

# The World and China 世界中国

*Sekyemüt*  
Sekyemüt Magazin  
The World's Unique Magazine  
国际多语种刊物  
2015 / 04 总第057期



中国将裁军30万

300,000 Soldiers Reduction of the Chinese Army





世界中国杂志创建于2006年，为多语种国际刊物。

The World and China Magazine was founded in 2006 as a multilingual international magazine.

#### 主要栏目

高端访问、大使访谈、中外建交、时事传真、国际友城、欧盟新闻、文化视野、各国风情、商务平台、畅游天下、专题报道等。

Top Interviews, Ambassadors, Diplomatic Relations, News, Sister Cities, EU News, Cultural Perspective, Business Platform, Tourism, Special Reports.

#### 主要读者

外国驻华使领馆外交官、境内外政府官员、企业家、公商务旅行者等。

Major readers are foreign diplomats stationing in China, government officials at home and abroad, entrepreneurs, official and business travelers, etc.

#### 发行地点

1. 在中国境内：中央政府多个部委、多家企事业单位、贸促会（CCPIT）中国国际商会会员驻华使领馆以及驻华国际机构。在境内多家商会及北京近五十家星级酒店均可读到。

In China: The magazine can be found in many ministries of central government, many enterprises and public institutions, members of CCPIT China Chamber of International Commerce, embassies, headquarters of international organizations in China, business clubs and nearly 50 five star hotels as well.

2. 在国外发行地有：布鲁塞尔、柏林、伊斯坦布尔、布达佩斯、莫斯科、圣彼得堡、迪拜国际机场贵宾室、美国芝加哥国际机场VIP候机室以及国外旅行社、国外工商贸易协会等。

Internationally, it could be obtained in Brussels, Berlin, Istanbul, Budapest, Moscow, San Petersburg, Dubai International Airport's VIP room, foreign travel agencies, industry and trade associations, etc.

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

The publication is given as a gift during all kinds of cultural and trade activities at home and abroad and during activities held by foreign embassies in China.



本刊社长纳吉·麟女士向英国首相托尼·布莱尔先生介绍《世界中国》杂志，布莱尔先生为本刊题名“The World and China”

Ms. Lin Nagy, president of the magazine is giving an introduction of the magazine to Mr. Tony Blair, former prime minister of Great Britain. Mr. Blair is giving a title to the magazine as “The World and China”.



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赠阅



原中国国务院副总理、全国人大副委员长邹家华先生为本刊题词

Epigraph by the former Vice Premier and Vice Chairman of National People's Congress, Mr. Jiahua Zhou



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图文：纳吉·麟

President Xi announcing a 300,000 reduction of the Chinese Army during the Tiananmen military parade on 3rd of September.

Text and Photo by Lin Nagy



## Brief Report of the Tiananmen Military Parade 天安门阅兵活动小记

纪念抗战胜利9月3日的天安门阅兵活动大约4万人在现场观摩，作为媒体代表我们有幸参加了这一历史性阅兵仪式。

There were about 40,000 people watching the military parade at Tiananmen square on the 3rd of September organized for celebrating the victory in the war of resistance. As media representatives we had the chance to take part in this historical muster parade.



Text and Photo by Lin Nagy 图文: 纳吉·麟



● 凌晨4点30记者们达到了指定安检地点开始接受检查。  
Journalists arrive at the security checkpoint at 4:30 AM for screening.



● 6点记者们到达了天安门，志愿者、警卫等早已各就各位。  
Journalists arrive at Tiananmen square at 6 AM, volunteers, guards etc. have already arrived by this time.



● 环卫车开始工作。Cleaning cars start their work



● 媒体开始布阵。观礼台上的媒体位置下都安置了电源插座。  
The stand of the journalists. All seats are equipped with electrical sockets.



● 在所有观礼座位上的礼包里面有雨衣、手指巾、矿泉水、防晒帽、风油精、仁丹等，应有尽有。

The bag for the guests contained raincoat, paper tissues, mineral water, sun-cream etc. all that one should possibly need



● 两位慈善项目“园计划”发起人、媒体人巧会观礼台（本刊社长纳吉·麟，凤凰卫视执行董事、中文台台长王纪言）。  
Two of the initiators of the welfare "Circle Plan", Nagy Lin, president of this magazine and Wang Jiyan, executive president of Phoenix Satellite Television Chinese Broadcast.



● 预演开始 The pre-performance begins.



SPECIAL ATTENTION TO | 特别关注

● 八点左右各路嘉宾, 国外老兵陆续到达。VIP guests and foreign veterans arrive at the scene at around 8 AM.



● 就座于媒体观礼台旁边的驻华外交使节代表。 Next to the stand of journalists is the tribune of foreign diplomats.



● 环保工人将隔离栏安放回原位, 阅兵结束两小时候后, 长安街又恢复正常通行。 Following the parade, the environmental workers have put the cordon back to its original position. Just after two hours following the parade, the traffic at Changan Street returned to normal.





# 先辈的旗帜

——中国70多年前的缅甸远征军

## Banner of the Ancestors

70多年前,一支中国军队主动出国进入缅甸作战。他们衣衫褴褛,他们装备落后,被英美嘲讽为“乞丐军队”。然而这已经是这个国家当时最精锐的军队。他们就是中国远征军。英美认为他们在日军面前将仍然不堪一击。此后他们经历过惨败,最终也获得了来之不易的胜利。在三年的作战中,他们已经拿生命赋予了这个国家新的尊严,让全世界改变了对中国军人,乃至中国的看法。

今天,昨天,始终有一面先辈的旗帜。

这套图片主要选自章东磐主编,汉唐阳光文化发展有限公司策划,山西人民出版社出版的《国家记忆》以及《国家记忆二》两书。《国家记忆》是从美国国家档案馆馆藏数万张战争影像资料中,精选最有代表意义和表现力的数百张图文汇集成书。这些图片也主要由当时在中缅印战场的美军通信兵第164照相连所拍摄,真实再现了中国远征军和抗日战争时期中国军民的面貌。



1942年初,日军入侵缅甸,印度受到威胁,英国在远东的形势变得相当危急。应英国政府要求,1942年2月,为了保卫中国唯一的生命线滇缅公路,中国远征军赶赴缅甸作战。图为1945年1月31日拍摄的滇缅公路。



1942年2月,中国军队第5军,第66军,第6军10万大军开进缅甸。图为1942年初开赴缅甸作战的中国远征军。



● 1945年2月26日,中国驻印军第50师副师长正在命令1个侦察排前出巡查。摄影师:谢瑞尔。美军通信兵



● 1942年3月,日军2个步兵大队将7000多英军包围在仁安羌,英军告急,中国远征军新38师第113团连夜增援,击退日军,救出被围英军。仁安羌大捷,不仅使远征军,也使中国在国际上取得了良好的声誉。图为1942年5月31日正在攻击仁安羌的日军,背后是仁安羌地区所树立的油井井架。



● 在滇西战场,横档在中国远征军前的第一道障碍就是日军的松山要塞。图为1944年6月22日,向日军发动冲锋的中国远征军士兵。



● 图为云南省南部怒江前线驻守的中国士兵们从伙食桶里盛饭,这是由后勤伙食人员送到前沿阵地的。这里是中国军队发动的滇西大反攻战役的最前线,这场战役也是争夺滇缅公路控制权大攻势的一个组成部分。



● 松山大战,中国远征军在陡峭的山崖上艰难向上攀爬攻击日军阵地,但是遭到日军机枪正面,侧面交叉火力打击,损失惨重。图为从怒江前线被担架抬下来的中国伤兵。



● 早在1943年10月,在印度的中国驻印军就从缅北向日军发动了大反攻,行动代号是人猿泰山。1944年12月11日,在缅甸八莫,中国驻印军第3榴弹炮营第9连正在向日军阵地开火。摄影师:莱普尼茨。美军通信兵(U.S. Army Signal Corps)拍摄。



● 1945年2月24日,缅甸战事大局已定,中国驻印军坦克第1营正在经过缅甸腊戍向前方挺进继续扩大战果。美军通信兵(U.S. Army Signal Corps)拍摄。华盛顿国防部公共关系局准予公开。



● 松山,龙陵,腾冲是日军在缅北三大玉碎战,虽然日军被全歼,但是强攻日军坚固要塞的中国远征军也几乎流尽了血。图为1944年9月4日,在中国远征军第53军即将向腾冲日军发起冲锋前,美军联络组把自己的钢盔送给中国士兵。这些钢盔将优先配备给冲锋在最前边的士兵。美军通信兵(U.S. Army Signal Corps)拍摄。



● 8年抗战中国军队惨重伤亡,极为低下的待遇和几近于无的军饷都让这支军队在征兵上困难重重,所以在这场战争中,在中国军队有很多待遇要求不高,服从命令,但是年纪很小的少年兵,甚至是儿童兵。1944年9月2日,这是中国驻印军新6军第14师42团的,年仅12岁的云南小兵李贝乐,他已经入伍1年,是一位冲锋枪手,这个孩子将和其他的少年兵一起翻越热带山林,走向战场。



● 1945年2月5日,印缅战前司令及中国驻印军总指挥丹·索尔登中将和中国远征军司令卫立煌在木司检阅已经胜利会师的中国远征军和中国驻印军,陪同的有新1军军长孙立人和远征军副司令黄琪翔中将。



● 1945年5月21日,位于印度阿萨姆邦的中国军队阵亡烈士墓。每一个小小的墓碑下面都有一个让家人魂牵梦绕的年轻人的亡魂。正如参加过远征军的诗人穆旦所说的,虽然他们的身体还挣扎着想要回家,而无名的野花已在头上开满。



● 在缅甸列多公路上,1名中国驻印军独立第1个团(原为驻印军直属化学团)的士兵携带着受伤的野猴在行军。他们的主要任务是配属美军火神特种部队作战。





## 欧盟与中国共资新机制

9月7日,在北京举行的“追求卓越-促进中欧科研交流与合作”大会上,中欧双方宣布启动一项新的中欧科研与创新联合资助机制。正在中国访问的欧洲委员会科研与创新委员卡洛斯·莫达斯出席了此次大会。

联合资助机制由中方科技部和欧方欧洲委员会科研与创新总司各自投入资助经费设立。

为了实施在第十七次中欧领导人会晤联合声明中强调的联合资助机制,该机制依托欧盟科研与创新计划“地平线2020”和中国相关科研与创新资助计划,为期五年(2016-2020),欧洲委员会计划继续每年投入约1亿欧元,在“地平线2020”计划框架下,支持设立在欧洲的机构参与与中方机构的联合项目。

中方将配套相应经费,计划每年投入2亿元人民币,支持设立在中国的机构在“地平线2020”计划框架下参与同欧洲伙伴的联合项目。

At the high level "Joint Conference in Promoting Excellence through Enhanced EU-China Researcher's Mobility and Cooperation" organized in Beijing on 7 September, China and the EU announced the launch of a new co-funding mechanism for research and innovation. The conference was attended by European Commissioner for Research, Science and Innovation Mr. Carlos Moedas.

The co-funding mechanism is established by the Ministry of Science and Technology on the Chinese side and the European Commission Directorate General for



欧洲委员会科研与创新委员卡洛斯·莫达斯先生在讲话中提到:“联合资助机制的设立,将为中欧战略伙伴关系带来重大影响,科研与创新现已成为这一伙伴关系的重要内容。”  
Commissioner Moedas stated that "the establishment of the co-funding mechanism will have a major impact on the EU-China strategic partnership, in which cooperation in research and innovation has now become a significant component."

Research and Innovation on the EU side with funding resources on each side.

To implement the co-funding mechanism (CFM) highlighted in the Joint Statement of the 17th EU-China Summit, building on Horizon 2020 on the EU side and relevant research and innovation programmes on the

Chinese side, during the period from 2016 to 2020, the European Commission expects to continue spending over 100 million Euros per year for the benefit of Europe-based entities in joint projects under H2020 with Chinese participants.

China will match corresponding resources and expects to spend 200 million RMB per year for the benefit of Chinese based entities that will participate in joint projects with European ones under Horizon 2020. (本刊讯)



现场会议  
Venue of the meeting

## Briefing on European Business in China –Position Paper 2015/2016 《欧洲企业在中国建议书》发布会

北京发布会 图文: 王佳 Photo & Text: Wang Jia

2015年9月8日,中国欧盟商会在北京举办《欧洲企业在中国建议书2015/2016》,呼吁中国政府践行市场改革承诺以扭转中国经济疲软的态势,同时增强与欧洲及跨国公司间的相互信任。

European Business in China – Position Paper 2015/2016 was held by the European Chamber in Beijing on September 8, 2015.

The Chamber appeals to the Chinese Government for practice of its commitment to market reforms so as to reverse the weak Chinese economy and enhance mutual trusts between the Government and European and multinational companies.



欧盟商会主席伍德克在发布会上指出,中国经济的“黄金(1124.40, 3.40, 0.30%)时代”已经结束。他认为,对当下的中国经济而言,可以轻易实现GDP高速增长的手段已经用尽,依靠过量固定资产投资拉动经济的方式已经过时,加入世贸组织[微博]带来的推动作用已经减弱,并且,人口红利已经结束。由此看来,改革迫在眉睫。  
Mr. Jörg Wuttke, President of European Chamber has noted that the 'golden age of Chinese economy' (1124.40, 3.40, 0.30%) has ended. He believes that the measures contributing to rapid GDP growth have been exhausted in China. Meanwhile, ways of stimulating economic growth through excessive investment in permanent assets are no more effective, the impetus of China's entry into the WTO being weakened and the demographic dividend being over. Consequently, reforms are extremely urgent.

上海发布会 图文: 方毓强 Photo & Text: Fang Yuqiang

2015年9月8日下午,在上海世贸皇家艾美酒店举行了“《欧洲企业在中国建议书2015/2016》(European Business in China Position Paper Chamber 2015/2016)发布会”,约200位中外来宾出席。

A briefing on European Business in China Position Paper 2015/2016 has been held with about 200 participants both at home and abroad in Le Royal Méridien Shanghai on the afternoon of September 8, 2015.

“《欧洲企业在中国建议书2015/2016》是中国欧盟商会最重要的出版物,全书约30万字,分为中英文两种版本,其学术严谨,思路清晰,有条不紊,为中国政策制订者提出建设性建议,并为在华欧盟企业提供指导。该建议书由中国欧盟商会的37个工作组经过6个月的广泛征询,最终编写而成,建议书覆盖了27个纵向行业和10个横向行业的议题。从中可以看出,中国欧盟商会具有严谨的学术能力,对现状和未来进行高瞻远瞩的研究。

European Business in China Position Paper 2015/2016, the most important publication of European Chamber, is around 300,000 words with a Chinese version and an English one. The book boasts academic rigor and clear thinking, which provides policy makers with constructive proposals and European business in China with guidance.

It has taken six months for 37 working groups of



中国欧盟商会副会长(Vice President)斯特凡·沙克先生(Mr. Stefan Sack)发言,并回答了来宾的提问。  
Mr. Stefan Sack, Vice President of European Chamber has delivered a presentation and answered questions.

European Chamber to make consultation and finally complete the publication, which covers topics concerning 27 vertical sectors and 10 horizontal ones. It can be seen that European Chamber is with the academic rigor and the visionary research on the present and the future.

中国欧盟商会于2000年10月成立,如今会员总数超过1800家,在中国南北设有7个分会。其理念是应欧盟及欧盟企业的需要,代表不同工商部门寻求统一的声音。商会已被欧盟委员会与中国政府机构认可为欧盟企业在华的独立官方代言机构,旨在为欧盟企业争取更大的市场准入和更好的经营环境。





## Reception of the 194<sup>th</sup> Independence Day of the Republic of Peru 秘鲁共和国独立194周年庆祝招待会



2015年7月28日，为庆祝秘鲁共和国独立194周年，秘鲁驻华大使馆在金茂威斯汀大酒店举办了庆祝招待会。中国外交部副部长王超应邀出席了该活动。

The Embassy of the Republic of Peru has held a reception in The Westin Beijing Chaoyang on 28th July, 2015 so as to celebrate the 194<sup>th</sup> Independence Day of the Republic of Peru. Mr. Wang Chao, Vice Minister of Foreign Affairs has also been invited to participate in the event. (本刊讯)



秘鲁驻华大使胡安·卡洛斯·卡普纳伊发表致辞：近年来，秘中两国在经贸合作、人文交流等方面取得了巨大的成果。自2013年两国将双边关系提升为全面战略伙伴关系以来，中国已成为秘鲁全球第一大贸易伙伴和第一大出口市场。

Mr. Juan Carlos Capuñay, Ambassador of Peru to China has delivered a speech: Peru and China have obtained great achievements in fields of cooperation in trade and economy and cultural exchanges in recent years. China has become the largest trading partner of Peru as well as its largest export market in the world since 2013, in which year both have upgraded the bilateral relationship into the comprehensive strategic partnership.



传统特色美食烤乳猪  
Traditional cuisine: Roasted Suckling Pig



新加坡共和国50周年国庆



2015年8月3日，新加坡驻华大使馆在国贸饭店举办了庆祝新加坡共和国50周年国庆的纪念活动。全国政协副主席卢展工以及新加坡驻华大使罗家良出席了此次活动。（本刊讯）



新加坡驻华大使罗家良阁下与全国政协副主席卢展工阁下共切蛋糕庆祝活动圆满成功



新加坡驻华大使罗家良在讲话中说道：中国驻新加坡商会与我会合作的项目都非常的顺利。并且对我会的工作给予肯定，并表示将继续支持我会工作。2015年4月，新加坡驻华使馆、中国新加坡商会合作，捐款370余万元为鲁甸县小寨镇小寨村完小、大坪小学、水磨镇嵩屏小学等3所学校援建学生宿舍。今年也是新中两国建交25周年。两国领导人今年将进行互访，我国总统上个月已对中国进行了国事访问，我国期待中国国家主席习近平下半年也对新加坡进行访问。

Luo Jialiang, Singaporean ambassador to China, said in his speech that cooperation projects between the Chinese Chamber of Commerce in Singapore and the Singaporean committee were very smooth. He affirmed the Singaporean work and expressed he will keep supporting it. In April 2015, the Embassy of the Republic of Singapore in China and the Chinese Chamber of Commerce in Singapore donated over RMB 3.7M to build students' dormitory for three schools: Primary School in Xiaozhai Village, Xiaozhai Town, Ludian County, Daping Primary School and Gaoping Primary School in Shuimo Town. In this year, at the 25th anniversary of establishing diplomatic relations between China and Singapore, leaders of the two countries will carry out exchange visits. The Singaporean president paid state visit to China in previous month and we are looking forward to the visit of Xi Jinping, President of the People's Republic of China, in the next half year of 2015.



与会嘉宾





玻利维亚驻华大使吉列尔莫·查卢普·连多阁下与袁熙坤先生共同为玻利维亚民族英雄爱德华多·阿巴罗阿·伊达尔哥(Eduador Abaroa)雕像揭幕，并为袁熙坤先生颁发总统最高荣誉勋章。

## Aniverso 190 años de Independencia de Bolivia

## 玻利维亚独立190周年

2015年8月6日，玻利维亚驻华大使馆在京举办多民族玻利维亚国190周年独立日和玻中建交30周年庆典活动。

El 06 de agosto de 2015, la Embajada de Bolivia en China celebró el Día de Independencia de Aniverso 190 años de Estado Plurinacional de Bolivia y Ceremonia de Aniverso 30 Años de Fundación de Relación Diplomática entre China y Bolivia. （本刊讯）





出席的领导们共同举杯庆祝活动圆满成功



身着玻利维亚民族特色服饰的人员与嘉宾合影



玻利维亚民族舞蹈表演



奥尔马萨二重奏乐团演出，音乐会曲目均由两位音乐大师精心挑选，其中既有观众耳熟能详的世界名曲，也有选自厄瓜多尔和中国的经典曲目。  
The two masters carefully choose all songs for the concert, including the world famous ones familiar to audience as well as the classics in both Ecuador and China.



## The National Day of Ecuador

## 厄瓜多尔国庆日



值厄瓜多尔共和国国庆之际暨中厄建交35周年之日，8月11日晚，厄瓜多尔驻华使馆在北京国家图书馆艺术中心举办“奥尔马萨”钢琴小提琴二重奏音乐会。

An ‘Almarza’ piano and violin duet concert has been held by the Embassy of the Republic of Ecuador in National Library Arts Center in Beijing on the evening of August 11 on the occasion of the National Day of the Republic of Ecuador and the 35th anniversary of the establishment of diplomatic relations between China and Ecuador.

