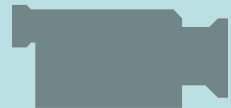


# Unit 1

## *Living Well*



# Unit 1

# Living well



They're disabled in body but firm in spirit.

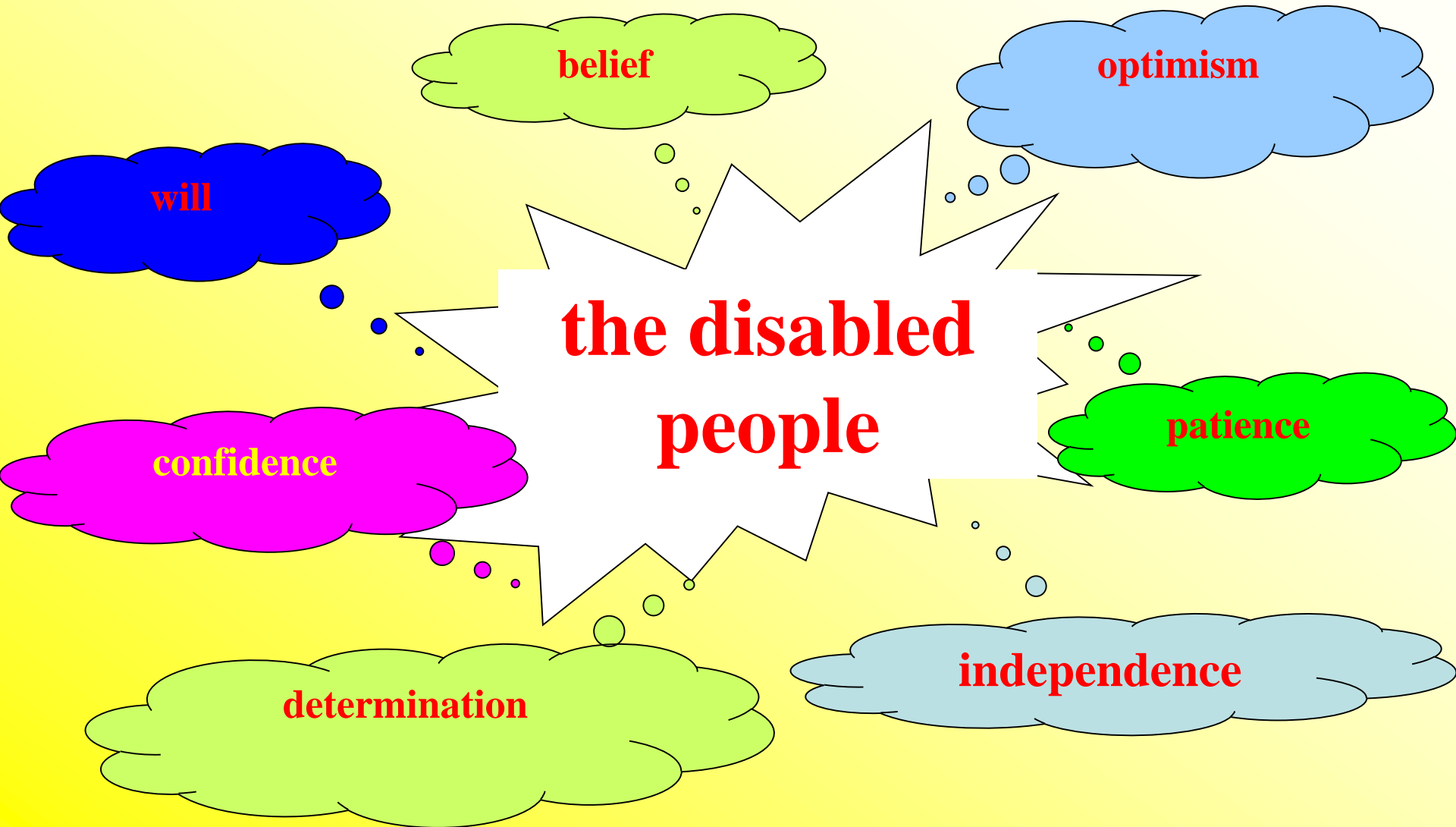
The disability makes it difficult to live easily, but they may live well enough and achieve a lot.

