

Dissertation Proposal

論文計劃書

Name 姓名	<u>Minjun Xie</u>
Student Number 學號	<u>1706355</u>
Degree Scheme 學位名稱	<u>Bachelor of Arts (Sinology)</u>

Instructions:

說明

You will need to submit your proposed title and abstract by 26 February 2021 by 15:00. Submission will be Moodle on the Module Page.

學生需在 2021 年 2 月 26 日 15 點前將本論文計劃書（包含論文題目、摘要和基本參考文獻）上傳到教務系統的課程頁面。

Your Provisional Dissertation Supervisor will be the tutor of the same module. You are expected to arrange a meeting with your Provisional Dissertation Supervisor during your dissertation writing period. This is so that you can discuss your proposed research and receive advice and guidance regarding the next steps you are expected to take.

畢業論文指導老師為該課程的授課教師。學生需要和論文指導老師安排討論的時間。通過視訊，面對面或者郵件等方式，與指導老師商議所做的研究，接受建議和進一步的指導。

An Analysis and Discussion of the Paradoxical Warning of Health Preservation in <i>Daodejing</i>

Proposed Dissertation Title: 計劃的論文題目

In this special period of modern society, the health crisis is a universal phenomenon. The attention put on health preservation is unprecedented. People can find a variety of books about health preservation sold in bookstores. However, what is the exact meaning of ‘health preservation’? Is the core in personal health or moral cultivation? Which is more important and lasts longer? What are the reasons for the health crisis for modern people? In China, the idea of health preservation was first mentioned in *Daodejing*. A profound philosophy on health preservation can be found in this classic. Many scholars and students proceed to the study the significance of health preservation in *Daodejing* from various angles. Similarly, this paper hopes to make a new arrangement based on their study and background of the current period as well as to analyses and discuss health preservation. It will discuss the topics ‘exerting the efforts on the abdomen rather than the eye’, ‘reducing the desires and knowing contentment’, ‘the soft and delicate vanquish the hard and strong’ and ‘removing the persistence and without afflict’. At the same time, it is hoped that Laozi’s philosophy on health preservation can be expressed in different languages to let more people understand the true meaning of maintaining good health.

Proposed Dissertation Abstract (max 250 words): 計劃的論文摘要（最多 250 字）

Basic Bibliography: 基本的參考文獻

(I) Books (Chinese)

1. Cheng Yi 程頤, Wang Xiaoyu 王孝魚, *Zhouyi Chengshi Zhuan* 周易程氏傳 (Beijing: Chung Hwa Book Company, Limited, May 2011).
2. Guo Xiang 郭象, Cheng Xuanying 成玄英, Cao Chuji 曹礎基, Huang Lanfa 黃蘭發, *Zhuangzi Zhushu* 莊子註疏, (Beijing: Chung Hwa Book Company, Limited, Jan. 2011).
3. Hanshan Deqing 憨山德清, *Laozi Daodejing Hanshan Jie* 老子道德經憨山解, *Zhuangzi Neipian Hanshan Zhu* 莊子內篇憨山註 (Taipei: Xinwenfeng Chuban Gongsi, March 2015).
4. Hans-Gorge Moller: *The Philosophy of the Daodejing* (Columbia University Press, New York, 1964).
5. *Huangdi Neijing Suwen* 黃帝內經素問, (Beijing: The Peoples Medical Publishing House, June 1963).

6. Heshanggong 河上公, *The Annotations for Daode Zhenjing* 道德真經注, Xiong Tieji 熊鐵基, Chen Hongxing 陳紅星 ed., The collection of The Annotations of Laozi 老子集成, [In Chinese] (Beijing: Religion and Culture Press, May 2011).
7. Liu Baonan 劉寶楠, *Lunyu Zhengyi* 論語正義, (Beijing: Chung Hwa Book Company, Limited, March 1990).
8. Roger T. Ames and David L. Hall, “Making This Life Significant”, A Philosophical Translation (Ballantine Books, New York, 2003).
9. Sima Qian 司馬遷, Pei Yin 裴駟, Zhang Shoujie 張守節, *Historical Records* 史記 (Shanghai: Chung Hwa Book Company, Limited, June 1963).
10. Wang Bi 王弼, Lou Yulie 樓宇烈, *Laozi Daodejingzhu Jiaoshi* 老子道德經注校釋 (Beijing: Chung Hwa Book Company, Limited, Dec. 2008).
11. Wu Chengquan 吳承權, *Gangjian Yizhi Lu* 綱鑑易知錄, (Beijing: Chung Hwa Book Company, Limited, Feb. 2017).

