

The World and China
世界中国

丝绸之路 SILK ROAD
Setyemüt

外交/文化/旅游杂志
DIPLOMATIC AND TRAVEL MAGAZINE
2020/02 总第085期

**NAMASTE AND
CUPPED HAND SALUTATION
USED AS GREETINGS
TO ELIMINATE TRANSFER OF VIRUSES**



“合十礼、拱手礼”问候
病毒零传播

为世界中国杂志社题
邹家华

中国两国人民
友谊之花常开

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

The World and China.
Tony Blair

2010年11月5日,英国前首相托尼·布莱尔为本刊写英文刊名

Former British Prime Minister Tony Blair wrote the English title of the 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五星级酒店均可读到。

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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(两会受权发布)

全国人大高票通过关于建立健全香港特别行政区维护国家安全的法律制度和执行机制的决定

5月28日下午,十三届全国人大三次会议以高票表决通过《全国人民代表大会关于建立健全香港特别行政区维护国家安全的法律制度和执行机制的决定》。

决定通过时,人民大会堂会场内响起经久不息的热烈掌声。这是“一国两制”实践中具有重大意义和深远影响的大事,充分体现中央维护国家安全的坚强意志和坚定决心,充分体现中央对香港整体利益和香港同胞根本福祉的坚决维护和最大关切。

决定分为导语和正文两部分。导语中指出,第十三届全国人民代表大会第三次会议审议了全国人民代表大会常务委员会关于提请审议《全国人民代表大会关于建立健全香港特别行政区维护国家安全的法律制度和执行机制的决定(草案)》的议案。会议认为,近年来,香港特别行政区国家安全风险凸显,“港独”、分裂国家、暴力恐怖活动等各类违法活动严重危害国家主权、统一和领土完整,一些外国和境外势力公然干预香港事务,利用香港从事危害我国国家安全的活动。为了维护国家主权、安全、发展利益,坚持和完善“一国两制”制度体系,维护香港长期繁荣稳定,保障香港居民合法权益,根据《中华人民共和国宪法》第三十一条和第六十二条第二项、第十四项、第十六项的规定,以及《中华人民共和国香港特别行政区基本法》的有关规定,全国人民代表大会作出决定。

决定正文部分共7条。

决定阐明国家坚定不移并全面准确贯彻“一国两制”、“港人治港”、高度自治的方针;强调采取必要措施建立健全香港特别行政区维护国家安全的法律制度和执行机制,依法防范、制止和惩治危害国家安全的行为和活动。

决定阐明国家坚决反对任何外国和境外势力以任何方式干预香港特别行政区事务,采取必要措施予以反制。

决定明确规定维护国家主权、统一和领土完整是香港特别行政区的宪制责任;强调香港特别行政区应当尽早完成香港基本法规定的维护国家安全立法,香港特别行政区行政机关、立法机关、司法机关应当依据有关法律规定有效防范、制止和惩治危害国家安全的行为和活动。

决定明确规定香港特别行政区应当建立健全维护国家安全的机构和执行机制;中央人民政府维护国家安全的有关机关根据需要在香港特别行政区设立机构,依法履行维护国家安全相关职责。

决定明确规定香港特别行政区行政长官应当就香港特别行政区履行维护国家安全职责、开展国家安全教育、依法禁止危害国家安全的行为和活动等情况,定期向中央人民政府提交报告。

决定授权全国人大常委会就建立健全香港特别行政区维护国家安全的法律制度和执行机制制定相关法律,切实防范、制止和惩治任何分裂国家、颠覆国家政权、组织实施恐怖活动等严重危害国家安全的行为和活动以及外国和境外势力干预香港特别行政区事务的活动。决定明确,全国人大常委会决定将上述相关法律列入香港基本法附件三,由香港特别行政区在当地公布实施。

决定自公布之日起施行。



The National People's Congress' Decision on Hong Kong

The National People's Congress voted to approve the decision to establish and improve the legal system and enforcement mechanism of the Hong Kong Special Administrative Region to maintain national security.

On the afternoon of May 28th, the Third Session of the 13th National People's Congress passed the "Decision of the National People's Congress on Establishing and Perfecting the Legal System and Enforcement Mechanism of the Hong Kong Special Administrative Region to Maintain National Security" by a high majority.

When the decision was passed, an endless, warm applause filled the Great Hall of the People. This was a major event of great significance and with a far-reaching impact on the practice of "one country, two systems", fully reflecting the central government's strong will and firm determination to maintain national security, and fully embodying the central government's resolution and great concern for the overall interests of Hong Kong and the fundamental well-being of Hong Kong compatriots.

The decision is divided into two parts: introduction and body. The introduction pointed out that the Third Session of the Thirteenth National People's Congress considered the decision of the Standing Committee of the National People's Congress to establish and improve the legal system and enforcement mechanism of the Hong Kong Special Administrative Region to maintain national security. The meeting held that in recent years, the national security risks of the Hong Kong Special Administrative Region have become prominent. Various illegal activities such as "independence of Hong Kong", dividing the country, and violent terrorist activities have seriously endangered the sovereignty, unity, and territorial integrity of the country. Some foreign forces have blatantly interfered in Hong Kong's affairs and used Hong Kong to engage in activities that endanger China's national security. In order to safeguard national sovereignty, security, and development interests, uphold and improve the "one country, two systems" principle, maintain Hong Kong's long-term prosperity and stability, and protect the legitimate rights and interests of Hong Kong residents, according to Articles 31 and 62 of the Constitution of the People's Republic of China, the National People's Congress made a decision on the provisions of Item 2, Item 14 and Item 16, as well as the relevant provisions of the Basic Law of the Hong Kong Special Administrative Region of the People's Republic of China.



A total of 7 texts were approved.

Decided to clarify the country's unwavering, comprehensive and accurate implementation of the policies of "one country, two systems", "Hong Kong people ruling Hong Kong", and a high degree of autonomy and emphasized the necessary measures to establish and improve the legal system and enforcement mechanism of the Hong Kong Special Administrative Region to maintain national security, prevent, suppress, and punish, in accordance with the law, acts and activities that endanger national security.

The decision stated that the country is firmly opposed to any foreign forces interfering in the affairs of the Hong Kong Special Administrative Region in any way, and taking the necessary measures to counter it.

The decision clearly stipulates that the maintenance of national sovereignty, unity and territorial integrity is the constitutional responsibility of the Hong Kong Special Administrative Region. It emphasizes that the Hong Kong Special Administrative Region should complete the national security legislation provided by the Hong Kong Basic Law as soon as possible. The administrative, legislative and judicial organs of the Hong Kong Special Administrative Region should effectively prevent, suppress and punish acts and activities that endanger national security.

The decision clearly stipulates that the Hong Kong Special Administrative Region shall establish and improve institutions and enforcement mechanisms for safeguarding national security. The relevant organs of the Central People's Government for safeguarding national security shall establish agencies in the Hong Kong Special Administrative Region as necessary to perform duties related to safeguarding national security.

The decision clearly stipulates that the Chief Executive of the Hong Kong Special Administrative Region shall regularly submit reports to the Central People's Government on the situation of the Hong Kong Special Administrative Region performing its duties of maintaining national security, conducting national security education, and prohibiting acts and activities that endanger national security according to the law.

Decided to authorize the Standing Committee of the National People's Congress to formulate relevant laws on the establishment and improvement of the Hong Kong Special Administrative Region's legal system and enforcement mechanism to safeguard national security, and effectively prevent, stop and punish any acts that severely endanger national security, such as splitting the country, subverting the state power, organizing terrorist activities or activities of foreign forces interfering in the affairs of the Hong Kong Special Administrative Region. The decision was clear. The Standing Committee of the National People's Congress decided to include the above-mentioned relevant laws in Annex III of the Hong Kong Basic Law, which will be announced and implemented by the Hong Kong Special Administrative Region.

The decision shall be implemented as of the date of promulgation.



匈牙利前总理谈两会

Former Hungarian Prime Minister on the Two Sessions

2020年中国两会的召开，受到了全世界的广泛关注。5月22日，匈牙利前总理迈杰希在接受总台记者采访时表示：两会的召开，是疫情得到控制的标志。他对中国经济的快速恢复充满信心。

迈杰希对政府工作报告中关于疫情的防控成果深表赞同。他表示：中国全国上下团结一心，采取果断的防控措施，展现出中国社会高效的疫情管理能力。他认为中国（抗击疫情）取得成功的关键在于中国领导层全力投入抗疫，民众的自律性这非常重要。必要且高效的采取措施，以及中西医结合的治疗方法。

迈杰希认为政府工作报告中关于一季度经济负增长的表述是客观准确的，这是中国为抗击疫情付出的巨大代价。但中国经济充满活力，他对中国经济的快速恢复充满信心。经济负增长的原因是疫情，而我可以肯定的说：中国可以从目前的形势中恢复过来，我对此充满信心。

The 2020 opening of the two sessions has drawn the attention of the whole world. The fact that the two sessions were convened can be seen as a sign signaling that the epidemic is now under control, said former Prime Minister of Hungary, Dr. Peter Medgyessy during an interview he gave to the Chinese Central Television on 22 May. He is also very confident that the Chinese economy will quickly recover from the downturn.

He endorsed the results of the pandemic control measures described in the government report and added that the Chinese people acted in unity and in unison during the implementation of the protective actions to contain the virus and demonstrated the strong capability of the Chinese society to manage an epidemic situation. He attributed the success to the all-out efforts and special devotion of the leaders as well as to the strong self-discipline of the people. The highly effective integrated application of Chinese and Western medicine has also played a decisive role in combating the virus.

Dr. Medgyessy sees the negative economic growth in the first quarter as an objective and reliable data. This is an enormous price paid by China during the fight against the virus. However, the Chinese economy is quite robust hence he believes that the economic data will rebound very quickly. The economic slump was due to the epidemic, but China is capable to turn over the current tide and will recover fast, he added.



The World Staying Strong 世界加油 全球战“疫” in the Global Epidemic

意大利 德国 西班牙 美国
法国 加拿大
伊朗 韩国
日本



乌拉圭驻华大使
Ambassador of Uruguay
费尔南多·卢格里斯
Fernando LUGRIS

The views of the Uruguayan Ambassador to China on the Epidemic Situation 乌拉圭驻华大使对疫情的看法

China.org.cn recently conducted a video interview with Fernando LUGRIS, Uruguay's Ambassador to China, about the COVID-19 outbreak. He noted that the virus is a collective challenge to humankind and, as such, thinks that international cooperation is the key to ending the pandemic. The transcription of the interview appears below.

Fernando LUGRIS, Uruguay's Ambassador to China:

As ambassador of Uruguay to China, I would like to refer to the ongoing pandemic that we are all fighting against worldwide. I believe that this is a great opportunity to foster international cooperation. International cooperation is the key to undertake the right measures to fight against this pandemic. I would like to underline the role of the WHO as an important institution that is monitoring the evolution of the pandemic worldwide.

China and Uruguay support the United Nations. We support our international system and we strongly support the WHO's actions. Also, at the regional level, we are very thankful for the support China is giving to the Latin American and Caribbean countries that we belong to, the CELAC countries. We just had a video conference to learn from the experiences here in China.

The bilateral cooperation is also a key. It is a key because we were one of the first countries to send donations to China when the situation was very severe in this country. Now we are receiving very important donations in order to contribute to our fight against the pandemic back home in Uruguay.

This is not a time for blaming. This is a time for acting as humankind, all together. Because this is an issue that confronts us and challenges us as humankind.

The community of a shared future for mankind is an element that is absolutely central to the Chinese philosophy and to the Chinese diplomacy. The global efforts in this war against this ongoing pandemic only show how important international cooperation is and how united we are. We need to continue to work at the UN level, on the China-CELAC level and bilaterally. In order to confront not only this specific issue of the ongoing pandemic, but also to work together for a better future for our peoples, with sustainable development and protection of the environment at the forefront and with combatting climate change and poverty.

近日，乌拉圭驻华大使费尔南多·卢格里斯在接受中国网记者专访时表示，新冠肺炎疫情是全人类共同面临的问题和挑战，国际合作是抗击疫情的关键。乌拉圭非常感谢中国对拉丁美洲和加勒比国家的援助。

作为乌拉圭大使，我想就全球抗击新型冠状病毒感染的肺炎疫情谈谈我的看法：现在是一个加强国际合作的好机会，国际合作是采取正确措施抗击新冠肺炎疫情的关键。我想在此强调，世卫组织作为重要的国际机构，在监测新冠肺炎疫情全球蔓延演变方面起到了重要的作用。中国和乌拉圭都支持联合国的决策，认同现有的国际体系。并坚决支持世卫组织的行动。在区域层面，乌拉圭非常感谢中国对拉丁美洲和加勒比国家的援助。我们前不久刚刚参加了一个视频会议，学习中国的经验，双边合作非常重要，中国受疫情影响严重的时候，乌拉圭是第一批向中国进行捐赠的国家之一。如今，我们也得到了中国的捐赠，以抗击乌拉圭国内的疫情。现在不是指责的时候，而是全世界共同行动的时刻。因为这是全人类共同面临的问题和挑战。

人类命运共同体是中国哲学和中国外交的核心内容。全球面对此次疫情所做出的努力，向我们证明了国际合作的重要性。也表示出了各国的团结一致。各国需要在联合国层面合作，在中国——拉美和加勒比国家共同体层面展开双边合作。我们这样做不仅是为了战胜此次疫情，也是为了给各国人民创造一个更加美好的未来。包括促进可持续发展、保护环境、合理应对气候变化和贫困问题。

“All countries should learn from China to work together, unswervingly and overcome difficulties together”



秘鲁前驻华大使：
“各国应向中国学习齐心协力、
坚定不移、共克时艰”



LUCHA MUNDIAL CONTRA LA COVID-19
Exembajador de Perú en China
comparte su visión
全球抗“疫”进行时

前秘鲁驻华大使
Ex Embajador del Perú en China
胡安·卡洛斯·卡普纳伊
Juan Carlos Capuñay

Perú esta enfrentando al igual que otros países del mundo, el problema del coronavirus. Es una emergencia nacional y una emergencia mundial que requiere de nosotros que trabajemos de manera conjunta y unidos. Ese es el procedimiento que estamos llevando adelante. Estamos ahora en una situación de cuarentena que ha sido extendida por 15 días mas, pero estoy seguro de que vamos a salir adelante. Lo que me preocupa es que va a pasar después, como va a ser la economía después de esta crisis sanitaria, cual va a ser el resultado de esta crisis sanitaria en términos económicos. Eso es algo que creo que tendría que verse y examinarse, no solo para el caso de Perú sino para mas adelante.

Desde el inicio de esta crisis sanitaria, Perú recibió el apoyo y la ayuda de instituciones internacionales como la Organización Mundial de la Salud, y de países amigos como es el caso de China. Este apoyo ha sido importante para que nosotros podamos diseñar el camino y contar con los medios para poder hacer frente a las consecuencias, no solamente ahora, sino principalmente a las consecuencias a futuro que va a tener esta crisis sanitaria. Este apoyo de China no solamente ha sido un apoyo gubernamental, sino también de pueblo a pueblo, y lo mas importante es que las instituciones de la comunidad china en Perú se organizaron y ya han creado un mecanismo de apoyo tanto a las autoridades responsables del orden en la ciudad como a las zonas mas afectadas del país.

Dentro de las medidas adoptadas por el Gobierno chino, yo creo que hay una lección que todos debemos aprender: es que se debe trabajar de manera conjunta, de manera decidida, con orden y, principalmente, con una clara voluntad de trabajo. Yo creo que esto va a permitir que la humanidad pueda salir adelante de esta crisis.

Es importante también, la propuesta del presidente chino a la reunión virtual online del G20, no solamente en lo que se refiere a las medidas para mitigar el problema ahora, sino lo que se debe hacer a futuro.

Esta cooperación y actitud del gobierno chino en el caso de América Latina, ya viene teniendo resultados, por ejemplo, en las buenas practicas compartidas durante la conferencia de médicos chinos con médicos de América Latina para poder nosotros aprender como salir adelante de este problema. Yo creo que la experiencia de China será muy importante para el mejoramiento del combate contra el coronavirus.

Ex Embajador del Perú en China
Juan Carlos Capuñay

前秘鲁驻华大使 胡安·卡洛斯·卡普纳伊在接受采访时说：和其他国家一样，秘鲁正在面临新冠病毒的威胁，这是一场国家级别的，更是一场世界级别的紧急事件。需要我们团结起来，共克时艰，这也是我们现在正在做的。秘鲁对人民居家隔离的时间要求又延长了15天，但是我相信一切都会过去，我担心的反而是疫情过后经济将如何运转，经济领域会受到这场疫情多大的影响、社会领域又会受到怎样的影响。我认为：这不仅仅是秘鲁，更是全球即将面临的考验。

疫情伊始，秘鲁便受到了世界卫生组织等国际组织的支持与帮助，也受到了很多友国例如中国的帮助，这些援助对于我们很重要，有利于我们研判继续前进的道路。以及制定措施以便应对。目前疫情以及今后疫情带来的问题，来自中国的援助不仅仅是政府级别的，还有民间自发的，更重要的是：在秘鲁的华人华侨，组织并建立了援助机制帮助有关当局以及疫情严重地区客服困难。

在中国采取的应对疫情的措施中，我觉得有一点我们都应该学习，那就是应该齐心协力、组织有序、坚定不移的开展工作。我认为只有这样：人类才能克服苦难勇往直前，还有一点很重要就是中国国家主席在G20特别峰会上发出的倡议不仅仅是为了战胜病毒，更是对未来的要求。中国政府的合作与态度卓有成效的体现在多处。比如中拉医生会议，共同研讨如何战胜疫情，拉美医生收获良多。我认为中国的经验对抗击疫情将会产生重要作用。

前秘鲁驻华大使
胡安·卡洛斯·卡普纳伊



How does China "cheat" the world?



一名瑞典女孩在“脸书”发文： 中国是如何“欺骗”世界的？

A Swedish girl, Amy Bromquist, has been living in Ningbo, Zhejiang province since 2012. She just wanted to share this content with her family, let them know about China and the actual situation.

4 months ago

China: it is established that a new virus is spreading. If you have nothing important, try not to go out. If you go out, you must wear a mask. National shutdown and blockade.

Europe and America: don't believe them. It's just a flu. They are trying to control personal freedom. There is no need to wear masks.

Asia: let's take measures to restrict entry to public places by making masks compulsory.

3 months ago

China: a makeshift hospital is built to avoid overburdening the medical system.

Europe and America: this is a concentration camp. They kill people in it. Don't believe them!

Asia: we should keep a safe social distance.

2 months ago

China: the virus can be spread through close physical contacts. We are facing a large number of patients, medical supplies and medical staff shortage. We need support.

Europe and America: see how backward they are. They don't even have enough personal protective equipments for their doctors and nurses. So they make everyone wear masks, even block the whole country and stop the economic operation. This is obviously a wrong move, a group of fools.

Asia: what will those European and American countries do?

More than 1 month ago

China: the epidemic is stabilized and people are slowly returning to their jobs.

Europe and America: liar! The data we see from Italy is obviously inconsistent with the data from China. China must have killed millions of people, and it must still be spreading.

Asia: why do they say masks don't work?

1 month ago

China: man, what happened? How did the epidemic get out of control? What about hospitals? Why don't you just sit there and blame me for three months and do nothing?

Europe and America: you have never told us how dangerous this virus is. You have been misrepresenting the data.

China: you never believe me, don't you? When I say it's a big problem, you insist it's just a little flu. Why do you think millions of people died in China? If you think so, doesn't that mean it's a highly dangerous virus? And you should be ready! How can you believe that while I have so many people dead, I still don't realize the danger of the virus?

Europe and the United States: in a backward country like you, there is only one major thing. People there are poor and unhygienic, and medical services are still in the 1950s. Your government should cover up the facts for fear of panic, which should not affect an advanced country like ours.

China: but now the virus is killing your people. Now, if you act, you may try your best to turn the tide.

Europe and America: it's too late for us to do anything now. Someone died. Maybe we can fight against the virus through group immunity. And you have to take full responsibility.

Now

The world: we need China's help, masks, respirators, protective clothing and other medical supplies.

China: I will do my best.

Europe and the United States: you have ulterior motives. You want to take the opportunity to expand your influence. Your data is fake. Obviously many people died. Our high-tech medical system proves that viruses cannot be defeated by such low number of lost lives.

Asia: what about all our data? Our data is lower than that of China!

UK: I want to sue you and hold you fully responsible for the loss of billions of pounds!

In the face of the epidemic, people all over the world can see the attitude of China and some Western countries.

Who on earth is lying?

这位瑞典小姐姐名叫艾米·布罗姆奎斯特，自2012年就居住在浙江宁波，她写这个内容，只是想和家人分享，让家人认识中国，了解实际的情况。

4个月前

中国：发现一种新病毒正在传播，大家没事尽量不要出门，如果出门一定要戴口罩。全国停工、封锁。

欧美：不要相信他们，只不过是流感罢了。他们这是试图控制人身自由，根本没必要戴口罩。

亚洲：让我们采取措施，大家戴口罩，限制入境。

3个月前

中国：开始建方舱医院，以免医疗系统不堪重负。

欧美：这是一个集中营，他们在里面杀人，不要相信他们！

亚洲：我们要注意保持安全社交距离。

2个月前

中国：这种病毒可通过肢体接触近距离传播，我们正面临着大量的病人，医疗物资和医护人员紧缺，我们需要支援。

欧美：看看他们是多么落后，甚至没有足够的个人防护用品给他们的医生和护士，所以他们让每个人戴口罩，甚至封锁了整个国家，停止了经济运行，这明显是错误的举动，一群傻子。

亚洲：那些欧美国家会做些什么吗？

1个多月前

中国：疫情趋于稳定，人们正慢慢回到各自的工作岗位。

欧美：骗子！我们从意大利看到的数据，显然和来自中国的数据不符，中国一定死了数以百万计的人，它一定还在传播。

亚洲：为什么他们说口罩没用？

1个月前

中国：哥们，发生了什么，疫情怎么失控了？医院呢？为什么你不采取隔离措施，只是坐在那里指责了我三个月，什么也不做？

欧美：你们从来没有告诉我们这种病毒有多危险，你们一直在虚报数据。

中国：你从来不相信我，不是吗？当我说这是一个大问题，你坚持称这只是一个小流感。你为什么认定中国有数以百万计的人死了？如果你这么认为，这不正意味着它是一种高度危险的病毒？而你，早该做好准备！你怎么能一边相信我这死了那么多人的同时，却又认识不到病毒的危险？

欧美：像你这样落后的国家，只有一件大事，那里的人贫穷、不卫生，医疗服务仍处于50年代，你们的政府掩盖事实，怕引起恐慌，这不应该影响我们这样先进的国家。

中国：但现在病毒正在杀死你的人民，现在行动，你还有可能力挽狂澜。

欧美：我们现在做什么来都来不及了，有人死了。或许我们可以通过群体免疫实现对抗病毒。而你，必须承担全部责任。

现在

世界：我们需要中国的帮助，需要口罩、呼吸机、防护服等医疗物资。

中国：我将尽我所能。

欧美：你别有用心，你想借机扩大影响，你的数据造假，明明死了很多人。我们的高科技医疗系统证明病毒不可能被这么小的数据打败。

亚洲：我们所有的数据呢？我们的数据比中国低！

英国：我要起诉你，让你负全责，赔款数十亿英镑！

中国和西方某些国家，在面对这次疫情的态度上，全世界人民都是有目共睹的。

那到底是谁在说谎？

Chinese mottoes on anti-epidemic materials sent as aid to the world

中国在援助世界的抗疫物资上的标语

When China donates materials to various countries in the world, the text on the labels sent to each country is different, representing good intentions and conveying friendship.

Aid to France

"Friendship from a thousand mile, strong as a gold nugget".

This old Chinese saying implies that even if you are thousands of miles away, you can make good friends with one another, a firm friendship, comparable to a gold nugget.

Aid to Germany

"Mountains do not meet mountains, but people do meet people".

It means that although we are at different places, we can still watch and help each other and communicate with each other.

Aid to Italy

"Sea of clouds welcome the rising sun, the spring reaches the end of the world".

This sentence combines the first and last line of a poem written for the Italian missionary Matteo Ricci by Li Rihua, a writer of the late Ming Dynasty.

Aid to Serbia

"Iron friends going together in good and bad".

Aid to Korea

"Reflection of the liver and gallbladder like reflection of the cold moon in an ice kettle".

Part of a poem written by Xu Jun, an ancient Korean poet, implying that the liver and the gallbladder are in harmony and support each other.

Aid to Africa

"When people are determined they can overcome anything".

This sentence, pasted onto the materials sent to Africa to fight the pandemic, comes from the late South-African President, Nelson Mandela and was translated to Chinese as "if hearts unite they can move the Tai mountain".



Aid to France
援助法国



Aid to Germany
援助德国



Aid to Italy
援助意大利

中国在向世界各国捐赠物资时，发往每个国家物资上的文字皆不相同，代表了我国的心意和传递这份友情。

援助法国

——“千里同好、坚于金石”

这句中文古语寓意，交友得道，即使千里之远也可同心交好，情谊坚定、堪比金石。

援助德国

——“山和山不相遇 人和人要相逢”

意思是，虽然身处在不同的地方，但还是可以守望相助，彼此互相来往交流。

援助意大利

——“云海荡朝日 春色任天涯”

这句出自晚明文学家李日华赠意大利传教士利玛窦的诗的首句和尾句。

援助塞尔维亚

——“铁杆朋友 风雨同行”

援助韩国

——“肝胆每相照、冰壶映寒月”

用的是韩国古代诗人许筠写下的诗句，寓意肝胆相照、相扶相济。

援助非洲

——“人心齐 泰山移”

"When people are determined they can overcome anything"——运抵非洲的“抗疫”物资上贴着南非已故前总统曼德拉的名言，并翻译成中文谚语“人心齐，泰山移”。



Aid to Serbia
援助塞尔维亚



Aid to South Korea
援助韩国



Aid to Africa
援助非洲



Chinese medical materials arrived in Athens

中国医疗物资运抵雅典

On the morning of March 21, an Air China plane arrived in Athens International Airport and delivered 18 tons of medical materials to Greece. Part of the cargo was 8 tons of medical supplies provided by the Chinese government including among others 550,000 masks and surgical masks, medical goggles, gloves and shoe covers. The remaining 10 tons of medical materials arrived as a donation from Chinese enterprises and organizations.

Representing the Chinese government, Chinese Ambassador to Greece Zhang Qiyue handed over medical supplies to Greek State Minister Georgios Gerapetritis, Health Minister Vasilis Kikilias, and Vice Foreign Minister Miltiadis Varvitsiotis.

“Our country thanks the Chinese government and all those who have contributed,” said Health Minister Kikilias.

“These medical materials are in short supply all over the world,” Kikilias told Greek media.

“The Greek Ministry of health is engaged in a huge campaign in acquiring medical materials. The materials delivered today are deemed to be a very significant contribution. We will continue to work hard to provide equipments for our hospitals.”

Zhang Qiyue, Chinese Ambassador to Greece, said that China will make every effort to help the Greek friends in the spirit of solidarity and friendship. She also praised the Greek government for taking “timely and robust” measures to prevent the spread of the new corona virus. To quote Aristotle, she said, “What



is a friend? A true friend is a soul conceived in two bodies.” Zhang Qiyue also thanked the Greek government for its strong support in China’s fight against the new virus, and welcomed the “timely and powerful” efforts and measures taken by the Greek government. She also referred in particular to the letter of support written by Prokopios Pavlopoulos, former President of Greece, and Kyriakos Mitsotakis, Prime Minister of Greece, during the fight against the epidemic in China.

Ambassador Zhang Qiyue also mentioned the support provided by Chinese enterprises, such as COSCO Shipping, State Grid, Bank of China, Industrial and Commercial Bank of China, Huawei, etc., which have helped the Greek society in their own ways.

Deputy Minister Miltiadis Varvitsiotis said that the materials arrived today are extremely scarce in the European market and are crucial to the current work in epidemic control and prevention. Greece sincerely thanks the Chinese government and enterprises for their help.

3月21日上午，中国国航一架飞机抵达雅典国际机场，向希腊运送了18吨医疗物资。其中，中国政府提供的8吨医疗物资包括55万个口罩和外科口罩、医疗护目镜、手套、鞋套等。中国企业和组织还捐赠了10吨医疗物资。

中国政府通过中国驻希腊大使章启月向希腊国务部长杰拉佩特里蒂斯（Georgios Gerapetritis）、卫生部长基基利亚斯（Vasilis Kikilias）、外交部副部长瓦维齐奥蒂斯（Miltiadis Varvitsiotis）移交了医疗物资。

卫生部长基基利亚斯说：“我们国家感谢中国政府 and 所有做出贡献的人。”基基利亚斯对希腊媒体表示：“这些（医疗）物资在全球范围内十分短缺，希腊卫生部正在进行一场巨大的（医疗）物资获取战，今天运送的（医疗物资）是一次非常‘重大的举措’，我们将继续努力为我们的医院提供设备。”

中国驻希腊大使章启月表示，中国将本着团结和友谊的精神，尽一切努力帮助希腊朋友。她还赞扬希腊政府采取了“及时和强有力的”措施来防止新冠病毒的传播。引用亚里士多德的话，她说：“什么是朋友？真正的朋友，是一个灵魂孕育在两个躯体里。”章启月还感谢希腊政府在中国抗击新冠病毒过程中给予的大力支持，并对希腊政府采取的“及时、有力”的努力和措施表示欢迎。她还特别提到希腊前总统帕夫洛普洛斯（Prokopios Pavlopoulos）和希腊总理米佐塔基斯（Kyriakos Mitsotakis）在中国抗击疫情过程中所写的支持信。

章启月大使还提到了中国企业的支持，如中远海运、国家电网、中国银行、中国工商银行、华为等，这些企业都以自己的方式为希腊社会做出了贡献。

瓦维齐奥蒂斯（M. Varvitsiotis）常务副部长表示，今天运抵的物资都是欧洲市场上奇缺的关键防控物资，对于希腊当前的疫情防控至关重要，希方真诚感谢中国政府和企业的鼎力相助。





Calamity and common boat

患难与共 同舟共济



On the morning of March 16, a donation and handover ceremony of love and anti epidemic materials raised by a group of Chinese who worked in Iran for a long time was held at the Iranian Embassy in China.

Iran's Ambassador to China H.E. Mr. Keshavarzadeh and trade counsellor Mr. Hani Adler attended the donation ceremony. Mr. Keshavarzadeh said that at the beginning of the outbreak of the new corona virus epidemic in Hubei Province, the Iranian government and people donated anti epidemic materials to China in time and supported China's anti epidemic actions morally.

"Today, the anti epidemic materials donated by Chinese friends are even more precious, fully reflecting the profound brotherhood between the two peoples." He raised his arms and shouted: Go strong Iran! Go strong China!

In his speech, Lu Changjin, a representative of the event's sponsor and former trade counsellor of the Chinese Embassy in Iran, said that the virus knows no borders and that the epidemic is now spreading rapidly in Iran, which is also felt by the Chinese people.

He said that we, as Chinese people who have worked in Iran for a long time and cherished Persian

3月16日上午,由一批长期在伊朗工作过的中方友好人士自发组织的爱心防疫物资捐赠交接仪式在伊朗驻华使馆举行。

伊朗驻华大使克沙瓦尔兹扎德及经商参赞汉尼·阿德勒出席捐赠仪式。克沙瓦尔兹扎德表示,中国湖北新冠疫情爆发之初,伊朗政府和人民及时向中国捐赠了防疫物资,在道义上支援了中国的抗疫行动。

"今天,中方友好人士个人捐赠的防疫物资更显珍贵,充分体现了中伊两国人民之间深厚的兄弟情谊。"他振臂高呼:伊朗加油!中国加油!

活动发起者代表、前中国驻伊朗大使馆经商参赞路长金在致辞中表示,病毒无国界,疫情如今在伊朗迅速蔓延,中国人民对此感同身受。

他谈到,作为曾经在伊朗长期工作和身怀波斯情谊

friendship, have been closely following the outbreak of the Iranian epidemic.

The initiative for collecting relief materials for Iran was launched by Lu Changjin, Zhang Shiping, former President of Iran's Chinese Chamber of Commerce and Vice President of North International, Yu Bo, former Trade Secretary and Li Jianguo, journalist of China Radio International.

The fundraiser received a positive response. As of March 11, a total of 55 people had raised funds and purchased 300,000 medical masks, 2000 sets of medical protective clothing, 4800 protective glasses, 4200 nucleic acid detection reagents and 280 infrared thermometers, totalling 219 boxes of disaster relief materials.

Lu Changjin said that "although time is pressing and the amount of the donated materials is limited, we sincerely hope that the Iranian government and people can overcome the epidemic as soon as possible and return to a normal and ordinary life as early as possible." He stressed that the Chinese people will not forget the precious support given by the Iranian government and people under the most difficult circumstances. "I hope that the help provided by the Chinese government and people from all walks of life can help the Iranian people to overcome the epidemic."

的中方友好人士,伊朗疫情暴发以来,他们一直密切关注。

据了解,3月7日,路长金与原伊朗中资企业商会会长、北方国际副总裁张世平、原经商处秘书余波、中国国际广播电台记者李建国等联合发起了向伊朗募捐救灾物资的倡议。

募捐活动得到了积极响应。截止3月11日,共收到55人的善款,购买了30万个医用口罩、2000套医用防护服、4800个防护眼镜、4200人份核酸检测试剂、280个红外体温计,合计219箱救灾物资。

路长金表示,虽然时间紧迫,捐赠物资数量有限,但我们真心希望伊朗政府和人民能够尽快战胜疫情,尽快过上正常有序的生活。他强调,"滴水之恩,当涌泉相报",中国人民不会忘记在最困难的情况下,伊朗政府和人民所给予的宝贵支持。希望中国政府和各界人士提供的帮助,能够助力伊朗人民战胜疫情。



Present of the Chinese Embassy in Hungary 中国驻匈牙利大使馆捐赠

Wang Zheng, Counsellor of the Cultural and Education Section of the Chinese Embassy in Hungary, visited the Chinese short track speed skating youth team at the ice training center in Budapest and presented the team with disinfecting hand sanitizers, disinfection wipes and other epidemic prevention materials.

Wang Zheng first talked about the current situation of COVID-19 in Europe and the epidemic prevention methods used. Wang Zheng said that the pandemic in Europe is on the rise, the team must pay attention to improve self-protection and do a good job regarding disinfection and protection. He added that the embassy and the country will always be strongly backing the team.

Team leader Zhang Yanmei, on behalf of the whole team, expressed her thanks to the embassy for its care and support and said that the team will seize the precious training time, prevent sickness, make preparations for the competition, cherish the opportunity and successfully accomplish its mission.

The youth team, made up of 19 young athletes aged 14 to 19, has trained intensively in Hungary twice for nearly half a year since the end of the selection process in June 2019 and has participated in a series of competitions at home and abroad in the season.

