

# Independent Study Paper

## Chinese History



## Goals

Writing—why you must do it well! Writing well is part of the requirements for any academic institution. The ultimate goal is for you to be able to write and publish a credible paper in the future. At the present, we are limited in the number of peer-reviewed journals published in the United States. This profession must publish to begin to be on a level playing field with Western Medicine. Today, few proof readers are employed by publishers. In this computer age all articles are scanned into a journal. They must have an acceptable format with proper usage and spelling of all terms, with appropriate capitalization and punctuation. The goal of the papers done at Midwest College is for you to acquire the skills of doing good research, along with the ability to express and document your material. Referrals from other medical personnel, such as M.D.'s, means you must be able to write a good medical reply as to diagnoses and treatments, if you wish further referrals. Your replies may be subject to scrutiny in court if you have treated patients involved in accident cases.

Education is an on-going process throughout life. Reading will be the center of your learning. You are only on the first step down the path toward healing. Gaining a firm foundation at Midwest College is our goal for each of you. As your knowledge and experience grows, you have an obligation to pass on that knowledge by writing for publication. We hope the foundation for expressing yourself will be achieved here. This is an essential part of your growth in a field of medicine as old as time, but so new to most of the Western World and Western Medicine.

This is your future – the first step on a path of accomplishment, compassion, and caring. The rewards each of you will find for yourself begin here.

## Academic Integrity

Academic integrity is essential for a quality education. Completing your assignments honestly and correctly means that you learn more, and that your work and your opinions can be trusted. You must acknowledge the value of academic integrity.

To maintain academic integrity means:

- No cheating or copying other works.
- Know how to do research, and give your sources proper credit.

In most colleges and universities today, a student caught cheating or plagiarizing is expelled from the school without refund of tuition. The offense appears in the student's records; making it difficult to be accepted at any other college or university.

Midwest College has a policy that is covered in the Student Handbook under Student Conduct.

Plagiarism and Cheating At Any Level Does Not Give You An Education!

## Format and Style

You are responsible for reading this manual and following the rules set down in it.

The American Psychological Association (APA) style is used for the format of all papers.

<http://apastyle.apa.org/>

## Books from the College Library

To see what books are in the College libraries, use your computer. The library has its own website at [www.midwestcollegelibrary.com](http://www.midwestcollegelibrary.com). You can search by subject, author and title. In the lower right hand corner, it will say “in” or “out”, also Chicago and/or Racine. If you call the librarian, she can hold books for you to pick up during library hours.

In the past ten years we have corrected several thousand papers. These are some of the common errors that you might correct before giving them to the librarian for perusal. It is such a thrill to read a really good one (and there are many). Steady improvement has been the rule and the Major Paper reflects this.

- 1) APA style is the format you will use for all papers. 12 point is the type size that is acceptable  
1½ spaces between lines and 2 spaces between paragraphs.
- 2) Since you will be using a computer to complete these papers, please remember to proofread and edit the finished paper after it emerges from the printer. The Student Manual encompasses all you need for a “C” paper. More comprehensive work will get you a “B” or an “A.”
- 3) Follow instructions. Deviation from what is asked for is when your problems begin.
- 4) Correct all the typos. Check all the spellings. Read your paper aloud. Whenever a pause seems natural, some form of punctuation belongs there.
- 5) All papers require a minimum of six books. No dictionaries or encyclopedias should be included in a bibliography.
- 6) Table of Contents is required.
- 7) Eliminate as many “also’s” as possible. You will see that it reads just as well without them.
- 8) Capitalize the first letter of the countrymen, as well as the country (Ex.: China, Chinese).
- 9) Books are written, not authored.
- 10) Endnotes or Footnotes are the two accepted methods of citing your sources. Endnotes are easier—they come at the end of your paper (not each section), just before the Bibliography.