Living well?





# What spirits and characteristics make the disabled successful?



# Her motto

- As long as I live, I am to be a person who is beneficial to the society.
- As long as my heart beats , I should study hard.



**张海迪**

# her motto

Hellen Keller



- Sometimes I think, how wonderful it is to live one day at a time, which can reveal the value of life.

a video clip of **an ordinary disabled** man

A son asked his father, "Dad, will you take part in a marathon with me?" The father who despite having a heart condition, said, "Yes". They went on to **complete the marathon together**. Father and son went on to join other marathons, the father always saying, "Yes" to his son's request of going through the race together. One day, the son asked his father, 'Dad, let us **join the Ironman together**; to which his father said, "Yes", too. For those who don't know, Ironman is **the toughest** triathlon ever. The race consists of three endurance events of a 2.4 miles (3.86 kilometers) ocean swim followed by a 112 miles (180.2 kilometers) bike ride and ending with a 26.2 miles (42.195 kilometers) marathon along the coast of the Big Island. Father and son went on to complete the race together. Based on the TV interview of Dick and Rick Hoyt, Dick, the father explained that Rick while still in his mother's womb, the umbilical chord was wrapped around his neck cutting off oxygen to the brain. And when Rick was born, the doctor who was looking after Rick told Dick and his wife that **Rick would never be able to walk nor talk all his life** that it would be best that they put him away. But the Hoyts would not be willing to do such a thing and decided to bring him home instead and decided likewise to **treat him just like anyone normal kid**. So that when the family **went for a swim**, Rick went with them and so on and so forth. "

For more stories of **the ordinary people living well with disability**, go to the "Family village"

# Pre-reading

## family village

A Global Community of Disability-Related Resources

[Read About Changes to Family Village](#)

[\[About Us\]](#) [\[What's New\]](#) [\[Site Map\]](#) [\[Suggestions\]](#) [\[Discussion & Chat\]](#) [\[Search\]](#)



Library



Coffee Shop



Hospital



Shopping Mall



Post Office



Bookstore



Research



Living With Disability



Disability Culture



School



Legal Issues



Recreation & Leisure



Family Resources



Information



The "Family Village" is a website.

The purpose of the website:

