 2000 多年的经验而“重新发明中医”。这两种方法都等于决定中医哪些部分适合西方人的需求，哪些部分在传播过程中可以舍弃，使得外国人无法能够看到与了解中国传统医学的真相。只有以仿造为主的方法才能让西方人有希望理解中医的真相。

Such a loan-translation scheme is superior to the other two approaches because it is least in conflict with any transmission goal. While the other two approaches described above prevent English-speaking readers from understanding the traditional form of Chinese medicine, our adopted approach to translation precludes neither the transmission of a new form of Chinese medicine that is integrated with Western medicine nor adaptation to a Western environment. It asserts only that whatever the future development of Chinese medicine in China or in the West, Westerners should have access to a comprehensive description of Chinese medicine in its traditional form.

以仿造为主的翻译方法是优于其它两种上所苗述的方法，因为与任何传播目标无抵触。其它两种方法使英文读无法了解传统中医，而笔者所提倡的方法不会妨碍与西医结合的新型中医，也不会妨碍中医适应西方环境。这种翻译方法是肯定，不管中医国内外未来发展如何，西方人应该能够看到传统中医的完整的描述。

Furthermore, the approach to transmission of knowledge based on loan-translation that we are proposing in Chinese medicine is in fact the most commonly used method of translation applied in the cross-cultural transmission of specialist knowledge and is notably exemplified by the highly successful transmission of Western medicine to China. Thus, when we propose, for example, that 风火眼 be translated literally from Chinese into English as “wind-fire eye,” the rationale is identical to that by which *acute conjunctivitis* was translated from English into Chinese literally as 急性结膜炎. This approach to translation creates a terminology that reflects the Chinese medical understanding of concepts. Unlike the practice of liberally using Western medical terms to represent traditional Chinese medical concepts (e.g., translating 风火眼 as *acute conjunctivitis*), our scheme preserves the integrity and independence of Chinese medical thought while retaining its utility in presentations of integrated medicine.

再者，笔者所提出的以仿造方法为主的翻译方法是专门知识的跨语言群传播中最常用的方法，而西方医学成功地传播到中国也就是一典型的例子。当我们建议把『风火眼』译成 wind-fire eye 时，其道理与西医之 *acute conjunctivitis* 直译为『急性结膜炎』是完全相同的。这种翻译方法所产生的词汇能够反映出中医本身对其概念的了解。我们这个方法，不像尽量采用西名词（如『风火眼』译为 *acute conjunctivitis*）保存着中医概念的完整性与独立性，而不排除强调中西医结合之介绍中医的方式。

Many Chinese people believe that only a biomedicized presentation of Chinese medicine will be acceptable in the West. In his *Zhōngyī de Xiàndài yǔ Wèilái* (中医的现代与未来 “The Present and Future of Chinese Medicine”), Zhāng Wéi-Huī (张维辉) says “... in the process of translating, one cannot render classical literature literally... China’s achievements in the integration of Western and Chinese medicine are the proper interface between Chinese medicine and world medicine.” (...在翻译的过程中不能按照古典医籍直译... 中国的中西医结合成果是中医与世界医学沟通的有益媒介。) I believe that Zhāng speaks for the authors of many PRC English texts written for English-speaking students. When one surveys these texts, one finds that many uniquely Chinese concepts are eliminated, presumably to reduce the level of difficulty and to minimize criticizable elements. In other words, a special form of Chinese medicine has been created for foreign students. While I would agree with Zhāng that it would

indeed be difficult for the international community to accept traditional Chinese medicine in its raw form, there are absolutely no grounds for stating that the traditional form of Chinese medicine cannot be transmitted or accepted. Our own experience, as well as objective measures of the demand for Chinese medical literature, show that there are many non-MD students and practitioners of Chinese medicine in the West who are eager and able to learn the traditional form of Chinese medicine. The tendency in the PRC to equate the internationalization of Chinese medicine with efforts to convince the international medical community of the value of Chinese medicine has unfortunately caused China neglect opportunities to present its fine medical heritage faithfully to foreign students.