音乐会由奥尔马萨兄弟二人组成的二重奏乐团演奏，该乐团是厄瓜多尔目前最活跃的室内演奏团，曾在拉美和欧洲的著名剧院举办过多次演出，此次演奏会是他们在中国的首演。

The performance has been given by the Almarza brothers duet orchestra, which is currently one of the most dynamic chambers in Ecuador. They have held many performances in known theaters in both Latin America and Europe. It was their first show in China. （本刊讯）



厄瓜多尔驻华大使何塞·博尔哈在演出开始前的致辞中高度评价了厄中关系及两国在各领域的务实合作，并表示，今年正值厄瓜多尔担任拉共体轮值主席国，厄方将加强同中方的交流，进一步深化两国传统友谊，推动中厄、中拉关系稳步向前发展。  
Mr. Jose Borja, Ambassador of Ecuador to China has delivered a speech before the performance, highly appraising the relationship between Ecuador and China as well as the concrete cooperation in all fields of the two countries. He has also expressed that Ecuador would intensify its exchanges with China, further deepening the traditional friendship so as to push forward the relationship between China and Ecuador and that between China and Latin America in a steady way on the occasion of Ecuador being the rotating presidency of the Community of Latin American and Caribbean States this year.



Celebrating the 96<sup>th</sup> Anniversary of Independence of Afghanistan and the 60<sup>th</sup> Anniversary of Establishing Diplomatic Relations between China and Afghanistan

庆祝阿富汗独立96周年暨中阿建交60周年

2015年8月20日, 中国人民对外友好协会与阿富汗驻华使馆在京共同举办庆祝阿富汗独立96周年暨中阿建交60周年招待会。中国外交部副部长王超、全国友协副会长林怡出席了本次活动。

On August 20, 2015, the Chinese People's Association for Friendship with Foreign Countries and the Embassy of the Islamic Republic of Afghanistan in China jointly held the reception for celebrating the 96<sup>th</sup> anniversary of independence of Afghanistan and the 60th anniversary of establishing diplomatic relations between China and Afghanistan in Beijing on August 20, 2015. Wang Chao, Vice-minister of the Ministry of Foreign Affairs of the People's Republic of China, and Lin Yi, Vice-Chairman of Chinese People's Association for Friendship with Foreign Countries took part in this activity. (本刊讯)



中阿双方领导人共切庆祝蛋糕



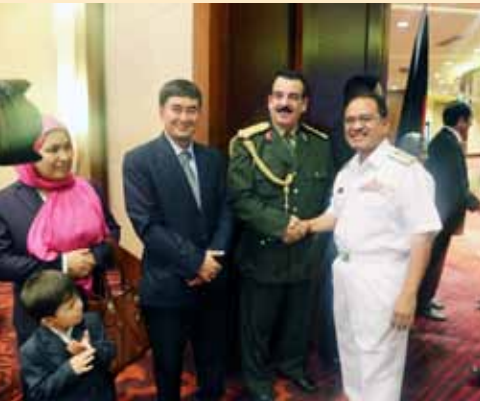
阿富汗驻华大使法拉希在致辞中说道: 感谢中国一直以来对阿富汗的坚定支持与援助, 阿人民高度重视与中国的友好合作, 中国是值得信任的朋友, 愿与中国保持亲密伙伴关系并加强合作。Fallahi, Afghan ambassador to China, expressed in his speech: thanks to China's constant and firm support and assistance to Afghanistan, the Afghan people attach great importance to the friendly cooperation with China, China is a trusted friend and Afghanistan is willing to keep close partnership with China and enhance the cooperation with China.



林怡副会长在致辞中表示, 中阿山水相连, 命运休戚与共, 友好交往源远流长。建交60年来, 两国保持良好合作, 各领域往来日渐频繁, 人民友谊不断加深, 战略合作伙伴关系大幅提升, 两国关系正处在历史发展最好时期, 中国人民关注阿安全形势, 希望阿人民早日过上和平、稳定、幸福的生活。Lin Yi, Vice-Chairman of the Chinese People's Association for Friendship with Foreign Countries, expressed in the speech that China and Afghanistan are linked by rivers and mountains, share joys and sorrows in the destiny and enjoy a long history of friendly exchanges. For 60 years after establishing diplomatic relations, China and Afghanistan have been maintaining sound cooperation with frequent transaction in various fields, people's friendship are gradually deepened, the strategic cooperation partnership is greatly improved, the bilateral relations are in the best period of historical development. The Chinese people pay attention to the security situation of Afghanistan and hope that the Afghan people can live in a peaceful, stable and happy country as early as possible.



洛阳星月紫砂博物馆馆长马宗林赠与阿富汗驻华大使礼物







24<sup>th</sup> Anniversary of Independence of Ukraine

乌克兰独立日24周年

2015年8月24日，为庆祝乌克兰独立24周年，由乌克兰驻华大使馆举办的庆祝独立日招待会在使馆内隆重举行。全国人大外事委员会副主任委员赵白鸽女士代表中国政府向乌方致以诚挚的祝贺和美好的祝福。

On August 24, 2015, to celebrate the 24<sup>th</sup> anniversary of independence of Ukraine, the reception for celebrating the independence day was solemnly held in the Embassy of Ukraine to the People's Republic of China. Ms Zhao Baige, Vice-Chairman of Foreign Affairs Committee of the National People's Congress expressed sincere greetings and good wishes to Ukraine on behalf of the Chinese Government. （本刊讯）

乌克兰驻华大使奥列格·焦明阁下在发表致辞时说：“欢迎大家出席乌克兰独立24周年招待会。近一年多来，乌克兰遇到的问题和发生的戏剧性事件被地球上每一个所熟悉。绝大多数国家和联合国成员都支持我们争取自由、追求独立发展道路，乌克兰为捍卫自己国家的地位，需要欧洲、美洲、亚洲等国家的理解和支持。在此，我们还要特别感谢中华人民共和国的领导人多次表示坚决支持“一个乌克兰”的原则，正如乌克兰同样坚决支持“一个中国”的原则。”

Oleg Dyomin, Ukrainian ambassador to China, expressed in his speech: “Welcome to the reception for celebrating the 24<sup>th</sup> anniversary of independence of Ukraine. During the recent year, everyone in the world was familiar with the issues and dramatic incidents happened in Ukraine. Most countries and UN members support our free and independent development road. Ukraine needs understanding and support from countries in Europe, America, Asia, etc. to guard the status of the country. Hereon, we have special thanks to leaders of the People's Republic of China for firmly supporting the principle of “one Ukraine” for several times, just as Ukraine also firmly supports the principle of “one China”.



全国人大外事委员会副主任委员赵白鸽女士应邀发言时说：“乌克兰和中国都是很老的朋友，乌克兰有悠久的历史 and 传统文化，乌克兰的发展潜力巨大，尤其是在经济方面好像没有限制。中国支持乌克兰和平、稳定、繁荣的选择。在此，我想强调的是，中国经济丝绸之路不只是把中国发展起来，而是把中国的合作伙伴一起推动融合世界发展。我相信乌克兰在丝绸之路在框架内将实现它的潜力和加强中乌友好关系。”

Zhao Baige, Vice-Chairman of Foreign Affairs Committee of the National People's Congress, was invited to make a speech: “Ukraine and China are old friends, Ukraine enjoys a long history and traditional culture, Ukraine possesses great development potential, there is no limit in economy especially. China supports Ukraine's selection of peace, stability and prosperity. Hereon, I want to stress that the Chinese Economy Silk Road is not only to promote the development of China, but also to promote the integrated development of the partners of China. I believe Ukraine will realize its potential and enhance the Sino-Ukraine friendly relationship under the framework of the Silk Road.”



在京参加世锦赛的乌克兰选手们



歌手现场演唱歌曲



欧洲美食



## The 35<sup>th</sup> anniversary of the Establishment of the Diplomatic Relations between China and Colombia

中国—哥伦比亚建交35周年



2015年7月20日哥伦比亚驻华大使馆举办了庆祝中哥建交35周年的招待会，中国外交部副部长王超阁下应邀出席了本次活动。

The National Day reception has been held in the Embassy of the Republic of Colombia on July 20, 2015 so as to celebrate the 35<sup>th</sup> anniversary of the establishment of the diplomatic relations between China and Colombia. H.E. Mr. Wang Chao, Vice Foreign Minister has been invited to attend the event. (本刊讯)



中哥双方领导人共切庆祝蛋糕  
Both leaders cut the cake of celebration.



哥伦比亚驻华大使夫妇共同欢迎到场宾客  
The Ambassador of Colombia to China with her spouse welcome the guests.



中哥两国领导人共同观看哥伦比亚总统讲话视频  
Both leaders watch the video message of the President of Colombia.



哥伦比亚特色工艺品  
Colombian art crafts

## New Danish Ambassador presents his credentials to Chinese President Xi Jinping 新任丹麦王国驻华大使向中国国家主席习近平递交国书



丹麦新任驻华大使戴世阁先生于2015年8月19日（周三）在北京人民大会堂 向中国国家主席习近平阁下呈递了由丹麦女王玛格丽特二世签署的派遣新任大使的 国书。

习近平欢迎戴世阁大使来华履新，并请他转达对玛格丽特二世女王陛下和丹麦人民 的诚挚问候和良好祝愿。习近平表示，中国愿继续加强与丹麦的友好务实合作，推 动双边关系发展。

戴世阁大使同时向习近平主席和中国人民转达了女王陛下的问候，并转达了女王在 去年成功对华进行国事访问期间留下的美好回忆。大使表示，他将在新的岗位上努 力工作，为的进一步发展两国间全面战略伙伴关系作出自己的贡献。

戴世阁大使是丹麦自一九零八年在华建立首个外交机构以来的第二十三位驻华使节。

“被任命为驻华大使，我感到非常荣幸。我渴望接触中国人民并深入学习中国文化， 同时，我也会继续保持和发展两国之间历史上源远流长的紧密合作，” 戴世阁大使 说。

“在经济上，目前中国已经成为丹麦最重要的伙伴之一。双边的紧密关系已经延伸 到了包括贸易在内的各个方面。在战略伙伴关系的基础上，两国在包括但不限于 环境、能源、食品安全、医疗健康、航运、扶贫、反腐、教育、农业、文化和人员 往来等诸多领域都有着紧密合作。”

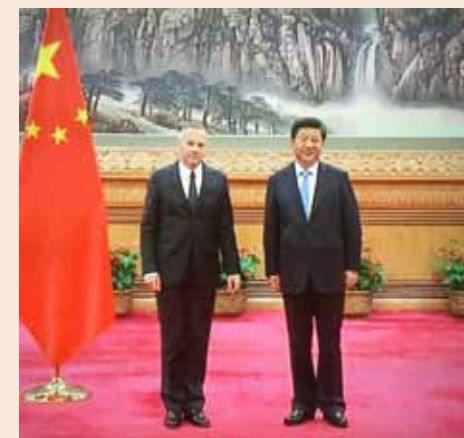
戴世阁大使是丹麦外交机构知名的职业外交官。来华履新前，他于2011年至2015年任丹麦王国驻日本国大使，从2010年至2011年任丹麦王国驻阿富汗伊斯兰共和国大使，2003年至2008年任丹麦王国驻以色列国大使。此前， 他还任丹麦外交部政治事务主管。

文图由丹麦驻华大使馆提供



On 19 August, at the Great Hall of the People in Beijing, Ambassador A. Carsten Damsgaard presented the Letter of Credence, by which Her Majesty Queen Margrethe II of Denmark nominates him as Ambassador of Denmark to China, to the Chinese President, His Excellency Mr. Xi Jinping.

President Xi Jinping warmly welcomed the



Ambassador to China, and asked him to convey sincere greetings and good wishes to Her Majesty the Queen of Denmark. The President added that China wishes to continue to strengthen the strong cooperation and close bilateral relations with Denmark.

In reply, the Ambassador, by command of the Queen, conveyed Her Majesty's best wishes to the President and the Chinese people, as well as expressed Her Majesty's fond memories of a very successful State Visit to China last year. The Ambassador added that he would work hard in his new post to contribute to a further development of the Comprehensive Strategic Partnership between Denmark and China.

Ambassador Damsgaard is the 23rd Danish Ambassador to China ever since Denmark set up its first diplomatic mission in the country in 1908.

“I am deeply honored to be nominated as Ambassador of Denmark to China. I look forward to meeting the Chinese people and to learning more about Chinese culture – and to further developing the historically close cooperation between our two countries,” said Ambassador Damsgaard.

“China is today one of Denmark's most important economic partners. Our close bilateral relationship goes far beyond just trade. Based on the Strategic Partnership, the two countries are engaged in close cooperation on several issues, including, but not limited to, environmental, energy, food safety, health, shipping, poverty alleviation, anti-corruption, education, agriculture, culture, and people-to-people contacts.”

Ambassador Damsgaard is a distinguished career diplomat in the Danish Foreign Service and has previously served as Danish Ambassador to Japan (2011-2015), Afghanistan (2010-2011), and Israel (2003-2008). He has also been Political Director at the Danish Ministry of Foreign Affairs in Copenhagen.



# Reception for Costa Rica National Day 哥斯达黎加国庆招待会



2015年9月15日, 哥斯达黎加驻华大使馆在京举办国庆招待会活动。国家质量监督检验检疫总局局长支树平作为中方主宾, 代表中国政府出席了哥斯达黎加国庆招待会。

On Sept. 15, 2015, Costa Rica Embassy in China held the reception for Costa Rica National Day. Zhi Shuping, Director General of State Administration for Quality Supervision and Inspection and Quarantine, as guest of honor of China took part in the Reception for Costa Rica National Day on behalf of Chinese government. (本刊讯)



国庆招待会在两国国歌的演奏中开始.(图为哥斯达黎加驻华大使莱昂夫妇与支树平局长)。  
The National Day Reception is opened in the national anthems of two countries. (The couple Leon of Costa Rica and director general Zhi Shuping).



受邀的足球爱好者儿童现场为来宾抽奖  
Football fan children under invitation are drawing a lottery for guests at site.



应邀出席活动还有首都小足球爱好者  
Capital young football fans taking part in the activity



身着民族特色服饰的来宾  
Guests in ethnic costume

# Costa Rica proposes to establish the Special Economic Zone to attract Chinese investment 哥斯达黎加拟设经济特区吸引中国投资

近年来中国对包括中美洲在内的拉丁美洲国家越来越重视, 2011年中国与哥斯达黎加签署了自由贸易协定。9月15日, 哥斯达黎加驻华大使馆在京举办了关于哥斯达黎加贸易和投资机会的讲座。

In recent years, China pays more and more attention to Latin American (including Central American) countries. In 2011, China and Costa Rica signed the free trade agreement. On September 15, Costa Rica Embassy in China held the lecture on trade and investment opportunity in Costa Rica. (本刊讯)



哥斯达黎加驻华大使莱昂阁下在发言中说到: 哥斯达黎加是拉丁美洲最安全的国家, 同时也是被快乐星球指数和福布斯评选为世界上最幸福的国度, 他希望更多中国人可以到哥斯达黎加旅游和学习



从哥斯达黎加旅游回来的游客们发表感言



出席活动的各国使节以及与会嘉宾



## The First South American Country Gaining Independence from Spanish Governance 摆脱西班牙统治的第一个南美洲国家



2015年7月5日, 为庆祝委内瑞拉共和国204周年独立日, 委内瑞拉驻华大使馆在朝阳公园金台艺术馆拉开帷幕, 委内瑞拉驻华大使伊万·塞尔帕·格雷罗发表致辞, 并与使馆工作人员一同向委内瑞拉民族英雄、拉美独立战争领袖西蒙·玻利瓦尔雕像献花。

On July 5, 2015, to celebrate the 204<sup>th</sup> anniversary of the Independence Day of the Republic of Venezuela, the Venezuelan Embassy in Beijing kicked off the celebration at Chaoyang Park Jintai Art Museum, where the Venezuelan Ambassador Ivan Serpa Guerrero delivered a speech, and laid flowers with the embassy staff before the statue of Simon Bolivar, the national hero of Venezuela and the leader of the Independence War of Latin America. (本刊讯)

格雷罗大使在致辞中介绍, 自1567年沦为西班牙殖民地之后, 委内瑞拉人民不断奋起反抗, 19世纪初, 拉美独立战争爆发, 在西蒙·玻利瓦尔的领导下, 1811年7月5日, 委内瑞拉宣布独立并签署独立宣言, 成为摆脱西班牙统治的第一个南美洲国家。

In his speech, Ambassador Guerrero said that, since colonized by Spain in 1567, the Venezuelan people had continued to resist, and at the early 19th century, the Independence War of Latin America broke out under the leadership of Simon Bolivar. On July 5, 1811, Venezuela declared its independence and signed the Declaration of Independence, thus becoming the first South American country to get rid of Spanish governance.



格雷罗大使与使馆工作人员向委内瑞拉民族英雄、拉美独立战争领袖西蒙·玻利瓦尔雕像献花。

Ambassador Guerrero and the embassy staff laid flowers before the statue of Simon Bolivar, the national hero of Venezuela, and the leader of the Independence War of Latin America



各国武官成员集体合影  
Group photo of military attaches



青少年儿童演唱中委歌曲  
Children sang Chinese and Venezuelan songs





沉浸在欢乐海洋的嘉宾们



嘉宾们载歌载舞

## Venezuelan family event

## 委内瑞拉的家庭盛会

At the invitation of the Venezuelan Embassy, Chinese and foreign guests brought their families to come to the embassy to celebrate the Independence Day of Venezuela in the evening of 5 July 2015, where a special "Venezuelan family event" was held. The atmosphere was warm and cheerful, and in the embassy courtyard, guests were sitting around tables and were talking eagerly, children from different countries came together, and enjoyed playing on the rides carefully arranged at the embassy, which let all Chinese and foreign families to have a unique and unforgettable night. (本刊讯)



来自不同国家的孩子们相聚在一起玩耍



现场为孩子们彩绘



委内瑞拉特色美食“香烤玉米饼”



现场乐队助兴表演





# “胜利·英雄”

——纪念世界反法西斯战争暨中国抗日战争胜利70周年英雄雕塑及图片展”开幕仪式。



在世界反法西斯战争暨中国人民抗日战争胜利70周年之际，北京金台艺术馆与俄罗斯联邦驻华大使馆，在北京市朝阳区文化工作委员会的支持下，共同举办《胜利·英雄——纪念世界反法西斯战争暨中国抗日战争胜利70周年英雄雕塑与图片展》，并为袁熙坤创作雕塑“苏联飞鹰”揭幕。

俄罗斯大使杰尼索夫和袁熙坤馆长分别在开幕式上致辞。杰尼索夫大使表示，附近的人们路过公园的时候，看到安放在此的英雄雕塑们，应该想到今天的和平是来自英雄们的奋战和牺牲。

袁先生在发言中说道：回顾历史，患难见真情。自1937年11月开始，苏联政府陆续 派遣空军来华， 仅1938年5月至8月的武汉空战中，苏联援华空军队 与中国空军9次并肩作战，共击落日机62架，给日空军以有力打击。 苏联援华空军队 大队长 库里申科等15 名空中勇士，为中国的抗日战争献出了 宝贵的生命。

而我就是在那个年代里出生的。可以说正是在苏联援华空军队 和众多英雄们的护航下，我才得以顺利出 生 。我从小就知道这些 苏联 英雄们的故事。对他们心怀感恩。所以我为苏联的援华空



中俄两国学生、外交家、老干部合唱团分别用中俄文表演了二战时期流行的革命题材的诗歌与歌曲，深深地打动了现场的来宾。

# “Victory - Hero”

Opening Ceremony of the Carving and Photo Exhibition of Heroes Commemorating the 70th Anniversary of Anti-Fascism and Resistance Fight Against the Japanese

军英雄们创作了这尊《苏联飞鹰》雕塑，以表达我多年以来对俄罗斯的情怀。

《苏联飞鹰》雕塑创作理念：

雕塑表现的是一名正戴上手套，随时准备用自己的鲜血和年轻生命为正义而战的苏军飞行勇士。他俊朗的面孔、强健挺拔的身姿，大无畏的表情，彰显着必胜的信念与力量，他坚定的眼神望向长空。

雕塑体现了中俄两国为了共同的反法西斯事业胜利所结下的深厚友谊，以加深人民对那段历史的记忆。这是继袁熙坤多年来创作的反法西斯战争历史题材雕塑《中国远征军》、《陈纳德》、《赵尚志》、《慰安妇》、《安重根》后的又一力作。（本刊讯）



此次图片展览的大量图片得到了云南省和俄国塔斯特的有力支持。





来自中央音乐学院的师生表演秘鲁民乐  
Teachers and students of Central Conservatory of Music perform Peru folk music.



来自秘鲁的乐队组合 Apu Inka 表演秘鲁和中国乐曲  
Apu Inka, a Peru band, performs Peru and Chinese music.