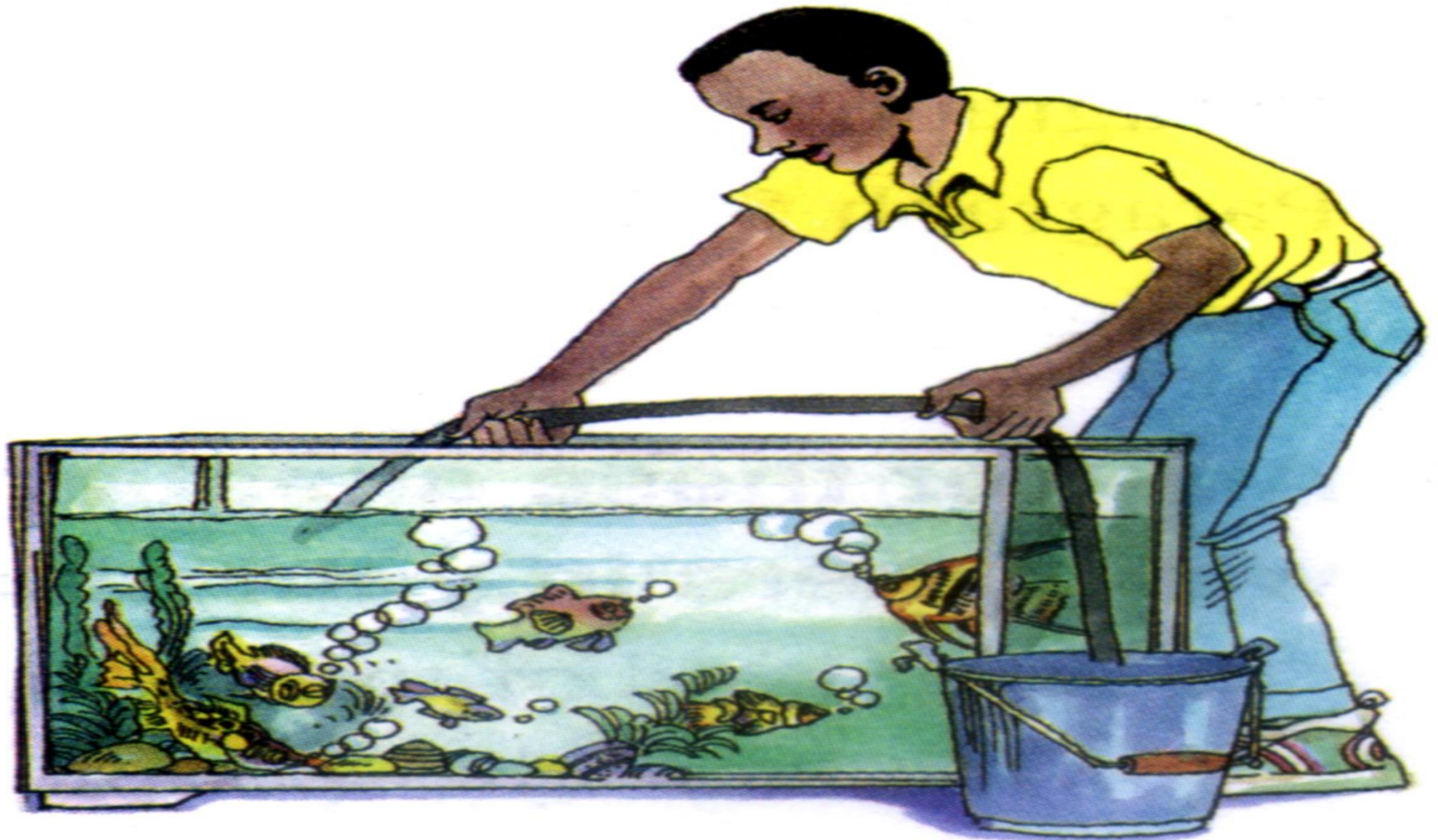
1. To give young disabled people the chance to **share** their stories with others.
2. To **inspire** other disabled people.
3. To **get non-disabled people to understand more** about the challenging life the disabled people lead.

Living with disability and living well



# Reading

## Marty's Story



# Skimming

get the main idea with each paragraph

Para.1:

Para.2:

Part I : Marty's problems

Para.3:

Para.4:

Part II : Marty's colorful life

Para.5:

Part III : Marty's hope

**Marty's story** mainly talks about: How

Marty lives a rich and full life **even though** he is disabled

Who?(Marty)--his muscle disease--his positive attitude

Hi, my name is Marry Fielding and I guess you could say that I am **one in a million**. In other words, there are not many people like me. You see, I have a muscle disease which makes me very weak, so I can't run or climb stairs as quickly as other people. **In addition** sometimes I am very clumsy and drop things or bump into furniture. Unfortunately, the doctors don't know how to make me better, **but** I am very outgoing and have learned to adapt to my disability. My motto is: live One day at a time. **Hopeful.**

Living well?

Discourse markers (递进关系) to add more evidence of how serious the disease is.

Discourse markers (转折关系) to show his attitude towards the disease



1. When Marty says " I am one in million.", what does he really mean?

He has a rare disease

2. What was Marty's attitude towards the rare disease?

Hopeful.—outgoing; adapt to;

3. What does the motto "live one day at a time" mean?

Live a rich and full life every day.

Until I was ten years old I was the same as everyone else. I used to climb trees, swim and play football. In fact I used to play football and possibly win the school and town Cup. Then I started to get weaker and weaker, until I could only enjoy football from a bench at the stadium. In the end I went into hospital for medical tests and treatments for nearly three months. One of the tests was an operation in which they cut out a piece of muscle from my leg and looked at it under a microscope. Even after all that no one could give my disease a name and it is difficult to know what the future holds.