很多中国人认为，只有西医化的传播方式才能让西方人接受中医。张维辉《中医的现代与未来》说“...在翻译的过程中不能按照古典医籍直译... 中国的中西医结合成果是中医与世界医学沟通的有益媒介。”笔者认为张氏的这句话，应该是代表为国外学生所编译英文书的许多作者。纵览这些书，可发现，其内容上很多具有中医特色的概念无所见，大概是因为作者想要减少内容的难度并尽量降低可批评之处。换言之，这些书是提供一种特别给外国人看的中医。张氏说，国际医学界不能接受原始形式的中医，这点笔者完全同意，但是没有根据说，传统中医不能传播或不能被西方人接受。根据笔者的经验及中医英文文献的客观需求，外国很多非西医的中医学生与医者不但愿意，而且能够学习传统中医。在中国，因为很多人多习惯把中医国际化与使国际医学界接受中医划上等号，所以错了忠实地介绍中国美好医学传统给外国人认识的好机会。

Because no agreement about the goals of transmission has been reached, the problem of how to translate terms is not a matter of word choices that could be solved by producing bilingual term lists that would encourage the adoption of one or another of the competing terminologies. Quite a number of bilingual dictionaries that propose English terminologies have been produced by Chinese scholars, but most of these have not been accompanied by any explanation of the translation methodology that could promote discussion. To my knowledge, there are no translated texts that specifically state that they adhere to the terminology presented in any of these bilingual dictionaries. Given the deep divisions with regard to transmission goals, it is not enough to simply produce a terminology and hope that people will use it. Any proposed terminology should be supported by argument and exemplified in translated texts.

因为对于传播目标未有共识，因此如何翻译中医名词并不是选订字词的问题，所以不也是鼓励人接受某套词汇的双语名词表可解决的问题。中国学者出了许多中医双语词典，但是这些词典内容不包含名词翻译说明，未能引起公开讨论，而据笔者所知，没有翻译的书明文宣称采用这些词典中某本的全套词汇。鉴于传播目标的 deep divisions，不能订出一套词汇而西望大家会接受。任何一套希望能够成为标准的词汇需要有理论基础，也需要体现于翻译作品。

*A Practical Dictionary of Chinese Medicine* forms part of a broad strategy that encourages the adoption of the terminology it proposes. One element of the strategy is our insistence that term translation should be based on integrated principles that derive from the abundant experience of term translation gained in other fields as well as the theories of translation theorists. From the very beginning, we have included explanations of our translation methodology in all our works. More recently, we have strengthened the theoretical basis of our approach by using modern linguistic theories to demonstrate the relationship between methods of translation and transmission goals.

《实用英文中医辞典》是属于鼓励大家接受其所提出的英文词汇的广泛策略之一部分。这策略很重要一方面词汇翻译应该建筑于从其它领域词汇翻译的丰富经验与翻译学专家的理论推究出来的一套系统化的原则上。从最早到现在，笔者的所有书始终都包括了翻译方法的说明，最近进而利用现进的语言学理论来说明翻译方法与传播目标之间的关系，以加强理论基础。

Another important element of that strategy is insuring that term translation goes hand in hand with text translation. On the one hand, term translations must be tried and tested in practice if there is to be any guarantee of their applicability. On the other hand, the terminology must be exemplified in actual literature before people will use it. Furthermore, the resulting terms translations must be clinically accurate. My colleagues and I have developed the terminology we present in *A Practical Dictionary* by creating databases to record our English equivalents for Chinese terms encountered in the process of text translation. Whenever we found that any English term was unsuitable in a given context, we would adjust the translation through the whole text and database, in order to ensure translation consistency. In this way, our term choices have been based firmly on the practice of translation. At the same time, the translation process has led to the generation of texts that have introduced the terminology to users. Also, because we all have clinical training and many of my colleagues are working clinicians, there has been no challenge to the clinical accuracy of our texts.

该策略之另一方面便为使名词翻译与文献翻译齐步进行。一方面，名词翻译要经过翻译实践的考验才能选定，一方面所制定的词汇必须体县于文献中方能获得读者的肯定，另外所制定的词汇从临床角度来看必须要准确。笔者与同仁制定《实用英文中医辞典》中所提出的词汇的程序，是把翻译实践中所遇到的名词与其选定的英文对应词纪录在计算机材料库中，而当我们发现某一英文对应词在某种语境中不恰当时，我们就改了材料库中的对应词并在文献中以新对应词每处取代旧对应词，以确保翻译上的一致性。如此，我们制订的英文名词始中建于翻译的实务上。此外，因为我们都受过临床训练，且我们许多同事从事临床工作，因此我们的翻译作品始终未引起临床准确性方面的批评。

For a terminology to be widely adopted, it must be made available for other translators to use. Our terminology was first published in *Glossary of Chinese Medical Terms and Acupuncture Points* (Paradigm Publications, 1990). After revisions and additions that reflected our experience in the practice of translation, it was republished in *English-Chinese Chinese-English Dictionary of Chinese Medicine*. (汉英英汉中医词典) (Húnán Science and Technology Press, 1995). As a result of these two publications, our terminology has not only been used by numerous translators, but has also been adopted by two of the three major Chinese medical publishers in the United States (Paradigm Publications and Blue Poppy Press) as the standard terminology for their publications.