## 中秘和音 China-Peru Symphony



2015年7月24日，值此纪念秘鲁共和国独立194周年，秘鲁驻华大使馆在北京举办“秘鲁—中国序曲”的音乐会。  
A concert named ‘Peru-China Prelude’ has been held by the Embassy of the Republic of Peru in Beijing on 24th July, 2015 so as to commemorate the 194th Independence Day of the Republic of Peru.（本刊讯）



秘鲁驻华大使胡安·卡普纳伊阁下与表演者合影留念  
Group photo of H.E. Mr. Juan Carlos Capuñay, Ambassador of Peru to China and the actors



北京阳光时代马球运动有限公司董事长夏阳、延庆县体育局局长马玉泉、阿根廷驻华大使古斯塔沃·马蒂诺、中国马业协会秘书长岳高峰在发布会上合影。

## 2015北京国际马球公开赛暨中国—阿根廷马业博览会新闻发布会在京召开



2015年9月11日上午，北京国际马球公开赛暨阿根廷—中国马业博览会新闻发布会在阿根廷驻华大使馆举行。

A news conference on Beijing International Polo Open Tournament and China-Argentine Horse Industry Fair was held at the Argentinean Embassy in the morning of 11 September 2015.

2015北京国际马球公开赛将于14日开赛。阿根廷、新西兰、新加坡和中国的四队选手将在延庆进行对决，“中国—阿根廷马业博览会”也将同期举行。专家认为，中国马球运动已进入最好发展时期。

“希望阿中两国今后有更多合作”，阿根廷驻华大使古斯塔沃·马蒂诺 (Gustavo Martino) 说。他说，阿根廷与中国近年来签订了一系列的合作，马产业是其中重要的一项内容，阿根廷目前拥有超过600个马球场。他认为，两国



在马匹交易等领域有广阔的合作空间。延庆县体育局局长马玉泉在讲话中，也提到了这一点。并表示会大力支持延庆同阿根廷在马球方面的合作，促进中国马球的发展。

中国马业协会秘书长岳高峰认为，中国的马球运动已进入最好的发展时期，参与人员、赛事规模等都在逐年增加，马匹交易等跨国合作也在不断深化。

古称“击鞠”的马球，是骑马击球的一种马上运动。起源于中国汉代，兴盛于唐宋，后由印度传入英国并遍布全球，现有80多个国家都在开展马球运动。2009年，北京市体育局设立北京国际马球公开赛，至今已在延庆连续举办六年，被誉为中国马球发展的风向标。（本刊讯）





在揭幕仪式上，罗马尼亚外交部国务秘书 Radu·Podgorean 先生(右二)致辞

# Romanian Cultural Center in Beijing was Opened 北京罗马尼亚文化中心成立



2015年7月14日，北京罗马尼亚文化中心在北京银河SOHO隆重揭幕。该中心将成为两国长期地、有计划地向对方介绍本国历史文化的平台。文化中心不仅能促进双方在艺术及文化领域的合作，也将对双边关系的发展起到重要的作用。

On July 14, 2015, the Romanian Cultural Center in Beijing was opened at Beijing Digital Galaxy SOHO. The center will serve as a platform for introducing the history and culture of the two countries to the other side in a planned way. The cultural center will not only promote bilateral cooperation in the field of arts and culture, but will also play an important role in the development of the bilateral relations. (本刊讯)



应邀出席的使节



嘉宾们参观《传统与现代》书画作品展览



文化中心里的办公区域



# Liberia has Become the 41st Member Country of INBAR 利比里亚成为国际竹藤组织第41个成员国



2015年7月6日，利比里亚共和国加入国际竹藤组织升旗仪式日前在北京国际竹藤组织总部举行。全国政协人口资源环境委员会副主任，国际竹藤组织董事会联合主席江泽慧教授，国家林业局刘东生副局长，利比里亚驻华大使杜德里·托马斯先生，牙买加驻华大使拉尔夫·托马斯先生，国际竹藤组织董事会主席马哈拉蒂·穆托先生出席升旗仪式并致辞。来自国际竹藤组织成员国驻华使节共同见证了升旗仪式，自此，国际竹藤组织成员国达到41个。

On July 6, 2015, the Republic of Liberia held a flag-raising ceremony in the Beijing INBAR Headquarter to mark its accession to INBAR. Deputy Director of the CPPCC Committee on Population, Resources and Environment, and Co-Chair of INBAR Board Professor Jiang Zehui, Deputy Director of the State Forestry Administration Liu Dongsheng, Liberian Ambassador Mr. Dudley Thomas, Jamaican Ambassador Mr. Ralph Thomas, INBAR Board Chairman Mr. Mahalati Muto attended the ceremony and delivered speeches. The envoys from INBAR member countries witnessed the flag-raising ceremony. From now on, the number of INBAR member countries has reached 41.(本刊讯)



“利比里亚非常高兴成为国际竹藤组织大家庭的新成员。”利比里亚驻华大使杜德里·托马斯说，利比里亚的竹藤利用历史悠久，与当地文化和经济密切相关。利比里亚将充分利用本国竹藤资源，大力提高竹藤生产力。利比里亚愿加强与国际竹藤组织其他成员国的交流与合作，促进本国竹藤产业发展。



国际竹藤组织总干事费翰思博士与利比里亚驻华大使杜德里·托马斯阁下共同升起利比里亚国旗。



# Award Ceremony of ‘Tour Experience in Japan-Original Weibo Game’

## 分享日本游感想原创微博大赛颁奖典礼



2015年8月9日, 日本驻华大使馆在馆内举行“分享日本游感想原创微博大赛的颁奖仪式及交流会”。日本驻华大使木寺昌人阁下以及当天邀请到的100名微博粉丝及著名博主共同参加了此次活动。

The award ceremony and the communication meeting of ‘Tour Experience in Japan-Original Weibo Game’ have been held at the Embassy of Japan in Beijing on August 9, 2015. H.E. Mr. Kitera Masato, Ambassador of Japan to China has participated in the event along with 100 invited Weibo fans and known bloggers.



日本驻华大使夫人参观微博获奖作品展览  
Ambassador with spouse and guests visited the prize-winning weibo exhibition.



日本驻华大使馆公使山本恭司与日本驻华大使木寺昌人分别为获奖选手颁发证书并且合影留念  
Mr. Yasushi Yamamoto, Deputy Chief of Mission, and Mr. Kitera Masato, Ambassador of Japan to China separately presented certificates to the winners and took photos.

日本使馆官方微博2011年2月开通以来, 4年多的时间, 新浪和腾讯微博的粉丝总数达到了70多万人。2015年的目标是微博, 微信粉丝超过100万人。

The Japanese Embassy has launched its official Weibo in February 2011. The total number of its Weibo fans in both Sina and Tencent has reached more than 700,000 for the past four years. The objective of 2015 is to obtain more than one million fans from both Weibo and Weixin. (本刊讯)



# A Special Photo Exhibition was Held in the Museum of Flight, Los Angeles International Airport

## 洛杉矶飞行博物馆举办特别图片展

2015年8月5日上午, “向援华飞虎群英致敬” 图片展开幕式在洛杉矶国际机场飞行博物馆隆重举行, 92岁的飞虎队老兵Lionel Rosenfeld, 原飞虎货运公司副总裁Nissen Davis, 华裔收藏家陈灿培等出席了当天的开幕式。

The inauguration of a photo exhibition named ‘Salute to Heroes of the Flying Tigers-American Volunteer Group (AVG)’ has been grandly held in the Museum of Flight, Los Angeles International Airport on the morning of August 5, 2015. Mr. Lionel Rosenfeld, a 92-year-old AVG member, Mr. Nissen Davis, Flight Path Director, and Dr. Pedro Chan, Chinese-American collector, were present at the opening.

洛杉矶国际机场飞行博物馆馆长Lee Nichols在开幕式致辞中表示, 感谢华裔收藏家陈灿培博士提供的展览照片, 这些照片再次提醒我们, 在二次世界大战时, 美中两国如何携手合作共同抗击侵略敌人。飞虎队是美中两国历史中不能被遗忘的部分。

陈灿培博士表示, “向二战援华飞虎群英致敬” 从2014年在国会山庄开首展以来, 已经在加州议会大厦、以及多个城市的图书馆和博物馆举办。



92岁的飞虎队老兵Lionel Rosenfeld是飞虎队战斗机驾驶员, 在参加展览中、不要家人的搀扶, 认真观看了展出的照片, 他表示, 图片展带他回到了昆明、驼峰航线的记忆中, 他对当地中国民众对飞虎队的友好, 记忆犹新。

飞虎队原名美国志愿者大队 (American Volunteer Group), 在战后, 11名飞虎队成员成立了飞虎货运公司。馆内有飞虎货运公司创办人Robert Prescott捐赠的个人遗物, 包括飞虎队夹克衫、飞虎货运公司制服、以及徽章、照片、文件等, 在洛杉矶国际机场飞行博物馆内设有特别的展区。

馆外展区有用于二战时驼峰航线的运输机DC 3 (即C-47); 馆内有以及有P-40飞虎战机机位模型, 曾用于1942年John Wayne主演的飞虎影片。

“向援华飞虎群英致敬” 图片展包括49个展板190余幅历史图片, 图片包括飞虎队的组织架构、队员合同、书信、文件、以及飞虎队在各地的生活、战斗场景, 集中展现了当年“飞虎队” 支援中国抗战的各种珍贵历史记录。(AACYP洛杉矶讯)





## Focusing on Sino-US Relations 聚焦中美关系

中国记协于8月20日在京举办第七十六期“新闻茶座”，邀请中国国际问题研究院常务副院长阮宗泽以“中美关系的现状与展望”为题，向境内外记者和外国驻华使馆外交官介绍情况，并回答记者提问。

The All-China Journalists' Association has held the 76th session of the "Press Salon" in Beijing on August 20. Ruan Zongze, Executive Vice-President of China Institute of International Studies was invited to introduce the conditions focusing on the theme of "Status and Prospects of Sino-US Relations" to domestic and foreign journalists and diplomats of foreign embassies in China and to answer the questions of journalists. (本刊讯)



阮宗泽在讲话中介绍到：今年是中华人民共和国与美国建立正式外交关系36周年。36年来，中美关系经历了春夏秋冬不同的“季节”，但是加强双边合作一直是两国关系的主旋律。近年来，两国在伊核问题、阿富汗问题、反恐问题、世界气候大会等诸多方面进行了卓有成效的合作，举世瞩目，相信这种合作关系也将成为未来两国关系发展的总趋势。



驻京记者进行提问



## Cycling through the U.S.A. by Yunnan Explorers 云南人“骑迹美国”到达终点

6位中国云南探险家6月3日从美国东海岸城市波士顿的普利茅斯港出发，跨越美国13个州，一路骑行5815公里，历时66天骑自行车穿越美国成功抵达终点。

Six Yunnan explorers have successfully reached the end after 66 days by cycling for 5815 kilometers through 13 states in the U.S.A. They started the journey from Plymouth port in Boston, at the east coast of the States on June 3.

来自中国云南的探险家金飞豹、费宣、金飞彪、李鹏飞、杨海东等5人，8月8日上午骑车抵达美国西海岸城市洛杉矶的圣塔莫尼卡海边的66号公路终点路牌，宣告历时66天的骑自行车穿越美国行程成功。66岁的费宣同时创造了华人



年龄最大的骑自行车穿越美国的纪录。美国国会众议院外交事务委员会主席、联邦众议员Ed Royce为每一位探险家签发了国会贺状，表彰他们的英雄行为给社区带来的鼓舞和激励。

Yunnan explorers include Jin Feibao, Fei Xuan, Jin Feibiao, Li Pengfei and Yang Haidong. They have reached the end sign of Route No.66, Santa Monica Beach, Los Angeles, the west coast of the U.S. on the morning of August 8, making their 66-day-long cycling journey through the States a success. 66-year-old Fei Xuan also created a record as the oldest Chinese cycling through the U.S.A.

在谈及骑行穿越美国的感受时，金飞豹表示，充分感受到与众不同的美国民间和社会，特别是沿号称美国母亲之路的66号公路骑行，可以称之为美国文化和历史的深度体验之旅。

金飞豹特别提及团员、美国青年杰西Jesse Millett从昆明飞抵波士顿，一同开始骑行并负责路线和沿途拜访行程的安排，只是在行程过半时，因为自己的第一个孩子即将出生，才离开团队。杰西在昆明是家喻户晓的人物，他的爷爷是当年飞虎队援华时的随队军医，并为昆明留下了大批当时的彩色照片。(AACYPF洛杉矶讯)







## Beijing International Polo Open Tournament 北京国际马球公开赛

2015年9月19日北京国际马球公开赛在延庆县举行决赛。来自阿根廷、新西兰、新加坡和中国的4队选手经过激烈厮杀，最终中国队突出重围，夺得冠军。其次是阿根廷，新西兰和新加坡队。

On Sept. 19, 2015, the final of Beijing International Polo Open Tournament was held in Yanqing County. Players from Argentina, New Zealand, Singapore and China experienced fierce fight; finally, Chinese team made a breakthrough and won the champion, followed by Argentinean team, New Zealand team and Singaporean team.

北京国际马球公开赛是由北京市体育局于2009年设立的马球比赛项目，是国内首个由政府主办的国际马球赛事，被誉为中国马球发展的风向标。2011年曾被纳入世界马球巡回赛中一站，目前已举办6届。

Beijing International Polo Open Tournament is the polo match set up by Beijing Municipal Sports Bureau in 2009, which is the first international polo match held by the government in China and renowned as the wind indicator of polo development in China. In 2011, it was selected as one station for world polo tournament and it has been successfully held for 6 sessions.



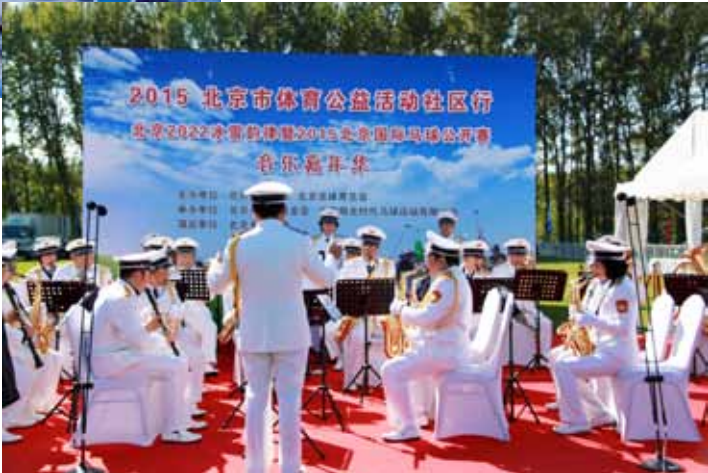
延庆县委书记李志军先生致比赛开幕词  
Mr. Li Zhijun, Magistrate of Yanqing County makes opening speeches for the contest.

参赛国选手入场  
Players of competing countries enter the site.





值得一提的是，愈来愈受关注的马球比赛最初起源于中国汉代，古称“击鞠”，兴盛于唐宋。马球是骑马击球的一种马术运动，场上共有8人8马共同参与，一场比赛有4、6或8小节不等，以事先规定为准，每节比赛7分半钟。



获得本次赛事的最佳运动员和最佳马匹  
The top athlete and the best horse winner of this contest



颁奖仪式    Awarding ceremony



# 8<sup>th</sup> Great Assembly of Chinese Media Operating Abroad

## 第八届世界华文大会召开

今年8月22日至8月24日第8届世界华文媒体在贵州省贵阳市举办。 来自60多个国家和地区的430家媒体的450媒体人出席大会。

本次大会受到贵州省委省政府及贵阳市委市政府领导的高度重视。 各级领导分别出席会议并发言。

论坛自2001年举办每两年在全国不同城市举办。

据国务院侨办的最新统计， 海外华侨华人总人数已经超过6000万。 据不完全统计， 全球有个一定规模和影响力的海外华文媒体有1019家, 分布在61个国家。 其中报纸390家, 杂志221家, 电视台77家, 广播电台81家, 网站250家。

The 8th Great Assembly of Chinese Media Operating Abroad was held in Guiyang city of Guizhou province between 22-24 August. 450 people representing 430 media arrived from 60 countries and territories to take part in the meeting.

The meeting attracted the attention of leaders of provincial and city party committee as well as of the local government, they have all appeared at the conference and subsequently addressed the participants.

This great assembly of the Chinese foreign media is convened every second year since 2001 and is held at different cities.



今年是华文媒体诞生200周年。 中新社社长章新新在大会上做专题报告“华文媒体200年--新火传承与时代担当”。 报告中他特别提到4个期望:1, 为华侨华人发声。2, 为”中国故事“代言。3, 为文化传播出力。4, 为人类文明添彩。

This year marks the 200th anniversary of the Chinese media abroad. Editor in chief of China News, Zhang Xinxin made a comprehensive report on the "200 years of Chinese media abroad, new flare and traditions, responsibility for the present ". He mentioned four of his hopes: 1. Sharing information among the Chinese community 2. Speaking on behalf of Chinese history 3. Fostering culture 4. Enriching human civilization.



华文报刊最早出现在马来西亚马六甲。1815年由英国传教士为宣传基督教义创办。39年后在美国旧金山也出现了华文报刊。1856年澳洲当地人创办了中英报刊, 1866年在欧洲也诞生了第一家华文报纸。

The first Chinese media outside the borders of China appeared in Malacca, Malaysia in 1815 established by British missionaries to spread Christianity. 39 years later, another Chinese language regular publication was launched in San Francisco. The year 1856 saw the start of the first Chinese-English bilingual publication of Australia, whereas 1866 marked the birth of the first Chinese newspaper of Europe.



出席本次大会年龄最大83岁的印尼资深记者沈惠争老先生讲述了他小时候学习华语的艰难, 深深感到华文报纸不仅是传递信息的工具, 也是海外华人学习华语教材。



贵州省委陈敏尔书记(左一)的陪同, 国务院侨办裘援平主任(中), 全国人大常委会副委员长艾力更·依明巴海(右一)开幕式前参观贵州特产展。



According to the latest statistics of the Overseas Chinese Affairs Office of the State Council, the number of Chinese people living abroad already exceeds 60 million. Incomplete statistics also says that the number of established and influential Chinese media, operating in 61 foreign countries, is 1019, of which 390 are newspapers, 221 magazines, 77 TV stations, 81 radio stations and 250 websites.







图文: 纳吉·麟 Photo, text: Nagy Lin



# 汕头行花絮

## Impressions on Shantou

参加完第八届世界华文媒体大会后, 我们来自21个国家和地区51家华文媒体人离开了细雨绵绵、爽爽的贵阳, 达到了阳光灿烂的广东汕头市, 对该市进行了三天的考察。

Following the closure of the 8th Great Assembly of the Chinese Media Operating Abroad, we - 51 Chinese journalists from 21 countries - left the drizzling Guiyang for the sunny Shantou city of Guangdong province to start our 3 days study tour.

汕头市位于广东省东部, 自然环境优越, 属亚热带季风性气候, 冬无严寒, 夏无酷暑, 年平均气温21.3° C。全市海岸线和岛岸线长达289.1公里, 纳入汕头市海洋功能区区域工作面积约1万平方公里, 是陆域面积的5倍之多。

Shantou city is located at the eastern part of Guangdong province. It boasts an excellent natural environment with a tropical climate. The winter is mild, the summer is scorching hot, the yearly



汕头对外商贸历史悠久, 经济外向度高。汕头于1860年正式开埠, 是近代中国最早对外开放的港口城市之一, 有“百载商埠”之称。在港口街道上的英国早期建筑物。

Shantou has a long history of foreign trade, its economy has a high level of openness. The city has officially opened its port for foreign trade in 1860 thus becoming one of the earliest harbours of China to provide access to the mainland, hence the name for the city: "Hundred Transportation Business Port". England has built several buildings on the streets of the port at very early days.

华侨经济文化合作实验区负责人介绍填海发展的实验区  
A person in charge of the Overseas Chinese Cultural and Economic Cooperation Experimental District is introducing the land reclamation experimental development area.



为保留潮汕传统手工艺以及潮汕文化艺术, 潮阳区企业家陈桂洲(右1)个人投资建造了这所耀明书院。媒体代表团在书院参观。  
To protect the traditional arts and crafts and culture of Chaoshan, Chen Guizhou (first from right), businessman of Chaoyang district has personally financed the building of this magnificent garden of letters. Media representatives visit the garden.



average temperature is 21,3°C. Its coastline is 289,1 km long, its area including its territorial waters is 10,000 km2, 5 times larger than the city itself.

汕头市曾获“中国优秀旅游城市”、“全国双拥模范城”、“国家卫生城市”和“国家环保模范城市”多项国家级荣誉称号。

Shantou city was awarded the "Excellent Touristic Destination City of China", "National Double Utility Model City", "National Clean City" and "National Environmental Protection Model City" accolades.



全市有大小岛屿40个, 最大的海岛是南澳岛。是全省唯一的海岛县。图 为刚建成的从汕头市到南澳岛的跨海大桥。  
The city has 40 small and large islands, the biggest one being Haidao. Shantou is the only city of the province with islands. Shown on the photo is the newly built bridge connecting Nanao island with the city.