**Marty was in perfect health**

**Marty suffered physically**

**Hopeless**

Cohesive devices (句间衔接手段)  
referring to the tests mentioned above.

Paragraph 2 is organized in the order of time

### 1. What was Marty's ambition?

He used to dream about playing professional football and possibly representing his country in the World Cup.

### 2. What was Marty's **attitude** towards the unknown disease? Find the supporting sentence to your inference.

**Hopeless--** it is difficult to know what the future holds.

One problem is that I don't look any different from other people. So sometimes some children in my primary school would laugh, when I got out of breath after running a short way or had to stop and rest halfway up the stairs. Sometimes, too, I was too weak to go to school so my education suffered. Every time I returned to school, I was behind the others.

**Marty suffered psychologically**

Cohesive devices (句间衔接手段)

1. How could "looking the same with others" be a problem?
2. In what ways did Marty suffer **psychologically**?



1.How could “looking the same with others” be a problem?

He was laughed at by children in the same primary school for his weakness in body.

2.In what ways did Marty suffer psychologically?

Besides being laughed at, he felt himself stupid with education suffering for being absent.

My life is a lot **easier** at high school because my fellow students have accepted me. The few who cannot see the real person inside my body do not make me annoyed, and I just ignore them. All in all I have a **good** life. I am happy to have found many things I can do, like writing and computer programming. My ambition is to work for a firm that develops computer software when I grow up. Last year I invented a computer football game and a big company has decided to buy it from me. I have a very **busy** life with no time to sit around feeling sorry for myself. As well as going

**Marty is satisfied with his life**

a lot of time with my pets. I have two rabbits, a parrot, a tank full of fish and a tortoise. To look after my pets properly takes a lot of time but I find it **worthwhile**. I also have to do a lot of work, especially if I have been away for a while.

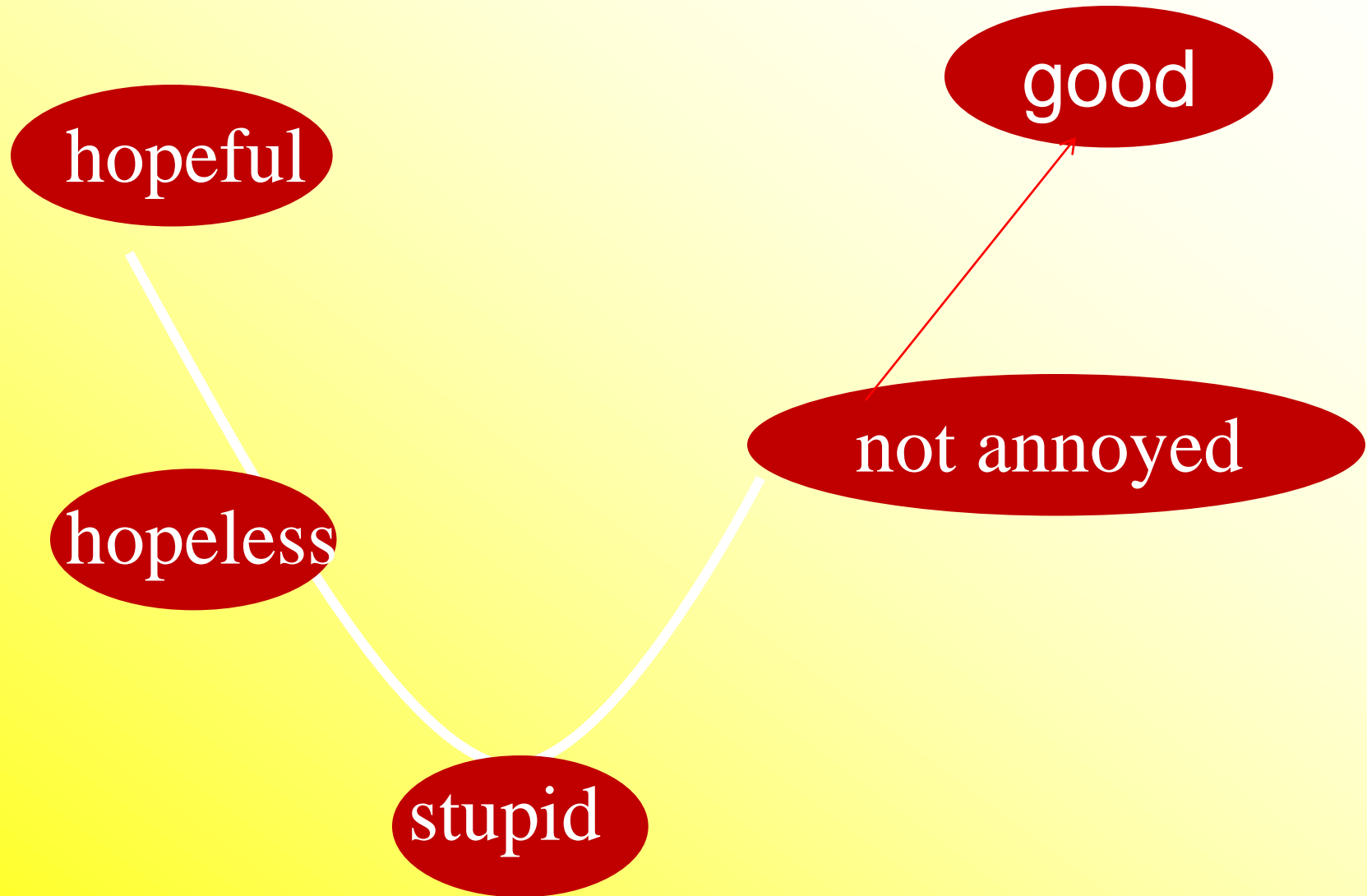
1. What contributes to Marty's easier life?

