Brief description of the course:

This course brings a thematic approach to the critical analysis of the "Chinese body", as constructed in three time periods: the early empires (4th c. BC-AD 4th c.), late imperial China, and the modern period. As the course title indicates, the course is designed to help students gain a clearer picture of how the body was viewed from four main perspectives, those of (1) gender; (2) sexual activity; (3) health; and (4) medicine. Contrary to the stereotypes of "unchanging China," notions of the body and the person changed dramatically over the course of two thousand years from the Han dynasty (206 BC-AD 220) to the Qing (1644-1911), and modern periods, and contemporary qi gong ("breath work") – like contemporary fengshui ("wind-water") – has little in common with older practices.

The course begins with the conception of health in pre-modern China, and the important distinction (generally ignored in modern American medicine) between "healing" and "curing." Students will be introduced to the general outline of Yin/yang, Five Phases theory, to standard definitions of "Nature," and to the major microcosm-macrocosm analogies. Diet, acupuncture, moxibustion, and meditation – rather than surgery -- became the main treatments, because of such holistic views of the body, as will be demonstrated by the readings drawn from medical classics, from classic novels and letters, and from recently excavated legal texts. In pre-modern China, a great many of the standard metaphors for good or ill health refer to sexuality. The course consequently considers "ideal sexuality" (and deviations from this). It also considers the precise conditions under which "anti-female rhetoric" was invoked and the practical effects – legal, financial, and imaginative -- of that rhetoric on the lives of ordinary and elite women and their male counterparts, and finally the limitations of that rhetoric.

Selected readings will draw from such works as Shigehisa Kuriyama, The Expressiveness of the Body; Michel Strickmann, Chinese Magical Medicine; Ruth Rogawski, Hygienic Modernity; Douglas Wile, The Arts of the Bedchamber; Li Ju-chen, Flowers in the Mirror (China's counterpart to Gulliver's Travels); Nathan Sivin, "Body, State, and Cosmos in China in the Last Three centuries B.C."); and Angela Ki-che Leung, "Women Practicing Medicine in Pre-Modern China."

NOTE: The course does not presuppose knowledge of China, of the Chinese language, or of the history of science. It is essential that you attend regularly, do the reading before lecture, and send questions and comments to the teacher. There will be three in-class exams of no more than 45-minutes (see below under "Grading"), and a final paper on a topic connected with the course. Students who want to improve their writing may choose three short papers, due at regular intervals, instead of the long paper.

grading for the course: The course will give 20% to students for class participation (not just attendance). There will be three mini-exams (30-45 minutes), which will count 10%, 20% and 25% respectively, plus a single research paper of 15 pages (worth an additional 25% (Option A). For students intent upon improving their writing, an Option B (which would replace Option A) is available: writing three mini-papers of five pages each, whose "progressive grade" (weighted toward progress) will be figured at 25% of the course. The mini-research papers will start with readings prepared for the classroom, but develop arguments with the help of five additional sources (no more than one of them Web-based). Most weeks (except for the first and last)
students will usually be asked to do about 100 pages of reading, depending on the level of difficulty.

Students with broad interests in Chinese science should consult: http://ccat.sas.upenn.edu/~nsivin/nakbib.html. Those who would like to compare China and Japan might start with the course at John Hopkins on the "Body and Health Care in Japan" (more focused on the modern): ww.jhu.edu/gazette/2005/14nov05/14course.html. Students will surely wish to consult the following bibliographic essay on Chinese medicine: Charlotte Furth, "Bibliography of secondary sources on medicine and gender: early imperial China," Nan nü 7:2 (2005), 309-316.

books to buy (from local bookstores, including University Press Books):

- Nancy Chen, *Breathing Spaces* (IBSN 0-231012805-3)
- Michel Strickmann, *Chinese Magical Medicine* (IBSN 0-947499-89-2)
- Douglas Wile, *Art of the Bedchamber: The Chinese Sexual Yoga Classics Including Women's Solo Meditation Texts* (on amazon.com, many used copies at cheap prices; please order ASAP!).

highly recommended: Nathan Sivin, *Traditional Medicine in Contemporary China* (cheap copies available on the Web).

**Week 1**, reading (begins Jan. 20):


**Week 2**, reading (begins Jan. 26):


For Class 2: Ibid., pp. 195-270. If you have time, read the rest of the book. Please read also, Felix Klein-Franke and Zhu Ming, "How Galen's 'Sixteen Books' came to China in the tenth century AD," *American Journal of Chinese Medicine* 33:2 (2005), 339-42. NB: The *American Journal* is available on-line to UCB users. A copy of this will also be uploaded on bspace.

**Week 3**, reading (begins Feb. 2):


For Class 2: Xunzi, "On Ritual" (Website); and Lai Guolong, "The Diagram of the Mourning system from Mawangdui, *Early China* 28 (2003), 43-99 (to skim).
**Week 4**, reading (begins Feb. 9):
For Class 2: No additional reading.

**Week 5**, reading (begins Feb. 16):
NB: *Nan nü* can be found via the library, but also at an electronic location: http://openurl.ingenta.com/content?genre=journal&issn=1387-6805

**Week 6**, reading (begins Feb. 23):
For Class 1: Bill Moyers, "Healing and the Mind," three-part documentary (first part shown and discussed in class) and Carma Hinton, "To Taste a Hundred Herbs" (one-hour documentary). (These documentaries are both about modern China, but they supply concepts that will prove useful throughout the course.) TO PREPARE FOR CLASS, go to the Media Services Center in the basement of Moffitt, and see AT LEAST Part II of the documentary.

**Week 7**, reading (begins March 2):
For Class 2: We begin the readings on late imperial China with Jen-Der Lee, "Gender and Medicine in Tang China," *Asia Major* 16:2 (3rd series) (2003), 1-32 (journal on Web); Christopher Cullen, "Patients and Healers in Late Imperial China: evidence from the Jinpingmei," *History of Science* 31:2 (June, 1993), 99-150; Charlotte Furth, "Yuan-period Medical Cases," in Mair, Victor H.; Steinhardt, Nancy S.; and Goldin, Paul, eds., *Hawaii Reader in Traditional Chinese Culture*, 440-443. NB: The Cullen article is available for UCB students at: http://openurl.ingenta.com/content?genre=journal&issn=0073-2753; see also http://articles.adsabs.harvard.edu/full/1993HisSc..31...99C

**Week 9**, reading (begins March 9):
**Week 10**, beginning March 16

This week is OFF. During it, students working on Option A are to research their papers; those taking Option B are should work on one of their five-page mini research papers. Office hours will be held.

**Spring recess**: Monday, March 23, 2009-Friday, March 27, 2009. Relax!

**Week 11**, reading (begins March 30):


**Week 12**, reading (begins April 6)

For Class 1: Matthew Sommer, *Sex, Law, and Society in Late Imperial China*, pp. 30-65, 323-28.


**Week 13**, reading (begins April 13):


**Week 14**, reading (begins April 20):

For Class 1: Volker Sheid, *Chinese Medicine in Contemporary China* (selected readings in packet). Read pp. 11-106; for those interested in Chinese history, you may read on.

**Week 15**, reading (begins April 27):


**Week 16**, reading (begins May 4):

Class 1: more in Nancy Chen.
Last class: in-class exam (May 6).

Useful Places to begin your papers: