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Perspectives on the Trichotomy Paradigm: A Case Study of Translation Strategies from *Dr. Zha's Diary of Fighting the COVID-19*

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Abstract: Over the past few centuries, dichotomy has been playing a dominant role in the field of translation, which has made significant contributions to the development of translation practices and studies. Nonetheless, its weakness has been gradually realized due to the complex, ever-changing nature of language. The proposal of the Trichotomy Paradigm in translation studies provides a new perspective into translation, giving both a fresh insight into its theoretical exploration and an original understanding into its practice. As a comprehensive system, the Trichotomy Paradigm can be divided into three levels: namely, the macro-level, meso-level and micro-level, among which the meso-level is concerned with translation strategies. Borrowing from Reiss' text type theory to the mesoscopic research of the system, this article analyses the Chinese-English translation strategies of *Dr. Zha's Diary of Fighting the COVID-19*. By analyzing ten typical examples of how Reiss' text types---- the informative text, the expressive text and the operative text are applied to the translation of the book, the author points out Reiss' text type theory is well adapted to the Trichotomy Paradigm, which as a three-dimensional and comprehensive dynamic translation framework can provide guidance and insight for translators to engage in translation practices as well as translation studies. This article will shed some light on these new perspectives in translation studies.

Keywords: *Dr. Zha's Diary of Fighting the COVID-19*, Trichotomy Paradigm, Mesoscopic Research, Translation Strategy

1. Introduction

Over the past few centuries, scholars have focused on translation as a process or as the result of that process [1], in which dichotomy has been playing a dominant role in such fields as literal and free translation, formal and dynamic equivalence [2], semantic, communicative [3] and covert translation [4], as well as what Lawrence Venuti [5] has called domesticating and foreignizing translation. This dualistic view of translation has made great contributions to the human understanding of translation studies and practices, however, dichotomy can be easily misused, leading to binary opposition and limitations to the scope of thinking. Moreover, sometimes it can even sever the organic connection of a well-weaved whole, leaving content coarsely translated.

Translation practices do not just happen on their own, they result from theories, however preliminary and unformed those theories might be. A theory is a mental picture of the world, and translators, like anyone else, have such pictures in their minds before they embark upon practice. Through their work, they develop, test, refine and formulate these mental pictures as they come up against elements of practice and are measured against them [6]. In translation practices and theoretical research, scholars have been mindful of the problem of dualism in translation and have started to analyze its deficiencies. For example, Shove, Pantzar and Watson [7] have proposed a simple model of translation comprising three elements or groups of elements: materials, competence and meaning. The school of French interpretive theory, beginning with research on the process of interpreting, puts forward the "three stages" of the translation process: comprehension, deverbalization and reformulation [8]. In addition to exploring the causes and negative consequences of dualism, they have endeavored to propose countermeasures, such as using dialectical translation and deconstruction to re-guide translation practices. Among them, Fang Mengzhi [9] a

Chinese scholar and translation theory researcher, has formulated the translation theory of the Trichotomy Paradigm, which is constructed from three levels: the macro-level, meso-level and micro-level. According to Fang Mengzhi [9], the macro-level, as the core, is in the higher echelon of the theory, which focuses on universal problems in applied translation; the meso-level is concerned with translation strategies, schemes, modes, modules, plans, and so on; the micro-level studies translation methods, skills and techniques, which exist on the operational level. With his new theory, this article intends to explore whether Fang's Trichotomy Paradigm is better in translation practices than the Dichotomy Paradigm by analyzing specific cases in the translation of *Dr. Zha's Diary of Fighting the COVID-19*.

2. Connotation of the Trichotomy Paradigm

In the Trichotomy Paradigm, the macro-level includes ontology, values, methodology, epistemology and category systems; the meso-level is characterized by translation strategies, focusing on less abstract translation issues; the micro-level is the embodiment of the meso-level combined with the summary and sublimation of practical experience, giving more attention to detailed issues in the translation process. The top-down deduction of the three theoretical levels is as follows: the macro-level derives the mesoscopic translation strategy, model or framework, the mesoscopic theory leads to translation skills, and then the translation skills are used in practice. The bottom-up induction is as follows: based on translation practices, translation skills and methods can be obtained; intensive, conceptualized and categorized translation skills can then obtain meso-translation strategies, models or frameworks; and then the meso-level can be abstracted into the macro-level. In a word, the three levels, whether top-down deduction or bottom-up induction, are all based on translation practices [9].