- Fellow students
- Marty himself

2. What is Marty's ambition?

To work for a firm that develops computer software  
when he grows up

## The change of Marty's feeling





What made Marty **live well**  
with such severe disability?



Healthy people's attitude towards the disabled  
**matters** a lot

In many ways my disability has helped me grow stronger psychologically and become more independent. I have to work hard to live a normal life but it has been worth it. **If I had a chance to say one thing to healthy children it would be this:** having a disability does not mean your life is not satisfying. So don't feel sorry for the disabled or make fun of them, and don't ignore them either. Just accept them for who they are, and give them encouragement to live as rich and full a life as you do.

Thank you for reading my story.

**Who is the story intended for?**

---

**General readers.**

## Para 5

### Marty's advice to healthy kids

1. Don't feel sorry for the disabled.
2. Don't make fun of the disabled.
3. Don't ignore the disabled.
4. Accept the disabled for who they are.
5. Encourage the disabled to live as rich and full a life as you do.

**What do you think is Marty's purpose of sharing his story on the website?**

**To call on/ appeal to/ advocate people to give more care, understanding and help to the disabled by sharing his own story.**

- ◆ We, healthy ones, can do a lot to make the disabled live well.
- ◆ It is ...that really matters.
- ◆ It will make a difference if...
- ◆ We'd better...
- ◆ Doing sth is highly recommended.



# Marty's mini biography

*Marty's disease*

**A muscle disease**

*Marty's symptoms*

**weak, clumsy, tired**

*Marty's ambition*

**To work in the computer industry**

*Marty's achievement*

**Invented a computer game**

*Marty's hobby*

**Watching movies & football matches, keeping pets**

*Marty's motto*

**To live one day at a time**

*Marty's hope*

**Don't feel sorry for the disabled or make fun of them but accept them and encourage them**

**“Even for a withered flower, it longs to contribute all of its fragrance.**

**Even it is a broken tree, it longs to contribute all of its shade.”**



# Assignment

To call on your fellow students to care for the disabled by sharing them with Marty's story you read on "Family Village"

What impresses me most is that...  
It surprises me when...