(II) Journal Articles

1. Chen Bin 陳斌, Zhang Yue 張月, Zhang Bojun 張柏俊, A Probe into Laozi's Thoughts on Health Care in *Tao Te Ching* 老子《道德經》養生思想探驪, *Journal of Qiqihar Junior Teachers' College* 齊齊哈爾示範高等專科學校學報, No.6, 2019, enera.No.171.
2. Engin Şenel, Health and Chinese Beliefs: A Scientometric Analysis of Health Literature Related to Taoism and Confucianism, *Journal of Religion and Health*, 05 June 2020.
3. Kam-shing Yip, Taoism and Its Impact on Mental Health of the Chinese Communities, *International Journal or Social Psychiatry*, 50(1).
4. Kam-shing Yip, Taoistic Concepts of Mental Health:Implications for Social Work Practice With Chinese Communities, Families in Society, Volume 86, No. 1.
5. LAI Hsi-san 賴錫三, Zhuangzi's Health Cultivation Philosophy, Ethical Politics, and Transformation of the Subject 《莊子》的養生哲學、倫理政治與主體轉化, *Bulletin of the Institute of Chinese Literature and Philosophy* 中國文哲研究集刊, No.47, Sep. 2015), pp49-90.
6. Lin Wenqin 林文欽, Xu Lizhang 許利彰, An Analysis of Taoist Health Thought 道家養生思想析論, *Journal of Hunan University (Social Sciences)* 湖南大學學報, Vol. 33, No. 5, Sep. 2019.

7. Nathan Sivin, Health Care and Daoism, *Daoism: Religion, History and Society*, No. 3 (2011), 1–16.
8. Tang Libiao 唐黎標, The Music and Health Thinking on Taoism 道家音樂與養生, *Family Medicine*, Volume 1 家庭醫學（上）, Aug. 2018.
9. T.B. Benning, Correspondence: Taoism, Mental Health and The Limits of Language, *International Journal of Social Psychiatry*, 51(3).
10. Wang Xiaohong 王曉宏, Thought Analysis of “Health Preservation by Improving Morality” in *DaoDeJing* 《道德經》「道德養生」思想探析, *Journal of Tongling College* 銅陵學院學報, No. 2020, pp67-69.
11. Zhang Jinhui 張金輝, Lang Qi 郎琦, The Explanation of Exerting The Efforts on The Abdomen Rather Than The Eye in *Daodejing* 《老子》「為腹不為目」的養生學詮釋, *Taoism in China* 中國道教, May 2020.
12. Zhu Junyi 朱峻逸, An Analysis of Music Style And Health Function of Taoism 探析道家音乐风格及养生作用, *Modern Music* 當代音樂, Vo. 8, 2017, pp69-70.

(III) Thesis

1. Jin Mengmeng 金蒙蒙, *The Study about The Health Thinking of Laozi and Zhuangzi* 老莊養生思想研究, (Unpublished PhD thesis, Qingdao University, School of Philosophy and History 青島大學哲學與歷史學院碩士學位論文, 2018.
2. Wang Hongyu 王紅玉, *Research of Thoughts of Health Preserving in The Classic of the Virtue of the Tao* 《道德經》養生思想研究, (Unpublished PhD thesis, Guangxi University of Chinese Medicine), 2009.

Dissertation Proposal

論文計劃書

Name 姓名	謝敏珺
Student Number 學號	<u>1706355</u>
Degree Scheme 學位名稱	文學學士（漢學）

Instructions:

說明

You will need to submit your proposed title and abstract by 26 February 2021 by 15:00. Submission will be Moodle on the Module Page.

學生需在 2021 年 2 月 26 日 15 點前將本論文計劃書（包含論文題目、摘要和基本參考文獻）上傳到教務系統的課程頁面。

Your Provisional Dissertation Supervisor will be the tutor of the same module. You are expected to arrange a meeting with your Provisional Dissertation Supervisor during your dissertation writing period. This is so that you can discuss your proposed research and receive advice and guidance regarding the next steps you are expected to take.