当地时间4日,中国驻匈牙利大使馆文化教育处参赞王峥到布达佩斯冰上训练中心,看望正在外训的中国短道速滑青年队,并向队伍赠送了尤为紧缺的消毒洗手液、消毒湿巾等防疫物资。

王峥首先向队伍介绍了欧洲新冠肺炎疫情现状和防疫方法。王峥表示,欧洲疫情正呈上升趋势,队伍务必注意提高自我保护意识,做好消毒、防护工作。他还表示,大使馆和国家永远是队伍坚强的后盾。

领队张艳梅代表全队向大使馆的关心和支持表示感谢,并表示,队伍将抓紧宝贵的训练时间,防疫情、保备战,珍惜机会,不辱使命。

青年队由19名年龄在14岁至19岁的青年运动员组成,自2019年6月结束选拔至今,已在匈牙利进行了两次、近半年的集中训练,并参加了本赛季国内外系列比赛。



王峥参赞(左二)与青年队高水平运动表现总监张晶(右一)讨论沟通。中国驻匈牙利大使馆赠送短道青年队的防疫物资。

Counsellor Wang Zheng (second from left) in talk with Zhang Jing (first from right), Director responsible for high-level sports performance of the youth team. Anti-epidemic materials for the short track youth team presented by the Chinese Embassy in Hungary.



张晶(上排右)与匈牙利奥运冠军刘少林(上排中)指导中国青年队运动员陆地训练。

Zhang Jing (right in the top row) and Hungarian Olympic champion Liu Shaolin (middle in the top row) instruct an athlete of the Chinese youth team during a strength training.

COVID-19 has given birth to popular global greetings

新冠病毒扩散 催生了新流行全球的问候方式

Namaste 合十礼



The greeting called "namaste", also known as the "salutation with palms" has its roots in the etiquette of ancient India. Buddhist monks used this style of salutation every day and took it to several other countries as a normal way of greeting. For a namaste, one should close one's palms of the two hands in front of the chest and keep the ten fingers closed to show piety and respect.

Depending on the social status, the posture of salute may vary accordingly. Namaste is quite popular in Thailand, Myanmar (Burma), Laos, Cambodia, Nepal and some other Buddhist countries. Namaste came from India, it was first used between Buddhist monks and then was gradually adopted as a general greeting form. In Thailand, when we do namaste we close the two palms of our hands in front of the chest with all the fingers closed, slightly bend forward, lower our hand and say "Sawasdee" which originally meant "as you wish". The whole greeting may vary according to the age and rank of the person to be greeted. For example, when a junior meets an elderly person, both hands should be raised to the forehead, after the palms meet, they should be raised to the face, and the two thumbs should be close to the tip of the nose.

A male saluting person's head should be slightly lower. In addition to the slightly lowered head, a female saluting person also needs to step forward with his right foot and bow slightly.

When the elderly return the greeting, they only need to put their hands together in front of their chests.

When meeting the king or an important member of the royal family, both men and women must kneel down. When the king and other important members of the royal family return the greeting, they just nod. Regardless of the status of the person, when meeting a monk, one must salute to the monk but the monk does not have to return the salutation.

With the worldwide spread of the new corona virus, the daily greeting habits of some countries, such as shaking hands, hugging, and kissing, are changing.

According to media reports, the members of the British royal family changed their traditional etiquette. When the queen greets foreign guests, they do not shake hands and do not greet them as usual. When Prince Charles attended a celebration, he used the greeting method of namaste. Indian Prime Minister Modi has recently made a move in epidemic prevention, calling on people to replace handshake with traditional namaste to avoid contacts.

合十礼，又称“合掌礼”，原是印度古国的文化礼仪之一，后为各国佛教徒沿用为日常普通礼节。行礼时，双掌合于胸前，十指并拢，以示虔诚和尊敬。遇到不同身份的人，行此礼的姿势也有所不同。

合十礼，流行于泰国、缅甸、老挝、柬埔寨、尼泊尔等佛教国家的见面拜礼。此拜礼源自印度。最初仅为佛教徒之间的拜礼，后发展成全民性的见面礼。在泰国，行合十礼时，一般是两掌相合，十指伸直，举至胸前，身子略下躬，头微微下低，口念萨瓦蒂。“萨瓦蒂”系梵语，原意为如意。遇到不同身份的人，行此礼的姿势也有所不同。例如，晚辈遇见长辈行礼时，要双手高举至前额，两掌相合后需举至脸部，两拇指靠近鼻尖。男行礼人的头要微低，女行礼人除了头微低外，还需要右脚向前跨一步，身体略躬。长辈还礼时，只需双手合十放在胸前即可。拜见国王或王室重要成员时，男女还均须跪下。国王等王室重要成员还礼时，只点头即可。无论地位多高的人，遇见僧人时都要向僧人行礼而僧人则不必还礼。

随着新冠肺炎疫情在全球蔓延，一些国家的日常问候习惯，比如握手、拥抱、亲吻礼等，正在发生改变。

据媒体报道，英王室成员一改传统礼仪，女王在与外宾打招呼时，没有依惯例和他们握手问候。查尔斯王子在参加某庆典活动时，使用了“合十礼”的问候方式。印度总理莫迪日前为防疫支了一招，呼吁人们用传统的“合十礼”来代替握手，避免接触。



印度总理 莫迪
Prime Minister Modi of India



查尔斯王子
Prince Charles



柬埔寨总理 洪森
Prime Minister Hun Sen of Cambodia



以色列总理 内塔尼亚胡
Israeli Prime Minister Netanyahu



3月23日，柬埔寨金边国际机场，柬埔寨卫生大臣曼本亨行“合十礼”欢迎中国医疗专家
On March 23, Cambodian Health Minister Manben Hang welcomed Chinese medical experts at Phnom Penh International Airport

COVID-19 has given birth to popular global greetings

新冠病毒扩散 催生了新流行全球的问候方式

Cupped Hand Salutation



拱手礼

China has always been called the "state of ceremonies", ceremonies are to be found everywhere in the country. Folding and cupping the hands for greeting each other is a very special Chinese way of salutation.

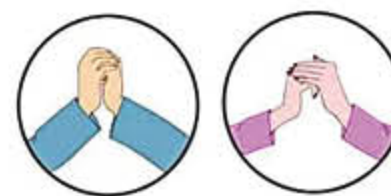
The correct way of performing this sort of salutation is standing upright with straight legs, the upper body should also be straight or slightly bended forward, with the left hand in the front we form a fist with our right hand in the back and finally cover the fist with the left hand at the front of the chest. Then we sway our hands two or three times rhythmically during which we also say some words of salutation paired with a modest smile.

There is however a difference between men and women. The standard man's posture is forming a fist with the right hand which is then wrapped by the left hand. It is because the right hand is considered to be the attacking hand, so wrapping it with the left hand expresses our goodwill and peaceful intention.

For women the hand gesture is the opposite and they don't form a fist with their right hands, only stack their two hands on one another expressing good luck.

During a funeral ceremony both men and women do it in the opposite way. When people of the same generation greet each other, they put the palm of their left hand a bit lower than the pit of the stomach and stand in an upright position. When greeting the elderly however, the palms of both hands are turned inwards, the arms are stretched out to form a ring, the hands are raised at the height of the jaw and the whole body bows down to salute.

The cupped hand salutation can be used when meeting with or saying good-bye to someone. It can be used to express felicitations or gratitude or offering an apology. It can be used as a one-on-one or as a one-to-many greeting form. It is also possible to use it in a standing or in a sitting position. But let's keep in mind one thing, it's always better to raise the hands somewhat higher rather than below the chest.



拱手礼示意图
Cupped hand greeting

中国素称“礼仪之邦”，“礼”无时不在，拱手礼是最具中国特色的见面问候礼。

拱手礼的正确做法是，行礼时，双腿站直，上身直立或微俯，左手在前、右手握拳在后，两手合抱于胸前，有节奏地晃动两下，并微笑着说出相互之间的问候。

拱手礼男女有别。标准的男子姿势是右手成拳，左手包住，因为右手是攻击手，包住以示善意，以左示人，表示真诚与尊敬；女子则相反，但不抱拳，只压手，此为吉礼。若为丧事行拱手礼，则男女相反。平辈行礼是左手手心向内贴于低于胸口，直身行礼。向长辈行礼是两掌心向内，双臂前伸如抱一环，举手至额，俯身行礼。拱手礼见面可以用，告别也能用；祝贺恭喜可以用，感谢道歉同样行。“一对一”可以用，“一对多”不失礼；站着可行，坐着同样行。宁高不低，不能低于胸。

Only 70 cases in two month. What has Vietnam done right?

While most countries in the world are under the shadow of the new corona virus, there are only a few countries praised by the people. Vietnam is one of those countries.

Hanoi, the capital city of Vietnam, is densely populated and the health care system is short of resources, forcing the Vietnamese government to take a series of measures with high vigilance to deal with the impact of the new corona virus.



1. Cut off the spread of rumours and panic at the source

The panic caused by rumours is a big obstacle to dealing with the new corona virus! The Vietnamese government has done a good job in this regard from the very beginning, and has been trying to crack down on those lawbreakers who were trying to cause public panic.

For example, the problem of masks, which is of general concern to all countries, has never appeared in Vietnam.

The Vietnamese government has warned the public many times not to hoard masks, and severely punished black hearted enterprises that drove up the prices. There was no room for any compromise, just two words - strike hard.

As for untrue rumours, no matter if you were a celebrity or an ordinary person, the government's hand reached you.

This was coupled with the government's intention to educate people about the situation - recently, the Ministry of Health of Vietnam has produced an animated video as a public advertisement about the prevention and control of the new corona virus. The film has been broadcast in the country several times a day. Thanks to these measures, the public was informed about the harmfulness of the pathogen and the preventive measures to be taken from the very beginning.

2. Sacrifice part of the economy for stability

According to reports, in January and February alone, the Vietnamese government invested nearly 7 billion US dollars to prevent the new corona virus. The suspension of flights to major epidemic areas and halting the issuance of tourist visas have seriously affected the tourism industry in Vietnam.

The occupancy rate of a large number of hotels has dropped by 70%. It is worth to note that the tourism industry accounts to more than 6% of the country's GDP. Many hotels have laid off employees or got closed down outright.

Vinpearl, a daughter company of Vingroup, Vietnam's

most valuable company, plans to close its seven resorts and golf courses indefinitely to prevent the new corona virus epidemic from spreading in the country.

3. Closing all schools

Since the outbreak of the epidemic, the countries in Europe and the United States have different views on whether schools should be closed or not, and the result is self-evident.

In contrast, the Vietnamese government's measures can only be described with three words: "fast", "accurate" and "ruthless".

As early as around January 25, Vietnam has closed all of its schools and chose to use online education instead. During the fight against the epidemic, the Vietnamese government has maintained its vigilance in spite of the small number of infections.

For example, high school students in Hanoi, the capital, were expected to return to school on March 9, but due to the emergence of new infected people in the area (although the number was small), the Vietnamese government decided to postpone the start of school for a week. Soon after, for extra caution, the final opening date was postponed again till the end of March.

4. The correct guidance of the government on the Internet

As the epidemic kept many Vietnamese at home, Vietnamese people, especially the young people, spent more and more time online.

By January 2020, Vietnam had more than 68.17 million Internet users, an increase of 10% over 2019, and its Internet penetration reached a record 70%.

Young people are keen to browse and share stories about the epidemic on the Internet. In order to eliminate people's panic about the new virus, the government publishes news on the new virus every day and discusses it on social platforms.

The correct guidance of public opinion by the government certainly increased the confidence of the Vietnamese people in fighting the epidemic.

As the "battle" between the world and the new corona virus continues, no one can guess the final result until the last moments. However, it must be acknowledged that in Vietnam, a densely populated country with relatively insufficient medical resources, the government and the people have done their best in the battle against the new corona virus.

近两个月时间,新冠确诊病例不足70例, 越南做对了什么?

正当全球大部分国家都笼罩在新冠病毒的阴影之下时,有那么少数几个国家,让人眼前一亮,纷纷点赞。其中,越南就是代表之一。

首都河内人口密集,医疗保健系统资源也不足,迫使越南政府当机立断,以高度的警觉性采取了一系列措施来应对新冠病毒的冲击。

1、从源头切断谣言和恐慌情绪的蔓延

谣言所引发的恐慌情绪是应对新冠病毒的一大阻碍!而越南政府在这方面表现甚佳,从一开始就全力打压那些企图引起公众恐慌情绪的不法分子。

例如,各个国家都普遍关心的“口罩问题”,在越南就压根没出现过。

越南政府此前曾多次警告民众,不要抢购口罩,并对哄抬价格的黑心企业严惩不贷,没有任何妥协的余地,就是两个字——严打。

至于不实的谣言,不管你是社会名流,还是普通百姓,但凡散播谣言,政府直接出手。

再加上政府的有意引导——近日,越南卫生部就特意制作了一个动画视频作为防控新冠病毒的公共广告,由公共广告牌每天循环播放。基于以上原因,民众从一开始就对新冠病毒的危害性、防范措施等了如指掌。

2、牺牲部分经济换来稳定

据悉,越南政府光在1月和2月就为严防新冠病毒投入了近70亿美元,停飞前往主要疫区国家的航线、暂停签发旅游签证等等行为,严重影响到了越南的旅游行业。

大量酒店入住率下降了70%,要知道旅游业的GDP占比在越南达到了6%以上,许多酒店都临时裁员,甚至直接倒闭。



但即便如此,为了不让新冠疫情在境内扩散,越南最有价值的公司Vingroup的子公司Vinpearl计划无限期关闭其七个度假村和高尔夫球场。

3、关闭各类学校当机立断

自疫情爆发以来,欧美国家普遍在学校是否应该关门这个问题上摇摆不定,其结果自然是不言而喻。

两相对比,越南政府的举措只能用三个字形容——“快”、“准”、“狠”。

早在1月25日的前后,越南就已经关闭了所有的学校,选择用在线教学的方式来代替线下教学。在对抗疫情期间,越南政府也丝毫没有因为感染人数少,就放松警惕。

比如首都河内的高中生预计是3月9日重返校园,但是因为所在地区出现了新的感染人员(虽然数量很少),但是越南政府果断延期一周开学。后来还是出于谨慎,最终的开学日期被推迟到了3月底。

4、政府在网络舆论上的正确引导

由于疫情让很多的越南人呆在家中,越南民众——尤其是年轻人上网的时间越来越多。

截至2020年1月,越南拥有超过6817万互联网用户,比2019年增长了10%,互联网渗透率达到了创纪录的70%。

而年轻人更是热衷于在网上浏览和分享有关疫情的各种故事,为了消除民众对于新冠疫情的恐慌情绪,政府每天都会报道有关新冠疫情的新闻,并且会在社交平台上进行讨论。

而政府正确的舆论引导,势必会增加越南人民抗击疫情的信心。

尽管全球和新冠病毒间的“战斗”仍在继续,不到最后一刻,没人可以猜到最终结果。但必须要承认的是,作为一个人口稠密,医疗资源又相对不足的国家,在防疫新冠病毒一战线上,越南政府和民众们都可以说是做到了自己的最好。

How did Japan and South Korea control the epidemic?

欧美疫情越趋严重，日韩不封城不停工却怎么控制住了疫情？

日中通信 Japan China Communication



WHO 发表数据 (3月24日) Data released by WHO (March 24)

Our Asian neighbours, South Korea and Japan, did not copy our work, but recently controlled the epidemic, which is not surprising.

Let's take a look together. What did the Korean and Japanese government rely on to control the epidemic?

我们的亚洲近邻韩国和日本并没有抄我们的作业，却在近期控制住了疫情，不由令人惊奇。

我们不妨一起来看看，不封城的韩国和日本究竟靠什么控制住了疫情？

01

South Korea: how to control the epidemic without shutting down the city?

By 9:00 on the 24th, 64 newly confirmed cases had been found in South Korea, with a total of 8961 confirmed cases. Before that, there were no more than 100 newly confirmed cases in South Korea for three consecutive days. How could the epidemic in South Korea slow down significantly in less than a month without any lockdown or shutdown?

First let's look at the three stages of the unfolding of the epidemic in South Korea:

In the first phase, from January 19 to February 17, there was only a slow increase with 30 cases in South Korea.

In the second stage, from February 17 to March 6, the 31st confirmed case in South Korea became a "super spreader", causing a domino effect, the number of confirmed cases jumped to 6284.

In the third stage, from March 6 to now, the number of new cases in South Korea has decreased day by day, the number of new cases has returned to the level of the early stage of the large-scale outbreak.

The reason why South Korea could quickly contain the spread of the epidemic is closely related to the response mechanism adopted by the South Korean government.

At the beginning of the outbreak, the President of Korea, Moon Jae ordered the export control of medical

supplies, such as masks, goggles, protective clothing and other materials prioritizing domestic demand.

At the same time, the South Korean government decided to "block to the maximum extent" Daegu city and Gyeongshang province. However, this so-called blockade measure only aimed at finding and isolating people who contracted the virus, and therefore stop the spread of the epidemic. It was not a Wuhan style, total quarantine and lockdown of the city and the people.

The focus of epidemic prevention in South Korea was to test as widely as possible, to find out the infected people in the society, and then to send them to a hospital for treatment in time.

Since the beginning of the novel coronavirus pneumonia, South Korea was the first country in the



world to perform "speed" testings. If you suspect you are infected, you can go to a testing center located along the roads. It only takes 10 minutes and is free of charge. The results then can be retrieved on a mobile app 48 hours later. This is also the best way to avoid cross infections and hospital runs.

The novel corona virus pneumonia test has been taken 300 thousand times in Korea as of March 18.

What's more, South Korea has been transparent about the situation from the very beginning. Because more than 70% of the confirmed cases in South Korea are of collective transmission, this kind of collective detection is enough to grasp most of the epidemic information.

Because of the high efficiency of the "speed" test,

other countries around the world are also optimistic about this method. Trump also said that the method is being introduced in the US, and the UK, Germany, Australia, Denmark and other countries have also followed suit.

At present, China's prevention and control method seems to be effective, but it does not mean that foreign countries would be able to copy the operation completely step by step. With different national conditions and systems, most countries can't pay the price of locking down entire cities and shutting down work.

In South Korea, there was no closure or suspension of production. People most of the time did not wear masks. Their lives remained basically the same. In the nearly one month since the outbreak, the epidemic got under control.

01

韩国：不封城不停工如何控制疫情？

截止到 24 日 9 时，韩国新增确诊病例 64 例，累计确诊 8961 例，此前，韩国单日新增确诊病例连续 3 天不超 100 例。韩国不封城、不停工，在不到一个月的时间里疫情却能明显放缓，怎么做到的？

我们先来看一下，韩国疫情发展的三个阶段：

第一阶段，1 月 19 日至 2 月 17 日，韩国病例只缓慢增长了 30 例。

第二阶段，2 月 17 日至 3 月 6 日，韩国第 31 例确诊患者成为“超级传播者”，引发多米诺效应，确诊病例快速飙升至 6284 例。

第三阶段，3 月 6 日至今，韩国新增病例连日减少，新增病例数已恢复到疫情大规模暴发初期水平。

韩国之所以能较快地遏制住疫情的蔓延，和韩国政府采取的应对机制分不开干系。

在疫情爆发之初，韩国总统文在寅第一时间下令管控医疗物资，如禁止口罩、护目镜、防护服等物资出口，首先解决内需。

与此同时，韩国政府决定对大邱市和庆尚北道采取“最大程度封锁”。不过，所谓的封锁措施，也仅是为了尽快找到并隔离接触病例的人员，阻断疫情的扩散及社区传播，而非禁止交通出入，并非武汉式封城。

韩国的防疫重点，就是尽量普遍测试，找出社会中的感染者，然后及时入院治疗。

从新冠肺炎大流行以来，韩国是世界上首个采取“得来速”方式进行检测的国家。怀疑自己被感染的可去这种设在路上的检测所，只需要 10 分钟，免费检测。48 小时



后在手机 app 上可以确认结果。这也是避免交叉感染和医疗挤兑的最好方式。

截止到 18 日 0 时，韩国的新冠肺炎核酸检测次数已累计 30 万次。

而且，韩国一开始就每天公开透明疫情动态。因为韩国确诊病例 70% 以上为集体性传播，所以这种集体性检测，足以掌握大部分疫情信息。

鉴于“得来速”方式的高效性，全球其他国家也看好这种方式，特朗普也表示引进相关方法，英国、德国、澳大利亚、丹麦等国家已经引进了相关方式，并已投入使用。

中国的防控方式目前看来确实有效，但是这不代表国外也完全按部就班地照抄作业。国情不同，体制不同，大多数国家无法付出封城+停工这么大的代价。

韩国没有封城，也没有停工停产，人们一般也不戴口罩，生活基本照旧，在疫情爆发的近一个月内，逐步地控制住了疫情。

02

Japan: coping with the epidemic situation and forming a unique system

As of 24 March, there were 38 newly confirmed cases, 1140 confirmed cases and 42 deaths in Japan in addition to the 712 confirmed cases and 10 deaths on Princess Diamond.

If South Korea is among the top students, then Japan is obviously at the top of the top.

The outbreak in Japan was due to the sudden visit of the ship Diamond Princess. This cruise ship perfectly demonstrates what is the best way to spread the virus: quarantine, get together, one person gets sick, everyone gets sick.

The vast majority of patients were infected in this way. On the land, there were only a few hundred patients, an unimaginably low figure for a country with a population of 127 million.

Under the global attention brought by the "Diamond Princess", what methods did the Japanese use to effectively control the epidemic without paying high costs?

At the beginning, Abe and the Japanese government have stayed relaxed, did not let people panic, but instead tried to comfort the people, and took no excessive measures.

However, when it came to the prevention of cross infections, their hand moved very fast. As early as February, they requested to stop holding large-scale events. The novel corona virus pneumonia widely spreads among the elderly. So it was very important for the elderly patients and primary school students to clearly understand the symptoms and the ways of self-protection.

At the beginning of the outbreak, an authoritative medical expert group was set up. Abe gave all decision-making power to this group saying that non professionals should not do any professional work.

He only communicated with the public. If one wants to live, one must listen to doctors and experts, who will help us to get rid of the disease.

China's prevention and control has also had some achievements, but the price paid was extremely significant. As the data showed gradual improvement, people returning to work were forced to self-quarantine for 14 days. This method was mostly based on administrative level considerations. Of course, it was also related to the special situation in China.

Japan can't isolate a city. They just followed the scientific way of epidemic prevention and the guidance of experts. If one felt uncomfortable, one should, according to the instructions given, call a doctor first and then go to a hospital in person for help only if necessary.

The most admirable thing is that Japan has never stopped the economic activities of Ginza, Grandfront and other commercial shopping centers, which have been operating and

providing normal services throughout the crises.

In the face of the epidemic, the government just called on people not to gather and to rely on their own self-discipline to prevent the infection. This also shows that Japan is a mature society with a high degree of autonomy.

Generally, it is not sustainable and doable to freeze an entire city. Even the short-term implications will bring about huge losses to the economy and put unnecessary pressure on the society and the people, which will in turn make the government pay an invisible political price.

The lockdown of a city can be regarded as the most expensive way of epidemic prevention.

In the study of an epidemic situation, the objective question is how to deal with the epidemic situation, the subjective question is how to revitalize the economy as soon as possible under an epidemic situation and get out of the quagmire of the disaster as soon as possible.

Now it seems that Japan has the highest score in the subjective part, the objective part is not bad either.

In order to alleviate Japan's economic downturn, the Japanese government launched the first round of emergency response measures in mid February, giving financial support to small and medium sized enterprises, supporting enterprises with damaged supply chain, and increasing the R&D and investment in vaccines.

On March 10, Japan issued the second round of emergency response measures.

For children and parents: for parents whose children could not visit the school due to the pandemic situation, the maximum subsidy per person per day was set to 8330 yen (about 553 yuan), until the start of school. Even freelancers could enjoy a fixed subsidy of 4100 yen (about 272 yuan) per day. In addition the schools had to return the fee paid for the meals during the suspension period.

For individuals and families: a loan of 100,000-200,000 yen was offered as personal loan to families in need;

For epidemic situation: 20 million masks for nurseries and nursing institutions were provided; the introduction of private testings were encouraged, so that the virus can be detected with 7000 samples per day testing capacity.

For small and medium-sized enterprises: 1.6 trillion yen financial support was provided to small and medium-sized enterprises to enhance the cash-flow; 500 billion yen of interest and collateral free loans were offered.

Everything that a government can do under a great disaster was done by the Japanese government.

For those of us who have worked hard to control the epidemic effectively, we should respect Japan's prevention and control efforts.

Only by studying modestly and learning from each other can we make a real great country prosperous.

02

日本：应对疫情，自成体系

截止到 24 日 10 时，日本新增确诊病例 38 例，累计确诊 1140 例，死亡 42 例。另外，钻石公主号 712 人，死亡 10 例。

如果说韩国的表现实属优等生一列，那日本就显然是学霸级别了。

日本国内疫情的爆发还是由于“钻石公主号”的突然造访。因为大游轮完美地诠释了什么是病毒传播的最佳方式：密封、人员聚集。一人感染，全体危险。

现在确诊过千患者中，一大部分是来源于此。本土来说，只有小几百的患者，这对总人口 1.27 亿的日本来说，放在其他国家是难以想象的成绩。

在“钻石公主号”所带来的全球瞩目下，日本人到底用了什么办法，在没有不计一切代价的情况下，有效控制了疫情？

一开始，最直观的表现是，安倍及日本政府一直表现轻松，没有让民众陷入恐慌，而是尽力地抚慰民心，更没有因此采取过度地措施。

但是，在防止聚集性交叉感染方面，出手十分速度。早在 2 月份，就要求停止举办大型活动了。同时大面积铺开新冠肺炎的防护知识，无论是上了年纪的老大爷还是小学生都能很清晰地说出肺炎的病症及自我防护方式。

疫情爆发初期，就成立一个医疗权威专家组，安倍把所有的决策权都交给对方，实施非专业人士就不要干专业人士的事。

他日向公众传递，想要活命，就要听医生专家的话，专业人士会帮助我们脱离病魔。

中国的防控也有一定的成绩，但是，付出的代价极为重大。在全国各地逐步清零的数据下，勒令所有的返工人员强制隔离 14 天，这种宁可错杀一千也绝不放过一个的方法，更多是基于行政层面的考虑，当然你这也跟中国具体情况有关。



日本做不到封城隔离，他们就是按照科学的防疫方式，遵循专家的指导意见，普通人如果不舒服了，可以根据指示，决定是先咨询医生或者到亲自到医院求助。

最让人觉得可贵的是，日本始终没有叫停经济活动，诸如银座、GrandFront 等商业购物中心，一直在营业提供正常服务。

在疫情面前，政府只是呼吁大家不聚集，要民众依靠自身的自律素质，来防范感染。这也体现出，日本是一个具有高度自治能力的成熟社会。

从根本来看，让一座城市停摆，本身并不可持续和操作。即便是短期实行也会给经济带来巨大损失，让社会和民众承受莫须有的压力，这些也会让政府付出隐形的政治代价。

封城，可算得上成本最高的防疫方式了。

在这场疫情的大考中，客观题是各国政府如何应对疫情，主观题是疫情之下，如何尽快振兴经济，早日走出这场灾难的泥潭。

现在看来，主观题部分，目前得分最高的，当属日本。而客观题部分，也不算差劲。

为了缓解日本的经济下行，日本政府 2 月中旬就启动第一轮紧急应对措施，给予中小企业以资金扶持，及支援供应链受损企业，同时加大疫苗的研发和投入等等。

3 月 10 日，日本第二轮紧急应对措施出台。

对于孩子和家长：凡因为疫情孩子休学在家造成停工的家长，每人每天最高补贴 8330 日元（约合人民币 553 元），直至开学为止，即便是自由职业者，也可享有每天 4100 日元（约合人民币 272 元）的定额补贴，并要求学校退还孩子停课期间的餐费，由政府补贴；

对个人和家庭：为困难家庭提供 10-20 万小额个人贷款；

对于疫情：为托儿所和护理机构提供 2000 万个口罩；鼓励民间引进设施，让病毒检测一天最高可检测 7000 个样本。

对中小企业：为中小企业的资金周转提供 1.6 万亿日元的金融支持；同时设立 5000 亿日元的无息、无担保贷款。

大灾大难之下，一个政府能做的，日本都做了。

对于经过艰苦努力、终于有效控制疫情的我们来说，应当尊重日本的防控策略，我们没有资格嘲笑日本人。

虚心学习，取长补短，才能造就真正的大国昌盛。

Small Nurse of Hubei Province

援鄂抗疫小护士

今天，是我从湖北抗疫前线归来，上班的第一天。单位的院长和全院的医务人员，在医院门前，排队欢迎我的归来。医院门厅上方，挂着欢迎我的横幅，路边和医院门前，聚集了好多人。

Today is my first day back from the fight against the epidemic in Hubei. The director of the hospital and the medical staff of the whole hospital is lined up in front of the hospital to welcome my return. Above the entrance hall of the hospital, a banner is hung to welcome me. Many people gathered on the roadside and in front of the hospital for this occasion.

我下车，给司机鞠躬。我的护士长，早已迎过来，相拥而泣。紧接着，我向院长鞠躬！向全院医务人员鞠躬！向那些不认识的给我鼓掌的观众鞠躬！

I got out of the car and bowed to the driver. My chief nurse, whom I had already met, hugged me and wept. Then I bowed to the director! Bowed to the whole hospital! Bowed to those who don't know me but applauded me!

我怀着一颗谦卑感恩的心，以鞠躬的礼仪，感谢医院的领导和同事们！我是这个医院唯一去武汉抗疫前线的护士，代表着我们医院一百多医务人员。短短两个月的分别，好象度过了漫长的岁月，我眼里含着泪，又见到了我朝夕相处的同事们，我平安地回来了！

With a humble and grateful heart, I thank the leaders and colleagues of the hospital with the etiquette of bowing! I was the only nurse who went to the front line of anti-epidemic fight in Wuhan, representing the more than 100 medical staff in our hospital. Just with two months spent away, it seems that I have spent a long time there. With tears in my eyes, I see my colleagues with whom I used to spend days and nights together. I am back safely!



大家簇拥着我，一一握手，不时拥抱，我被众星捧月般围在中间。

Everyone is around me, I am shaking hands one by one, giving hugs one by one, I feel surrounded by stars and the moon.

我是学护理专业的，才上班两年。在这个小城的医院里，每天工作在内科护士站，配药、扎针、换药、巡护，整天往返忙碌在护士站与病房之间，有时，也会遇到病人和家属的冷眼和不屑。

I majored in nursing and only worked for two years in the hospital of a small town. I worked in the internal medicine nurse station dispensing medicine, inserting needles, changing medicine and patrolling. I was busy between the nurse station and the ward all day long. Sometimes, I also encountered the cold eyes and disdain of patients and their families.

我这辈子，只想默默地当一个专业护士，过平平常常的日子。我还是一个招聘人员，不在正式编制内。我常常羡慕编内的医生和护士。我一直以来的最大愿望，就是哪一天，我能成为正式的编内人员。我从来没想过出名，更没想过成为英雄。可是，两个月，改变了我的生命！这，我连做梦都不会想到。

In my life, I just wanted to be a professional nurse and live a normal life. I am still an apprentice, not part of the official establishment. I often envy the doctors and nurses who are part of it. My biggest wish all the time was that one day, I can become a regular staff member. I never wanted to be famous, let alone be a hero. But this two months changed my life! I couldn't even dream about it.

2020年，过完除夕夜，正月初一，单位通知我去武汉，说院长找我。见到院长，他说上级卫健委已经确定我，参加自治区医疗队，去武汉抗疫。先去自治区卫健委报到，然后乘包机第一批飞抵武汉。院长与我谈话半小时，说了一些要求，也叮嘱我要注意保护自己。院长已经让医院行政办主任，给我买好了随身携带的物品，还有去自治区的机票。回家与父母简单交待了一下，我跟父母说，是去自治区参加业务培训，没说去武汉，怕他们不放心！我简单打点一下行囊，就匆匆赶往车站，去一百多公里外的机场。离开小城时，我看了看熟悉的街道，那些沉浸在春节快乐之中的建筑，还有节日的彩灯——没有欢送，没有告别。小城的人们不知道我这么个小护士，刚过完除夕夜的一个出行者，正在匆匆赶赴武汉前线。



我不知道，我还能不能再回到这个小城，还能不能再看到这小城里的风景。我的心情很复杂，毕竟这不是去旅游，这是奉命去武汉抗疫前线，是以一个医者的身份，肩负着使命去救人，去以命救命！生死未知！

In 2020, after New Year's Eve and the first day of the first month, the unit informed me to go to the hospital saying that the director wanted to see me. The director told me that the supervising Health Committee had selected me to join the medical team of our autonomous region to go to Wuhan to fight against the epidemic. I was supposed to report at the Health Commission of the autonomous region, then to take the first charter to Wuhan. The director talked to me for half an hour, mentioned some requirements, and also told me to pay attention to protect myself. The director has asked the head of the administrative office of the hospital to buy some carry on items and an air ticket for me. I told my parents that I was going to the autonomous region to attend a professional training, but I didn't say that I was going to Wuhan. I was afraid that they would worry about me! I simply packed my bags and hurried to a bus station and from there to the airport located 100 kilometers away. When I left the small town, I looked at the familiar streets, the buildings immersed in the joy of the Spring Festival, and the colourful lights of the festival - no good-bye, no farewell. The people in the small town didn't know that a little nurse, a traveler just after New Year's Eve, is rushing to the front line of Wuhan. I didn't know if I can come back to this small town ever and see its sceneries. My mood was quite complicated. After all, this is not a simple travel. I am going to the front line of an anti epidemic fight in Wuhan. I am about to save lives as a nurse with a mission! Life and death are unknown!

走出家门的那一刻，我已抱定誓死报国的决心。因为，国难当头，大疫当前，国家选择了我，我当逆行向前，绝不退缩！大有“风萧萧兮易水寒，壮士一去兮不复还”的悲壮！

At the moment I stepped out of my door, I was determined to serve my country till to death. Because the national crisis, the current epidemic, the country chose me, I should be moving forward and never back down! As the poem reads "the wind is desolate, the water is cold, the heroes are gone forever"!



到达武汉后，我所在的医疗队，被派往湖北荆门市。五十多个日日夜夜里，我们每天都在超负荷工作，一天得工作十几个小时。按照严格的护理流程，日夜轮换。在十几个小时里，不吃不喝，不上厕所。身体的透支，疲惫的极限，面对着一个感染的患者，也面对着一个个死去的病人。护理患者，换药，看医疗器械检测，管理患者的吃喝拉撒，象对待自己的亲人一样。在这里，生命是崇高的，职责是神圣的，我感受到了一个医者的天职。当病人没有了生命体征，我们有时是一个人，为逝者从头到脚，擦拭一遍，换上衣服，装进统一的尸体袋，向死难者三鞠躬！用车推出病房，送到专用的停尸房，再由消毒车送到火葬场火化。

After arriving in Wuhan, my medical team assigned me to Jingmen City, Hubei Province. For more than 50 days and nights, we worked overtime every day. We had to work more than ten hours a day, all according to a strict working schedule, day and night rotation. During the ten hours, no eating, no drinking, no toilet was allowed. Our bodies were overdrawn, we crossed the limits of fatigue, were facing infected patient and were seeing dead ones. Take care of the patients, change the medicines, check the medical equipments, manage the eating and drinking of the patients, and treat them like your own relatives. Here, life is noble, duty is sacred, I felt the mission of a doctor. When the patient does not show any vital signs, we, sometimes alone, wipe the body from head to toe, put on the clothes, put into a uniform body bag and bow to the dead three times! The car is then pushed out of the ward, sent to a special morgue, and finally sent to the crematorium by a disinfected car for cremation.

