

The World and China  
世界中国

丝绸之路 SILK ROAD  
Selyemút

外交/文化/旅游杂志  
DIPLOMATIC AND TRAVEL MAGAZINE  
2020/01 总第084期

# Antiviral Traditional Chinese Medicine 中药抗病毒





为世界中国杂志社题  
 友誼之花常開  
 中國兩國人民

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".

Advisory Board Chairmen 顾问委员会主席

Peter Medgyessy (Former Prime Minister of Hungary) 迈杰希·彼得 (匈牙利共和国前总理)  
 Zou Jiahua (Former Vice Prime Minister of P.R.China) 邹家华 (中国前副总理)

Advisers 顾问

Zhu Zushou 朱祖寿 (中国对外友好协会中匈分会会长)  
 Cheng Tao 程涛 (中国外交学会前副会长)  
 Gabor Nagy 高博 (匈牙利驻中国大使馆前副馆长)  
 Huang Jinxiong 黄金雄 (五洲妇儿医院院长)  
 Li Xikui 李希奎 (中国人民友好协会副会长)  
 Li Yidong 李毅东 (国际资本峰会组委会秘书长)  
 Dusan Bella 杜尚·贝拉 (斯洛伐克驻华大使)  
 Gloria Minguez 格洛丽亚 (前西班牙驻华大使馆文化参赞)  
 Dong Longmao 董龙茂 (艺术、健康大师)  
 Jean-Jacques de Dardel 戴尚贤 (前瑞士驻华大使)  
 Fernando Lujris 费尔南多·卢格里斯 (乌拉圭驻华大使)  
 Zhou Zhiwei 周志伟 (著名书法教育家)



www.selyemut.com

Founder 创刊人	纳吉·麟 Nagy Lin
Director/Editor-in-Chief 社长 / 总编	纳吉·麟 Nagy Lin
Vice Director 副社长	高博 Gao Bo
English Editor 采访编辑	莫尼卡 Mónika Takács
Photo Editing 图片编辑	凯瑟琳 Catherine
Arts Editor 美术编辑	右岸 You An
Photography 摄影	王佳 Jason Wang
Text of magazine translated 杂志翻译	博语思创翻译有限公司 Strong Translation Co., Ltd.

Hungarian Headquarter's address 匈牙利总部地址	布达佩斯, Budapest, Bimbo ut 124/4. H-1022
Beijing Office 北京办公室	北京朝阳区秀水街1号建国门外外交公寓1号院1楼5单元022室
Postal Code 邮政编码	100600
Phone(Fax) 联系电话	0086-1087706399
Website 网址	www.shijiezhongguo.com
Mail 邮件	shijiezhongguo888@126.com

License no. 许可证号	2.9/1169-1/2006-HU ISSN 1787-7199, CE/561-4/2014
Főszerkesztő	Nagy Lin
Tel/fax	0036-30-9606772
Web	www.shijiezhongguo.com
E-mail	shijiezhongguo888@126.com

Authorisation 主管	匈牙利文化部
Supervisor 主办	匈牙利丝绸之路出版社有限公司 Hungary Silk Road Publish Co. Ltd.

Supported by 支持单位	中国对外友好协会中匈分会 China Foreign Friendship Association Hungary Association
-------------------	--

Cooperation by 合作单位	中国新闻社 China News Agency 世界华文媒体联盟 The World Chinese Media Alliance
---------------------	--

Free of Charge Magazine	赠阅
-------------------------	----



封面说明:  
 《中药抗病毒》

COVER:  
 Antiviral Traditional Chinese Medicine



# 目录 CONTENTS

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



## 4 特别关注

中国朋友们 我们在一起!

中医, 世界文明的一部分

关于新型冠状病毒的疫情, 来自希腊驻华大使的话

法国驻华大使罗梁支持中国人民应对冠状病毒

厄瓜多尔驻华大使卡洛斯·拉雷亚·达维拉为武汉加油

《我和你》萨摩亚对中国战胜新冠肺炎疫情充满信心

佛得角驻华大使塔尼亚·罗穆阿尔多为武汉加油

国际竹藤组织总干事穆秋姆致信中国国家主席习近平

“首都最美国际家庭”来为中国加油打气!

北京英联邦捐赠活动

“困难时我们一起守望相助”(匈牙利)

日本的新捐赠模式

伊朗企业向中方捐赠医疗物资

亚太多国记者的问候

日本红十字会竟然是这样……

110年前的鼠疫, 是如何被消灭的

## 50 欧盟信息

英国正式“脱欧”

庆祝克罗地亚成为欧盟理事会轮值主席国

世界非政府组织日: 欧洲联盟外交与安全事务高级代表兼欧洲委员会副主席何塞·博雷利的声明

希腊迎来了历史上首位女总统

欧盟全线出击  
为全球抗击疫情贡献 2.32 亿欧元

## 58 使馆之窗

欧盟使馆中的艺术创作

2020 年中日友好成人仪式

尼泊尔旅游年在京启动

走进伊朗驻华大使馆

走进亚美尼亚驻华大使馆

走进斯洛伐克驻华大使馆

走进立陶宛驻华大使馆

## 72 漫游世界

跟着大使看世界

——克罗地亚驻华大使达里欧·米海林

## 82 文化视野

中医在其它国家

中国二十四节气表

年画起源

春联文化

## 94 专题报道

宝宝辅食学问大, 看看专家怎么说

七大方法让新手妈妈顺利哺乳

## 4 Special Attention To

Chinese friends, we are with you!

Chinese Medicine is a Part of the World Civilization

Regarding the situation of the new coronavirus - Message of the Greek Ambassador to China, Mr. Georgios Iliopoulos

Message de l'Ambassadeur de France en Chine, M. Laurent Bili, en soutien au peuple chinois face au coronavirus.

Carlos Larrea Davila, Ambassador of Ecuador to China, Cheers for Wuhan

"You and Me" - Samoa is confident that China will overcome the outbreak of the novel coronavirus pneumonia

Tania Romualdo, Cabo Verde's Ambassador to China, Cheers for Wuhan

Letter of Support to President Xi Jinping  
Chinese Medicine is a Part of the World Civilization

The "most beautiful international families" in the capital cheer for China!

Beijing Commonwealth donation activity

"In difficult times, we watch and help each other" (Hungary)

New way of donation in Japan

Iranian enterprise donates medical materials to China

Greetings from Asia Pacific journalists

So is the Japanese Red Cross

How was the plague eliminated 110 years ago

## 50 EU MESSAGE

The UK Officially Left the European Union

Celebrating Croatia's Rotating Presidency of the European Council



World NGO Day: Statement by the High Representative/Vice-President Josep Borrell

Greece ushered in the first female president in history

ECOVID-19: EU working on all fronts €232 million for global efforts to tackle outbreak

## 58 Embassy

Live Painting Show in the EU Delegation

Commencement Ceremony

Nepal Tourism Year Launched in Beijing

Enter the Iranian Embassy

Enter the Armenian Embassy

Enter the Slovak Embassy

Enter the Lithuanian Embassy

## 72 Traveling in the World

Follow the Ambassador to his Country

Dario Mihelin Croatian Ambassador to China

## 82 Cultural Perspective

Traditional Chinese Medicine in Other Countries

24 Solar Terms in China

The Origin of Chinese New Year Pictures

Spring Festival Couplets

## 94 Special Reports

Let's look at experts' opinions on the mysteries in the supplementary food for babies.

Seven breast-feeding tips for new moms







# Chinese friends, we are with you !

## 中国朋友们 我们在一起!



### *Chinese Medicine is a Part of the World Civilization*

中医，世界文明的一部分



迈杰希·彼得  
匈牙利前总理

Dr. Peter Medgyessy,  
Former Prime Minister of Hungary

My deep appreciation and respect for the Chinese people because of the fighting against the coronavirus. Under the leadership of President Xi, China, the Chinese people, and the Chinese government have done a very good job in the battle against the coronavirus. The coronavirus, which is the common enemy of human kind. China has achieved victory and this is great contribution to the public health of the world. Me and my country is strongly supporting this fight, this battle against the coronavirus. The cooperation between China and the World Health Organization is very important and very effective and me personally strongly support such a cooperation, and I believe that China will win against the coronavirus and will win this battle. To finish, I would like to say some words about the traditional Chinese medicine. I'm strongly convinced that we have to use all the opportunity which help really this battle. The traditional Chinese medicine is a part of the world civilization, and is very effective, efficient, and cost-effective method, and I'm promoting strongly to combine the traditional Chinese medicine and western medicine to have the best result.

由于与冠状病毒的斗争，我对中国人民深表赞赏和尊重。在习近平主席的领导下，中国，中国人民和中国政府在与冠状病毒的斗争中做得非常出色。冠状病毒是人类的共同敌人。中国取得了胜利，这对世界的公共卫生做出了巨大的贡献。我和我的国家大力支持这场与冠状病毒的斗争。中国与世界卫生组织之间的合作非常重要，我相信中国将战胜冠状病毒，并将赢得这场战斗。最后，我想谈谈中医药。我相信，我们必须利用一切机会为这场战斗提供帮助。中药是世界文明的一部分，是一种非常有效，高效且具有成本效益的方法，我大力推动将中药与西药结合起来以取得最佳效果。





## Regarding the situation of the new coronavirus - Message of the Greek Ambassador to China, Mr. Georgios Iliopoulos

### 关于新型冠状病毒的疫情, 来自希腊驻华大使的话



希腊驻华大使  
乔治·伊利奥普洛斯

Greek Ambassador to China  
Georgios Iliopoulos

Greece stands together with the whole world and China in the fight against the novel coronavirus. The outbreak of the disease is a matter of global concern that requires deepening of international cooperation on all fronts in order to mitigate the consequences of the outbreak, limit its spread and safeguard public health.

China's response against this challenge is decisive, and the Embassy of Greece trusts that our common efforts will prove decisive in winning this battle against the disease, the soonest possible.

Our hearts and minds are with the Chinese people, especially those most severely affected in the Hubei area and the city of Wuhan.

The Embassy of Greece in China wishes the Chinese people to overcome this challenge as soon as possible!

GEORGIOS ILIOPOULOS

希腊与整个中国站在一起, 共同与新型冠状病毒作斗争。该病的爆发是全球关注的问题, 需要在各个方面加深国际合作, 以减轻爆发的后果, 限制其传播并维护公共健康。

中国对这一挑战的反应是非常果断的, 希腊大使馆相信, 我们的共同努力将会在尽快赢得这场抗击该疾病的斗争中发挥决定性作用。

我们的心灵与中国人民在一起, 尤其是在湖北地区和武汉市受病毒影响最严重的中国人民。

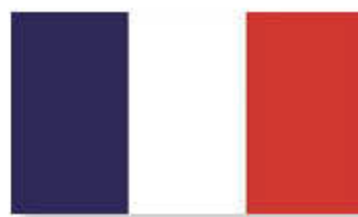
希腊驻华使馆祝中国人民早日克服这一挑战!

希腊驻华大使乔治·伊利奥普洛斯

资料来源: 希腊驻华大使馆  
Source: Greek Embassy in China

## Message de l'Ambassadeur de France en Chine, M.Laurent Bili, en soutien au peuple chinois face au coronavirus.

### 法国驻华大使罗梁支持中国人民应对冠状病毒



法国驻华大使  
罗梁

Ambassadeur de France en Chine,  
M.Laurent Bili

"Au moment où la Chine fait face avec courage à l'épidémie de coronavirus, je voulais vous adresser ce message de solidarité dans l'épreuve."

- M.Laurent Bili, Ambassadeur de France en Chine

亲爱的朋友们:

在中国勇敢应对新型冠状病毒之际, 我想向大家传达患难与共的这个讯息。

当然, 我尤其关切武汉的居民, 武汉是中国讲法语最多的城市, 并曾于去年十二月热情的接待了我。我还向夜以继日的挽救生命并努力控制病毒蔓延的医生与医务人员致以敬意。法国安排了两架专机以保障湖北的法国侨民回国, 同时随专机送来了医疗防护器材。我们希望能未来几天提供更多帮助: 通过法国欧洲与外交部以及地方行政区的动员行动, 包括中国法国工商会、法国健康产业联盟和巴斯德研究所在武汉、上海、巴黎和里昂, 法国的医学研究专家也与其中国朋友一道展开动员, 致力于寻求该新型病毒的治疗方法、帮助更好的了解该病毒并尽快的阻止其传播。患难见真情。法国始终与你们在一起。武汉加油! 中国加油!

资料来源: 法国驻华大使馆文化中心  
Source: Cultural Center of French Embassy in China





### Carlos Larrea Davila, Ambassador of Ecuador to China, Cheers for Wuhan

#### 厄瓜多尔驻华大使卡洛斯·拉雷亚·达维拉为武汉加油



厄瓜多尔驻华大使  
卡洛斯·拉雷亚·达维拉

Ambassador of Ecuador to China,  
Carlos Larrea Davila

I am Carlos Davila, Ambassador of Ecuador to China: On behalf of the people and the President of the Republic of Ecuador, I would like to pay my tribute from Beijing to the courageous people. We firmly believe that China will defeat the epidemic! Be strong Wuhan!

厄瓜多尔驻华大使卡洛斯·拉雷亚·达维拉 (Carlos Larrea Davila) 阁下在讲话中说: 我谨代表厄瓜多尔人民和厄瓜多尔共和国总统在北京向英勇的中华人民共和国政府致以最崇高的敬意! 坚信中国必将战胜疫情! 武汉加油!



厄瓜多尔留学生为武汉加油  
Ecuadorian students cheer for Wuhan

资料来源: 厄瓜多尔驻华大使馆  
Source: Embassy of Ecuador in China

### "You and Me" - Samoa is confident that China will overcome the outbreak of the novel coronavirus pneumonia

#### 《我和你》萨摩亚对中国战胜新冠肺炎疫情充满信心



萨摩亚驻华大使塔普萨拉伊·特里·托欧玛塔, 亲自弹钢琴, 与在华留学生合唱《明天会更好》为武汉加油。

To cheer for Wuhan, H.E.Tapusalaia Terry Toomata, Samoa's Ambassador to China, plays the piano and sings the song with students in China "tomorrow will be better".

Ambassador of Samoa, H.E.Tapusalaia Terry Toomata, stressed that the two peoples are good partners and good friends. Samoa has full confidence in China and believes that China is capable of overcoming all difficulties and obstacles. He also said he hoped more Chinese tourists would visit Samoa.

萨摩亚驻华大使塔普萨拉伊·特里·托欧玛塔表示: 萨中两国人民是好伙伴、好朋友。萨摩亚对中国充满信心, 坚信强大的中国有能力克服一切艰难险阻, 他还表示, 希望更多的中国游客赴萨旅游。



萨摩亚国立大学孔院 Resa  
病毒无情, 世界有爱。

Resa from the Confucius Institute at the National University of Samoa:  
The virus is merciless, but the world is merciful.

资料来源: 萨摩亚驻华大使馆  
Source: Samoa Embassy in China



## Tania Romualdo, Cabo Verde's Ambassador to China, Cheers for Wuhan

佛得角驻华大使塔尼亚·罗穆阿尔多为武汉加油



佛得角驻华大使  
塔尼亚·罗穆阿尔多

Ambassador of Cabo Verde to China  
Tania Romualdo

I wish to express my deepest solidarity towards China and the Chinese people in the fight against COVID-19. The President and the Government of the Republic of Cabo Verde sent our messages of solidarity to their counterparts. We feel very confident in the capacity and determination of the Chinese authorities and the Chinese people in the fight against this virus. A big shout out to the doctors, nurses, medical staff the teams in the field and their families for the huge efforts and sacrifices they put into this. Jiayou Wuhan! Jiayou China!

我和正在抗击新型冠状病毒肺炎的中国及中国人民，坚定地站在一起。佛得角共和国总统及政府，已致函中国政府表示支持。我们充分相信，中国政府及其人民抗击新冠病毒的能力和决心，十分感谢身处疫区的医生、护士、医疗工作者、医疗救治队伍及其家人。感谢他们在这场“战疫”中做出的巨大努力和牺牲。加油，武汉！加油，中国！

资料来源：佛得角驻华大使馆  
Source: Ambassador of Cabo Verde to China



## Letter of Support to President Xi Jinping

国际竹藤组织总干事穆秋姆致信中国国家主席习近平



穆秋姆  
国际竹藤组织总干事

Ali Mchumo,  
Director General of  
International Bamboo and Rattan  
Organisation

Ali Mchumo, Director General of International Bamboo and Rattan Organisation said that the organization has sent a letter to China's President Xi Jinping on February 14, 2020 concerning the recent viral outbreak, expressing its firm support of the Chinese government and conveying its sincere condolences to China's people.

"On behalf of the International Bamboo and Rattan Organisation, and in my own name, I would like to extend my firm support and sincere condolences to China and the Chinese people. China is the host country and founder of the International Bamboo and Rattan Organisation. The Chinese government has given long-term and consistent strong support to the development of the International Bamboo and Rattan Organisation in China and the world. The International Bamboo and Rattan Organisation has sympathy with China." - reads the letter.

Mr Ali Mchumo said that the efficient and effective epidemic prevention and control measures taken by the Chinese government in the public health crisis set an example for the world. The International Bamboo and Rattan Organisation is willing to work together with the Chinese people to take all necessary measures to overcome the difficulties. We believe that under the leadership of President Xi Jinping, China and the Chinese people will be able to overcome the epidemic and win the final victory.

2020年2月14日，国际竹藤组织总干事穆秋姆就中国新冠肺炎疫情致信中国国家主席习近平，表达对中国政府的坚定支持和对中国人民的诚挚慰问。

穆秋姆在信中说，在新冠肺炎疫情肆虐中国大地的艰难时刻，我谨代表国际竹藤组织，并以我个人的名义，向中国政府和中国人民致以坚定的支持和诚挚的慰问。中国是国际竹藤组织的东道国和创始国。中国政府对国际竹藤组织在中国和世界的发展给予了长期一贯的大力支持。国际竹藤组织对中国当前的遭遇感同身受。

穆秋姆表示，中国政府在这次突发公共卫生危机中采取的高效、有力的疫情防控举措，为全世界树立了榜样。国际竹藤组织愿同中国人民同舟共济，采取一切必要措施，共渡难关。我们相信，在习近平主席的正确领导下，中国政府 and 中国人民一定能战胜疫情，取得最后胜利。



## The "most beautiful international families" in the capital cheer for China!

### “首都最美国际家庭”来为中国加油打气!

北京市妇联关注曾获得“首都最美家庭”的国际家庭，关注他们的工作生活情况，并向他们发送了《北京市人民政府外事办公室致在京外籍人士的公开信》以及有关防控工作的温馨提示。这些最美家庭也纷纷发来报平安的信息，并讲述了他们或在北京或在国外的战“疫”经历。

Beijing Municipal Women's Federation pays attention to the international families who had been awarded "the most beautiful family in the capital" title and their working and living conditions, and sent them the "Open letter of the Foreign Affairs Office of Beijing Municipal People's Government" containing tips on prevention and control of the disease. The most beautiful families also sent their messages of peace and told about their experience in Beijing and abroad.

*China  
Come on!  
All the people are  
united in the city*

Every day in the United States, we pay attention to the development of the domestic epidemic situation, and also call our families and friends to take care of themselves. We must listen to the official news and not spread rumors! I hope that we can get rid of the current situation as soon as possible, and I hope that people in Wuhan can cheer on!

—Yan Ying and Martin Douglas (a Sino-US international family) "the most beautiful family in the capital" in 2018.

我们在美国每天都关注国内的疫情发展动态，也都嘱咐家人朋友多保重，一定听官方消息，别传谣信谣！希望可以早日摆脱现状，也希望武汉地区人民加油！

—2018年“首都最美家庭”闫莹 & 马思道一家（中美国际家庭）



“首都最美国际家庭”之一



Thanks to China for providing a safe environment for us to study, live and work in Beijing. It is our second hometown. We will pray for the Chinese people who are fighting against pneumonia caused by the new coronavirus and wish them happiness and well-being. We love China! Chinese friends, we are together.

— Vitalijus family (Lithuanian family), "the most beautiful family in the capital" in 2017.

感谢中国为我们在京学习、生活、工作提供了安全的环境，它是我们的第二故乡。我们会为抗击新型冠状病毒感染肺炎的中国人民祈福，祝愿他们幸福安康。我们爱中国！中国朋友们，咱们在一起。

—2017年“首都最美家庭”伟大利一家（立陶宛家庭）

“首都最美国际家庭”之二

自从疫情公布后，我们每天都在关注相关报道。感觉到对我们的工作生活有一些影响。比如，按照原计划这几天我应该回到了匈牙利，但是不得不取消了整个行程。这期间我们减少了外出，只有上街买菜时才会出门，但并没有觉得物资短缺。不能出门我觉得这并不是一件坏事，生活在北京的这十几年，每天总是匆匆忙忙。现在反而有一种放松的感觉，有更多的时间看书休息。我们几乎每天也会和匈牙利的亲戚朋友，通过微信、邮件沟通各自国家对疫情变化的报道。匈牙利的朋友对中国政府采取的封城隔离等严格的措施表示赞成，觉得十分给力。他们都相信，中国政府可以把想要做的事情都搞定。

—2018年“首都最美家庭”纳吉一家（中匈国际家庭）

We have been following the reports every day since the outbreak. I feel that it has some influence on our work and life. For example, according to the original plan, I should have returned to Hungary these days, but I had to cancel the whole trip. During this period, we reduced going out and only went out to buy some vegetables, but we didn't feel the shortage of materials. I don't think it's bad that I can't go out. I've been living in Beijing for more than ten years, and I'm always in a hurry. Now there is a sense of relaxation, more time to read and take a rest. We talk to our relatives and friends in Hungary on a daily basis through WeChat and email, and discuss the situation across the various countries. The Hungarians are very supportive of the strict measures taken by the Chinese government to isolate the city. They all believe that the Chinese government can fully realize its decisions.

— The Nagy family, "the most beautiful family in the capital" in 2018.

“首都最美国际家庭”之三





Our life in Beijing is going well. There is no problem with eating. The supermarkets are full of goods. We go to the supermarket for shopping about once a week. This period of time lets me calm down to write my doctoral dissertation, I think it is as an opportunity. The two children play drums, piano and table tennis at home every day. Our parents are in Iran. They are very worried about us. We report peace every day. Our parents are also praying for the Chinese people and their Chinese sisters, hoping that the epidemic will soon pass. They say that no matter Chinese or Iranian, we all have family members, we all have concerns and are good sisters. I would like to express my feelings in an Iranian sentence: "the night will surely end, the day will come, and if we persist, we will have sunshine."

—Mohadeseh Barzegar Bafrouei & Mohammad Reza lotfollahi Ghaffari (Iranian family), "the most beautiful family in the capital" in 2019.