广东十大产业之一: 宜林家具公司。公司总经理和市场经理介绍公司情况。董事长刘绍喜(右6)与媒体嘉宾合影。  
One of the top ten companies of Guangdong province: Yilin Furniture Corporation. The CEO and the marketing director were introducing the company to the visitors. President Liu Shaoxi (6th from right) is taking a group photo with the journalists.







汕头市文化馆里的传统手工艺展示: 剪纸, 雕刻潮汕绣。  
Display of traditional handicrafts at the Cultural Hall of Shantou: paper cut, carvings and embroidery of Chaoshan.



汕头制造的玩具在全国家喻户晓, 生产航模玩具的澄星公司制造的航拍产品吸引的所有的媒体人。  
Toys made in Shantou are well-known across the country. Aircraft toys manufactured by Cheng Corporation attracted the attention of the pressmen.



潮阳后溪英歌队的表演。潮汕英歌舞是广东省潮汕地区的汉族民俗舞蹈。在潮汕流传了三千年之久。这种广场舞蹈融汇了戏剧、舞蹈、武术等成分。舞者从脸谱到衣饰, 都按梁山泊108好汉形象化妆, 双手执木棒相互击打, 以锣、鼓、号角伴奏。  
The performance of Little Creek Yingge troupe. The Yingge dance of Chaoshan is a kind of folk dance of the Han nationality of this area with a history of over 3,000 years. This kind of square dance amalgamates elements of the drama, dance and martial arts. The make-up and dressing of the actors are truly following the descriptions given by Liang Shanbo in the "108 Chinese Countrymen", the actors are holding wooden sticks for fighting whereas the play is accompanied by gong, drum and bugle horn.



打牛肉丸



牛肉丸子 Beef balls



牛肉面 Beef noodle



苏南卤鹅 Stewed goose



鱼胶炖紫菜 Stewed fish with seaweed

潮菜是广东菜三大流派之一, 发源于潮汕平原, 历经千余年而形成和发展, 以其独特风味自成一派。潮菜, 不仅风靡南粤, 走俏神州大地, 而且誉海外, 香飘五洲, 影响广泛而深远。  
Cao cuisine is one of the three mainstream cuisines of Guangdong province. It originates from the plains of Chaoshan, with a history of over 1,000 years of continuous refinement and transformation, it has reached a unique form. Chao dishes are popular not only in Shantou, but they also sell very well in China and even have acquired a status abroad, reached and influenced the five continents.





## “China Round Plan - Perfect Vacation” Departure Ceremony was Held “中国圆计划——圆满假期”出发仪式启动

2015年7月12日，中国下一代教育基金会LG集团， 第四季“圆计划-圆满假期”出发仪式在京盛大举行，1000名大学生志愿者由此奔赴家乡开展留守儿童入户捐助、调查活动。

On July 12, 2015, the China Next Generation Education Foundation and LG Group, held a grand departure ceremony for the fourth quarter "Round Plan – Perfect Vacation" in Beijing, from where 1000 student volunteers will go to their hometowns to dispatch household donations and carry out investigation activities concerning left-behind children.

本次活动将获得LG集团的长期战略支持（2016-2018），现场为十省驻京团工委、34所高校颁发了战略合作机构铭牌；为49个在第2、第3季活动中表现突出的机构、高校、团队和个人进行了表彰。



圆计划委员会主席王纪言和  
LG集团总裁慎文范分别致辞



圆计划—童心圆艺术团  
合唱《一样的梦想》

The activity will get LG Group's long-term strategic support (2016-2018). On the site, ten provincial Youth League work committees in Beijing, and 34 universities were awarded strategic cooperation agency nameplates; and 49 institutions, universities, teams and individuals were commended for their prominent performances in the second and third quarter activities.

现场大学生志愿者集体宣誓后，中国下一代教育基金会理事长田淑兰宣布出发令，千名志愿者全面出发，奔赴各自家乡把各界爱心传播到千村万户。

After the student volunteers swore an oath collectively on the site, Tian Shulan, President of China Next Generation Education Foundation, announced marching orders, and the one thousand volunteers departed fully to go to their hometowns to spread love in all walks of life to thousands of village households.



出席领导与志愿者们  
集体宣誓



圆满假期长期战略合作机构代表  
集体合影



## The Snow Queen 3 to be Co-produced by China and Russia

### 中俄将联合制作动画片《冰雪女王3》

2015年8月4日, 在俄罗斯驻华大使馆北京 Wizart 公司和 Flame Node 公司签订了关于共同制作动画片《冰雪女王3: 火与冰》的协议。

Wizart Animation and Flame Node Entertainment Limited have entered into an agreement on cartoon co-production of The Snow Queen 3: Fire and Ice in the Embassy of the Russian Federation in Beijing, China on August 4, 2015.

据悉, 2015年8月3日电影《冰雪女王1》在俄罗斯著名电影工作室Wizart Animation的授权下已在中国全面公映, 成为了第一部在中国影院出现的俄罗斯的全画幅动画电影。Wizart Animation的中国合作伙伴Flame Node Entertainment公司将发布3400份电影拷贝。

It is reported that the film 'The Snow Queen 1' has been authorized by Wizart Animation, the well-known Russian film studio to run overall public shows in China on August 3, 2015, thus becoming the first Russian full frame animation film shown in Chinese cinemas. Flame Node Entertainment Limited will release 3400 film copies as the cooperation partner of Wizart Animation in China.

除此之外,《冰雪女王2》也已被福恩娱乐引进, 预计将于明年与中国观众见面。

In addition, 'The Snow Queen 2' has been introduced by Flame Node and will be shown to Chinese audience in the next year.

为了让俄罗斯电影进入中国市场, Wizart Animation一共用了两年的时间做了充分的准备。

Wizart Animation has taken two years to get fully prepared to make Russian films enter into the Chinese market.

中国福恩娱乐有限公司总经理冯奕表示, 之所以选择与俄罗斯Wizart工作室合作, 是因为4年前接触到了《冰雪女王》的样片时, 就被其高质量的制作所吸引, 于是决定将此片引入中国, 以便于中国观众分享俄罗斯动画艺术的成果。



双方代表举杯庆祝签字仪式圆满结束

Representatives of both sides drink a glass to the successful signing ceremony.

关于双方将共同制作的《冰雪女王3》, 冯奕表示目前预计投资金额为一千万美元, 中方将承担其中的40%-50%, 同时有近一半的动画制作工作将在中国完成。冯奕希望通过此次合作既能让外面更了解中国, 也能让双方制作的影片内容更适合中国市场要求。

According to Feng Yi, General Manager of Flame Node Entertainment Limited, they were absorbed by the high quality demonstration of 'The Snow Queen' four years ago. Consequently, they decided to introduce the film into China so that the Chinese audience would enjoy the fruits of Russian animation arts. That is the reason why Flame Node has chosen Wizart Animation as its cooperation partner. Concerning the co-production of 'The Snow Queen 3', Feng expressed that the current budget investment is US\$10.00M, of which the Chinese side would undertake 40%-50%. Almost half of the production would be completed in China. Feng expects that the cooperation could let the outside world to have a better understanding of China, and last but not least co-produced films will better meet demands of the Chinese market.



## Inauguration of the Puppet Exhibition-'A Journey to Tandarica'

### 《坦达利卡之行》木偶展览开幕式

2015年7月25日下午, 北京罗马尼亚文化中心主办了一场别开生面的《坦达利卡之行》木偶展览开幕式, 展出作品精心挑选自罗马尼亚坦达利卡动画剧院的纯手工制作木偶。

An amazing puppet exhibition named 'A Journey to Tandarica' has been held in the Romanian Cultural Institute in Beijing on the afternoon of July 25, 2015. All exhibits are handmade puppets carefully selected from Tandarica Theater in Romania.



受罗马尼亚文化中心邀请, 中国儿童艺术剧院尹晓东院长 (左三) 与罗马尼亚文化中心主任鲁博安先生 (左二) 共同出席了罗马尼亚坦达利卡动画剧院木偶展开幕仪式活动







中国外文局局长周明伟先生和匈牙利国家媒体和信息通讯管理局媒体委员会委员塔马斯·科拉克先生就中匈关系发言交换了意见

# 中匈交流在京举行

## China-Hungary Exchange Event Held in Beijing

2015年9月14日, 由中国外文局、匈牙利国家媒体和信息通讯管理局共同主办, 中国报道杂志社承办的“艺术与传播——2015中匈交流论坛”在北京举行。该论坛旨在进一步推动中国与匈牙利两国文化、艺术和媒体领域的交流合作, 深化两国人文交流, 促进中匈人民加深了解、增进友谊。

The ‘Arts and Communications-2015 China-Hungary Exchange Forum’, jointly sponsored by China Foreign Languages Publishing Administration and the National Media and Infocommunications Authority (NMHH) of Hungary and organized by the China Report magazine has been held in Beijing on September 14, 2015. The forum aims to intensify bilateral cultural exchanges, promote understanding and strengthen the friendship through further exchange and cooperation between China and Hungary in fields of culture, arts and media.



匈牙利国家媒体和信息通讯管理局媒体委员会委员 Dr.VASS Agnes 女士介绍匈牙利在儿童看电视方面媒体是如何管制和编排时间的, 同时也介绍了对于违法播出节目的惩罚条款等



中国外文局副总编辑, 中国报道杂志社社长兼总编辑陈实女士主持本次会议



中国传媒大学新闻学院院长, 传播研究院院长, 欧洲传媒研究中心主任, 博士生导师刘昶先生详细介绍了中国媒体的发展, 现状等。



中匈双方领导观看两国特色图片展



匈方参会来宾



芬兰之周  
——约沙法岩壁

Sofia Koistinen

如今这成了玛伊瑞的责任。玛伊瑞的责任，当她把我们三个留在约沙法街上的时候，就是这么说的。我打开收音机，那里放着桃乐丝·黛的歌。西尔卡在做手工，但是奥利斯默默地坐在地板上，瞅着我们。他仍然没有从震惊中恢复过来，怎么又被带回到一贫如洗的祖国和家人身边了。

七点钟的时候，收音机沉默了，路灯暗了，在赫尔辛基街上轰隆隆驶过的电车停了下来。有片刻功夫，一切都非常安静，虽然我们也很明白，接下来会发生些什么。然后，警报就响了起来，没走多

远，海边已经爆炸了。我催着西尔卡离开，可她累得不想动了。警报已经响过那么多次，所有的人都受够了。西尔卡睡了，但我还听着，林纳迈奇那边在开炮。终于，外面安静了，我平静了下来，睡着了。

没睡多久，新的警报又响了，而且这次比以往任何时候都更加剧烈。探照灯在天空中划来划去，炮火迎着炸弹呼啸而来，无休无止。空中投下大批照明弹，将赫尔辛基暴露在冰冷无情的寒光下，让那些已被摧毁的所在显露无遗。

我起了床，命令奥利斯也起来。当我把那条太紧的羊毛裤套到他身上时，他叫了起来。西尔卡也服从了，从架子上取下父亲的帽子，跟着我走到楼道里。那里很安静：所有其他的人都已经离开了。操！我骂了一声，抱着奥利斯，踉踉跄跄地在结着冰的约沙法岩壁上爬着。西尔卡默默地跟在后面。经过赫尔辛基街之后，我得停一会儿。那里一片混乱。消防车尖啸着，闻上去满是烟味。人群四散奔跑，有个男人在地上躺着一动不动。我们走吗？西尔卡问道，但是我不知道该去那个方向，到处都窜着火苗。

那时候，很近的地方传来可怕的尖啸声。西尔卡又说了些什么，但是我只听见尖锐的呼啸声。那是一枚火弹，砸在了赫尔辛基街和克丽丝汀街的交界处。父亲的帽子不知飞去了哪里，我失去了知觉。隆隆的碎片雨，碎片的雨之舞。当我睁开眼睛时，布拉亨操场成了一片血海，赫尔辛基街两边楼房的窗口喷着火。奥利斯躺在我身边，但是不见西尔卡的踪影。我大声叫她，但她没有回答。然后又是轰鸣声。

我终于记起来妈妈曾经说过的，再说我也没有其它的办法。我抱起奥利斯，在赫尔辛基街上一路奔跑。一辆无人驾



驶的孤独的电车朝着我们驶过来。它的刹车很可能失灵了，但我没有时间去想更多。房屋在我背后倒塌，灰泥掉在脖颈上。我跑着，不再回头看。凌晨时分，我忽然被表示警报结束的尖啸声吵醒过来。我迈出女执事学院。赫尔辛基在冒烟，昨天早上落下的干净的雪和这新的一日早晨的炭黑、垃圾和污物混杂在一起。

所有炸弹袭击过的地方都在摇晃：壁纸、窗户，整面墙。有些房屋变成了被撕成两半的玩偶屋。地狱般的场景。其中一些依然矗立着的房屋内部都被掏空了。夜间被火烧过的赫尔辛基街，如今窗户空洞而漆黑地敞开着。克莉丝汀街的烟囱和瓷砖壁炉一排排地竖立在被炮火直接命中的房子的废墟中。我走着，拖着沉重的脚步，脑海里充满着沉重的思考。我拖着奥利斯，还有我自己，走在大街上，街上堆满了倒塌的房屋的石堆，还有破裂的窗户碎片。在那边，他们在废墟里挖掘救人，但被救的人里面没有西尔卡。也没有见到那顶帽子。

亲爱的兄弟，这就是无辜的屠杀，我这么说着，用脚把煤气炉踢到街上。赫尔辛基被击败了，我们两人蹒跚着回到了约沙法岩壁。



**故事作者:** Sofia Koistinen  
出生于1989年，是于韦斯屈莱大学水产科学系的学生。她在波罗的海之畔的基尔科努米度过了孩提时代。在赫尔辛基美术中学毕业之后，她又去于韦斯屈莱念大学。在那里，Koistinen开始对赫尔辛基的历史以及写作发生了兴趣。



台湾冬虫夏草  
通过生物科技专业研发 进入大陆生产制造

2013年11月30日台湾志昇生物科技股份有限公司上海昱伦生物医药科技有限公司在上海正式挂牌。

该上海公司，主要负责虫草科技产品在大陆市场的开拓和运营，在大陆投资设立研发培育基地和生产加工厂，实现产、观、学系统化运营，从生产，参观和学习全方位的将传统自然医学及高科技成果呈现在世人面前。这一成果通过了国际SGS和中国科学院的营养成分的检测，并为中国科学院认可其成份超越天然的冬虫夏草。



台湾志昇生物科技股份有限公司成立于1993年，董事长庄煇宏教授(中)率领十余位中、西医的医学博士，植物专家团队专业研发虫草生物科技，漫长八年的虫草科研历程，注入了科研团队的专业能力和精神，陆续投入研发经费达到五亿元新台币，拥有6万平的无尘、无菌、零污染的培育场，最终成功的培育出虫草中最珍贵的帝王极子实体，并以此为基础研发近50多种养生系列产品，这一突破不仅是国人的骄傲，更是全人类的福音。



已在福建生产出的产品



【冬虫夏草】其特性为药食同源，性温味甘，老少咸宜，而“五行冬虫夏草CM-O帝王子宝体”产品系列，其功能具有养生、保健、预防的功效，其突破多项慢性疾病，如：糖尿病、高血压、中风、三高均有一定的效果，对肿瘤及癌症病患的治疗也有不错的效果。

详细产品信息请联系：上海市黄浦区瑞金南路345弄1号楼11层 电话：021-53832973



## How to use the sound to regulate our body

# 如何用声音调理身体

声音是生命能量中不可缺少的一部分，人体对音波会有感应随之产生共鸣，喜爱音乐是人的本能。但不是所有的音乐都能让人愉悦，为什么对同样的音乐，不同的人有不同的感受。

当人体处于不同的情绪，不同的机能状态下，反应是不同的，一般来说，高音让人激动兴奋，中音让人处于常态放松，低音让人情绪低落，用养生学的观点看，低音补气（腹腔），发自下丹田，中音平补平泄，发自中丹田（胸腔），高音泄，发自上丹田（头腔）。

声音的艺术，是人体利用自身能量，通过呼吸与发音器官的配合来完成的。首先会让人在头、胸、腹上下之间产生一个贯通的能量场，按养生说法是上中下丹田气通，促使任督两脉的气血循环，有利于全身经络的气通。武术可用声来助力量。艺术家在演唱时，无论是在哪一个声区，上下都是贯通的状态，所以声音流畅、优美。许多人发音不正确，有经验的中医可以凭借病人的声音，作为疾病成因的一种诊断依据。音乐不仅有物理、生理作用，同时对心里的调整也是重要的，不同的音乐带给人们不同的联想，让人处于一种精神境界，可宣泄不良情绪。

音乐是有节奏的，人体本身也有生理节奏。快的节奏使代谢加快，慢的节奏使代谢变慢。年轻人可以利用音乐的节奏来带动情绪，相反，中老年人要根据身体的需求来选择音乐节奏。

不同的人在同一状态中，有不同的选择，同一个人不同的状态下，也有不同的选择。首先，要学会选择，合适自己的音乐让情绪有一种自然的宣泄，不要用不利于自身的音乐节奏来干扰生理的节奏和感觉，我们应学会用声乐科学的方法来说话，这样才有利于身心健康。

Sound is an integral part of our life, our body reacts to sound waves and can even generate resonance, the love for music is an inherent human faculty. However not all kinds of music may cause happy feelings. Why is that so that the same music may induce different feelings in different individuals?

Depending on our mood and the state of our organs, the reaction is always different, generally speaking high pitch sounds are making us excited, middle frequency

sounds let us relax and calm down, low frequency sounds are causing us gloomy feelings. Borrowing the terms of the science of health preservation, low tones adjust Qi energy (around the stomach) two inches below the naval, middle tones bring about calmness and effect parts above the naval (at the thoracic cavity), high sounds effect higher parts of our body (the head).

The art of sounds, the ability of the body to generate sounds, is realized through breathing and the sound generating organs. First of all the head, the chest and the stomach, the three regions connect together to form an energy field, according to the health-care terminology, the upper-naval, the naval and the lower-naval parts link up to allow for the free flow of Qi energy through the meridians. In martial arts, voice can strengthen energy. Singers, regardless of their tone, find themselves in a state of free flow of energy during their performance, so their sound is crisp and pleasant. Many people have problems with their voice, doctors of traditional medicine with abundant experience can infer the sickness just by listening to the patient. Beyond relations to physics and biology, music has a very important function in setting our mood. Different music will bring up different associations, may push us to the extremes or eventually may even help us to get rid of depression.

Music has rhythm meanwhile the human body has also its biological rhythm. Fast rhythm quickens the metabolism, slow rhythm slows it down. Young people may use music to better their mood, middle aged or old people however should select music according to the needs of their body.

Different people under the same circumstances would make different choices, the same people under different circumstances would also decide differently. First of all we should learn about the choices, selecting the right music will give us a natural way to relax and cheer up. Selecting the music with an unfit rhythm will harmfully influence the rhythm of our body and our feelings. We also have to master the way we speak, we should speak according to the science of the sounds and music so as to let our body and soul benefit.

## How to take a bath to regulate our body

# 如何用洗澡的方式调理身体

洗澡是每个人生活不可缺少的行为，不仅是为了卫生，很多人已经把这些行为变成的习惯，因此，洗澡的次数，洗澡的方式（坐浴、淋浴）以及洗澡的手法，使用的产品，等等，不符合养生的原理时，给你带来的后果可想而知。因为每个人的情况不同，所处的环境不同，不可能很具体的教你方法。在这里主要是讲一下原则共参考，引起每个人的重视。

1、洗澡的次数：没有一个标准的量，要因为环境因人而变化，夏天多冬天少，春秋在其中，广东人喜欢冲凉，天气热时，无需多用洗澡产品的情况下，次数可以多一些采用淋浴。冬天洗澡时，因为消耗体力，次数要少一些。原则上讲洗澡的次数越少越好，因为洗澡是消耗体力的行为，是泄，从阴阳平衡的角度上讲，泄的太多会阴虚。

2洗澡的方式：白天多用淋浴，会使人兴奋，有易于阳气外放。晚上多用泡浴使人安静，有助于睡眠，有易于阴气的内收。中老年人应多采用坐浴。

3洗澡的手法：正常洗澡时，我们主观上会有一种清洁排斥意念，从手法上是以向外的动作为主，按养生行为学的原理就是泄的手法多，手法节奏相对快，如果频繁洗澡次数很多，就等于泄多于补，所以要因人而易掌握平衡。老人洗澡要多补、少泄。夏天洗澡年轻人可以多泄少补。手法的应用要有循环，多向内收。把动作连贯起来。运动轨迹呈圆形反复往来，前面讲的都有阴阳的平衡，就单次洗澡时也同样要注意平衡，这样有利于身心健康。

It goes without saying that bathing is an elementary part of one's life. It is not only about hygiene, bathing became a kind of habit for many people. The frequency of taking a bath, the method of bathing (whether you take a shower or have a tub), the way you take a bath, the products used, etc. are all different. Using inadequate methods when bathing may harm your body. Because the conditions are different and the circumstances are also different, it is impossible to give one size fits all advices. All what we can do is to discuss some of the general principles in the hope that they will spark your interest.