3. The Significance of the Trichotomy Paradigm

The Trichotomy Paradigm is a major theoretical construction. It is a theoretical exploration proposed by Chinese translation researchers, which integrates diachronic and synchronic translation studies. It is also an effort to build a closed-loop, three-dimensional and inclusive translation theory. It is a study of methodology. Through the three levels of theoretical construction, theoretical researchers and translation practitioners can find their own position in the translation process, which plays a positive role in the analysis of translation activities, the translation process and specific translation behavior.

The Trichotomy Paradigm is comprehensive and all embracing, including both Chinese and foreign theories as a whole. From a diachronic point of view, the development of translation studies can be summarized as "one body, three links", advocating multi-disciplinary collaborative research and integrating translation strategies into three diagrams [9]. The concept of the Trichotomy Paradigm is the construction of the translation system, which enables translators to observe and solve problems from multiple dimensions, as a whole and in all directions.

4. Relation Between Text Types and the Trichotomy Paradigm

4.1. Internal Logic Between Text Types and Meso-level Theory

The meso-level of the Trichotomy Paradigm centers around translation strategies, which are frequently employed in translation practices. In another word, in translation practices, the translator usually needs to match the source language (SL) text with the proper translation strategies before directing their efforts toward translation activities. If the assessment of the translation in question reveals that the translator did not follow the required path of translation, the target text is potentially useless for the purpose for which it was made [1]. In order to create a functionally equivalent target language (TL) text, the translator should clarify the functions of the SL text and adopt the relevant translation strategies. This can be achieved in a three-stage-process, which may, in principle, be obtained either by starting from each basic textual unit and ending with the text as a whole, or by beginning with the text as a whole and ending with the analysis of each basic textual unit. Therefore, categorizing the "text types" becomes a priority because different forms of written texts may require different translation strategies. According to the Trichotomy Paradigm, the meso-level is concerned with translation strategies, which concentrate on the translation of texts, so the translator needs first to sort out the text types. To tackle this problem, the translator can borrow from Katharina Reiss' theory of text type categorization.

4.2. Reiss' Text Type Classification

Katharina Reiss, a scholar of the German functionalist school, stresses equivalence at the text level, linking language functions to text types and translation strategies [10]. She argues that due to the vastly different characteristics of various types of text, the main functions of a given text can be divided into three types: informative, expressive and operational, as listed in *Table 1*.

Table 1. *Functional characteristics of text types and links to translation methods [10].*

Text type	Informative	Expressive	Operative
Language function	representing objects and facts	expressing sender's attitude	making an appeal to text receiver
Language dimension	Logical	Aesthetic	Dialogic

Text type	Informative	Expressive	Operative
Text focus	Content-focused	Form-focused	Appellative-focused
TT should	Transmit referential content	Transmit aesthetic form	Elicit desired response
Translation method	Plain prose explicitation as required	Identifying method, adopt perspective of ST author	Adaptive, equivalent effect

From *Table 1* and as mentioned afore, it can be observed that Reiss divides text types into three major categories: informative, expressive and operative text, in which the informative type is emphasized in content-focused texts, the expressive type is emphasized in form-focused texts, and the operative type is emphasized in appeal-focused texts. Reiss [11] understands that informative text types include the "Plain communication of facts", i.e., information, knowledge, opinions, etc. The dimension of language used to transmit the information is logical or referential, and the content or "topic" is the main focus of the communication. Expressive text types include "Creative composition", wherein the author uses the aesthetic dimension of language. The author or "sender" is foregrounded, as well as the form of the message. Operative text types include "Inducing behavioral responses", wherein the aim of the appellative function is to appeal to or persuade the reader or "receiver" of the text to act in a certain way, for example to buy a product (such as an advert) or to agree to an argument (such as a political speech or a barrister's concluding statement). The form of the language is dialogic and the focus is appellative. Thus, applying Reiss' theory, translation strategies can be formulated according to the expressive functions and text types of the source text.