我们在北京的生活一切顺利，吃饭没有问题，超市货品充足，我们大约一周去超市采买一次。这段时间能让我静下心来写博士论文，我觉得是个机会。两个孩子天天打鼓、弹钢琴，还在家里打乒乓球。我们的父母在伊朗，他们对我们很担心，我们每天都报平安。父母也在为中国人民、中国的姐妹们祈祷，希望疫情快过去，他们说因为不管是中国人还是伊朗人，我们都有家人，我们都会有牵挂，都是好姐妹。我想用一句伊朗话表达自己的情感：“黑夜肯定会结束，白天就会降临，坚持下去一定会迎来阳光。”

——2019年“首都最美家庭”白玫 & 欧阳一家（伊朗家庭）

“首都最美国际家庭”之四

All of our family are now in Beijing, so we try to avoid going out. The biggest impact of the epidemic on us is our restaurant at Guomao. Today is the last day it is open. We gave a batch of 3M masks we bought before to our employees and two guests who came to the restaurant for dinner. Everyone was very moved. It's up to every citizen to take responsibility for the country's difficulties. All we can do is to observe the overall situation, believe in the motherland, and believe that the epidemic will pass.

— Li Xuebai and Jonathan Ansfield (China-US international family), the "most beautiful family in the capital" in 2018.

我们全家人现在都在北京，尽量减少外出。这次疫情对我们影响最大的就是我们的餐厅，今天在国贸的餐厅最后一天营业，我们把以前买的一批3M口罩送给了员工和2个专门来餐厅吃饭的客人，大家都很感动。国家有难，匹夫有责，我们能做的就是服从大局，相信祖国，相信疫情一定会过去。

——2018年“首都最美家庭”李雪柏和安思乔一家（中美国际家庭）



“首都最美国际家庭”之五

## Beijing Commonwealth Donation Activity

### 北京英联邦捐赠活动



雅·扎赫拉·巴巴吉达  
时任北京英联邦协会主席，尼日利亚驻华大使夫人

Ms. Zahrajidda,  
President of the British Commonwealth Association in Beijing and wife of the Nigerian Ambassador

The British Commonwealth Association in Beijing organized a charity event for wives of diplomats working in China and raised 200,000 yuan to support China and Wuhan in particular.

According to the President of the British Commonwealth Association in Beijing, the association comprises 53 embassies in China of which 37 were represented in the event through spouses of their diplomats.

北京英联邦协会组织英联邦国驻华大使馆外交官夫人筹集款项20万人民币，为中国，为武汉加油。

据大使夫人介绍，英联邦国家在华共有53个驻华使馆，37家使馆的夫人们参加本次捐赠活动。





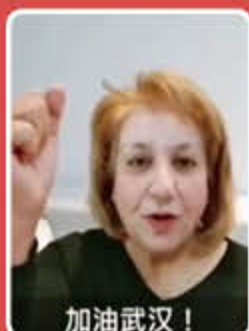


## Come on, Wuhan, China! (Armenia)

中国武汉加油! (亚美尼亚)

资料来源: 亚美尼亚驻华大使馆

Source: Armenian Embassy in China



## Come on, Wuhan, China! (Cuba)

中国武汉加油! (古巴)

资料来源: 古巴驻华大使馆

Source: Cuban Embassy in China



## "In difficult times, we watch and help each other" (Hungary)

“困难时我们一起守望相助” (匈牙利)



Diplomats of the Hungarian Consulate General in Chongqing cheer for China

匈牙利驻重庆总领馆外交官为中国加油视频截图



Students of the Hungarian-Chinese Bilingual School on their video: "Cheering up China".

匈中双语学校师生手持匈中两国国旗支持中国早日战胜疫情

Following the outbreak, Mr. Szijarto, Minister of Foreign Affairs and Foreign Trade of Hungary, said: "I would like to express my deepest sympathy to the Chinese government and people who are fighting bravely to stop the spread of the virus. We wish the Chinese people enough strength and perseverance to overcome the current situation quickly. The amazing efforts of Chinese medical workers can only arouse our greatest admiration, and the Chinese government will surely overcome this challenge."

Hungary's Innovation and Technology Minister, Mr. Palkovics was equally supportive. "We highly appreciate the extraordinary efforts and measures taken by the Chinese government to overcome the epidemic," he said. We are convinced that China is the only country in the world that can quickly prevent the further spread of the new coronavirus and eventually successfully defeat the epidemic. In difficult times, we watch and help each other. In this situation, China can count on Hungary, which is ready to provide support to the Chinese people in any way it can.

Budapest's Hungarian-Chinese Bilingual School is the only public school providing full-time Hungarian Chinese bilingual education. Its students recently recorded a video to cheer up China and support the fight against the epidemic. In the video they can be heard saying: "Cheer up China, Cheer up Wuhan".

Source: Lajos Olah, Chairman of the Hungarian Great Wall Association

疫情发生后, 匈牙利外交和对外贸易部部长西亚尔托表示: “我向正在遏制病毒传播而英勇战斗的中国政府和中国人民表示最深切的同情, 我们祝愿中国人民有足够的力量和毅力来迅速克服目前的局面。中国医护人员所表现出的惊人努力只能唤起我们最大的敬佩, 中国政府一定能克服这一挑战。”

匈牙利创新和科技部长鲍尔科维奇的表态同样让人感动。他说: “我们高度赞赏中国政府为克服疫情所付出的非凡努力和采取的措施。我们深信, 中国是世界上唯一可以很快阻止新冠病毒进一步传播并最终成功战胜这种传染病的国家。困难时我们一起守望相助, 中国在这种形势下完全可以指望匈牙利, 匈牙利随时准备以任何可以帮助的方式向中国人民提供支持”。

首都布达佩斯的匈中双语学校是唯一同时使用匈中双语教学的全日制公立学校。近日学生们为支持抗击疫情录制了一段为中国加油的视频, 用字正腔圆的汉语说, “中国加油、武汉加油”。

资料来源: OLAH LAJOS, 匈牙利长城协会主席



## COVID-19: European Commission helps send protective equipment to China and coordinates repatriation efforts

有关新型冠状病毒肺炎疫情：  
欧洲委员会帮助向中国运送防护物资并协调撤回欧盟公民



The European Commission has helped send an additional 17 tonnes of protective equipment to China, thanks to a French aircraft mobilized through the EU civil protection mechanism. On its return, the plane will bring back European citizens from Wuhan.

In addition, two Italian planes took off for Japan to repatriate European citizens on board the cruise ship Diamond Princess in Yokohama. The EU co-finances up to 75% of the costs of these flights.

"We have helped deliver more than 30 tonnes of equipment to China and we will continue doing so. I thank the French and Italian authorities for helping to bring EU citizens home safely and for delivering emergency equipment to China. It is an excellent example of European cooperation. The Commission continues to work 24 hours a day, 7 days a week, both to help our Member States and to help China", said Janez Lenarčič, Commissioner for Crisis Management.

The protective equipments, supplied by France, Estonia and Latvia, include masks, gloves, protective clothing and disinfectants.

The European Commission is in constant contact with the Member States, the European Center for Disease Prevention and Control and the World Health Organization on all aspects of the COVID-19 epidemic.

欧洲委员会提供帮助再次向中国运送重达 17 吨的防护物资，由通过欧盟民事保护机制动员的法国飞机承运。该机返航时将带回目前身处武汉的欧盟公民。另外，本周三已有两架意大利飞机起飞前往日本，准备接回停靠横浜的“钻石公主”号邮轮上的欧盟公民。欧盟提供了这些航班 75% 的费用。

“我们帮助已向中国运送了 30 多吨的物资，本周末还会继续（运送）。我感谢法国和意大利政府帮助欧盟公民安全回家并向中国运送急需的防护物资。这是欧式合作的优秀典范。欧洲委员会将继续不间断地夜以继日地工作，帮助我们的成员国，同时也帮助中国。”欧盟危机管理事务委员贾内兹·雷纳齐克说。

防护物资由法国、爱沙尼亚和拉脱维亚提供，包括面具、手套、防护服和消毒剂等。

欧洲委员会就新型冠状病毒肺炎疫情爆发的各个方面时刻与各成员国、欧洲疾病预防控制中心和世界卫生组织保持联系。

## New way of donation in Japan

日本的新捐赈模式



2月10日晚上，在安倍主持召开日本执政党自民党干部会时：每个自民党国会议员，每人下个月工资扣5000日元（大概在317-318人民币之间），捐款中国抗击疫情。

这次新冠疫情，日本不仅送来口罩、护目镜、防护眼物资，还有各种问候，“山川异域，风月同天”、“岂曰无衣，与子同裳”

On the evening of February 10, Mr. Abe, after hosting the meeting of the ruling Liberal Democratic Party of Japan, announced that each member of the LDP Congress will deduct 5000 yen (about 317 yuan) from his salary next month to donate to China to fight the epidemic.

During the new epidemic, Japan not only sent masks, goggles, protective clothing materials, but also various greetings, "mountains and rivers are different, the wind and the moon however are the same".

外交部华春莹还提到了这样四个细节：

在日本的一些药妆店，可以看到“中国加油”、“武汉加油”的标语。

东京晴空塔专门点亮了红色和蓝色，为中国武汉抗击疫情祈福和加油。

针对极端歧视性言论，日本官员公开表示，“坏的是病毒，而绝非是人”。

有日本学校给学生家长写信，教育孩子们不要带着恶意去谈论中国武汉。

Hua Chunying, Spokesperson of the Chinese Foreign Ministry, also made a couple of other points:

In some cosmetics stores in Japan, one can see slogans of "Cheer up China" and "Cheer up Wuhan".

The Sky Tree in Tokyo is illuminated in red and blue colours to encourage China in the fight against the epidemic in Wuhan.

In response to extremely discriminatory remarks, Japanese officials were quoted publicly saying: "bad is the virus, not the people".

Some Japanese schools wrote to the parents asking them not to talk with the kids in a pejorative way about the virus in Wuhan.







## Tehran freedom tower illuminated for China

德黑兰自由塔为中国亮起



On the evening of February 18, 2020, the landmark Freedom Tower in Tehran, the capital of Iran, was lit up for China. The light-show, which was meant to encourage Wuhan and China, was dazzling against the background of the night sky.

The Chinese and Iranian flags slowly folded out and set off in the wind. In an instant, countless love hearts appeared on the monument, gradually gathering together, representing the support and solidarity of all sides. Then the words "Come on China, Come on Wuhan" written in Chinese, English, Persian and Chinese Pinyin were gradually blending into a Chinese flag, lighting up the night sky in Tehran.

Source: Chinese Embassy in Iran

2020年2月18日晚，伊朗首都德黑兰标志性建筑自由塔为中国亮起。这场专门为武汉加油、为中国加油的灯光秀，在夜色的衬托下璀璨夺目。中国国旗和伊朗国旗缓缓铺陈开来，相互映衬。顷刻间，又出现了无数个点亮的爱心，它们逐渐汇聚，代表着来自四面八方的支持和声援，然后用汉语、英语、波斯语以及汉语拼音书写的“中国加油、武汉加油”，最后逐渐凝成了中国国旗，点亮了德黑兰夜空。

驻伊朗大使常华、德黑兰副市长穆罕默迪、伊外交部公共外交总司长德胡什等出席活动，并同在场民众高呼“中国加油！武汉加油！”。众多媒体记者和德黑兰市民驻足观看。

资料来源：中国驻伊朗大使馆

## Iranian enterprise donates medical materials to China

伊朗企业向中方捐赠医疗物资



On February 9, 2020, Chinese Ambassador to Iran, Chang Hua was invited to visit the Iranian biopharmaceutical company CinnaGen and attend the ceremony of the company donating 100,000 masks to China. Counsellor Wu Peimin, Assistant Foreign Minister of Iran, Mr. Zabib and Head of the Trade Department of the Chinese Embassy in Iran attended the event.

Chang Hua introduced the situation of prevention and control of the new corona virus causing pneumonia, saying that the current epidemic prevention and control work is at a critical moment, and that they had taken the most comprehensive and strict prevention and control measures possible, and had achieved remarkable results. Thanks to the Iranian government and people for their active support and solidarity.

Source: Chinese Embassy in Iran

2020年2月9日，中国驻伊朗大使常华应邀访问伊朗生物制药企业CinnaGen公司，并出席该公司向中方捐赠10万只口罩仪式。伊外交部部长助理扎比卜、中国驻伊使馆经商处负责人邬沛民等参加。

常华介绍了中国新冠肺炎疫情防控有关情况，表示当前疫情防控工作处于关键时刻，我们采取了最全面、最严格的防控措施，取得明显成效。感谢伊朗政府和各界人士给予的积极支持和声援。

资料来源：中国驻伊朗大使馆





## Greetings from Asia Pacific journalists

### 亚太多国记者的问候



中国国际新闻交流中心 2019 年项目的亚太中心记者们，去年在中国生活学习过十个月，2019 年 12 月他们回到各自的祖国。疫情发生后，他们时刻关注疫情的进展，积极客观报道中国为防控新型冠状病毒感染的肺炎疫情的努力，并纷纷发来视频祝福，表示对中国战胜困难充满信心。

2019 全国两会期间湖北开放日当天，他们还现场报道并提问湖北人大代表，对湖北有着特殊的情谊。疫情发生后，他们主动担当起信息速递员，向各自国家积极报道湖北以及中国积极抗击疫情的感人故事。

“中国政府像照顾自家的孩子一样照顾

所有的学生。中国政府为他们提供了包括食物、医疗和其他供日常使用的必需品”近日，巴基斯坦主流媒体《今日巴基斯坦》报刊登了这样一篇报道，报道采访了留守武汉的巴基斯坦籍留学生的真实感受。

Journalists from the Asia Pacific Center of China International News Exchange Center 2019 project lived and studied in China for ten months last year, and returned to their respective countries in December 2019. They are now promptly reporting on China's novel coronavirus and on the country's efforts to prevent and contain the epidemic of pneumonia caused by the new coronavirus.

On the open day of Hubei Province during the national Two Sessions in 2019, they were reporting from the venue and interviewed the representatives of Hubei People's Congress. Following the outbreak, they began acting as information couriers, reporting touching stories of Hubei and China in their fight against the epidemic in their respective countries.

"The Chinese government looks after all the students like parents look after their children. The Chinese government has provided them food, medical care and other necessities for daily use." reported the Pakistan Today, a mainstream media in Pakistan, recently about the true feelings of Pakistani students staying in Wuhan.



巴基斯坦黎明电视台记者 穆罕默德·丁满  
TV Reporter of Pakistani Dawn

我相信中国很快就会赢得这场战役，中国将会再次焕发光彩。中国加油，巴基斯坦与你同在。

I believe that China will win this battle soon and China will shine again. Come on China, Pakistan is with you.



《阿富汗时报》记者 赛迪奇·胡赛尼  
Reporter of Afghanistan Times

我曾经去过中国，我非常喜欢这个国家。这次听说中国爆发了严重的新冠病毒肺炎，我感到非常难过。我见证过中国人民的坚韧不拔，你们一定可以度过这个难关。

I have been to China. I like this country very much. I'm very sad to hear that China has had a serious outbreak of new coronavirus pneumonia. I have witnessed the perseverance of the Chinese people, so you will surely get through this difficulty.



尼泊尔国家通讯社记者：马亨德拉·苏贝迪  
Journalist of National News Agency of Nepal

中国在应对 2019 新冠病毒肺炎中付出的努力让人钦佩，相信也会很快有好的成效。他们纷纷发来加油视频，一致表示，中国一定会取得疫情阻击战的胜利，而经历“战疫”洗礼的中国也将浴火重生。

China's efforts to deal with 2019's new coronavirus pneumonia are admirable, and it is believed that they will soon have good results.

They sent videos of encouragement one after another, saying that China is bound to win the battle of epidemic prevention and that China, which has already experienced a war against an epidemic, will also be reborn.



孟加拉国《太阳日报》记者 伊纳姆·哈桑  
Reporter of Bangladesh Sun Daily

请武汉人民相信，在这场战疫中，你们并不孤单。孟加拉国人民与你们同在，我们会为你们祈祷。

People in Wuhan, please believe in that you are not alone in this war against the epidemic. The people of Bangladesh are with you and we will pray for you.



蒙古 TV2 电视台记者：阿努达丽  
Reporter of Mongolian TV2 TV station

我百分之百相信，武汉一定能够战胜新冠病毒，给中国和世界带来安全。我和蒙古人民的心一直与你们同在，加油武汉！

I 100% believe that Wuhan will be able to defeat the new coronavirus and will bring security to China and the world. My heart and the heart of the Mongolian people are always with you. Come on, Wuhan!



## Jean Malone, a Belgian pianist, composed a song for Wuhan, "Chime of the Dawn Bells"

比利时钢琴家尚·马龙为武汉创作国际公益曲《黎明的编钟声》



尚·马龙  
Jean Malone



比利时钢琴家尚·马龙与中国音乐人合作，特别为中国、为武汉创作一首了“战疫防疫”国际公益曲《黎明的编钟声》(CHIME OF THE DAWN BELLS)。

歌曲特别加入湖北编钟元素，以及一段自己的中文独白：夜走了，天亮了，天空和钟声一同醒来了，樱花在温暖的春风中飞扬，武汉，我们在等你。

钢琴家尚·马龙说：连日来，我一直关注中国抗击新型冠状病毒肺炎疫情。在我的职业生涯里，中国给予了我很大帮助和支持，我真诚地希望在这个时刻能为中国朋友做些事情。我想，作为一名艺术家，最好的方式就是用音乐传递希望和祝福。

于是，我与武汉的音乐人创作了一首公益歌曲，借音乐的力量激励人们勇敢前行。我在歌曲中加入了湖北编钟的元素，结合钢琴演奏，希望通过东西方乐器交融唱响“中国与世界命运与共”的华章。

In cooperation with Chinese musicians, Belgian pianist Jean Malone, has created an international charity song for China and Wuhan: "Chime of the dawn bells".

The unique sounds of bells in Hubei and a monologue in Chinese are also to be heard in the song: the night is gone, the day is bright, the sky and the bell wake up together, cherry blossoms are flying in the warm spring wind, Wuhan, we are waiting for you.

"China has been fighting the novel coronavirus in these days," said pianist Jean Malone. In my career, China has given me a lot of help and support. I sincerely hope to do something for my Chinese friends at this moment. I think, as an artist, the best way is to use music to convey hope and blessing.

So, I and the musicians in Wuhan created an inspirational song to inspire people to move forward bravely with the power of music. I added the element of Hubei chime to the song, combined with the piano performance, hoping to express, through the integration of eastern and western instruments, the notion "The destinies of China and of the World are intertwined".

## Ecuadorian composes song of hope to cheer up China

厄瓜多尔人为中国谱写希望之歌



卡斯塔涅托  
Angelo Castagneto

"To My Dear Chinese Friends:  
We are undergoing some very tough moments, but please do try to relax your mind.  
This song, named Hope, is written for all of you. Take good care of yourself!"

Six years ago, Angelo Castagneto joined a renewable energy company in Shenzhen. Life was comfortable and work was stable, but he felt that it was not the kind of life he really wanted.

Inspired by his passion for music and a personal health crisis, he quitted his job to establish a workshop for music therapies.

He believes that music can cross national boundaries to heal and cheer people up regardless of their languages.

“我亲爱的中国朋友们  
我们正在经历一些困难的时刻  
但是请你一定要放松心情  
这首曲子“希望”是为你们写的  
请照顾好自己！”  
“深呼吸一口气，  
想一想你最感恩的人，  
最感动的事……”

六年前，卡斯塔涅托在深圳加入了一家可再生能源的公司。生活很舒适，工作也很稳定，但他觉得这并不是他真正想要的那种生活。

受到对音乐的热情和个人健康危机的影响，他之后辞去了工作，建立了一个音乐治疗工作室。

他相信音乐可以跨越国界，让人们不分语言地康复和振奋。

资料来源：厄瓜多尔驻华大使馆



# China Will Shine Soon

## 中国将战胜疫情，再次焕发光彩

海外特约作者：比拉·萨布里 / Bilal Sabri

I came to China in 2019 and traveled to more than 15 provinces and 50 cities around China. I landed in Beijing in February and after one month, I took my first visit to the paradise of China called Hainan province in March of 2019. I spent almost one week in Hainan and made many friends during the visit to four different cities.

After a long time, last week, I received a message from my friend "Coco", a student at Hainan University. She read a piece of news about Pakistan's support and relief on the outbreak of the novel coronavirus pneumonia in China. She texted me to say thanks for Pakistan's support during a crucial time. She also appreciated the efforts and sympathy of the Pakistani community showed in China for the Chinese people.

The world faced several natural disasters including earthquakes, floods, fire and epidemic from the beginning but this time the novel coronavirus pneumonia hit Wuhan, China. The patients of novel coronavirus pneumonia were increasing day by day in China but China took a strict initiative for controlling the spread. The virus, which causes an acute respiratory disease, is capable of spreading from person to person and symptoms include fever, coughing and breathing difficulties.

The World Health Organization (WHO) supported China's government on all measures, which are taken to control the spreading in different parts of the world.

In this difficult situation, Pakistan always stands with China shoulder-to-shoulder spiritually and financially. Pakistan's government and people proved that China is not fighting against the demon virus alone. Dr. Usman Janjua, a Pakistani faculty member at Changsha Medical University, has volunteered himself to join his Chinese friends to fight against the deadly novel coronavirus, and Pakistani Abdul Zahir Hamad and his wife Mauritian Hosany Sumayyah are serving as volunteers at a highway exit checkpoint in Wenzhou, east China's Zhejiang Province. The married couple, both work as doctors at Panhealth Medical Center in Wenzhou, according to local media. Moreover, Pakistan sends masks and medical equipments for



Bilal Sabri was invited to attend the Celebration of the 70th Anniversary of the Founding of the People's Republic of China in Beijing as a foreign reporter on October 1st, 2019.

2019年10月1日，比拉·萨布里作为外国记者应邀在北京出席中华人民共和国成立70周年庆典

Chinese brethrens.

People are advised to stay at home and should not come out unnecessarily. So, due to these reasons Pakistani restaurant "Zam Zam" started free food delivery services near all branches around China.

Muhammad Wasim, a student at Wuhan University said he is feeling more secure than ever before. He said the Chinese government takes care of all students like their own children. The Chinese government provides all facilities including food, medical and other necessities of daily usage at the doorstep, "We are grateful for all measures taken by the government", he added.

After the outbreak of the epidemic, I am always thinking about my Chinese brethrens but I know China is the only country in the world that can take measures to overcome and diminish the novel coronavirus pneumonia in effective ways.

In this tough time, China stands very tall to overcome this challenge. China also defeated many other challenges under the leadership of the Communist Party of China (CPC). China is quite capable with strength, unity, power, and technology to overcome it. We believe and pray for China to defeat the demon coronavirus.

I hope and pray for China to shine again soon.