在病毒感染者住院或者去世后，他们的亲人都不在场，死去的人，身边是没有一个亲人为他们送行的。这

些都由我们医者负责。难怪在医疗队离开武汉，离开湖北时，那些家属和亲人，长街跪哭！声音嘶哑！他们不知道为他们亲人送行的，是哪一个医者，就连感染者本人也看不到医者的真实面容。但是，每一个死去的感染者，都受到了最好的治疗。一个感染者的医疗费，都是几十万，乃至上百万。任何一个感染者，都受到了应有的尊重，全天候二十四小时的专业护理，不是亲人，胜过亲人！

When the patients were hospitalized or died, their relatives were not present. There was no one around them to see them off. This was also a task for our doctors. No wonder when the medical team left Wuhan and Hubei, those families and relatives knelt and cried along the long streets! They cried themselves hoarse! They didn't know which doctor was seeing off their relatives. Even worse, the infected persons couldn't see the real faces of the doctor. However, every dead person was given the best treatment. The medical expenses of an infected person amounted to hundreds of thousands or even millions. All infected persons have received due respect, 24-hour professional care, not from their relatives, from better than their relatives!

国家把我们四万多医疗队员，派到湖北，分到16个地市，还有武汉的火神山和雷神山两个重症医院。给我们最好的生活保障，用最好的防护服，提供最好的工作待遇！我们每个人，都在这没有硝烟的战场，没日没夜的拼命！为国一战，不惧生死！神圣的使命，让你不再是过去的自己，而是四万多抗疫大军的一个勇士！我偷偷地写好了遗书：如果我被病毒感染了，死了，我的遗体捐献国家，做医学解剖之用。这是疫情前线，感染随时都可能发生。在这里，每一个医者的灵魂，都受到空前的洗礼！身后背负着家乡领导同事和几十万乃至几百万乡亲的厚望，把生命置之度外，不辱使命，尽职尽责，是唯一的信念！

The state has sent more than 40,000 medical team members to Hubei, divided into 16 cities, as well as two critical hospitals, Huoshenshan and Leishenshan in Wuhan. It gave us the best safety, the best protective clothing and provided the best remuneration! Each of us, in this smokeless battlefield, made best efforts day and night! Fought for the country, not afraid of death! A holy mission that changed everyone for good, an army of more

than 40,000 anti epidemic warriors! I secretly wrote a testament: if I was infected with the virus and died, my body was to be donated to the country for anatomical purposes. This is the front line of the epidemic. Infection can happen at any time. Here, the soul of every doctor is baptized unprecedentedly! Behind them is the great hope of leading colleagues and hundreds of thousands or even millions of villagers out of the crisis. The only belief is to put life aside, live up to the mission and fulfill the duties!

离开家乡一个多月以后，我在湖北荆门抗疫的消息，上了家乡的电视新闻。内蒙古自治区的各个机场、城市的广场和大的商厦，滚动播出我们赴鄂医疗队的头像。父母才知道我在湖北荆门抗疫。家乡的党政领导和卫生系统的领导，去我家慰问，送去了两万元慰问金。我的父母，从来没想到会有这个殊荣！小城市的人们，知道我在湖北前线抗疫，都期盼着我能早日平安归来！

More than a month after I left my hometown, the news of my anti epidemic fight in Jingmen, Hubei Province, went on the TV news of my hometown. Airports, city squares and large commercial buildings in Inner Mongolia Autonomous Region, broadcast the portrait of our medical team in Hubei. My parents learned from it that I was fighting the epidemic in Jingmen, Hubei Province. Leaders of the party and government in our hometown and leaders of the health

system went to my home and handed over 20,000 yuan as consolation money. My parents never thought of this honour! People in our small city, knowing that I was fighting the epidemic in Hubei's front line, were looking forward to my safe return as soon as possible!

三月十七日，我们第一批撤离湖北，欢送我们的人群，一眼望不到头儿，那时候，武汉还在封城呐，湖北各地还没有解封。但是很多人聚集在我们的驻地楼前，居民楼上的人们，开窗挥动着国旗，大声喊着：感谢！谢谢你们！我和队员们，都被湖北人感动哭了！一句话也说不出来，一次次的给他们鞠躬！感谢他们的深情厚谊！感谢他们为了国家的付出！

On March 17, the first group of us was evacuated from Hubei province. At that time, Wuhan was still in lockdown, and Hubei had not been opened yet. But a lot of people gathered in front of our residential building. People in the residential building opened their window and waved the national flag, shouting: Thank you! Thank you! I and the team members were moved to tears by the people of Hubei! I couldn't say a word, bowed to them again and again! Thanking them for their friendship! Thanking them for their sacrifice!

封了武汉一座城，控制疫情救全国。荆楚大地的六千多万湖北人，响应国家隔离的号召，控制了疫情向全国蔓延。你只有到了湖北，到了武汉，身临其境，才





会深深地感受到湖北人民，所做出的艰辛努力，所付出的巨大代价，包括成千上万亲人们生命！

Wuhan was sealed off to control the epidemic and save the country. More than 60 million people of Hubei responded to the call for isolation and hence controlled the spread of the epidemic to the whole country. Only when you are in Hubei and Wuhan, can you feel the hard work and great cost paid by the people of Hubei!

我们这些来自各省区的医疗队员，每一天，都被感动着。奉国家之命，来湖北抗疫，我们的身心与这片英雄的土地，紧紧地联系在一起。每天，汗水与泪水交织在一起，热血与拼搏在创造着奇迹。

We, the members of the medical team from all provinces and regions were touched every day. By the order of our country, we came to Hubei province to fight against the epidemic. Our body and mind are closely connected with this heroic land. Every day, sweat and tears intertwined, blood and hard work created a miracle.

在武汉天河机场，登上返程的包机，我的心难以平静。起飞了！在万米高空，透过机窗，再看看大武汉，这是一个拥有千万人口的大都市，这是一片英雄的土地！我平生第一次来武汉，竟然是作为一个医者，奋战了五十多个日日夜夜。我也被授予荆门市荣誉市民，享受在荆门终生旅游和宾馆免费的待遇。我们的名字，也被荆门收录，将存放在荆门博物馆。

At Wuhan's Tianhe Airport, it was hard for me to calm down when I boarded the charter flight back. Take off! At the height of ten thousand meters, through the window of the plane, I look at the big city of Wuhan. It's a metropolis with a population of ten million. It's a land of heroes! For the first time in my life, I came to Wuhan and fought for more than 50 days and nights as a nurse. I have also been awarded the honorary citizenship of Jingmen City, can enjoy life-long travel in Jingmen and free treatment in its hotels. Our names will be inscribed in Jingmen Museum.

回到内蒙古自治区的鄂尔多斯，自治区的领导亲自到机场迎接！警车开路，警察敬礼，敬献鲜花，敬献哈达！人们夹道欢迎！我和队员都感动得热泪盈眶！坐专机，过水门，警察护送，长街欢迎！这辈子，曾经去湖北抗疫，受到如此高规格的礼遇！太荣幸了！见到了那么多领导，那么多专家教授，那么多场面，那么多礼仪，那么多感动——开眼了，长见识了，我也变成了一个有家国情怀的人！一个人，当你的生命与国家的命运，紧紧地联系在一起的时候，你会感到崇高和伟大，使命比生命更加重要！

Back in Ordos, the Inner Mongolia Autonomous Region, the leaders of the autonomous region personally met us at the airport! Police cars open, the police salute, flowers, hada! Welcome, people! My team and I were moved to tears! Took a special bus through Shuimen with police escort, long streets full of welcoming crowds! Once in my life I went to Hubei to fight against the epidemic and received such a high standard of courtesy! It's a honour! I have seen so many leaders, so many experts and professors, so many scenes, so many rituals and so many emotions. It opened my eyes and gave me a lot of experience, I have become a person with feelings for the home and the country! For a person, when your life and the fate of the country are closely intertwined, you will feel lofty and great, the mission is more important than your own life!

住在鄂尔多斯豪华的宾馆里，一日三餐，吃得都是上乘的佳肴，享受着高规格的贵宾待遇。隔离十四天后，我们一行十五人坐飞机，回到了呼伦贝尔，隆重的欢迎仪式后，我坐着市里来接我的专车，两个小时后，回到了离别两个多月的小城。我走的时候，冰雪寒风，如今归来，已经是春风拂面。走时静悄悄的，今日归来，小城人流如潮。迎接的仪式，更是让我感动不已。警车开道，警察列队敬礼！市委书记、市长，还有医院的领导和同事，握手！献花！照相！领导讲话！我长这么大，也没见过家乡这个场面，而且是万人空巷的欢迎我的归来！感动！流泪！无语！

Stayed in a luxury hotel in Ordos, had three meals a day, all of which were excellent food, enjoyed a high standard treatment. After 14 days of isolation, our group of 15 people flew back to Hulunbeier. After the grand welcome ceremony, I came to pick up my car in the city. Two hours later, I went back to the town from which I had been separated for more than two months. When I left, it had ice, snow and cold wind, now when I'm back, it has spring breeze. It was quiet when I left. When I came back today, the flow of people in the small town was like a tide. I was deeply moved by the welcoming ceremony. Police cars line up ready for a salute! Municipal party secretary, mayor, hospital leaders and colleagues shaking hands! Flowers! Photographs! Leader's speeches! I feel so great, I've never seen a scene like this in my hometown, people are greeting me from all walks of life! I am moved! Tears in my eyes! I am speechless!

我有何德何能，能受到如此殊荣！作为一个护士，我今生真是太荣幸了！没想到，真的没想到！自治区给我们每个赴鄂医疗人员，颁发了两枚特制的金质纪念奖章。我已经被自治区列为转正人员，成为享受编制待遇的国家事业单位正式职工。还有，按照国家的文件要求，在湖北抗疫期间，每天都有补助，自治区也有补助，加起来，一天达到八百块钱，还有另外的奖金，还享受内蒙古自治区东西八千里的风景名胜区终生免费旅游！

How can I be so honoured! As a nurse, I am so honoured in this life! I didn't think of it. I really didn't think of it! The autonomous region has awarded each of our medical personnel two special gold commemorative medals. I have been listed as a regular employee by the autonomous region, and became a regular employee of the Employment Office enjoying the benefits of the establishment. In addition, according to the national requirements, for the anti epidemic period spent in Hubei

province, there are subsidies for every day, and there are subsidies of the autonomous region too. The total amount is 800 yuan a day, and there are other bonuses as well. In addition, I can enjoy free entrance to the scenic spots in Inner Mongolia Autonomous Region!

我本来就是一个普普通通的护士，履行一个护士的职责，是我的本职工作，也是我应该做的。从湖北荆门市，到自治区，到家乡，给了我这么多殊荣和奖励！这是对一个援鄂医者的莫大奖励！我，为自己去湖北前线抗疫，而感到荣幸和自豪，也让父母和亲人们，感到骄傲！

I am an ordinary nurse. It's my job to perform the duties of a nurse, and it's also what I should do. From Jingmen City, Hubei Province, to the autonomous region, to my hometown, I have been given so many honours and awards! This is a great reward for a medical personnel who helped Hubei! I feel honoured and proud to be able to go to the front line of Hubei province to fight against the epidemic. I also made my parents and relatives proud!

我深深地懂得，鲜花，掌声，荣誉，一切都会归于平淡。我会尽快地回到工作岗位，以一个谦卑的心，感恩的心，加倍地工作，为人民尽职尽责地工作，以此不负这些殊荣！

I deeply understand that flowers, applause, honour and everything fade away. I will return to work as soon as possible, with a sense of humility and gratitude, redouble my efforts and work dutifully for the people, so as to live up to these honours!

我要时时刻刻，提醒自己，我就是个普通的护士。今生选择了护理专业，我无悔人生，无愧这片生我养我的土地。因为，我曾在武汉抗疫前线，战斗了五十多个日日夜夜！这将是人生难忘而荣光的一段历史。

I want to remind myself every moment that I am an ordinary nurse. I chose the nursing profession and have no regrets about my life, worthy of the land where I was raised. I was in Wuhan at the anti epidemic front line, fighting for more than 50 days and nights! This was an unforgettable and glorious period of my life.

短短两个月，我成了小城市的英雄，我好象在做梦一样！可是，这已经是现实了。自从去了武汉，我学会了鞠躬。谦卑，感恩，这将伴随着我的一生！让人走进你，如浴春风，这才是一个有仁心的医者！

In just two months, I became a hero in a small town. Sounds like a dream! I learned to bow, humility and gratitude will accompany me forever! Let people close to you like a spring breeze to make a kind-hearted nurse!

大爱无疆，医者崇高！
Love is boundless, doctors are noble!

30% of medical staff in Hubei Province are sick

30% 的援鄂医护人员开始“病”了

医护人员的创伤后遗症战役开始了。

有个 22 岁的女孩，是驰援武汉的一名护士。她被分配到护理轻症患者的方舱。在第一个星期，工作进行得还算顺利。但在一个星期后，她开始害怕了。新闻里不断有医生感染去世的消息，她每天也要看护两百多名确诊患者。她说：“有的患者昨天还好好的，今天就突发重症被转走了。慢慢地，她吃不下饭，也睡不好觉。甚至一闭眼就是方舱里的画面，赶也赶不走。”

直到有一天，她看到武汉被感染的医护人员数量高达 3000 名，感染率接近 10%。

她再也忍不住，彻底崩溃了。有的人看到这，可能会说：她的心理承受能力太差了。其实不是的。换做任何人，如果身处重疫区，都会有这种反应。而这，大概也是医护人员最真实的心路历程。说不害怕是假的。

武汉大学人民医院曾对护理人员心理状态，做过一个调查。结果显示，轻度抑郁和焦虑以上的超过 30%。

Following the physical injuries caused by the virus, the mental battle of the medical staff just began.

A 22-year-old girl, a nurse in Wuhan, was assigned to the ward of light patients. In the first week, the work went smoothly, but after a week, she started to feel anxiety. News of doctors dying of the infection kept coming, and she had to take care for more than 200 confirmed patients every day. She said: "some patients were fine one day, but the next day they had to be transferred to the ICU". Then gradually, she couldn't eat or sleep. Even with closed eyes, she couldn't get rid of the image of the ward.

On one day, she saw that the number of medical staff infected in Wuhan is as high as 3000, corresponding to an infection rate of nearly 10%.

She couldn't bear it anymore. She got a



complete breakdown. Some people may comment on this: her psychological endurance was too poor. But it wasn't. In other words, it is normal for anyone who is in a serious epidemic area to have this sort of reactions. This is absolutely a very natural mental process all medical staff undergo. It's a lie to deny the fear.

The People's Hospital of Wuhan University has conducted a survey on the psychological state of nurses. The results showed that more than 30% of them had mild depression and anxiety.

每天都是高负荷的工作。每天都目睹一场场生离死别。但你无话可说，无人可诉，只能悄无声息地消化。这种心理压力，我们普通人是无法感同身受的。

而他们不管多难过，多崩溃，也要擦干眼泪，继续投入工作……

2月11日，火神山医院的一位护士，得知了母亲突然去世的消息。

病房外的她泣不成声，朝着家的方向三鞠躬，悼念母亲。

自己是医者，却无法医治最亲近的人。就算是在母亲生命的最后一刻，都不能陪在她身边，之于她，是多么撕心裂肺的痛。但大疫当前，她连流泪的时间都没有。

The work is demanding every day. I see life and death unfolding in front of my eyes. But you have nothing to say and no one to tell to, you must quietly digest it yourself. This kind of psychological pressure can't be felt by ordinary people.

No matter how sad or how broken they are, they should dry their tears and carry on the work.

On February 11, a nurse in Huoshenshan Hospital learned about the sudden death of her mother.

Outside the ward, sobbing, she bowed three times in the direction of her home to mourn her mother.

She was a healer, still unable to cure her closest one. Even at the last moments of her mother's life, she couldn't be with her. What a heartbreaking pain. In the middle of a huge epidemic, she even had no time to mourn.

无独有偶。

河南支援湖北医疗队的一位医生，在 2 月 18 日凌晨 4 点接到一个电话。

这个电话让她瞬间崩溃，终生难忘。父亲突发脑梗去世了。她隔着手机屏幕，看着父亲的呼吸慢慢停止，心如刀绞，失声痛哭。“爸，我不孝啊，疫情结束后，我一定第一时间赶回去陪您！”。然后她朝着家的方向长跪不起……她说：“我的亲人已经没了，不能再让更多人失去亲人”。

纵使再痛，也要把它藏在心底，继续工作。武汉之前有一个心理急救热线，经常接到一些医护人员的电话。但奇怪的是，他们打通电话后，不说话，只有嚎啕大哭。哭了一会，他们的理智仿佛又回来了。“对不起，我时间到了，要上班了。”

Here is another similar case.



A doctor from Henan Medical Team for Hubei received a phone call at 4 a.m. on February 18.

This phone call broke her heart in an instant, a call that she will never forget. Her father died of cerebral infarction. Through the screen of her mobile phone, she watched her father's breathing stop slowly. Her heart was like a knife. She cried loudly. "Dad, I was unfilial. After the epidemic, I will go back to accompany you as soon as possible!". Then she knelt down in the direction of their home and said: "my family member is gone, I cannot let more people lose their family members".

No matter how painful it is, you should hide it in your heart and continue to work. Before the epidemic, psychological emergency hotlines often received calls from medical staff. But the strange thing was that when the callers were put through, they didn't talk, they just cried. After crying for a while, it seemed that they regained their mental health. "I'm sorry, it's time for me to go back to work."

医护人员的难过，没有时间缓冲。他们知道，当下最重要的是：救人。

于是，创伤也好，恐惧也好，崩溃也罢，他们都强行压入潜意识。

因为死神从来不会因为伤痛，而放过谁。疫情期间，人人都说，医护人员是英雄。但别忘了，脱下白大褂，他们也只是普通人，也有喜怒哀乐悲思苦。

特别是这两个多月以来，不眠不休，身心压力在所难免。

一位心理医生曾说：“大多数的应激反应，会随着应激源的消失而自然好转。但是对于少部分人来说，应激会持续存在。”这种应激反应，在医学诊断上叫创伤后应激障碍，也就是 PTSD。

这种反应指的是，在个体经历、目睹或遭遇到，实际死亡、死亡威胁和严重受伤后，所导致的个体延迟出现和持续存在的心理障碍。

它的发病率，女性比男性更高。

而这次的援鄂医疗队中，女性数量，也远高于男性数量。所以危险指数又翻了一成。

4月6日，已有一位医疗队员，经全力救治无效去世了。

There is no time to handle the sadness of the medical staff. They know that the most important thing at every moment is to save lives.

So, whether it's trauma, fear or collapse, they're all forced into the subconscious.

The God of Death won't let anyone go because of the pain. During the outbreak, everyone said that the medical staff were heroes. But don't forget, once they take off their white coat, they are just ordinary people with emotions and sorrows.

Especially in the past two months, it was hard to avoid the physical and mental pressure.

A psychologist once said: "most stress reactions will naturally diminish with the disappearance of stressors. But for a small number of people, the stress persists. This kind of stress reaction is called PTSD in medical terms.

This kind of reaction refers to a delayed and persistent mental disorder caused by actual death, death threats or serious injuries, witnessed or encountered by the individual.

The incidence rate is higher in women than in men. In this medical team, the number of women was far higher than that of men, consequently the danger index was about two times higher.

On April 6, a medical team member died. Her name was Zhang Jing Jing.

她叫张静静。

她是山东第一批援鄂医疗队员，在湖北黄冈待了两个月。3月21日，她结束援鄂任务，回到山东隔离治疗。终



于等到了隔离期满，眼看着就要回家了，却倒在了家门口。

她曾在战疫日记中写到：“经历了开始的困难、艰辛，到心中紧绷着的那根神经慢慢恢复正常，从最初的夜不能寐，昨夜是到黄冈回来后睡得最好的一觉……”

可以想象得到，这两个月以来，她真的很累了。

其它国家就有例子。

医护人员出现了不同程度的心理问题，有的人承受不住已经选择了自杀。

意大利，一名49岁的女护士。她在出现身体不适两天后，因压力过大，选择投河自尽。

同样是意大利，34岁的护士因为心理问题，也选择了自杀。

英国伦敦，20多岁的护理师，加护病房让她喘不过气来，在医院自杀。

She was one of the first medical team members in Shandong Province and spent two months in Huanggang, Hubei Province. On March 21, she ended the task of aiding Hubei and returned to Shandong for isolation treatment. Finally, when the isolation period was over, she arrived home but fell at her door-step.

She once wrote in her diary on epidemic war: "after the difficulties and hardships at the beginning, my nervous system and my heart slowly returned to normal. I couldn't sleep at first. Last night I had my best sleep after coming to Huanggang..."

As you can imagine, she had been really tired in the past two months.

Other countries have similar examples.

The medical staff have different levels of psychological problems, some people can not bear it and choose suicide.

A 49-year-old female nurse in Italy, after enduring two days of physical discomfort and excessive pressure, chose to commit a suicide in the river.

In Italy, another 34-year-old nurse also committed suicide because of psychological problems.

In London, a nurse in her twenties at the intensive care unit became breathless and killed herself in the hospital.

4月14日，微博热搜上有一个话题：39岁男护士援鄂归来满头白发。这位男护士，叫王本学。援鄂前，他只是



两鬓有少许白发。

56天后，他已经顶着一头白发了。

On April 14, there was a hot microblog topic: the hair of a 39-year-old male nurse

after coming back from Hubei province turned white. His name is Wang Benxue. Prior to helping Hubei, he only had a few white hairs on his temples.

After 56 days, he had white hair all over his head.

他说：“援鄂期间心理压力，白发也越来越多。”短短56天，就感觉老了十几岁。

再比如，很多女医护，穿着防护服闷到全身湿透，也不能换。

很多女孩子生理期，即使裤子都湿了，也不能去厕所。

"During the period of aiding Hubei, there was a lot of psychological pressure on me, and grew more and more white hair," he said. In just 56 days, I feel I got older with more than ten years.

For another example, many female doctors and nurses can't change their protective clothing even if they are wet with perspiration all over. They cannot go to the toilet during their shift either even if their underwears are wet or have a menstruation.

甚至，她们为了不妨碍工作，还大量服用药物，推迟生理期。

女性应该都会知道，这个对身体危害是非常大的。可在使命和责任面前，她们没有丝毫推脱。

还有因为长时间戴口罩，她们的脸变得面目全非。

In order not to interfere with their work, they take drugs in large quantities and postpone their menstrual period.

Women all know that this is very harmful to their health. But in the face of a mission and responsibility, they have no choice.

Because they wear masks for a long time, their faces become totally different.

工作累的时候，就席地而睡。



生活恢复了，市场有条不紊，人人安居乐业。

但在享受这一切时，请大家都要记得，从没有什么岁月静好，不过是有人替我们负重前行。

When you're tired working, get a sleep on the floor.

The life and the business is back to normal, everyone is enjoying life and work.

But when enjoying all this, please remember that this tranquility is brought to you by daring individuals who took the burden and responsibility on behalf of us.

参考来源：《中国青年报》最后一支抗疫“天团”撤离！这两个好消息刷屏……

《八点健闻》：治愈武汉的心理创伤，需要比震后汶川付出更多

作者：凌一

Sources:

China Youth Daily: "The last anti-epidemic 'Heavenly Team' has completed its mission!"

Badian Health News: "To heal the psychological trauma in Wuhan, we need to pay more than what we paid after the earthquake in Wenchuan".

Author: Ling Yi

How to choose a mask?

如何选择口罩?



在全球越来越多的人认识到了口罩能够有效阻断呼吸病毒传播,如今成为生活必需品。口罩种类繁多,一次性使用医用口罩、医用外科口罩、医用防护口罩、KN95、N95、FFP等等,应当如何选择?上海市疾控中心传染病防治所消毒科张玉成介绍了各类口罩的标准和使用场所。

More and more people around the world have realized that masks can effectively block the spread of viruses, and now they become a necessity of life. There are many kinds of masks, such as disposable medical masks, medical surgical masks, medical protective masks, KN95, N95, FFP, etc. How to choose among them? Zhang Yucheng from the Department of Disinfection, Institute of Infectious Diseases, Shanghai CDC, gives us an introduction of the standards and use cases of the various masks.

一次性使用医用口罩: 日常使用

一次性使用医用口罩应当符合中国医药行业标准《YY/T0969 一次性使用医用口罩》,细菌过滤效率(BFE) $\geq 95\%$ 。细菌过滤效率通过实验测定,简而言之,就是向口罩上喷细菌气溶胶,测试多少细菌能被过滤掉。

口罩既要有防护效果,戴上之后也不应让使用者感到太闷甚至呼吸困难,因而一次性使用医用口罩还需要进行通气阻力测试,通气阻力不应大于 49 Pa/cm^2 。此类口罩适用于普通人在未接触有发热、咳嗽等症状的病人时使用,一般外出、乘坐公共交通工具,佩戴它就够了。

Disposable medical mask: daily use

Disposable medical masks shall conform to the Chinese pharmaceutical industry standard YY/T0969, and must have a bacterial filtration efficiency (BFE) higher than 95%. The bacterial filtration efficiency is determined by experiments. During the tests bacterial aerosol is sprayed on the mask to measure how many bacteria was filtered out.

The mask shall have protective effect and shall not make the user feel uncomfortable, stuffy or hard to breathe. Therefore, the disposable medical mask shall also be tested for ventilation resistance, which shall not be greater than 49 PA/cm^2 . This kind of mask is suitable for ordinary people to use when they are not in contact with patients with fever, cough or other symptoms. Generally speaking, it suffices for going out or taking public transport.



一次性使用医用口罩
Disposable medical mask

医用外科口罩: 去医院可用

一次性使用医用口罩可以有效过滤细菌,但病毒直径仅有 0.1 微米 左右,比直径 $0.5\text{--}5 \text{ 微米}$ 左右的病毒小得多。要抵抗更为“狡猾”的病毒,就需要医用外科口罩。医用外科口罩应符合中国医药行业标准《YY0469 医用外科口罩》,可以过滤大部分细菌、部分病毒,抵抗一定程度血液、体液等喷溅。

具体来说,与一次性使用医用口罩相似,医用外科口罩的细菌过滤效率(BFE) $\geq 95\%$,两侧压力差(相当于通气阻力)不大于 49 Pa/cm^2 。但此类口罩还要符合另外两项标准。一是颗粒过滤效率(PFE) $\geq 30\%$ (非油性颗粒),颗粒过滤效率测试是用直径 $0.075 \pm 0.020 \text{ 微米}$ 的固体气溶胶模拟病毒向口罩上喷,测试有多少能被过滤掉。二是通过合成血液穿透试验(2 mL 合成血液 16.0 kPa ,内侧不渗透),即检验口罩能不能被喷溅的血液、打喷嚏喷出的飞沫等渗透。

医用外科口罩适用于医院环境,与具有发热、咳嗽等症状的病人有大于 3 米 的远距离接触,如果去医院或是看望病人建议戴上它。

Medical surgical mask: for hospital visit

Disposable medical masks can effectively filter out bacteria, but the diameter of the virus is only about $0.1 \text{ }\mu\text{m}$, much smaller than the diameter of an average bacteria which is $0.5\text{--}5 \text{ }\mu\text{m}$. Medical surgical masks are needed to fight more "cunning" viruses. The medical surgical mask should meet the Chinese medical industry standard YY0469, and can stop most of the bacteria and some of the viruses, and resist splashes of blood and body fluids.

Specifically, similar to disposable medical masks, the bacterial filtration efficiency (BFE) of medical surgical masks is greater than 95%, and the pressure difference between the two sides (equivalent to ventilation resistance) is not more than 49 PA/cm^2 . But there are two further criteria for this type of masks. First, the particle filtration efficiency (PFE) must be greater than 30% (for non oil particles). The particle filtration efficiency test is used with a solid aerosol containing particles measuring $0.075 \pm 0.020 \text{ }\mu\text{m}$ in diameter to simulate a virus and test how much of it can be filter out. Second, a synthetic blood penetration test is performed (2 mL synthetic blood at 16.0 kPa , the inner side is not permeable), to check whether the mask can be

penetrated by splashed blood or sneezing.

The medical surgical mask is suitable for the hospital environment. It has a contact distance of more than 3 meters with patients with fever, cough and other symptoms. If you go to a hospital or visit patients, you should wear this sort of mask.



医用防护口罩: 接触新冠肺炎患者时使用

医用外科口罩对于需要长时间佩戴口罩,经常接触血液、体液、飞沫的医护人员来说,就显得不太够用了,此时需要医用防护口罩。医用防护口罩符合国家标准《GB19083 医用防护口罩技术要求》,可以过滤大部分微生物,能抵抗一定程度血液、体液等喷溅,外表面具有一定防水性,密合性高。

与医用外科口罩相比,医用防护口罩的综合性能有大幅度提升,后者颗粒过滤效率 $\geq 95\%$ (非油性颗粒),通过更高标准的合成血液穿透试验(2 mL 合成血液 10.7 kPa ,内侧不渗透)。此外,人体呼气时会产生水蒸气,佩戴时间长了口罩就会湿润,病毒有可能渗透进来,因此医用防护口罩具有一定的表面抗湿性(GB/T4745-1997,不低于3级),且密合性良好,与大多数人的脸型贴合。

医用防护口罩的防护效果更好,因而舒适性就较差,会让使用者感到呼吸不畅。医用防护口罩一般用于专业人员接触呼吸道传染病病人时使用,如对新冠肺炎病人进行流行病学调查、采样、诊治以及实验室检测等。普通人除非直接照顾新冠肺炎患者外,一般不需要使用。

Medical protective mask: for medical staff handling novel coronavirus patients

Medical surgical masks are not enough for medical staff who need to wear masks for a long time and often come in contact with blood, body fluids and droplets. Under these circumstances, medical protective masks

are needed. The medical protective mask conforms to the national standard GB19083. It can filter out most of the microorganisms, resists splashing blood and body fluids to a certain extent, is waterproof to a certain level, and tightly fits to the external surface.

Compared with the medical surgical mask, the comprehensive performance of the medical protective mask has been greatly improved. The particle filtration efficiency of the latter is $\geq 95\%$ (for non oil particles), and it passes the higher standard synthetic blood penetration test (2 mL synthetic blood at 10.7 kPa, inner side is not permeable). In addition, the human body will produce water vapour when exhaling, so the mask will be wet when wearing for a long time, and the virus may penetrate it. Therefore, the medical protective mask has a certain surface moisture resistance (GB/T4745-1997, not less than level 3), and good tightness, fitting the face of most people.

The protective effect of the medical protective mask is better, so wearing it is not comfortable, the user will find breathing hard. Medical masks are for the medical staff curing novel corona virus pneumonia patients with respiratory infectious diseases. For example, during epidemiological investigation, sampling, diagnosis treatment, and laboratory tests performed for patients with new pneumonia. Unless one comes in direct contact with novel corona virus patients, wearing it is unnecessary.



医用防护口罩
Medical protective mask

KN95 口罩：短间接接触新冠肺炎患者可用

KN95 是民众比较熟悉的一种口罩类别。根据我国国家标准《GB2626 呼吸防护用品 自吸过滤式防颗粒物呼吸器》，可将过滤式呼吸防护用品的过滤元件按过滤性能分为 KN 类和 KP 类。KN 类只适用于过滤非油性颗粒，

KP 类适用于过滤油性和非油性颗粒物。对于微生物，认准 KN 就行了。而 KN 和 KP 后的数字，指的是过滤效率水平，数字越高过滤效果越好。

KN 口罩仅测试颗粒物过滤效率，未对合成血液穿透、表面抗湿性等指标进行测试，因此这一类口罩短时间使用可以阻挡病毒，但不能用于接触可能有喷溅的病人或长时间接触病人。普通人、医务人员短间接接触新冠肺炎病人可以使用，但长时间接触病人的专业人员不能使用。

KN95 mask: for people with short exposure to novel corona virus patients

KN95 is a familiar type of mask. According to the national standard GB2626, the filtering elements of the protective equipment can be divided into KN and KP categories according to the filtration performance. KN is only suitable for filtering non oil particles, whereas KP is suitable for filtering oil and non oil particles as well. For microbes, KN is fine. The figures after KN and KP refer to the filtering efficiency level. The higher the figure is, the better the filtering effect will be.

KN mask are only tested for the filtration efficiency of particles, but not for the penetration of synthetic blood, surface moisture resistance and other indicators. Therefore, this kind of mask can block the virus when used for a short time, but it can not be used to contact patients who cough or for contacting patients for a long time. It can be used by the medical personnel or ordinary people when contacting patient for a brief time but cannot be used for an extended contact time.



KN95 口罩
KN95 mask



N95 口罩
N95 mask



FFP 口罩
FFP mask

N95 口罩与 FFP 口罩

除了各类符合中国标准的口罩之外，N95 口罩也时常出现在大众视野中，这是一种符合美国标准的口罩。美国的口罩技术要求由美国国家职业安全卫生研究所 (NIOSH) 制定，与中国标准相比，相同点在于都适用于颗粒物，相同数值的过滤效率也相同，防护等级越高，过滤效果越好。不同点是美国以 N、R、P 来分类，分类多了一个。本质上中国的医用防护口罩是 N95 口罩的一种，但不是所有的 N95 口罩都是医用防护口罩。N95 口罩如果未做合成血液穿透和表面抗湿性等测试，使用范围就与 KN95 一样。

N95 and FFP mask

In addition to all kinds of masks that meet Chinese standards, N95 masks are often seen in the public. This kind of mask meets American standards. The technical requirements for masks in the United States are formulated by the National Institute of Occupational Safety and Health (NIOSH). Compared with the Chinese standard, they are all suitable for filtering particulate matters, as for filtering efficiency the same value means the same thing. The higher the level of protection, the better the filtering effect. The difference is that the United States classifies N, R and P, one more category than China. In essence, China's medical protective mask is a kind of N95 mask, but not all N95 masks are medical protective masks. If the N95 mask is not tested for synthetic blood penetration and surface moisture resistance, the application range is the same as that of KN95.

还有一种 FFP 系列口罩，是欧洲防护口罩的标准。分三个级别：FFP1、FFP2、FFP3。

与美国标准不同的是它的检测流量采用 95L/min，用 DOP 油发尘。

以 FFP2 口罩为例，欧洲标准 EN149。它可以过滤 94% 的非油性颗粒物，颗粒物过滤效率与医用防护口罩、KN95 口罩、N95 口罩十分接近。这类口罩如果未做合成血液穿透和表面抗湿性等测试，使用范围也与 KN95 一样。

There is also an FFP series mask, which is the European standard for masks. There are three levels: FFP1, FFP2 and FFP3.

Take FFP2 mask as an example, the relevant European standard is EN149. It can filter 94% of non oil particles, and the filtration efficiency of particles is very close to that of medical protective masks, KN95 masks and N95 masks. If such masks are not tested for synthetic blood penetration and surface moisture resistance, the scope of use is the same as KN95.