1. The frequency of bathing: Because the people and their conditions are different, there is no set standard as for the frequency of bathing, generally speaking more in



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《中华传统医学文库》条目编者

the summer, less in the winter, moderate during spring and autumn. People in Guangdong province prefer to take a shower when it's hot. When using moderate amount of bathing products, we can bath more often. In the winter, because having a bath exhaust our body, we should bath less often. In principle, the less the number of bathes, the better. It is because bathing consumes or bodily energy, from the perspective of the balance of Yin Yang, releasing too much energy will result in weak Yin energy.

2. The form of bathing: In daytime it is better to take a shower. It will excite us and will help in releasing Yang energy. In the evening, having a tub on the other hand will calm us down, will bring us a good sleep and will help us in retaining Yin energy. Middle aged and old people should take sitting shower more often.

3. The method of bathing: During our normal bathing we should think about the idea of cleanness, as for the direction of the motion of the hands, from the inside toward the outside should dominate. These motions release tension, the motions should also be quick. Bathing quite often therefore would mean releasing quite a lot of tension and energy, so we should strive for maintaining the balance. For old people bathing should mean retaining energy rather than losing energy. In the summer young people may release energy than retain energy. The moves of the hand should be perpendicular and should be directed toward the inner parts. The moves should be linked together, continuous and circular. Everything said above is to maintain the balance of Yin and Yang during a series of bathing, but we should be equally watchful for keeping the balance during a single session of bathing, thus keeping our body and soul healthy.





印度作品 Indian artwork



中国作品 Chinese artwork



波兰作品 Polish artwork



阿根廷作品 Argentinean artwork



巴西作品 Brazilian artwork



以色列作品 Israeli artwork

# International Caricature & Cartoon Competition on Impressions of Confucius

## 世界漫画家笔下的孔子

今年夏天“世界的孔子.国际漫画大赛”在在贵阳孔子学堂举办, 这是全世界第一次举办以孔子形象作为主题的国际漫画大赛活动: 在短短的三个月内, 组委会收到了全球60多个国家和地区的1120幅作品。此次活动由贵阳孔学堂文化传播中心主办, 孔子学堂文化发展(贵州股份有限公司等承办。

The "Confucius of our World International Cartoon Competition" has been organized in the Confucius College of Guiyang city this summer. This was the first time in the world that an international cartoon competition was held with Confucius as the main theme. In just 3 months time the organizing committee has received 1120 entries arriving from 60 countries and territories. The competition was organised under the umbrella of the Confucius College Culture Dissemination Centre and was implemented among others by the Guizhou branch of Confucius College Cultural Development Ltd.



贵阳市孔学堂一角



法国作品 French artwork



约旦作品 Jordanian artwork



哥伦比亚作品 Colombian artwork



英国作品 British artwork



菲律宾作品 Philippine artwork



德国作品 German artwork





## 白银第十五届PHE书画大会颁奖典礼

### Award Ceremony for the 15<sup>th</sup> Session PHE Painting and Calligraphy Meeting in Baiyin City

8月13日，“中国·白银”第十五届PHE国际青少年书画大会颁奖典礼在全国政协礼堂成功举行。来自国内外的近五百名青少年儿童参会代表出席了活动。

On August 13, the Award Ceremony for “China·Baiyin” 15th Session PHE International Painting and Calligraphy Meeting for Youth was successfully held in CPPCC auditorium. Nearly five hundred children representatives from home and abroad took part in the activity.

颁奖典礼上，白银市宣传部部长高鹰，PHE国际青少年书画大会执行主席、著名书画家陈仕彬先后致辞。来自黑龙江的邱娜校长、白银的胡志军老师校长、四川的赵尤尔同学分别作为参会学校、教师和选手代表表达了参加PHE活动的收获与感受。

On the award ceremony, Gao Yan, Minister of Publicity Department of Baiyin City, and Chen Shibin, Executive Chairman of PHE International Painting and Calligraphy Meeting for Youth and famous painting and calligraphy artists made speeches successively. Principal Qiu Na from Heilongjiang, Principal Hu Zhijun from Baiyin City, and student Zhao You'er from Sichuan Province

respectively expressed their achievements and feelings of participating in PHE activities on behalf of schools, teachers and contestants attending the ceremony.



白银市副市长陈其银先生（右二）等人为获奖儿童颁发证书并合影留念



白银市市委常委、宣传部部长高鹰先生在讲话中说道：2015年的第十五届PHE国际青少年书画大会由中华文化促进会、中国少儿造型艺术学会、白银市人民政府共同主办。在PHE的感召和组织下，越来越多的书画名家和美术教育家参与其中，以实际行动为青少年儿童健康成长和美术事业发展贡献出自己的力量



著名书画家陈仕彬先生在发言中说道：PHE国际青少年书画大赛至今已连续举办15届，成为国内外具有重要影响力的大型公益性美育品牌活动。今年的大赛由中华文化促进会、中国少儿造型艺术学会、白银市人民政府共同主办。今年恰逢中国人民抗日战争暨世界反法西斯战争胜利70周年，在为期5天的颁奖夏令营中，获奖青少年儿童除在全国政协礼堂参加颁奖典礼，还参加了爱国主义主题讲座、和平主题画展、主题创作以及参观中国人民抗日战争纪念馆、前往卢沟桥缅怀先烈等精彩活动



与会众位领导与获奖儿童们欢聚合影





书写中国梦·中华青少年书法公益大赛组委会副主任，  
传承（中华）文化公益基金常务副主任李领彪先生讲话

2015年7月25日，“首届书写中国梦·中华青少年书法公益大赛全国总决赛”在北京大学举行。

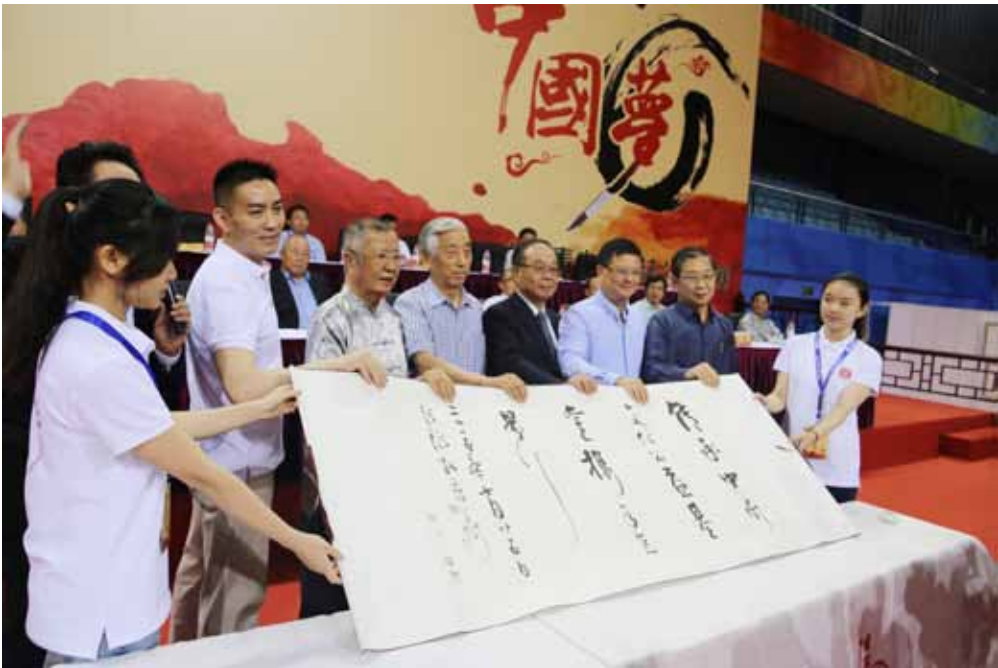
The national final of the 1st 'Writing the Chinese Dream'-Chinese Youngsters Calligraphy Public Welfare Game was held in Peking University on July 25, 2015.

“书写中国梦·中华青少年书法公益大赛”于2014年10月在京正式启动。活动辐射全国中小学校、青少年宫、妇女儿童活动中心、书法机构及各界书法人士，共有全国二十五个省市万余名青少年踊跃报名参赛。作为全国青少年书法公益活动规模最大、中国书法名家参与支持人数最多的一次活动，“书写中国梦·中华青少年书法公益大赛”首次将中华优秀传统文化的传承推广与互联网+与社会公益相结合，在全国范围创新开展了首届大型青少年书法公益大赛，启动以来，赢得了社会各界的广泛关注与积极响应。

The Final of ‘Writing the Chinese Dream’ Started in Beijing  
“书写中国梦”总决赛在京开赛



参赛选手们现场书写



传承中华文化公益基金携手世界行启动仪式



会场内展有各个书法名家和爱心人士为大赛活动的题字





泰国使馆副馆长武丽乐 摄影

PHOTO BY:  
Deputy Head of Thai Embassy  
Ureerat Ratanaprukse

海南琼中 Hainan Qiongzong







海南琼中 Hainan Qiongzong

厄瓜多尔驻华使馆参赞帕特里西奥·帕拉西奥斯 摄影  
PHOTO BY: Counselor of the Embassy of Ecuador, Patricio Palacios







泰国普吉岛风光 THAI Phuket Island Scenery



赵烨 Zhao Ye  
中国农业银行  
Agricultural Bank of China







The World's No.1 Bulk Commodities Cross-Border E-Commerce Platform

又一家跨境电子商务平台在京启动

7月8日“大宗商品跨境电子商务平台国际合作推介会”在北京瑞吉酒店举行。推介会由南南合作促进会、中国电子商会提供支持，北京中道公益基金会主办，聚贸电子商务有限公司、中国报道杂志社、中华全国世界语协会承办。

The launching ceremony of Jumore Bulk Commodities Cross-Border E-Commerce Platform took place in St. Regis Hotel, Beijing on July 8. The event was supported by the Council for Promoting South-South Cooperation and the Chinese Chamber of Electronic Commerce, was organized by the Beijing Zhongdao Public Welfare Foundation and was implemented by Jumao Electronic Trade Ltd, China Report magazine and the All China Esperanto Association.

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Creator of this very platform, Mr. Lu Hongxiang, Chairman of Jumao Electronic Trade Ltd., is introducing the prospects of their bulk commodity trade platform to the participants.



此平台的搭建者聚贸电子商务有限公司董事长陆宏翔向出席嘉宾介绍大宗商品跨境电商发展前景



中国对外友好协会前会长陈昊苏先生以及冰岛驻华大使馆副馆长 Ragnar Baldursson 应邀出席活动并分别在活动上致辞  
Former Chairman of the Chinese People's Association for Friendship with Foreign Countries, Mr. Chen Haosu and Deputy Head of Mission of the Embassy of Iceland, Mr. Ragnar Baldursson were also addressing the forum.



驻华使馆商务代表、外国商会代表、中外媒体记者、大宗商品及电商从业人士等近百人出席了推介会  
Diplomats in charge of commerce and trade, representatives of foreign chambers of commerce, domestic and foreign journalists, experts of bulk commodity and electronic trade, altogether around 100 people, attended the event.





## World Hotel Gala 世界酒店的大聚会



世界酒店联盟创始主席兼理事长吴军林

7月17日-18日，“第四届世界酒店联盟大会暨第八届世界酒店论坛、第七届世界酒店·五洲钻石奖颁奖盛典”等系列重要活动在北京隆重举行。

A series of big events including ‘the 4th World Hotel Association Conference & the 8th World Hotel Forum’ and ‘the 7th World Hotel \* Continental Diamond Award Ceremony’ have been grandly held in Beijing from July 17 to 18.

本届大会（论坛）由联合国世界旅游组织和中国国家旅游局特别支持，由中国旅游饭店业协会、中国旅游研究院、中国社科院旅游研究中心、北京第二外国语学院酒店管理学院支持，由世界酒店联盟、旅游卫视、世界酒店领袖中国会、美国亚洲协会共同主办，由世界酒店联盟北京代表处、上海泛旅文化传播有限公司、北京国际饭店具体承办，并由多家知名企业集团和中外业界权威机构协办。同时也得到了中外酒店行业人士和传媒界人士的积极参与，二十多个国家和地区的400多名代表参加了本届大会。大会的主题为“世界酒店业发展的竞争与融合”。

More than 400 representatives of over 20 countries and regions have participated in the conference, of which the theme is ‘competition and integration of the world hotel sector’.

第八届世界酒店论坛分设了三个专场——名流及企业家演



欢迎晚宴 嘉宾交流

讲、企业家对话、外国专家演讲专场，围绕“旅游景区与主题特色精品酒店投资开发”、“文化与酒店业结合的历史与未来道路”、“特色创新与酒店业发展的现实意义”等主题，政府领导、中外顶级专家、知名集团企业家、名流等进行了精彩的演讲与对话。其中，企业家对话专场里，温德姆国际酒店集团大中华区总裁刘晨军、万豪国际酒店集团大中华区高级副总裁林聪、千禧国际酒店集团总裁李子尚、凯宾斯基酒店中国区总裁汉思乐、凯悦国际酒店集团中国区营运副总裁高克斯、鲁能酒店集团总裁周涛、华侨城酒店集团董事长金阳、东呈酒店集团董事长兼总裁程新华、金陵酒店管理有限公司总裁陈雪明、深航酒店管理有限公司总裁黄俭等二十多位中外大型集团著名企业家们一起进行了精彩的业界顶级交流，带来了精准的业界信息与别具一格的思考。

被誉为酒店行业“奥斯卡”大奖的“世界酒店 五洲钻石奖”历经六届之后，迎来了第七届颁奖盛典。

‘World Hotel Continental Diamond Award’ known as ‘Oscar’ of the world hotel sector has been successfully held for seven times.

经过认真而热烈的推荐、调研与评选，此届颁奖盛典正式公布了获奖个人和企业名单，并隆重举办了颁奖典礼。37位优秀个人、34家酒店、13家企业获得了该顶级荣誉，

The event held in this year is with top honors concerning 37 outstanding individuals, 34 hotels and 13 enterprises.

涉及酒店投资与管理公司、酒店配套企业以及酒店设计机构的优秀企业和优秀个人。

此外，本届大会还得到了华永集团、海尔集团、慕思集团、美国艾洁弗环境集团等单位的支持与赞助。



颁奖盛典





## 波捷特：意大利建筑在中国的故事

在过去的几十年里，中国的建筑业有了长足发展，目前正在施工和设计中的建筑的数量就是一个明证。毫无疑问，中国丰富的建筑机会已经使其成为最受世界各地设计公司青睐的市场之一。

波捷特就是这一潮流的先驱者。

波捷特是意大利最大的建筑设计公司之一，世界建筑公司百强，擅长一体化建筑设计与规划。波捷特于1994年成立于米兰，团队在建筑、工程、室内设计、产品设计与现场监督等领域拥有丰富的国际经验。

早在十多年之前，意大利建筑师、波捷特全球CEO马西莫·罗伊先生就已察觉到到中国市场的巨大潜力。于是，他决定把波捷特的业务拓展到“中央之国”。

这一决策几乎立刻就收到了成效。波捷特在中国的第一间办公室于2003年在天津成立，随后不久又成立了北京办

公室。波捷特在中国屡获成功，最近获得了中国意大利商会颁发的意大利在华公司“金熊猫坚固品牌”荣誉奖。波捷特在中国能够如此成功，显然离不开团队的力量。波捷特团队由中外建筑师组成，擅于根据客户的需求，设计出极具原创性与革新性的建筑方案。不管是整体规划、住宅、商业还是酒店项目，以人为本始终是贯穿所有项目的核心宗旨：人类是设计的核心，整个设计过程都是围绕人类进行的。该设计原则由波捷特的公司格言“多生态，少利己”发展而来，意指少一些个人利益，多一些集体利益。

在过去13年里，根据波捷特的设计而建成的项目面积超过160万平方米，波捷特凭借其优秀的设计，多次荣获各类奖项，是意大利在华企业的成功代表。

The impressive number of buildings currently under construction and on-going sites is one of the most evident signals of the construction development that China has been experiencing over the last decades. China has undoubtedly become one of the preferred markets for design companies from all over the world, attracted by brilliant development opportunities.

Progetto CMR has been a precursor in this sense.

Progetto CMR, one of the largest Italian design



practices, listed in the top 100 architecture firms worldwide, is skilled in integrated planning and design. Established in 1994 in Milan, its team is made of professionals and experts who have extensive international background in architecture, engineering, interior design, product design and site management.

More than ten years ago, Mr Massimo Roj, Italian architect and Global CEO of the firm, already glimpsed the huge potentiality of the Chinese market and thus begun to consider expanding the activities of Progetto CMR to the Middle Kingdom.

The result was almost immediate: the first office, in Tianjin, was opened in 2003, followed shortly after by the opening of the Beijing branch. One of the keys to the sound success of the Italian company in China, that recently earned the Award by the Italian Chamber of Commerce in China as “The Best Time-Honoured” Italian company in China, is certainly its team which, featuring both Chinese and foreign architects, succeeds in providing original and innovative architectural solutions, tailored to the needs of the client. The human-centred approach is indeed the core of all the projects. Masterplanning, residential, commercial and hotel: Man is the focus of the plan and the entire design process is focused on him. This principle is what inspired the company’s motto, Less Ego More Eco, less personal interests and more shared and collective goals.

With more than 1,6 million square metres of built projects over the last 13 years and several awards won, Progetto CMR is another example of the success of Made in Italy in China.

Progetto CMR has been very active also on Chinese cultural scenario, being involved in several events and conferences every year as well as organizing its own fora. The company has also published four books in China: the most recent work, Less Ego More Eco – Towards Shared Sustainability, was published by the Tsinghua Press and it deals with the topic of sustainability and its economic, social and architectural implications.