我2019年去过中国，并且在中国的十五个省份、五十座城市旅游过。我在二月份飞到北京，一个月后，在2019年3月份的最后一周第一次造访了中国的“人间天堂”，海南。我在海南呆了一个星期而且在四座城市的游览中交到了很多朋友。

时间匆匆而过，就在上周，我接到了我朋友Coco的一条消息，她现在在海南大学上学。她读到了一则关于巴基斯坦支援中国抗击疫情的新闻，然后发短信给我感谢巴基斯坦在特殊时期对中国的支持。她同时也表达了对于在中国的巴基斯坦朋友们所做出的努力和慰问的感激之情。

我们这个世界从一开始就面临着很多自然灾害，像地震、洪水、火灾以及流行病，而这次，新型冠状病毒肺炎袭击了中国武汉。新型冠状病毒肺炎患者的数字还在不断增加，但中国采取了严格的防疫措施。该病毒能够在人与人之间传播，症状包括发烧、咳嗽和呼吸困难。

世界卫生组织（WHO）赞赏中国政府为控制疫情所采取的一切措施。

在这种困难的情况下，巴基斯坦在任何情况下都始终与中国在精神和物质上并肩作战。巴基斯坦的政府和人民能够证明，中国并不是与病毒在单独作战。长沙医学院的一位来自巴基斯坦的教职员工Usman Janjua博士自愿加入由他的中国朋友组成的志愿者团队，一起去抗击疫情。来自巴基斯坦的Abdul Zahir Hamad和他的妻子Mauritian Hosany Sumayyah在中国东部城市温州的高速公路出口检查站做志愿者。据当地媒体报道，他们是在温州工作的跨国医生夫妇。此外，巴基斯坦还为中国同胞送去了口罩和医疗设备。

人们都被建议待在家，没有特殊需求尽量不要出门，因此在中国的巴基斯坦饭店Zam Zam开始为其周边地区的顾客提供免费送餐服务。

武汉大学的学生Muhammad Wasim说，他感到现在的武汉比以往任何时候都更安全。他说，中国政府像照顾自家的孩子一样照顾所有的学生。中国政府为他们提供了包括食物、医疗和其他供日常使用的必需品，他们对政府所采取的所有措施都感到非常感激，他补充道。

自疫情发生以来，我一直在思念我的中国友人，但



Dr. Usman Janjua  
长沙医学院29岁的巴基斯坦医生江为申请支援武汉



Abdul Zahir Hamad and his wife Mauritian Hosany Sumayyah  
巴基斯坦人豪孟德和毛里求斯人苏玛是一对在温州工作的跨国医生夫妇

我同时也知道，中国大概是世界上唯一一个有能力采取有效措施克服疫情的国家。

在这艰难的时刻，中国挺身而出，沉着应对这一挑战。在中国共产党的领导下，中国已经战胜了许多挑战。中国有实力，够团结，有力量，有技术来攻克困难。我们相信并祈祷中国能战胜疫情。

我希望并祈祷中国不久将再次焕发光彩。

比拉·萨布里

Bilal Sabri

巴基斯坦人，担任巴基斯坦主要英文报纸《今日巴基斯坦》报的新闻记者。是海南国际传播中心、海南国际传播网的特约专栏作者。Journalist of Pakistan Today, Columnist of Hainan International Media Center (HIMC) and hiHainan.info







图片资料来源: 斯洛伐克驻华大使馆  
Photo source: Slovak Embassy in China

## International Donations

### 国际捐赠物资

国际捐赠物资:

- 1、美国: 0 物资
- 2、俄罗斯: 50 万医用口罩
- 3、英国: 5 万副医用手套、3.5 万套医用防护服及护目镜若干
- 4、马来西亚: 1000 万副橡胶手套
- 5、韩国: 200 万只口罩、100 万只医用口罩、10 万件防护服和 10 万副护目镜
- 6、日本: 9 吨医疗物资, 日本民间: 100 万只口罩
- 7、巴基斯坦: 30 万口罩, 800 套防护服、6800 副手套
- 8、白俄罗斯: 药品、消毒剂、医用手套等, 总计 20 吨
- 9、土耳其: 1000 套防化服, 9.35 万套口罩, 1000 套一次性防护服
- 10、欧盟: 12 吨防护物资
- 11、以色列: 10 万只口罩
- 12、伊朗: 100 万只口罩
- 13、哈萨克斯坦: 13.6 吨医疗物资
- 14、匈牙利: 2 万只医用口罩 500 医用手套
- 15、斯洛伐克: 价值 20 万欧元的医疗物资

International donations:

1. USA: 0 supplies
2. Russia: 500,000 medical masks
3. UK: 50,000 pairs of medical gloves, 35,000 sets of medical protective clothing and goggles
4. Malaysia: 10 million pairs of rubber gloves
5. South Korea: 2 million simple masks, 1 million medical masks, 100,000 pieces of protective clothing and 100,000 pairs of goggles
6. Japan: 9 tons of medical materials, Japanese people: 1 million masks
7. Pakistan: 300,000 masks, 800 sets of protective clothing, 6,800 pairs of gloves
8. Belarus: drugs, disinfectants, medical gloves, etc., 20 tons in total
9. Turkey: 1000 sets of chemical protective clothing, 93,500 sets of masks, 1000 sets of disposable protective clothing
10. EU: 12 tons of protective materials
11. Israel: 100,000 masks
12. Iran: 1 million masks
13. Kazakhstan: 13.6 tons of medical materials
14. Hungary: 20,000 medical masks, 500 medical gloves
15. Slovakia: 100 palets of medical supplies in a value of 200,000 Euro



## Les mécènes de l'ambassade de France en Chine soutiennent la lutte contre le Covid-19

### 抗击疫情，法国驻华使馆合作伙伴在行动



多年来，法国驻华使馆文化处通过举办中法文化活动，与众多致力于两国文化交流的企业结下了长久信任的合作伙伴关系。在新冠病毒肆虐的艰难时期，这些企业纷纷行动起来，抗击疫情。

Les programmes culturels mis en place par le Service de coopération et d'action culturelle de l'ambassade de France en Chine ont, au fil du temps, rassemblé une communauté d'entreprises engagées qui soutiennent les échanges franco-chinois. Dans le contexte actuel de crise sanitaire, cette communauté s'est mobilisée pour aider les organismes qui luttent contre le Covid-19.

LVMH  
MOÏT HENNESSY SOUS VUITTON

RICHEMONT

KERING

L'ORÉAL  
PARIS  
巴黎欧莱雅

Carlsberg

SANOFI

#### 资金捐助

##### Dons financiers

1月27日，路易威登 LVMH 集团带领旗下迪奥和路易威登等品牌向中国红十字会基金会捐资一千六百万人民币。

1月30日，历峰集团通过旗下的卡地亚和梵克雅宝等品牌向武汉红十字会基金会捐资一千万人民币。

1月28日，开云集团宣布向湖北红十字会基金会捐资七百五十万人民币。

1月27日，欧莱雅集团向中国红十字会基金会捐资五百万人民币用于采购防护设备。

2月7日，嘉士伯集团向中国慈善总会捐资三百万人民币。

1月24日，华谊兄弟集团通过中华思源工程扶贫基金会捐赠100万元人民币，用于采购救护车、防护器具等医疗物资支援武汉一线医务人员。

赛诺菲中国宣布向中国红十字会基金会捐资一百万人民币并向湖北省疾病预防控制中心捐赠价值五十万人民币的医疗物资，赛诺菲全球疫苗事业部赛诺菲巴斯德今天宣布，将利用先前开发 SARS 疫苗的经验，与美国生物医学高级研究与开发局合作，利用先进的基因重组技术平台加速开发新冠病毒疫苗。

Les marques du groupe LVMH, Dior et Louis Vuitton, ont fait une donation de 16 000 000 RMB au profit de la Croix-Rouge chinoise, le 27 Janvier.

Le 30 janvier, le groupe Richemont, à travers ses sociétés Cartier, Van Cleef & Arpels etc. a fait une donation d'un montant total de 10 000 000 RMB à la

Croix-Rouge de la ville de Wuhan.

Le 28 janvier, le groupe Kering, qui regroupe 13 marques et 35 000 employés dans le monde, a annoncé un don de 7 500 000 RMB à la Croix-Rouge de la province du Hubei et fait part de son immense respect à l'égard de toutes les personnes qui luttent contre l'épidémie.

Le 27 janvier, L'Oréal Chine a versé 5 000 000 RMB à la Croix-Rouge chinoise pour l'achat d'équipements de protection.

Le 7 février, Carlsberg a versé 3 000 000 RMB à la China Charity Federation, un acteur historique de la gestion de situations de crise sanitaire en Chine.

Huayi Brothers a fait un don de 1 000 000 RMB, le 24 janvier, via la fondation China Siyuan ingénierie pour la lutte contre la pauvreté, afin d'équiper les ambulanciers et tous les personnels sur la ligne de front à Wuhan.

Sanofi Chine a annoncé une donation de 1 000 000 RMB à la Croix-Rouge chinoise ainsi que l'envoi d'un lot de matériels de tests évalué à 500 000 RMB au centre de contrôle et de prévention sanitaire de la province du Hubei. Sanofi Pasteur, l'entité mondiale Vaccins de Sanofi, va mettre à profit ses recherches antérieures sur le syndrome respiratoire aigu sévère (SRAS) pour tenter d'accélérer le développement d'un vaccin contre le COVID-19. Pour ce faire, Sanofi collaborera avec la BARDA (Biomedical Advanced Research and Development Authority), qui relève de l'ASPR (Office of the Assistant Secretary for Preparedness and Response) du ministère américain de la Santé.



#### 实物捐助

##### Dons en nature

首创置业集团宣布面向商户减免租金及各项费用，以降低经济活动暂缓对企业的影响，预计减免费用超亿元。

合生元累计向武汉、黄冈、孝感、黄石、荆州和天门各地医院捐赠价值三百六十万人民币的防护物资、合生元益生菌冲剂、Swisse 蛋白粉以及 200 箱医用物资。公司希望能够持续的为社会及千万家庭消费者提供营养、健康、安全的产品，能让大众能够通过提高自身免疫力，共同战胜疫情。

面对疫情，作为中法合资的保险公司，中航安盟面向客户取消多项限制，简化理赔手续，开通 24 小时服务热线，鼓励通过微信申请理赔，积极履行社会责任，同时为面临最大感染风险的医务人员、警务人员和航空公司工作人员提供 4.67 亿元风险保障，并捐赠防护及食品物资近 15000 件。

开元周游集团调动其国际网络，为武汉抗疫一线收集口罩 18880 只、手套 1800 副、护目镜 40 副、防护服 650 套，并向湖北省儿童医院捐赠口罩 13290 只。集团建立起实物捐资平台，在中国驻慕尼黑总领馆的帮助下，通过中国国际航空绿色通道，免费从德国运送救援物资到中国。

雷诺集团通过其合资企业开展抗疫行动。2月13日，华晨雷诺向沈阳红十字会和沈阳急救中心捐赠 10 辆汽车（5 辆金杯救护车和 5 辆御驾斯运输车）。

疫情发生后，东风雷诺第一时间筹措了口罩，防护服和眼镜支持武汉相关医院，并在 2 月至 6 月推出针对全国医疗系统公务用车，以及医护人员本人及直系亲属用车的优惠政策：购买东风雷诺其中的两个车型可分别享受官方指导价 8.2 折和 8 折的优惠及免费上牌、保养服务。

法兴银行和道达尔集团也通过慷慨捐赠参与到抗击疫情的行动中。

La société immobilière Beijing Capital Land a réduit les montants des loyers et charges des locataires de ses espaces tels que les bureaux, commerces et magasins pour participer à l'effort demandé par le gouvernement et limiter l'impact de la baisse de l'activité économique sur les entrepreneurs. Le coût total est évalué à 100 000 000 RMB.

Les dons en nature de Biostime, tout au long de

la crise, atteignent un montant total de 3 600 000 RMB et se composent de matériel de protection, de probiotiques Biostime, de poudre de protéines Swisse et de fournitures médicales envoyés aux différents hôpitaux traitant les malades à Wuhan, Huanggang, Xiaogan, Huangshi, Jingzhou et Tianmen. La société espère également continuer à fournir des produits nutritionnels, sains et sûrs à la société et à des millions de familles, afin que le public puisse vaincre l'épidémie en améliorant son immunité.

L'assureur franco-chinois Groupama-AVIC prendra responsabilité sociale et a mis en place des procédures de réclamation simplifiées et un service de remboursement express disponible 24 heures sur 24, réduit les délais d'attente, supprimé les franchises et la limitation des hôpitaux désignés et des médicaments remboursables. Par ailleurs, il a fourni, des assurances aux personnels médicaux, de police et des compagnies aériennes les plus exposés au virus à hauteur de 467 000 000 RMB et fait don de 15 000 unités de matériels de protection et de denrées alimentaires.

Grâce à son implantation internationale, Kaytrip a participé à de nombreuses actions qui ont permis de récolter au total 18 880 masques, 1800 gants, 40 paires de lunettes et 650 combinaisons de protection pour Wuhan. Kaytrip a également offert 13 290 masques à la maternité et l'hôpital pour enfants du Hubei et créé une plateforme de donation en nature permettant des envois gratuits en Chine depuis l'Allemagne à l'aide du consulat chinois à Munich via le "passage vert" d'Air China.

Le groupe Renault a quant à lui choisi d'agir via ses sociétés partenaires. RBJAC a fait don, le 13 février, de 10 véhicules (5 ambulances de la marque Jinbei et 5 véhicules Granse de transport et logistique) à la Croix-Rouge et au centre d'urgence de Shenyang.

Dongfeng Renault a offert des masques, des vêtements et lunettes de protection aux hôpitaux de Wuhan. La marque a offert aussi des réductions de -18% et -20% sur deux modèles de voitures de février à juin 2020 au personnel de santé luttant contre le virus qui pourront également bénéficier gratuitement des services de déclaration d'immatriculation et de maintenance.

La Société Générale et le groupe Total ont également contribué à cet effort de générosité grâce à diverses actions.

资料来源：法国驻华大使馆

Source: French Embassy in China





# Diplomats at the Front Line

## 外交战“疫”



坚守岗位的领事司工作人员

Staff of the Consular Department stand firm in their posts

春节前夕，外交部的办公室陆续传来同事们因湖北疫情蔓延放弃回家过年的消息。

1月23日一大早，武汉“封城”消息传出，让人不免有些替武汉担心。大年初二刚吃过午饭，司领导的一个电话打破了宁静：你有没有时间，可不可以来部里加班，现在疫情防控工作任务繁重，人手短缺，希望你能考虑一下。作为在领事司工作多年的一名“老员工”，自己曾参加过利比亚撤侨等多项紧急情况下的特殊工作任务，因此深知此刻情况危急，不容犹豫。我果断回答到：没问题，我收拾一下马上去部里。与此同时，越来越多的同事们也从家中陆续赶来，加入紧张的团队工作中。

自春节前夕，领事司国内领事处的办公室就再没熄过灯。大年初三晚上，疫情升级，举国上下氛围紧张。晚21时，领事司崔爱民司长开完一个部内协调会，随后把正在加班的工作组同事们叫在一起，传达了部领导有关工作指示精神和下步工作安排，同时宣布部党委将派工作组赴武汉一线协助工作。晚22时，突然听到分管司领导的一声呼唤，“小买，请到我办公室来一下！”，我立即放下手中刚刚拿起的盒饭。“周立民副司长将率一个工作组紧急前往武汉，还需要一名工作人员，跟几位司领导商量了一下，想征求你的意见，有没有什么困难？你考虑一下尽快回复我，如果行，马上就要出发！”

没有任何思想斗争，没有丝毫的犹豫，我即刻回答到：没问题，我可以！此时此刻才是检验一名共产党员的关键时刻！

在部国际司、国家卫健委、国家铁路总公司等部门的协助下，美大司陶松处长、新闻司高原副处长和我三人于28日早晨7点钟顺利坐上了前往武汉的空荡荡的高铁，同

正从山东老家坐火车转车前往武汉的周立民副司长会合，驶向疫情最为严重，同样也是祖国最需要帮助的武汉。

在高铁上得知，出国常驻前正在武汉家中休假的亚洲司三秘文龙也加入了工作组，周立民组长宣布“战时”临时党支部成立，要求全体组员在特殊时期，听从指挥，发扬勇敢拼搏、不怕牺牲的革命精神，按照党中央和部党委统一部署和要求，做好疫情防控涉外工作。以实际行动践行“忠诚、使命、奉献”的外交人员核心价值观，坐在火车上心情是平静的，脑海中想的更多是如何在抵达后开展工作。

接下来的工作可谓紧张而忙碌。制定涉外工作计划、与部疫情防控工作组保持沟通、同省外办召开协调会、赴机场协助外国人撤离、看望在汉外国留学生。工作组的主要工作内容包括：协助外国包机撤离其在鄂侨民；与驻外使领馆密切配合接回我在国外滞留的湖北籍人员；做好在鄂外国人工作，为他们提供必要的防疫物资和生活保障；营造良好有利的外部环境；协助海外采购和外国捐赠物资的清关事项等。短短两周内，工作组会同湖北省外办等有关部门，协助撤离在鄂外国人7千多人；接回来自6个国家、12架航班，接回国外滞留的湖北籍人员1314人。

此次疫情防控涉外工作时间紧。问题是外国集中撤离在华侨民无先例可借鉴，且各国提出的需求复杂多元，工作时间跨度长；二是撤离等工作任务均安排在夜间执行，白天除制定计划、做好筹备外，夜里还需赴机场现场协调；三是因处疫情特殊时期，加之武汉“封城”等客观因素，工作中涉及的省内市内交通、关卡检验检疫等情况十分复杂，协调部门多、难度大；四是由于疫情期间人员流动受限，省外办等部门人手极其短缺，还需克服疫情带来的紧张，做好自我防护。

刚抵武汉的时候，空无一人的街道和疾驰而过的救护车反复提示着我们已经来到了疫情最严重的地区。但此后多天的连续作战，让我逐渐忘却了刚来武汉时的紧张。

撤离的外国包机中，美国、日本等确诊了十余名感染新



外交部成立赴武汉工作组

Working group for Wuhan established by the Ministry of Foreign Affairs



外交战士

Diplomatic fighters

冠病毒患者，与我们并肩作战的外办工作人员家属中也出现了确诊病例，从其他途径又听到了身边几起真实确诊的情况，这让工作组的每一名成员不由提高了警惕。然而，就在一线工作紧张忙碌的时候，我由于过于疲惫，抵抗力下降，体力不支，身体发出了求救信号。1月31日晚，我在晚饭后即将离开驻地乘车前往机场工作的时候，被酒店大堂的监控设备检测出体温偏高（37.1度），第二天立即进行了相关医学检查（未发现任何问题）。

为保证不出任何差错，按照工作组负责医生的要求，我必须在酒店房间内隔离两周不能出门。隔离期间，虽然不能前往机场、外办等地现场办公，但根据工作组统一安排，我仍然负责与部内有关部门联系，制定每日工作计划，安排、调度小组人员工作任务，跟踪、汇总有关工作情况和信息，按照正常工作要求和节奏继续工作，发挥应有的作用。

周立民副司长在我隔离期间，除带领包括我在内的所有组员继续不折不扣地完成工作任务外，主动为我“打气”，每日悉心询问我身体状况，协助联系中医，想尽各种办法帮我提高自身免疫力，希我尽早恢复健康。

两周过后，我又重新恢复了正常的生活和工作，也愈发珍惜每一分每一秒，积极主动热情地继续投入到工作中。

2月4日晚，王毅国务委员兼外长对工作组十分关心，同工作组进行电话连线慰问。王毅部长对工作组所做细致全面工作予以高度肯定，向工作组表示敬意和感谢。同时要求大家注意身体健康，做好自身防护。齐玉书记，马朝旭副部长、罗照辉副部长也多次打电话给工作组，转达部党委问候，部署指导工作。部疫情防控应急工作组还专程给每一位小组成员寄来了防护用品和慰问品。

部党委的指导和关心给工作组指明了方向，振奋了工作组的士气，大家把组织的关怀转化成了前进的动力，更足干劲把工作做得更好。

——根据中国外交部领事司买欣全所著“这场战役我们与你同在”简编

On the eve of the Spring Festival, the Ministry of Foreign Affairs was receiving information that its employees had given up plans to return to their hometown to celebrate the Spring Festival because of the spread of the epidemic in Hubei Province.

In the early morning of January 23, the news of Wuhan's "closure" broke out making people worry about Wuhan. Just after lunch on the second day of the lunar new year, a phone call from the relevant department broke the silence: do you have time to work overtime in the Ministry? The task of epidemic prevention and control is quite urgent and we have a shortage of manpower. I hope you can think about it. The call came from an "old employee" who has worked in the Consular Department for many years, has participated in a number of special operations in emergency situations, such as the withdrawal of overseas Chinese from Libya. Therefore, he was well aware that the situation was critical and there is no room for hesitation. I firmly replied: no problem. I'll pack up and go to the Ministry. At the same time, more and more colleagues were pouring in from home to join the intense team work.

Since the eve of the Spring Festival, the lights in the Domestic Section of the Consular Department have not been turned off. On the evening of the third day of the lunar new year, the epidemic situation escalated and the atmosphere was tense all over the country. At 21 p.m., Director General Cui Aimin of the Consular Department held an internal coordination meeting, gathered the colleagues of the working group, who were already working overtime, conveyed the spirit of the relevant work instructions, informed us about the next steps, and announced that the Party Committee of the Department would send a working group to Wuhan to assist in the work. At 22 p.m., I received a call from the leader in charge of the Department, "Xiao Mai, please come to my office!" I immediately put down the box of rice I just picked up. "Deputy Director Zhou Limin will lead an emergency working group to Wuhan, and a staff member is needed. I discussed it with several department leaders, now I ask for your opinion. Would you join us? Please give me a reply as soon as possible. If you say yes, you'll start right away!"

Without any ideological struggle and without any hesitation, I immediately replied: no problem, I can! This was a critical moment for testing a Communist Party member!



# Diplomats at the Front Line



工作组迎接国外滞留的湖北籍人员

The working group welcomes people returning to Hubei



协助外国包机撤离其在鄂侨民

Assisting foreign charter flights in evacuating citizens from Hubei

With the assistance of the Department of International Affairs, the National Health Commission, the National Railway Corporation and other departments, Director Tao Song of the US Division, Deputy Director Gao Yuan of the News Department and the three of us successfully got on an empty high-speed railway leaving for Wuhan at 7 o'clock in the morning of the 28th. On the way we were joined by Deputy Director Zhou Limin, who was transferring from his hometown in Shandong Province to Wuhan also by train, all of us heading to the centre of a serious epidemic to provide the most needed help to the motherland and help out Wuhan.