总而言之，从防护能力来看，由强到弱分别为医用防护口罩、医用外科口罩、一次性使用医用口罩，而 KN95、N95、FFP2 口罩颗粒物过滤效率基本相同。

大家应当根据个人情况选择合适的口罩。

In summary, from the perspective of protection ability, medical protective masks, medical surgical masks and disposable medical masks are from strong to weak, while the filtration efficiency of KN95, N95 and FFP2 masks are basically the same.

You should choose the right mask according to your personal situation.

Sun Yat-sen and Wuhan

孙中山与武汉

百年来，武汉三镇不少地方、机构、建筑……以“中山”命名，形成颇具特色的“中山地理”，且创下多个“武汉之最”。

孙中山在武汉留下大量足迹，与武汉渊源深厚。今天是先生逝世 95 周年纪念日，武汉，也用各种方式铭记这位历史伟人。

Over the past hundred year, there have been many places, institutions and buildings in the three towns of Wuhan named after "Sun Yat-sen", forming a distinctive "Sun Yat-sen geography" and creating several "Wuhan's tops".

Sun Yat-sen left a vast number of footprints in Wuhan, had deep roots in Wuhan and had a deep relationship with Wuhan. This year marks the 95th anniversary of his death. Wuhan remembers this great historical figure in various ways.

武昌“红楼”前孙中山的雕像

“红楼”的武昌起义军政府鄂军都督府，都督府大门前立着一尊孙中山铜像。

武汉有两尊孙中山铜像，另外一尊在汉口。武昌的这座铜像建于 1931 年，通高约 6 米，像高 2.4 米，基座为麻石砌成，正面嵌汉白玉石碑，上刻“孙中山先生之像”。孙中山身着传统的长袍马褂，右手持有礼帽，左手握拐杖，持重安详，目光炯炯。

实际上，武昌起义爆发时孙中山并不在国内，直到次年 4 月他才第一次来到武汉，会见了军政府及武昌起义志士代表。

A statue of Sun Yat-sen in front of the "Red House" in Wuchang

In front of the gate of the "Red House", the Hubei army governor's office during the Wuchang uprising, stands a bronze statue of Sun Yat-sen.

Another bronze statue of Sun Yat-sen in Wuhan was erected in Hankou. The bronze statue of Wuchang was built in 1931, with a height of about 6 meters and a height of 2.4 meters. The base is made of granite, with a white marble stele inlaid on the front and "the image of Dr.



Sun Yat Sen" engraved on it. Sun Yat-sen is dressed in a traditional long mandarin gown. He is holding a hat in his right hand and a stick in his left hand. His posture is heavy and peaceful with bright eyes.

In fact, Sun Yat-sen was not in the country when the Wuchang uprising broke out. He did not come to Wuhan until April of the next year for the first time to meet with representatives of the military government and the people with lofty ideals involved in the Wuchang uprising.

中山公园：亚洲第一座综合性大众公园

汉口中山公园位于汉口解放大道。1927 年，汉口市国民政府将始建于 1910 年的私人园林西园收归国有并建为“汉口第一公园”。

1928 年，改名为中山公园。后经扩建，1929 年 10 月 10 日，正式对外开放，成为“亚洲第一座综合性大众公园”（说法出自《孙中山与武汉》图册）。



1929 年 10 月 10 日，公园正式开放，市民 5 万余人争睹。咸宁日报社 82 岁的离休干部孙兴仁的一张珍藏 80 多年的全家福。孙兴仁老人称，1929 年 10 月中山公园正式开放，家族 11 口人在假山旁照了一张全家福。

1931 年汉口大水，大水从铁路单洞门附近长驱直入，中山公园一带全部淹没，园内部分景观建筑被毁。1932 年重修后的中山公园大门，成了当时汉口的标志性建筑。

1932 年至 1934 年，吴国炳主持修建，修复了原有设施，并且新建了“张公亭”“水阁”“四顾轩”“落虹桥”和“日晷”等。园内面积也比之前扩大了一倍多。

抗战期间，中山公园成为了宣传抗日战争的重要舞台，不少大人物都曾在这里组织过演讲、演出，包括张学良、郭沫若、冼星海……

新中国成立之后，中山公园焕发了青春。武汉的第一次运动会在这里举行，还有各大庆典活动都首选中山公园。

1986 年，中山公园建起了武汉第一座儿童游乐场，一代又一代武汉人的童年记忆留在了这里。

2009 年 11 月 12 日，孙中山先生诞辰 143 周年纪念日，全国首座孙中山与宋庆龄铜像在中山公园落成。铜像位于公园中区，以 1915 年 10 月 25 日孙中山、宋庆龄夫妇在日本的结婚照为蓝本。现在成为了中山公园的标志性建筑。

Zhongshan Park: the first comprehensive public park in Asia

Zhongshan Park is located on Jiefang Avenue in Hankou.

In 1927, the national government of Hankou city nationalized Xiyuan, a private garden built in 1910, and opened it as "the first public park in Hankou".

In 1928, it was enlarged and renamed to Zhongshan Park and was officially opened to the public on October 10, 1929 and became "the first comprehensive public park of Asia". The statement comes from the photo album

titled "Sun Yat-sen and Wuhan" containing a family photo cherished for more than 80 years by Sun Xingren, an 82-year-old retired cadre of Xianning Daily.

As Sun Xingren recalled, in October 1929, Zhongshan Park was officially opened, and his family of 11 people took a family picture next to a rock formation in the park.

In 1931, Hankou was flooded. The flood arrived from the direction of the railroad and flooded the whole Zhongshan Park area. Part of the landscape and buildings were destroyed. The gate of Zhongshan Park, rebuilt in 1932, became a landmark of Hankou at that time.

From 1932 to 1934, Wu Guobing launched a construction for rebuilding and repairing the original facilities, expanding the area of the park to its double and has also added new sceneries like the Changgong Pavilion, Water Pavilion and others.

During the Anti-Japanese War, Zhongshan Park became an important stage for the propaganda surrounding the war. Many important figures had organized speeches and performances here, including Zhang Xueliang, Guo Moruo and Xian Xinghai.

After the founding of New China, Zhongshan Park was rejuvenated. The first sports meeting of Wuhan was held here. Zhongshan Park became the first choice for all major celebrations and activities.

In 1986, the first children's playground of Wuhan was built in Zhongshan Park, leaving childhood memories in the people of Wuhan generation after generation.

On November 12, 2009, the 143rd anniversary of Sun Yat-sen's birth, the first bronze statue of Sun Yat-sen and Song Qingling was built in Zhongshan Park.

Located in the central part of the park, the statue based on the wedding photo of Sun Yat-sen and his wife Song Qingling taken in Japan on October 25, 1915. The statue since became the landmark of Zhongshan Park.





中山大道：汉口第一条近代马路

位于汉口的中山大道贯穿整个汉口中心区的商业街，其前身为“后城马路”。

1907年，张之洞将后城城墙拆除，修建了上起硚口、下至江汉路的后城马路，成为汉口第一条近代马路。

第一次国共合作时期，武汉市政府为纪念孙中山先生，于1927年将后城马路改名为中山马路。抗战胜利后，市政府于1946年元旦，将延长了的中山马路命名为中山大道。

中山大道是历史悠久的汉口主干道，其弯曲与逼仄已难以适应城市交通的需要，改造势在必行。

1957年市政府决定让中山大道通无轨电车，将汉口与武昌交通连接，为此必须拓宽中山大道。由于建设资金的短缺，尽量少请民工，而发动青年学生搞义务劳动是当年的基本搞法。

中山大道是纵贯大武汉东西走向的第一条近代马路，这里曾经洋行里分云集，万国风情纷呈。这里的老里份、老



建筑、老字号是武汉历史的见证者，也承载了武汉这座城市的灵魂。

2014年，武汉市委、市政府启动了对中山大道一元路至武胜路4.7公里路段及周边区域的综合保护和改造。经过20多个月的综合保护和改造升级，中山大道将形成以水塔文化广场为中心的“一核一岛十景”文化空间布局。

百年中山大道——见证了武汉的历史与过往，也即将见证江城的无限未来。中山大道的改造工程以保护历史建筑、重塑商业生态、呼唤文化回归为目标，以“恢复历史风貌、延续城市文脉、留住武汉之根”为己任，完成百年老街的涅槃回归，使其成为最有文化的商业名街，打造为复兴大武汉的点睛之作、自信之作。

这条路的出现，标志着面向汉江的汉口正式“转身”面向长江，武汉以更开放的姿态参与到世界舞台中来。

武汉，这座有着悠久历史和深厚人文底蕴的城市，从20世纪战火的硝烟中走来，以一个国际化大都市的姿态屹立。今天的武汉，走过了艰苦的岁月，却遭到了病毒的严峻打击。这座城市孕育过伟人、英雄，也孕育出无数土生土长的普通人。面对疫情，这些普通人站了出来，他们是医生，是护士，是警察，是司机，是无名之辈，他们为武汉赢来了新的生机。

他们共同组成了武汉，组成了这座英雄城——不朽的灵魂。英雄城，永不倒。

来源：中山国学堂

Zhongshan Avenue: the first modern road in Hankou

Located in Hankou, Zhongshan Avenue runs through the central business area of Hankou. During the period of the first Kuomintang-Communist Party cooperation, Wuhan municipal government renamed Houcheng road to Zhongshan road in 1927 in honour of Sun Yat-sen. After the victory of the Anti-Japanese war, the municipal government renamed the extended Zhongshan Road as Zhongshan Avenue on the New Year's Day in 1946.

Zhongshan Avenue is the historic main road of Hankou. In 1957, the municipal government decided to connect the traffic of Hankou and Wuchang with Zhongshan Avenue by trolleybuses, for which Zhongshan Avenue had to be widened. Because the lack of construction funds, as few laborers were employed as possible. As an addition to the workforce young student were recruited as voluntary workers.

Zhongshan Avenue is the first modern road running from east to west in Hankou, where foreign firms and alleys used to be concentrated, keeping the customs of the various nations. The old alleys, old buildings and time-honoured brands here are witnesses to the history

of Wuhan and carry the soul of the city.

In 2014, the municipal party committee and government of Wuhan launched a comprehensive protection and renovation project of a 4.7 kilometer section of Zhongshan Avenue between Yiyuan Road and Wusheng Road and the surrounding areas. After more than 20 months of comprehensive protection, renovation and upgrading, Zhongshan Avenue took the shape of a cultural space layout called "one core, one island and ten views" with the water tower cultural square as the center.

The century-old Zhongshan Avenue has witnessed the history and past of Wuhan and is about to witness the infinite future of the city by the Yangtze river.

Although Wuhan has experienced difficult times, it was hit hard by the virus recently. This city has bred great men and heroes as well as countless ordinary people. In face of the pandemic, these people stood out, they were doctors, nurses, policemen, drivers or just ordinary people and they won a new life for Wuhan.

Together they form Wuhan, the city of heroes, the city of immortal souls.

ID: zsguoxue





欧盟启动号召募捐的行动

布鲁塞尔, 2020年4月24日



2020年5月4日, 欧洲联盟将与全球合作伙伴共同启动募捐行动 - 全球应对冠状病毒行动。世界卫生组织与全球多个卫生组织联合发布了行动召集书, 号召开发可以快速而公平获取的安全、品质、有效和可负担的诊断、治疗方案以及冠状病毒疫苗。

为支持这项行动, 欧洲联盟与合作伙伴将组织全球范围的募捐马拉松, 邀请世界各国和组织承诺助力实现 75 亿欧元初始资金的目标。

欧洲委员会主席冯德莱恩表示: “我们需要团结世界各地、各领导人和人民, 共同抗击冠状病毒。仅 10 天后, 我们将启动号召全球募捐行动, 这是真正的马拉松, 因为抗击冠状病毒需要在众多前线采取全球响应和可持续行动。我们需要开发疫苗, 生产疫苗并分布到世界每个角落, 而且, 是以可负担得起的价格。”

全世界的科研创新人员都在努力工作, 为挽救生命和保护我们的健康而寻找解决方案。5月4日开始, 欧洲委员会将登记来自各国和商业基金的捐款承诺。当天, 委员会还将宣布全球行动的下一里程碑, 即启动滚动补充资金方案。

欧洲委员会还邀请政府、商业领袖、公众人物和慈善家、艺术家和公民共同宣传这一全球募捐行动。收集到的资金将投向三个方向: 诊断、治疗、疫苗。

马拉松倒计时从今天开始, 也是联合国组织的 2020 世界免疫周第一天, 今年的主题是 #疫苗保护人人#, 该活动将关注疫苗, 以及开发、接种和被接种疫苗的人在保护世界各地每个人的健康方面的重要作用。

了解更多活动内容和参与方法, 点击全球应对冠状病毒网站:

<http://www.europa.eu/Global-Response>

背景

3月26日, 二十国集团应对新冠肺炎特别会议同意建立关于大流行病防范和应对的全球倡议, 该倡议将“作为一个普遍、有效、持续的筹资和协调平台, 以加速疫苗、诊断和治疗的开发和使用。”

4月24日, 世界卫生组织和全球首批若干卫生组织启动了全球范围的标志性合作行动, 以实现加速开发、生产并面向全球公平提供应对新冠肺炎的健康关键技术。首批参与的组织包括比尔和梅琳达·盖茨基金会、疫情防备创新联盟、GAVI 疫苗联盟全球基金、国际药品采购机制 (UNITAID)、惠康基金会以及世界银行。他们共同承诺, 面向全球为所有人公平提供抗击新冠病毒的创新型工具。联合发布的行动征集书内容请查阅链接。

响应各卫生机构联合发布的行动号召, 欧盟与法国、德国、英国、挪威和沙特阿拉伯联合主办动员募捐大会, 欧洲委员会主席冯德莱恩曾于 4 月 15 日宣布欧洲委员会将组织线上募捐活动, 资助新冠疫苗的开发。

同时, 委员会在科研创新领域投入数亿欧元, 用于开发疫苗、新疗法、诊断检测和医疗体系, 以防止冠状病毒的蔓延。

EU launches pledging effort

Brussels, 24 April 2020

The European Union is joining forces with global partners to kick-start a pledging effort – the Coronavirus Global Response – starting on 4 May 2020. The World Health Organization (WHO) and global health organisations have launched a joint call for action to develop fast and equitable access to safe, quality, effective and affordable diagnostics, therapeutics and vaccines against coronavirus.

To raise funds in support of this endeavour, the European Union and its partners will organise a worldwide pledging marathon. Countries and organisations around the world are invited to pledge to help reach the target of €7.5 billion in initial funding.

European Commission President von der Leyen said: “We need to bring the world, its leaders and people together against coronavirus. In just 10 days, we will launch a global pledging effort. A real marathon. Because beating coronavirus requires a global response and sustained actions on many fronts. We need to develop a vaccine, to produce it and deploy it to every corner of the world. And we need to make it available at affordable prices.”

Researchers and innovators around the world are working very hard to find solutions to save lives and protect our health. Starting on the 4th of May, the Commission will register pledges from countries and business foundations. On that day, the Commission will also announce the next milestones of a global campaign, which is to kick off an ongoing rolling replenishment.

The Commission is also inviting governments, business leaders, public figures philanthropists, artists and citizens to raise awareness about this global pledging effort. The funds collected will be channelled into three strands: diagnostics, treatments and vaccines.

The countdown to the start of marathon begins today, the first day of the 2020 World Immunisation Week organised by the United Nations. The theme this year is #VaccinesWork for All and the campaign will focus on how vaccines, as well as the people who develop, deliver and receive them, work to protect the health of everyone, everywhere.

Find out more about the effort and how to get involved on the Coronavirus Global Response website:

<http://europa.eu/global-response>

Background

On 26 March, in an extraordinary meeting on the coronavirus outbreak, the G20 agreed to establish a global initiative on pandemic preparedness and response to “act as a universal, efficient, sustained funding and coordination platform to accelerate the development and delivery of vaccines, diagnostics and treatments.”

On 24 April, the WHO and an initial group of global health actors launched a landmark, global collaboration for the accelerated development, production and equitable global access to new COVID-19 essential health technologies. The group includes the Bill and Melinda Gates Foundation (BMGF), the Coalition for Epidemic Preparedness Innovations (CEPI), GAVI – the Vaccine Alliance –, the Global Fund, UNITAID, the Wellcome Trust and the World Bank. Together, they committed to the shared aim of equitable global access to innovative tools to fight the COVID-19 virus for all.

To respond to the joint call for action from health actors, the EU is joining forces with France, Germany, the United Kingdom, Norway and Saudi Arabia to host a pledging conference. This follows the announcement by President von der Leyen on 15 April that the Commission would organise an online pledging event to fund the development of a vaccine against COVID-19.

In parallel, the Commission is committing hundreds of millions of euros in research and innovation measures to develop vaccines, new treatments, diagnostic tests and medical systems to prevent the spread of the coronavirus.

新型冠状病毒大流行 及其正在创造的新世界

The Coronavirus pandemic and the new world it is creating

欧盟外交与安全事务高级代表兼欧洲委员会副主席何塞·博雷利

EU HRVP Josep Borrell



新型冠状病毒 (COVID-19) 将重塑我们的世界。我们尚不知道危机何时结束。但可以肯定的是,到那时,世界将变得非常不同。而发生何种变化将取决于我们今天做的选择。

COVID-19 危机不是一场战争,而类似于“战争”,因为它需要对资源进行空前的调动和部署。国家之间的团结和为共同利益作出牺牲的意愿是决定性的。只有团结一致、跨境合作,我们才能战胜病毒并遏制其后果,对此,欧盟发挥着核心作用。3月23日,欧盟各国外长视频连线讨论了这场危机,这也是我们的明确统一立场。

有时会说,战争不是通过战术甚至战略来取胜,而是通过后勤和沟通来赢得胜利。对于 COVID-19 来说也是如此:最擅长组织响应,迅速借鉴世界各地的经验教训并成功地与公民和更广阔的世界沟通的人,将变得最成功。

一场全球论战一直在进行,其中时机变成了一个至关重要的因素。一月份的主导语境是湖北省发生了局部危机,而中共官员对重要信息的掩盖使情况更加恶化。欧洲输送了大量医疗设备,以帮助当时不堪重负的中国政府。自那时以来,中国已将本地的新感染人数降低到一位数字。现在,它正像其他国家一样,向欧洲派遣设备和医生。中国现在激烈地宣传其与美国不同,即它是一个负责任和可靠的伙伴。在论战中,我们还看到了试图摧毁欧盟声誉的行为,在某些情况下,欧洲人被污名化,好像所有欧洲人都是该病毒的携带者。

欧洲的重点是:我们可以确定,随着疫情的爆发以及我们对疫情的发展,观念将再次发生变化。但是我们必须意识到,有一个地缘政治因素,包括通过宣传和“慷慨政治”争取影响力的斗争。基于事实,我们需要捍卫欧洲免受破坏者的侵害。

欧洲内也有一场论战。至关重要是欧盟必须表明它是一个捍卫其公民的联盟,而团结并不是一个空洞的词组。在国家政府成为疫情中心的第一波浪过后,如今,欧盟已在成员国授权其采取行动的所有方面进行联合行动:联合采购重要医疗设备、联合经济刺激计划,以及必要的财政宽松和国家援助规则的放。

此外,欧盟的角色包含很大的外部组成部分。我们正在协助成员国进行领事工作,帮助滞留的欧洲公民返回家园。例如,在过去的一周中,在摩洛哥的共同努力下,大约3万名欧盟公民得以返回。这表明我们可以一起努力。但还有很

多工作要做。在全球范围内,约有10万欧洲旅行者在当地的使领馆进行了登记,但需回家人员的真实数字要高得多。

全球大流行需要全球解决方案,欧盟必须成为抗疫的中心。我与亚洲、拉丁美洲和非洲的全球合作伙伴保持联系,以便建立协调一致的国际对策。在危机中,人的本能往往是向内转、封闭边界、自我保护。虽然可以理解,但这种立场是自欺欺人的。一个国家靠单打独斗无法解决 COVID-19 危机。这样做仅意味着我们所有人将在更长的时间里苦苦挣扎,并付出更高的人力和经济成本。

相反,我们应该努力的是从根本上扩大科学家、经济学家和决策者之间的国际合作。在联合国、世界卫生组织和国际货币基金组织。在 G7 和 G20 等国际论坛内。集中资源用于治疗 and 疫苗研发。通过协调财政和货币刺激措施并保持商品贸易开放来限制经济损失。当科学家告诉我们可行的时候,就重新开放边境进行合作。并打击在线虚假信息宣传。这是团结与合作的时刻,而不是进行责备游戏的时刻,因为责备无法治愈任何一名感染者。

尽管国内的需求很大,但欧盟也应准备帮助可能不堪重负的人们。试想一下叙利亚的难民营,假设 COVID-19 在那儿爆发,对那些已经遭受了如此多痛苦的人们,那该如何是好。在这方面,非洲将是一个主要关注对象。针对埃博拉病毒,非洲可能比欧洲拥有更多的近来应对大流行的经验,但非洲的卫生系统总体上非常薄弱,全面爆发将造成严重破坏。在非洲人口稠密的城市地区,社会疏远和封闭生活的执行将更加困难。非洲有数百万人以非正式经济为生,将不得不在没有任何社会安全网的情况下应对疫情。甚至在病毒传播到非洲大陆之前,非洲人就必须与其他新兴经济体一起应对大规模的资本撤出。

如果没有我们的支持,委内瑞拉或伊朗等其他国家可能会崩溃。这意味着我们应确保他们能够获得国际货币基金组织的援助。与伊朗一起,我们需要确保,尽管受到美国制裁,其仍可以进行合法的人道主义贸易。

我们还应该记住,在新冠病毒危机之前,我们关注的其他问题都没有消失。实际上,它们可能会变得更严重。COVID-19 可能会加深欧盟邻国中一些持续时间较长的冲突。在欧洲,我们已经不得不应对一个日益加剧的地缘政治紧张的世界,尤其是在美国和中国之间。在这一局势下风险是,COVID-19 会加剧先前已存在的趋势。

总体而言,欧盟的任务是无视批评者,并以非常具体的方式表明欧盟在危机面前是有效和负责任的。让·莫奈(Jean Monnet)在他的回忆录中写道:“欧洲将在危机中锻造而成,

COVID-19 will reshape our world. We don't yet know when the crisis will end. But we can be sure that by the time it does, our world will look very different. How different will depend on the choices we make today.

The COVID-19 crisis is not a war but it is 'war-like' in that it requires the mobilisation and direction of resources at unprecedented levels. Solidarity between countries and a readiness to make sacrifices for the common good are decisive. Only by pulling together and cooperating across borders can we beat the virus and contain its consequences – and the EU has a central role to play. This was the clear and united position of EU Foreign Ministers when we discussed the crisis on 23 March via video-link.

It is sometimes said that wars are won not by tactics or even strategy, but by logistics and communications. This seems true for COVID-19 as well: whoever is best at organising the response, quickly drawing on lessons learnt from around the world and communicating successfully towards citizens and the wider world, will come out strongest.

There is a global battle of narratives going on in which timing is a crucial factor. In January, the dominant framing was of this being a local crisis in Hubei province, aggravated by the cover up of crucial information by Chinese party officials. Europe was sending a lot of medical equipment to help Chinese authorities that were overwhelmed at the time. Since then, China has brought down local new infections to single figures – and it is now sending equipment and doctors to Europe, as others do as well. China is aggressively pushing the message that, unlike the US, it is a responsible and reliable partner. In the battle of narratives, we have also seen attempts to discredit the EU as such and some instances where Europeans have been stigmatised as if all were carriers of the virus.

The point for Europe is this: we can be sure that perceptions will change again as the outbreak and our response to it evolves. But we must be aware there is a geo-political component including a struggle for influence through spinning and the 'politics of generosity'. Armed with facts, we need to defend Europe against its detractors.

There is also a battle of narratives within Europe. It is vital that the EU shows it is a Union that protects and that solidarity is not an empty phrase. After the first wave in which national authorities took centre stage, now the EU is coming to the fore with joint actions on all tracks where member states have empowered it to act: with joint procurement of vital medical equipment, with a joint economic stimulus and a necessary relaxation of fiscal and state aid rules.

In addition, the EU's role contains a big external component. We are assisting member states with their consular efforts, helping to bring stranded Europeans back home. For example, in the past week, joint efforts in Morocco enabled the repatriation of around 30,000 EU citizens. This shows that we can deliver together.

Much more remains to be done. Worldwide, around 100,000 European travellers have registered at local embassies or consulates but the true figure of those that need to come home lies much higher.

并将成为针对这些危机解决方案的总和。”当我们与这场危机作斗争并为以后的事情做准备时,这将成为我们的指导思想。

A global pandemic needs global solutions and the EU has to be at the centre of the fight. I am in touch with partners around the world, from Asia, Latin America and Africa, to help build a coordinated international response. In a crisis, the human instinct is often to turn inwards, to close borders and fend for yourself. While understandable, this stance is self-defeating. The COVID-19 emergency cannot be solved within one country, or by going it alone. Doing so simply means all of us will struggle longer, with higher human and economic costs.

What we should work for instead is a radical scaling up of international cooperation among scientists, economists and policy-makers. At the UN, the WHO and the IMF. Within the G7 and G20 and other international fora. Pooling resources to work on treatments and a vaccine. Limiting the economic damage by coordinating fiscal and monetary stimulus measures and keeping trade in goods open. Collaborating on re-opening borders when scientists tell us that we can. And fighting on-line disinformation campaigns. This is a time for solidarity and cooperation, not blame games which will not heal a single infected person.

While the needs are great at home, the EU should also be ready to assist others in fragile situations who risk being overwhelmed. Just think of the refugee camps in Syria and what would happen if COVID-19 broke out there to people who have already suffered so much. In this respect Africa is a major concern. With Ebola it may have built more recent experience with handling pandemics than Europe, but health systems overall are very weak and a full outbreak would wreak havoc. Social distancing and living in confinement is exponentially more difficult in densely populated urban areas of Africa. Millions in Africa make their living in the informal economy and will have to handle the outbreak without any social safety net. Even before the virus has hit the continent, Africans, with other emerging economies, have to deal with a massive level of capital withdrawal.

Elsewhere countries like Venezuela or Iran may well collapse without our support. This means we should ensure they have access to IMF assistance. And with Iran, we need to make sure that legitimate humanitarian trade can proceed despite US sanctions.

We should also remember that none of the other problems that we focused on before the corona-crisis, has gone away. In fact, they may get worse. COVID-19 may well deepen some of the longer running conflicts in the neighbourhood. As Europe we already had to navigate a world of growing geo-political tensions, especially between the US and China. Here too, the risk is that COVID-19 will compound pre-existing trends.

Overall the task for the EU is to defy the critics and demonstrate in very concrete terms that it is effective and responsible in times of crisis. Jean Monnet wrote in his memoirs that "Europe will be forged in crises, and will be the sum of the solutions adopted for those crises." Let that be our guiding philosophy as we battle this crisis and prepare for what comes after.



外交与安全事务高级代表何塞·博雷利代表欧洲联盟在2020年5月3日世界新闻自由日之际发表的声明

值此世界新闻自由日之际，我们赞扬新闻业在维护民主社会中的网上和线下言论自由以及促进透明度和问责制方面的重要作用。

当前的新冠肺炎（COVID-19）危机凸显了新闻工作的重要性。在不确定的时期，获得经过事实核查的可靠信息、不受不正当的干预和影响，比以往任何时候都更加重要，这有助于提高社会的韧性。令人关切的是，一些国家以 COVID-19 大流行病为借口，对新闻自由施加不适当的限制。

尽管 COVID-19 大流行病带来了更多的风险和挑战，但世界各地的记者和媒体工作者仍在困难的环境中继续开展他们的重要工作。他们正在为最脆弱的人群发声，确保他们的故事被听到。他们从交通不便的地区，包括冲突地区带来证词。他们正在提供关于这一流行病在世界不同地区造成的破坏性影响的重要信息，以及团结、勇敢和振奋人心的故事。

记者在促进关于社会如何更好地应对我们所面临的挑战并最终使社会更安全、更繁荣和更可持续的辩论中发挥着关键作用。记者必须能够自由地开展工作。今天，也许比以往任何时候都更需要新闻自由，新闻自由是民主社会的基石，只有当公民能够获得可靠的信息并作出知情选择，民主社会才能蓬勃发展。新闻工作有助于发现和打击虚假信息。

在许多国家，记者不得不面对限制性立法的制约，有时被归咎于 COVID-19 紧急情况，限制了言论自由和新闻自由。关闭互联网和网站的情况比比皆是。记者，特别是女记者，受到政府或党派媒体的抹黑、经济打压和攻击，往往导致他们进行自我审查。太多的记者面临着骚扰、任意拘留和监禁。太多的记者因为工作而失去了生命。

欧洲联盟正在境内外努力应对这一流行病对健康、人权和社会经济的影响，包括对媒体的影响。在毫不妥协地维护言论自由的必要性的同时，欧盟的应对措施还侧重于打击有关 COVID-19 的虚假信息。这包括宣传值得信赖的信息来源、贬低虚假或误导性内容，以及删除非法内容。这些行动只有在坚定而勇敢的新闻工作者兢兢业业的工作基础上再接再厉，才能取得成功，他们的日常努力使社会更加安全、公平和民主。

今天，欧盟坚定重申，它将继续支持独立和可靠的媒体在世界各地的社会中发挥关键作用。新闻自由不仅是媒体专业人员的权利，也是我们每一个人的权利。

Declaration by the High Representative, Josep Borrell, on behalf of the European Union, on the occasion of the World Press Freedom Day, 3 May 2020

On World Press Freedom Day, we pay tribute to the essential role of journalism in upholding online and offline freedom of expression in democratic societies and fostering transparency and accountability.

The current COVID-19 crisis has brought the importance of the work of the press into sharp relief. In times of uncertainty, more than ever, access to reliable fact-checked information, that is free from undue interference and influence, is crucial and contributes to a more resilient society. It is a matter of concern that the COVID-19 pandemic is being used in some countries as pretext for imposing undue restrictions on freedom of the press.

Despite the additional risks and challenges arising from COVID-19 pandemic, journalists and media workers from all over the world are continuing their essential work, sometimes in difficult circumstances. They are giving a voice to the most vulnerable, making sure their stories are heard. They are bringing testimonies from less accessible areas, including conflict zones. They are providing essential information about the often devastating impact of the pandemic in different parts of the world as well as uplifting stories of solidarity and courage.

Journalists are pivotal in facilitating the debate on how societies can prepare better for the challenges as those we are facing and ultimately how they can become safer, more prosperous and more sustainable. Journalists must be able to work freely. Today, perhaps more than ever, freedom of the press is a cornerstone of democratic societies, which can thrive only if citizens have access to reliable information and can make informed choices. Journalism helps to detect and to counter disinformation.

In too many countries journalists have to contend with restrictive legislation, sometimes ascribed to the COVID-19 emergency, that curbs freedom of expression and the freedom of the press. Internet shutdowns and websites closures are proliferating. Reporters, especially women, are subject to smear campaigns, financial pressure and attacks by government or partisan media outlets, often forcing them to self-censor. Too many face harassment, arbitrary arrest and imprisonment. Too many have lost their lives for doing their work.

The European Union is working, at home and abroad to counter the health, human rights and socio-economic implications of the pandemic, including on media houses. While uncompromising on the need to uphold freedom of expression, the EU's response also focuses on fighting disinformation about the COVID-19. This involves promoting trustworthy sources, demoting false or misleading content, and taking down content that is illegal. These actions can only succeed if they can build on the conscientious work of committed and courageous journalists, whose daily efforts make societies safer, fairer and more democratic.

Today, the EU strongly reaffirms its continued support for the key role of independent and reliable media in societies, all around the world. Press freedom is a right, not just of media professionals, but of each and every one of us.



伊娜·玛邱罗尼塔

自 2015 年 9 月起至今担任立陶宛驻华大使
2006 年曾担任联合国教科文组织世界遗产委员会主任

2003 至 2010 年担任立陶宛驻联合国教科文组织大使

Ina Marciulionyte

September 2015-Present: Ambassador Extraordinary and Plenipotentiary of the Republic of Lithuania to the People's Republic of China.

2006: Chairperson of UNESCO World Heritage Committee.

2003-2010: Ambassador, Permanent representative of Lithuania at UNESCO.



The Biography of Vilnius

Follow the Ambassador to his Country

Ina Marciulionyte
Lithuanian Ambassador to China

跟着大使看世界

——立陶宛驻华大使伊娜·玛邱罗尼塔

2020 年立陶宛被联合国教科文组织宣布为世界遗产年，目的是突出立陶宛的文化遗产——维尔纽斯历史中心、科纳夫考古遗址、库伦斯皮特、斯特鲁夫大地弧——的重要意义，同时也为了增进对这些遗址的了解，提高公众对这些遗址的特殊普遍价值以及法律保护和保存重要性的认识。

2020 has been declared the year of UNESCO World Heritage in Lithuania in order to highlight the significance that Lithuania's cultural heritage sites included on the World Heritage List – Vilnius Historic Centre, Kernavė Archaeological Site, Curonian Spit, Struve Geodetic Arc – hold to our country, and also in order to promote knowledge about them and raise the public awareness on the exceptional universal value of these sites and the importance of their legal protection and preservation for the future generations.

我们很自豪地能够拥有一长串受到联合国教科文组织保护的世界级文化和自然遗产。四个立陶宛文物被列入联合国教科文组织世界遗产名录：

- 1、维尔纽斯历史中心（1994 年）
- 2、库尔斯沙嘴（2000 年）
- 3、柯纳维考古遗址（2004 年）
- 4、斯特鲁夫地质测量地点（2005 年）

We are proud to have long list of world-class cultural and natural heritage sites that are protected by UNESCO. Four Lithuanian heritage entities are included in the UNESCO World Heritage List:

1. Vilnius Historic Centre;
2. Curonian Spit;
3. Kernavė Archaeological Site (Cultural Reserve of Kernavė);
4. Struve Geodetic Arc.

To find out more about Vilnius and Lithuania, please visit:
www.govilnius.lt
www.lithuania.travel



Vilnius Old Town, photo by Andrius Aleksandravicius.

维尔纽斯是 13 世纪至 18 世纪立陶宛大公国时期的政治和文化中心，是东欧和西欧文化交汇的中欧城市的杰出典范。维尔纽斯历史中心在五个世纪的时间里被有机地结合在一起，被认为是欧洲最大的保存历史中心之一，占地 359.5 公顷。老城区共有 112 个区，呈现出真实的中世纪街道网络、城市结构和令人印象深刻的哥特式、文艺复兴、巴洛克和古典风格的历史建筑。它现在的轮廓与历史上多元文化的城市背景相得益彰。几个世纪以来，维尔纽斯一直是立陶宛、犹太、波兰、俄罗斯、德国、白俄罗斯、卡拉姆和鞑靼社区人民的家园，1994 年 12 月维尔纽斯老城被联合国教科文组织列入世界遗产名录。

Vilnius, the political and cultural centre of the Grand Duchy of Lithuania from the 13th to the 18th century, is an outstanding example of a Central European city where the cultures of Eastern and Western Europe meet. Vilnius Historic Centre evolved organically over a period of five centuries and is regarded as one of the largest preserved historic centres in Europe covering an area of 359.5 hectares. With its 112 quarters the old town presents an authentic medieval network of streets, urban structure and impressive historical buildings of Gothic, Renaissance, Baroque and Classicism styles. Its current silhouette complements its historically multicultural urban context. For centuries Vilnius has been home for people of Lithuanian, Jewish, Polish, Russian, German, Belarus, Karaim and Tatar communities. Vilnius Old Town was inscribed into the UNESCO World Heritage List in December 1994.