- 11) Be consistent in what you write and the style that you use.
- 12) The paper must be received four weeks before the deadline if you want it reviewed before a final grade is given. It will be returned to you corrected (if need be) and it must be returned turned in for a final grade by the twelfth week of the quarter. There are no extensions.
- 13) Pictures, maps, or graphs will not detract or add to your paper.
- 14) These papers are research essays. No personal or autobiographical applications are to be included in these papers. You are not yet an authority in these fields.
- 15) Plagiarism is a punishable offense and will not be tolerated.
- 16) Be certain to use the current manual for all papers.
- 17) The length of the paper is determined by the amount of information given and by your ability to cover all the material required.
- 18) Papers that were considered “A” quality are available for your perusal in the library—they do not leave the library—no manual copying of any part of the paper, especially the bibliography, will be tolerated. The same applies to the Major Papers. All research should be your own.

This is the first step for many of you in doing any kind of research and stating in an orderly fashion what you have found. If done well, these papers should make your Major Paper less difficult because you have the format down pat and, hopefully, you will be familiar with the resources of Midwest College Library and other local libraries.

## **Registering for Papers**

D450 Chinese Medical History develops and demonstrates a student’s skills in selecting from the available material those facts and ideas that are pertinent to the topic and in organizing and documenting the information clearly, logically and effectively. It requires three months to complete. Students usually register for the Chinese History Paper in quarter five.

## **Completing Papers**

Several meetings either in person or by phone are required to complete the Chinese Medical History paper. Once, as you begin, for help with finding resources. Second, on or before the fourth week, third, by the eighth week for review and comments and finally, on or just before the twelfth week to submit the finished paper. If you miss one of these meetings, you may not expect to receive the highest grade.

Remember, there are no extensions on papers. Be sure to do some work each week and do not wait till the last minute. A common joke is that students in High School often wait till the night before a term paper is due, but you are in a Masters Degree program and excuses bear little or no weight.

# History of Chinese Medicine

Course # D450

(Sample cover page)

Submitted by \_\_\_\_\_ Date \_\_\_\_\_

# History of Chinese Medicine

## Section one:

The object of this paper is to become acquainted with the development of Traditional Chinese Medicine. It consists of three sections. The first is a review of the five texts upon which Chinese Medicine is based. Start each book on a new page. A minimum of fifteen pages total for the paper is required. Remember that 12 point / 1 ½ space / 2 space between paragraphs is the required format.

These include: (titles are in the current English language translation)

- Huang Di Nei Jing (Huang Ti Nei Ching)
- Mai Jing (Mo Ching)
- Nan Jing
- Shang Han Lun
- Ben Cao Gang Mu (Pen T'sao Kang Mu)

Start each book on a new page. Give the background and contents of each book, including the author, revisers, what it contains, and why it is essential to Chinese Medicine. Usually one-half to three-quarters of a page is adequate.

## Section Two:

Describe in some detail the Eight Branches of Chinese Medicine. Some explanation of each and their importance in the practice of Chinese Medicine. Each begins a new page.

Please be aware that some texts may use different terms or grouping of modalities as they list the eight modalities. Pirog, for example, lists: 1. acupuncture and moxibustion, 2. exercise, 3. massage, 4. nutrition, 5. astrology, 6. geomancy (feng shui), 7. meditation and 8. herbology. Think about the differences in terminology as you investigate other sources on the history of TCM. Choose the best names of the eight modalities that you would like to practice.



**Section Three:**

A history of Chinese Medicine from its beginnings (whenever you believe it began) until today.

## Format for the Chinese Medical History Paper

- 1) Cover sheet (center the title). At the bottom of the page place your name, course number (360) and date.

This paper is to be presented in APA format which includes the following.

- 1 inch margins from all sides
- double-spacing
- upper, right-side pagination
- a title page
- Table-of-Contents (TOC)
- section headers typed in **bold font**
- reference list formatted according to the **APA** citation style
- body of the paper must be typed in 12 sized font
- Contents are to be aligned to the left (do not use justified alignment to spread the text across the page)
- paragraphs begin with a 5-space indentation
- in-text parenthetical references
- reference list arranged according to APA style rules

These are the basic requirements deserving a “C:” grade. If you offer more than a minimum of research and writing in keeping with the theme of the paper, a higher grade of “B” or “A” can be achieved.

In Racine, work with and submit the paper to John Ballarini.

In Chicago, work with and submit the paper to Michelle Kopteros.