On the high-speed rail, I learned that Wen Long, third secretary of the Asian Division, who was on vacation at his home in Wuhan before going abroad, also joined the working group. Leader Zhou Limin announced the establishment of the provisional "wartime" Party Branch, requiring all members to follow command, carry

forward the revolutionary spirit of brave struggle, fear no sacrifice, and do a good job in epidemic prevention and control in accordance with the unified guidelines and requirements of the Party Central Committee and the Party Committee of the Ministry. To practice the core values of "loyalty, mission and dedication" with practical actions, I felt calm when sitting on the train, and thought more about how to carry out the work after arriving.

The work that followed can be described as intense and busy. It included drawing up foreign related work plans, maintaining communication with the epidemic prevention and control working group of the Ministry, holding coordination meetings with the Provincial Foreign Affairs Office, going to the airport to assist foreigners to evacuate and also visiting foreign students in China. The main duties of the working group comprised assisting foreign chartered planes to evacuate foreign citizens from Hubei, cooperating closely with the embassies and consulates abroad to bring home citizens of Hubei from abroad, doing a good job at working with foreigners in Hubei, providing them with the necessary epidemic prevention materials and life support, creating a good and beneficial external environment, assisting in overseas procurement and customs clearance of foreign donated goods, etc. In just two weeks, the working group, together with the Foreign Affairs Office of Hubei Province and other relevant departments, assisted in the evacuation of more than 7,000 foreigners from Hubei and received 12 flights from six countries with 1,314 passengers of Hubei origins.

The epidemic prevention and control work time is tight. The problem was that there was no precedent for the centralized evacuation of overseas Chinese in foreign countries, and the demands put forward by various countries are complex and diverse, the working time is long; secondly, the evacuation and other work tasks are arranged at night, in addition to making plans and making preparations during the day, the airport site coordination is also done at night; thirdly, the special timing of the epidemic, coupled with objective factors such as the lock down of Wuhan, the work involving transportation, inspection and quarantine at checkpoints in the province is very complex, in addition there are many competent authorities, making the coordination difficult. Fourthly, due to the limited flow of personnel during the epidemic, there was a shortage



工作组在武汉紧张工作

The working group is working hard in Wuhan

of manpower in the provincial and foreign offices and other departments. Personally, it is also necessary to overcome the fear caused by the epidemic and do a good job in self-protection.

When we first arrived in Wuhan, the empty streets and the speeding ambulances repeatedly reminded us that we had reached the epicentre of the epidemic. But after that, I gradually left behind my fear.

Among the evacuation foreign chartered flights, the United States, Japan and other countries confirmed that more than 10 patients were infected with the new coronavirus. Among the families of the foreign office staff who worked with us, there were also confirmed cases. From other sources, we also heard of several other confirmed cases, making every member of the working group more vigilant. However, just when I was the most busy at the front line, my body sent signals for help. I was way too tired, my immune system crumbled, and I had no strength. On the evening of January 31, when I was about to leave my place of residence for work at the airport, my temperature was detected to be on the high side (37.1 degrees) by the monitoring equipment in the hotel lobby. The compulsory medical examination was carried out immediately the next day (luckily no problem was found).

To ensure that there is no mistake, according to the requirements of the doctor in charge of the working group, I was quarantined in the hotel room for two weeks. During the isolation period, although I could not go to the airport, visit the foreign office and other places,

according to the unified arrangement of the working group, I was still responsible for contacting the relevant departments within the Ministry, drafting daily work plans, arranging and dispatching work tasks to the members of the group, tracking and summarizing the relevant work conditions and information and continued the work according to the normal work requirements and rhythm, and felt need to make some contribution.

During my isolation, Deputy Director General Zhou Limin, took the initiative to cheer me and all the members of the team up. He also asked me about my physical condition every day, helped me to get some traditional Chinese medicine, tried every means to improve my immune system in the hope that I can recover as soon as possible.

Two weeks later, I returned to my normal life and work, cherished every minute and every second more, and actively and enthusiastically jumped into the work.

On the evening of February 4, State Councillor and Foreign Minister Wang Yi expressed his great support for the working group and conducted a telephone conversation with the group. Minister Wang Yi highly endorsed the elaborate and comprehensive activity of the working group, paid his tribute and expressed his gratitude toward the working group. At the same time, he required us to pay attention to our physical health and do a good job in self-protection. Secretary Qi Yu, Vice Minister Ma Zhaoxu and Vice Minister Luo Zhaohui also called the working group many times to convey the greetings of the Party Committee of the Ministry and to steer and guide the work. The Ministry's emergency working group for epidemic prevention and control also sent protective articles and their sympathy to each team member.

The guidance and concern of the Party Committee of the Ministry pointed out the direction for the working group, boosted the morale of the working group, and turned the concerns of the organization into a driving force for progress, so as to make the work better.

Based on the writing of Ma Xinquan from the Consular Department of the Ministry of Foreign Affairs of China titled "We are with you in this Battle".



## Unveiling the logo of Huoshenshan and Leishenshan Hospitals

### 火神山、雷神山 LOGO 揭秘

2020年2月2日是个对称日，火神山医院正式交付给军方。2月3日正式开始运行。与此同时，武汉火神山医院和雷神山医院的标志也出来了。我们一眼可以看到的元素便是八卦、葫芦、火苗都是典型的道家元素。先天八卦是道家的至宝。葫芦在传统文化道家里也是非常厉害的。可以吸收邪气，镇宅化煞。同时象征仙气收邪。葫芦一出新型冠状病毒再嚣张，有全民的防护和医生的努力。也能乖乖被火神山医院压制。利用先天八卦加持，可集中火能量。也赋予友心连心之一。葫芦下方是医院的十字架，代表病邪被完全压制在葫芦中。整个标志完全是道家的邪符咒。肺部疾病属金，火克金，葫芦线相连如柴心。为集中火是集聚能量，越烧越旺。同时取向中医顿药，先天八卦外侧四把火，从南往北，越烧越旺。北为水，这次疫情与武汉湿气直接相关。以火去湿气，同时整个图标背景为红色属火。火克金，火神山医院治肺炎疾病。



武汉雷神山医院  
WUHAN LEI SHEN SHAN HOSPITAL  
SINCE 2020.1.25

我们再说说雷神医院的标志，我们一眼就能看出来的便是盾牌，雷字，莲花这三个元素。盾牌代表着保护，守护，抵挡。雷电在中国传统文化中一直代表着驱邪，而莲花很多人会有不同的看法。觉得寓意着佛教。而在道家却是度人的象征，主要代表便是八仙中唯一的女性何仙姑。手持莲花就是度人。另外在道家中雷在卦为震，五行属木，整个图标为绿色，也为木。

下面再说说两个医院的关系，火神山和雷神山医院的关联，火神山医院为2020年1月23日开始动工，其名为火当然属火，主为克制肺间质病。雷神山医院为2020年1月25日开始动工，其名为雷在卦为震，属木。因为此次疫情比较严重，所以要加大火势来克金。因为疫情为湿邪，必须要阳气满满的木来生火。所以便有了雷神山医院雷神来辅助火神除疫。懂风水的应该也能看出来其中的玄妙。火神山在武汉西边的位置。24火克金正得其位，雷神山在武汉南边的位置，二十四山无火味。火神山动工时间为2020年1月23日为乙丑日，殷海中五行属金，火克金正得其时。雷神山动工时间为2020年1月25日为丁某日，金炉中火五行属火，木生火正得其时，火神山医院的开工日也蕴含着道家的寓意。1月23日开建，2月3日运行，暗合道家道生一，一生二，二生三，三生万物。此次疫情中即将见大工的火神山和雷神山医院，从最开始规划到完工，过程中无一不透露着道家弟子的身影。繁华盛世，归隐山门。天灾人祸必将下山，道家弟子从未缺席。这些隐而不出的高人，我们道门弟子也是。实打实的在行动，武当山道教协会捐款1500万元。支持湖北抗击疫情。道院道长带头捐款。共同为抗击疫情奉献力量。茅山道院抗击疫情专项募集活动，很多提供传承的药方，部分药方也得到了国家的采纳和应用。共同抗击这次疫情，一如道门的先辈们，国家有难从未缺席，生于华夏，长于华夏。

February 2, 2020 is a symmetrical day. The military's Huoshenshan Hospital was officially inaugurated on this day. It was officially put into operation on February 3. At the same time, the logos of Wuhan Huoshenshan Hospital and Leishenshan Hospital were also published. The elements we can see at a glance are the eight trigrams, gourds and flames, all typical Taoist elements. The eight trigram is the most precious treasure of Taoism. Gourd is also very powerful in traditional Taoism. It can absorb evil spirits and reduce their effects. At the same time, it symbolizes the spirit of immortality. In the time when a new virus is emerging, it is needed to protect the people and the doctors. The sickness can then be suppressed by Huoshenshan Hospital. The use of the innate eight trigrams blessing can concentrate fire energy. It also gives warm hearts to friends. Below the gourd is the cross of the hospital, which means that the disease is completely suppressed by the gourd. The whole sign is a magic spell of Taoism. Lung disease belongs to gold, fire can melt gold, the silhouette of the gourd is connected to the heart. So this this design is about focusing the energy of the fire, the more it burns, the hotter it gets to melt the gold. At the same time, the designer also included four fires of traditional Chinese medicine on the outside of the eight trigrams. From the south to the north, making the fire even more intense. Water is in the north, and the epidemic is directly related to Wuhan's humidity. The idea is dehumidification by fire, the background of the logo is also red, symbolizing hot temperatures. Huoshenshan Hospital is ready to heal pneumonia.

Now let's turn our attention to the logo of Leishenshan Hospital. We can see the three elements of a shield, thunderbolts and a lotus at a glance. The shield represents protection and resistance. Thunder and lightning have always represented exorcism in Chinese traditional culture. As for the lotus many people have different views. Some think it represents Buddhism. But in Taoism, it is a symbol of salvation. Its main representative is He Xiangnu, the only female among the eight immortals. The lotus in her hand is for salvation. The fifth element is wood, hence the green colour of the logo.



Let's talk about the relationship between the two hospitals. The construction of Huoshenshan Hospital started on January 23, 2020. The name of Huoshenshan Hospital means fire, of course. Its main purpose is to control pulmonary diseases. Leishenshan Hospital started its construction on January 25, 2020. Its name represents wood. Because the epidemic is serious, we need to intensify the fire to get rid of it. Because the epidemic

situation is also damp, we need wood, full of yang energy, to light up a huge fire. Therefore, Leishenshan Hospital is to assist the God of Fire to eliminate the epidemic. Those who know Fengshui should be able to see the mystery.

The 24 fires melting the gold have gained their places as the Leishenshan Hospital is located in the south of Wuhan, surrounded by 24 mountains. It is also noteworthy that the day of starting the construction of the hospital fell on January 23, in the Taoist calendar related to 24. So the fires are well placed to melt the gold and thus cure lung diseases.

The construction work of Leishenshan Hospital started on January 25, another special day, referencing a golden fireplace, the fire and the wood, necessary to make a fire, so this day also carries an interesting connotation for the scholars of Taoism. The dates January 23 (1.23), the start of the construction, and February 3 (2.3), the end of construction are related to a Taoist saying: 1 gave rise to 2, 2 gave rise to 3, 3 gave rise to everything.

One can see that in the case of these two hospitals, from start to finish, the principles of Taoism were meticulously observed and followed.

Even in prosperous times, do not forget the hills, since the calamities will descend from the hills. Followers of Taoism know it very well. Noble people living in seclusion in the mountains are always ready to provide help.

The Association of Wudang Mountain donated 1.5 million yuan to support the cause. The head of the College of Taoism also made donations leading the way. During a charity event in Mao mountain, lots of medicines were collected and put into use.

To win the fight against the sickness, the believers of Taoism, born in China and grew up in China, follow their predecessors and answer the call of the country when it needs helping hands.







# Do-it-yourself masks in China, nothing is impossible!

民间自制硬核口罩，只有想不到，没有做不到!

面对严峻的新冠病毒疫情  
平时不起眼的口罩  
此时可真是一罩难求  
不过这点小困难可难不倒见过世面的中国人  
民间大神纷纷出手研究出了  
各种“硬核”的防疫道具与防疫手段

Facing the severe situation of the new virus,  
Facial masks are in short supply,  
But the Chinese people are very inventive,  
So they came up with their own solutions to the problem,  
And created these so called "hard core" virus busters.



节约环保型  
Environment  
friendly



就地取材型  
Made of local  
materials



全副武装型  
Fully  
protective



# So is the Japanese Red Cross

## 日本红十字会竟然是这样……

这是网站: <http://www.jrc.or.jp/about/financialresult/> 进入页面之后, 可以看到业务报告、总结报告, 每一年的都能看到。

我比较好奇的是“业务报告·决算”这一栏, 想知道他们这



一年都干嘛了。

我随便打开了2017年的业务报告书, 因为报告是pdf的, 而且文件非常大, 我只能截图。

打开之后, 封面是一个抱着孩子的妈妈, 没有明星代言, 也没有惨不忍睹的场面, 即使遇到再大的困难也要微笑面对: 这是我读到的内容。

日本的红十字会发展的太可怕了, 他们不只是我原来认为的只是将社会募捐的钱和物资交给灾区和需要的人那么简单, 它是一个庞大的, 非常系统的体系, 他们不单单募集爱心捐款, 招志愿者, 招献血者, 居然还有医疗事业、护士等人才培养、血液事业、社会福祉事业、急救知识讲座、青少年红十字会、志愿者活动等等。此篇我着重介绍日本红十字会2016-2017年之间救灾活动内容和当年其他业务的汇报内容。

特集一: 熊本地震灾害的应急这一年熊本发生了重大地震, 很多房屋倒塌, 灾区损失惨重。

报告第一页介绍了灾情, 最重要的是, 右下角写了日本红十字会在本次灾情期间的主要活动及日程。

第二页更是清晰的介绍了此次地震灾害过程中, 五个方面的主要工作内容, 右边是直接数字展现的支援内容, 派了多少个人, 救了多少人, 发了多少个毛毯, 等等都很清楚。

第三页左半部分是关于受灾群众的资金安排, 他们甚至把资金流向做了清晰的图标, 从募捐者捐出资金到红十字会, 然后义援金分配委员会发到各个市町村, 再由市町村发给每一个受灾群众, 流向清晰明了。而右半部分贴出了各个受灾个体收到爱心捐款的感谢感言, 很多人失去了家, 却因为爱心捐款得到了一些安慰。

特集二: 介绍的是他们在本年度向中东做出的支援工作内容, 比如向叙利亚难民支出的一亿七千万日元资金购买了各个难民需要的物资, 通过当地的红十字会“叙利亚红新月社”发放到难民手里。

接下来介绍的是生命攸关的9项红十字会事业

### 1、国内灾害救护

八月发生的10号台风, 十月发生的鸟取县地震, 十二月发生的新泻县持续了30小时才扑灭的火灾。

### 2、国际活动

主要是厄瓜多尔地震援助、尼泊尔地震援助、菲律宾台风



灾后援助、国际灾难援助人才培养、中长期人道主义需求地区表等等, 感觉日本红十字会一年都好忙啊, 国内国外都忙成这样了, 还有空整理资料, 做成这么详细的报告书。

### 3、医疗事业

没想到日本红十字会医疗事业部居然是一个拥有93家医疗机构, 在职56000医护人员的庞大机构, 因此此报告中也汇报了本年度新招多少名医护人员, 全国的医疗设施有多少。

简短的翻译一下, 日本红十字会拥有6家高度急救中心, 2家新型急救中心, 4架急救用直升机, 7家儿童急救中心, 而他们也拥有最近大家关心的传染病医院, 有特定感染症指定医疗机构1家, 第一种感染指定医疗机构6家, 第二种感染指定医疗机构32家, 灾害定点医院则更多, 基于灾害定点医院10家, 地域灾害定点医院53家等等, 具体请看黄色部分的介绍, 都是汉字, 不懂日语也能看得明白。



### 4、护士等人才培养

### 5、血液事业

主要汇报了本年度献血相关内容及造血干细胞等相关业务, 小编在超市门口经常能看到大声喊“请献血”的人, 原来是红十字会的呢, 由此可知日本红十字会每年有多少人献血, 而献血主要用到哪里。

### 6、医疗福祉事业

关爱各种老人院, 儿童福利院

## 被災者を支える災害義援金

### 災害義援金の流れ

国内で発生した災害の被災者のお見舞い、生活支援に

国内で発生した災害に際しては、日本赤十字社にお寄せいただいた「義援金」は、被災者支援に活用される義援金配分委員会に全額送金

国内の被災者・個人・法人の皆さまから寄せられた義援金は、被災者支援に活用される義援金配分委員会を通じて全額被災者の皆さまへ送金されます。



## ありがとうの声

皆さんの義援金によって助けられた被災者の方からありがとうの声が寄せられました。

被災者を支える、

あなたに感謝を届けたい。

自宅が全壊したのが本当に辛かったです。隣近所の中からもなかったりするので、その精神的なショックからきているのか、泣き止まずに泣いていました。そんな中、全国の皆さまからの支援は本当に心強かったです。義援金はこれからの生活に大役に使わせていただきます。



### 7、急救方法等普及講座

日本防災意識非常強, 平时从小学生开始就普及各种急救方法。

### 8、青少年红十字会

在学校等地方发展青少年红十字会志愿者

### 9、红十字会志愿者

努力发展新的红十字会志愿者, 让更多人了解并参与红十字会活动。

最后是各个支持企业的logo, 然后就是收支报告, 各个企业的就不放了, 非常值得关注的是收支报告!!

我们可以看到, 收入和支出是一摸一样的, 每1日元的趋向都十分清楚, 如此庞大的机构, 在这么繁忙的救灾, 援助等工作过程中还能完成如此精细的费用计算, 透明, 清楚, 谁都可以看得懂, 谁都可以知道钱去哪里了。



家族・故郷・友人・自由… 紛争は子供たちから何を奪うのだろうか?





Once you land on their web page, you can take a look at the business and executive reports, published every year.

I was especially curious about the "business report", an overall summary, since I wanted to know what they have done during the year.

I opened up the 2017 business report. Since it is a huge pdf file, here I can only share some of the screenshots I have taken of the report.

On its cover is a mother holding a child. No quotes from popular stars, no ugly scenes. Even if you encounter a difficulty, smile! At least, this is how I decrypted this message.

The development of the Red Cross in Japan is amazing. They are far not what I originally thought, a simple organization channelling funds and materials donated by the people to the disaster hit area and the needy. They are way more than that. They run a huge, systematic organization. They not only collect love donations, recruit volunteers and blood donors, but also perform trainings, are involved in blood logistics, social welfare business, first aid lectures, the Youth Red Cross, volunteer activities and so on. This article focuses on the contents of disaster relief activities and other activity reports of the Japanese Red Cross Society during 2016-2017.

Chapter 1, Kumamoto earthquake disaster emergency. That year, Kumamoto had a major earthquake, several houses collapsed, the disaster hit area suffered heavy losses.

The first page of the report introduces the disaster situation, and most importantly, the main activities and agenda of the Japanese Red Cross Society during the disaster period.

The second page is a clear introduction of the earthquake disaster relief process, five aspects of the



main work. On the right side, the relief efforts are shown in numbers. It is written in black and white how many people were sent, how many people were saved, how many blankets were distributed, and so on.

The third page is about the financial arrangement for the victims. They even drew a clear illustration of the flow of money. From the fund raisers to the Red Cross, then the Distribution Committee of Aid to the villages of each city, and then to each affected people, the flow is clear. On the same page we also find expressions of gratitude from individuals receiving a donation. Many people lost their homes, but they got some comfort because of those "love donations".

Chapter 2 introduces their support work to the Middle East that year. For example, 170 million yuan was spent on Syrian refugees to purchase materials needed by various refugees, and which sum was distributed to refugees through the local Red Cross Society called "Syrian Red Heart Moon Society".

Next, I will briefly introduce nine areas of Red Cross undertakings.

#### 1. Domestic disaster rescue

Typhoon No. 10 in August, the earthquake in Birch County in October and the fire in Xinxie County in December that lasted for 30 hours.

#### 2. International activities

It mainly includes the earthquake aid for Ecuador, the Nepal earthquake aid, Philippines Typhoon post disaster assistance, international disaster assistance personnel training, regional break down of medium and long-term humanitarian needs, etc. I feel that the Japanese Red Cross Society has been very busy around the year. It's busy at home and abroad. They also managed to save some time to create such a detailed report.



#### 3. Medical services

The medical department of the Japanese Red Cross Society is a huge organization with 93 medical institutions and 56,000 medical staff. Therefore, the report also included data on how many new medical and nursing personnel were recruited this year, and how many medical facilities were in the country.

The Japanese Red Cross has 6 high-level emergency centres, 2 new emergency centres, 4 emergency helicopters and 7 children's emergency centres.

They also run infectious disease hospitals catering for everyone. There are 1 designated medical institution for specific infectious diseases, 6 designated medical institutions for type 1 infections and 32 designated medical institutions for the type 2 infections. There are several more designated hospitals for disasters, including 10 designated hospitals for basic disasters, 53 designated hospitals for regional disasters, etc.

#### 4. Training of nurses and other talents

Training is also an overarching concept of the Japanese Red Cross.

#### 5. Blood assistance

The section reports on the related contents to blood donation and the related businesses of haematopoietic stem cells in the given year. I myself often see people at the gate of supermarkets shouting "please donate blood". As it turns out they are all from the Red Cross. From this section, we may learn how many people donate blood every year for the Japanese Red Cross Society, and where the blood donation is mainly used.

#### 6. Medical welfare

Care for all kinds of retirement homes and children's

welfare homes.

#### 7. First aid methods and other popular lectures

Japan has a strong sense of disaster prevention. At normal times, all kinds of first aid methods are popularized among primary school students.

#### 8. Youth Red Cross

Situation of the recruitment of Youth Red Cross volunteers in schools and other places.

#### 9. Red Cross volunteers

Strive to develop new Red Cross volunteers. Let more people know and participate in Red Cross activities.

Finally, the logos of each supporting enterprises are displayed along with the revenue and expenditure report. Each enterprise is in focus, attracting the attention of the readers!



We can see that the income and the expenditures are in balance. The way of the money, down to 1 yuan, is absolutely clear. It's amazing how such a huge institution is able to come up with such a fine cost calculation amid its busy schedule in disaster relief and assistance. Everything is transparent and clear. Everyone can understand it and know for sure where the money has gone.

编辑资料来源: 日中通信

Source: Japan China Communication



# Images of the streets in Iran under the epidemic

## 图说伊朗 | 疫情下的街头万象

近日，伊朗出现新冠肺炎疫情。伊通社记者通过镜头，记录了普通百姓在疫情下的生活，在街头、在市场、在公园，市民们在用自己的方式抗“疫”。

The novel coronavirus pneumonia is now threatening Iran too. Reporters of the Iranian News Agency documented the lives of ordinary people under the epidemic with their cameras. In the streets, at the markets and in the parks, citizens are fighting the epidemic in their own way.