The classification of a given text is of much importance because text types are the primary factor that influences the translator's choice of translation strategies. In a single text (or portion of text) the depictive element may be dominant, in another the expressive element, and in yet another the attempt to persuade hearers or readers [11]. Certainly, the whole of a text will not always be exclusively dedicated to a single function, which means in actual practice there are constant combinations and overlap.

5. Writing Styles and Translation Strategies of *Dr. Zha's Diary of Fighting the COVID-19*

The way information is transmitted in a diary is different from other literary genres, and the language it contains has aesthetic characteristics, emphasizes the attitude and emotion of the author (i.e., the text sender) towards things or phenomena in the world, and hopes to arouse the readers' feelings, thoughts or actions. Moreover, *Dr. Zha's Diary of Fighting the COVID-19* is different from ordinary literary works and other diaries in that it has functions peculiar to itself, as well as combinations of popularizing medical knowledge, disseminating Chinese culture and expressing personal feelings.

5.1. Writing Styles

Dr. Zha's Diary of Fighting the COVID-19 is a true-to-fact diary. As a variation of the first-person narrative style, the diary has a strong sense of psychological reality, which is depicted in the expression of personal emotions. It uses the first-person perspective to convey the author's feelings, thoughts and subconscious from different angles and aspects, guiding readers to resonate with her emotional experience. In her diary, Dr. Zha records every bit of her work in the process of fighting COVID-19 from a positive perspective, expressing her indomitable spirit and optimistic attitude in overcoming the pandemic. All her records in the diary are true to fact.

As a work of medical science, the book records with rigid professional language the daily responsibilities of the medical staff in Wuhan, which can serve as a guidebook for medical instruction. The translation of such a genre would need greater attention to the accessibility and individual style of the source text author. The language, especially the medical terminology, is highly professional, therefore, the translation strategy for such language must be in accordance with the translation rule of the informative text.

The book also reproduces the benevolence and selflessness of the medical staff in China during a major public health emergency, which will serve as a call to action for readers and other medical staff. At the same time, its objective humanistic narrative will give readers a new understanding of what it means to be a true medical doctor. By sharing China's experience of fighting COVID-19 with the international community, the book sets an example for all countries in the world to follow.

5.2. Translation Strategies

The role of the translator is crucial in the translation process. Over the course of said process, the translator first acts as a receiver of both the translation brief (the commissioner's instructions) and the source text [12]. That is to say, the translator decides the quality of the translation. Meanwhile, translation is a complex process, as Clive Scott [13] suggests that the source text is not already there, instead the task of the target text is not to map out the manifestation of the source text, but rather to make it emerge, to bring it into perceptual consciousness in such a way that the reader acquires a sense of its "depth". Therefore, in the process of translation, under the framework of the Trichotomy Paradigm, relying on meso-level theory and referring to Reiss' classification of text types, the translator formulates the following translation strategies to bring forth the functions of the source text, as outlined below.

A. The informative texts. The target text of an informative text should be able to fully convey the referential or semantic content of the source text. The language used should be plain prose, without redundancy and with the use of explicitation when required. So, the translation should focus on transmitting the factual content and terminology, rather than be concerned

about stylistic nuances. For example, the records about anti-pandemic work and the daily lives of the medical staff are logically and accurately expressed. Therefore, when translating, plain and direct words should be used as much as possible to make the content clear and logical. The medical terminology should be translated directly so that layman target language readers can easily understand the anti-pandemic work and realize the original intention of the author's writing.

B. The expressive texts involved fully express the strong emotions of the author and have outstanding aesthetic features. Literary translation aims to make the target language readers feel the "beauty" conveyed by the original text, which means, the special language forms, expressions and semantics should be maintained. When translating, the readers' aesthetic experience should be taken into account, thus translators should grasp the aesthetic function of the original text and imitate the expressive features of the original author, so as to make the translation faithful in its semantic content and reproduce the artistry of the original text.

C. The purpose of the operative text is to convey the appeal of the original text and persuade the readers to take action. When translating, this intention should be clearly articulated so that readers can be aroused by the target text.