波捷特在中国的文化交流领域也十分活跃，每年都会参加多个论坛、会议等活动，并且有自己主办的论坛。波捷特已在中国出版了四部图书：最近的一本名为《多生态，少利己——迈向可持续的未来》，由清华大学出版社出版，主要讨论可持续发展及其对经济、社会和建筑的影响。



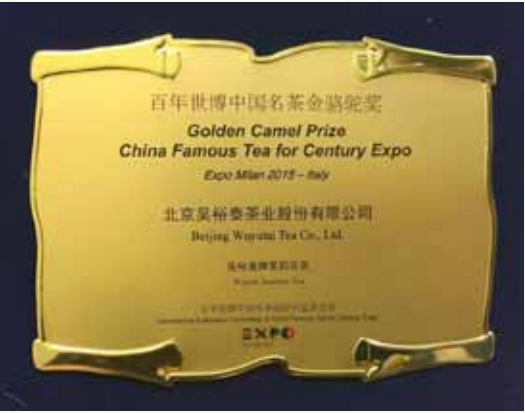


# 花茶为什么“ 花样百出 ”

早在二千多年前，屈原《离骚》中就有“朝饮木兰之坠露兮，夕餐秋菊之落英”；到了唐朝，食花之风日盛；南宋时期出现香料熏茶，最早加工中心在福州，后来逐步扩展到苏杭一带。可以说中国人食花饮花的历史已久，但实际上真正以花入茶，“引花香，益茶味”，将花香和茶香完美地合二为一则得益于明、清年间出现的花茶窰制技艺，明朝顾元庆所著《茶谱》中对花茶窰制技术记载比较详细：“木樨、茉莉、玫瑰、蔷薇、兰蕙、桔花、梔子、木香、梅花皆可作茶。诸花开始摘其半合半放蕊之香气全者。量其茶叶多少，摘花为茶。花多则太香，而脱茶韵，花少则不香，而不尽美。”随着花茶窰制技艺的完善，民间涌现出了大批制作和售卖花茶的商铺，不同的窰制技艺和拼配手法形成了不同字号的花茶风格。

“他年我若修花史，列作人间第一香“，这是前人咏茉莉花的诗句。始创于1887年的北京老字号茶庄吴裕泰便是以制作和销售茉莉花茶起家，因独有自己的一套花茶拼配技艺，久而久之便有“京城花茶香，源自吴裕泰”一说，流传至今。吴裕泰的花茶被老百姓亲切地称为“裕泰香”，呷一口，别有一番滋味润心田。近年来，随着产品的逐年丰富，制作工艺的不断创新，门店中数十种不同品种的花茶让喝惯了老吴家花茶的顾客都觉得眼花缭乱。究竟为何花茶有如此多的品种和花样？到底是什么造就了这样缤纷多样的口味和香气？这一切还要从花茶的制作工艺说起。

花茶是所有茶类里制作周期最长的一种茶，吴裕泰的花茶茶坯以烘青绿茶为主，因为其疏松多孔，容易吸香，自古以来就被认为适合用来窰花；也有部分花茶采用红茶和乌龙茶的茶坯。花茶从茶坯制作、鲜花养护到窰制拼合需要经历将近半年的周期，其复杂程度除非亲眼所见所能想象，其中每一步都关系到最终成品花茶的特色。



## 花源: 多样香气的赋予者

不同的花朵制成的花茶香气不同，风格迥异，各具魅力，兰花清香淡雅，与绿茶搭配更显清新顺滑的滋味；玳玳花果香芬芳，用来窰制红茶能大幅度提升香甜的口感；桂花甜蜜馥郁，和乌龙是好搭档，香气芬芳醇厚……在这么多不同的花制作的花茶中，尤以茉莉花制作的花茶最为普遍，也更受大众欢迎，因此古人有“笑江梅，雪里开迟。香风轻度，翠叶柔枝。与王郎摘，美人戴，总相宜”的赞美诗句。但是你可能想不到，都是茉莉花，不同地区的茉莉花窰制出的花茶可能香气完全不同，甚至连同一个地区生长的茉莉花都能造就花茶的不同口感。

单瓣茉莉挺直饱满，清高中带有甜香，单用它窰制的花茶香气中有种类似冰糖和玫瑰的甜香味，闻起来香气上扬，口味却极其清雅；双瓣茉莉朵大瓣厚，花色洁白，窰制后就是北京人最熟悉的传统浓香型茉莉花茶味道；用单双瓣茉莉混合窰制出来的花茶香气就有很强的层次感，初嗅时清香，回味又觉浓郁，鲜爽和醇厚兼而有之；还有一种工艺会先将茉莉花“择花、炒花”，熟香鲜灵，韵味悠长。茉莉花茶堪称“花茶”中的长者，历史悠久，饮者众多。

## 茶坯: 外在形态的成就者

花茶的制作要从春天开始准备茶坯，春茶茶质芽叶肥厚、吸香力强，是最适合制作花茶的原料。不同产地、不同品质和不同外形的茶坯用于制作的花茶也不同，一般情况下高品质的花茶都会选择细嫩的鲜芽进行窰制，这种花茶制作成型后身披白毫、芽头肥壮嫩黄，极其匀整；而等级较低的花茶往往由芽叶或嫩茎制成，显毫程度较低，色泽油润度和匀整程度也稍逊一筹。

很多人都以为花茶只有一种条索形态，其实不然。在吴裕泰，特别受消费者欢迎的还有一些造型茶，例如呈指环状的金玉环，紧结呈球状的茉莉牡丹绣球，带个小勾子很像一只小虾的茉莉虾针茶……这些花茶都是在制作茶坯时就要

通过手工将每一根针形茶叶造型后再进行窰制，复杂程度可见一斑。

## 窰制: 口感滋味的秘密武器

将茶叶与鲜花拌和，在静止的状态下茶叶缓慢吸收花香，再除去花朵，将茶叶烘干就叫作“窰制”，这样的一个过程叫作“一窰”。品类繁多的优良茶树品种各具特色，有的滋味浓厚、有的口感鲜爽、有的吸香持久、有的外形肥壮、有的白毫显露，根据茶坯本身的特点，投花量和窰制的时间均有不同。花茶制作要经过反复的窰制过程，以吴裕泰的花茶为例，一般等级要在六次以上，高等级的窰次更多。花茶加工就是利用鲜花吐香和茶叶吸香两个特性，一吐一吸，让茶叶花香水乳交融在一起。

不同等级的花茶，有的浓厚“煞口”，有的清香爽口，就是因为茶坯等级不同和窰次不同。因为茶叶中的茶多酚和非溶于水的蛋白质通过后发酵作用的转化可以降低茶叶的涩味，提高茶叶的可溶于水的儿茶素和氨基酸等内含物，窰次越高、茶坯品质越高的茶叶，滋味就越醇厚爽口、回味清甜。

还有一种方式是茶花分离窰制，这种窰制方法最大限度地保留了绿茶优美的外形和嫩绿明亮的汤色，花香淡雅，滋味沁人心脾，代表作品就是翠谷幽兰、翠谷茉莉系列。

## 拼配: 始终如一的保证

很多老吴家的茶客会有这种感觉，每年都有新花茶上市，但同一等级的茶叶的味道却几乎没有什么变化，每一年都能基本保持着一个稳定口感。这就取决于花茶制作技艺最核心的部分——拼配，经过拼配的花茶才能够形成稳定的口味特色。窰制后的花茶原料会由技术人员根据其感官特征进行审评检验，再根据吴裕泰自拼花茶的配方进行混合拼配，综合各种原料的优秀品质，扬长避短，形成吴裕泰自拼花茶独特的风格。

当年英国老牌红茶川宁的传承人斯蒂芬来到吴裕泰参观考察时曾说，中国茶都是原料茶，不像国外要进行茶叶的调制，所以没什么技术含量。但当他仔细了解了中国花茶的制作工艺后才由衷地赞叹，虽然一个在西方，一个在东方，但两种制茶方式却异曲同工，同样需要专业技术人员丰富的经验将这些不同产区的茶叶原料和谐地调配（拼配）在一起，形成有特色又稳定的味道。

茶引花香、花增茶味，“花样百出”的花茶可不仅是空有好味道。以茉莉花茶为例，在加工的过程中，花茶的内质发生了一定的理化作用，减弱了绿茶的涩感，使得茉莉花茶滋味鲜浓醇厚更易上口。茉莉花茶除了一般茶类所具有的控制体重和预防高血脂、脂肪肝的作用外，还对预防红细胞减少型贫血有积极意义，同时还能够提高血清中的铜元素含量，降低血液黏稠度，并具有较强的抗氧化性。

百年的传承与坚持造就吴裕泰花茶国家级非物质文化遗产的金字招牌，“自采、自窰、自拼”的操作规范，不断开拓创新的理念让吴裕泰花茶越来越受到中国乃至世界友人

的青睐，香气鲜灵持久，滋味醇厚回甘，汤色清澈明亮的特征深入人心，缤纷多样的品种更是让人流连忘返。在这个阳光炽烈的火辣秋日，用窗帘隔出一室清凉，忘掉繁杂世事，掬一捧好水，置一款好器，静静冲茶闻香，再慢慢享受茶汤在齿颊之间流连，顺着喉咙滑入腹中，花香与茶香交融起舞，仿佛喝下一整个春天的花园。此时，方可享受“一卉能熏一室香，炎天犹觉玉肌凉。野人不敢烦天女，自折琼枝置枕旁”的那种美妙时光，香气四溢的氤氲久久不散，这滋味，这心情，更美好。

## 【链接】

吴裕泰的茉莉花茶经过层层甄选和严格的审评，已代表中国茶出征意大利米兰世博会，在中国馆茶文化周花茶日上大放异彩，吸引了世界各地参观者的纷纷驻足和热烈追捧。吴裕泰奉献给米兰世博的花茶包括茉莉花魁，翠谷茉莉和翠谷幽兰、茉莉绣球等。这些花茶并非‘高端定制’，而是经过组委会精心挑选并经过严格审查后最具特色的常规产品，消费者可以到吴裕泰各连锁店选购“米兰同款”的大众好茶。

## 吴裕泰花茶节系列活动——

一、8月10日-8月31日 吴裕泰茶业官方微信启动“我心中的北京花茶评选”

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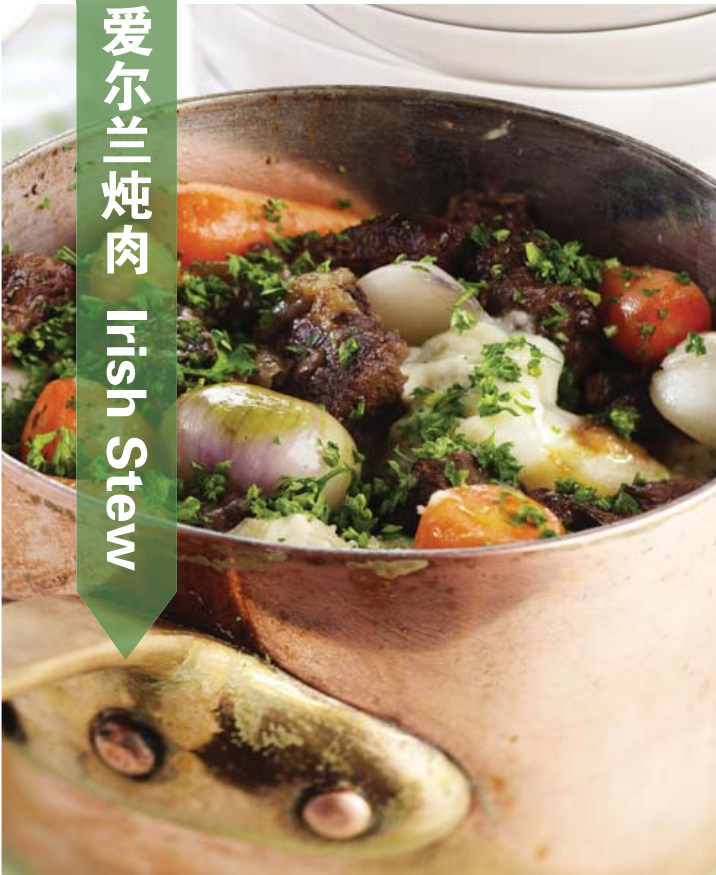
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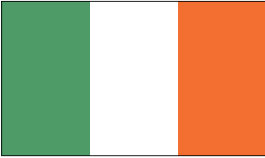




爱尔兰炖肉  
Irish Stew

国家描述: 绿宝石岛  
语 言: 英语, 爱尔兰语  
首 都: 都柏林  
人 口: 450万  
货 币: 欧元  
主要出口产品: 通信技术产品, 药品, 农产品  
加入欧盟时间: 1973年  
以何闻名: 爱尔兰舞蹈, 音乐, 绿地, 莫赫悬崖,  
爱尔兰威士忌, 牛肉, 海鲜  
名 人: 乔治·萧伯纳

Slogan/Country characteristic: the Emerald Isle  
Name of country in language of origin: Éire/Ireland  
Language(s): English, Irish  
Capital: Dublin  
Population (in millions): 4.5  
Currency: Euro  
Main export products: ICT products, chemicals and pharmaceuticals, agri-food products  
Date of entry into EU: 1973  
Famous for: Irish dance, music, green fields, Cliffs of Moher, Irish whiskey, beef, seafood  
Famous person: George Bernard Shaw



爱尔兰 Ireland

食谱描述:

爱尔兰炖肉: 美食家的炖肉, 寒冷的冬夜里的理想美味。

配 料:

- 1千克 羊肩排切成整齐的方块（保留骨头）
- 两根胡萝卜, 剁碎
- 1个洋葱, 剁碎
- 4个马铃薯, 剁碎
- 两根芹菜, 剁碎
- 1根韭菜切片
- 盐和黑胡椒
- 大约50克 绿卷心菜, 切碎
- 125毫升奶酪
- 少量伍斯特沙司
- 剁碎的欧芹

烹调指南:

把羊肉放在一口大锅里, 放入凉水, 煮沸, 然后把水排干, 清洗羔羊肉后放入一个干净的罐里, 放入骨头, 注入大约1升水, 放入蔬菜（但不包括卷心菜）和调料, 盖上罐盖, 温火煮大约1个小时, 或者直到肉嫩为止, 最后剔除骨头。

最后调味: 从罐里倒出大约250毫升的汤和蔬菜。然后用奶酪加工后放回罐里, 加入切好的卷心菜和伍斯特沙司, 炖大约5-10分钟, 直到完全煮熟卷心菜, 尝尝味道, 加点欧芹, 就可以盛入深盘。



Recipe description:

Irish stew: A gourmet stew, ideal comfort food for a cold winter's evening

Ingredients for recipe:

- 1kg shoulder of lamb well trimmed and diced (keep the bones)
- 2 carrots, chopped
- 1 onion, chopped
- 4 potatoes, chopped
- 2 sticks celery, chopped
- 1 leek, finely sliced
- salt and black pepper
- 50 g approximately green cabbage, finely shredded
- 125ml cream
- dash worcester sauce
- chopped parsley

Recipe instructions:

Place the lamb in a large pot. Cover with cold water and bring to the boil. Drain and rinse the lamb, place in a clean pot. Add the bones to the pot. Cover with approx 1 litre of water. Add the vegetables, except the cabbage. Season. Cover the pot and cook gently for approx. one hour, or until the meat is tender. Then remove the bones.

Remove about 250ml of the liquid and vegetables from the pot. Process this with the cream and return to the pot with the finely shredded cabbage. Add the Worcester sauce. Simmer for 5-10 minutes, until the cabbage is heated through. Check the seasoning. Add the parsley and serve in deep plates.





# “双镜一丝”为您开通“生命之桥”

## “Bridge for life” built with advanced technology

输卵管是女性生殖系统中的重要组成部分之一，是受精卵进入宫腔的唯一途径。作为“生命之桥”，它对于女性的生育能力与生殖健康意义非凡。当输卵管出现病变或堵塞等问题时，都会直接影响到女性的健康，诱发女性不孕。目前，输卵管性不孕仍是女性不孕症中的最为常见的原因之一。输卵管性不孕的病因多以炎症为主，但非炎症病变率也在逐渐增加，对广大女性生育造成的影响不容小觑。五洲不孕不育科先进“双镜一丝”技术，为您开通“生命之桥”，重拾幸“孕”！

Fallopian tubes are critical components of female reproductive system and the only path for embryo to enter the cervical cavity. Lesions or blockage of fallopian tubes can impact women's health and cause female infertility. Currently, tubal infertility is one of the most common female infertility. GlobalCare infertility center adopts advanced technology to treat infertility and helps build “bridge for life”.



### Case:

2014年2月6日，对于荣女士、王先生夫妇来说是个值得纪念的日子。因为，他们第一次通过北京五洲妇儿医院最先进的彩超设备——四维彩超看到了自己的宝宝，他们目不转睛地看着屏幕，生怕错过每一个细节。

结婚3年，荣女士一直没有好消息传出，便与丈夫王先生一同来到北京五洲妇儿医院进行检查。当荣女士被告知自己不孕时，她怎么都不敢相信自己的耳朵。公婆等着抱孙子，丈夫等着抱儿子，一家人的希望全在她身上，不孕，就等于毁了全家人的梦。

五洲不孕不育科周红主任在得知荣女士的情况后，便立即着手治疗。荣女士进行排卵检测后，其结果显示排卵功能正常。周红主任随即又为荣女士做了碘油造影，检查结果显

示她为双侧输卵管堵塞。结合荣女士平时白带带血丝，腰部酸痛，妇检后发现有宫颈炎的症状，周红主任便很快地诊断她是因宫颈炎合并双侧输卵管粘连而导致的不孕。

随即，周红主任同医院专家组进行会诊，为荣女士制定了详细的个性化治疗方案：首先进行宫颈炎的治疗，炎症控制后，借助宫腔镜、腹腔镜，清清楚楚看清并掌握了输卵管病变状况，然后联合美国COOK导丝，一次性疏通双侧输卵管，同时去除宫腔内粘连和积水，使之顺利地输送精子和卵子。

3个月后，荣女士的月经迟迟没来，验孕纸的检查结果显示荣女士怀孕了。为了保险起见，他们立即来到北京五洲妇儿医院进行确认。在得知荣女士确有身孕之后，夫妻二人欣

喜万分，双双流下了激动的泪水。

### ● 什么是输卵管性不孕？

输卵管是女性生殖系统中的重要组成部分之一，它具有运送精子、摄取卵子以及把受精卵运送到子宫腔的重要作用。输卵管的结构和功能异常等许多因素，都可以引起不孕。但由于卵巢产卵不足，输卵管表现出粘结、堵塞、以及通而不畅等异常情况导致女性不能生育的，则统称之为输卵管性不孕。堵塞情况一般可分为三种：输卵管通而不畅、输卵管闭塞不通、输卵管完全不通。

### ● 5大“元凶”阻塞“生命通道”

#### ① 易反复的妇科炎症

阴道炎、宫颈炎、盆腔炎、输卵管炎、附件炎等，由于这些妇科炎症未得到及时治疗或治疗不彻底，常常复发。而长期炎性刺激就会使输卵管充血水肿、增粗、变硬、管腔粘连、狭窄直至堵塞，造成输卵管堵塞性不孕。

#### ② 阴道出血异常

由于妇科肿瘤、激素分泌失调、子宫病变等原因导致月经过多、经期过长、月经淋漓不尽等不规则阴道出血现象，如不及时治疗则会造成继发炎症感染，导致输卵管内壁溃烂、粘连、堵塞。

#### ③ 不当人流手术

人流手术时由于操作不当或流产不全等多方面原因，都可导致女性感染各种继发炎症。随着各种致病菌的相继侵入，由子宫蔓延到盆腔、输卵管，导致输卵管发生感染，引起输卵管堵塞。

#### ④ 不洁性生活

不洁性生活是很多疾病的起因。女性常因不洁性生活感染各种疾病，如妇科病、性传播疾病等，这些病症都会使输卵管感染炎症，造成不同程度的输卵管堵塞。

#### ⑤ 其他因素

如子宫内膜异位症以及不当的腹腔手术、阑尾炎手术、取放节育环等，均可能引起输卵管继发感染，导致输卵管管壁充血、水肿、粘连而堵塞。

### ✖ 五洲专家解析：

输卵管性不孕在女性不孕症中越发常见。妇科炎症是引发输卵管堵塞、粘连的主要诱因原因之一。早期炎症感染，会使输卵管粘膜充血水肿，引起暂时的阻塞，此时积极治疗，可以使输卵管的结构和功能恢复正常。如果未及时重视诊疗，则会导致病变继续加重形成脓肿，破坏输卵管的结构。一过性的炎症可使输卵管的管壁肥厚、僵硬、粘连而造成不通，这种陈旧性的输卵管炎，会严重导致不孕疾患的发生。

### ● 警惕！输卵管治疗有误区！

#### 误区一：仅用药物治疗就能疏通输卵管

大多女性因惧怕手术带来的痛苦，一般都偏向于采用药物来治疗输卵管堵塞，但药物治疗输卵管堵塞并非适合所有人。药物对轻度输卵管堵塞有一定的治疗意义，但对于输卵管粘连较严重，则效果不明显。

#### 误区二：输卵管不通重治疗轻预防

流产手术(药物流产、人工流产)在我国已非常普遍，部分年青人忽视避孕，多次流产。流产后的宫腔内容物很容易在输卵管组织内滞留机化，导致输卵管堵塞。如果输卵管被完全阻塞则形成不孕；如果形成半阻塞状态，输卵管通而不畅，再孕时则易发生宫外孕及流产。

#### 误区三：把输卵管不通与不排卵混为一谈

许多女性都知道排卵异常会影响受孕，常把输卵管不通与不排卵联系在一起。其实，两者之间并无直接关系。输卵管是精卵子的运输通道，排卵与否要看卵巢功能是否正常，两者不能相互混淆。

#### 误区四：盲目就医，错过最佳治疗时间

许多不正规医院只以盈利为目的，对宾客采取不科学的方法进行治疗。此时，如果宾客盲目听从，反而会耽误病情，延误最佳治疗时机。

#### 误区五：滥用输卵管通液治疗

输卵管通液是检查输卵管是否畅通的一种方法，但由于输卵管通液是在盲视下操作，不能准确判断女性输卵管是否通畅，完全依靠医生的直觉。此外，多次通液还可能导致盆腔炎及输卵管积水，造成不良后果。

#### 误区六：输卵管复通术后停止治疗

将已经堵塞的输卵管疏通后，若是引起器质性病变的根



本原因还在（如妇科炎症等），则仍有复发的可能。所以，五洲专家建议广大女性，术后应当按照医嘱定期进行检查，以确保恢复情况。

✕ 五洲专家解析：

治疗输卵管性不孕，如果只为了解决输卵管堵塞问题，在没有有效消炎或是消炎不彻底的情况下，盲目做输卵管通液，殊不知，这样不但对输卵管造成了二度损伤，还导致了炎症随着输卵管受损部位不断蔓延、扩展，致使病情愈演愈烈，甚至出现积水。很多输卵管堵塞患者在接受治疗之后经常是很久不能痊愈，反而因为长期治疗而出现了输卵管水囊，或者堵塞的情况更加严重，就是因为上述原因。

针对炎症导致的输卵管堵塞、积水，需按宾客的病情制定详细的个性化治疗方案，对进行炎症的彻底治疗，待炎症彻底控制后，才可行疏通双侧输卵管，同时去除宫腔内粘连和积水的治疗，使之顺利地输送精子和卵子，这样才会事半功倍，让不孕夫妻顺利怀孕。