维尔纽斯历史中心 Vilnius Historic Centre



Vilnius Hot Air Balloons, photo by Go Vilnius.

库尔斯沙嘴 Curonian Spit

位于立陶宛和俄罗斯联邦的库尔斯沙嘴是波罗的海地区令人印象深刻的火山口（长 98 公里，宽 0.4-4 公里）。它把库尔斯湖和波罗的海分开。从史前时期起，沙丘开始移动，定居点消失在沙地下。只有居住在那里的人们努力克服了这个问题，通过稳定这个戏剧性的过程来对抗蔓延的侵蚀。壮观的沙丘和森林地区以其独特的生态系统和传统的渔村为特色，具有突出的文化景观。2000 年，库尔斯沙嘴被列入世界遗产名录。

The Curonian Spit situated in Lithuania and the Russian Federation is an impressive spit in the Baltic region (98 km long and 0.4-4 km wide). It separates the Curonian Lagoon from the Baltic Sea. The dunes shifted and settlements disappeared covered under the sand since prehistoric times. Only the efforts of the people residing there managed to overcome this problem, combating the erosion of the spit by stabilizing the dramatic process. The spectacular sand dunes and forest area with their unique ecosystem, and traditional fishermen villages characterize an outstanding cultural landscape. The Curonian Spit was inscribed on the World Heritage List in 2000.

Curonian Spit, photo by Marius Jovaisa.

柯纳维考古遗址 Kernavė Archaeological Site

柯纳维考古遗址特别证明了波罗的海地区人类住区在 1 万年期间的演变。作为最大的（194 公顷）露天考古遗址之一，它展示了大量的考古发现。该景观形成于旧石器时代晚期至中世纪。该遗址有泛神论和基督教葬礼传统的特殊证据。保留下来的古代土地使用痕迹和克纳夫五座令人印象深刻的山丘堡垒代表了波罗的海定居点的各个阶段、防御工事的演变和防御体系。13 世纪和 14 世纪，克纳夫成为立陶宛重要的经济政治中心。柯纳维考古遗址于 2004 年被列入世界遗产名录。2011 年，该遗址被列入加强保护的文化遗产名录。

The Kernavė Archaeological Site gives an exceptional testimony to the evolution of human settlements in the Baltic region over a period of 10 millennia. Being one of the largest (194 ha) archaeological open-air sites it has presented numerous archaeological findings. The landscape has been shaped from the late Palaeolithic Period to the Middle Ages. The Site has exceptional evidence of pantheistic and Christian funeral traditions. The preserved traces of ancient land use and the five impressive hill forts of Kernavė represent all the stages of Baltic settlements, the evolution of fortification, and the system of defence. In the 13th and 14th century Kernavė became a significant economic-political centre of the State of Lithuania. The Kernavė Archaeological Site was inscribed on the World Heritage List in 2004. In 2011 the Site was inscribed on the List of Cultural Property under Enhanced Protection.

斯特鲁维地质测量地点 Struve Geodetic Arc

由天文学家弗里德里希·乔治·威廉·斯特鲁维教授（1793-1864）于 1816-1855 年进行的探索和确定行星大小和形状的最大和最壮观的尝试之一是斯特鲁维地质测量弧。弧线是由 258 个顶点有特殊标记的三角形组成的测量三角形链。它从挪威的哈默菲斯特一直延伸到乌克兰黑海上的伊兹梅尔，途经 10 个国家，全长 2822 公里。地球参数的精确细节不仅在大地测量学中很重要，而且在天文学、航海和制图中也很重要。这是挪威、瑞典、芬兰、爱沙尼亚、拉脱维亚、立陶宛、俄罗斯联邦、白俄罗斯、乌克兰和摩尔多瓦的共同跨界财产。斯特鲁维地质测量地点于 2005 年被列入世界遗产名录。

Struve Geodetic Arc,
photo by Eimantas Genys.

The Struve Geodetic Arc represents one of the largest and most spectacular attempts to explore and determine the size and shape of the planet, carried out by the astronomer Professor Friedrich George Wilhelm Struve (1793-1864) in 1816-1855. The Geodetic Arc is a chain of survey triangulations, composed of 258 triangles with special marks at the vertices. It stretches from Hammerfest in Norway to the Izmail on the Black Sea in Ukraine – through 10 countries and over 2,822 km. Precise details of the Earth's parameters were important not only in geodesy, but also astronomy, navigation and cartography. This is a common transboundary property of Norway, Sweden, Finland, Estonia, Latvia, Lithuania, Russian Federation, Belorussia, Ukraine and Moldova. The Struve Geodetic Arc was inscribed on the World Heritage List in 2005.

Kernave, photo by Marius Jovaisa.



President Xi Jinping on Traditional Chinese Medicine

习近平主席有关中医的论语

开设中医科、中药房很全面，现在发展中医药，很多患者喜欢看中医，因为副作用小，疗效好，中草药价格相对便宜。像我自己也喜欢看中医。

—2015年2月15日，习近平在考察西安市雁塔区电子城街道二〇五所社区中医馆时的讲话

It is very fundamental to set up TCM departments and TCM pharmacies. Now, with the development of TCM, a lot of patients prefer to see a doctor of TCM because the side effects are negligible, the curative effect is good, and the price of TCM is relatively cheap. Like myself, I also like to see a doctor of traditional Chinese medicine.

— Speech of Xi Jinping during his visit to the 205 community TCM centers on Dianzicheng street of Yanta District, Xi'an on February 15, 2015.

中医学是中国古代科学的瑰宝，也是打开中华文明宝库的钥匙。

当前，中医药振兴发展迎来天时、地利、人和的大好时机，希望广大中医药工作者增强民族自信，勇攀医学高峰，深入发掘中医药宝库中的精华，充分发挥中医药的独特优势，推进中医药现代化，推动中医药走向世界，切实把中医药这一祖先留给我们的宝贵财富继承好、发展好、利用好，在建设健康中国、实现中国梦的伟大征程中谱写新的篇章。

—2015年12月22日，习近平致中国中医科学院成立60周年的贺信

Traditional Chinese medicine is not only the treasure of ancient Chinese science, but also the key to open the treasure house of Chinese civilization.

At present, the revitalization and development of traditional Chinese medicine will usher in a good time for heaven, earth, and human beings. We hope that the majority of Chinese medicine workers will enhance their national self-confidence, climb the peak of medicine, dig deep into the treasure house of Chinese medicine, discover the unique advantages of Chinese medicine, promote the modernization of traditional Chinese medicine, and promote the development of Chinese medicine across the world. In the great journey of building a healthy China and realizing the Chinese dream, we should write a new chapter.

— December 22, 2015, Xi Jinping's congratulatory letter to the China Academy of Chinese Medical Sciences for its 60th anniversary of founding.

中医药是中华民族的瑰宝，一定要保护好、发掘好、发展好、传承好。

—2016年2月3日，习近平在江西考察江中药谷制造基地时的讲话

Traditional Chinese medicine is the treasure of the Chinese nation. We must protect, explore, develop and inherit it well.

— Xi Jinping's speech on February 3, 2016 during a visit to the manufacturing base of Jiangzhong Medicine Valley in Jiangxi.

2000多年前丝绸之路开通以后，中国的造纸、冶铁、中医等经中亚传播至世界，中亚、西亚的天文、地理、数学等知识也相继传入中国，促进了双方社会发展。

—2016年6月22日，习近平在乌兹别克斯坦最高会议立法院的演讲

More than 2000 years ago, after the opening of the Silk Road, China's papermaking, iron smelting, its traditional Chinese medicine etc. spread to the world through Central Asia, and the knowledge of astronomy, geography, mathematics, etc. of Central Asia and Western Asia spread to China, promoting the social development of both sides.

— June 22, 2016, Xi Jinping's speech at the Supreme Court of Uzbekistan's Legislature.

我们要把老祖宗留给我们的中医药宝库保护好、传承好、发展好，坚持古为今用，努力实现中医药健康养生文化的创造性转化、创新性发展，使之与现代健康理念相融相通，服务于人民健康。

要发挥中医药在治未病、重大疾病治疗、疾病康复中的重要作用，建立健全中医药法规，建立健全中医药发展的政策举措，建立健全中医药管理体系，建立健全适合中医药发展的评价体系、标准体系，加强中医古籍、传统知识和诊疗技术的保护、抢救、整理，推进中医药科技创新、加强中医药对外交流合作，力争在重大疾病防治方面有所突破。

新形势下，我国卫生与健康工作方针是：以基层为重点，以改革创新为动力，预防为主，中西医并重，把健康融入所有政策，人民共建共享。

—2016年8月19日，习近平出席全国卫生与健康大会时的讲话

We should protect, inherit and develop the treasure house of traditional Chinese medicine left to us by our ancestors, adhere to the principle of making the past serve the present, and strive to realize the creative transformation and innovative development of health preservation culture of traditional Chinese medicine, so as to make it compatible with modern health concepts and serve the people's health.

We should realize the important role of traditional Chinese medicine in the treatment of diseases, the treatment of major diseases and rehabilitation, establish and improve the laws and regulations on traditional Chinese medicine, establish and improve the policies and measures for the development of traditional Chinese medicine, establish and improve the management system of traditional Chinese medicine, establish and improve the evaluation and standardizing systems suitable for the development of traditional Chinese medicine, strengthen the protection, preservation and cataloguing of ancient Chinese medical books, traditional knowledge and diagnosis and treatment technology, promote scientific and technological innovation of traditional



Chinese medicine, strengthen foreign exchange and cooperation on traditional Chinese medicine, and strive to make breakthroughs in the prevention and treatment of major diseases.

Under the new situation, China's health and hygiene work policy is: focus on the grassroots level, take reform and innovation as the driving force, focus on prevention, attach equal importance to both Chinese and Western medicine, integrate health into all policies, and build and share with the people.

— Speech by Xi Jinping at the National Conference on Health and Hygiene on August 19, 2016.

传统医药是优秀传统文化的重要载体，在促进文明互鉴、维护人民健康等方面发挥着重要作用。中医药是其中的杰出代表，以其在疾病预防、治疗、康复等方面的独特优势受到许多国家民众广泛认可。

实现人人享有健康是我们共同的美好愿景。我希望各方充分利用金砖国家卫生部长会暨传统医药高级别会议机制，深化卫生健康领域交流合作，推进各方传统医药互学互鉴，携手应对公共卫生挑战，为保障人民健康作出贡献。

—2017年7月6日，习近平致金砖国家卫生部长会暨传统医药高级别会议的贺信

Traditional medicine is an important carrier of the best of traditional culture, and plays a vital role in promoting mutual learning among civilizations and safeguarding people's health. Traditional Chinese medicine is an outstanding representative, widely recognized by many countries because of its unique advantages in disease prevention, treatment and rehabilitation.

To achieve health for all is our common vision. I hope that all parties will make full use of the BRIC's health ministers' meeting and the high-level meeting mechanism of traditional medicine to deepen exchanges and cooperation in the field of health, promote mutual learning of traditional medicine, work together to meet public health challenges, and make contributions to safeguarding people's health.

— July 6, 2017, Xi Jinping's congratulatory letter to the High Level Conference on Traditional Chinese Medicine of the BRIC's Ministers of Health .

中国 2500 多年前编成的诗歌总集《诗经》记载了 130 多种植物，中医学为人类健康作出了重要贡献，因植桑养蚕而发展起来的丝绸之路成为促进东西方贸易和文化交流的重要纽带。

—2017年7月24日，习近平致第十九届国际植物学大会的贺信

The Book of Songs, a collection of poems compiled more than 2500 years ago in China, records more than 130 kinds of plants. Traditional Chinese medicine has made an important contribution to human health. The Silk Road boosted by mulberry cultivation and sericulture has become an important link to promote trade and cultural exchanges between the East and the West.

— Congratulatory letter from Xi Jinping on the Nineteenth International Botanical Congress on July 24, 2017.

中医学是中华文明的瑰宝。要深入发掘中医药宝库中的精华，推进产学研一体化，推进中医药产业化、现代化，让中医药走向世界。

—2018年10月22日，习近平在珠海横琴新区粤澳合作中医药科技产业园考察时的讲话

Traditional Chinese medicine is the treasure of Chinese civilization. We should thoroughly explore the quintessence and treasures of Chinese medicine, promote the integration of production, teaching and research, promote the industrialization and modernization of Chinese medicine, and bring the Chinese medicine on the world's stage.

— Speech of Xi Jinping during his inspection visit to Guangdong-Macau Traditional Chinese Medicine Technology Industrial park at Zhuhai Hengqin New District on October 22, 2018.

要遵循中医药发展规律，传承精华，守正创新，加快推进中医药现代化、产业化，坚持中西医并重，推动中医药和西医药相互补充、协调发展，推动中医药事业和产业高质量发展，推动中医药走向世界，充分发挥中医药防病治病的独特优势和作用，为建设健康中国、实现中华民族伟大复兴的中国梦贡献力量。

—2019年10月，习近平对中医药工作作出的重要指示强调

We must follow the development law of traditional Chinese medicine, inherit its essence, keep its innovation, accelerate the modernization and industrialization of Chinese medicine, adhere to the equality of Chinese and Western medicine, promote the complementary and coordinative nature of Chinese and Western medicine, promote the development of Chinese medicine and the relevant industry, promote Chinese medicine to the world, and give full credit to the unique advantages and functions of Chinese medicine in preventing and treating diseases, so as to contribute to building a healthy China for realizing the Chinese dream of the great rejuvenation of the Chinese nation.

— October 2019, instruction points of Xi Jinping on the work related to Chinese medicine.

要加大重症患者救治力度，加快推广行之有效的诊疗方案，加强中西医结合，疗效明显的药物、先进管用的仪器设备都要优先用于救治重症患者。

—2020年2月23日，习近平在统筹推进新冠肺炎疫情防控和经济社会发展工作部署会议上的讲话

We should increase the intensity of treatment for critically ill patients, speed up the promotion of effective diagnosis and treatment programs, and strengthen the integration of Chinese and Western medicine. Medicines with curative effect and advanced equipments and instruments should be given priority for critically ill patients.

— Xi Jinping's speech in the work conference on promoting the COVID-19 prevention and control and economic and social development on February 23, 2020.



President Xi Jinping talks about governing the country with the theory of traditional Chinese medicine

习近平主席用中医理论谈治国

改革也要辩证论治，既要养血润燥，化瘀行血，又要固本培元，壮筋续骨，使各项改革都能够发挥最大功能。

—2012年12月7日至11日，习近平在广州考察工作时的讲话

The reform should also be based on syndrome recognition and treatment, nourishing blood and moistening dryness, removing blood stasis and promoting blood circulation, consolidating the foundation and cultivation of original energy, strengthening the muscles and bones, so that all reforms can play their maximum functions.

— Speech by Xi Jinping during his inspection tour in Guangzhou from December 7 to 11, 2012.

中央之所以要抓住改进作风来推进党的建设，是因为形式主义、官僚主义、享乐主义等问题实际上是党内存在的突出矛盾和问题的突出特征。用中医的话来说，就是“肝风内动”、“血虚生风”。

—2013年2月28日，习近平在党的十八届二中全会上的讲话

The reason why the Central Committee should improve the style of work to promote the construction of the party is that formalism, bureaucracy, hedonism and other issues are actually prominent contradictions and problems within the party. In the words of traditional Chinese medicine, it means "liver wind moves inside", "blood deficiency generates wind".

— February 28, 2013, Xi Jinping's speech on the Second Plenary Session of the 18th CPC Central Committee of the Party.

人的身体有了毛病，就要看医生，就要打针吃药，重了还要动手术。人的思想和作风有了毛病，也必须抓紧治。如果讳疾忌医，就可能小病拖成大病，由病在表皮发展到病入膏肓，最终无药可治，正所谓“禁微则易，救末者难”。各级党组织要采取有力措施，帮助有问题的党员、干部找准“病症”，对症下药，该吃中药的吃中药，该吃西药的吃西药，或者中西医结合，该动手术的动手术，切实体现从严治党要求。

—2013年6月18日，习近平在党的群众路线教育实践活动工作会议上的讲话

If a person's body has a problem, he must see a doctor, take an injection, take medicine and have an operation if it is serious. If there is something wrong with people's thinking and style of work, we must also deal with it promptly. If we don't care about diseases, small diseases may become serious diseases, which will develop from superficial diseases to terminal diseases, and eventually there will be no medicine to cure it. It is the so-called "it's easy to prohibit micro diseases, but it's difficult to cure the big ones". Party organizations at all levels should take effective measures to help the party members and cadres who have problems to find out the "disease" and apply the medicine to the case. Those who should take traditional Chinese medicine should take traditional Chinese medicine, those who should take Western medicine should take Western medicine, or the combination of traditional Chinese and Western medicine, and those who should undergo an operation, should undergo an operation practically reflecting the requirements of strict governance of the party.

— June 18, 2013, Xi Jinping's speech at the work conference on the party's mass line educational practice.

要注意解决消化不良问题，消化胃里的积食，不要再大口进食，否则是要臃肿痞胀、宿食不化的！现在，到很多地方去看，都是大马路、大广场、大绿地、大园区，土地利用效率很低。这不是强壮，而是虚胖，得了虚胖症，看着体积很大，实际上外强中干、真阳不足、脾气虚弱。

—2013年12月14日，习近平在中央城镇化工作会议上的讲话

We should pay attention to solve the problem of dyspepsia, digesting the accumulated food in the stomach, should not eat with a big mouth, otherwise, we should distend the epigastric distension and overburden the stomach! Now, see those places, big roads, big squares, big green spaces and big parks, all with low land utilization rate. It's not strong, it's puffy. I think it's very fat. In fact, it lacks positive energy and weak in temperament.

— December 14, 2013, Xi Jinping's speech at the Central Urbanization Work Conference.

政法系统是国家的免疫系统，是营血卫气、祛邪扶正、保证社会肌体健康的重要力量。综合起来看，政法工作的主要任务就是维护社会大局稳定、促进社会公平正义、保障人民安居乐业。

—2014年1月7日，习近平在中央政法工作会议上的讲话

The political and legal system is the national immune system, an important force to nourish the blood and Qi, dispel pathogenic factors and strengthen the health of the social body. On the whole, the main tasks of political and legal work are to maintain the overall social stability, promote social fairness and justice, and ensure that people live and work in peace and contentment.

— Speech by Xi Jinping at the Central Political and Legal Work Conference on January 7, 2014

中医讲，“通则不痛，痛则不通”。互联互通让亚太经济血脉更加通畅。

—2016年11月20日，习近平在亚太经合组织第二十四次领导人非正式会议第一阶段会议上的发言

According to traditional Chinese medicine, "free flow causes no pain, pain is causing blockage". Connectivity makes the Asia Pacific economic blood flow smoother.

— On November 20, 2016, Xi Jinping spoke at the first phase of the twenty-fourth APEC Informal Leadership Conference.

治好长江之病还是用老中医的办法，追根溯源、分类施策。开展生态大普查，系统梳理隐患和风险，对母亲河做一个大体检。祛风驱寒、舒筋活血、通络经脉，既治已病，也治未病，让母亲河永葆生机活力。

—2018年4月24日至26日，习近平在长江沿岸调研考察时的讲话

To cure the disease of the Yangtze River, we should use the method of traditional Chinese medicine to trace the source and implement policies by classification by carrying out an ecological general survey, systematically sorting out the hidden dangers and risks, and making a large scale physical examination of the mother river. Expelling wind and cold, relaxing tendons and promoting blood circulation, dredging channels and collaterals, not only treating the sick, but also treating the disease, so as to keep the vitality of mother river forever.

— Speech by Xi Jinping on the Yangtze River coast between April 24 to 26, 2018.

要针对查找到的各类生态隐患和环境风险，按照山水林田湖草是一个生命共同体的理念，研究提出从源头上系统开展生态环境修复和保护的整体预案和行动方案，然后分类施策、重点突破，通过祛风驱寒、舒筋活血和调理脏腑、通络经脉，力求药到病除。

—2018年4月26日，习近平在深入推动长江经济带发展座谈会上的讲话

According to the concept that mountains, rivers, forests, fields, lakes and grasses are a community of life, we should study them and put forward an overall plan and action plan to systematically carry out ecological environment restoration and protection beginning from the source, make distinctive measures and key breakthroughs, and strive to get rid of the disease by dispelling the wind and expelling the cold, relaxing the muscles and activating the blood, regulating the viscera and the channels.

— April 26, 2018, Xi Jinping's speech at the Symposium on Promoting the Development of the Yangtze River Economic Belt.

(来源和摘编自“党建网”等 - Source: "Party Construction Net" etc.)



全球抗疫再思考： 中西医之争的本质是什么？

Rethinking of global anti epidemic: What is the essence of the dispute between Chinese and Western medicine?

第一讲 中西医之争由来已久

First, the dispute between Chinese and Western medicine has a long history

中西医之争其实由来已久！早在上个世纪二三十年代就有一场大规模的论战。我们看到五四运动前后的三位最具影响力的领袖都是学西医出身的！

当时最有名的莫过于关于卖国贼汪精卫集团为首的带头反对中医甚至提出了“废止中医案”与以施今墨老先生等四大名医为代表的南京中医请愿团之争。甚至当场来了一场PK。那么这件事是如何解决的呢？

当时汪精卫主张废止中医，却不想他的岳母不幸得了恶性疟疾，开始用西医多方治疗没有什么效果，后来有人建议找中医试试，迫于家人的压力，汪精卫就请了当时的名医施今墨老先生来家诊治。施老先生把脉后开了十天的中药，家人问：何时来复诊？施老先生说七天之后即可转好，十天可痊愈，不必复诊！后果然不出十天就治好了老太太的病。汪精卫从此再不提废止中医之事。但是反对中医的声音并没有就此停止，一直延续到30年代末抗战爆发前夕。

由于当时西医在中国还不够普及，而传统中医药文化毕竟根深蒂固，一时难以撼动，但是当时掌管国家卫生事业的主要官员大多是留学归来的西医学者，最后在制定民国相关的法律制度方面，虽然表面是共生共存的，但实际上这些政策基本是以西医的思维方式和标准为基础制定的，然后要求中医削足适履！这就是表面支持，实际是用合理合法的所谓科学手段限制了中医药的发展！

随着第二次世界大战的爆发，青霉素的发现和广泛使用，西医有了更广泛的应用！解放之初（1950年）在卫生部内部反中医苗头的被发现（见文摘），引起了最高层的关注。中央派出检查组进驻卫生部，最终的结局就是支持大力发展西医甚至废止中医的两位副部长被解职而告终！

1956年吕炳奎老先生被任命为卫生部中医司司长，他提出了在全国各县级以上城市都建立中医院的主张，得到了毛主席周总理的大力支持，并在1958年、1959年在全国范围实施，使中医在当代得

到发扬光大！在1978年以后，随着新的《中医药法》的颁布实施，以所谓“标准化量化规范化”等思想指导下的中医，虽然得到了一定的发展壮大，但是并没有得到极大的解放，尤其是以农村为重点的医疗体系全面萎缩，赤脚医生和大量中医传承者被扣上非法行医的帽子，乡村卫生院等基层医疗组织逐步成为形同虚设的转诊中心，“看病难、看病贵、病难治”，让很多普通家庭因病返贫，债台高筑，个别贫困家庭甚至因为付不起医药费而放弃治疗。

长期的社会主义实践不断证明：中学为体，西学为用，中西医结合，在党的坚强领导下全民参与的爱国卫生运动和预防为主的全民医疗体制是完全适合中国发展实际需要的。在此次抗击新冠疫情的人民战争中再次显现了这种医疗防护体系的巨大威力。

2020年初爆发的新冠疫情能够在短短一个多月的时间就得到有效控制，再次证明了证明了从1949年中国人民主动的历史的选择的社会主义制度的无比优越性，也再次证明了中医药在抗击疫情和全民健康中的伟大作用是不能被忽视和低估的！但是此间关于中西医的争论也到了一个生死攸关的巨大关口，种种阴谋论，细菌武器论甚嚣尘上，在笔者看来，中西医之争的根本是两种文明两种不同文化体系和两种不同哲学体系的争论，也是两种不同体制之间的对话，西医的现实强大已是不争的事实，而中医在长期发展中能否真正与时俱进，全面改革，能否适应时代和社会发展的现实需要而变得无比强大也是迫在眉睫！这里的关键点有两个，一个是解决医的问题，就是人才的培养和传承创新，一个是药的问题，解决药的理论与实践的全面传承和不断创新的问题。这也是一个关乎到我们中华民族能否顺利实现伟大复兴的大事。作为有五千年中医药发展历史的东方大国，14亿人口这样一个基本事实，我们能否照搬西方的医药制度和管理体系，这也是关乎到我们民族生死存亡的大事情！首先我们来看一看中西医之争的一些说法以供研究参考之。

（摘自网络个人观点，不代表本刊）

The dispute between Chinese and Western medicine has a long history! As early as the 1920s and 1930s, there was a large-scale debate. We can see that the three most influential leaders around the May 4th movement were born with methods of Western medicine!

At that time, the most famous one was the Wang Jingwei group, a traitor, taking the lead in opposing traditional Chinese medicine and even proposing the "Abolishment of traditional Chinese medicine" and thus offending the Nanjing group of traditional Chinese medicine represented by Mr. Shi Jinmo and other four famous doctors. There was even a "player killing" on the spot. So how was this matter settled?

At that time, Wang Jingwei advocated the abolition of traditional Chinese medicine, but he wanted his mother-in-law to recover from malignant malaria, so he began using Western medicine to treat her. Later, someone suggested him that he should try to seek traditional Chinese medicine. Under the pressure of his family, Wang Jingwei invited the then famous doctor Shi Jinmo to their home for a treatment. Mr. Shi Lao, after taking the pulse, prescribed ten days worth of traditional Chinese medicine. His family asked: when will you come for further consultation? Mr. Shi Lao said that she would get better in seven days and recover in ten days. No need for further consultation! After that, the old lady was cured within ten days, Wang Jingwei never mentioned the abolition of traditional Chinese medicine again. But the opposition to traditional Chinese medicine did not stop until the eve of the Anti Japanese war in the late 1930s.

At that time, Western medicine was not widely used in China, and the culture of traditional Chinese medicine was deeply rooted, it seemed to be solid for a while. However, most of the main officials in charge of the national health system of the time were scholars of Western medicine who returned from abroad. That's why in formulating the relevant legal system of the Republic of China, although seemingly stipulating the coexistence of Chinese and Western medicine, in fact, these policies were basically based on the thinking way of Western medicine requiring the Chinese medicine "to cut its foot to fit the shoe". This was a superficial support. In fact, the development of traditional Chinese medicine has been limited by reasonable and legal so-called scientific means!

With the outbreak of the Second World War and the discovery and widespread use of penicillin, Western medicine gained a more extensive application! At the beginning of Liberation (1950), anti TCM sentiment was found in the Ministry of Health, attracting the attention of the highest level. The central government sent an inspection team to the Ministry of Health. The end result of the visit was the dismissal of the two vice ministers who were in favour of the development of Western medicine and abolishment

of traditional Chinese medicine!

In 1956, Mr. Lu Bingkui was appointed director of the Department of traditional Chinese medicine of the Ministry of Health. He proposed the establishment of traditional Chinese medicine hospitals in all county-level towns across the country. The idea was strongly supported by Chairman Mao and Premier Zhou. In 1958 and 1959, the plan was implemented in the whole country, making traditional Chinese medicine widely known and flourish! After 1978, with the promulgation and implementation of the new law on traditional Chinese medicine, traditional Chinese medicine under the guidance of the so-called "standardization, quantification and control" and other ideas has been developed and expanded to a certain extent, but has not been fully liberated. The medical system focusing on rural areas has shrunk considerably, barefoot doctors and a large number of inheritors of traditional Chinese medicine have been labelled illegal. Rural health care institutions and other basic medical organizations have gradually become virtual diagnosis centres. The situation described by "difficult to see a doctor, expensive to see a doctor, difficult to treat an illness", first and foremost the exorbitant costs made ordinary families fall into poverty. Some poor families even gave up the treatment because they couldn't afford the medical expenses.

The long-term socialist practice has continuously proved that traditional Chinese medicine at the core, Western medicine as complimentary means, the combination of Chinese and Western medicine under the strong leadership of the party paired with a patriotic health movement with the participation of all the people and a national medical system based on prevention, are completely suitable for the actual needs of China's development. In the people's war against the new viral epidemic, the great power of this medical protection system has been shown again.

The fact that the new corona virus outbreak at the beginning of 2020 could effectively be controlled in just over a month proves once again the incomparable superiority of the socialist system chosen by the Chinese people in 1949, and once again proves that the great role of traditional Chinese medicine in the fight against the epidemic and the health of the whole population can not be ignored and underestimated! However, the debate about Chinese and Western medicine has reached a critical point. Conspiracy theories and bacterial weapons theories are all on the rise. In my opinion, the dispute between Chinese and Western medicine is essentially the dispute between two civilizations, two different cultural systems and two different philosophical

systems, and also the dialogue between the two different systems. It is an indisputable fact that the case for Western medicine is strong, but the rationale for traditional Chinese medicine is also strong. The question whether TCM can keep up the pace with the changing times, be reformed, and adapted to the actual needs and social circumstances and become extremely powerful is also imminent! There are two key points here, one is to solve the problem of medicine, that is, the training of talents and innovation, the other is the problem of medicaments, its theory and its practical applications, protecting the inheritance

meanwhile performing continuous innovation. It is also a matter of whether our Chinese nation can successfully achieve a great rejuvenation. As a big eastern country with 5000 year's of history and a population of 1.4 billion, whether traditional Chinese medicine can imitate Western medical and management systems is also a matter of vital importance to the survival of our nation! First of all, let's take a look at some of the arguments between Chinese and Western medicine as a research reference.

(This article reflects private opinions that may not necessarily coincide with the magazine's view.)

Part 1

中医的消亡是在帝国主义垄断集团策划下进行的 The demise of traditional Chinese medicine is planned by imperialist monopoly groups

1840年之后，西方用炮舰轰开了中国的大门，一步步将中国从世界上最富有的国家，掠夺成一个赤贫的国家。垄断是许多西方财团的资本目的。强大的药品帝国对中国的医药市场也有着同样的觊觎。可是中医的存在妨碍了它垄断之梦的实现，中国这个当时就有数亿人口的国家，都在使用中医中药。中国大部分人口都不看西医，自然也就没有了西药的市场。于是，在这个背景下，一个对中医实现“现代化、科学化、国际化”，但旨在消灭中医的资本阴谋出现了。

2004年，当小洛克菲勒死了以后，美国人汉斯·鲁斯克撰写了《洛克菲勒药品帝国的真相》，将洛克菲勒对中医的阴谋策划和盘托出。洛克菲勒集团策划了一个阴谋，于1915年在中国成立了协和医学院，把西医打进来，并以学术基金会的名义免费培训中国人学习西医。这个基金会可以给中国教授西医的学校赞助，但是有一个条件，就是必须给这些学生并通过这些学生给中国人灌输这样的思想：即放弃自古以来流传下来的“安全有效廉价的中医”，而相信昂贵的西药。

但中医是安全有效且廉价的，它的竞争力是非常强的，可是怎么绕开这点呢？通过“科学”！于是洛克菲勒财团就打着“科学”的旗号说：中医不科学。这样就绕开了中医最具竞争力的方面。从思想上让老百姓知道科学是最好的东西，中医不科学，所以中医不好。这样就使得自古以来为中国人所发展的中医学逐步消亡。同时，洛克菲勒集团也收买文人、收买媒体、收买社会精英来批评中医。

我们可以看到西医把癌症病人治死，因为签订了告知情书，家属认为理所当然，死的合情合理，也就接受了。但是如果是中医把癌症病人治死，媒体会大肆渲染，引起病人家属的胡搅蛮缠，病人家属往往会说，也许做手术、放化疗还可以多活几年，都是你们中医给耽误了，这就是典型的西医观念的恶意误导。

洛克菲勒财团还在政府内推行取缔中医、提倡废医留药等等，由于西医在手术、抢救方面的高明，因此洛克菲勒集团的医用器械、西药的销售量大增。

清末，由于清政府一直采取以洋压汉的政策，尤其是慈禧与光绪相隔一天死亡的事实，太医院被废置，中医就此不被重视。此时，大量的官派留学生归来，其中学习西医的学生基本上是一致反对中医的。

1929年2月，在南京召开第一届中央卫生委员会，由卫生部副部长刘瑞恒主持，与会17人中没有一位中医。这次会上通过了“废止中医案”。“废止中医案”之所以能在当时的卫生部通过，主要是与会的人均是留学归来的学习西医者，如主持人刘瑞恒系留美学习西医者，余云岫系留日学习西医者，余下的均是留学英美学习西医者。

20世纪前50年，卫生事业的行政管理大权，基本上为国外留学回国的西医所掌握。而人数在数十倍于西医的中医，则完全处于在野无权的地位，这种畸形必然造成唯西医科学，排斥中医甚至废止中医的局面。

1950年第一届全国卫生会议，副部长贺诚及副部长王斌，将南京政府时期废止中医案的主要人物余云岫邀请来参加会议，并支持他废止中医的观点。全国中医业一片萧条。当时国家文委副主任钱俊瑞发现了卫生部消灭中医的做法并上报中央，毛主席在1953年召开了会议，撤销了贺诚、王斌的副部长职务，并于1954及1955年在《人民日报》开展了对中医问题的讨论和对贺诚、王斌的批判。

1956年，中国要建立中医学院，“系统教育培养”中医人才了。“科学派”认为：传统中医的“父传子，师带徒”的传承方式是“原始和落后的，不科学的”，因此要求按照苏联的大学本科课程设置方式，“科学地培养中医”。这个任务显然只能让西医学习中医后，出来编写“科学的中医教材”。所以现代中医教材是由不懂中医的西医根据“标准化、分科分类”思想编写的。这一貽害，导致近现代，正规中医教育体系中并没有出什么名中医或大医。中药也好不到哪里去，气候的变迁，土地、环境、空气和水等被污染，中药的药效已经时过境迁。经方的剂量也因为时代变迁、度量衡的变化而失去了准星。

早在2001年，焦树德、邓铁涛老中医就在《现代教育报》上发表了署名为《中国几十年没有培养出真正的中医》的文章，对我国的中医教育进行了深刻反思。

这就是可怕的“中国式现实”。更可怕的是：当年的中医院校，毕竟还有一批“传统出身”的中医，医德医术都很好，足以跟西医比个高下。

但是这批人当年在“体，制中”，无法施展自己的真正本事，更无法把自己的真正本领教给后人。现在这批传

After 1840, the West opened China's door with gunboats and gradually plundered China from the richest country in the world to an impoverished country. Monopoly is the ultimate purpose of many Western consortiums. China's pharmaceutical market is also coveted by powerful pharmaceutical empires. However, the existence of traditional Chinese medicine hinders the realization of this dream about monopoly. At that time, China, a country with hundreds of millions of people, was using traditional Chinese medicine. Most of China's population did not know Western medicine, and hence there was no market for Western medicine. Therefore, in this context, a capital conspiracy to "modernize, scientize and internationalize" traditional Chinese medicine has emerged.