Although each text has its main typological features, the secondary typological features may also overlap. For example, poetry may contain an informative function, while narrative may also have an aesthetic function. Therefore, "the accuracy of content should not be judged by faithfulness to the original author, but by the fact that the information conveyed is not misunderstood by the target readers" [14]. In other words, in the process of translation, flexible strategies should be adopted according to the actual situation of text types.

6. Application of Translation Strategies

6.1. Informative Text Translation

This type of text aims to convey information, knowledge, opinions, etc. The dimension of language used to transmit the information is logical or referential, and the content or "topic" is the main focus of the communication [10]. Since informative texts are mainly used for conveying facts and information, with language that should be simple and straightforward, the translation ought to focus more on content rather than form. Therefore, in the process of translation, the initial step is to ensure the equivalence of semantic information, with the processing usually based on literal translation and supplemented by free translation. But literal translation does not necessarily mean word-for-word translation. In order to ensure the accurate transmission of information, literal translation often takes a sentence as the basic unit. In principle, it does not divide a compound or complex sentence into several clauses, nor does it break through the boundaries between sentences or merge several clauses into one sentence. In the processing of words, paraphrasing is avoided. Yet, it is often necessary to change the word order so as to take into account the reading habits and idiomatic writing styles of the target language readers [15].

Source text case 1: 1 月 25 日 1:30，飞机缓缓降落在武汉天河机场，降落前的细雨在我们出机舱时居然已经停止，这似乎预兆着什么[16]。

Target text case 1: *At 1:30 a.m. on January 25, the plane landed smoothly at Tianhe Airport in Wuhan. It was drizzling before we landed. By the time we disembarked, the rain had stopped. This seemed to be a good sign.*

Case 1 describes the background in which Dr. Zha arrived in Wuhan with her teammates. With the time, place, characters and event introduced, it is a typical example of an informative text, so we can adopt Reiss' translation method. According to her theory, the target text of such a text type should transmit referential content using plain prose. By "飞机缓缓降落在武汉天河机场", Dr. Zha means to say that the pilot was very careful in ensuring the safe and comfortable landing of the plane and completing the flight successfully, so this phrase was translated as "*the plane landed smoothly at Tianhe Airport in Wuhan*". The phrase "这似乎预兆着什么" is the embodiment of a typical Chinese implicit expression, where readers need to examine the intention of Dr. Zha's writing and infer between the lines. According to the previous part "*the plane landed*" and her mentioning of the drizzle that had stopped before they exited the cabin, it can be inferred that Dr. Zha is suggesting that this was a positive sign. Taking into consideration Dr. Zha's mission and her confidence in defeating the pandemic, it can be concluded that indeed she felt it was a positive sign, so this sentence was translated as "*This seems to be a good sign*."

This part of the target translation is mainly completed via literal translation by using short and simple sentences to convey the information, in which the target language is simple and clear, in line with the characteristics of typical diary writing.

Source text case 2: 接下来郑军华领队介绍金银潭医院专门开辟的新病房楼，四、五两层由上海医疗队主管，二、三层由陆军部队医院主管，因为目前呼吸机等配备尚不足，病房目前以轻症病人为主，明早进行病房排班分组等工作[16]。

Target text case 2: *After that, Prof. Zheng briefed us on the new dedicated ward opened by Jinyintan Hospital. The fourth and fifth floors were in the charge of the first Shanghai medical team, and the second and third floors were in the charge of the Army hospital. Because of the under-allocation of equipment like ventilators, the ward mainly received patients with mild symptoms. We would work in groups, and each group member would have a specified work shift. We would be assigned our grouping and shifts the next morning.*

Case 2 is another typical example of informative text with clear logic and an emphasis on the transmission of information. It gives an objective and precise description by using medical terms, such as "医疗队", "呼吸机" and "轻症病人". When translated into English, the literal translation method is mainly used and the medical terms are maintained if they do not cause confusion in the readers' understanding. So, in the target text, "医疗队" is translated as "*medical team*", "呼吸机" as "*ventilator*", and "轻症病人" as "*patients with mild symptoms*". By translating in this way, the intention of the original writing is maintained as much as possible and readers

can feel the intense atmosphere felt then and there.