资料来源：中国驻伊朗大使馆  
Source: Chinese Embassy in Iran





# How was the plague eliminated 110 years ago

## 110年前的鼠疫，是如何被消灭的

提到鼠疫，便令人胆寒。公元6世纪，由地中海地区开始扩展，在医学史上有“游西第安那瘟疫”之称的第一次鼠疫大流行就造成了近亿人的死亡；14世纪开始，当时称之为“黑死病”的鼠疫爆发，遍及欧洲、亚洲和非洲北部，辗转流行到17世纪，死亡人数难以估量；1643年，在天津、北京京畿腹地爆发的“肺鼠疫”更是酿成了“死亡枕藉，十室九空”的惨况，也为明朝灭亡埋下了引线。

总的估算，鼠疫在世界史上已夺走3亿多人的生命，远远超过全球历次战争死亡人口的总和。

110年前，我国东北曾爆发鼠疫，从1910年10月末持续到1911年4月中旬，死亡6万余人。这场瘟疫是如何引发的？最终又是怎么消失的呢？

### 如何发生

在寒冷的地方，人们会想穿着动物的皮毛取暖，一件貂皮大衣让很多人梦寐以求。于是，当貂皮供不应求时，有人发现，旱獭皮经过染色后很像昂贵的黑貂皮，所以，捕杀、售卖旱獭成为一个巨大的产业链。

当时并无养殖技术，每一张皮都来自野外捕杀。由于待遇不错，一些逃荒到东北的苦力，尽管没有捕猎经验，还是源源不断地加入到猎獭的队伍中去。

他们中的很多人对鼠疫闻所未闻，见到旱獭就捕，遇



冬季的哈尔滨，疫区中心  
Harbin, the center of epidemic area in winter



伍连德  
Wu Liande

到行动迟缓的生病旱獭，还庆幸自己运气好。其实，旱獭就是土拨鼠，而病旱獭是因为感染了鼠疫后，被同类驱逐出来的。

很快，捕食过病旱獭的人，就出现了感染鼠疫的情况。

1910年10月25日，东北边疆城市满洲里一家客栈之中，有一位客人暴毙，死后浑身黑紫，符合鼠疫症状。此后，这家小客栈接连出现客人暴毙的情况。仅仅两周后，这场鼠疫便已经蔓延至哈尔滨地区的傅家甸，一名铁路工人因为鼠疫死亡。

转瞬之间，鼠疫就像是开闸了的洪水，迅速在哈尔滨蔓延开来。截止至1910年12月初，哈尔滨每日死亡人数达到一百多人。哈尔滨“沦陷”不久后，1911年1月初，长春和沈阳先后“沦陷”。仅仅20多天，鼠疫就传遍了东三省，平均每月死亡一万人，很多家庭都是举家暴毙，直接被病菌灭门。

那时，春节快到了，一旦人口流动，这样一场地区性的鼠疫，势必演变成全国性的灾难。

### 如何传播

疫情如此凶险，势不可挡，清政府高层当然不敢怠慢。

在外务部大臣施肇基的举荐下，清政府最终任命天津陆军军医学堂副监督伍连德担任全权总医官，前往东三省疫区防疫救治。

伍连德是马来西亚人，早年在剑桥大学取得文学学士和医学学士双学位。此后他又到德国和法国等医科大学及研究院继续进修，拿到医学博士学位，后来又开过多年诊所，在医学上有很丰富的经验。

1910年12月24日傍晚，伍连德先生带着一个助手

抵达哈尔滨，当天夜里，他就深入疫情最严重的哈尔滨傅家甸区域进行调查。他首先想搞清楚的是，鼠疫是从何而来的？又应该如何防堵？不找到鼠疫根源，防疫就无从谈起。

伍连德观察那些被捕捉的老鼠，发现它们身上并没有鼠疫杆菌。倒是在俄国人加工的皮毛上，他发现了大量的鼠疫杆菌。在找到疫病源头后，他大胆地断定，东北鼠疫的爆发，是通过飞沫和空气传播的。而这时，一位走访鼠疫病人的外国医生，在没有密切接触病人的情况下，也受到了感染并死亡。这个无接触的病例，印证了伍连德飞沫传播的推断。

### 如何消灭

接着，控制鼠疫，也就按照伍连德的方案正式全面展开了。

首先，清政府下令，封锁山海关，并在山海关外设立三道军事防线。从1911年1月13日开始，任何人出入山海关，都必须先在军人的看守下滞留5日，待确认无恙才可以放行（当时鼠疫的观察期是五天）。

其次，东三省总督下令，从1911年1月14日开始，南满铁路与东清铁路停止运行，最大程度减少人员跨区域流动。

第三，所有人都配发口罩（伍连德发明了一种因地制宜的棉纱口罩，里面放一块吸水药棉，用来隔离瘟疫，被称为“伍氏口罩”）。

第四，严格控制串门的现象，尤其是哈尔滨鼠疫最严重的傅家甸区域，被划分为了四个小片区，这四个片区的老百姓分别配发红黄蓝白四种颜色的口罩。警察通过



隔离区内的情景  
Situation in the quarantine zone



交通阻断后被隔离的人们  
People who got isolated as the traffic was abruptly

口罩颜色不同，控制不同区域内的老百姓的人员流动。

第五，哈尔滨医院收治的传染病人，按照病情轻重，分到不同区域，由专门人员进行看护治疗。而疑似病房是伍连德提出来的，据说现在这种做法也是跟伍连德学的。

这时，病情得到了一定的控制，但是并没有被消灭，每天死亡的人数还在增加。

根据多年丰富的医学经验，伍连德认定疫病之所以得不到控制，是因为大量的尸体未能得到正确处理。

经过不断实验，伍连德发现鼠疫病菌在尸体上，能够存活3个月之久。如果不及时处理这些尸体，老鼠会把病菌传到其他动物，进而再传染给人。

他认为，要想阻断尸体上的传染源，必须对尸体进行严格的处理，要么是深埋，要么是焚烧。

由于人手不够，深埋显然不合适，那么就只能进行焚烧了。

面对观念与防治的矛盾，伍连德让当地官员去坟场看到尸体成堆的可怕一幕，才得到他们支持，于是上书朝廷下令火葬。

后来，伍连德在沈阳举行的万国鼠疫大会上介绍当时的处理方式，他雇佣了二百多人，把尸体按百人堆成堆。再用炸药炸出一个大坑，装入五百具尸体，然后倒上煤油进行火化。

随着这一系列行之有效的措施，终于，在1911年3月1日，当日的死亡人数为零，到了4月底，鼠疫被全部消灭。

这也标志人类历史上第一次依靠科学分析、防治鼠疫的行动取得了胜利。

来源：上观新闻





110年前,东北三省被一场鼠疫席卷,尸横遍野  
110 years ago, three northeastern provinces were swept by a plague, the countryside was covered by bodies

When mentioning plague, everyone is scared to the bone. In the 6th century A.D., the plague broke out in the Mediterranean region. The first plague pandemic, which was known in the history of medicine as "the plague travelling to the West", resulted in the death of nearly 100 million people. In the 14th century, the plague, which was called "black death" at the time, spread all over Europe, Asia and northern Africa, and kept up until the 17th century. The death toll was incalculable; In 1643, the outbreak of "pulmonary plague" in Tianjin and the hinterland of Beijing resulted in the tragic situation of "piled up corpses", leading also to the demise of the Ming Dynasty.

It is estimated that the plague has killed more than 300 million people in the world over the course of the history, far more than all the wars combined.

110 years ago, a plague broke out in Northeast China, lasting from the end of October 1910 to the middle of April 1911 and killing more than 60,000 people. How did the plague start? How did it finally disappear?

#### How did it start?

In cold places, people want to wear animal fur to keep themselves warm. A mink coat sounded like a dream for many people, therefore the marten was in short supply. Some people found out that applying colours to a marmot skin, will make it look like an expensive black sable skin, so killing and selling marmots became a huge business.

At that time, there was no breeding technology, and each animal was killed in the wild. Because of the good revenue, some coolies who just arrived to the north-east, although having no hunting experience, joined the huntings.

Many of them have never heard of the plague. When they saw a marmot, they caught it. When they met sick marmots who were slow to move, they just felt lucky. In fact, marmots are marmots, sick marmots are expelled by their peers after they are infected with the plague.

People who had preyed on sick marmots became

infected with the plague in a matter of days.

On October 25, 1910, a guest died in an inn in Manchuria, a north-eastern frontier city. After his death, he was black and purple, consistent with the symptoms of the plague. After that, the inn has seen the sudden death of several of its guests. In just two weeks, the plague reached Fujiadian in Harbin, where a railway worker died of the sickness.

The plague was like water with a floodgate opened, spreading rapidly across Harbin. By the beginning of December 1910, the daily death toll in Harbin reached more than 100. Shortly after the fall of Harbin, in early January 1911, Changchun and Shenyang also gave in. In just over 20 days, the plague took over the three eastern provinces killing 10,000 people a month. Many families have been totally wiped out by the disease.

At that time, the Spring Festival was approaching. But if the people hit the road, this regional plague will inevitably turn into a national disaster.

#### How to contain it?

The pandemic was so dangerous and overwhelming that the top officials of the Qing government would not dare to neglect it.

Under the recommendation of Shi Zhaoji, Minister of Foreign Affairs, the Qing government finally appointed Wu Liande, Deputy Supervisor of Tianjin Military Medical School, as plenipotentiary general medical officer to go to the three provinces hit by the disease to conduct prevention and treatment.

Wu Liande was Malaysian. He earned his Bachelor of Arts and Bachelor of Medicine degrees at Cambridge University. Then he went to Germany, France and other medical universities and research institutes to continue his studies and to get a Ph.D degree in medicine. Later, he ran clinics and had a rich experience in medicine.

On the evening of December 24, 1910, Mr. Wu Liande arrived in Harbin with his assistant. That night, he



防疫医院医护人员对隔离疑似患者进行检查  
Medical staff of epidemic prevention hospital check the isolation of suspected patients

investigated the area of Fujiadian in Harbin, where the epidemic was the most serious. The first thing he wanted to know was, where the plague came from? How to stop it? If we don't know the source of the plague, there is no way to halt it.

In fact, before the investigation started, the local government of North-east China followed the advice of Japanese and Russian medical experts and launched a vigorous rat eradication campaign in the whole northeast. At that time, it was generally believed that plague was transmitted to humans by fleas on mice. However, although the officials and the people in the three provinces wiped out almost all the mice, the spread of the plague continued.

Wu Liande examined the captured mice and found that they were free of the plague. Instead, he found a large number of viruses on the fur processed by the Russians. After finding the source of the plague, he boldly concluded that the plague in Northeast China was being spread through droplets and air. At this time, a foreign doctor who visited the patients was infected and died without any close contact with the patients. This case also confirmed Wu Liande's theory of how the virus spreads.

#### How to eliminate it?

At that point, comprehensive control measures were launched according to the plans devised by Wu Liande.

First of all, the Qing government ordered the lock down of Shanhaiguan and set up three military lines outside of Shanhaiguan. From January 13, 1911, anyone who entered or left Shanhaiguan was to be detained for 5 days by military guards before being released (the quarantine period of plague at that time was 5 days).

Second, the governor of the three north-eastern provinces ordered the operation of the Nanman railway and the Dongqing railway to be ceased beginning January 14, 1911, so as to minimize the cross regional flow of people.

Third, all people were equipped with masks (Wu Liande invented a cotton mask adapted to local conditions, in which a piece of absorbent cotton is used to isolate the plague, also called "Wu's mask").

Fourth, the door-to-door visits were strictly curbed, especially in the Fujiadian area where the plague was the most devastating in Harbin. The city was divided into four small areas. People in these four areas were equipped with red, yellow, blue and white masks respectively. The police controlled the flow of people through different areas according to the colours of the masks.

Fifth, the infectious patients in Harbin hospital were divided into different areas according to the severity of their disease and were treated by special personnel. The ward of suspected cases was also invented by Wu Liande. In other words, the current practice is the brainchild of Wu Liande.



集中焚烧的棺木  
Mass cremation of coffins

At this time, the disease was controlled to some extent, but it was not eliminated yet, the number of people falling ill and dying every day kept increasing

Based on his rich medical experience, Wu Liande believed that the reason why the epidemic can not be controlled is that a large number of corpses have not been handled properly.

After painstaking experiments, Wu Liande found out that the virus responsible for the plague can survive for three months on a body. If the dead bodies are not handled in time, the mice will transmit the germs to other animals and then to people.

He believed that to block the source of infection on corpses, the bodies must be promptly treated, that is either be buried or burned.

Because of the shortage of manpower, the burial was not an option, so they could only be burned.

Facing the contradiction between theory and practice, Wu Liande asked local officials to visit to the cemetery and see for themselves the terrible view of piled up corpses. At that point he got the official support, and went to the court to order the cremations.

Later, Wu Liande introduced the used handling method at the universal plague conference held in Shenyang. Basically he hired more than 200 people to pile up the corpses in hundreds. Then he used dynamite to blow a big hole, filled it with 500 corpses, then poured kerosene on them for cremation.

With these series of effective measures, on March 1, 1911, the death toll on that day finally dropped to zero, and by the end of April, the plague was completely eliminated.

This also marks the first time in human history when scientific analysis combined with draconian prevention and control measures won the battle against the plague.

Source: Shangguan news





## 英国正式“脱欧”

The UK Officially Left the European Union

英国当地时间1月31日23时（布鲁塞尔时间1月31日24:00，北京时间2月1日07:00），英国正式脱离欧盟，成为历史上首个退出欧盟的国家。

在1月31日，英国正式“脱欧”，位于比利时布鲁塞尔和法国斯特拉斯堡的欧洲议会分别降下英国国旗，升上“欧盟旗”。

At Brussels time January 31, 24:00 (Beijing time February 1, 07:00), the United Kingdom officially left the European Union and became the first country in the history to exit the European Union.

On January 31, the UK officially "left Europe". The European Parliament in Brussels, Belgium and Strasbourg, France, removed the British flag and raised the flag of the European Union.



## Removal of the Union Jack





## 庆祝克罗地亚成为欧盟理事会轮值主席国

### Celebrating Croatia's Rotating Presidency of the European Council



为庆祝克罗地亚成为欧盟理事会轮值主席国，克罗地亚驻华大使馆于2020年1月15日在京举办了招待宴会。

To celebrate Croatia's rotating presidency of the European Council, the Croatian Embassy in China held a reception in Beijing on January 15, 2020.

克罗地亚驻华大使馆参赞 Bisera Fabrio 女士主持活动  
Ms. Bisera Fabrio, Counsellor of the Croatian Embassy in China, anchored the event



1. 欧盟驻华大使郁白阁下致辞  
Address by H.E. Nicolas Chapuis, EU Ambassador to China

2. 中国政府欧洲事务特别代表吴红波大使致辞  
Speech by Ambassador Wu Hongbo, Special Representative of the Chinese Government for European Affairs

3. 克罗地亚驻华大使达里欧·米海林阁下致辞  
Address by His Excellency Dario Mihelin, Ambassador of Croatia to China

4. 上任欧盟轮值主席国芬兰驻华大使肃海岚阁下致辞  
Address by His Excellency Jarmo Syrjälä, Finnish Ambassador to China

5. 下任欧盟轮值主席国德国驻华大使葛策阁下致辞  
Address by H.E. Clemens von Goetze, Ambassador of Germany, the upcoming next rotating presidency country

现场  
活动

*A moment of the event*





## 世界非政府组织日：欧洲联盟外交与安全事务高级代表兼欧洲委员会副主席何塞·博雷利的声明

### World NGO Day: Statement by the High Representative/Vice-President Josep Borrell

值此庆祝2月27日的世界非政府组织日之际，欧洲联盟赞赏公民社会组织为促进人权、善治、民主和法治所作的根本贡献。因此，它们是成功执行《2030年可持续发展议程》的关键伙伴。



我们目睹了许多国家对公民社会的前所未有的镇压：针对海外资金的限制性立法、公民社会组织的注册或结社限制、反抗议法、堵截法律、将在线异议和言论定为犯罪的法律、阻止访问网站和社交媒体，并在某些情况下还可能遭受暴力袭击和骚扰。

这种趋势需要停止。

欧盟致力于保护和增强包括人权捍卫者在内的公民行为者的权能，并致力于为公民社会创造空间。我们将继续与人权捍卫者会面，监督针对他们的审判，在拘留中探视他们，并向相关政府提出他们的案件。欧盟还支持关键的国际行为体，例如联合国人权维护者处境问题、结社自由和言论自由特别报告员。

欧盟是世界上最大的公民社会捐助体。欧洲民主与人权机制（EIDHR）是致力于支持公民社会的最大的欧盟机制之一。为证明其重要性，欧洲委员会提议将下一个财务框架内的资金水平保持在较高水平，在2021-2027年间提供15亿欧元。该机制促进了与孤立或边缘化的公民社会行为者的直接合作，包括通过向在特别困难的人权和民主背景下活动的人士分配直接款项。自2005年以来，欧盟已为30000多名人权捍卫者提供了支持。

如今，欧盟每天都捍卫一个强大而多元化的公民社会。我们将继续促进安全和有利的环境，使公民社会能够在这种环境中不受到障碍和不安全的影响。

On the World Non-Governmental Organisation Day, celebrated on 27 February, the European Union applauds the fundamental contribution made by civil society organisations to the promotion of human rights, good governance, democracy and the rule of law. As such, they are key partners for the successful implementation of the 2030 Agenda for Sustainable Development.

We are witnessing an unprecedented crackdown on civil society in many countries - restrictive legislation on foreign funding, restrictions for registration or association of civil society organisations, anti-protest laws, blocking laws, laws that criminalise online dissent and expression, the blocking of access to websites and social media and, in some cases, violent attacks and harassment.

This trend needs to stop.

The EU is committed to the protection and empowerment of civic actors, including human rights defenders, and to the promotion of space for civil society. We will continue to meet with human rights defenders, monitor their trials, visit them in detention, and raise their cases with governments. The EU also supports key international actors, such as UN Special Rapporteurs on human rights defenders, freedom of association, and freedom of expression.

The EU is the world's largest donor to civil society. The European Instrument for Democracy and Human rights (EIDHR) is one of the largest EU instruments dedicated to supporting civil society. Testament to its importance, the European Commission has proposed to keep its level of funding under next financial framework at a high level, with €1.5 billion for 2021-2027. This instrument facilitates direct cooperation with isolated or marginalised civil society actors, including through the allocation of direct grants to those operating in particularly difficult human rights and democracy contexts. Since 2005, the EU has supported more than 30,000 human rights defenders.

Today and every day, the EU stands up for a strong and pluralistic civil society. We will continue to promote a safe and enabling environment, in which civil society can operate free from hindrance and insecurity.

## 希腊迎来了历史上首位女总统

### Greece ushered in the first female president in history



卡特里娜·萨克拉罗普卢  
Katerina Sakellariopoulou

1月22日，希腊议会以压倒性多数投票选举出由总理米佐塔基斯提名的总统候选人卡特里娜·萨克拉罗普卢（Katerina Sakellariopoulou）为该国内任总统。

萨克拉罗普卢于周三在议会选举中当选，将于3月13日就职，成为首位担任希腊总统职位的妇女，这是希腊共和国历史上的第13位总统。

在当天的投票中，议会300名议员中有294名议员参与了投票，萨克拉罗普卢获得了包括新民主党、激进左翼联盟、争取变革运动党等绝大多数党派的支持，共计261票。

On January 22, Greece's parliament voted overwhelmingly to elect Katerina Sakellariopoulou, the presidential candidate nominated by Prime Minister Mitsotakis, as the country's next president.

Elected through parliamentary balloting on Wednesday, Ms. Sakellariopoulou will take office on March 13, becoming the first woman to hold the Greek presidency and the 13th president in the history of the Greek Republic.

294 of the 300 members of the parliament took part in the vote, giving support for Ms. Sakellariopoulou with 261 votes cast by the New Democratic Party, the Radical Left Alliance and the Movement for Change.





## 欧盟全线出击 为全球抗击疫情贡献 2.32 亿欧元

### ECOVID-19: EU working on all fronts €232 million for global efforts to tackle outbreak



欧洲委员会正在夜以继日地工作，为各成员国和国际社会对于减缓新型冠状病毒肺炎传播的努力提供支持。

#### 欧盟新一揽子援助计划

为了加强全球对病毒的备灾、预防和控制，欧洲委员会今天宣布了一项价值 2.32 亿欧元的新一揽子援助计划。这些资金的一部分将立即分配给不同部门，其余的将在未来几个月内发放。

“随着疫情确诊数字持续上升，公共卫生已成为我们的首要关切。无论是在欧洲、中国或其他任何地方加强备灾能力，国际社会都必须共同努力。为此欧洲已经准备好发挥引领作用，”欧洲委员会主席冯德莱恩如是表示

欧盟危机管理事务委员亚内兹·莱纳尔契奇说：“已经有超过 2600 人丧生，除了在各个层面做好准备，我们别无选择。我们的新一揽子援助计划将支持世界卫生组织，并提供目标资金以确保卫生系统较弱的国家不被落下。我们的目标是在全球范围内遏制疫情爆发。”

#### 支持成员国

鉴于意大利疫情的发展，委员会正在加大对各成员国在备灾、应急响应规划等方面的支持。

欧盟健康与食品安全事务委员斯特拉·基里亚齐迪斯说：“鉴于事态的快速发展，我们必须随时做好准备扩大援助。因此，由欧洲疾病预防控制中心和世界卫生组织组成的联合专家组本周将前往直意支持意大利政府。”

#### 背景

欧盟提供的新资金将有助于发现和诊断该病，为感染者提供护理，并在这一关键时刻防止进一步传播。

在 2.32 亿欧元的援助计划中：

1.14 亿欧元将用于支持世界卫生组织（世卫组织），特别是备灾和（危机）应对全球计划。该计划旨在卫生系统薄弱和应对能力有限的国家加强公共卫生应急准备和响应工作。部分资金来源有待于欧盟预算部门的批准。

计划给非洲拨款 1 500 万欧元，包括拨给塞内加尔达喀尔巴斯德研究所，以支持其采取诸如快速诊断和流行病学监测等措施。

1 亿欧元将用于急需的与诊断、治疗和预防相关的研究，其中 9000 万欧元将通过欧盟和制药行业之间的伙伴关系“创新药物计划”提供。

向欧盟民事保护机制拨款 300 万欧元，用于欧盟公民从中国武汉回国的航班费用。



The European Commission is working around the clock to support EU Member States and strengthen international efforts to slow the spread of COVID-19.

#### New EU aid package

To boost global preparedness, prevention and containment of the virus the Commission announces a new aid package worth €232 million. Part of these funds will be allocated immediately to different sectors, while the rest will be released in the next months.

“As cases continue to rise, public health is the number one priority. Whether it be boosting preparedness in Europe, in China or elsewhere, the international community must work together. Europe is here to play a leading role,” said Ursula von der Leyen, the President of the European Commission.