● 五洲“双镜一丝”为孕育带来春天

双镜一丝技术，是由WHO(世界卫生组织)制定的不孕不育症诊疗标准，集结高新电子显示系统与高科技设备及传统外科手术优势于一体的不孕不育症微创前沿技术。通过联合运用宫腔镜与腹腔镜“双镜”和COOK导丝系统“一丝”，一次性有效介入，准确检测出卵巢、宫腔、腹腔、输卵管病变，能同步全面解决子宫、卵巢盆腔与输卵管积水、粘连与阻塞等问题，提升不孕症介入疏通诊疗的安全性能与不孕患者的妊娠率，是当今国际医学界首肯的不孕症诊治的最高端技术。有统计资料显示，用“双镜一丝”联合术治疗不孕不育，大大提升了治愈的成功率。

✕ 五洲专家解析：

对于因输卵管阻塞、粘连而不孕的患者，药物治疗几乎没有任何效果，手术是治疗的唯一有效途径。而传统的输卵管通液治疗，是利用美蓝液或生理盐水自宫颈注入宫腔，再从宫腔流入输卵管，通过液体的一定压力，使梗阻的输卵管恢复通畅。但由于输卵管通液只是用一只导管把液体注入宫腔，所以所注入液体到达输卵管内的压力非常有限。而子宫输卵管造影的原理和输卵管通液基本相同，若输卵管粘连较轻，在做子宫输卵管造影检查时就已恢复通畅，那么再做输卵管通液也就没有任何意义。另外，因为做输卵管通液宾客痛苦大，使对疼痛敏感的患者极易造成假性不通。

● “双镜一丝” 5大优势：

① 腹腔镜优势

通过腹腔镜技术，医生可迅速明确诊断盆、腹腔内组织和脏器各种不孕原因。同时在腹腔镜直视下行输卵管黏连、

盆腔黏连分离术。不开腹，最大程度地保护了子宫的完整功能。

② 宫腔镜优势

可直接清楚地观察宫腔内情况，了解有无导致不孕的宫腔内因素，并可同时对异常情况做必要的手术治疗。

③ cook导丝优势

美国cook导丝介入术是专门治疗输卵管阻塞性不孕的一种尖端科技。能够精准定位、快速疏通，不损伤输卵管组织。

④ 安全高效

可视操作，手术准确、安全性高；检查、疏通、治疗同步完成，避免传统通液等带来的痛苦和反复粘连等问题。

⑤ 微创无痛

五洲引进德国先进麻醉药，术后易怀孕、恢复快。

✕ 指导专家

周红 副主任医师 医学硕士

北京五洲妇儿医院生殖医学与不孕不育中心主任。毕业于华西医科大学医学专业，在输卵管性不孕、女性内分泌疾病、薄型子宫内膜的调理、女性生殖衰老的调理、女性生育力保护、复发性流产等疾病的诊治以及辅助生殖技术方面有着丰富的经验，擅长把宫腔镜、腹腔镜等微创技术应用到不孕不育领域，治疗输卵管阻塞、输卵管积水、盆腔粘连、子宫内膜异位症、卵巢巧克力囊肿、子宫内膜息肉、子宫粘膜下肌瘤、宫腔粘连、子宫纵隔等疾病，把恢复和保留生育功能的理念贯穿于各种治疗过程。

Case:

Feb. 6th, 2014. It's a memorable day for Mrs. Rong and Mr. Wang since this is the first time for them to see their baby through ultrasound.

Mrs. Rong and his husband came to GlobalCare to consult why she can't get pregnant after being married for 3 years. She can hardly believe it when she was told that she encountered infertility problem. The world of the whole family collapsed.

Dr. Zhou at GlobalCare thoroughly studied Mrs. Rong's case and prescribed ultrasound, salpingography and gynecological examinations for her. It was detected that Mrs. Rong's ovulation was normal but her fallopian tubes were blocked, companied with cervical inflammations. In addition, since Mrs. Rong had the symptoms of blood streaks in the leucorrhea and sore waist, Dr. Zhou diagnosed her infertility caused by cervical inflammation and tubal adhesion.

Dr. Zhou organized expert group consultation to customize a treatment plan for Mrs. Rong: first, treat cervix to control inflammations; then understand the lesion within fallopian tubes through hysteroscopy and

laparoscopy; finally apply COOK guidewire to unblock fallopian tubes and remove the adhesion and dropsy.

3 months later, Mrs. Rong missed her menstruation and was confirmed pregnant. The couple was so thrilled to hear the news.

● What is tubal infertility

Fallopian tubes are key components of female reproductive system. The abnormalities of its structure and functions can all cause infertility. However, if the infertility is driven by insufficient ovulation and adhesion of fallopian tubes, it's called tubal infertility. There are three levels of the blockage of the fallopian tubes: unblocked but not smooth, partially blocked and totally blocked.

● 5 problems that cause the blockage of fallopian tubes

① Recurrent gynecological inflammations

Some gynecological inflammations, such as vaginitis, cervicitis, pelvic inflammations, salpingitis, annixitis, etc. can be recurrent due to lack of prompt treatment. Irritation from the inflammations causes the hyperemia and edema, enlargement, hardened, adhesion, narrowing and blockage of fallopian tubes and eventually leads to tubal infertility.

② Abnormal vaginal bleeding

Gynecological tumor, disorder of hormone secretion and uterine lesion can all cause abnormal vaginal bleeding such as hypomenorrhea, prolonged menstruation and polyhypermenorrhea. If not treated promptly, it can become secondary infections and cause fester, adhesion and blockage of fallopian tubes.

③ Inappropriate abortion procedures

Inappropriate operation during abortion procedure allows pathogenic bacteria to enter uterus, cervix, and fallopian tubes and causes salpingemphraxis.

④ Feculent sexual life

Feculent sexual life is the catalyst of many diseases such as gynecological diseases and sexually transmitted diseases. These diseases may infect the fallopian tubes and lead to salpingemphraxis.

⑤ Other factors

Endometriosis and inappropriate surgeries can cause

secondary infections in the fallopian tubes and lead to its hyperemia, edema, adhesion and blockage.

✕ Expert Analysis:

Tubal infertility becomes more and more common in recent years. Gynecological inflammation is one of the key causes of salpingemphraxis and adhesions. In the early stage of the infections, appropriate treatments help recover the structure and functions of the fallopian tubes. If the inflammation is not treated promptly, it may enlarge and harden the inner wall of oviduct and trigger infertility.

● Alert! Misunderstanding of oviduct treatment!

Misunderstanding 1: Medication alone can unblock oviduct

Many women would rather choose medication than surgery to treat salpingemphraxis. In fact, medication only works on mild salpingemphraxis. For those severe adhesions, medication doesn't work effectively.

Misunderstanding 2: Ignore prevention

Abortion procedure is now common in China. Post-operation particles stay in the cervical cavity and cause salpingemphraxis. Complete blockage of oviduct can cause infertility while partial blockage may lead to ectopic pregnancy and abortion.

Misunderstanding 3: Confusion between salpingemphraxis and ovulation disorder

Oviduct is the channel that transfers eggs and sperms while ovulation depends on normal functions of uterine. Therefore, there is no direct correlation between salpingemphraxis and ovulation disorder.

Misunderstanding 4: Miss the best treatment time

Some informal hospitals don't treat patients scientifically. If patients follow their instructions, they may delay the best treatment time.

Misunderstanding 5: Abuse of hydrotubation

Hydrotubation is a technique for tubal patency test. The test result is more dependent on the doctor's instinct which may impact the accuracy of the test. In addition, multiple hydrotubation may cause pelvic inflammations and hydrosalpinx.





### Misunderstanding 6: Discontinue treatment after unblocking fallopian tubes

Even though the fallopian tubes are unblocked, there are still chances of recurrence as long as the root causes of the lesions are not fully resolved. GlobalCare experts recommend that patient continue routine checkups after the surgery to ensure complete cure.

#### ✕ Expert Analysis:

If hydrotubation is performed before inflammation is fully cured, it may cause secondary injury and lead to worsening of the inflammations and dropsy. It's commonly seen among patients who are not cured after being treated for a while.

For patients with salpingemphraxis and hydrosalpinx, a customized treatment plan should be conducted to completely control the inflammations before hydrotubation can be performed. In parallel, adhesion and hydrosalpinx can be treated to ensure the smooth transmission of sperms and eggs.

### ● Advanced technology brings hopes for the reproduction

Hysteroscopy and laparoscopy techniques integrate high-tech instruments and traditional surgery to treat infertility. The technique accurately identifies the lesions within uterine, cervical cavity, abdomen and fallopian tubes. It's the most advanced technique that treats salpingemphraxis and hydrosalpinx and improves the pregnancy rate of infertility.

#### ✕ Expert Analysis:

For infertility caused by salpingemphraxis and tubal adhesion, surgery is the only effective way for complete cure. Since hydrotubation injects the fluid into cervical cavity via one catheter, the power of the pressure is limited when the fluid arrives at fallopian tubes. If the adhesion is mild, salpingography alone can unblock the fallopian tubes. There is no need for hydrotubation. In addition, hydrotubation may cause pseudoobstruction for patients sensitive to pain.

### ● 5 superiorities of the technique

#### ① Superiority of laparoscopy

Laparoscopy enables the physician to quickly diagnose the cause of the infertility. At the same time, salpingolysis under laparoscope maximizes the protection of uterine.

#### ② Superiority of hysteroscopy

Hysteroscopy enables the physician to detect the conditions within the cervical cavity and identify possible factors that may cause infertility. Necessary surgery can



be performed at the same time of the detection.

#### ③ Superiority of Cook guidewire

Cook guidewire interventional therapy is an advanced technique that treats tubal infertility. It can accurately locate the lesion and quickly unblock the fallopian tubes without injuries to the tissues within the fallopian tubes.

#### ④ Safety and effectiveness

The technique improves the accuracy and safety of the surgery. It helps avoid the pain and repeated adhesion caused by traditional hydrotubation through its integrated operation of detection, unblock and treatment.

#### ⑤ Minimally invasive and painless

GlobalCare adopts advanced anaesthetic imported from Germany which helps promote the post-surgery recovery and facilitate pregnancy.

#### ✕ Panel Specialist

Hong Zhou Deputy Chief Physician Master in Medicine

Dr. Zhou is the Director of the Department of infertility who graduated from West China Center of Medical Sciences, Sichuan University. Dr. Zhou is specialized in treating various diseases of women, including tubal infertility, recurrent miscarriage and gynecological endocrine diseases. Dr. Zhou is an expert in applying hysteroscopy and laparoscopy technique to treat infertility diseases such as fallopian tube obstruction, hydrosalpinx, pelvic adhesion, endometriosis, endometrial cyst of ovary, endometrial polyp, submucosal myoma of uterus, intrauterine adhesion, and uterine septum diseases.

## Be careful of gynecological diseases after long holidays

# 长假过后当心妇科病悄悄来袭

春节长假过完，人们带着因休憩而愉悦的心情重回朝九晚五的生活，可许多女性却意外的发现，妇科病“悄悄”来了。腰酸、腹胀、尿急、尿频、白带异常、阴部瘙痒……种种难言之隐让人心焦。女性的体质比较敏感，在经受劳累、季节变化、内分泌紊乱等因素的影响后，很容易受一些疾病侵袭而出现种种不适。其中有四大炎症更是容易“突然袭击”，让尚且停留在假期余韵中的女性措手不及。

After the Chinese New Year holiday, many women found themselves bothered by sore waist, abdominal distention, urgent urination, frequent micturition, abnormal leucorrhea, and pudendal pruritus, etc. Women are vulnerable to fatigue, seasonal changes and endocrine disorder and therefore easy to be infected with gynecological inflammations.

#### Case:

雨薇和丈夫都是“工作狂”，结婚快了一年了却因为工作忙连蜜月都没度上，这个春节，两人痛下决心把年假和婚假凑到一起，终于完成了新西兰蜜月之旅。为了不错过这片人类最原始、最美丽的生态环境，雨薇把度假行程安排得十分紧密，短短二十天假期，两人几乎游遍了整个新西兰。回到工作岗位上的雨薇还没有从旅途的甜蜜中走出，却被突然而至的阴道炎扫了兴。原来旅游回来后，她总觉得私处瘙痒不止，并且分泌物也比平时增多，经北京五洲妇儿医院医生诊断后确诊为念珠菌性阴道炎。医生告诉她，经历了长假的欢乐和劳累之后，女性的身体处于疲劳状态，此时抵抗力较平时低，妇科疾病就在此时最易钻空子。阴道炎、盆腔炎、宫颈炎、尿道炎都是长假后的易发炎症。经过规范化的“消炎、灭菌、消毒、修复、平衡”同步治疗，雨薇的阴道炎很快治愈了。

### ● 长假后易发炎症1: 阴道炎

#### 警惕理由:

阴道炎会影响性生活，并且会在阴道内造成不利于精子存活的环境。严重的阴道炎患者，分泌物中大量白细胞可吞噬精子、消耗精液中存有的能量物质、降低精子活力、缩短精子的存活时间，导致受孕率降低，应该及早治疗。

此外，久治不愈的顽固性阴道炎症，还应高度警惕有外阴癌的可能，据统计，外阴癌由阴道炎发展而来的占40%，多发生于中老年女性，发病后果不堪设想。

#### ✕ 专家支招:

想要预防阴道炎，良好的卫生习惯必不可少。便前便后都要洗手，每日清洗外阴，专盆专用。平时穿棉质宽松内裤，少穿紧身裤。外出使用公共厕所时，应尽量避免坐式马桶。在公共浴室洗浴后不直接坐在浴室坐椅上。不在消毒不严的泳池内游泳。避免过频的性生活，及多个性伴侣、不洁性生活。一旦发现阴道炎症症状应及时到医院就诊，不要自己滥用药物。不同的阴道炎有不同的治疗方法，不恰当的用药容易使阴道菌群失调导致病情加重。

### ● 长假后易发炎症2: 盆腔炎

#### 警惕理由:

盆腔炎好发人群为30—50岁的中年女性，尤其是一些上班族的女性长时间久坐，缺少活动，血液循环减慢，盆腔静脉回流受阻，瘀血过多，很容易引起急性盆腔炎，如果失治、误治或治疗不彻底，重者可引起败血症，危及生命，轻者转为慢性盆腔炎，影响月经及生育。

慢性盆腔炎如果致使盆腔淤血，就会经血特别多；如果卵巢功能被损害，就会月经失调。盆腔炎严重时可以在子宫和直肠之间形成脓肿，引起输卵管全部的粘连和阻塞，影响输卵管的输送功能而造成不孕，还可使卵巢表面的包膜增厚硬化，以致卵子不能正常排出，导致不孕。

#### ✕ 专家支招:

盆腔炎的治疗方式包括中药治疗、物理治疗及手术治疗等。由于盆腔炎局部血运差，全身用药效果往往不如局部用药直接、迅速。因此近年来临床多采用口服结合保留灌肠方法，获得了良好疗效。此外，物理治疗效果较好，它可有效促进盆腔局部血液循环、改善组织的营养状态、提高新陈代谢，利于炎症的吸收和消退。常用的有短波、超短波、离子透入(可加入各种药物如青霉素、链霉素等)、盆疗等。慢性盆腔炎单一疗法效果较差，采用综合治疗为宜。

### ● 长假后易发炎症3: 宫颈炎

#### 警惕理由:

子宫颈通过阴道间接与外界相通，是多发炎症部位之一，约有30%左右的女性患有宫颈疾病。子宫颈是阻止病原微生物进入子宫、输卵管以及卵巢的一道重要防线，如果侵害宫颈的病菌继续上行，就会引发盆腔炎和附件炎，后果更为严重。

性生活、外伤、反复人流、病菌感染及阴道不恰当用药等多种因素，都可对宫颈形成刺激，而长假过度劳累更是给宫颈炎反复发作的机会。预防宫颈炎要讲究性生活卫生，养成规律生活习惯，降低人工流产、引产的发生率，以减少人为的创伤和细菌感染的机会。定期做妇科检查，以便及时发现宫颈炎症，及时治疗。



✕ 专家支招:

LEEP刀是近年来发展起来的微创诊断和治疗宫颈疾病的专业技术，是现代工程技术和医学相结合的产物。作为一种非侵入性治疗方法，它可产生强大的能量穿过软组织而聚焦到宫颈内的病变组织，由于聚焦部位的强大能量存积，可使蛋白变性、病变组织细胞不可逆性坏死，促进组织重建。使用LEEP刀治疗宫颈炎症，不用麻醉或仅用局部浸润麻醉，并发症少；LEEP刀属于微创技术，对组织损伤小，损伤深度小于20微米，很少有纤维形成，术后很少发生疤痕；LEEP刀可以达到传统电刀手术达不到的非常精细的手术效果。

● 长假后易发炎症4: 尿道炎

警惕理由:

尿道炎的反复发作与日常生活、卫生习惯不无关系。尿道炎是一种常见的疾病，临床上可分为急性和慢性两种。它多见于女性，其中的致病菌以大肠杆菌、链球菌和葡萄球菌最为常见。患了尿道炎，一般会感觉尿道有刺痒或灼热感，出现尿道口红肿、尿频、尿急、尿痛及排尿困难等症状。女性天生尿道短，而且位置靠近阴道，极易形成交叉感染。由于饮水不足、憋尿等，很容易对膀胱造成压力，引发泌尿系统感染。

✕ 专家支招:

治疗尿道炎症的关键在尽快杀灭病原菌并阻止其复发。一些药物疗法可暂时缓解疾病症状，但由于病菌常潜伏于尿道内，所以必须进行科学的、有针对性的治疗。注意以下几点：首先，要大量饮水，使尿量增加，通过排尿冲洗尿道分泌物；其次，在医生指导下可使用镇静止痛解痉药物，以减轻疼痛；此外，也要注意休息，急性期短期内避免性生活。

● TIPS:健康“护身符”——定期妇科检查

要摆脱妇科疾病困扰，除了做好日常卫生保健预防，更重要的是定期的妇科检查。有很多的妇科疾病在早期并没有症状，定期妇科检查有利于疾病的早期发现、早期治疗，这样不但疾病容易治疗，而且也会节省医疗费用。北京五洲妇儿医院妇科专家提醒女性朋友，每半年或一年接受一次妇科检查，将疾病消灭在萌芽状态。妇科检查通常会查以下几项。

① 妇科窥器检查: 主要是了解阴道、宫颈情况，观察阴道黏膜是否充血，阴道分泌物的颜色、量是否正常，是否有异味；看看宫颈是否糜烂、有没有宫颈息肉存在等。

② 白带检查: 了解阴道内是否有滴虫、霉菌存在，必要时还要进行衣原体、支原体、淋球菌检查。白带是阴道黏膜渗出物、宫颈管及子宫内膜腺体分泌物等混合组成，其形成与雌激素的作用有关。一般的白带常规化验单有如下5个检测项目: pH值、阴道清洁度检查、霉菌与滴虫检查、胺试验、线索细胞。

③ 宫颈刮片检查: 此项检查主要是了解宫颈表皮细胞形态，排除宫颈肿瘤的发生。当然，宫颈刮片检查是较初级检查方法，产生疑点时可以进一步做阴道镜检查或宫颈活检病理切片明确诊断。

④ 宫颈活组织、阴道彩色超声等检查: 如果基本体检项目发现异常，则需进一步做阴道镜、宫颈活组织、阴道彩色超声等检查。

⑤ 脱落细胞学: 这是防癌普查的主要方法，对诊断宫颈癌前病变、早期宫颈癌有重要价值。

⑥ 盆腔和阴道B超: 有些情况医生则会建议做B超来查一查盆腔，可早期发现子宫肌瘤、卵巢囊肿等病变。

Case:

Yuwei and her husband are both “workaholic”. They decided to spend their New Year holiday in New Zealand to make up for their honeymoon. The 20-day trip was intense but inspiring. After coming back from the trip, Yuwei started to feel pudendal pruritus and increased vagina discharge. It was diagnosed by GlobalCare physician that she's infected with candidal vaginitis. She's further told by the doctor that fatigue lowered her immunity to gynecological diseases. Vaginitis, pelvic inflammation, cervicitis and urethritis are common inflammations after long holiday. Yuwei cured soon after standardized treatments.

● Gynecological Diseases 1: Vaginitis

Alert:

Vaginitis impacts the quality of sexual life, as well as worsens the environment in the vagina for sperms to survive. In severe cases, significant white blood cell in the vaginal discharge may kill the sperms, lower the sperm's mobility, shorten sperm's life and therefore lower the chance of fertility. It should be treated as soon as possible.

In addition, intractable vaginal inflammation may develop into carcinoma of vulva. Per statistics, about 40% of carcinoma of vulva was developed from vaginitis. It's commonly seen among mid to old age women and the consequence can be unbearable.

✕ Expert Recommendations:

Wash hands before and after using restroom. Clean vulva on a daily basis using a specially designated bowl. Wear looser underwear and avoid sitting toilet in the public restroom. Do not sit on the bench in public shower room and avoid swimming pool without strict disinfection.