Source text case 3: 熊主任已经总结好前段时间病人诊治的经验，结合了在武汉其他重症病房一线工作的各位大佬的诊治经验、武汉各医院 ICU 专家之前一个月救治危重病人的经验、2003 年 SARS 救治的经验，为我们上海医疗队制定了一整套新冠肺炎危重病人救治的模式，包括无创呼吸机肺炎设置的参数、气管插管合理时间，激素使用合适时机，激素的剂量和疗程，哪些类型的病人使用鼻罩、如何脱机，等等[16]。

Target text case 3: *Dr. Xiong summed up the experience of diagnosing and treating patients over the past few days, including the experience of ICU specialists and the experts on the frontline who were treating critical patients a month ago at hospitals in Wuhan and the 2003 experience treating SARS. In addition, he established a whole set of COVID-19 critical patient treatment modes for the Shanghai medical team, including the parameters set for non-invasive ventilator pneumonia, reasonable time for endotracheal intubation, appropriate timing for hormone use, hormone doses, and a course of treatment that determined which types of patients should use nasal masks, how to disconnect the ventilator, and other related matters.*

Case 3 is a complicated passage rich in information. Besides the challenge of translating long sentences, the translation of the medical terms also proves to be a difficult task. To make the sentences easily understood, the English version is divided into two parts by semantic group. When translating the medical terms, literal translation is adopted while semantic equivalence is emphasized. As for the term "新冠肺炎", its translation is based on how the World Health Organization used it at different times. That is to say, before February 12th, 2020, it was translated as "*2019-nCOV*", but has subsequently been translated as "*COVID-19*".

6.2. Expressive Text Translation

The expressive text is used to express the author's or "sender's" emotion and attitude towards people and objects. Its language has aesthetic characteristics, wherein the sender of information can create their own themes and consciously use expressions and their associative meanings. Thus, the translation of expressive texts should consider style, rhythm, rhetoric, etc., and adopt a method of imitation that makes the translated text faithful to the original author or text.

Source text case 4: 在抗击新冠肺炎疫情工作中，白衣执甲、逆行出征、不怕牺牲、甘于奉献，充分展现了医务工作者医者仁心的崇高精神。为感念您的特殊贡献，特授予您为武汉市金银潭医院'荣誉职工'称号[16]。"

Target text case 4: *In the fight against the COVID-19 pandemic, a white-clad "soldier" who marched fearlessly against the virus and risked your life, you demonstrated the noble spirit of all medical workers. In recognition of your special contribution, we hereby grant you the title of "Honorary Employee" of Jinyintan Hospital.*

Case 4 uses paralleled expressions to convey strong emotions with the four-character phrases "白衣执甲、逆行出征、不怕牺牲、and 甘于奉献", marking itself as a typical expressive text, all of which vividly illustrate the virtue of the medical staff. The phrase "白衣执甲" likens the medical staff to warriors, so it is translated as "*a white-clad 'soldier'*"; "逆行出征" describes to the readers their fearless spirit and is translated as "*marched fearlessly against the virus*"; and "不怕牺牲、甘于奉献" are condensed into "*risked your life*". With the expression of *"a white-clad "soldier" who marched fearlessly against the virus and risked your life",* Dr. Zha effectively communicates the courage and responsibility of the medical staff to the readers, who would be moved by their behavior in the face of danger.

Source text case 5: 君住长江头，我住长江尾，这是共饮长江水的交情[16]。

Target text case 5: *Wuhan is situated in the middle of the Yangtze River, and Shanghai in the estuary. Our friendship is a long one, since we drink from the same river.*

The phrase "君住长江头，我住长江尾" is quoted from Li Zhiyi's "*Song of Divination*" from the Song Dynasty. It is a well-known love poem throughout China with significant cultural connotations and sentiments. The original meaning is that "*I (a woman)*" and "*you (a man)*" live along the same river but at opposite ends, and although there is a long distance between them, they still miss each other deeply. In her diary Dr. Zha similarly uses "*I*" and "*you*" to refer to Wuhan and Shanghai, respectively. In the translation, given that Wuhan is located in the middle of the Yangtze River geographically speaking, "君住长江头" is translated as "*Wuhan is situated in the middle of the Yangtze River*". When translating "我住长江尾", we should consider the economic implications in English and translate it as "*Shanghai in the estuary*". The phrase "共饮长江水" is also a typical expression rich in Chinese culture, and because "*Yangtze River*" is already mentioned above, so it is replaced by "*the same river*" here. With case 5 it can be observed that expressive texts can explicitly and implicitly communicate feelings and emotions.