Janez Lenarčič, Commissioner for Crisis Management, and European Emergency Response Coordinator said: “With more than 2,600 lives lost already, there is no option but to prepare at all levels. Our new aid package will support the World Health Organisation and target funding to ensure countries with weaker health systems are not left behind. Our goal is to contain the outbreak at a global level”.

#### Support to Member States

Following the developments in Italy, the Commission is stepping up its support to Member States in the context of the on-going work on preparedness, contingency and response planning.

Stella Kyriakides, Commissioner for Health and

Food Safety said: “In view of the rapidly evolving situation, we stand ready to increase our assistance. In this vein, a joint expert mission of the European Centre for Disease Prevention and Control and the World Health Organisation will depart to Italy this week to support the Italian authorities.”

#### Background

New EU funding will help detect and diagnose the disease, care for infected people and prevent further transmission at this critical time.

Out of the €232 million aid package:

- €114 million will support the World Health Organization (WHO), in particular the global preparedness and response global plan. This intends to boost public health emergency preparedness and response work in countries with weak health systems and limited resilience. Part of this funding is subject to the agreement of the EU budgetary authorities.

- €15 million are planned to be allocated in Africa, including to the Institute Pasteur Dakar, Senegal to support measures such as rapid diagnosis and epidemiological surveillance.

- €100 million will go to urgently needed research related to diagnostics, therapeutics and prevention, including €90 million through the Innovative Medicines Initiative, a partnership between the EU and the pharmaceutical industry.

- €3 million allocated to the EU Civil Protection Mechanism for repatriation flights of EU citizens from Wuhan, China.







西班牙著名画家 Alberto Reguera 先生现场创作  
Mr. Alberto Reguera, well-known Spanish painter, with his work in the making

## 欧盟使馆中的艺术创作

### *Live Painting Show in the EU Delegation*



西班牙著名画家 Alberto Reguera 先生为嘉宾介绍作品  
Spanish painter Mr. Alberto Reguera, introduces his work to the guests

欧盟驻华代表团于 2020 年 1 月 15 日上午在欧盟驻华大使馆举办了一场来自西班牙画家 Alberto Reguera 的现场绘画创作。本次活动也是欧盟驻华代表团主办的。“千年之交，世纪之旅——欧洲文化线路展览”借此机会，Reguera 先生在会现场创作一幅延展性绘画，该艺术作品象征着泛欧洲旅行者的内心和外在外旅程。

On the morning of January 15, 2020, the EU Delegation to China held a live painting show of Spanish painter Alberto Reguera at the EU Delegation in China. The main organizer of the event was the EU Delegation to China. "The turn of a millennium, the journey of a century - the exhibition of European cultural routes". Mr. Reguera took this sentence as a motto to create a mega painting on the spot, symbolizing the inner and outer journey of Pan European travellers.



人文社会科学学院教授达奇博士介绍本次活动  
Dr. Ignacio Ramos Ph.D, Professor of the School of Humanities and Social Sciences, gave an introduction



瑞典驻华公使夫人在活动上讲话  
Mrs. Mope Andersson Michelle, Minister of the Swedish Embassy in China also spoke at the event



北京卡弥诺国际文化交流中心 (BCC) 团队成员张珂女士在活动上讲话  
Ms. Zhang Ke from BCC International Cultural Exchange Centre made a speech at the event too







日本驻华大使横井裕濤下致开场词  
Opening remarks by H.E. Yokoi Yutaka,  
Ambassador of Japan to China

## 2020 年中日友好成人仪式 Commencement Ceremony

由北京日本人留学生社团（BJSA）与日本驻华大使馆共同举办的2020年中日友好成人仪式于1月11日在使馆内举行。

The 2020 China Japan Friendship Commencement Ceremony jointly organised by BJSA and the Japanese Embassy in China was held in the Embassy on January 11.



中日成人代表致辞  
Speeches by Chinese and Japanese  
representatives



开镜仪式  
Opening ceremony



成人纪念书法  
Adult memorial calligraphy



团体表演 Group performance



现场花絮  
A tidbit of the event



# 尼泊尔旅游年在京启动

## Nepal Tourism Year Launched in Beijing



2020年1月7日，由尼泊尔驻华大使馆举办的“2020畅游尼泊尔年”的一系列相关文化和旅游推介活动在北京启动。

On January 7, 2020, a series of cultural and tourism promotion activities for launching the year "Visit Nepal 2020" were held by the Nepalese Embassy in Beijing.

尼泊尔驻华大使利拉·马尼·鲍德尔(H.E.Mr.Leela Mani Paudyal)阁下为“2020年访问尼泊尔”活动做了说明，并邀请中国游客到尼泊尔旅游，感受尼泊尔的独特文化，欣赏尼泊尔的自然风光，体验尼泊尔的冒险项目。鲍德尔大使回顾了2019年9月习主席访尼时对尼泊尔旅游年的最好祝愿。大使表示，相信今年的活动将有助于进一步深化和扩大两国人民的往来——3389

H.E. Mr. Leela Mani Paudyal, Nepal's Ambassador to China, gave an introduction of the year "Visit Nepal 2020," and invited Chinese tourists to visit Nepal, experience Nepal's unique culture, enjoy Nepal's natural scenery and dive into the adventures offered by Nepal. The ambassador quoted President Xi's best wishes for Nepal's tourism year when he visited Nepal back in September 2019. The ambassador also expressed his belief that this year's activities will contribute to further deepening and expanding exchanges between the two peoples.



尼泊尔驻华大使利拉·马尼·鲍德尔(H.E.Mr.Leela Mani Paudyal)阁下与北京市人民对外友好协会常务副会长张谦女士共同点亮油灯

H.E. Mr. Leela Mani Paudyal, Ambassador of Nepal to China, and Ms. Zhang Qian, Executive Vice President of Beijing Municipal People's Association for Friendship with Foreign Countries, lit an oil lamp



北京市人民对外友好协会常务副会长张谦女士致辞

Address by Ms. Zhang Qian, Executive Vice President of Beijing People's Association for Friendship with Foreign Countries



2020年尼泊尔旅游推广大使许晴女士在致辞中回顾了她最近对尼泊尔的访问，并强调了尼泊尔旅游业的巨大潜力。她鼓励中国人民拜访尼泊尔，因为尼泊尔拥有无与伦比的自然美景、文化遗产和丰富的多样性

In her speech, Ms. Xu Qing, Ambassador for tourism promotion of Nepal in 2020, reviewed her recent visit to Nepal and stressed the great potential of Nepal's tourism industry. She encouraged Chinese people to visit Nepal, which has unparalleled natural beauty, cultural heritage and a diverse society.



尼泊尔舞蹈表演  
Dance performance from Nepal







"跟着大使看世界" 线下活动

"Follow the Ambassador to See the World" offline activities



## 走进伊朗驻华大使馆 Enter the Iranian Embassy

2020年1月10日伊朗驻华大使馆接待了新年的第一到访者，他们是从内蒙古远道而来的《中国少儿报》的小记者们，在中伊两国国歌奏响之后，伊朗驻华大使馆文化参赞阿巴斯阿里·瓦法伊（Abbasali Vafaei）介绍伊朗的文化旅游教育等，并回答小记者们提出的有关伊朗各种各样的问题。



On January 10, 2020, the Iranian Embassy in China received the first visitors of the new year. They were small journalists from China Children's Daily, and arrived from Inner Mongolia. After the national anthems of China and Iran were played, Abbasali Vafaei, Cultural Counsellor of the Iranian Embassy in China, talked about Iran's culture, tourism and education and answered all kinds of questions about Iran raised by the little journalists.

## 精彩掠影

*Wonderful glimpse*



1 在伊朗孩子们是否有许多的家庭作业？  
Do children have a lot of homework in Iran?

2 伊朗的著名大学都有哪些？  
What are the famous universities in Iran?

3 伊朗都有哪些中国没有的动物？  
What animals does Iran have that China doesn't have?







"跟着大使看世界" 线下活动

"Follow the Ambassador to See the World" offline activities

## 走进亚美尼亚驻华大使馆

Enter the Armenian Embassy

精彩掠影

*Wonderful glimpse*

2020年1月14日北京元兴社少儿京剧团的学生们走进了亚美尼亚驻华大使馆，驻华大使谢尔盖·马纳萨良阁下介绍亚美尼亚人最喜爱的运动有哪些等等。孩子们表演京剧，并向大使赠送礼物。活动由使馆外交官玛莉亚女士主持。

On January 14, 2020, students from Beijing Yuanxing Community Children's Peking Opera Troupe walked into the Armenian Embassy in Beijing. H.E. Sergey Manassarian, Ambassador to China, introduced – among others – the favourite sports of Armenians. The children played a Peking Opera piece and presented gifts to the ambassador. The event was hosted by Ms. Maria, diplomat of the embassy.







1月16日,近40名学生走进斯洛伐克驻华大使馆与驻华大使杜尚·贝拉阁下近距离交流。孩子们不仅了解到了欧洲著名的斯洛伐克的冰雪运动,同时从大使那里学了几句斯洛伐克问候语。

On January 16, nearly 40 students stepped into the Slovak Embassy in China to have a close exchange with His Excellency Dušan Bella. The children not only learned about the Slovak ice and snow sports, famous across Europe, but also learned a few Slovak greetings from the ambassador.



"跟着大使看世界" 线下活动

"Follow the Ambassador to See the world" offline activities



# 走进斯洛伐克驻华大使馆

## Enter the Slovak Embassy

### 精彩掠影

*Wonderful glimpse*







2020年1月22日,近20名学生走进立陶宛驻华大使馆。文化参赞托马斯先生为同学们播放了一部有关介绍立陶宛“Labas-你好”的纪录片。同学们不仅了解了立陶宛著名的相关建筑,还有它的世界篮球顶级队。

On January 22, 2020, nearly 20 students entered the Lithuanian Embassy in China. Cultural Counsellor Mr. Tomas Ivanauskas, played a documentary "Labas (Hello)" about Lithuania for the students. Students not only learned about the famous buildings of Lithuania, but also became acquainted with its world top basketball team.



“跟着大使看世界”线下活动

"Follow the Ambassador to See the World" offline activities



# 走进立陶宛驻华大使馆

## Enter the Lithuanian Embassy

参赞托马斯 (TOMAS IVANAUSKAS) 先生向孩子们赠送立陶宛儿童书籍  
Mr. Tomas Ivanauskas, Cultural Counsellor of the embassy, presented Lithuanian children's books to the students.



### 精彩掠影

*Wonderful glimpse*



大使伊娜·玛邱罗尼塔 (Ina Marciulionyte) 阁下与孩子们交流。  
H.E. Ina Marciulionyte, Lithuanian Ambassador, in talk with the children.







## Follow the Ambassador to his Country

Dario Mihelin  
Croatian Ambassador to China

### 跟着大使看世界

——克罗地亚驻华大使达里欧·米海林

2019年有近50万中国游客到访过克罗地亚！看看你是否熟悉克罗地亚的繁富之地，且这些繁富之地是否包括在你下一次到访克罗地亚要参观和尝试的景点清单上。

克罗地亚位于中欧南部，地中海北部。所以我们可以说它代表了中欧的地中海港口，拥有1244个岛屿。克罗地亚是地中海上海岸线最曲折的国家，因此，有“千岛之国的美称”。这个国家是由4个地质区域组成：低洼地，中心区域，山脉地区和海岸线区域。这些区域包含其自然财富和文化瑰宝，使得我们国家成为世界上最令人向往的旅游目的地之一。国家公园和自然公园几乎占了这个国家的10%。

克罗地亚是一个充满生机的国家，克罗地亚人亦是如此。总的来说，我们热爱家庭，与朋友交往，热爱社区，热爱生活。我们总是表现出一种社区意识，即使是在最困难的日子也会在庆祝我们成就的时刻，捍卫我们的自由。

这与我们在世界上著名的体育成就有关，尤其是足球。身着红色和白色格子服的球迷们忠实地跟随着在后面，这些已成为在世界范围内公认的视觉识别身份的方式。

克罗地亚菜的主要特点是多样性，因此不可能挑出一道典型的烹调法或一道典型的菜肴。不同的自然和经济环境，不同的文化，影响了几个地区菜系的发展。葡萄种植和葡萄酒生产有着悠久的历史，遍及全国大部分地区，酿酒是一种传统的生活方式。克罗地亚虽然面积不大，但有丰富的文化遗产。联合国教科文组织的《世界遗产名录》证实了这一点，在克罗地亚注册了22种有形和无形的东西。几乎没有一个城市或地区你不会遇到它们。

关于克罗地亚，不可能提供一个完整的“知识循环”，但值得一提的是，描述这种知识的概念《百科全书》早在1559年就在克罗地亚人文主义者帕沃·斯卡利奇（Pavao Skalić）的一部作品的标题中找到了一席之地，并从那里传播到世界所有语言。以类似的方式，领带（领结）在三十年战争中首次作为克罗地亚军装的一部分出现在克罗地亚士兵的脖子上，以一种别致的装饰形式出现，也被全世界接受为优雅的标志。克罗地亚仍然为这一历史瑰宝感到骄傲，10月18日被纪念为克拉瓦特日。多亏了克罗地亚的计算机程序员托米斯拉夫·乌泽拉克，MP3播放器已经成为我们日常生活中必不可少的一部分。威尼斯探险家马可波罗（Marco Polo）出生太早，不可能扮演这一角色，但根据一些研究人员的说法，他与克罗地亚的渊源是科丘拉岛（island of Korčula）。达尔马提亚犬是克罗地亚最著名的本土犬种，没有它，迪斯尼著名的卡通《101达尔马提亚犬》就永远不会制作出来，它也起源于克罗地亚的同一地区。“欧洲长城”在克罗地亚南部。

享受克罗地亚最好的地方，我们呈现的国家——充满活力！

Almost half a million Chinese tourists visited Croatia in 2019! Find out if you are familiar with some of Croatia's riches and whether they are included on your list of things to see and try on your next trip to Croatia!

Croatia is located in the southern part of Central Europe and in the northern part of the Mediterranean, so we can say that it represents the Mediterranean port of Central Europe. With its 1,244 islands, Croatia has the most indented coast in the Mediterranean and justifies the name 'The land of a thousand islands'. The country is made up of four geographical regions — the lowlands, the central area, the mountains area and the coast. These regions contain a wealth of natural and cultural beauty, which makes our country one of the most desirable tourist destinations in the world. National and nature parks cover almost 10% of the country.

Croatia is a country full of life, and so are Croats. We love family, socializing with friends, community and life in general. We have always shown a sense of community, even in the most difficult days while defending our freedom, and in moments of celebrating our achievements. This particularly relates to our world-famous sports achievements, football in particular, faithfully followed by Croatian fans dressed in red and white squares, which have become our recognizable visual identity throughout the world.

The main feature of Croatian cuisine is its diversity, so it is impossible to single out a typical cuisine or typical dish. Different natural and economic circumstances and diverse cultural influences have affected the development of several regional cuisines. There is a long tradition of grape-growing and wine production, spread throughout

most parts of the country, and viticulture is a traditional way of life. Although small in terms of surface area, Croatia abounds in rich cultural heritage. UNESCO World Heritage List substantiates this with a registered 22 tangible and intangible goods in Croatia. There is hardly a city or region where you will not encounter them.

It is impossible to provide an entire 'cycle of knowledge' about Croatia, but it is worth mentioning that the concept describing such knowledge — the encyclopaedia — found its place in the title of a work by Croatian humanist Pavao Skalić as early as in 1559, from where it spread to all languages of the world. In a similar fashion, the necktie (cravat), which first appeared as part of the Croatian military uniform in the form of a picturesque adornment around the necks of Croatian soldiers in the Thirty Years War, was also accepted as a mark of elegance throughout the world. Croatia is still proud of this historical gem, and 18 October is commemorated as the Cravat Day. Thanks to the Croatian computer programmer Tomislav Uzelać, MP3 Players have become an essential part of our everyday life. Venetian explorer Marco Polo was born too early to possess such a player, but, according to some researchers, he is connected to Croatia by his family's place of origin — the island of Korčula. The Dalmatian dog, the best known indigenous Croatian canine breed, without which the famous Disney cartoon 101 Dalmatians would never have been made, also originates from the same part of Croatia. And "European Great Wall" is in the south of Croatia.

Enjoy some of the best places to discover in Croatia, the country we present as — Full of life!

### 普利特维兹湖国家公园

### PLITVICE LAKES NATIONAL PARK



普利特维兹湖是克罗地亚最著名的国家公园，也是唯一被联合国教科文组织列入世界遗产名录的克罗地亚天然宝石。这个公园的主要景点，世界上独一无二的，是由瀑布相连的小湖泊。公园里还有几个洞穴，还有泉水和开花的草地。这个公园的受欢迎程度还得益于用来带游客参观的特殊交通工具：全景电动火车和无声的电动船。

Plitvice Lakes is Croatia's best known national park and the only Croatian natural jewel that is on the UNESCO List of World Heritage sites. The main attractions of this park, unique in the world, are the 16 small lakes joined by waterfalls. There are also several caves in the park, as well as springs and flowering meadows. The popularity of this park is also boosted by the special means of transport used to take visitors around: the panoramic electric trains and the noiseless electro-powered boats.

### 克罗地亚

充满活力的国度







## 2 利西塔之心 LICITAR HEARTS

在过去的日子里，克罗地亚中部的年轻人会把他们的心交给女孩来表达他们的爱和爱意，不仅是隐喻性的，而且是一个真正可爱的心形蛋糕。制作利西塔的艺术代代相传，利西塔已成为克罗地亚人最公认的身份象征之一。

In the old day, young men in central Croatia would express their affection and love to girls by giving them their heart – not only metaphorically but an actual lovely sweet cake in the shape of heart. The art of licitar making is passed down from generation to generation and the licitar has become one of the most recognized symbols of Croatian identity.

## 3

## 杜布罗夫尼克城 CITY OF DUBROVNIK

杜布罗夫尼克迷人的中世纪中心被保存完好的城墙包围着，给英国诗人拜伦勋爵留下了深刻的印象，他称这座城市为“亚得里亚海的明珠”。杜布罗夫尼克至今给客人留下了同样的印象。它的美丽甚至震惊了好莱坞制片人，他们选择这座城市作为拍摄《权力的游戏》和《星球大战》的拍摄地点。杜布罗夫尼克是一个让所有客人都喘不过气来的城市。

Dubrovnik's fascinating medieval centre enclosed by perfectly preserved walls impressed the English poet Lord Byron so much that he called the city „Pearl of the Adriatic“. Dubrovnik leaves the same impression on its guests to this day. Its beauty even astounds Hollywood producers who chose the city as the location for filming Game of Thrones and Star Wars. Dubrovnik is the city that leaves all its guests breathless.



PHOTO: Ivo Biscina/CNTB



PHOTO: Ivo Biscina/CNTB

## 4 戴克里申宫与中世纪分裂 DIOCLETIAN PALACE AND MEDIEVAL SPLIT

罗马皇宫是古代晚期建筑中最有意义的作品之一，它不仅保存了原始部分，而且还保存了一系列原始的建筑形式。它是人们至今仍居住的宫殿，为达尔马提亚海岸这座生机勃勃的城市增添了光彩。

The Roman Emperor's Palace is one of the most significant works of late-ancient architecture, not just for the preservation of original parts but also for a series of original architectural forms. It is the palace in which people still live today, giving an additional flare to this vibrant city at the Dalmatian coast.



PHOTO: Luka Esenko/CNTB

## 5

## 布里朱尼国家公园 BRIJUNI NATIONAL PARK

布里朱尼岛，一个由两个大岛屿和十二个小岛屿组成的岛屿群，在离普拉不远的伊斯特拉岛西南海岸线。布里朱尼岛以其凹凸不平的自然和未受破坏的地中海植被而闻名，但该岛也以其宝贵的文化遗产而自豪。虽然没有人居住，但由于从大陆乘船过来的游客众多，岛上终年都有人。

Brijuni, a group of islands comprising of two large and twelve smaller isles, are strung along Istria's south western coast not far from Pula. Brijuni are renowned for its indented nature and the unspoiled Mediterranean vegetation, but the islands also boast an invaluable cultural heritage. Although not inhabited, because of the numerous tourists who are ferried over from the mainland by boat, there are people on the islands all year round.



PHOTO: Ivo Biscina/CNTB





## 6 科帕基里特自然公园 KOPAČKI RIT NATURE PARK

科帕基里特是欧洲最大的自然湿地之一，因此被推荐列入联合国教科文组织自然遗产名录。大群的鹿实际上是科帕基里特的高标，尽管野猪群也同样庞大。公园里还有其他哺乳动物，但鸟类数量要多得多，总共有 300 种不同的物种。其中最重要的是非常稀有和受保护的物种：白尾鹰和黑鹳。游览公园的最佳方式是乘坐游览船，即使是浅水沼泽的回水也能到达。

Kopački rit is one of the largest natural wetlands in Europe and as such has been recommended for inclusion in the UNESCO List of Natural Heritage. Large herds of deer are practically a trade mark of Kopački rit, despite the fact that herds of wild boar are just as large. There are other mammals in the park but far more numerous are birds, a total of 300 different species. The most important among them are the very rare and protected species: white tailed eagle and black stork. The best way to tour the park is on excursion boats which are able to reach even the shallow, swampy backwaters.

PHOTO: Ivo Biocina/CNTB

## 7 克罗地亚南部达尔马提亚的克拉帕之歌 KLAPA SINGING OF DALMATIA, SOUTHERN CROATIA

最初，这个词是指演唱特定曲目的演唱团体（4-10 名男歌手——克拉帕）。“克拉帕”一词最初是指一群朋友。歌唱队的领队是最高的嗓门。克拉帕的另一个重要特点是能够自由歌唱，而不需要借助于曲调的乐谱符号与他们的和声。从技术上讲，克拉帕歌手通过小夜曲来表达他们的情绪，比如低沉的嗓音和假声演唱。克拉帕歌曲的主题通常涉及爱情、熟悉的生活环境和他们生活的环境。然而，爱是重要的主题。

Originally, the term refers to the singing groups (4-10 male singers – klapa) that sing specific repertoire of songs. The term “klapa” initially meant a group of friends. The leader of the singing group is the highest voice. Another important feature of the klapa is the ability to sing freely, without the help of the notation of tunes and their harmonisation. Technically, klapa singers express their mood by serenade-like sotto voce and falsetto singing. Topics of klapa songs usually deal with love, familiar life situations, and the environment in which they live. Love, though, is the predominant theme.