They will give you guidance through the eighth week by correcting grammar and/or formatting and point out any omissions or weakness before the final submission. Then on the twelfth week, no later, submit the completed paper for a grade

## For Your Information

### **20-21<sup>st</sup> Centuries of TCM in China**

Chiang Kai-shek (1887-1975), Chinese Generalissimo, prior to World War II, decreed that no TCM, only Western Medicine, would be practiced in China. But the war altered history—only 87 medical doctors were graduated, and W.W. II was upon China. So, TCM practitioners were called to treat the wounded—hundreds of thousands of lives were saved by the TCM practitioners.

Mao came into power after the war and decreed that TCM and Western Medicine would be practiced, but in separate institutions. Chairman Mao died, and the two styles of medicine were united and practiced in the same hospital.

For the last 10-25 years English was taught at the academic level only, but with China being made a full partner in the World Trade Agreement, English must now be taught at the age of five.

In the December 2, 2002, edition of NEWSWEEK magazine, a 30-page cover story on TCM demonstrated scientifically the efficacy of TCM with a patient undergoing an MRI of the brain, while a Chinese acupuncturist needled the second toe of the patient, and changes in the brain were manifested.

In November 2002, the China Daily devoted an entire page to the opinion that TCM is better taught in the U.S.A. than in China and an exchange of teachers was suggested.

(No citations are necessary to quote or use this information,)

This information is meant to be included in your history essay.

## Suggested Books for the First Paper:

Yu-Min The History and Development of Chinese Medicine

(The librarian will give you the five sheets that detail the dissemination of TCM around the world, with all information for your bibliography)

Beinfeld and Krungold Between Heaven and Earth (615.8)

Kaptchuk The Web That Has No Weaver (615.8)

Unschuld, Paul U. Medicine in China (most any of his books are acceptable) (610)

Chace, Charles & Ting Liang-Wang Qin Bowei Anthology (362.1)

Craig, Mitchell & Feng Ye Shang Han Lun (581.6)

Bowers, John and Wm. Hess Science and Medicine in Twentieth Century China (338.9)

Sivin, Nathan Traditional Medicine in Contemporary China (610.9)

Soulant de Morant, George Chinese Acupuncture (615.8)

Flaws, Bob., tr. Classics of Difficulties (Nan Ching translation) (615.8)

Zhu, Ming Medical Classics of the Yellow Emperor (I Ching) (615.8)

Wang, Shu-he Shong Yang Pulse Classic (Mo Ching) (615.8)

Veith, Ilza Yellow Emperor's Classic of Internal Medicine (615.8)

Zhang, Yu Huan & Ken Rose Who Can Ride The Dragon? (610.9)

P. Y. Ho and F.P. Lesowski A Brief History of Clinical Medicine (615.8)

Eckman, Peter In the Footsteps of the Yellow Emperor (615.8)

Sivin, Nathan Acupuncture Imaging (615.8)

Zhei, Ming Medical Classic of the Yellow Emperor (615.8)

Seem, Mark Acupuncture Imaging (615.8)

Firebrace, Peter Acupuncture: How It Works (615.8)

New books are purchased each year that add to the resources for all papers.

**No Dictionaries or Encyclopedias are Acceptable for any Paper.**

# History of Chinese Medicine Evaluation Form

Student's Name \_\_\_\_\_

<b>Format</b>	Unacceptable			Appropriate	
Style / Mechanics	0	1	2	3	4
Grammar	0	1	2	3	4
<b>Content</b>	Disorganized			Systematic	
Organization	0	1	2	3	4
	Superficial			Thoughtful	
Presentation	0	1	2	3	4
	Jumbled			Coherent	
Clarity	0	1	2	3	4
	Unacceptable			Appropriate	
Creativity	0	1	2	3	4
	Limited			Comprehensive	
Use of source material	0	1	2	3	4
Accuracy of Facts	Inaccurate			Accurate	
8 Branches	0	1	2	3	4
Classic Texts	0	1	2	3	4
Quality of Essay	Disjointed			Coherent	
Clarity of Explanation	0	1	2	3	4
	Limited			Comprehensive	
Completeness of essay	0	1	2	3	4

Format \_\_\_\_\_ 20 % Content \_\_\_\_\_ 80% Final Grade \_\_\_\_\_

Signature of Evaluator \_\_\_\_\_ Date \_\_\_\_\_