Source text case 6: 近 11 点，郑队又在大群里发了湖北省委省政府给援鄂医疗队的慰问信："慷慨赴荆楚，白衣做战袍。疫去花开时，愿君皆安好[16]。"

Target text case 6: *At nearly 11 o'clock, Prof. Zheng sent a letter of encouragement from the Hubei provincial government to the medical team: "White-clad, you came bravely to Hubei; When the flowers are blooming and the COVID-19 is gone, may you all be safe."*

Case 6 quotes a letter of encouragement from the Hubei provincial government to the medical team, in which four lines of five-character Chinese expressions are used. The expression "慷慨赴荆楚，白衣做战袍" describes to the readers the way in which the medical staff fearlessly marched to Hubei province. The characters "荆楚" are the name of Hubei in ancient Chinese, so it is translated as "*Hubei*", thus making it easier for English readers to understand. With "慷慨", the noble spirit of the medical staff and their code of conduct are clearly demonstrated, while "白衣" describes their career as medical professionals. When translating these two lines, the word order is changed to conform to the style and rules of English grammar, so the translation is "*White-clad, you came bravely to Hubei*". The phrase "疫去花开时，愿君皆安好" expresses the wish of the Hubei provincial government for all the medical staff to be safe

during and after their fight against COVID-19. The phrase "愿君皆安好" is translated as the imperative clause "*may you all be safe*" to indicate the best wishes for all Wuhan people.

Source text case 7: 她说："虽然远在他乡，但我感受到了家的温暖……"是啊，我们医疗队的团队精神已经形成，我们在这里守望相助[16]！

Target text case 7: *She said, "Though I am far away from home, I feel the warmth of home." Team spirit has formed in our medical team. We are here to help each other.*

Case 7 is a special example insofar as the characters used are plain but rich with emotion. As typically found in diary writing, it features conversational expressions, as if Dr. Zha herself is talking directly to the readers. In this case, she uses simple language to express her deep love for Wuhan people and her profound admiration for the medical team, so in the translation, simple words are also used to comply with the Chinese expressions. The only difficult point in this case is the expression "守望相助", where "守望" means "*watch over*", but here it indicates that the medical team should help and look after each other. Therefore, in the translation, this phrase is combined into "*help each other*" with "相助". With this plain case, it is evident that expressive texts exist in different ways; sometimes they express strong feelings using flowery or aesthetic language, while in other occasions they express feelings using only simple words.

6.3. Operative Text Translation

The operative text aims to strike a chord with and make an appeal to the readers in order to elicit certain behavior. The dimension of language used is typically dialogic and it is appellative-focused. The aim of the appellative function, as mentioned above, is to appeal to or persuade the reader or "receiver" of the text to act in a certain way, for example to buy a product (such as an advert) or to agree to an argument (such as a political speech or a barrister's concluding statement) [10]. In operative texts, both content and form are subordinate to the desired extralinguistic effect that the text is designed to achieve. The translating of operative texts from one language into another should be guided by the overall aim of bringing about the same reaction from the audience, although this may require changing the content and/or stylistic features of the original to some extent [17]. To translate such a text type, the adaptive method is often employed to achieve an equivalent result. In Reiss's text types, advertisements, sermons and electoral speeches are typical operative texts, while Nord [17] argues that "the target-text purpose should be compatible with the original author's intentions". She further points out that the operative function can appear in any text type, and the addresser expresses their feelings and attitudes towards people and things through language. Thus, the target text needs to appeal to the target readers even if new words and images are needed.

Source text case 8: 我想，那段伤痛可能会随着时间的流逝渐渐痊愈， 那段记忆也有可能随着时代的变迁被人遗忘，而《日记》中记录的点点滴滴，一定会唤起我们的记忆[16]。

Target text case 8: *As time goes by, the pains experienced in that period may go away and the memories may recede, but the little things recorded in the diary will stay forever. They will never fail to refresh our memory*.

