What is claimed is:

1. A galactose rapid quantitative detection system, comprising:

a test strip, comprising an enzyme and a stabilizer for stabilizing the enzyme, wherein the enzyme is a galactose dehydrogenase, wherein the galactose dehydrogenase is solidified, dried, and remains active, wherein the enzyme reacts with a biological sample producing an electrochemical information, wherein the biological sample comprises blood, wherein the stabilizer, contacting the test strip, comprises a trehalose, wherein the biological sample is derived from a subject in response to a liver metabolic response of the subject to an oral galactose composition, wherein the oral galactose composition comprises a galactose, a buffer and an 0.001 to 99% antioxidant; and

a meter comprising:

a power supply unit for providing a signal;

a connector for receiving the signal provided by the power supply unit and transmitting the signal to the test strip, wherein the signal reacting with the electrochemical information produces a corresponding response signal, and the connector transmits the corresponding response signal to the meter;

a calculation unit for calculating the corresponding response signal;

an A/D convertor for receiving the corresponding response signal from the calculation unit, transforming the corresponding response signal calculated by the calculation unit into a digital reaction signal;

a processor for processing the digital reaction signal;

a display for displaying the digital reaction signal; and

a digital terminal for receiving the digital reaction signal.

2. The system according to claim **1,** wherein the buffer is selected from a group consisting of ascorbic acid buffer, citrate buffer, phosphate buffer, acetate buffer, carbonate buffer, and triethanolamine buffer.

3. The system according to claim **1,** wherein the antioxidant is selected from a group consisting of vitamin C or/and sodium bisulfite, vitamin A, vitamin E, flavonoids, polyphenols, Ethylenediaminetetraacetic acid(EDTA), Diethylenetriaminepentaacetic acid (DTPA), *NTA*-Nitrilotriacetate acid (NTA).

4. The system according to claim **1,** wherein the galactose includes D-(+)-galactose, L-(-)-galactose, stable isotope galactose, or cyclic galactose.

5. The system according to claim **1,** wherein the galactose composition is to be administered through oral administration, injection, spray, inhalation, buccal, rectal, suppository or other medical acceptable way.

6. The system according to claim **5,** wherein the galactose composition is to be administered through oral administration, prior to measuring the content of galactose in the biological sample.

7. The system according to claim **5,** wherein the galactose composition is to be administered through injection, prior to measuring the content of galactose in the biological sample.

8. A test strip comprising:

an enzyme, wherein the enzyme comprises galactose dehydrogenase;

a stabilizer, in contact with the test strip, for maintaining the enzyme stability, wherein the stabilizer comprising a trehalose, wherein the galactose dehydrogenase is solidified, dried and remains active;

an insulating substrate;

an electrode unit configured on the insulating substrate;

a first insulating spacer covering a part of the electrode unit and including a reaction zone channel sited at a first edge of the insulating spacer, wherein another part of the electrode unit is exposed to the reaction zone channel; and

a second insulating spacer including a second edge, the second insulating spacer covering the reaction zone channel of the first insulating spacer, and the first edge of the first insulating spacer, the second edge of the second insulating spacer, and a same side edge of the insulating substrate are all in a convex arc shape, and the side edge of the insulating substrate concaves inwards relative to a front half part of the reaction zone channel; wherein the reaction zone channel comprises at least a reaction layer, the reaction layer is covered by the electrode unit in the reaction zone channel including at least the galactose dehydrogenase and a conductive medium to react with a biological sample through an electrochemical reaction, wherein the biological sample comprises blood,

wherein the test strip utilizes a convex tip of the second edge of the second insulating spacer and a concave structure of the insulating substrate relative to the front half part of the reaction zone channel to reduce a cohesive force of the biological sample, and enables the biological sample to go forward rapidly under an action of capillary phenomenon,

wherein the enzyme oxidizes, reduces, decomposes or metabolizes galactose, and

wherein the enzyme reacts with the biological sample producing an electrochemical information.

9. The test strip according to claim **8,** wherein the insulating substrate is selected from the group consisting of polyvinyl chloride (PVC), glass fiber (FR-4), polyester suphone, bakelite plate, polyethylene terephthalate (PET), polycarbonate (PC), polypropylene (PP), polyethylene (PE), polystyrene (PS), glass plate, ceramic, and any combination thereof.

10. The test strip according to claim **8,** wherein the electrode unit is selected from the group consisting of palladium, platinum, gold colloid, titanium, carbon, silver, copper, gold and silver.

11. The test strip according to claim **8,** wherein the reaction layer is selected from the group consisting of enzyme, coenzyme, buffer solution, stabilizer and surfactant.

12. The test strip according to claim **8,** wherein the conductive medium is selected from the group consisting of ferrocene, ferrocenium, methylene blue, tris(acetonitrile)ruthenium trichloride, dihydroxybenzoquinone, phenazinemethosulfate, tetrathiafulvalene tetra-cyano-quino-dimethane, methyl viologen, toluidine blue, 5,6-diamino-1,10-phenanthroline, and 2,2'- bipyridine.

13. The test strip according to claim **8,** wherein the conductive medium further comprising a metal ion compound, the metal ion compound is selected from the group consisting of $MgC1_2$, $BeC1_2$, $CaC1_2$, $SrC1_2$, $BaC1_2$ and any one combination thereof.

14. The test strip according to claim **11,** wherein the buffer solution is selected from the group consisting of Tris, Tris-HCl, PBS, MES, CHES, Borate, CPB, MOPS, TES, HEPES, TAPSO, Tricine, Bicine and TAPS.

15. The test strip according to claim **11,** wherein the stabilizer is selected from the group consisting of Xylitol, mannitol, polyxylose, araboxylan, mannan, trehalose, PEG, PVA, PEO, agarose, sol-gel, collagen, chitosan, BSA, casein, neo protein, amino acid and any one combination thereof.

16. The test strip according to claim **11,** wherein the surfactant is selected from the group consisting of a cationic surfactant, an anionic surfactant, a neutral ionic surfactant, and a nonionic surfactant.

17. The test strip according to claim **8,** wherein a test range of galactose in the test strip is 50-2000μg/ml.

18. The test strip according to claim **8,** wherein the enzyme is stored in a neutral, acidic or alkaline environment.

19. A method of performing the system according to claim **1**, comprising:

(1) a biological sample obtained from a subject who had been administered with a preparation with galactose in its composition by using a biological sampling device, wherein the biological sample comprises blood;

(2) allowing the biological sample to be absorbed by the test strip from the biological sampling device;

(3) inserting the test strip into the meter; and

(4) reading, by a user or a professional medical staff, the value of galactose concentration, a disease or liver residual function of the subject, wherein the disease comprises neonatal galactosemia.

20. The method according to claim **19,** wherein the method is manipulated by the user or the professional medical staff.