一套词汇冀望要广泛被采用，它应该做成书发行，以便所有翻译人员能够用它。笔者的词汇首次以 *Glossary of Chinese Medical Terms and Acupuncture Points* (美国 Paradigm Publications, 1990 年)发行，经过增订后再以《汉英英汉中医词典》(湖南科学技术出版社，1995 年)出版。因为这两本词典之发行，我们所提出的词会不但为许多翻译者所采用，而且由美国三大家中医文献出版社中两家(Paradigm Publications 和 Blue Poppy Press)被指定为本社英文词汇的标准。

Any terminology proposed as a standard not only needs to be exemplified in translated texts and made available to other translators; it needs to be presented in a dictionary that explains the concepts represented by the terms and that serves as a practical companion to all the texts using

the terminology. This is precisely the purpose of *A Practical Dictionary of Chinese Medicine*. Containing not only terms, but also definitions and clinical information, it enables students and practitioners of Chinese medicine to understand the concepts and learn how they are applied in the practice of medicine. The wealth of clinical information it contains has ensured its popularity among students and clinicians. It has made many Westerners aware that Chinese medicine has a large number of terms and that without clear labels in English the concepts they represent will be lost. Furthermore, by explaining concepts and their medical significance, *A Practical Dictionary* has enhanced the value of all the textbooks and clinical literature that apply our terminology, and in so doing has won greater acceptance.

任何希望能成为标准的词汇不但必须要体现于翻译作品并发行供所有翻译人员始用，而且还需要有一本词典介绍该词汇以及其所代表的概念，可供阅读采用该词汇的任何书的读者参考。这刚好是《实用英文中医辞典》的作用。《实用英文中医辞典》不仅包含名词，它也有定义与临床材料，使得外国学生和医者能够了解中医的概念并学习其在时践中如何应用。其丰富材料确保了学生与临床医者对它的喜爱，此外因为《实用英文中医辞典》是解释中医概念及其临床意义，因此提高了其所提出的英文词汇的书的价值，同时也获得了该词汇更广泛的采用。

In a field where for decades marked differences in translation methods have confused and obscured concepts in the English literature of Chinese medicine, *A Practical Dictionary* has helped English-speaking adherents to gain a clear view of the complexity of Chinese medical concepts and to understand the need for terminological management. The terminology proposed in *A Practical Dictionary* is used in a steadily expanding body of literature, which is now far greater in scope and number than that of any other published terminology, creating a welcome clearing in a forest of terminological confusion. For this reason, the terminology we propose has the highest chance of universal recognition as the standard English terminology of Chinese medicine.

几十年来，由于翻译方法之明显不同，模糊了中医英文文献中的中的中医概念，而《实用英文中医辞典》是让讲英文的学习中医者能够了解中医概念的复杂性，并了解为何需要词汇处置。《实用英文中医辞典》所提出的英文词汇.....

The westward transmission of Chinese medicine may never dispense with the help of Chinese. This edition of *A Practical Dictionary of Chinese Medicine* by the People's Publishing House is presented to Chinese readers to enable them to scrutinize and evaluate our proposed terminology. For Chinese translators wishing to contribute to the westward transmission of Chinese medicine, *A Practical Dictionary* offers a terminology that enables them to do so in a way that most fully asserts the value of China's traditional medical heritage in the eyes of its Western recipients.

中医西传可能永远不会免除中国人的帮助。《实用英文中医辞典》由人民卫生出版社出的本版本提供给国内读者，使其能检视并评价该书的英文词汇。对于愿意参加中医西传的工作的中国人，采用《实用英文中医辞典》所提出的英文词汇就最能够肯定中国医学继承的价值。

Nigel Wiseman PhD and Féng Yè CMD, MD

人民卫生出版社版本編輯者序

**简介:**

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