Case 8 infers that the author aims to inspire the readers to remember the pain people experienced and never forget the contributions made by the medical staff in overcoming the COVID-19 pandemic. Through plain words, the readers are touched and inspired to keep the memory alive. In Chinese, "伤痛*(pains)*" can "痊愈*(recover)*" but in English this is not the case, therefore, this phrase is translated as "*the pains may go away*". The phrase "被人遗忘" means "*forgotten*" but in this sentence, it indicates that people gradually forget it, so it is translated as "*recede*". As for "点点滴滴", it refers to all the things that happen in daily life, so it is translated as "*the little things*". To emphasize that the little things will stay with us forever, "一定会唤起我们的记忆" is translated as an independent clause to make the sentence more appellative and to better inspire the readers.

Source text 9: 王主任给上海医疗队提出一个目标，打胜仗是应该的，要科学施救。鼓励大家要有信心，大疫当前，医疗队会越来越多，各项工作会越来越完善，我们要有信心，因为我们有中国共产党的领导，有社会主义制度，有政治优势，有"全国一盘棋"的优势，我们有信心打赢这场仗[16]。

Target text 9: *He set a goal for our team, saying we should treat patients scientifically and win the battle with this new virus. He encouraged us to have confidence. More medical teams would be arriving, and everything would change for the better. We should have confidence, because we had the unified leadership of the Communist Party of China, the socialist system, the political advantages, and the advantage of a coordinated national response. We had great confidence that we would win this battle.*

Case 9 introduces the objectives required from a group of medical leaders. By presenting their requirements, Dr. Zha expects to give the readers confidence in the fact that they have a clear set of goals, strict operational procedures and scientifically designed methods to defeat COVID-19, providing reassurance and peace of mind in the face of the pandemic. In the translation, the word order is slightly changed to conform to the style and grammar of the English language, so "*treat patients scientifically*" is put before "*win the battle with this new virus*". The second part of this case is a long and complex Chinese sentence, so in the translation, it is divided into a few individual parts, thereby making the English semantics clearer and easier to understand.

Source text case 10: 根据郑领队的介绍，北楼二、三层是规范的传染病病房，有成熟的消毒、隔离措施。二层是普通病房，收治 30 位确诊的轻症患者， 以服药为主；三层（以下简称"北三楼"）是简易的重症 ICU 病房，目前收治 27 位病人，其中 15 位是无创呼吸机辅助病人[16]。

Target text case 10: *He informed us that the second and third floors of the North Wing were standard infectious disease wards with good disinfection and isolation facilities. On the second floor were general wards which had admitted 30 patients with mild symptoms who were mainly taking medication. On the third floor were simplified ICUs that had admitted 27 patients, 15 of whom were non-invasive, ventilator-assisted patients*.

Case 10, although seemingly informative, can be better understood as an operative text. As Reiss [18] said, "In conveying contents with a persuasive form intended to trigger off impulses of behavior, the unchanged adoption of elements of content or (loaned) elements of artistic structure from the SL texts does not have an operative effect, these elements may be replaced by other elements fulfilling the desired function". By illustrating the clear function of each hospital floor using the exact number of patients and descriptions of the methods of treatment, Dr. Zha aims to reassure her readers that all the work on the frontline is well organized and fully prepared, so there is no need to panic or worry. To facilitate her aim, she uses clear but professional terms to convey her intention. In the translation, the second part of the case is divided into two independent sentences so that English readers may find it easy to realize her intention. Similarly, all technical terms are kept faithful to their Chinese medical equivalents so English readers can be instructed on proper protective measures.

7. Conclusion

Whether translation theory should adopt a Dichotomy Paradigm or Trichotomy Paradigm is a question that has attracted much attention in the field of translation, in which many scholars have participated in the discussion and expressed their views. Guided by the theory of the Trichotomy Paradigm, this paper has used Reiss' categorization of text types to analyze the Chinese-English translation of *Dr. Zha's Diary of Fighting the COVID-19*, and points out that the deficiencies in the Dichotomy Paradigm have been gradually recognized, while the Trichotomy Paradigm can more scientifically and systematically solve a greater number of problems in translation. In order to further advance translation studies it needs to accept more theoretical frameworks. The progress of translation studies not only helps to strengthen the construction of macro-translation theory, but also promotes the micro-translation techniques of text, sentence and vocabulary.

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