PHOTO: Ivo Biocina/CNTB

## 8 卡尔卡国家公园 KRKA NATIONAL PARK

卡尔卡河流域最大的部分就是卡尔卡国家公园，除了自然景观外，还有丰富的文化和历史古迹。其中最杰出的是位于维索瓦茨小岛上的圣方济修道院，它坐落在湖中央，像一块宝石一样在河上扩张。另一个很受游客欢迎的景点是旧磨坊，现已被改造成了小型的人种学博物馆，人们可以在哪里看到昔日小麦是如何被磨碎的。然而，卡尔卡国家公园最主要的景观是它的七座瀑布。

The largest part of Krka amazing river's course is the national park, which in addition to its natural phenomena abounds with cultural and historical monuments. The most outstanding of these is the Franciscan monastery on the tiny island of Visovac, set in the middle of the lake widening in the river like a precious stone. The old mills, which have been transformed into small ethnographic museums where one can see how wheat was ground in the olden days, are a popular attraction for visitors. However, the main attraction of Krka National Park lies in its seven waterfalls.



PHOTO: Zoran Jasen/CNTB



PHOTO: Ivo Biocina/CNTB

## 9 希贝尼克 ŠIBENIK

我们的下一站是达尔马提亚中部的希贝尼克。圣尼古拉斯的希贝尼克城堡作为 16 至 17 世纪威尼斯防御工程文化资产的一部分，被联合国教科文组织列入世界遗产名录。当你途径希贝尼克时，你将会看到圣尼古拉斯城堡。希贝尼克群岛拥有令人印象深刻的海岸线和数十个群岛，是热情的水手们真正的天堂。在市中心，旧中央广场南侧，你将会看到圣詹姆斯大教堂。大教堂的装饰，如石砌的希贝尼克公民肖像，被认为是 15 和 16 世纪克罗地亚最重要的建筑成就。它于 2000 年 bei 联合国教科文组织列入世界遗产名录。

Our next stop is Šibenik in central Dalmatia. Šibenik fortress of St Nicholas is listed on the UNESCO List of World Heritage as part of the cultural asset of the Venetian Works of Defence between the 16th and 17th Centuries. While approaching Šibenik, you will pass by the fortress of St Nicholas. With its impressive coastline and dozens of islands, the Šibenik archipelago is a true paradise for passionate sailors. Located in the city centre, at the south side of the old central square, you will find the Cathedral of St. James. With its unique decorations, such as the chiselled portraits of Šibenik citizens on its stone facade, the Cathedral is considered the most important architectural achievement of the 15th and 16th century throughout Croatia. It entered the UNESCO World Heritage List in 2000.



PHOTO: Zoran Jasen/CNTB





## 10 特罗吉尔古城 HISTORIC CITY OF TROGIR

下一站目的地，历史名城特罗吉尔就位于你前方几公里处。一旦你踏上了陆地，你就到了特罗吉尔这座博物馆的中央。作为城市连续性的典范，这座历史名城的核心部分在1997年被列入联合国教科文组织世界遗产名录。在特罗吉尔列出所有值得参观的景点是不现实的，但最重要的建筑之一是圣劳伦斯大教堂，它最令人印象深刻的就是拉多万立面，该建筑被认为是克罗地亚罗马和哥特艺术的最重要的例子。

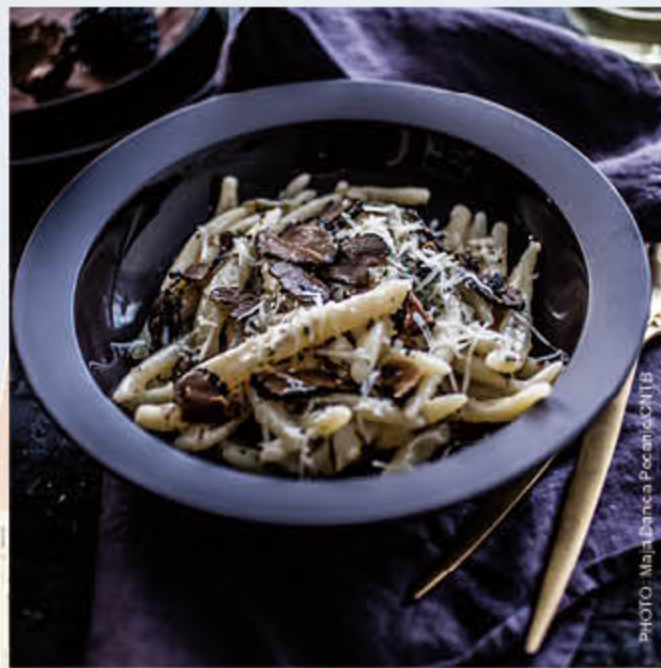
The historic city of Trogir, your next destination, lies only a couple of kilometres ahead of you. Once you have set foot ashore, you are right in the middle of the museum that is Trogir. Being an excellent example of urban continuity, the historic town core appeared on the UNESCO World Heritage List in 1997. Listing everything worth seeing in Trogir would be impossible, but one of the most significant buildings is probably the Cathedral of St. Lawrence with its impressive Portal of Radovan from the 13th century, a structure which is considered the most significant example of Roman and Gothic art in Croatia.

## 佩卡烧烤 PEKA GRILL



佩卡的配方已经有一千多年的历史了，但它仍然被沿用至今，因为它是保存美味的最佳方式。你可以将你选择的任何食材放入佩卡内——鱼、螃蟹、贝类、蔬菜、鸡肉、羊肉、猪肉、小牛肉等等。一个真正的大师才能做出美味的佩卡，所以这项技艺代代相传。和吃佩卡中美味的食物一样，看着它烹饪也同样令人兴奋。坐在草地上，喝一点自制的拉齐亚（白兰地），在等待晚餐的时候尽情享受吧。

The recipe for a peka is over a thousand years old, but still used today because it is the best way to preserve the richness of taste. You can put anything you choose under a peka – fish, crabs, shellfish, vegetables, chicken, lamb, pork, veal, etc. It takes a true master to make a good peka and so this skill is passed down from generation to generation. As delicious as a peka is to eat, it is as equally exciting to watch it cook. Have a seat on the grass, drink a little homemade rakija (brandy), and enjoy while you wait for your dinner.



## 12 伊斯特拉松露 ISTRIAN TRUFFLES

松露菌是一种生长在地下真菌，因其美味且极其昂贵而备受推崇。在伊斯特拉，特别是中部，在中世纪城市莫托文附近，有世界上最小的城市休姆，松露的采摘和烹饪技巧在这些地区得到了发展。你可以在优秀的伊斯特拉餐厅品尝到这些美味，以及著名的伊斯特拉葡萄酒玛尔瓦泽亚。

Truffles, a fungi whose fruits grow underground, are highly prized as a delicacy and are extremely expensive. Truffle-hunting and cooking have developed in Istria, central in particular, around medieval town of Motovun, with the smallest city in the world, Hum, nearby. You can enjoy them in excellent Istrian restaurants, together with famous Istrian wine, Malvazija.

## 13 仙粉黛 ZINFANDEL

美国人称之为仙粉黛，意大利人称之为普里米蒂沃，实际上都是克罗地亚品种特利比德拉格（也被称为瑟利恩娜克），是由加利福尼亚大学戴维斯分校的卡罗尔·梅里德斯教授在2002年发表的一篇科学论文中创立的。经过几十年的寻找，克罗地亚终于被认定为它的发源地，早在15世纪就已出现在克罗地亚，并与很多当地品种相关。

The variety that Americans call Zinfandel and the Italians Primitivo, is actually the Croatian variety Tribidrag, (aka Crljenak), as established by Professor Dr. Carole Meredith from the University of California Davis in a scientific paper published in 2002. After decades of searching for the identity of this exceptionally popular variety, Croatia is finally established as being its homeland, where it has been present as early as the 15th century, and is related to numerous other local varieties.







## 14 萨格勒布市 CITY OF ZAGREB

萨格勒布是一座拥有着年轻灵魂的老城。克罗地亚首都萨格勒布尽管拥有着近千年的历史，但内心仍然年轻及顽皮。白天，城市内蓬勃发展的业务就像其跳动的脉搏，又在夜幕降临时放松下来。尽管萨格勒布是一个完全现代化的大都市，当地人依然用传统的克罗地亚式热情好客来欢迎游客。穿过克罗地亚的首都，你会发现这里的街道、咖啡店、餐厅及购物场所的热闹氛围吸引着游客。如果你想在前往滨海旅游胜地的途中寻找一个可以使你获得新鲜感的休息方式，那么萨格勒布一定是你的不二之选。它已连续三年被评为欧洲最佳圣诞集市，并且也是世界第三佳的圣诞集市。

City of Zagreb is an old city with a young soul. The Croatian capital Zagreb is young and playful at heart, despite the almost thousand year-old history of its old town. By day, the city beats to the pulse of its thriving businesses, letting its hair down come sunset. And despite being a thoroughly modern metropolis, the locals welcome visitors with traditional Croatian hospitality. Delight to walk through, the capital of Croatia attracts visitors with the lively atmosphere of its streets, numerous coffee shops, restaurants and shopping. If you are looking for a break on your way to, or from, a seaside tourist resort, a break that would freshen up your journey, then Zagreb is the place to come to and it is waiting for you. It was voted for the best Christmas market in Europe for three years in a row and the third best Christmas market in the world.

## 15 科尔丘拉 - 马可波罗镇 KORČULA - THE TOWN OF MARCO POLO

马可波罗的出生地是建立在希腊殖民地的基础上，是杜布罗夫尼克地区最大的岛屿的历史和旅游中心。它以其鱼骨形状街道而闻名。科尔丘拉人保留了他们的风俗习惯和中世纪骑士在城镇街道上进行的“摩卡”游戏。温和的地中海美食将挑战即使是最挑剔的美食家的口味。海洋的礼物（贻贝、鱼、螃蟹）与当地的科尔丘拉葡萄酒搭配得非常好。

The birthplace of Marco Polo was built on the foundations of a Greek colony, and is the historical and tourist centre of the largest island in the Dubrovnik region. It is famous for its streets that are shaped in the form of a fish bone. The people of Korčula have preserved their customs and the medieval knight's game "Moreška" that takes place on the town streets. The gentle Mediterranean cuisine will challenge the palates of even the most fastidious gourmets.

The gifts of the sea (mussels, fish, crabs) go very well with the local Korčula wines - Grk, Pošip, Plavac and Rukatac.



## 16 普拉圆形剧场 - 竞技场 PULA PULA AMPHITHEATRE - ARENA

普拉圆形剧场是世界上保存最完好的罗马圆形剧场之一，可追溯到公元一世纪，最初是为角斗士战斗而设计的。在竞技场（圆形剧场），在夏天，你可以在世界上最美丽的舞台之一——星空下听一些来自音乐界的最著名音乐家的表演。

Pula amphitheatre is one of the most preserved Roman amphitheatres in the world, dating from the first century AD, originally designed for gladiatorial combat. In the Arena (amphitheatre), during the summer, you can listen to some of the most famous names from the world of music perform under the stars, on one of the most beautiful stages in the world.



## 17 石墙 WALLS OF STON

石墙是一系列防御性的石墙，最初有 7 公里多长，包围和保护了石城及其珍贵的盐田。他们的建筑开始于 1358 年，完成于 15 世纪，连同它的 40 座塔（其中 20 座幸存下来）和 5 座堡垒。今天，它是世界上保存时间第二长的防御系统，仅次于长城。石墙常被称为“欧洲长城”。

The Walls of Ston are a series of defensive stone walls, originally more than 7 kilometres long, that surrounded and protected the city of Ston and its precious salt pans. Their construction was begun in 1358, completed in the 15th century, along with its 40 towers (20 of which have survived) and five fortresses. Today, it is the second longest preserved fortification systems in the world, after the Great Wall. The Walls of Ston are often called the "European Great Wall".





# Traditional Chinese Medicine in Other Countries

## 中医在其它国家

放眼全世界，全球有 40 亿人是中医药的受益者。  
Looking around the world, 4 billion people benefit of Traditional Chinese Medicine



### 中医在日本

#### Traditional Chinese medicine in Japan

中医在日本被称为“汉方医学”，中药被称为“汉方药”，简称“汉方”。

目前，80% 的日本医师会给病人开具汉方药，从事汉方的医师已超过 10 万人。一些大学附属医院开设有汉方门诊，大学的药房售卖汉方药的占 74% (妇科占 96.7%)。汉方药可在健康保险中报销，约 150 个汉方药处方被列入日本公共医疗保险的用药范围，每年的销售额达 1000 亿日元以上。

在日本，超市药店中卖得最火的莫过于汉方药，甚至中国游客来此都会大买特买，带回去分赠亲友。

早在上世纪 70 年代末，中国改革开放刚刚启动，日本人就开始研究《伤寒论》《金匮要略》，并以其为基础建立了汉方药多达几百个。

日本人已经申请了《伤寒杂病论》、《金匮要略方》中的 210 个古方专利！



日本人感冒咽痛发热都是吃这个的！

This is what the Japanese eat when they have a cold, sore throat and fever!



Traditional Chinese medicine is called "Chinese medicine" in Japan, and traditional Chinese medicament is called "Chinese medicament" for short.

At present, 80% of Japanese doctors will prescribe Chinese medicine to patients, and there are more than 100,000 doctors engaged in Chinese medicine. Some affiliated hospitals of universities have Chinese medicine clinics, and 74% of them sell Chinese medicine in university pharmacies (96.7% in gynaecology). Chinese medicine can be reimbursed in health insurance. About 150 prescriptions of Chinese medicine are included in Japan's public health insurance scheme, with annual sales of more than 100 billion yen.

In Japan, Chinese medicine is the most popular one in supermarket drugstores. Even Chinese tourists will buy it and take it back to give it to their relatives and friends.

As early as the end of 1970s, just after China's reform and opening up, the Japanese began to study the "Treatise on Febrile Diseases" and "Synopsis of the Golden Chamber", and established hundreds of Chinese prescriptions based on it. They have also applied for 210 patents based on the above works!



### Traditional Chinese medicine in Korea

#### 中医在韩国



中医在韩国的地位十分尊贵，早在 2010 年，在韩国《Career》(就业月刊)杂志社发起评选韩国最热门职业的活动中，中医师就被评选为韩国最热的职业。

在韩国，中医师是最受人尊敬的职业之一，2000 年其平均收入就位列韩国所有医生榜首，超过西医所有下属分科医生的收入。

自上个世纪 90 年代以来，韩国“韩医”招生就为韩国最高水平，如韩国首尔大学独立医院等，招收韩医人才为韩国顶尖人才，类似于协和医科大学、北京大学医学部在中国的位置。其竞争非常激烈，考上的难度非常大，每年考进中医大学的新生里，很大一部分是大集团干部、记者和大学教授等相当有成就的人。

有一位专家表示，“韩国人太喜欢中医师这个职业了。韩国一年有 750 名中医师从大学毕业，韩国目前有 1.4 万多名中医师。中医师 5 年前就已经超过需求了”。

但还是有很多年轻人千方百计地想学中医。许多韩国学生，由于考不上国内的中医学校，就来到中国留学，据统计，每年大约有 1 万名韩国学生到中国学习中医。



Traditional Chinese medicine (TCM) is very important in South Korea, In 2010, TCM was ranked as the most popular occupation across the board in a survey done by the South Korean Career Magazine.

In South Korea, traditional Chinese medicine is one of the most respected professions. In 2000, its average income ranked first among all doctors in South Korea, surpassing all fields of Western medicine.

Since the 1990s, the enrolment requirements for South Korea's "Korean medicine" schools are the toughest ones, including the independent Hospital of Seoul University in South Korea, recruiting only top talents for studying Korean medicine, similarly to Peking's Union Medical College and the Medical Department of Peking University in China. The competition is very fierce, and it is very difficult to pass the examination. A large part of the freshmen admitted to universities of traditional Chinese medicine are managers of large corporations, journalists, university professors and other very successful people.

As an expert said, "Koreans love the profession of TCM too much. 750 Chinese medicine teachers graduate from universities in South Korea every single year. At present, there are more than 14,000 Chinese medicine teachers in South Korea. Traditional Chinese medicine practitioners have already exceeded the demand five years ago.

But there are still many young people trying their best to learn Chinese medicine. Many Korean students go to China to study because they can't get into a Chinese medical school in their home country. According to statistics, about 10,000 Korean students go to China to study Chinese medicine every year.







中医在美国

*Traditional Chinese medicine in the United States*

近年来，美国公众和医学界逐渐认识到中国传统医学的安全有效和通用广泛的特点，越来越多的美国人愿意接受中医治疗。

据 NCCAOM 进行的一次全国性调查表明，美国每 10 个成年人中，就有 1 人接受过针灸治疗。在这些人中，又有 21% 的人除了针灸之外，还同时使用过中药、推拿、按摩等方法来治病。

一份调查报告显示，如今的美国看过中医的人、愿意接受中医治疗的人已经超过 50%。全美一年每人平均接受中医服务的次数近 2 次。在美国从事中医药相关工作的人差不多有 4.5 万人。

美国内华达州早在 1973 年就通过了中医合法化法案，这也是美国史上第一部《中医法》。不仅是针灸治疗，中药应用也正式合法化，该法案还承认了中医的独立地位，保障了中医不受西医影响。两年后，该州还进一步修改了该中医法案，规定保险公司支付针灸诊疗费用。

美国目前有 34 个州承认了美国中医执照 (NCCAOM) 考试，除少数州自行命题考试发证外，该证堪称全国统一上岗执照。作为独立医学体系，美国政府每年花费超 1.2 亿美元用于补充和替代医学的研究和发展，而针对中医、中药和针灸的研究项目多达几十种。

2008 年，美国有关部门拨款 500 万美元给北京协和医院，委托该院帮助其了解中医药资源和开发利用情况。

In recent years, the American public and the medical community have gradually realized the safety, effectiveness and universal characteristics of traditional Chinese medicine, and more and more Americans are willing to accept the treatment of traditional Chinese medicine.

According to a national survey conducted by NCCAOM, one in 10 adults in the United States has received acupuncture treatment. In addition to acupuncture, 21% of these people also used traditional Chinese medicine, massage and other methods to treat a disease.

According to a survey, more than 50% of Americans who have seen traditional Chinese medicine are willing to receive traditional Chinese medicine treatment. Every person in the United States receives TCM services nearly twice a year. Almost 45,000 people are engaged in TCM related work in the United States.

Nevada passed a Chinese medicine legalization act as early as 1973, the first Chinese medicine law in American history. Not only acupuncture treatment, but also the application of traditional Chinese medicine is officially accepted. The bill also recognizes the independent status of traditional Chinese medicine and ensures that traditional Chinese medicine is not affected by western medicine. Two years later, the state further amended the traditional Chinese medicine act to require insurance companies to pay for acupuncture treatment.

At present, 34 states in the United States have recognized the NCCAOM test, which can be called the unified national license except for a few states which issue their own certificates. As an independent medical system, the U.S. government spends more than \$120 million per year on the research and development of complementary and alternative medicine, and hence there are dozens of research projects on traditional Chinese medicine including acupuncture.

In 2008, the relevant departments of the United States appropriated US \$5 million to Peking Union Medical College Hospital, and entrusted the hospital to help it understand the resources, development and utilization of traditional Chinese medicine.



中医在欧洲

*Traditional Chinese medicine in Europe*



本是西医起源的欧洲，却占到全世界中草药消费市场份额的 44.5%，60% 以上的欧洲人都在使用中医药物。据不完全统计，欧洲目前受过培训的中医药人员约有 10 万余名。

其中在职的约占 60%，中医药诊疗机构有 1 万多所，大部分以针灸为主，有 30%-40% 的诊所兼用中药及其制品；中医教学机构 300 多所，每年将向各国输送 5000 多名中医药人员。中药产品进口批发商 500 多家。

在仅有 1500 万人口的荷兰，中医药人员达 4000 多人，拥有 1500 多家诊所。

英国常年多雨。历史上毫无「湿气」概念的英国人，风湿病重到骨子里，数百年无药可医。到 1961 年，英国人成立针灸学院，才终于找到攻陷风湿病的灵丹妙药。

如今，英国中医诊所已高达 3000 多家，仅伦敦就占三分之一。平均每年都有 150 万人接受中医疗法，超过 11 所正规大学开设中医、针灸课程。

德国每年接受中医治疗人数超过 200 万，拥有官方针灸证书医师超过 5 万，占全德国医生总数的 16.7%。中德 1991 年合建的第一所中医院，刚开放就受到热捧——仅预约挂号就需等半年之久，在对医药使用最谨慎的德国，却拥有一大批中医中药的忠实“粉丝”。

在德国，看中医个人支付的费用是看西医的 10 倍以上。可以说，看中医在德国不仅是一件“小资”的事情，还是“贵族疗程”！

瑞士这个人均寿命 82.4 岁、排名世界之首的「健康大国」，从 1999 年 3 月开始就将中医、中药、针灸的费用纳入国民医疗保险。

作为欧洲第一个实施中医立法的国家，早在 2002 年时任匈牙利总理的迈杰希就给予 13 位在匈华人中医大夫特别许可，允许他们在当地医生的监护下从事针灸治疗。2013 年匈牙利国会就通过了中医立法，中医师在匈牙利拥有正规的行医许可。并于 2015 年由匈牙利总理欧尔班签发颁布了中医立法实施细则，开始承认中国高等中医院校学历，中医师有 5 年相关工作经验并符合相关条件，就可申请在匈牙利独立行医的中医从业人员行医许可证。

匈牙利总人口不到 1000 万，有近 600 名匈牙利医师开设有自己的中医诊所。

意大利不少医院设有中医门诊部，全国草药店均能见到中草药和中成药。

挪威已成立官方的中医药工作小组，加快了对中医药的发展。

比利时已把针灸纳入正规医学。







Europe, the cradle of Western medicine, accounts for 44.5% of the market share of Chinese herbal medicine in the world. More than 60% of Europeans are using traditional Chinese medicine. According to incomplete statistics, there are more than 100,000 trained Chinese medical personnel in Europe.

About 60% of them are on-the-job. There are more than 10,000 TCM diagnosis and treatment institutions, most of which are acupuncture based. 30% - 40% of clinics use TCM and its products. There are more than 300 TCM teaching institutions, sending more than 5000 TCM personnel to various countries every year. More than 500 wholesalers import traditional Chinese medical products.

In the Netherlands, with a population of only 15 million, there are more than 4000 TCM staff and more than 1500 clinics.

It's rainy all year round in England. British people, who generally have no concept of "moisture", have been suffering from rheumatism for hundreds of years. It was not until 1961 that the British founded the Acupuncture Academy that finally found a panacea for rheumatism.

Today, there are more than 3000 TCM clinics in the UK, and London alone accounts for a third. On average, 1.5 million people receive TCM treatment every year, and more than 11 regular universities offer TCM and acupuncture courses.

Germany receives more than 2 million TCM patients every year, and has more than 50,000 doctors with official acupuncture certificate, accounting for 16.7% of the total number of doctors in Germany. The



first Chinese medicine hospital was jointly built by China and Germany in 1991 and is popular ever since it was opened - it takes half a year to make an appointment for registration only. In Germany, the most cautious country when it comes to medicine, has a large number of loyal fans of Chinese medicine.

In Germany, the cost of seeing a doctor of traditional Chinese medicine is more than 10 times that of seeing a doctor of Western medicine, so going to a TCM doctor in Germany is not just a small expense but is something reserved for the wealthy only!