In 2004, after the death of Rockefeller Jr., the American Hans Rusk published "The Truth about Rockefeller's Drug Empire", revealing Rockefeller's conspiracy against traditional Chinese medicine. According to the story, at the establishment of Xiehe Medical College in China in 1915, the Rockefeller Group brought in Western medicine and trained Chinese people to learn Western medicine for free in the name of an academic foundation. The foundation provided funds for Chinese professors but there were strings attached. They should teach Western medicine in China and instill in the students the idea that they should give up the "safe, effective and cheap traditional Chinese medicine" handed down from ancient times and choose instead expensive Western medicaments.

But traditional Chinese medicine is safe, effective and cheap, so how to persuade people to scrap it? Through

统中医老的老、死的死，现在中医学院里面剩下的执教师和教授全都是建国后“西医学中医”培养出来的“人才”。即使想要恢复“传统教育”，可是连种子都找不到了。

广西中医学院前几年就想办一个“传统班”，实行古人的“师带徒”制度，可是突然发现，想学老母鸡孵蛋，蛋是找到了，可是却找不到老母鸡。于是这个“传统班”计划，就不得不流产了！

这样的社会，就使得自古以来为中国人所发展的健康的中医学就逐步消亡。

所以我们就非常清楚的看到，中医的消亡是在帝国主义垄断集团策划下进行的。如果不看到这一点，大家好像都还在争论到底信不信中医？这是一个基本的层面，因为你现在所受到的教育都是按照西方的逻辑方法进行的。洛克菲勒的阴谋基本上实现了，因为中国已经有了大量的所谓精英在不遗余力的诋毁中医，抹黑中医，甚至想废除中医。

science! So the Rockefeller Group proclaimed under the banner of "science": Chinese medicine is not scientific. This bypasses the most competitive aspects of traditional Chinese medicine. Let people know that science is the best thing ever. Traditional Chinese medicine is not scientific, so it is not good. In this way, traditional Chinese medicine, which has been developed by Chinese people since ancient times, gradually faded away. At the same time, the Rockefeller Group also bribed scholars, media and social elites to criticize traditional Chinese medicine.

We can see that Western doctors treat cancer patients to death. Patients agree to the cure, later their families reconcile themselves to the death thinking that it was reasonable and unavoidable. But if a cancer patient cured with traditional Chinese medicine dies, the media will make a lot of exaggerations, causing confusion in the family. They often say that the patient could have lived several years longer had surgery, radiotherapy and chemotherapy used. Your traditional Chinese Medicine delayed the chances of recovery. This is a malicious misleading of typical Western medicine.

The Rockefeller Group also promoted the ban of traditional Chinese medicine and the policy of waste medicament retention within the government. Due to the knowledge of Western medicine in surgery and rescue, the sales volume of medical equipments and Western medicine of the Rockefeller Group increased greatly.

At the end of the Qing Dynasty, because the Qing court's policy of suppressing the Han nationality with foreign countries, and especially with the death of Empress

Dowager Cixi and Emperor Guangxu, the Tai Hospital was abandoned and TCM was ignored. At this time, a large number of overseas students returned to China, those of them who were studying western medicine were basically opposing traditional Chinese medicine.

In February 1929, the first meeting of the Central Health Committee was held in Nanjing, presided over by Liu Ruiheng, Vice Minister of the Ministry of Health. None of the 17 participants had qualification in traditional Chinese medicine. At the meeting, the proposal for abolishing traditional Chinese medicine was passed. The reason for the Ministry of Health to approve the abolition of TCM was that the participants were returned scholars of Western medicine, such as the host Liu Ruiheng who studied Western medicine in the United States, Yu Yunxiu who studied Western medicine in Japan. The rest of them studied Western medicine in the United States and Britain.

In the first 50 years of the 20th century, the administrative power of health care was basically controlled by doctors returned from the West. Even though the number of Chinese practitioners of TCM was dozens of times more than that of Western doctors, TCM was completely left in the cold. This kind of deformity led to the situation that Western medical science put Chinese medicine on the sidelines.

At the first national health conference in 1950, Vice Minister He Cheng and Vice Minister Wang Bin invited Yu Yunxiu, the main figure behind abolishing traditional Chinese medicine during the period of the Nanjing government, to attend the conference and hear his view on abolishing traditional Chinese medicine. The situation of TCM was bleak in the country. At that time, Qian Junrui, Deputy Director of the State Commission of Culture, discovered the practice of the Ministry of Health aimed to eliminate traditional Chinese medicine and reported it to the Central Committee. Chairman Mao held a meeting in 1953, and removed deputy ministers He Cheng and Wang Bin from their posts. He also published articles about TCM in the People's Daily in 1954 and 1955 criticizing He Cheng and Wang Bin.

In 1956, a college of traditional Chinese medicine was to be established in China, and "systematic education" was to be carried out to train talents of traditional Chinese medicine. The "scientific school" believed that the traditional way of "father to son, teacher to apprentice" education

is primitive, backward and unscientific, so it required that Chinese medicine "should be taught scientifically", in line with the Soviet Union's university

curriculum. Obviously, this task could only have been done by scholars of Western medicine, so they were the ones to write the "scientific teaching materials on traditional Chinese medicine".

Therefore the curriculum of modern Chinese medicine was compiled by scholars of Western medicine who did not grasp Chinese medicine according to the concept of "standardization, division and classification". It led to the fact that there were no great doctors or excellent resources on TCM left in the prevalent education system. Traditional Chinese medicament has also partly disappeared with the change of climate and the pollution of land, environment, air and water. The efficacy of traditional Chinese medicine has changed. The classical dosage has also lost its standards because of the changing times and the measurement.

As early as 2001, Jiao Shude and Deng Tietao published an article titled "China has not cultivated real Chinese medicine for decades" in the paper "Modern Education News", giving a retrospection and overview of the education of TCM in China.

This was the terrible "Chinese reality". More frightening is however that in those days a group of traditional Chinese medical schools still existed with good medical ethics and skills able to compete with Western medicine.

However, these people were unable to exert their real abilities let alone teach their real skills to future generations since they were boxed in "a body and a system". Now these old and dead traditional Chinese medicine teachers are replaced by "talents" trained in Western medical schools after the founding of the People's Republic of China. Even if we wanted to restore the "traditional education", we can't find the original seeds.

Guangxi University of Traditional Chinese Medicine wanted to run a "traditional class" a few years ago, implementing the ancient system of "the teacher guides the apprentice". But as it turned out, if you wanted to learn from the old hen how to hatch eggs, you can still find the eggs, but you can't find old hens any more. So the plan of "traditional class" had been aborted!

In our society, the healthy education of Chinese medicine, that has been developed by Chinese people throughout the centuries, has gradually disappeared.

So we can see very clearly that the demise of traditional Chinese medicine is planned by imperialist monopoly groups. If you can't see it for what it is, you may be debating whether to believe in traditional Chinese medicine or not? This is a very basic question, because the education you receive now is based on Western logical methods. Rockefeller's plot has basically been realized, since there are a large number of so-called elites in China who spare no efforts to slander, smear or outright demand the abolishment of traditional Chinese medicine.

Part 2 中西医结合是学术之争还是文化之争 Is the integration of Chinese and Western medicine an academic or cultural dispute

随着苏联的解体，美国成为世界上唯一的超级大国，而中国也进入了美国的视野。但是美国深知中国和前苏联不同，中国在历史上几千年都引领世界，中华民族有5千年文明历史，是世界上唯一没有断层的伟大民族。靠军事无法打败新中国，比如抗美援朝、比如中国援越抗美等。于是美国学习了孙子兵法，利用“瞒天过海”、“暗渡陈仓”之计来对付中国。总统尼克松在《1999不战而胜》中写道：“当有一天中国的年青人已经不再相信他们老祖宗的教导和他们的传统文化，我们美国人就不战而胜了。”

时至今日，美国已经胜利了一大半，不是吗？美国的文化侵略已经无孔不入了。我们不过传统节日了，喜欢过情人节、圣诞节，甚至还有人叫嚣要把圣诞节列为中国传统节日。我们不喝茶了，喜欢喝咖啡，喜欢喝可口可乐，喜欢喝牛奶。我们不好好吃五谷了，喜欢吃汉堡包，喜欢吃各种营养蛋白质、维生素之类的。我们不穿传统服饰了，喜欢西装，喜欢牛仔。我们不好好学中国文字了，喜欢学英语。

With the collapse of the Soviet Union, the United States has become the only superpower in the world but China has drawn the attention of the United States recently. The United States knows that China is different from the former Soviet Union. China has led the world for thousands of years, the Chinese civilization has a history of 5000 years and is the only great nation in the world without disruptions. It is impossible to defeat the New China by military means or by siding with North Korea or Vietnam. The United States learned from Sun Tzu's "Art of War", and used the tactics of "cross the sea under camouflage" and "advance surreptitiously by an unknown path" to deal with China. President Nixon wrote: "when one day Chinese young people no longer believe in the teachings of their ancestors and their traditional culture, we, Americans won without a fight."

To this day, the United States has won more than half, hasn't it? The cultural invasion of the United States has been impenetrable. We do not celebrate traditional festivals but Valentine's day and Christmas instead. There are even people clamouring for listing Christmas as a traditional Chinese festival. We don't drink tea but prefer coffee, Coca Cola and milk. We are not good at eating grains. But we eat hamburgers and all kinds of nutrients, proteins, vitamins and the like. We don't wear traditional clothes but wear suits and jeans. We don't learn Chinese well, but study English instead.

All that shows that the US strategy proved to be

这一切，都说明，美国的战略已经奏效了。但是中国反其道而行之，主动和美国官方、民间密切交往，发展中美友谊，经过多年的韬光养晦，让中美贸易你中有我，我中有你，最终中国实现了世界第二大经济体的目标，中国的军事、科技实力也取得了长足的进步。

中国也把中西医结合变为中西医并重，把发展中医药事业上升为国家战略。并且提出了健康梦和中国梦。美国感受到了威胁，感受到了害怕。它绝对不会允许自己的西医体系在中国受到威胁，于是美国加快了对中国传统文化侵略和蚕食。

如果连中医也亡了，那中国的健康梦、中国梦如何实现？从来未见过一个民族这样起劲地消灭自己本民族的优秀文化，这样起劲地消灭本民族医学。这是一个悲剧，恰恰在中国正在发生，要阻止这种悲剧的继续发生，就要了解美国是如何运用“以夷治夷”或是“以华治华”手段，来对付和消灭中国文化的。（未完待续）

effective. However, China took an opposite approach, actively engaged in close exchanges with American officials and the people, and developed friendship between China and the United States. After keeping low profile for many years, along the idea of "I am your reflection, you are my reflection in trade", China has achieved the goal of becoming the world's second largest economy, and China's military and technological strength has also made considerable progress.

China has also changed the integration of traditional Chinese and Western medicine to equal emphasis on traditional Chinese and Western medicine, and made the development of traditional Chinese medicine a national strategy. The phrases "Dream of Health" and the "Chinese Dream" were also conceived. The USA felt the threat and the fear. It would never allow its Western medical system to be threatened in China, so the United States accelerated its invasion and encroachment on Chinese traditional culture.

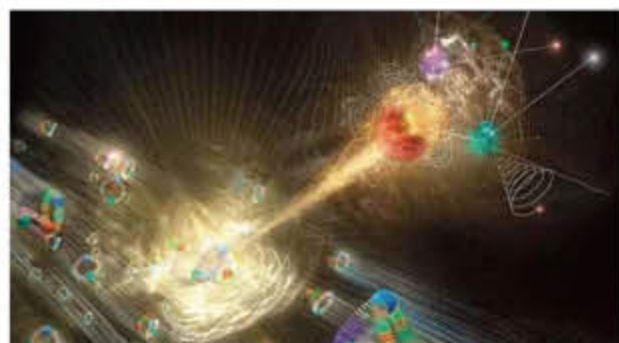
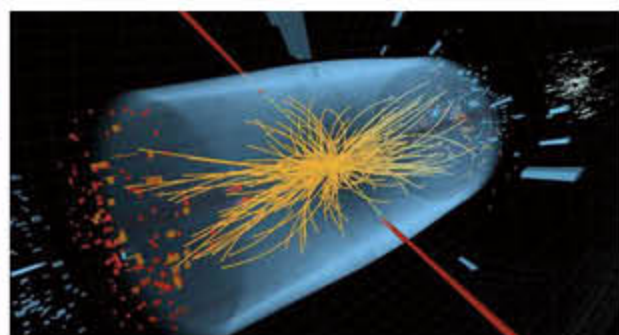
If TCM would be dead, how could China's health dream and the Chinese dream be realized? Never before has a nation been so eager to eliminate its own excellent culture and its own medicine. This is a tragedy, which is happening in China. To prevent this kind of tragedy from happening, it is necessary to understand how the United States uses the principles of "governing foreigners by foreigners" and "governing Chinese by Chinese" to deal with and eliminate the Chinese culture. (to be continued)

匈牙利科学家发现支配宇宙的第五种力

HUNGARIAN SCIENTISTS DISCOVER THE FIFTH FORCE THAT DOMINATES THE UNIVERSE

在2016年的一次“寻找暗物质”实验中，匈牙利科学家像往常一样用质子轰击锂-7，试图创造铍-8并观测其衰变过程，然而实验结果却出乎他们的意料。

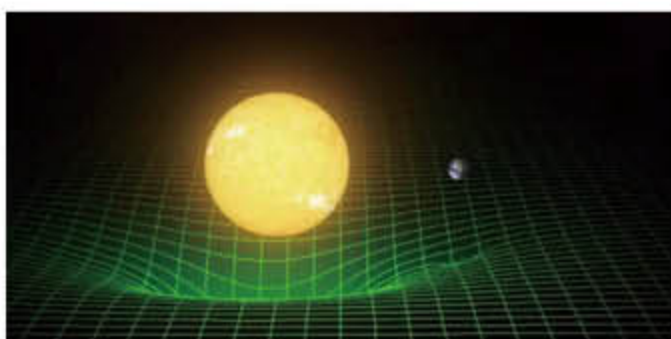
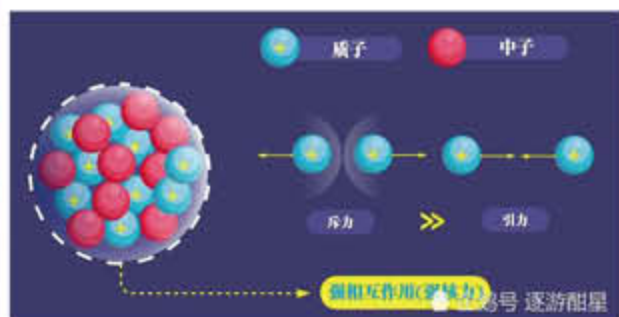
宇宙支配着万物，而力量支配着宇宙。根据目前我们的知识，支配宇宙的力量共有四种：万有引力、电磁力、强相互作用力和弱相互作用力。



四大基本力

四大基本力中，强相互作用力作用于质子、中子等核子之间的力，其使得核子相互组合构成原子核，是作用距离第二短的力。

弱相互作用力是造成放射性原子核或者中子衰变的力。同时，弱相互作用力也是作用距离最短的力。



四种力中，我们熟知的万有引力是最为弱小的，如果说强相互作用力的力量为1，那么电磁力就是强相互作用力的0.73%，弱相互作用力则为强相互作用力的0.0000000001% (10^{-13})，而万有引力则为强相互作用力的0.00000000000000000000000000000001% (10^{-39}) 所以我们总觉得万有引力很强是因为我们最常感知的就是万有引力，对电磁力的感知往往仅局限于小型磁铁，而两个相互作用力作用于微观，我们无法直接感知。

正是这四种力塑造了我们的宇宙，人类又依此创立了标准模型，用以解释宇宙间物质的存在。

“第五种力”

直到2016年之前，人类所能观测到的所有粒子都能够被广义相对论下的标准模型完美解释，但匈牙利科学家观测到的数据却让标准模型面临着“不再标准”的危机——他们似乎发现了支配宇宙的“第五种力”。

这场实验本来是科学家用来寻找“暗光子”的，也就是占据85%宇宙质量的暗物质中的一种。但是他们发现新形成的例子并没有以他们预测的方式衰变。而是出现了一种新粒子，然后新粒子随后快速衰变成一个电子和正电子构成的电子对。

经过计算，研究人员认为，该新粒子的质量约为17兆电子伏特，约为电子质量的34倍。

同时他们认为这个新粒子并非寻找的“暗光子”。

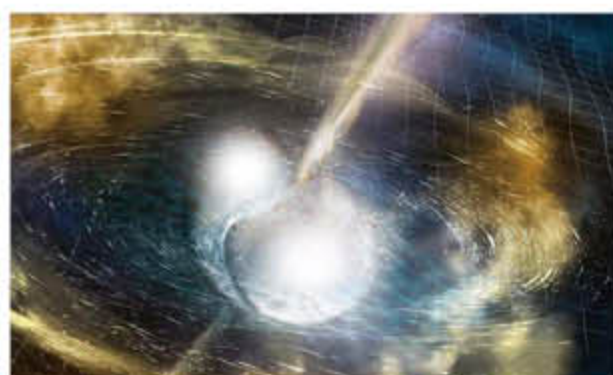
在此之后，该实验被多国科学家重复并得到了同样的结果。

科学家表示，若该粒子携带的真为第五种基本力，那将为人类物理学开启一个全新的领域，人类对于自然的认知或将重新刷新。

研究最初版本试验成果发布在2016年1月份的《物理评论快报》杂志中，相关研究还在继续展开。

In a 2016 “dark matter search” experiment, Hungarian scientists bombarded lithium-7 with protons as usual, trying to create beryllium-8 and observe its decay process, but the results were unexpected.

The universe dominates everything, while power dominates the universe. According to our current knowledge, there are four forces that dominate the universe: universal gravitation, electromagnetic force, strong interaction and weak interaction.

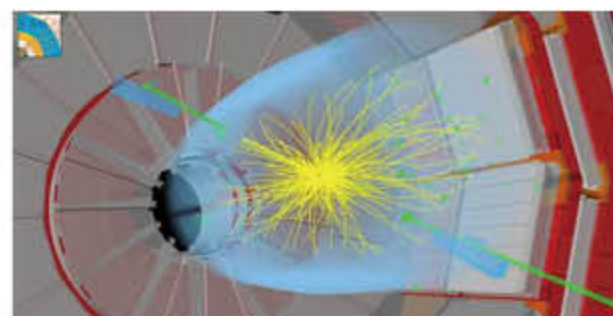
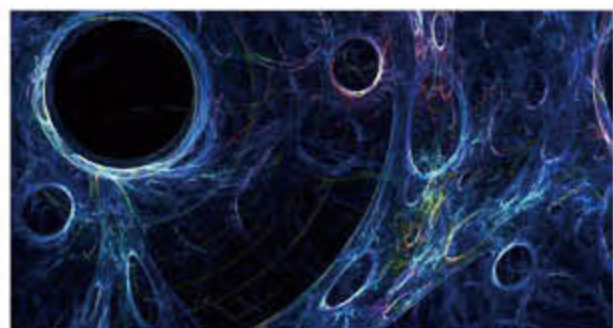


Four basic forces

Among the four basic forces, the force of strong interaction between protons, neutrons and other nucleons makes nucleons to form atomic nucleus, which is the second force with short interaction distance.

Weak interaction forces are forces that cause the decay of radioactive nuclei or neutrons. At the same time, the weak interaction force is also the force with the shortest acting distance.

Among the four kinds of forces, we know that the universal gravitation is the weakest. If the force of the strong interaction is 1, then the electromagnetic force is 0.73% of the strong interaction, and the weak interaction is 0.0000000001% (10^{-13}) of the strong interaction, and the universal gravitation is 0.00000000000000000000000000000001% (10^{-39}) of the strong interaction. The reason why we always think that gravitation is very strong because what we perceive most often is universal gravitation. The perception of electromagnetic force is often limited to small magnets, and if the two interaction forces act on the micro level,



we can not directly perceive it.

It is these four forces that shape our universe, and on this basis we have created a standard model to explain the existence of matter in the universe.

“The fifth force”

Until 2016, all the particles observed by human beings could be perfectly explained by the standard model and under general relativity, but the data observed by Hungarian scientists put the standard model at risk of “no longer being standard” - they seem to have found the “fifth force” that dominates the universe.

This experiment was originally used by scientists to find “dark photons”, one of the dark matters that accounts for 85% of the universe’s mass. But they found that the newly formed examples did not decay in the way they predicted. Instead, a new kind of particle appears, and then the new particle rapidly decays into an electron pair composed of electrons and positrons.

After calculations, the researchers believe that the mass of the new particle is about 17 MeV, about 34 times the mass of the electron.

At the same time, they think the new particle is not the “dark photon” they were looking for.

The experiment was repeated by many scientists with the same result.

Scientists say that if the particle carries the fifth fundamental force, it will open a new field for human physics, and human cognition of nature may be renewed.

The first study on the experimental results was published in the Physical Review Letters in January 2016 with the relevant research still in progress.





EASTER

复活节



复活节是一个西方的重要节日，在每年春分月圆之后第一个星期日。基督徒认为，复活节象征着重生与希望，为纪念耶稣基督于公元 30 到 33 年之间被钉死在十字架之后第三天复活的日子。

Easter is an important festival in the West. It is the first Sunday after the full moon of the spring equinox every year. Christians believe that Easter symbolizes rebirth and hope, in memory of the day when Jesus Christ was crucified.



“复活节兔是复活节象征之一。作为多产动物的兔子，象征了春天的复苏和新生命的诞生。兔子是爱神阿弗洛狄特的宠物，也是日耳曼土地女神霍尔塔的持烛引路者。因此，现在兔子是作为给孩子们送复活节蛋的使者。复活节彩蛋这一习俗虽然也同样是源于古代，但其出处依旧不可考证。希腊人通常在这一天将蛋涂成红色，用血的颜色来表示春季时的万物复苏（后来，这也表示了受难基督之血）。有的人也用绿色涂抹，纪念在一个冬季的枯槁后所发出的新绿。其他的颜色，包括在美国及其他地方流行的柔和淡色（或许是象征彩虹）也随之出现。”

复活节是基督教纪念耶稣复活的节日，是最古老最有意义的基督教节日之一。象征生命的蛋、火、水、兔等成了复活节的吉祥物。鸡蛋和兔子在西方是新的知生命和兴旺发达的象征。

鸡蛋的本色象征太阳，把鸡蛋染成红色则象征生活幸福。在复活节中，父母要特地为孩子们准备制成鸡蛋、兔子形状的巧克力糖。亲友间要互赠彩蛋。在欧洲一些国家在复活节这天，姑娘如果向某一小伙子赠送三个红鸡蛋，表示姑娘向小伙子求爱呢。小伙子向姑娘求爱是否赠送红鸡蛋就不回知道了。哈哈，蔓草应该知道的。兔子是作为给孩子们送复活节蛋的使者。有一种说法是复活蛋是兔子下的蛋。兔子下蛋？根据传说所述，春季女神曾经救了一只冬季被冻伤的小鸟，将它变成了一只兔子。由于它曾经是一只鸟，它依旧保留了生蛋的能力。它便是后来的复活节兔子。

The Easter rabbit is one of the symbols of Easter. As a prolific animal, rabbit symbolizes the recovery of spring and the birth of new life. The rabbit is the pet of Aphrodite, the God of love, and the candle bearer of Holta, the Germanic goddess of land. So now the rabbit is a messenger to send Easter eggs to the children. Although the custom of Easter egg also originates from ancient times, its exact origin is still unknown. The Greeks usually paint the eggs red on this day, and use the colour of blood to symbolize the recovery of all things in spring (later, it also meant the blood of the crucified Christ). Some people also use green paint to remember the new green after a withered winter. Other colours, including soft and light colours, popular in the U.S., may also appear.

Easter is a Christian festival to commemorate the resurrection of Jesus. It is one of the oldest and most significant Christian festivals. The egg, fire, water and the rabbit, symbolizing life, became mascots of Easter. Eggs and rabbits are new symbols of life and prosperity in the West.

The natural colour of eggs symbolizes the sun, and the red colour of eggs symbolizes the happiness of life. At Easter, parents prepare chocolate candy in the shape of eggs and rabbits for children. Relatives and friends should give each other colourful eggs. In some European countries, on Easter day, if a girl presents three red eggs to a young man, it means that she courtes him. The question whether it works the other way too remains open. The rabbit is an emissary to send Easter eggs to the children. There is a saying that the resurrection eggs are laid by rabbits. Rabbits laying eggs? According to the legend, the goddess of spring once saved a bird that was frostbitten in winter and turned it into a rabbit. Because it used to be a bird, it still retains the ability to lay eggs. It became the Easter Bunny.





伊朗新年 زورون

依据波斯历法，伊朗人将在1399年1月1日（2020年3月20日）7时19分37秒的时候迎来新的一年，这正是太阳越过赤道的时间。伊朗人将这个日子称为“诺鲁兹”，意思是“新的一天”。诺鲁兹节，最早的文字记载见于2500多年前古波斯的阿契美尼德王朝，直至今日那些曾受波斯文化影响的国家和地区还保留着庆祝诺鲁兹节的传统。

According to the Persian calendar, the Iranian New Year begins at 7:19:37 on January 1, 1399 (March 20, 2020), the time when the sun crosses the equator. The Iranians call this day "Nowruz", meaning "New Day". The Nowruz Festival, the earliest recorded in the Achaemenid Dynasty in ancient Persia more than 2500 years ago, is still celebrated in countries and regions that have been influenced by Persian culture.



在伊朗，庆祝新年就是庆祝春天的到来。往往是在公历的3月下旬。过新年要隆重庆祝一周。人们涌上街头生起“篝火”又叫“夜火”然后全家人依次在“夜火”上跳来跳去，表示烧掉晦气，迎来光明，驱邪除病，幸福永存。伊朗新年除夕夜要吃七道菜，每道菜的名称都要以“S”开头的，表示吉祥。初一到初三人们走亲访友，互祝新年快乐。新年最后一天，全家出游踏青，以辟邪恶。

In Iran, celebrating the New Year is celebrating the arrival of spring. It's usually in late March of the Gregorian calendar and the celebrations lasts a week. People rush to the streets to set up bonfires or night fires, and then the whole family runs through the fire, indicating that they burned the bad luck, ushered in the light, exorcized the devil and will stay happy

在新年敲响钟声的时候，通常要在餐桌上摆设的七样物品：Sir 大蒜、Sanjed 沙枣、Serke 醋、Sib 苹果、Samag 漆树、Sabzeh 青麦苗、Samunu 用麦芽以及面粉制成的甜食。
When the New Year's bell rings, seven items are usually put on the table: Sir (garlic), Sanjed (date), Serke (vinegar), Sib (apple), Samag (lacquer tree), Sabzeh (wheat seedling) and Samunu (sweet food).

在伊朗乃至整个中亚地区麦子是必不可少的主食之一，再加上麦苗由青色转金色也寓意着春天发芽和秋天收获，因而成为诺鲁兹节必不可少的代表物。有趣的是，人们在节前购买或自培麦种精心照料，待到节后还会攀比谁家的麦芽长得更高更好，代表新年会更美好的寄托。



In Iran and in whole Central Asia, wheat is an essential staple food. In addition, the change of wheat seedling in colour from cyan to gold also symbolizes spring germination and autumn harvest, so it became an essential part of Nowruz Festival. As an interesting tradition, people buy or carefully cultivate wheat seedlings before the festival. After the festival, they will compare their plants, who grew better and higher ones, and hence who will have a better New Year.

forever. On New Year's Eve in Iran, there are seven must eat dishes. The name of each dish should start with an "S", signalling good luck. From the first day to the third day, people visit relatives and friends and wish Happy New Year to each other. On the last day of the New Year, the whole family goes for an excursion to expel the evil.



PARTY

In the 21st Century

“头饰”在21世纪

LIMITED EDITION OF PAINTINGS OF NEARLY EXTINCT SLOVAK “PARTY”

几乎绝迹的斯洛伐克“头饰”

The exhibition is an unique joint project of photographers Ľubomír Sabo and Zuzana SÉNÁŠIOVÁ and ethnologist Katarína Chabrečková who have joined two art painters Sarah Avní and Ivana Mintálová and facepainters Andrea Ľubocká and Patrik Rago to form the team of “Party in the 21st Century”.

Its aim is to revive and promote the traditional culture and customs of Slovakia and present them to today's generation in a modern artistic way.

The uniqueness of these original paintings is a rare combination of art photography, face painting and art painting. During the last 5 years they have made 50 original paintings and at the same time made reborn and documented 50 “party” from all regions of Slovakia and Slovak villages of Vojvodina (Serbia).

More than 500,000 people visited the exhibitions all around the world: Brussels, Bratislava, Vienna, Prague, Pyeongchang, Moscow, Berlin, Ottawa, New York, Washington, Košice and Brno, and more than 3 million people heard about this project. “Since the first exhibition opening in November 2016 we have made 40 exhibitions at home and abroad. Thanks to great success, we are preparing over 15 exhibitions over the next two years.”

The project is also an originally composed fashion show, the accompanying music combines original compositions and folk music with elements of modern contemporary genres.

Since 2018, the exhibition is representing Slovak art and culture under the official brand GOOD IDEA SLOVAKIA as one of the best Slovak projects.

本次展览是摄影师乌博米尔萨博和祖扎娜塞纳希奥娃以及民族学家卡塔琳娜夏布热科娃的一个独特的联合项目，他们与两位艺术画家莎拉·阿夫尼和伊万娜·明塔洛娃以及面画家安德里亚·乌博卡和帕特里克·拉戈一起加入了“21世纪头饰”的团队。

其目的是复兴和弘扬斯洛伐克的传统文化和习俗，并以现代艺术的方式将其呈现给当代。

这些原画的独特之处在于艺术摄影、脸谱和艺术绘画的罕见结合。在过去的5年里，制作了50幅原画，同时还“重生”，记录了来自斯洛伐克各地区和斯洛伐克伏伊丁那（塞尔维亚）村庄的50个“头饰”。

50多万人参观了世界各地的展览：布鲁塞尔、布拉迪斯拉发、维也纳、布拉格、平昌、莫斯科、柏林、渥太华、纽约、华盛顿、科希策和布尔诺，300多万人听说了这个项目。自2016年11月首届展会开幕以来，我们已经在国内外举办了40个展会。由于取得了巨大的成功，我们在未来两年内准备了15个展览。

该项目同样强调原创时装秀和伴奏音乐，结合了原创，民乐和现代当代流派的元素。

自2018年起，展览以官方品牌“好主意斯洛伐克”代表斯洛伐克艺术和文化，为斯洛伐克最佳项目。



Poniky 1/3, 80 x 120 cm, 2016

什么是“头饰”

它是一种花哨的头带，是成年未婚女孩的象征。作为19世纪和20世纪婚礼服装中最重要和最美丽的组成部分，它一直装饰华丽，在斯洛伐克的每个地区都是独一无二的。

“Parta”成为一个旨在复兴的独特艺术项目的核心元素。斯洛伐克的珍宝，正在慢慢被遗忘。该项目通过无数的艺术光谱和地图的变化和多样性几乎每一个灭绝的“头饰”和花圈从整个斯洛伐克。对于文化遗产来说，防止和象征性地向当前的观众展示民间传统是很重要的。

WHAT MEANS “PARTY”

“Parta” (sg) / “Party” (pl): is a type of a fancy headband, the symbol of adult unmarried girls. Being the most important and beautiful component of the wedding costume in the 19th and 20th century, it has always been richly decorated and it was unique in every region of Slovakia .

“Parta” became a central element of a unique art project, which aims to revive Slovak treasures that are slowly being forgotten. The project goes through numerous artistic spectrums and maps the variety and diversity of almost every extinct “party” and wreaths from whole of Slovakia. It is an important cultural heritage to preserve and symbolically reveal folk traditions to today's spectators.

Láb 2/3, 80 x 120 cm, 2017





Veľký Lom 3/3, 60 x 120 cm, 2017

THE ORIGIN OF THE PAINTINGS

Ethnologist Katarína Chabrečková, a curator of the project and one of the first people who initiated the idea to raise awareness about the nearly forgotten head accessories of Slovak past and present stresses their unique beauty and rarity. She collaborated with professionals and other individuals in order to obtain information used in the project.

The artistic duo LSZ Photography (Ľubomír Sabo and Zuzana Senášiová) in accordance with the traditions and customs took pictures of young, single and childless girls. These were then used as references for face paintings based on traditional ornaments and folk costumes to which a specific "parta" belonged. On the artworks we can see beautiful Slovak actresses, singers, hosts, models etc.

Historical photographs were also mingled with the current embodiment of art photography, where models put themselves into the feelings of the brides and give a sense of how it used to be back in the past. On the paintings one can witness humbleness and seriousness of the moments which is then supplemented by the modern vision of the artists.

The artistically shot photographs are decorated by hand-painted ornaments on the face. The photos are printed on a canvas and the painter adds a meticulous final touch to them. With the use of acrylic paintings, artists Sarah I. Avni and Ivana Mintálová created a background of each photography coming from folk elements of each "parta" from certain villages and regions in Slovakia.



Hriňová 1/3, 80 x 120 cm, 2016

绘画是如何产生的

民族学家卡塔琳娜·夏布热科娃是该项目的担保人，也是最早提出这一想法的人之一，目的是提高人们对斯洛伐克过去几乎被遗忘的头饰的认识，并展示其独特的美丽和稀有。她与其他专业人士和公众合作，以获取项目中使用的信息。

艺术组合按照祖先的传统和方式，只为年轻、单身和无子女的女孩拍照。代表手法是一种以传统纹饰为基础，以特定的“头饰”所属的民间服饰为基础的面部绘画艺术方式。在画上我们可以看到美丽的斯洛伐克女演员，歌手，主持人，模特等。

一张历史照片的参考与当前艺术摄影的体现融为一体，模特们将自己置身于新娘的情感中，向新娘表达过去的往事。在绘画上，你可以看到艺术家们用现代眼光完成的那一刻的谦卑和严肃。

艺术照是用手绘的装饰物在脸上完成的。它们印在画布上，画家出色地完成了它们的最终版本。艺术家莎拉·艾夫尼和伊万娜·明塔洛娃利用亚克力绘画创作了一幅幅照片的背景，这些照片来自斯洛伐克某些村庄和地区的每个“parta”的民间元素。

THE END RESULT / 效果如何

EXHIBITION

The exhibition series of these eye-catching paintings represent the abundance and diversity of Slovak folk heritage. The mental work put into the project and the attention to every details show that "Party in the 21st Century" represents a strong artistic and historical legacy.

展览

展示这一系列引人注目的绘画作品，代表了斯洛伐克民间遗产的丰富性和多样性。这项工程的思想分层和对每一个细节的关注，表明了“头饰在21世纪”代表着一份浓重的艺术和历史遗产。



FASHION SHOW

An original fashion show with 10 models literally walking out of the paintings of "Party in the 21st century", bringing together historical Slovak folk costumes, "Party" (traditional headwear), modern animated symbols and traditional folk music. The beauty of Slovak girls is highlighted by ornamental face paintings.