畢業論文指導老師為該課程的授課教師。學生需要和論文指導老師安排討論的時間。通過視訊，面對面或者郵件等方式，與指導老師商議所做的研究，接受建議和進一步的指導。

淺談《道德經》的養生哲學之吊詭勸誡

Proposed Dissertation Title: 計劃的論文題目

在當代疾病叢生、健康危機的特殊時期，人們對於養生的重視，達到了前所未有的高度，書店中各類養生書籍，多不勝數。然而，究竟什麼是「養生」？養生的核心重點究竟是人身健康還是道德修養？哪一種才更長久？現代人面臨健康危機的原因在何處？中國歷史上，首次提及養生話題的，出現在《道德經》當中，其中對於養生哲學，有十分深刻的意義存在。在這樣的環境背景下，越來越多的學者試圖從各個角度研究《道德經》中的養生哲學，尋找養生的真正義涵。本文同樣希望，再此基礎之上，重新作出整理與歸納，從「為腹不為目」、「寡慾而知足」、「柔弱勝剛強」、「去執以除病」四個方面，企圖更契合當代背景，同時嘗試用不同語言，表述老子的養生哲學，使更多人能了解養生的真正意義所在。

Proposed Dissertation Abstract (max 250 words): 計劃的論文摘要（最多 250 字）

Basic Bibliography: 基本的參考文獻

（一） 古籍專書

1. 河上公：《道德真經注》，收入熊鐵基、陳紅星主編《老子集成》第一卷（北京：宗教文化出版社，2011 年 5 月）。
2. 〔漢〕司馬遷撰，〔宋〕裴駰集解，〔唐〕司馬貞索隱，〔唐〕張守節正義：《史記》（上海：中華書局，1959 年 9 月第 1 版，1963 年 6 月第 3 次印刷）。
3. 〔魏〕王弼注，樓宇烈校釋：《老子道德經注校釋》（北京：中華書局，2008 年 12 月）。
4. 〔晉〕郭象注，〔唐〕成玄英疏，曹礎基、黃蘭發整理：《莊子註疏》（北京：中華書局，2011 年 1 月）。
5. 〔宋〕程頤撰，王孝魚點校：《周易程氏傳》（北京：中華書局，2011 年 5 月第一版第一次印刷）。
6. 〔明〕憨山德清著：《老子道德經憨山解、莊子內篇憨山註》（臺北：新文豐出版公司，2015 年 3 月）。
7. 〔清〕劉寶楠：《論語正義》（北京：中華書局，1990 年 3 月一版）。
8. 《黃帝內經素問》（北京：人民衛生出版社，1963 年 6 月）。

（二） 現代專書

1. Hans-Gorge Moller: *The Philosophy of the Daodejing* (Columbia University Press, New York, 1964).
2. Roger T. Ames and David L. Hall, “Making This Life Significant”, A Philosophical Translation (Ballantine Books, New York, 2003).

（三） 期刊

1. 陳斌、張月、張柏俊：〈老子《道德經》養生思想探驪〉，《齊齊哈爾示範高等專科學校學報》，2019年第6期。
2. 賴錫三：〈《莊子》的養生哲學、倫理政治與主體轉化〉，《中國文哲研究集刊》，第四十七期，2015年9月，頁49-90。
3. 林文欽，許利彰：〈道家養生思想析論〉，《湖南大學學報》，2019年9月，第33卷，第5期。
4. 唐黎標：〈道家音樂與養生〉，《家庭醫學》（上），2018年8月。
5. 王曉宏：〈《道德經》「道德養生」思想探析〉，《銅陵學院學報》2020年第2期，頁67-69。
6. 張金輝、郎琦：〈《老子》「為腹不為目」的養生學詮釋〉，《中國道教》2020年5月。
7. 朱峻逸：〈探析道家音乐风格及养生作用〉，《當代音樂》，2017年第8期，頁69-70。
8. Engin Şenel, Health and Chinese Beliefs: A Scientometric Analysis of Health Literature Related to Taoism and Confucianism, *Journal of Religion and Health*, 05 June 2020.
9. Kam-shing Yip, Taoism and Its Impact on Mental Health of the Chinese Communities, *International Journal or Social Psychiatry*, 50(1).
10. Kam-shing Yip, Taoistic Concepts of Mental Health: Implications for Social Work Practice With Chinese Communities, *Families in Society*, Volume 86, No. 1.
11. Nathan Sivin, Health Care and Daoism, *Daoism: Religion, History and Society*, No. 3 (2011), 1–16.
12. T.B. Benning, Correspondence: Taoism, Mental Health and The Limits of Language, *International Journal of Social Psychiatry*, 51(3).

（四）學術論文

1. 金蒙蒙：〈老莊養生思想研究〉，（青島：青島大學哲學與歷史學院碩士學位論文，2018年）。
2. 王紅玉：《《道德經》養生思想研究》（南寧：廣西中醫學院碩士學位論文，2009年）。