Stay away from over-frequent sexual life or multiple sexual partners. A doctor's visit is highly recommended once symptoms of vaginitis appear. Do not prescribe medicine for yourself since different treatment is required depending on the types of the vaginitis.

● Gynecological Diseases 2: Pelvic Inflammation

Pelvic inflammation is commonly seen in the female population with age range of 30-50. Office ladies are easily infected with acute pelvic inflammation due to lack of exercise, slowed blood circulation, and blocked pelvic venous reflux. Delayed or inappropriate treatment may lead to chronic pelvic inflammation and impact the menstruation and fertility. In severe cases, it can cause hematosepsis and be life-threatening.

Chronic pelvic inflammation may damage the ovarian function and cause menoxenia. If the inflammation worsens, abscess can develop between uterus and rectum and cause adhesion and clog at fimbriated extremity of fallopian tubes. It may also thicken the ovarian capsule and affect normal ovulation.

✕ Expert Recommendations:

Pelvic inflammation can be treated with traditional Chinese medicine, physiotherapy and surgery, etc. The

effects can be quicker and more direct if the medicine is applied locally. It's been clinically proved effective when enema and oral medicine are applied together. In addition, physiotherapy effectively improves the local blood circulation in the pelvic cavity, improves metabolism and therefore helps the absorption and resolution of the inflammation. Common therapy methods include short wave, ultra-short wave, penetration of ions (with various medicine added), and pelvic therapy. For chronic pelvic inflammation, integrated therapy is better than single treatment.

● Gynecological Diseases 3: Cervicitis

Alert:

Cervix is one of the body parts that are easy to be infected with inflammation. About 30% of women suffer from cervical diseases. Cervix prevents pathogenic microorganism from intruding uterus, fallopian tubes and ovarian. If the pathogenic bacteria go up through cervix, it may cause pelvic inflammation and adnexitis.

Cervicitis can be caused by multiple factors, such as sexual intercourse, trauma, repeated abortion, bacterial infection and inappropriate medication in the vagina. In order to prevent cervicitis, women should develop routine life style and avoid abortion to reduce the chances of artificial wounds and bacterial infections. Take routine gynecological examinations for early detection and treatment of cervical inflammations.

✕ Expert Recommendations:

LEEP is a recently developed professional technique that can be used to diagnose and treat cervical diseases. It generates strong power to penetrate soft tissue and focus on the lesion in the cervix. Accumulated power causes denaturalization of protein and damages the lesion cells. LEEP reduces the chances of complications due to its avoidance of anesthesia or adoption of local infiltration anesthesia. LEEP is a minimally invasive technique which minimizes the damages to the tissues and reduces the occurrences of scars. It achieves the surgery results that can not be done with traditional electrical knife operation.

● Gynecological Diseases 4: Urethritis

Alert:

The recurrence of urethritis is closely tied to life styles. It's a disease commonly seen among female patients and usually caused by colibacillus, streptococcus and staphylococcus. Typical symptoms of urethritis include itch or burn in the urethra, swallow at the orifice of urethra, frequent micturition, urgent urination, odynuria, and dysuria. Women's urethra is short and close to the vagina, therefore, it's easier to get cross-infection. Lack of water intake and holding back urination add pressures to the bladders and may cause urinary tract infection.

✕ Expert Recommendations:

The key to the treatment of urethritis is to kill the pathogenic bacteria and prevent it from recurrence. Scientific and targeted treatment plans are required since pathogenic bacteria often conceal in the urethra and certain medication can only temporarily alleviate the symptom. Here are some tips: first of all, drink a lot of water to increase urination through which urethral discharge is douched. Next, sedative medication can be taken under doctor's guidance to alleviate pain. In addition, sexual intercourse should be avoided during the acute stage.

● TIPS: Amulet – Routine gynecological examinations

In order to stay away from gynecological diseases, routine gynecological examinations are the key. The examinations help in early detection and treatment of gynecological diseases since many diseases don't show symptoms in the early stage. Experts at GlobalCare recommend that women take routine gynecological examinations every 6 months or every year. These examinations include:

① **Colposcope examination:** The purpose of the examination is to understand the conditions of vagina and cervix. Examination also checks if there is hyperemia within the vagina membrane, if the color, quantity and smell of vaginal discharge are normal, if there is cervical erosion or cervical polyp.

② **Leukorrhea examination:** Leukorrhea is a mix of vagina discharge, cervix discharge and uterus discharge. Its formation is impacted by estrogen. Leukorrhea examination is conducted to check if there exists trichomonas or mould. Examinations of chlamydia, mycoplasma and streptococcus may be performed if considered necessary. There are 5 items to be checked under leucorrhea examination: pH value, vagina cleaning degree, mould and tricomonas, whiff test and clue cell.

③ **Pap smear examination:** The purpose of this examination is to understand the condition of epidermic cells in the cervix and screen for cervical tumor. Colposcope or pathological biopsy can be applied for further examination if suspicion arises.

④ **Pathology and ultrasound examination:** If abnormality is detected during basic examination, then colposcope, pathology and ultrasound checkups maybe required.

⑤ **Exfoliative cytology examination:** It's a key method of cancer screening. It's valuable to the diagnosis of cervical precancerous lesions and early-stage cervical cancer.

⑥ **Ultrasound:** Some doctor may recommend taking ultrasound to check pelvis for early detections of hysteromyoma and ovarian cyst.



Perimenopause Preservation——Help Women Regain Charms

围绝经期维养 让女人重拾魅力

随着中国人口老龄化进程的加快，更年期女性人口的增长速度还将进一步加快。据统计，目前中国更年期女性已达到1.6亿，每年有超过1亿2千万女性深受更年期综合征的困扰。中国的更年期女性人数约占全球的23%，已跃居世界首位。

激素补充需把握“时间窗”

围绝经期标志着女性更年期的开始，一般出现在45-55岁之间，此期间的女性会发生：月经紊乱、阵热潮红、精神障碍、代谢障碍、运动系统退化等，也就是所谓的“更年期综合征”。在我国，长期以来人们的传统观念习惯将更年期看作是衰老的必经之路，是不可逆转的，认为不存在真正有效的治疗方式，往往采取忍耐的态度。

专家指出，围绝经期的健康危害主要是由于卵巢功能衰退，雌激素分泌相应减少导致的。更年期后，卵巢体积缩小，其重量仅为性成熟期妇女卵巢的1/2-1/3。由于卵巢功能退，雌激素缺乏，从而引起全身骨量的迅速下降，血脂代谢紊乱，动脉硬化逐渐形成，最终导致骨质疏松、骨折和心血管疾病的发生。所以说围绝经期是女性补充激素最佳“时间窗”。

谈激素“色”变 盲目拒绝

“在众多患者中，也有不少人一听说要使用激素治疗，马上持反对意见。认为使用激素会对身体不好，特别是会觉得会发胖。”专家说道，“其实，这是大家对激素存有的一个观念性的误区。激素的种类分很多种，如类固醇、氨基酸衍生物、肽与蛋白质类、脂肪酸衍生物等。而我们所说的女性激素和皮质激素是不同的，它的补充并不会造成肥胖。围绝经期的女性，由于卵巢功能退化机体缺乏激素，由此会引发很多健康问题，此时在医生的专业指导下，外缘的给与具有性激素活性的药物，可以纠正性激素不足缓解更年期综合征。目前，医学上多以HRT和DHEA两种激素替代疗法对更年期综合征进行干预和治疗，从而改善围绝经期的不适症状，提高身体机能，延缓衰老进程。”

DHEA补充疗法 科学度过更年期

目前世界上很多发达国家均已推荐在围绝经期早期开始进行激素补充，欧美国家40%以上的更年期妇女在使用激素补充药物。据悉，西方医学专家通过大量临床实验证明：人体许多退行性疾病都与DHEA分泌的减少有关，更年期阶段性欲缺乏、性欲唤起困难及性兴奋水平降低的问题越发明显。李主任介绍“DHEA即脱氢表雄酮，它可以在体内酶的催化下转化为睾酮、雌酮等重要性激素，常被科学家誉



为“青春因子”。DHEA补充疗法可有效提高围绝经期妇女体内睾酮等性激素水平，明显改善更年期综合征，为生活质量带来明显益处。”

静享更年期 需要综合性维养

PLAN 1: 妇科综合治疗

通过专业的检查仪器进行彻底的健康检测，精准筛查找出问题所在。专业医生团队根据检测数据进行系统分析诊疗，为您定制个性化综合治疗方案。

PLAN 2: 肠道功能提升

长期的久坐以及缺乏粗纤维的摄入，容易使食物残渣、防腐剂等滞留体内，形成宿便，产生大量有害细菌，出现便秘、口臭、皮肤晦暗，影响健康和美丽。通过为肠道做SPA即肠道水疗法，将肠道内积存的病毒统统“清洗”干净，预防肠道疾病。洁净肠道的同时起到瘦身美容的作用。

PLAN 3: 卵巢功能维养

有人比喻女性拥有两座花园：表象花园——脸，秘密花园——卵巢。卵巢是女性的性腺，能产生卵细胞和分泌性激素，是女人的生命之源，需用心呵护。通过保健按摩、灸疗等方式对卵巢功能进行科学维养，可有效延缓衰老、驻留青春靓丽。

指导专家：

李蔚范 教授 北京五洲妇儿医院妇科首席专家

Along with the increase of aging population in China, the growth rate of menopausal women population will speed up. According to statistics, the number of menopausal women in China has reached 160 million , among which more than 120 million are suffering from menopausal symptoms. The menopausal women population in China accounts for about 23% of the total in the world. It is higher than that of any other countries.

“Timetable” for the hormone supplement

Female menopause generally starts between 45 to 55 years old. During this period women may encounter problems such as menstrual disorder, flush, mental disorder, dysbolism, degeneration on the movement system, which are the symptoms of menopausal syndrome. In our country, menopause is considered an irreversible aging process without effective treatment methods.

Expert points out that the health problems during menopausal transition is mainly due to the decline of ovarian function and reduction of estrogen secretion. After menopause, the volume of ovarian decreases. Its weight drops to 1/2 to 1/3 of normal level.. Ovarian function degradation and estrogen deficiency may cause the rapid drop of bone weight, lipid metabolism disorder, arteriosclerosis, and eventually lead to osteoporosis, fracture and cardiovascular diseases. Thus, perimenopause is the best time for women to supplement hormone.

Blindly refuse hormone therapy

Many patients refuse it immediately once they hear the name of hormone therapy. They think the use of hormones will have a bad influence on human body, especially causing obesity.

Commentary from Dr. Li: In fact, it is a misperception about hormone. There are many different types of hormone such as steroid, amino acid derivatives, fatty acid derivative, peptide and proteins. The female hormone we talk about is different from cortical hormone, and it will not cause obesity at all.

Perimenopausal women with hormones deficiency and ovarian function degradation may suffer many health problems. If the patients can take medicines with sex hormone under the professional guidance during this period, they would get alleviation to their menopausal syndrome. At present, HRT and DHEA are the most common hormones replacement therapy used clinically to treat menopausal syndrome, enhance body function and slow down the aging process.”

DHEA supplement therapy——manage your menopause scientifically

In many developed countries, hormone supplement is recommended for early stage of menopause. More than 40% of menopausal women in American and European countries are taking hormone supplement medicines. Clinical trials conducted in the western countries show that many degenerative diseases are related to the reduction of DHEA secretion. Certain symptoms become more obvious and severe during the menopause period such as anaphrodisia, sexual dysfunction and low-level in sexual excitation. As introduced by Dr. Li, “ DHEA is dehydroepiandrosterone. It is called "youth factor" by scientists since it turns into some essential hormones such as testosterone and estrone, catalyzed by enzymes in our body. DHEA replacement therapy can effectively enhance sex hormones of perimenopausal women, improve menopausal syndrome and bring a significant benefit to women's life.

Comprehensive preservation ensures a smooth menopause

PLAN 1: Gynecological treatment

Conduct precise screening for problem detection thorough health checkup. The professional medical team can tailor a personalized treatment plan for you based on the test results.

PLAN 2: Improvement on intestinal function

Long-term sedentary and lack of fiber intakes can easily cause the formation of stubborn stool and produce a great quantity of harmful bacteria, leading to constipation, halitosis and dim skin. The intestinal hydrotherapy can remove virus in the intestinal tract and prevent intestinal diseases. At the same time, it will help reduce body weight and rebuild body shape.

PLAN 3: Ovarian function preservation

Some people metaphor that women have two gardens: the exterior one is the face and the private one is ovary. Ovary, as female's gonad, can produce eggs and secrete hormones. It requires intimate care since it is the source of life. Specialists can help you preserve ovarian function and defer senescence through health-care massage and acupuncture.

Panel Specialist

Weifan. Li Chief Gynecologist of GlobalCare Women & Children's Hospital



# "The World and China" Magazine

## 《世界中国》杂志



《世界中国》杂志（前名“欧洲丝绸之路”）由匈籍华人纳吉·麟女士在2006年三月创办。匈牙利前副总理麦杰希·彼得与中国前副总理邹家华担任顾问委员会主席，总部设在被誉为“多瑙河上的明珠”匈牙利。杂志内容主要以文化、艺术、外交、政治、教育为主题，主要栏目包含高端访问、中外建交，合作交流，异国文化等。全刊以图为主，文字为辅。发行量为10000册。

邹家华先生曾为本刊题词，以示肯定与支持。

"The World and China" Magazine, formerly called "European Silkroad" Magazine, has been established in March 2006 by Hungarian citizen Ms. Lin Nagy. Chairmen of its advisory board are Mr. Peter Medgyessy, former Prime Minister of Hungary, and Mr. Zou Jiahua, former Deputy Prime Minister of China. The seat of the magazine is located at the "Pearl of the river Danube", in Hungary. Main headings of the magazine are: culture, art, diplomacy, politics and education, while main topics include: top level interviews, diplomatic relations between China and foreign countries, cooperation and communication, foreign culture etc. The magazine is mostly dominated by photos, text sections play a secondary role in the layout. It is published in 10,000 copies. The calligraphy on its front page was done by Mr. Zhou Jiahua, symbolizing his definite support for the magazine.



发行地区为驻华大使馆，全国各地以及国外部分地区（图为在美国芝加哥机场贵宾室），Distribution points of the magazine comprise embassies in China, offices in China and abroad as well as airport lounges (pictured above is the VIP lounge of Chicago Airport, USA).



英国前首相布莱尔先生为本刊杂志题写英文刊名。  
Former British Prime Minister, Mr. Tony Blair, has written the English language title of the magazine appearing on the front page.



今年1月16日在北京钓鱼台国宾馆荣获公益传播奖，此奖项由中央电视台和中国下一代教育基金联合颁发。特为那些优秀专项基金，公益机构，草根公益社团而设立。

The magazine has been awarded "Communicating Welfare" Prize at Diaoyutai State Guesthouse on January 16 this year. The prize has been jointly established by China Central Television (CCTV) and the Foundation for the Education of the Next Generation. The prize is to honour outstanding foundations, public welfare organizations and grassroots associations active in promoting the cause of public welfare.

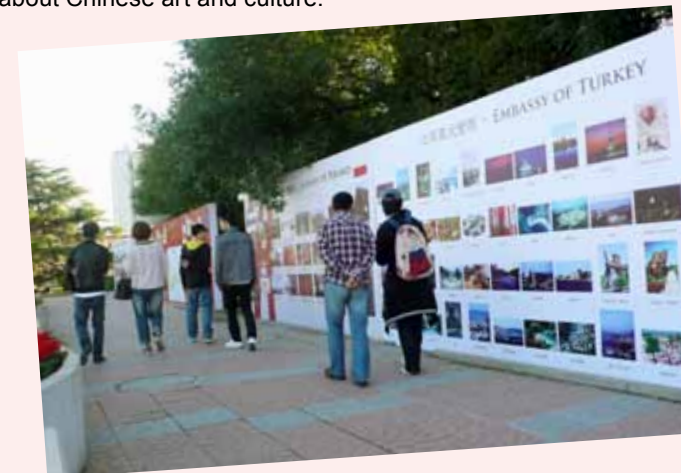
除杂志本身功能之外，杂志社还成功地主办或承办了各类文化活动与商务会议，促进了中西文化交融及经济贸易领域的合作，为世界文化走向中国搭建了有利的平台，为中国文化艺术走向世界起到了极大的推动作用。

Besides publishing the magazine, the Editorial Board is also active in organizing or co-organizing various cultural and business events, thus promoting cultural exchange as well as business and trade cooperation between China and foreign countries. These events serve as effective platforms for introducing foreign culture into China and at the same time render opportunities for the world to learn more about Chinese art and culture.



杂志社在中国北京儿童中心为欧盟举办第二节“我心中的欧洲”青少年画展。时任欧盟副主席魏画展揭幕

The 2nd "Europe in my Heart" Drawing Competition for Children has been organized by the Editorial Board of the magazine for the European Union in Beijing Children's Centre. The exhibition has been opened by Catherine Ashton, Vice-President of European Commission.



2013年在北京最大公园与朝阳区对外友好协会举办第十节朝阳国际风情节。为13个驻华大使馆举办图片展。

Within the framework of the 10th Beijing Chaoyang International Spring Carnival and in cooperation with the Association for Friendly Foreign Relations of Chaoyang District, an exhibition for 13 embassies has been organized by the Editorial Board of the magazine in the largest public park of Beijing in 2013.



在贵州镇远为企业举办2014年国际旅游论坛，出席国家达40多个，9位驻华大使以及前总统和前总理。  
The 2014 Zhenyuan International Tourism Forum has been organized by the magazine for business entities in Zhenyuan City of Guizhou Province. We had more than 40 countries, 9 ambassadors, former president and former prime minister participating at the forum.



由于与个国驻华使馆的密切关系，杂志社至2012年以来为多个地方政府牵线搭桥，建立友好城市。至今为止已为贵州，浙江甘肃省二线城市成功建立友好城市。图为匈牙利小可市与白银市在白银签署友好城市意向书。白银市派代表团回访匈牙利小可市，在市里参观。

Because of the close relation with foreign embassies in China, the magazine since 2012 has also assisted and helped Chinese and foreign local governments in contacting each other, learning each other and establishing sister-city relation with each other. Up until today, the magazine mediated the formation of sister-city relations with local governments of Guizhou, Zhejiang and Gansu provinces. Shown on the photo is the signing ceremony of the agreement on establishing sister-city relation between Kiskunfelegyhaza city of Hungary and Baiyin city of China during the visit of the delegation of Baiyin city to Kiskunfelegyhaza, Hungary.



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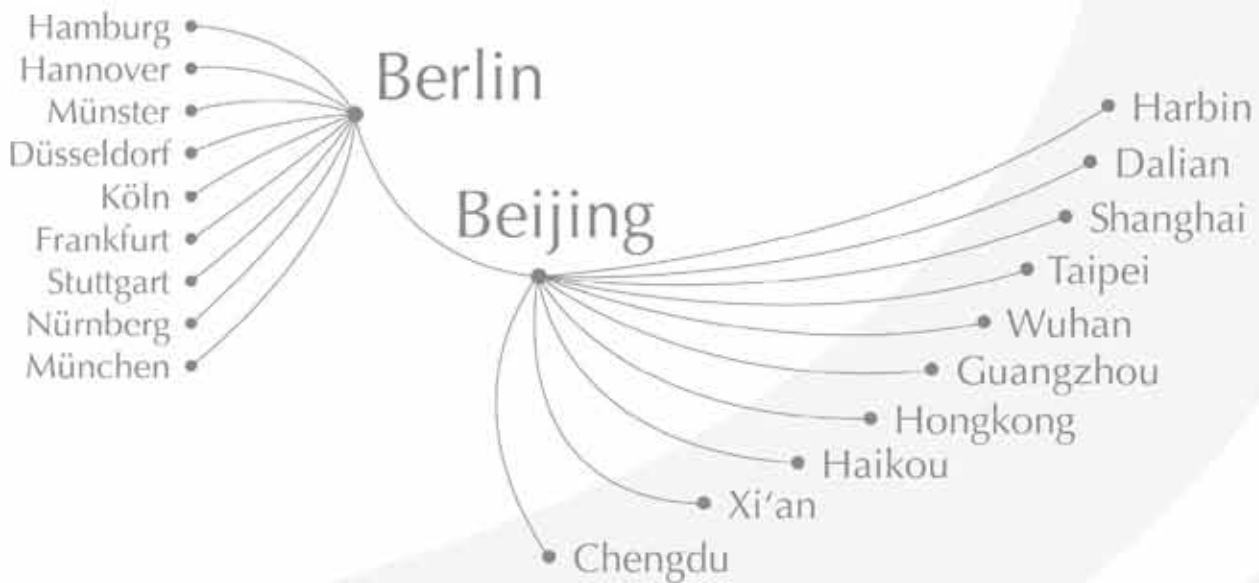
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