时装秀

10位模特的原创时装秀从“21世纪的头饰”的画作中脱颖而出。将历史上的斯洛伐克民间服饰和“头饰带”（传统头带）与现代动画符号、受民间启发的音乐和动感的舞蹈表演相结合。斯洛伐克女孩的美丽被装饰性的脸谱画所突出。



MUSIC PERFORMANCE

14 folk songs were rewritten to modern music for the purposes of the project. Two pop singers and six renowned musicians are making the experience even more memorable on every occasion. The songs are also available on a CD.

音乐表演

14首民歌改编成现代音乐，专门为“21世纪的头饰”工程创作。2位流行歌手和6位高级音乐家在每场展览上都有令人难忘的经历。你可以在我们的CD上找到这些歌。





Hrušov 2/3, 60 x 90 cm, 2017



Hrašné 2/3, 80 x 120 cm, 2017



Blažov 2/3, 80 x 120 cm, 2018



Martovce 1/3, 80 x 120 cm, 2016

THE ARTISTS / 作者是谁



Internationally awarded photographers Zuzana SÉNÁŠIOVÁ and Ľubomír Sabo, who photograph under the brand LSZ PHOTOGRAPHY, bring two independent insights on unique artistic harmony in their work. The basis for all their photographs are original ideas resulting in an unusual and engaging adaptation. As a characteristic feature they tend to capture and emphasize the beauty and nature of women. The cooperation of a male and female photographer brings the dynamics, creativity and a perfect combination that can be seen on their pictures.

Winning the first place at a prestigious competition TREND ASIA AWARDS 2014 in China in the category of Asian Top Trend Photographer highlights their qualities. They also photographed dozens of covers and editorials in domestic and foreign magazines and became the official photographers of Miss Slovakia 2016.



国际获奖摄影师祖扎娜·塞纳西亚 (Zuzana Senasia) 和萨博 (Sabo) 在 LSZ 摄影品牌下拍摄, 他们对作品中独特的艺术和谐带来了两种独立的见解。所有照片的基础都是独创性的想法, 这导致了不寻常的和引人入胜的改编。对于她们的作品来说, 捕捉和强调女性的美丽和自然是很有特点的。男女摄影师的合作带来了动态性、创造性和完美的结合, 可以在照片上看到。

2014 年在中国举行的亚洲潮流大奖赛中, 获得亚洲顶级潮流摄影师的第一名, 只会让他们的摄影质量大放异彩。他们还在国内外杂志上拍摄了数十个封面和社论, 并成为 2016 年斯洛伐克小姐的官方摄影师。



Ivana MINTÁLOVÁ - a new member of the team has taken on the task of artistically completing a new series of painting ethnic Slovak girls from the Serbian Vojvodina in headbands. Her decorative style and talent is recognizable in the design of Slovak symbols in the Baroque or Renaissance style - different from previous paintings. The series of 6 paintings, created by a unique ornamental painting technique represents a completely new vision, and is mainly dominated by colours of precious metals and relief techniques.

伊凡娜·明塔尔——团队的一名新成员有一项任务, 那就是艺术地完成一系列描绘 (Vojvodina) 塞尔维亚的洛代克伏伊斯女孩头带的新画作。她的装饰手稿和才华在斯洛伐克符号的巴洛克或文艺复兴风格的设计中是可以辨认的, 不同于以往的绘画。这 6 幅作品以独特的技法和全新的视觉装饰性绘画创作而成, 主要以贵金属色彩和浮雕技法为主。



Sarah I. Avni's works are easily recognizable thanks to a specific structure creating impasto effect, precious metals, gilding techniques and mixed pigments. These allow her to play more effectively with light and shadows. In 2015, she was ranked by an international cultural portal theculturetrip.com among the 10 Slovak artists you should know. She's also the author of the world's best sport-themed stamp from 2011 awarded by the Stamp News. In her work she processes ideas of freedom, floral patterns and ornaments into a creation of the main theme - a rose, which is a symbol of a woman in many cultures. Currently, she is more interested in abstract artwork. The artist presented her illustrations in galleries throughout Europe and some of her pieces can be found in the collections of art collectors from Russia, Switzerland, Great Britain and the USA.

Sarah I. Avni 的作品很容易辨认, 这要归功于一种特殊的结构, 产生了冲击波效果、贵金属、镀金技术和混合颜料。这些可以让她更有效地处理光线和阴影。2015 年, 她被一家国际文化门户网站 culturetrip.com 评为 10 位你应该知道的斯洛伐克艺术家。她也是《邮票新闻》授予的 2011 年世界最佳体育主题邮票的作者。在她的作品中, 她将自由、光明、花卉图案和装饰品的理念融入到一个主题的创作中——玫瑰, 在许多文化中, 玫瑰是女性的象征。目前, 她对抽象艺术更感兴趣。这位艺术家在欧洲各地的画廊展出了她的插图, 她的一些作品可以在俄罗斯、瑞士、英国或美国的艺术收藏家的收藏中找到。



Ethnological curator Katarína Chabrečeková is the team-leader of 20 Slovak ethnologists. They made ethnological research throughout the whole project. She is searching for ancient headbands and parts of traditional folk dress and still continues to deepen her knowledge about traditional "party" which she wants to publish later. "My core idea was to show the real condition of „party" since the 20th century to the present. Through this project we were able to combine the long forgotten and lost fragments of our Slovak history with the modern culture and vision of our artists who participated. The result will represent Slovakia not only at home but also in the world and it will hopefully encourage people to trace history in their own region. I am proud that we are a country where: "with every crossed mountain, a different folk costume is to be found."

民族学担保人 Katarina Chabreček, 20 名斯洛伐克民族学专家的组长。他们进行了民族学研究, 从而进行了整个项目。她正在寻找古老的头巾和传统民间服饰的一部分, 并继续加深她对传统“头饰”的认识, 她希望以后出版。“我的核心思想是展示 20 世纪至今党的真实情况。通过这个项目, 我们斯洛伐克历史上被遗忘和消失已久的片段得以与现代文化和艺术家参与的视野相结合。这一结果将不仅代表斯洛伐克在国内, 也代表斯洛伐克在世界上的形象, 并有望鼓励人们追查该地区的历史。我很自豪我们是这样一个国家: “每过一座山, 你就会发现一件不同的民族服装。”



日本定制了 196 国特色和服 迎东京奥运

Japan has customized kimonos for the 196 countries of the Tokyo Olympics



为了迎接 2020 东京奥运，日本福冈县久留米市和服店“蝶屋”店主高仓庆应（50 岁），于 2014 年提出一项“KIMONO PROJECT”计划，制作代表世界 196 个国家不同特色和服，通过日本传统文化来传达“同一个世界”理念。

几年过去了，制作方已陆陆续续完成其中 100 件和服的制作。2018 年 4 月 29 日，在福冈县久留米市当地举行发布会，由选拔而出的 100 位模特身穿各国特色的和服，在约 1500 名观众面前优雅地走过。剩下 96 个国家的和服，2019 年 12 月全部制作完成。目前，在这个企划的官网上已经公开了其中 64 件和服的展开图和细节图。本刊精选 15 个国家的和服以飨读者。

In order to greet the 2020 Tokyo Olympics, Takakura Keio (50-years-old), owner of "Butterfly House", a kimono shop in Kurume, Fukuoka prefecture, Japan, proposed a "Kimono Project" plan in 2014, i.e., making kimonos with different characteristics on behalf of 196 countries, so as to convey the concept of "One World" through Japanese traditional culture.

With the help of more than 130 kimono makers and artisans from around the country, the project offered customized kimonos made for each country using their own typical colours and patterns. Over the years, 100 kimonos have been made one after the other. On April 29, 2018, a press conference was held in Kurume, Fukuoka prefecture to showcase the collection. 100 models dressed in kimonos with different national characteristics walked gracefully in front of an audience of about 1,500 people. The remaining kimonos of the other 96 countries are expected to be finished soon. The website of the project has already published the unrolled and detailed drawings of 64 kimonos, here we present a selection of the kimonos for our readers.

No.001 南非 / South Africa

南非的和服以花园为主题，描绘了国花帝王花。

The kimono of South Africa is themed after a flower garden, depicting the national flower Protea cynaroides.



No.002 立陶宛 / Lithuania

立陶宛的和服以首都维尔纽斯的世界文化遗产维尔纽斯的教堂为图案，还加入国花芸香元素。

The kimono of Lithuania is patterned after a church in Vilnius, a world cultural heritage in the capital, and the national flower, rue.



No.003 不丹 / Bhutan

蝶在花丛飞，不丹和服配以不丹寺院的装饰图案。

Butterflies fly above flowers. The kimono of Bhutan is decorated with the temple of Bhutan.



No.004 巴西 / Brazil

以自然为主题，图案为叶子花等花卉组成的花环、如凤凰一般美丽的鸚鵡等，色彩鲜艳。

With nature as the theme, the design is a wreath of flowers such as Bougainvillea glabra and parrots as beautiful as phoenixes.



No.005 卡塔尔 / Qatar

卡塔尔的和服描绘了沙漠和发展迅速的现代都市。

The kimono of Qatar depicts deserts and fast-growing modern cities.



No.006 美国 / United States

美国是由 50 个州组成的“合众国”，在设计上采用了“州花”来表现。

The U.S. is the "united states" of 50 states, represented by the flowers of each state in the design.



No.007 中国 / China

选用黑色，而不是“番茄炒蛋”色。祥云飘在袖子上，牡丹在裙摆上盛开，腰部还有以巨龙为型的长城。

Auspicious clouds float on a black background on the sleeves, peonies bloom on the kimono. There is also a Great Wall shaped like a giant dragon at the waist.



No.008 印度 / India

在象征印度的和服上，你能看到印度象、莲花、孔雀、泰姬陵等意象。

In the kimono of India, you can spot an Indian elephant, lotus, peacock and the Taj Mahal among other images.



No.009 英国 / Britain

设计主题为英式庭院和英国国旗，元素上主要有泰晤士河、伦敦夜景等。

The theme of the design is an English courtyard and the British flag. The main elements are the Thames, the night scene of London, etc.



No.010 格鲁吉亚 / Georgia

格鲁吉亚的重要作物葡萄、将基督教带到格鲁吉亚的圣尼诺修女，以及背景中的高加索山脉、夜空中的明月。

The kimono of Georgia is designed with Georgian grapes, Saint Nino who brought Christianity to Georgia, the Caucasus Mountains in the background and the moon in the night sky.



No.011 德国 / Germany

以德国的国花矢车菊为齿轮，展现德国重工业发达的一面。主体由古典音乐融合数字化和模拟信号，贝多芬的《月光》以跳跃的律动呈现。

The national flower of Germany, cornflower, is used as a cog-wheel to show the development of heavy industry in Germany.

The main theme is Beethoven's Moonlight Sonata sewn as digital and analog signals.



No.012 埃及 / Egypt

为埃及定制的和服上印有金字塔和古代文字。

The kimono of Egypt is composed with pyramids and ancient characters.



No.013 加拿大 / Canada

以加拿大女作家露西·莫德·蒙哥马利 1908 年出版的小说《绿山墙的安妮》为背景，描绘爱德华王子岛上的鲜花，落基山脉及湖畔的红枫则采用日本古典设计。

The kimono of Canada, with Canadian writer Lucy Maud Montgomery's novel published in 1908, "Anne of Green Gables", as the background, depicts the flowers in Prince Edward Island. The Rocky Mountains and red maples at the lakeside are adopted to Japanese classical design.



No.014 秘鲁 / Peru

秘鲁的和服则采用了世界遗产马丘比丘等图案。

The kimono of Peru is patterned with Machu Picchu, a world heritage site.



No.015 俄罗斯 / Russia

通过艾尔米塔什博物馆、火鸟、跳天鹅湖的芭蕾舞者、天鹅、宇宙飞船等元素，展现俄罗斯作为文化、艺术和科技大国的形象。

Through the elements of the Hermitage Museum, firebirds, ballet dancers dancing Swan Lake, swans and spaceships, Russia is presented as a cultural, art and technological powerhouse.



九三学社

The Jiu San Society

九三学社是以科学技术界高、中级知识分子为主的具有政治联盟特点的政党，是接受中国共产党领导、同中国共产党通力合作的亲密友党，是中国特色社会主义参政党。

九三学社，是在毛泽东主席的启发、推动下成立的，也是在毛主席亲切关怀下才继续存在和发展的。

那是在抗日战争末期，1944年底，日本侵略军对中国大西南发动进攻，蒋介石集团中投降空气浓厚，法西斯反动势力猖獗。重庆科技界、文化界、教育界的一些高级知识分子，对时局极感焦虑，经常聚在一起，互相交换对时局的看法，认为要民主，要团结，要抗战到底。一开始，梁希、潘菽、税西恒、黄国璋、张西曼、张雪岩、何鲁、涂长望等同志，常常到我家同我和爱人劳君展同志座谈时局，间或也在中苏文化协会张西曼同志处座谈。大家渐渐地对座谈有了兴趣，于是就形成座谈会的方式，讨论民主与抗战问题，一致认为要抗战获得胜利必须争取政治的民主。

抗战胜利后，参加座谈会的一些朋友们都要回到各自原来的地方去，但是想到一年多来，大家经常在一起座谈，有了共同的思想基础，希望能成立一个永久性的组织，长期存在下去，正在酝酿期间，毛主席来到了重庆。

为了争取国内的和平、民主、团结，反对内战，1945年8月28日，毛主席和周恩来、王若飞等同志，在张治中将军等人的陪同下，飞抵重庆与国民党当局进行谈判。

听到毛主席要亲来重庆，我们兴奋异常。随后，我就向徐冰同志表示，我和爱人劳君展急于想同毛主席谈谈。不久就收到了毛主席的请帖，约我和君展于9月12日在红岩嘴八路军办事处吃午饭。

次日上午8时，我和君展徒步前往红岩嘴。一见面，毛主席一手拉着君展，一手拉着我说：“想不到我们在这里见面了。”我们和毛主席阔别20多年，山城重聚，快何如之。毛主席和我畅谈了当年在北大时的情景，追述了参加少年中国学会和北大平民教育讲演团的一些事情。君展回顾了周南女校读书时加入新民学会和驱逐军阀张敬尧运动的往事，以及1921年君展赴法勤工俭学在上海候船时，毛主席约了许多新民学会的人在半淞园欢送并摄影



1956年，毛泽东和九三学社中央主席许德珩。
In 1956, Mao Zedong and Xu Deheng, Chairman of the Central Committee of the Jiu San Society.

留念的情景。

我们还向毛主席汇报了民主科学座谈会的情况。毛主席勉励我们说：“既然有许多人参加，就把座谈会搞成一个永久性的政治组织。”我说：“我们也在考虑这样做，不过担心成立组织人数太少。”毛主席指出：“人数不少，即使少也不要紧，你们都是些科学文教界有影响的代表人物，经常在报上发表意见和看法，不是也起到很大的宣传作用吗！”经过毛主席这样一番指点和推动，我们受到很大的启发和鼓舞，决心把座谈会改组成一个永久性的政治组织。那天，同桌进餐的有周恩来、华岗、熊子容等同志。

1945年9月3日，日本签字投降，全国各地庆祝胜利。民主科学座谈会的朋友们，在重庆青年会举行了一个盛大的座谈会。会上有的同志提议，为纪念抗日战争和世

界反法西斯战争的伟大胜利，把座谈会改为九三学社，成为永久性的政治组织。大家一致赞成，当时就成立了九三学社筹备会。1946年5月4日，九三学社在重庆正式成立，并发表新闻于重庆《新华日报》上。九三学社筹备期间，为争取国内和平与民主，反对蒋介石集团阴谋破坏旧政协，进行了不懈的斗争。

1946年10月，九三学社中央迁到北平，在重庆、成都、上海、南京分别成立分社。这期间，九三学社密切联系一批进步的和中间的教授及其他高级知识分子，做了不少工作。社中央迁到北平后，与中国共产党加强联系，同各民主党派及其他民主人士一起，拥护并宣传共产党的方针、政策，反对蒋介石集团的反动统治，在“反对独裁，反对内战”的口号下，做了很多工作，在民主革命中起了积极的作用。

1949年1月，北平围城期间，九三学社发表宣言，响应毛主席的八项和平主张，拥护召开新政治协商会议。

1949年1月底，北平解放。同年6月15日，新政治协商会议筹备会在北平举行。我代表九三学社参加了这次会议。当时，毛主席授意周恩来同志，让九三学社向新政协筹备会写一报告，说明九三学社做了哪些工作。后来，由我和其他四位同志署名写了工作报告，由中国大辞典编纂处印刷厂排印数百份，送交新政协筹备会与会代表人手一份。从此，九三学社参与了新中国的建立，正式成为我国的民主党派之一了。

The Jiu San Society is a political party with the characteristics of political alliance. It mainly comprises high and middle-level intellectuals in the field of science and technology. It is a supporting party that accepts the leadership of the Communist Party of China and cooperates with the Communist Party of China. It is a socialist political party with Chinese characteristics.

The Jiu San Society was founded under the inspiration and promotion of Chairman Mao Zedong and continued to exist and develop under the cordial care of Chairman Mao.

At the end of the Anti Japanese War in 1944, the Japanese aggressor army launched an attack in the southwest of China. There was a strong push for surrender in the Chiang Kai Shek led group, the fascist reactionary forces were rampant. Some senior



九三学社在重庆召开成立大会的新闻报道

News report on the founding conference of Jiu San Society in Chongqing

中华人民共和国成立后，九三学社成员中有些同志认为，九三学社已经完成了它在民主革命中的历史使命，提议可以解散。我们酝酿解散的时候，毛主席正在苏联访问。先是沈钧儒先生领导的我也参加的人民救国会也要解散。因为救国会的成员都在北京，大家同意解散，签名后就解散了。而九三学社成员主要分布在北京、上海、南京和重庆。当时重庆尚未解放，我们与重庆的社员一时联系不上，还作不出解散的决定。及至将要商讨作出决定时，亦即1950年2月间，毛主席回到了北京。当他听到救国会解散时，很为惋惜地说：“救国会是个进步团体，不当解散。”又听说九三学社也要解散，当即表示不同意，并由中央领导同志传达了他的意见。中央领导同志向我们阐述了民主党派在新中国成立后的地位和作用，指出九三学社不但不能解散，而且还要继续发展。从此，

九三学社不但继续存在而且有了新的发展。在中国共产党的领导下，在推动成员做好岗位工作，努力为祖国建设服务，在社会主义革命和社会主义建设事业中，起到了党的助手作用，作出了贡献。

本文资料来源：选编自1983年12月14日《人民日报》。作者许德珩（1890—1990），江西九江人。建国后，曾任第一届全国政协委员，第二、三届全国政协常务委员，第四、五届全国政协副主席；政务院法制委员会副主任委员，水产部部长；第四、五、六届全国人大常委会委员长；九三学社第一至七届中央委员会主席。

intellectuals in the field of science and technology, culture and education in Chongqing were very anxious about the situation. They often got together and exchanged views about the options. They wanted democracy, unity and that the anti Japanese war should be carried on till the end. At the beginning, Liang Xi, Pan Shu, Shui Xiheng, Huang Guozhang, Zhang Ximan, Zhang Xueyan, He Lu, Tu Changwang and other comrades often came to my home to discuss the current situation with my wife, comrade Lao Junzhan, and occasionally with comrade Zhang Ximan of the Sino Soviet Cultural Association. Gradually, people became interested in the discussions, so they formed a forum to discuss democracy and the Anti Japanese war. They agreed that to win the war, we must strive for political democracy.

After the victory of the Anti Japanese War, some of



1945年8月28日,毛主席飞抵重庆
On August 28, 1945, Chairman Mao flew to Chongqing

the friends who took part in the symposium had to go back to their original places. However, it occurred to them that for more than a year, they often had a discussion together and had a common ideological basis. They hoped to establish a permanent organization that would last for a long time.

During the brewing period, in order to strive for peace, democracy and unity in China and oppose the civil war, on August 28, 1945, Chairman Mao, Zhou Enlai, Wang Ruofei and other comrades, accompanied by General Zhang Zhizhong and others, flew to Chongqing to negotiate with the Kuomintang authorities.

We were very excited to hear that Chairman Mao is coming to Chongqing in person. Later, I said to Comrade Xu Bing that Lao Junzhan and I would be eager to talk to Chairman Mao. Soon we received Chairman Mao's invitation to a lunch at the Eighth Route Army Office in Hongyanzui on September 12.

At 8 a.m. the next day, Jun Zhan and I walked to Hongyanzui. When we met, Chairman Mao held Junzhan in his one hand and me in his other, saying, "I can't believe we met here." We have been away from Chairman Mao for more than 20 years. Time passed quickly, but the mountains are reunited again. Chairman Mao and I talked about the situation when we were in Peking University, and recalled some memories about participating in the China Youth Society and the Civilian Education Oratory Group of Peking University. Junzhan recalled the events of joining Xinmin Society and expelling warlord Zhang Jingyao when she was studying in Zhounan Women's School. When Junzhan went to France for work and study in 1921 and was waiting for a

boat in Shanghai, Chairman Mao met many people of the Xinmin Society to see them off and take photos in Bansong garden.

We also reported to Chairman Mao on the Forum on Democracy and Science. Chairman Mao encouraged us saying, "since there are many participants, we should make the forum a permanent political organization." "We were thinking about that too, but we're worried about the number of people needed to set up such an organization," - I said. Chairman Mao pointed out: "You already have many people, but if you had only a few people it wouldn't matter either. You are all influential figures in scientific, cultural and educational circles. You often express your opinions in the newspapers, which also plays a great role in propaganda." After such guidance and promotion by Chairman Mao, we have been greatly inspired and encouraged to transform the forum into a permanent political organization. On that day, there were Zhou Enlai, Hua Gang, Xiong Zirong and other comrades sitting at the same table.

On September 3, 1945, Japan signed its capitulation and we have celebrated victory all over the country. Friends of the Forum on Democracy and Science held a grand forum in Chongqing Youth Association. At the meeting, some comrades proposed that, in order to commemorate the great victory of the anti Japanese war and the world anti fascist war, the forum should change its name to Jiu San (93) Society and become a permanent political organization. Everyone agreed. Then the preparatory meeting of the Jiu San Society was set up. On May 4, 1946, the Jiu San Society was officially established in Chongqing and published its news in Chongqing Xinhua Daily. During the preparatory period of the Jiu San Society, unremitting efforts were made to strive for domestic peace and democracy and oppose the plot of the Chiang Kai Shek group to sabotage the old CPPCC.

In October 1946, the Central Committee of Jiu San Society moved to Beiping and established branches in Chongqing, Chengdu, Shanghai and Nanjing. During this period, the Jiu San Society closely contacted a number of progressive and moderate professors and other senior intellectuals and did a lot of work. After moving to Beiping, the Central Committee of the society strengthened ties with the Communist Party of China, supported and publicized the principles and policies of the Communist Party, and opposed the reactionary rule of the Chiang Kai Shek group in hand with the

democratic parties and other democratic personages under the slogan "against the dictatorship and the civil war", it did a lot of work and played a positive role in the democratic revolution.

In January 1949, during the siege of Beiping, the Jiu San Society issued a declaration in response to Chairman Mao's eight point peace proposal and supported the convening of a New Political Consultative Conference.

At the end of January 1949, Beiping was liberated. On June 15 of the same year, the preparatory meeting for the New Political Consultative Conference was held in Beiping. I attended the meeting on behalf of the Jiu San Society. At that time, Chairman Mao instructed Comrade Zhou Enlai to ask the Jiu San Society to write a report to the preparatory meeting of the new CPPCC, explaining what the Jiu San Society had done. Later, I and four other comrades compiled a work report. Hundreds of copies were printed by the printing factory of the Editorial Office of the Unabridged Chinese Dictionary, and one copy was sent to each participant of the preparatory meeting of the new CPPCC. Since then, the Jiu San Society has participated in the establishment of new China and officially become one of the democratic parties in China.

After the founding of the People's Republic of China, some comrades among the members of the Jiu San Society believed that it had completed its historical mission in the democratic revolution and proposed that it could be dissolved. When we were about to disband, Chairman Mao was visiting the Soviet Union. First, the People's Salvation Association, which I also participated in under the leadership of Mr. Shen Junru, was to be dissolved. Because the members of the People's Salvation Association were all in Beijing, everyone agreed to dissolve it, after signing a paper, it was dissolved. The members of Jiu San Society however were mainly distributed in Beijing, Shanghai, Nanjing and Chongqing. At that time, Chongqing was not liberated yet. We could not contact the members in Chongqing for a while, and we could not make a decision about the disband. When a decision was to be made, in February 1950, Chairman Mao returned to Beijing. When he heard of the dissolution of the People's Salvation Association, he said with regret, "the People's Salvation Association was a progressive group and should not have been dissolved." He also heard that the Jiu San Society was to be dissolved too, and immediately expressed his



1949年9月,出席中国人民政治协商会议第一届全体会议的九三学社代表合影。前排左起:黎锦熙、许德珩、袁翰青;后排左起:叶丁易(候补代表)、吴藻溪、薛愚

In September 1949, representatives of the Jiu San Society took a group photo at the first plenary session of the Chinese People's Political Consultative Conference. From left in the front row: Li Jinxi, Xu Deheng, Yuan Hanqing; from left in the back row: Ye Dingyi (alternate representative), Wu Caixi, Xue Yu.

disagreement. His opinion was conveyed by leading comrades of the Central Committee. They explained us the position and role of the democratic parties after the founding of the People's Republic of China. They pointed out that the Jiu San Society not only could not be dissolved, but also need to continue develop. Since then, the Jiu San Society not only remained in existence but has undergone a new development. Under the leadership of the Communist Party of China, it has played an assistant role and made contributions to the cause of socialist revolution and socialist construction by encouraging its members to do a good job in their posts and strive to serve the construction of the motherland.

Source: December 14, 1983 article of People's Daily written by Xu Deheng (1890-1990), a native of Jiujiang, Jiangxi Province. After the founding of the People's Republic of China, he served as member of the first CPPCC National Committee, a standing member of the second and third CPPCC National Committee, Vice Chairman of the fourth and fifth CPPCC National Committee, Vice Chairman of the Legislative Affairs Committee of the Government, Minister of the Ministry of Fisheries, Vice Chairman of the Standing Committee of the fourth, fifth and sixth NPC, and Chairman of the first to seventh Central Committee of the Jiu San Society.

海南在全球招聘 Hainan Recruits from the World



3月31日，“海南省2020年首批三万岗位人才招聘”新闻发布会举行。路云飞摄
March 31, press conference on “The first batch of talent recruitment for 30,000 posts in 2020 in Hainan province”
Photo by Luo Yunfei

据介绍，本次招聘活动提供的岗位数多、覆盖面广，涉及党政机关、事业单位、国有企业、园区、法定机构、民营企业等单位类型。

高层次人才需求量创历史新高，年薪30万元及以上高端人才岗位1717个，百万以上高薪岗位59个，主要分布在教育、医疗、旅游等领域。

本次招聘活动涉及国际人才岗位470个，既有境外高层次人才，也有技术技能人才，主要集中在外语专业教师、航空产业驾驶员和维修员、酒店管理等岗位。

本次招聘全部采取网上报名，报名时间为2020年3月31日至4月30日（根据实际情况可以适当延长）<http://hainan.zhaopin.com>。

近期，海南将陆续推出一系列招才引才新举措新项目，比如出台政策推动人才团队或规模建制引进、筹办首届中国（海南）自贸港人才交流大会暨“一带一路”人才发展论坛等。

海南省委副书记李军表示，海南省委省政府将严格督促人才配套措施的落实，为各类人才在海南施展抱负、实现梦想服务。

现代服务业、旅游业、高新技术产业岗位的人才需求数较高。例如，海南银行股份有限公司招聘投资银行管理岗，月薪超8万。在旅游业中，三亚好汉坡国际度假酒店招聘总经理，岗位月薪超过3万元。高新技术产业领域也不乏高新职位，如齐鲁制药海南公司研发项目经理、海南中通金城研发总监等岗位月薪均在15000元以上。



海南省委副书记 李军
Li Jun, Deputy Secretary of Hainan Provincial Party Committee



海南省委常委、组织部部长 彭金辉
Peng Jinhui, Member of the Standing Committee of the CPC Hainan Provincial Committee and Head of the Organizing Department



海口市委副书记、市长 丁晖
Ding Hui, Deputy Secretary of Haikou Municipal Party Committee and Mayor

According to the press conference, the current recruitment activity provides a large number of posts and covers a wide range of employers, including party and government organs, public institutions, state-owned enterprises, parks, legal institutions, private enterprises and other types of units.

The demand for high-level talents has reached a record high. There are 1717 vacancies announced for high-end talents with an annual salary of 300,000 yuan or more and 59 posts with an annual salary of at least one million yuan, mainly distributed in education, medical treatment, tourism and other fields.

This recruitment activity also involves 470 international talent positions, including overseas high-level and technical talents, mainly focusing on foreign language teaching, the aviation industry, pilots and maintainers, hotel management and other fields.

The recruitment is done online, the registration time is from March 31 to April 30, 2020 (might be extended appropriately according to the actual situation) at <http://hainan.zhaopin.com>.

Hainan is also about to roll out a number of new recruitment initiatives, such as the introduction of policies to scale up the number of talents across the companies, the organization of the First China Hainan Free Trade Port Talent Exchange Conference and the “One Belt One Road” Talent Development Forum.

Li Jun, Deputy Secretary of the CPC Hainan Provincial Committee, said that the CPC Hainan Provincial Committee and the provincial government will strictly supervise the implementation of the supporting measures for talents, so as to serve all kinds of talents to fulfill their aspirations and dreams in Hainan.

There is a high demand for talents in modern service industry, tourism industry and the high-tech industry.

For example, Bank of Hainan Co. Ltd. is seeking an investment bank manager with monthly salary over 80,000 yuan. In the tourism industry, Sanya Haohanpo International Resort Hotel is looking for a general manager with a monthly salary over 30,000 yuan. There are also several high-tech positions in the field of high-tech industry, such as an R&D project manager for Hainan Qilu Pharmaceutical Company and an R&D director for Hainan Zhongtong Jinyu, whose monthly salary will exceed 15,000 yuan.

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远离髋关节发育不良，让孩子自由奔跑

Keep away from developmental dysplasia of the hip (DDH), let your child run freely

很多新手爸妈在带宝宝体检时遇到过这种情况：宝宝臀纹或腿纹不对称，怀疑是发育性髋关节发育不良，医生建议做髋关节筛查。

Many new parents have experienced this when taking their baby for a physical examination: the baby's hip or leg stripes are asymmetrical. It may be DDH, and the pediatrician recommends hip joint screening.

一听“发育不良”，宝爸宝妈都吓坏了，那么，是不是所有臀纹或腿纹不对称都是发育性髋关节发育不良呢？宝宝髋关节检查有没有必要做？何时做呢？如果发现问题怎么治疗？

Hearing of "dysplasia", most parents are scared out of their wits. So are all hip or leg stripe asymmetry cases DDH? Is it necessary for a baby to take a hip joint examination? When to take it? How to treat it if there is a problem?

带着这些问题，我们从头开始梳理。

With these questions in mind, we'll make a fresh start.



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1

什么是发育性髋关节发育不良 What is DDH?

发育性髋关节发育不良 (Developmental Dysplasia of the Hip, DDH)，过去也称为先天性髋关节脱位，是指出生前、出生时、出生后髋臼与股骨头的对位关系出现异常而出现的一系列髋关节疾病的统称。包括髋关节脱位、半脱位和髋臼发育不良，是儿科常见的先天性畸形。

DDH (Developmental Dysplasia of the Hip), previously known as congenital dislocation of the hip, is a general term of a series of hip diseases with abnormal acetabular-femoral head para-positions before, during and after birth. It includes dislocation of hip, subluxation and acetabular dysplasia. It is a common congenital malformation in pediatrics.

发育性髋关节发育不良，通常发病率占新生儿的0.1% ~ 0.3%左右，也就是说，1000个宝宝里，就有1-3个宝宝有这种问题，可以说概率还是不小的。其中，女孩的发病率是男孩的6倍左右，左侧约为右侧的2倍，双侧约占35%。

DDH usually accounts for 0.1% ~ 0.3% of the newborns. In other words, out of 1,000 babies, one to three have such a problem. So the probability is not small. Among them, the incidence of girls is about 6 times that of boys, the left side is about 2 times that of the right side, and the incidence of both sides is about 35%.

迄今为止，发育性髋关节发育不良的病因尚不清楚，有研究表明，除先天因素外，后天因素也起着重要作用，并且是可以预防的。

To date, the cause of DDH remains unclear. Studies have shown that in addition to innate factors, acquired factors play an important role and they are preventable.

- ◆ 本病发病男女比例为1:6，可能与内分泌因素有关。
- ◆ The ratio of male to female of the disease is 1:6. It may be related to endocrine factors.
- ◆ 约20% 患儿有家族史，说明与遗传因素有一定的相关性。

- ◆ About 20% of the child patients have a family history, indicating a certain correlation with genetic factors.

- ◆ 发病与胎位相关，经临床统计臀位产发病率最高。
- ◆ The incidence of the disease is related to the fetal position. The incidence of hip delivery is the highest by clinical statistics.

- ◆ 北方习惯用襁褓将婴儿包裹过于严实的地区发病率明显增高。

- ◆ In the northern areas that are used to wrapping babies in swaddling clothes, the incidence is significantly higher.

- ◆ 原发性髋臼发育不良及关节韧带松弛症是髋关节脱位发病的重要原因。

- ◆ Primary acetabular dysplasia and joint ligament relaxation are main causes of hip joint dislocation.

对于孩子来说，这是一种非常严重的疾病。虽然可以通过手术矫正治疗，但仍然会有一些患儿不可避免的出现长短腿、跛行、髋关节活动受限、关节提前出现关节炎等问题，给孩子一生带来生活上的影响。

It's a very serious disease for children. Although it can be corrected by surgery, some children will still have such problems as leg length discrepancy, limp, limited hip movement, and early arthritis of joints. They will have a lifelong impact on the children.

2

臀纹或腿纹不对称 就是髋关节发育不良吗 Is hip or leg stripe asymmetry DDH?

虽然臀纹或腿纹不对称跟髋关节发育问题有一定关系，但并不是说，宝宝有腿纹不对称的情况出现，髋关节发育就一定出了问题。

Although hip or leg stripe asymmetry is related to DDH, it does not mean that the baby with hip or leg stripe asymmetry has problems in hip joint development.

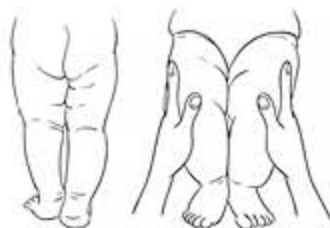
在髋关节发育正常的婴儿中，大部分双下肢皮肤皱褶

是对称的,但也有不少是非对称的,包括数量、深度与皮纹间高度的不对称。

Most of the infants with normal hip joint development have symmetrical lower extremity skin folds. But some are asymmetrical, including the asymmetry of quantity, depth, and interstice height.

有统计研究发现,不对称的双下肢皮纹婴儿中,只有不到 20% 的婴儿存在发育性髋关节发育不良或脱位,80% 是正常髋关节婴儿。

Statistical studies have found that less than 20 percent of the babies with asymmetrical lower-limb striae have DDH or dislocation, and 80 percent have normal hip joints.



需要注意的是:在证实了确实有发育性髋关节发育不良或脱位的婴儿中,单侧发育不良或脱位的,几乎都有腿纹不对称的现象;双侧发育不良或脱位的,尤其是脱位程度还有点严重的情况下,只有 50% 不到的婴儿存在腿纹不对称的现象,而另外有 50% 是对称的。所以仅仅只看腿纹来判断宝宝是不是髋关节发育有问题也是不严谨的,那么发育性髋关节发育不良还有哪些表现?

It might also be noted that among the infants with DDH or dislocation, almost all those with unilateral dysplasia or dislocation have asymmetrical leg stripes. In the case of infants with bilateral dysplasia or dislocation, especially those with severe dislocation, less than 50% have leg stripe asymmetry, and the other 50% are symmetrical. Therefore, it is not precise to judge whether an infant has DDH by simply looking at the leg stripes. So what are the manifestations of DDH?

3

髋关节发育不良有哪些表现 What are the manifestations of DDH?

发育性髋关节发育不良的临床表现因患儿年龄不同存



在较大差异。

The clinical manifestation of DDH varies greatly because of the age of the child patients.

新生儿 Newborns

新生儿期不易看出髋关节发育不良的症状,往往不能引起家长注意,发现经常需要依靠临床检查。一旦发现如下症状,建议去医院做专业检查:

It is not easy to see the symptoms of DDH with the newborns. It often does not attract enough attention of the parents. It usually needs clinical examination to find it out. Once the following symptoms are found, it is recommended to go to the hospital for a professional examination:

- ◆ 两侧大腿或者臀部皮纹不对称,患侧皮纹加深,数量增多。
- ◆ The infant's thigh or hip stripes are asymmetrical, with more deepened stripes at the affected side.
- ◆ 宝宝会阴部增宽,双侧脱位时更明显。
- ◆ The infant's perineum is broadened, more obvious in bilateral dislocation.

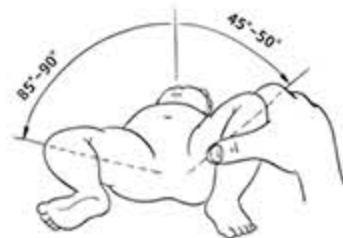
- ◆ 宝宝髋关节活动时,发出弹响声或弹响感。
- ◆ When the infant hip moves, it makes a sound or sense of bounce.
- ◆ 婴幼儿屈髋屈膝时,其双膝高度不相等。
- ◆ When an infant bends at the hip or knees, the knees are not equal in height.
- ◆ 给宝宝更换尿布时,发现一边的髋关节不如另一边伸展得开。
- ◆ When changing the infant's diaper, it is found that one side of the hip joint does not stretch as open as the other side.

3 个月以上宝宝 Babies over 3 months

一旦发现如下症状,建议去医院做专业检查:

Once the following symptoms are found, it is recommended to go to the hospital for a professional examination:

- ◆ 单侧脱位患儿有下肢不等长,行走期患儿有跛行步态,鸭步。
- ◆ Unilateral dislocation with unequal length of lower extremity, limping, waddling gait
- ◆ 双侧髋关节发育不良诊断比较困难,一般出现髋关节外展受限(小于 45-50 度)要考虑此病变。
- ◆ Bilateral hip dysplasia diagnosis is more difficult. Generally, it is to consider the lesion when hip abduction is restricted (less than 45-50 degrees).



4

别错过治疗的黄金时期 Don't miss the prime of treatment

发现宝宝有以上症状,要第一时间到医院进行检查以协助诊断。

When a baby is found to have the above

symptoms, go to the hospital for medical check and diagnosis as soon as possible.

髋关节在新生儿期生长发育最快,该时期也是治疗发育性髋关节不良的黄金时期。骨性髋臼在出生 6 周内生长潜力最大,出生 12 周末后趋于平缓,若能在婴儿期及时诊断患有发育性髋关节不良,并根据病情针对髋关节进行干预治疗,95% 患儿可完全恢复。

The hip joint grows fastest in the neonatal period, which is also a golden period for the treatment of DDH. Bone acetabulum has the greatest growth potential within 6 weeks of birth. It tends to be gentle after 12 weeks of birth. If DDH can be diagnosed in infancy in time, and receive interventional treatment for the hip joint according to the condition, 95% of the child patients can recover completely.

英国医疗咨询委员会(The Standing Medical Advisory Committee, SMA) 建议所有的新生儿都应纳入发育性髋关节发育不良的临床筛查,并强调多次检查,包括出生当天、出院时、6 周、6-9 个月和开始行走之后。

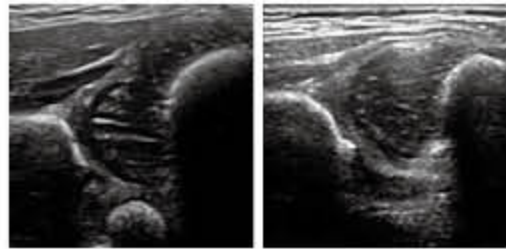
The Standing Medical Advisory Committee (SMA) recommended clinical screening for DDH for all newborns. It stressed multiple rounds of examinations, including on the day of birth, hospital discharge, six weeks, six to nine months, and after starting to walk.

在中国,建议对所有婴儿进行髋关节筛查,出生后 4-6 周为筛查的重要时间点,对临床体格检查阳性或存在发育性髋关节不良高危因素者(臀位产、阳性家族史和怀疑髋关节不稳定)选择性行超声检查。

In China, hip joint screening is recommended for all infants, with 4-6 weeks after birth as an important period for screening. Ultrasonic examination may be applied for those with positive results in clinical physical examination or with high risk factors for DDH (hip delivery, positive family history and suspected hip joint instability).

通常建议 6 个月以下的宝宝做髋关节 B 超,因为这个时候髋关节主要是由软骨构成,股骨头尚未骨化,超声可以“看见”髋关节软骨构成部分及周围软组织解剖结构。髋关节 B 超无创、无辐射、检查方便、诊断迅速,是早期诊断髋关节发育不良的黄金选择。如果宝宝年龄大于 6 个月,则建议做 X 线拍片。

Babies under six months are usually recommended to have a B-mode ultrasound of the hip joint, because at this time the hip is mainly made of cartilage, and the femoral head has not been ossified. The ultrasound can "see" the hip cartilage components and the surrounding soft tissue anatomical structure. The B-mode ultrasound of hip joint is noninvasive, radiation-free, easy to examine and rapid in diagnosis, it is the golden choice for early diagnosis of DDH. If the baby is older than 6 months, it is recommended to have an X-ray exam.



正常 Normal
 异常 Abnormal
 婴儿髋关节超声检查影像
 Ultrasound imaging of baby hip joint

5 | 有哪些治疗方法 What therapeutic methods are available?

发育性髋关节发育不良诊断和治疗越早，效果越好。随着患儿年龄增长，病理改变加重，治疗创伤更大，疗效越差，因此发育性髋关节发育不良的早期诊断和非手术治疗尤为重要。根据宝宝的年龄，病情的严重程度，医生会采取不同的治疗方法。

The earlier the diagnosis and treatment of DDH, the better the effect. With the growth of children, the pathological changes are aggravated. The trauma of treatment will be greater, and the curative effect will be worse. So the early diagnosis and non-operative treatment of DDH are particularly important. Depending on the age of the baby and the severity of the illness, doctors will take different treatments.

给宝宝做“髋关节外展操”

“Hip outreach exercise” for baby

让宝宝平躺在温暖舒适的平面上，首先对其髋关节进行轻柔的抚触和按摩，待髋关节放松后，双手握住宝宝的膝关节（膝关节屈曲状），引导髋关节进行屈曲、外展，外展一般可达60~80度（注意外展时动作轻柔，不要硬压），放松髋关节后再次进入下一个循环。一般每个循环100次，每天训练2~3次。

Let the baby lie flat on a warm, comfortable platform. First of all, gently touch and massage its hip joint. When the hip joint is relaxed, hold the baby's knee joints in both hands (knee flexion), to guide the hip joint for flexion and abduction, generally up to 60-80 degrees (moving gently during the outreach, no hard pressure). Relax the hip joint and enter the next cycle again. Generally, 100 movements in a cycle, 2 to 3 times a day.

采用髋关节屈曲外展挽具或支具

Adopting a hip joint flexion and abduction harness or braces

目的是保持宝宝患肢外展，并逐渐加大外展角度，促使患肢自动复位，最常用的是Pavlik吊带或髋外展支具，为目前新生儿主流治疗方法。

The aim is to keep the baby's affected extremity extended and gradually increase the angle of abduction so as to promote the automatic reduction of the affected hip. The most commonly used devices are the Pavlik slings or hip extension



braces, which is the current mainstream therapies for newborns.



Pavlik 吊带示意图
 Schematic diagram of Pavlik sling

手术治疗

Surgical treatment

对1~1.5岁以后的患儿，一旦手法复位困难，就应进行手术，手术越早效果越好。早期的合理治疗是促使髋关节正常发育的关键。手术通常采用髋关节闭合复位术+蛙式石膏固定的方法。

For children 1 to 1.5 years old, once the manual reduction fails, surgery should be performed. The earlier the operation, the better the effect. Early rational treatment is the key to promote normal development of the hip joint. Closed hip reduction is usually adopted in the surgery along with the frog-type plaster fixing method.

通过上面的分析，我们发现发育性髋关节发育不良虽然很可怕，但是也不是没有应对办法，预防和早期正确诊治是关键，在此要提示各位宝爸宝妈如下两点：

With the above analysis, we have found that DDH is terrible, but it is not without a solution. Prevention and early correct diagnosis and treatment are the key. Here are two points for the parents:

1. 改变不良襁褓方式！不绑腿不会产生“罗圈腿”，而绑腿则可能引起髋关节脱位。

1. Abandon the bad swaddling practice. No more leg wrapping, as it will not produce "bandy legs", whereas leg wrapping may cause dislocation of the hip joint.

2. 对存在有引起髋关节脱位的危险因素的孩子，加强



防病意识，能够做到早期诊断和治疗。越早治疗花钱越少、效果越好！如在新生儿期就开始治疗的孩子，可以完全恢复正常而不留后遗症。反之，发现越晚、患儿年龄越大，则治疗困难，花钱多，痛苦大！

2. Strengthen awareness of disease prevention for children with DDH risk factors, which helps to achieve early diagnosis and treatment. The earlier the treatment, the less money is spent, and the better effect is achieved. Children who start treatment in the newborn period can return to normal completely without any sequelae. In contrast, the later the discovery, and the older the child, it turns more difficult in treatment, which requires more money and puts the child in greater pain!

所以宝爸宝妈发现可疑问题时，不要惊慌，及早筛查，及早治疗，让宝宝的肢体发育不要输在起跑线上！

So dear parents, when you find any suspicious problems, do not panic. Make early screening and early treatment, so that the baby does not lose on the starting line in terms of limb development.

（本文指导专家：北京五洲妇儿医院副主任医师、儿科专家雷艳芬）

（Tutor: Lei Yanfen, associate chief physician and pediatric expert in Global Care Women's & Children's Hospital）



掌握六大诱因，开启“菊花”保卫战

Master Six Major Triggers to Prevent "Haemorrhoids"

痔疮，一种长相丑陋还极其死皮赖脸的疾病。

Hemorrhoids are a disease that look ugly and obstinate.

临床上十分常见，以成年人居多，江湖人称“十男九痔”“十女十痔”，而且随着年龄增长发病率会有所增加。

Clinically common, the disease largely comes with the adults. It is popularly known that "nine of ten men have hemorrhoids" and "all women have hemorrhoids". The incidence will increase with age.

为什么会得痔疮？

Why get hemorrhoids?

目前比较主流的学术说法是“静脉曲张学说”。

At present, the mainstream academic conclusion is the "varicosity theory".

“痔疮”只是一种通俗的叫法，实际上并不是疮。肛门附近有着丰富的静脉，学术上称之为“静脉曲张”。

这些静脉丛位于腹盆腔的最低处，而且周围组织松弛，这就使得这些静脉丛很容易充血，又因静脉承受着压力，时间长了就形成静脉曲张。

"Hemorrhoids" is just a popular term. It's not really a sore. There are abundant veins near the anus, which are academically called the "venous plexus". These venous plexus are seated at the very bottom of the pelvic cavity. The surrounding tissues are flabby, which makes the veins easily congested. Since the veins are under pressure, varices form over time.

因此，痔疮往往被称作是一种“血管病”。

Therefore, hemorrhoids are often known as a "vascular disease".

如果再有长期坐立、便秘、怀孕、前列腺肥大、肝硬化、盆腔肿瘤这些因素，导致静脉曲张，痔就更容易发生了。

If there are such factors as long-term sitting,

constipation, pregnancy, prostatic hypertrophy, cirrhosis and pelvic tumor, they will lead to varicose veins, and hemorrhoids are more likely to occur.

通俗的讲，痔疮就是肛门部位的“静脉曲张”。

Generally speaking, hemorrhoids are the "varicose veins" of the anus.

为什么有的痔疮疼痛难忍，疼起来撕心裂肺；有的似乎就轻描淡写，毫无痛感？

Why some hemorrhoids are unbearably painful, while others are barely perceivable?

首先我们需要区别一下内痔与外痔。

First, we need to distinguish between internal and external hemorrhoids.

从肛肠的解剖示意图看，肛门缘上方有一条参差不齐的线叫齿状线。齿状线以下是肛管，齿状线以上是直肠。齿状线以上静脉丛发生的痔疮，由迷走神经支配，为内痔，痛感不明显；齿状线以下静脉丛即肛管部位发生的痔疮，由阴部内神经支配，为外痔，痛觉非常敏感。

As illustrated in the anatomical diagram of the anus, there is a jagged line above the anal margin, called the dentate line. The part below the dentate line is the anal canal, and that above the dentate line is the rectum. Hemorrhoids occurring in the venous plexus above the dentate line are internal hemorrhoids, innervated by the vagus nerve. The pain is not obvious. Hemorrhoids occurring in the venous plexus below the dentate line, i.e., on the anal canal, are external hemorrhoid, innervated by the nerves in the pubic region. The pain is very sensitive.

内痔与外痔常常并肩上阵，那滋味，真犹如万箭齐发，瞬间让你菊花残，满地伤。

Internal hemorrhoids and external hemorrhoids often occur side by side. It feels like ten thousand arrows shot at once, hurting your anus in an instant.

到底是什么原因让痔疮迫不及待地发作起来呢？

What cause the haemorrhoids to flare up?

拉不出 Constipation

便秘就是头号“罪臣”。

Constipation is the No.1 "culprit".

老年人、孕妇等特殊人群肠胃功能不佳，易便秘，一旦排便不顺就会排使用力、长时间排便等，继而增大肛门附近的静脉压力，长时间便秘会进一步加剧痔疮。

The elderly and pregnant women, with poor gastrointestinal functions, are easy to catch constipation. Once the defecation goes unsmooth, they will defecate hard, or last for a long time. It hence increases the venous pressure near the anus. Long-term constipation will further aggravate the hemorrhoids.

避免便秘是治疗痔疮的关键。

Avoiding constipation is the key to treating hemorrhoids.

1. 感到有便意时及时排便，不要忍着。

1. Don't put up with defecation when you have the call of nature.

如果有便意，末梢神经就会发出“快去排便”的信息。如果对催促排便的信号不理睬，神经反应就会变得迟钝，便意逐渐消失，造成排便困难。

When you have the call of nature, the peripheral nerve sends a "go to defecate" message. If the signal urging defecation is ignored, the nerve reaction will turn dull, and the desire to defecate will gradually disappear, resulting in difficulty in defecation.

2. 按时、合理的健康饮食。

2. Timely, rational healthy diet

不吃早餐或节食减肥会造成到达肠胃的食物过少，肠蠕动逐渐变得缓慢，不能激发便意。起床后喝1-2杯温水，这样不仅能软化大便，还可以引起胃-结肠反射，促进排便。

If you go without breakfast or on a diet to

lose weight, it will cause too little food to reach the stomach. The intestinal peristalsis gradually becomes slow, and cannot stimulate desire of defecation. Drink 1 to 2 cups of warm water after getting up. It helps soften feces and cause gastric-colon reflex to promote defecation.

B 止不住 Diarrhea

拉不出容易导致痔疮，拉得止不住也会引发痔疮？

While constipation is likely to cause hemorrhoids, will diarrhea also lead to hemorrhoids?

拉肚子会使腹压增高，导致肌肉松弛，所以引起痔疮的现象。拉肚子时，排便次数增多，并且有少量的粪便流出，会不断的刺激直肠壁，总让人有排便感觉。因为便意频繁，所以这也导致括约肌总处于紧张状态，容易出现痔疮。

Diarrhea will increase the abdominal pressure, resulting in muscle relaxation. So it causes hemorrhoids. When you have diarrhea, you have more defecation. As a small amount of feces flow out, they will constantly stimulate the rectal wall, letting people feel the bowel movement. Frequent awareness of defecation also makes the sphincter in a state of tension, which is prone to triggering hemorrhoids.

长期拉肚子也表明存在炎症，受到炎症的刺激，从而导致血管壁变脆，所以很容易出现血管扩张充血现象，这也引起了痔疮的现象。

Long-term diarrhea indicates there is inflammation. Stimulated by the inflammation, the wall of blood vessels becomes brittle. So vasodilation and congestion are easy to appear, which also causes hemorrhoids.

经常腹泻的患者，需要调整自己的饮食习惯，避免脱水，减轻不适。

Patients with frequent diarrhea need to adjust their dietary habits and avoid dehydration to reduce discomfort.

1. 清淡流质饮食。

1. Take light liquid diet

拉肚子时，要尽量减少消化道压力。清淡流质饮食，不会给胃部造成压力，而且保持充足的水分和电解质的平衡。在可承受的范围内，每天吃5到6顿小餐，或是每隔几分钟就小口喝一点流质。

When you have diarrhea, you should manage to minimize the pressure on the digestive tract. A light fluid diet will not put pressure on the stomach, and it will maintain adequate water and electrolyte balance. If possible, take five to six small meals a day, or sip a bit of fluid food every few minutes.

2. 在饮食中慢慢添加固体食物。

2. Gradually add solid food to the diet

当感觉舒服些，吃一些半固体食物和干粮，记得只吃一点点。如果身体无法承受，那就恢复清淡流质饮食，以后再试。要选择清淡、低脂和低纤维食物。

When you feel better, take some semi-solid food and dry food. Remember to eat only a bit. If your body cannot bear it, restore to the light fluid diet. Try again later. Choose light, low-fat and low-fibre foods.



C 辣两头 Chili

辛辣刺激性食物那么多，为何只拿辣椒说事？这让无辣不欢者该如何抉择？葱姜蒜同属辣物，有重辣之味，但它们在痔疮面前，为何能够侥幸逃脱？

There are so many spicy and irritant food, why take chili only? How will chili lovers make a choice? Onion, ginger and garlic are all spicy ingredients. Why can they escape by chance in front of hemorrhoids?

传说中的葱辣眼，姜辣嘴，蒜辣心，辣椒辣两头，正是我们日常中的真实写照。这是由于，葱姜蒜经由牙齿咀嚼，食管-胃肠消化，它们的辣味渐渐销声匿迹。

It is said that onion makes eyes hot, ginger makes mouth hot, garlic makes heart hot, and chili makes both ends hot. It is a true portrayal of our daily lives. This is because through the teeth chewing and esophagus-intestinal digestion, the biting taste of onion, ginger and garlic gradually disappears.

辣椒确实是辣中的王者，辣椒的辣让人无处躲藏，不光会辣嘴，还会辣手，只要辣椒接触的地方都会有火辣辣的灼烧感觉。

Chili is indeed the king of the spicy. Spicy chillies make people nowhere to hide. They will not only make the mouth hot, but also burn the hands. There's a burning sensation wherever the chilli touches.

只要有温度的地方，辣椒素会扩展到人的每个毛孔。所以吃的时候不但嘴会辣，胃里烧，方便的时候下面同样会有火烧的感觉。辣椒也就成了货真价实的“有罪之物”。

Where there is heat, the capsaicin can extend to every pore of a person. So when you take chili, you will not only feel spicy in the mouth, but also hot in the stomach, and even burning in the anus as you defecate. Chili has become a genuine "culprit".

为了免受痔疮之痛，嗜辣者也要适当控辣、节辣了。

To avoid the pain of hemorrhoids, chili lovers have to exercise self-discipline to take less such food.

D 喝多了 Alcohol abuse

我们都知道，痔疮是由于静脉充血导致。

We all know that hemorrhoids are caused by venous congestion.

酒，尤其是烈酒，极易造成静脉充血扩张。而饮酒过多会加速身体血液流动，导致痔疮位置充血、疼痛，从而诱发或加重痔疮。

Alcohol, especially hard liquor, can easily cause venous congestion and dilatation. Excessive drinking will accelerate blood flow in the body, resulting in congestion and pain in the hemorrhoids location, thereby inducing or aggravating hemorrhoids.

另外，肝脏是人体最大的解毒器官，所有的毒素都要经过肝脏才能解除。大量的酒精进入人体后，经过胃肠道进入血液循环。然后到达肝脏，大部分要经过肝脏代谢，肝脏的解毒功能因此受到影响，导致静脉回流受阻，静脉压力增高，容易形成痔疮。

In addition, the liver is the body's largest detoxification organ. All toxins must be removed through the liver. When a large amount of alcohol enters the body, it passes through the gastrointestinal tract to enter the blood circulation. Then it reaches the liver, most of which passes liver metabolism. The liver's detoxification function is hence affected, resulting in obstruction of venous reflux. It increases venous pressure, easy to form hemorrhoids.

所以，患痔疮之后就更不能沾酒了，虽说红酒能软化血管，促进血液循环，但也有一定刺激性，要少喝。啤酒白酒就更应该少之又少，最好不喝。

Therefore, you have to quit drinking after having hemorrhoids. Although wine can soften blood vessels and promote blood circulation, it is irritant to some extent, and should drink less. You may take even less beer and liquor. It's better to quit drinking.




大肚了 Pregnancy

“十女十痔”，专指那些生育过宝宝的妈妈们。

"All women have hemorrhoids" refers specifically to those who have had a baby.

从字面上来看，痔疮虽为“痔”，但实则为静脉曲张。直肠由于不具备静脉瓣，使得血液难以顺利回流，血液淤积就会让静脉丛血管凸起、蜷曲，若在孕期再受到外界刺激，便会进一步促进痔疮的形成。

Literally, hemorrhoids in Chinese are "piles", but they are actually venous clusters. Since the rectum does not have a vein valve, it makes the blood difficult to return smoothly. The blood stasis will make the vein plexus blood vessel bulge, curl up. If the woman receives external stimulation during the pregnancy, it will further promote the hemorrhoids formation.

随着胎儿的增大，孕妇的腹压也会增大，压迫直肠，产生肛静脉回流受阻，很容易加重原有痔疮。因此，孕期女性或多或少都会患上痔疮，区别就是有的严重，有的轻微。

As the fetus grows, the abdominal pressure of the pregnant woman will also increase, to compress the rectum and block anal venous reflux. It is easy to aggravate the existing hemorrhoids. Therefore, pregnant women will more or less suffer from hemorrhoids. They differ

in the severity only.

如果护理不及时，痔疮导致反复出血，日积月累，可导致贫血，出现头昏、气短、疲乏无力、精神不佳等症状，严重的会影响胎儿的正常发育，易造成发育迟缓，低体重，甚至引起早产等。

If the care is not timely, the hemorrhoids will lead to repeated bleeding. As time passes, it will result in anemia, dizziness, short of breath, fatigue and mental retardation. In serious condition, it may affect the normal growth of the fetus, causing developmental retardation, low weight and even premature birth.

对于孕妈妈来说，如何来缓解孕期的痔疮问题呢？

How will the moms-to-be alleviate the hemorrhoids during pregnancy?

保持大便通畅，防止便秘。除了注意营养充足外，还应该多吃些蔬菜水果补充维生素，帮助增加肠蠕动。大便后用热毛巾按压肛门，用指腹按压点揉肛门片刻，改善局部血液循环，帮助静脉回流。

Keep defecation unobstructed to prevent constipation. In addition to adequate nutrition, they should eat more vegetables and fruits to supplement vitamins and help increase intestinal peristalsis. Press the anus with a hot towel after defecation. Knead the anus with the finger abdomen for a moment, to improve the local blood circulation and help the venous reflux.

根据个人情况增加一些运动量，孕妇忌讳长时间坐立不动，提倡适当的户外活动，如步行、孕妇操等。要适当做些肛门保健，如提肛运动锻炼。每天坚持做20~40次的提肛动作，即有意识地收缩肛门，增强臀骨肌肉与肛门四周的血液畅通，有利于预防痔疮。

Increase some exercises according to the personal situation. Pregnant women should not sit still for a long time. They may take appropriate outdoor activities, such as walking and doing pregnant women's exercises. Do some anal health care exercises, such as anus lift movement. Make 20 to 40 anus lift movements every day, which is conscious contraction of the anus to enhance the gluteus muscle and keep the blood flow smoothly around the anus. It is

conducive to the prevention of hemorrhoids.

良药推荐：复方角菜酸酯栓（太宁痔疮栓），孕妇在医生指导下也可以使用。

Recommended remedy: compound carrageenan suppository (Taining hemorrhoids suppository), which is available to pregnant women under the guidance of doctors.



啪多了 Frequent Sex

频繁的性生活，不但容易引发痔疮，原有痔疮者会诱使痔疮急性发作，尤其是男性更容易发生。

Frequent sex will not only cause hemorrhoids, but also induce acute attack of original hemorrhoids. It's especially true with men.

这是因为过频性交，令生殖系统神经高度持久兴奋，局部血液循环发生紊乱，血管忽而收缩痉挛，忽而舒张松弛。这样，血液流动就会时滞时缓时快，造成局部血流处于不通畅状态，肛门与直肠组织周围的血液循环受到阻力而发生障碍，局部血管就容易曲张、血液淤积。



This is because frequent sexual intercourse makes the reproductive system nerves highly and persistently excited. The local blood circulation is disturbed, and the blood vessels shrink and relax every now and then. In this way, the blood flow will become slow and fast from time to time, resulting in obstruction in local blood flow. The circulation of blood around the anus and rectum is obstructed by resistance, and the local blood vessels are prone to varices and blood stasis.

再加上性交时的冲动、屏气、压力，更容易导致局部血液循环发生各种异常变化，致使肛门、直肠组织粘膜肿胀、疼痛而发生痔疮。如果原有痔疮者频繁性交，极易引发痔疮发作，甚至引起肛裂、肛痿、肛周脓肿等严重并发症。

Coupled with the impulse, breath hold and pressure in the sexual intercourse, it is more likely to lead to various abnormal changes in local blood circulation, resulting in anal, rectal tissue mucosal swelling, pain and hemorrhoids. If haemorrhoid patients have frequent sexual intercourses, it is easy to trigger hemorrhoids attack, and even cause anal fissure, anal fistula, perianal abscess and other serious complications.

因此，夫妇性生活要有节制，尤其是原患有痔疮的人，更不要频繁性交，切莫只为一时欢愉而加重痔疮，增添自身痛苦。

Therefore, the couples should have sex in moderation, especially for those who have hemorrhoids shall not have sex often. Do not aggravate hemorrhoids and add your pain for a moment of pleasure.

亲爱的有“痔”青年们，掌握了痔疮的六大诱因之后，就赶快开启你的菊花保卫战吧！

Dear young friends with "hemorrhoids", now that you have mastered the six causes of the disease, hurry up to start your anus defense war!

(本文审稿专家 北京五洲妇儿医院肛肠科专家刘力杰)

(Reviewer: Liu Lijie, anorectal specialist with Global Care Women's & Children's Hospital)

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Records of Traditional Chinese Medicine (Part 1)

本草探索 Bencao Tansuo



见闻录 (上)

我平生好奇，大约50年前，听说中医神奇，我就去游走中医的郎中诊所，通过实际观察，使我对中医有所感悟产生了新的认识。

一，整体兼顾的治疗方法是中医的基本理念。他们说中医是根据宇宙全息论之人体是个小宇宙的整体观治病。以病灶看脏腑，以脏腑调病灶，追根求源，从病状上着眼，根上着手，五脏六腑找原因，整体平衡标本兼治。因为人是一个整体，各器官之间是息息相关的，若分而治之，会一葺治一哑，就是说治好了这个坏了那个，形成恶性循环。再者，他们诊病是不需要仪器之类东西的，通过望闻问切就能断病。他们常常就靠三个指头把脉便知道疾病的详细情况，有的竟能一望病人，一听说便知病情。

二，他们用药也是整体观，民间有一副中药跑天下之说。意思是，一个药方的药是来源于各个不同地方的。来于四面八方的中药，反映了五脏照应五行，五行照应五方，五方有各自不同的本草药物能调理五脏，五脏联系着四面八方，说明不同地域气候生长的植物与人体脏腑是密切相关的。这不就是他山之石可以攻玉的道理吗。一副中药的方子里竟然暗含着和谐共处和平共助和平共存的人生观，他在无声地告诉人类，只有全球一家亲和平互助万物共享，才能抵抗一切灾难，没想到到中医药里也暗藏这么多人生哲理。

三，中药治病讲究药食同源，药食同源就是药物与食物都是产于大地自然生长的植物类。是大自然的布施。人类社会生存链也体现在了中医药里面，怪不得中药没有抗药性和副作用，原来是天然植物类草本药物的原因。他们还利用谷类蔬菜类调理治病。如风寒感冒了就用米醋胡椒生姜葱白等，做成酸辣汤，一喝就好，或者做穴位按摩，疗效都很好。这些真的都暗合自然之道。

四，他们用草药治病，是从有形中求无形。他们认为草药的本身不治病，治病用的是他的药性和归经。原因是，病毒是无形的，就应以无形治无形，所以中医治病用的是草本药物的性和归经，这就是为什么熬中药只喝汤不吃药渣的原因。性藏在植物类的药里，通过煎熬溶解于水中，喝到肚里，通过无形的经络传送到需要的地方去，这就是无形的治疗过程。

我问什么叫归经？他们说，药性都有自己的路，归经就是药性走的路，路即经络。我暗想这不就是量子物理学的暗物质维持宇宙和人体生存的原理吗？天体运行有自己的路，药物治病也有路。

I was curious in all my life. About 50 years ago, when I heard the first time that Chinese medicine was magical, I made up my mind and visited a traditional Chinese medical clinic. Through actual observations there, I got a new understanding of Chinese medicine.

First, the Chinese treatment method is based on the overarching concept of dualism. I was told that Chinese medicine is based on the overall observation and treatment of the human body as a small universe existing inside our huge cosmos. Find the root cause how it effects the viscera, treat the root cause through the viscera, find the problem with your own eyes and hands, inspect the five internal organs to diagnose the underlying illness and ultimately restore the equilibrium of the body.

Because the human body is an integrated system, every organ is deeply connected to other organs, we must pay attention to the interrelated nature of the body to avoid a situation when we cure a deaf by making him numb, that is to say we should not cure one problem by causing other problems and creating a vicious circle. To establish a diagnose, doctors of traditional Chinese medicine don't need special equipments, they just look at, listen to, question the patient and feel his pulse to come up with a diagnose. They usually rely only on their three fingers to feel the pulse of the patient to find out the detailed reasons of the illness. Sometimes it's enough to take a look at the patient only or to listen to him to pinpoint the malady.

Second, the medication is also based on a holistic view. There is a saying among ordinary people that Chinese medicine travels across the world. It means that prescription medicine comes from different places. Traditional Chinese medicines are collected from all directions, the five organs is taken care by the five elements, and the five elements in turn are taken care by the five directions. The five different herbs will adjust the five different organs, the five organs will then radiate in all directions, in other words herbs collected from different locations and climate have an intimate relation to the five main organs of the human body. As the proverb has it, a stone in a faraway mountain can be turned into a precious jade if taken hundreds of miles away. A simple prescription of a traditional Chinese medicine symbolizes a harmonious coexistence, a peaceful coexistence. They silently tell us that we can only overcome the difficulties we face if the whole world aims at peaceful coexistence and shares the ten thousand things under heaven. It probably comes as a surprise that traditional Chinese medicine has such deep connotations and philosophy hidden in it.

Third, traditional Chinese medicine thinks medicine and food as one of a same kind, they are all plants grown naturally. They are all gifts of mother nature. The chain of social existence of mankind is also reflected in traditional Chinese medicines, so it is no wonder that these herbs have neither contra-indications, nor side-effects, all because they are all of natural substance. Cereals and vegetables can also be used to cure the illness. For example in curing the cold or the flu, we can use rice vinegar, black pepper, ginger and scallion to boil a hot and sour soup. Sip this soup and you will be alright. Doing an acupuncture point message can also be very effective in this case. These methods are perfectly in line with nature.

Fourth, Chinese doctors use herbs to cure diseases, and seek intangibility from tangibility. They believe that the herbal medicine itself does not cure the disease, it is its medical properties and the meridians that cure the disease. The reasoning is that the virus is intangible, so it should be treated intangibly, that's why the intangible characteristics of the herbs and the meridians are used during the cures, and it is also the reason why only the liquid of the simmered medicine is consumed and never the solid residues of the herbs. Hidden inside the herbs are the agents, if we simmer the herbs slowly in water and drink the potion, the formless ingredients will find their way in the body along the meridians and this is what we call intangible treatment.

What are meridians, I asked. I was told, that medication follows its own way in the body. Meridians are the roads where medicines travel. I asked myself, is it not the dark matter of quantum physics that holds together the universe and keeps together the human body too? Celestial bodies have their own ways, medicines to cure the diseases have their own ways too.





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Anshan is one of the oldest industrial foundation of China, it is a mineral rich city holding large reserves including iron ore, coal, magnesite, talcum and jade. A quarter of China's total iron ore reserves, about 10 billion tons, are located in Anshan ensuring that the city will remain an important steel producer well into the future. Holding the title "steel capital", naturally Anshan also house the country's largest steel mill, Ansteel. Besides iron ore, Anshan also holds one-third of the world's supply of talcum and a quarter of the world's reserves of magnesite. Being mineral rich, there are currently 51 types of minerals available with 37 types being exploited.

Besides industrial, the mineral rich city also features one of the largest Buddha statues in the world carved in jade stone and naturally occurring geothermal hot springs.

Anshan is a promising beautiful city with an abundance of mineral resource, it is politically stable with well-developed transportation routes and a strong workforce.

Anshan Xingong Construction co., LTD was established in 2003, investment and developments include The Sino-German Automobile Industrial Park (Anshan branch) and Anshan New Health Property Developer co., LTD, these developments are designed to international high standards. Both developments are located within the economic development zone, and next to Anshan Station of Shenyang - Dalian highway. It is also 10 kilometers away from Anshan airport, 76 kilometers away from shenyang city, 60 kilometers away from Yingkou city, and 250 kilometers away from Dalian port.

Suitable industries include: equipment manufacturing, construction, aviation, building materials, intelligent factory research and development, magnesian material agent, industrial PPE product manufacturing, food processing, large supermarkets, biopharmaceutical, traditional Chinese medicine health care and other large health projects.