Switzerland, with a life expectancy of 82.4 years and ranking first in the world, has included the costs of traditional Chinese medicine including acupuncture into its national medical insurance scheme since March 1999.

Hungary was the first country in Europe to implement TCM legislation. As early as 2002, Prime Minister Dr. Peter Medgyessy granted special permissions to 13 Chinese doctors of traditional Chinese medicine in Hungary to engage in acupuncture treatment under the supervision of local doctors. In 2013, the Hungarian Parliament passed a legislation on traditional Chinese medicine, allowing doctors of traditional Chinese medicine to practice lawfully in Hungary. In 2015, Hungarian Prime Minister Mr. Orban issued the detailed rules for the implementation of the legislation on traditional Chinese medicine, and began to recognize the academic qualifications of Chinese Higher Institutions of traditional Chinese medicine. With 5 years of relevant working experience and by fulfilling the required conditions, TCM practitioners can apply for the license of independent practitioners of traditional Chinese medicine in Hungary. With a total population of less than 10 million, nearly 600 Hungarian doctors run their own TCM clinics.

Many hospitals in Italy have outpatient departments of traditional Chinese medicine, and herbal medicine and proprietary Chinese medicine can be found in herbal stores all over the country.

Norway has set up an official working group on traditional Chinese medicine, which has accelerated the development of traditional Chinese medicine.

Belgium has incorporated acupuncture into its regular medicine.



## 中医在澳洲

### *Traditional Chinese medicine in Australia*

澳大利亚是全球首个以立法的方式承认中医的西方国家。从2012年7月1日开始,在澳大利亚正式注册的中药、中医师能够在澳大利亚合法行医,并且在澳的5000余家中医诊所被正式纳入澳国家医疗体系之中。

在澳大利亚,有百分之七十的医生会在治疗以后向患者推荐针灸理疗,一年中连续十二个月去接受针灸调理的患者,占到澳大利亚总人口数的百分之十,几乎所有的医疗保险机构都对针灸调理治疗给予补贴。

就诊数据显示,全澳中医及针灸诊所每年服务约280万人次,其中80%的患者是以英语为母语的主流社会群体,全行业年营业额达上亿澳元。

随着近年中医和中药在澳大利亚的推广,澳大利亚社会对中医药的接受程度越来越高,中药也被列为澳大利亚“补充药品”中的重要门类,联邦政府也正式成立了国家中医局,并公布全国中医注册标准。

目前,在澳大利亚,大约有二十所大学提供中医课程。其中皇家墨尔本理工大学,悉尼理工大学、西悉尼大学更是提供研究生课程。



澳大利亚前总理霍克夫妇看中医

Former Australian Prime Ministers Hawke and his wife learn about Traditional Chinese Medicine



Australia was among the first western countries in the world to recognize TCM through legislation. Since July 1, 2012, doctors of traditional Chinese medicine officially registered in Australia have been able to practice medicine legally in the country, and more than 5000 TCM clinics of Australia officially form part of the Australian national health system.

In Australia, 70% of doctors recommend acupuncture therapy to their patients after treatment.

Patients who go to receive acupuncture treatment for 12 consecutive months in a year account for 10% of the total population of Australia. Almost all medical insurance institutions give subsidies to acupuncture treatment.

According to medical data, about 2.8 million people are served by TCM and acupuncture clinics in Australia every year, 80% of them represent mainstream social groups with English as their mother tongue. The annual turnover of the whole industry is up to a hundred million Australian dollars.

With the promotion of traditional Chinese medicine in Australia in recent years, the acceptance of traditional Chinese medicine in the Australian society is getting higher and higher. Traditional Chinese medicine has also been listed as an important category under "complementary drugs" in Australia. The federal government has also officially established a National Bureau for Traditional Chinese Medicine, and published the national standard for traditional Chinese medicine registration.

At present, there are about 20 universities in Australia offering courses in traditional Chinese medicine. Royal Melbourne University of Technology, Sydney University of Technology and Western Sydney University offer postgraduate courses.



# 24 中国二十四节气表

## solar terms in China

### 立春

每年的2月4日或5日，谓春季开始之节气。

#### Start of the Spring

February 4 or 5 of each year is the solar period to signal the beginning of spring.

### 雨水

每年的2月19日或20日，此时冬去春来，气温开始回升，空气湿度不断增大，但冷空气活动仍十分频繁。

#### Rain

On February 19 or 20 of each year is when the winter leaves and the spring arrives, the temperature begins to rise, the humidity of the air gradually increases, but spells of the cold air are still frequent.

### 惊蛰

每年的3月5日或6日，指的是冬天蛰伏土中的冬眠生物开始活动。惊蛰前后乍寒乍暖，气温和风的变化都较大。

#### Hibernation

March 5 or 6 of each year refers to the start of activities of hibernated organisms in the dormant winter soil. Around this period, the temperature and wind changes quickly.

### 春分

每年的3月20日或21日，阳光直照赤道，昼夜几乎等长。我国广大地区越冬作物将进入春季生长阶段。

#### Vernal equinox

On March 20 or 21 of each year, the sun shines directly on the equator, and the day and night are almost of the same length. The over-wintering crops in vast areas of China will enter the stage of spring growth.

### 清明

每年的4月4日或5日，气温回升，天气逐渐转暖。

#### Qingming

On April 4 or 5 of each year, the temperature rises and the weather gradually warms up.

### 谷雨

每年的4月20日或21日，雨水增多，利于谷类生长。

#### Grain Rain

On April 20 or 21 of each year, the rainfall increases conducive to the growth of the grain.

### 立夏

每年的5月5日或6日，万物生长，欣欣向荣。

#### Lixia

On May 5 or 6 every year, everything grows and prospers.

### 小满

每年的5月21日或22日，麦类等夏熟作物此时颗粒开始饱满，但未成熟。

#### Xiaoman

On May 21 or 22 of each year, grains of summer crops such as wheat take a full shape, however they are still raw inside.

### 芒种

每年的6月5日或6日，此时太阳移至黄经75度。麦类等芒作物已经成熟，可以收藏种子。

#### Mirabilis

June 5 or 6 of each year, when the sun moves to 75 degrees of astronomic longitude, crops such as wheat are ready to be harvested.

### 夏至

每年的6月21日或22日，日光直射北回归线，出现“日北至，日长至，日影短至”，故曰“夏至”。

#### Summer solstice

On June 21 or 22 of each year, the Sun shines directly on the Tropic of Cancer. This is when "the Sun reaches the North, the day is long, and the shadows are short", so it is called "summer solstice".

### 小暑

每年的7月7日或8日，入暑，标志着我国大部分地区进入炎热季节。

#### Summer heat

July 7 or 8 of each year, the summer burns hot in most parts of China, this is when we enter the real summer.

### 大暑

每年的7月22日或23日，正值中伏前后。这一时期是我国广大地区一年中最炎热的时期，但也有反常年份，“大暑不热”，雨水偏多。

#### Heatstroke

July 22 or 23 every year is the middle of the scorching summer. This period is the hottest time of the year in vast areas of China, but there are abnormal years also when rain dominates and the hot is not that hot.





- 13 **立秋**  
每年的8月7日或8日，草木开始结果，到了收获季节。  
**Beginning of autumn**  
On August 7 or 8 of each year, the grass and trees begin to bear fruit. It is the season for harvesting.
- 14 **处暑**  
每年的8月23日或24日，“处”为结束的意思，至暑气即将结束，天气将变得凉爽了。由于正值秋收之际，降水十分宝贵。  
**End of Heat**  
On August 23 or 24 of each year, we experience the drop of the temperature. The weather is getting cooler, the heat is about to end. Since it is the time for autumn harvest, precipitation is very precious.
- 15 **白露**  
每年的9月7日或8日，由于太阳直射点明显南移，各地气温下降很快，天气凉爽，晚上贴近地面的水气在草木上结成白色露珠，由此得名“白露”。  
**White dew**  
On September 7 or 8 of each year, due to the southward movement of the sunlight, the temperature falls rapidly everywhere, the weather is getting cooler. At night, vapour close to the ground forms white layers of dew on the grass and the trees, hence the name "white dew".
- 16 **秋分**  
每年的9月23日或24日，日光直射点又回到赤道，形成昼夜等长。  
**Autumn equinox**  
On September 23 or 24 of each year, the sunlight returns to the equator, making the day and night of equal duration.
- 17 **寒露**  
每年的10月8日或9日。此时太阳直射点开始向南移动，北半球气温继续下降，天气更冷，露水有森森寒意，故名为“寒露风”。  
**Cold dew**  
On October 8 or 9 every year, the Sun moves even further to the south, the temperature in the northern hemisphere continues to drop, the weather gets colder, the dew becomes chilly, so this time of the year is called the "cold dew".
- 18 **霜降**  
每年的10月23日或24日，黄河流域初霜期一般在10月下旬，与“霜降”节令相吻合，霜对生长中的农作物危害很大。  
**Falling frost**  
October 23 or 24 of each year is the early frost period in the Yellow River Basin, so these are the days when the "Festival of the Falling Frost" is held. Frost is very harmful to growing crops.



- 19 **立冬**  
每年的11月7日或8日，冬季开始  
**Beginning of winter**  
November 7 or 8 every year, the winter is about to begin.
- 20 **小雪**  
每年的11月22日或23日，北方冷空气势力增强，气温迅速下降，降水出现雪花，但此时为初雪阶段，雪量小，次数不多，黄河流域多在“小雪”节气后降雪。  
**Light snow**  
On November 22 or 23 of each year, the cold air makes its way into the North, the temperature drops rapidly, snowflakes appear in the precipitation, setting up the stage for the real snow. Around this time we may see snow but only a few times and in a small amount. In the Yellow River Basin the snow mostly falls only following this solar term.
- 21 **大雪**  
每年的12月7日或8日。此时太阳直射点快接近南回归线，北半球昼短夜长。  
**Heavy snow**  
December 7 or 8 every year. At this time, the sunlight hits the Tropic of Capricorn, the northern hemisphere experiences short days and long nights.
- 22 **冬至**  
每年的12月22日或23日，此时太阳几乎直射南回归线，北半球则形成了日南至、日短至、日影长至，成为一年中白昼最短的一天。冬至以后北半球白昼渐长，气温持续下降，并进入年气温最低的“一九”。  
**Winter solstice**  
On December 22 or 23 of each year, the Sun almost points directly to the Tropic of Capricorn. In the northern hemisphere, the days get short, the shadows get long. We are going through the shortest day of the year. Passed the winter solstice, the days in the northern hemisphere gradually get longer but the temperature continues to drop making the way for the coldest day of the year.
- 23 **小寒**  
每年的1月5日或6日，此时气候开始寒冷。  
**Mild cold**  
January 5 or 6 of each year, the cold weather remains with us.
- 24 **大寒**  
每年的1月20日或21日，数九严寒，一年中最寒冷的时候。  
**Severe cold**  
January 20 or 21 of every year is the coldest time of the year.



# 年 畫 起源

## The Origin of Chinese New Year Pictures



年画是中国的一种古老民间艺术，和春联一样，起源于“门神”。据《山海经》载称：唐太宗李世民生病时，梦里常听到鬼哭神嚎之声，以至夜不成眠。这时，大将秦叔宝、尉迟恭二人自告奋勇，全身披挂地站立宫门两侧，结果宫中果然平安无事。李世民认为两位大将太辛苦了，心中过意不去，遂命画工将他俩人的威武形象绘之在宫门上，称为“门神”。东汉蔡邕《独断》记载，汉代民间已有门上贴“神荼”、“郁垒”神像，到宋代演变为木板年画。后来，民间争相仿效，几经演变，形成了自己的独特风格，便是现在的年画了。中国现存最早的年画是宋版《隋朝窈窕呈倾国之芳容图》。

年画正式形成于北宋时期。当时，繁荣的商业和手工业、日渐成熟的雕版印刷术、丰富的民间庆贺新年活动等为年画的发展提供了良好的社会条件。汴京（今河南开封）和临安（今浙江杭州）的岁末市场上开始印卖木刻年画，题材上也大为扩展，如风俗、戏曲、美女、娃娃等年画题材开始出现。

南宋时期的木板年画更加丰富。明中叶以后，随着商业手工业的进一步发展，雕版印刷中的彩色套印技术的成熟，木板年画得到了飞速的发展，出现了诸如天津杨柳青、山东杨家埠、苏州桃花坞等著名的年画产。

According to the Book of Mountains and Seas, when Li Shimin, also known as Emperor Taizong of the Tang Dynasty, once fell ill, he heard ghosts crying and howling in his dreams, so that he could not sleep at night. To bring calm for the emperor, general Qin Shubao and Yuchi Gong volunteered to stand at both sides of the palace gate. As a result, the palace was kept safe. Li Shimin thought that the two generals were having a hard time standing there for such a long time, so he ordered painters to paint their powerful images on the palace gate and call them “gods of the gate”. In fact, according to the records of the Eastern Han Dynasty, there were “God of Tea” and “Crazy Head” images already glued on the doors during the Han Dynasty, which later evolved into wooden New Year prints of the Song Dynasty. Later, people imitated each other as well as formed their own unique style, so following a long evolution the currently used New Year prints were born. The earliest existing New Year pictures in China is the Song Dynasty version of a scene taken from the Sui Dynasty, “the graceful appearance”.

New Year pictures were vastly popular during the Northern Song Dynasty. At that time, the prospering commerce and handicraft industry, the maturing engraving and printing technology, and the rich folk customs surrounding the New Year provided good social conditions for the development of New Year prints. In places like Bianjing (now Kaifeng, Henan) and Lin'an (now Hangzhou, Zhejiang) people began to print and sell woodcut New Year prints at the end of the year markets. The themes were also greatly expanded, depicting customs, operas, beauties, dolls and other things related to the new year.

In the Southern Song Dynasty, woodblock New Year pictures were even more abundant. After the middle of Ming Dynasty, with the further development of the commercial handicraft industry and the maturity of colour overprint technology, woodblock New Year pictures have reached their perfection.

# 春 联 文 化

## Spring Festival Couplets



### 1. 贴春联的文化

春节，是中华民族节之首，在中国历史文明中，庆祝春节的习俗很多，至今在民间尤其是农村中保存最广的习俗就是贴春联和贴门神。过年时贴春联，庆祝新春，表达人们对新的一年的美好愿望。如今春联是红底黑字或红底金字，稳重而鲜艳。诸如六畜兴旺，五谷丰登之类。一些春联还注意反映不同行业、不同家庭不同的幸福观。

贴春联还增加喜庆气氛，是我国城乡人民十分喜爱的春节活动之一，中国人在新年开始家家户户忘不了往大门上贴一幅春联。

也已成为辞旧迎新的标志，春联也是人们对美好未来的寄托。

### 2. 贴春联的来历

春节，是农历一年中的第一个，也是最重要的传统节日。春联的历史很悠久，它的前身叫做桃符。即用暗红色的桃木削成长方形的木板，在木板上画上两个神像神荼和郁垒的画像，钉在自家的门面板上。

春联一词的出现，则是在明代初年，其得名和推广和朱元璋密不可分。大年初一的早晨，朱元璋微服巡视，挨家挨户察看春联。每当见到写得好的春联，他就非常高兴，赞不绝口。春联在朱元璋采取行政命令的办法，颁布御旨才得以在家家户户推广开来的。随着时间的推移，春联成为一个广泛的概念，出现了很多附属的品类。根据使用的场所，可分为框对、春条、横披、斗方等几种。

春联贴的场所也有所讲究：门心贴于门板上端中心部位；框对贴于左右两个门框上；横披贴于门楣的横木上；春条根据不同的内容，贴于相应的地方；斗方也叫门叶，为正方形，多贴在家。有些人家不但在大门两侧张贴春联，还在门的左右边分别张贴着绘有门神的画像。除夕当天贴的春联将会一直保持到它们自然脱落或褪色为止。

### I. Culture of Spring Festival Couplets

The Spring Festival is the prime holiday of China. Browsing through the history of China and its civilization, one can find several customs surrounding the celebration of this festival. One of the most widely preserved customs among the people, especially in the countryside, are the Spring Festival couplets and the prints of “gods of the gate”. Pasting Spring Festival couplets to celebrate the New Year expresses people’s wishes for the New Year. Spring couplets usually have black or gold characters on a red background representing stability and brightness. Six beasts stand for prosperity, five grains for abundance. Some Spring Festival couplets also reflect the occupational circumstances of the given family. Sticking couplets on doors is a popular Spring Festival activity for both urban and rural residents across China. At the beginning of the New Year, no family can forget to paste spring festival couplets on its doors in China.

It has also become a form to say goodbye to the old and welcome the new. Spring Festival couplets are people’s hope for a better future.

### II. The Origin of Spring Festival Couplets

The Spring Festival couplet has a long history. Its predecessor is called Taofu. Taofu is made of a piece of red peach wood. The wood is cut into a rectangular board, portraits of the “God of Tea” and “Crazy Head” are carved into it and then hung on the front door.

The spring couplet appeared in the early Ming Dynasty, its name and popularity is closely related to Zhu Yuanzhang. On the morning of the first day of the lunar New Year, Zhu Yuanzhang inspected the Spring Festival couplets, went from door to door. Whenever he saw a well written Spring Festival couplet, he rejoiced. Zhu Yuanzhang later issued an imperial decree on Spring Festival couplets making it even more popular with the citizens. With the passage of time, Spring Festival couplets have become a broad concept, many affiliated categories have emerged. According to the place where they are used, they can be divided into frame pair, spring stripe, horizontal drape, squared paper, etc.

Spring Festival couplets are meticulously positioned: squared prints are pasted at the centre of the upper end of the door, frame prints are pasted on the left and right door frames, horizontal pieces are pasted on the crossbar of the door. Spring stripes are also pasted according to their content. Prints containing leaves or diamonds are mostly hung inside the home. Some people not only stick Spring Festival couplets on both sides of the gate, but also glue pictures of “gods of the gate” on the left and right sides of the gate. Spring Festival couplets mounted on New Year’s Eve will remain in place until they fall off or completely lose their colour.



多种语言服务 满足外籍人士健康需求  
 We also provide English service for International Friends



## 宝宝辅食学问大，看看专家怎么说

Let's look at experts' opinions on the mysteries in the supplementary food for babies.

对于6个月以后的宝宝来说，母乳已经不能完全满足他们的生长发育，他们的身体开始对蛋白质、维生素等有了更多的需要。

The development of babies above 6 months old can't be satisfied merely by breast milk. Their body is in the demand for protein and vitamins, etc.

这个时候，该怎么给宝宝添加辅食困扰着很多妈妈。

At this moment, quite many moms are puzzled by the addition of supplementary food.

根据中华医学会《0~3岁婴幼儿喂养建议》，添加辅食的过程中都有哪些问题需要妈妈们注意，小编为大家整理出来，让我们一起来看看专家怎么说。

According to the Chinese Medical Association's Feeding Suggestions for Babies at 0~3 Years Old, we've sorted out the experts' opinions to solve the concerns about the addition of supplementary food.



官方订阅号



官方服务号

关注北京五洲妇儿医院微信公众号  
 更多健康知识等您来读

### 1 6~8月龄 6~8 months old 妈妈，我饿了 Mom, I am hungry.

“妈妈，我饿了”，宝宝吃不饱，妈妈的奶水不够了，这是给宝宝需要添加辅食的一个强烈信号。

"Mom, I'm hungry". This is a strong signal that the addition of supplementary food is demanded when breast milk is insufficient to satisfy their stomach.

在这个阶段，宝宝最好的营养来源是母乳和富含铁的食物，妈妈们仍然要尽可能满足宝宝对母乳的需求，宝宝每日所需能量的2/3还是来源于母乳。

At this stage, the best source of nutrition for babies is breast milk and iron-rich food. Moms shall satisfy babies' demand for breast milk as far as possible. Two-thirds of energy babies demand per day comes from breast milk.

为6~8个月的宝宝添加辅食，妈妈们可以参考以下做法：

Moms can refer to the following recipes for the addition of supplementary food for 6~8 month-old babies:

#### 食物种类：补铁是关键，米粉是首选

Food species: Iron-rich food is crucial and rice flour is the first choice.

初次为宝宝添加辅食，主要以富含铁的食物为主，米粉就是首选的一种富含铁的谷物。开始添加水果、蔬菜、肉类等食物，尤其是红肉食物可以很好地补充宝宝需要的铁和锌，食物也逐渐从泥糊状过渡到碎末状。

For the initial addition of supplementary food, iron-rich food shall be given as a priority. Rice flour is the preferred iron-rich cereal. The addition of fruit, vegetable and meat, especially red meat, can well supplement iron and zinc that are in great demand for babies. Also, food can gradually transit from being mashed to crumbles.

在无法获得铁强化谷物的地区，富含铁和锌的动物性食物（红肉类、禽蛋、鱼类）的添加尤为重要，可以从红肉泥开始进行添加。

In the regions where iron fortified cereals are

unavailable, the addition of animal food rich in iron and zinc (red meat, poultry eggs and fish) is crucial. The red meat paste can be the first choice.

#### 添加频次：新添食物多观察

The frequency of addition: Observe feedback for any newly-added food

妈妈们为宝宝每新增一种辅食需要观察3~5天，看看宝宝是否适应。当宝宝拒绝一种新添加的食物时，不要强制其食用，可以再尝试，有时宝宝需要经过10~15次的尝试体验后才会接受一种新的食物。

Moms need to observe 3~5 days after any of supplementary food is newly added to see whether babies adapt to it. Never force babies to eat the newly-added food that is rejected. More attempts can be made later. Sometimes babies will accept a kind of new food after the attempts for 10~15 times.

接着，每种辅食的添加频率逐步增加，每种食物所添加的量也是不同的，以不显著影响宝宝的母乳摄入量为原则。

The addition of each kind of supplementary food can be more frequent, though the quantity varies. The principle of adding supplementary food is that the intake of breast milk won't be remarkably impacted.

宝宝吃某种辅食的频率与食物的能量有关，如果辅食以较稀薄食物为主，频率就需要高些，反之频率相对低些。通常情况下，辅食的能量应高于母乳，以避免因为能量不足导致宝宝的生长不良。

The frequency of adding a certain supplementary food depends on the energy in the food. If the supplementary food is not thick enough, it can be added more frequently, and vice versa. Usually, the energy in the supplementary food shall be higher than that in breast milk, so as to avoid the undergrowth due to energy deficiency.

餐次方面，每天进食4~5次乳类以及1~2次谷类为主的食物。

For the times of meals, have breast milk for 4~5 times and cereal food for 1~2 times every day.

#### 辅食怎么吃：用勺喂辅食，用杯子喂水

How to feed the supplementary food: Feed the supplementary food with a spoon and water with a cup.





虽然宝宝刚开始吃辅食时，会出现呛咳、作呕或伸舌，但随着不断体验用勺进食，以及吞咽能力的提高，这种现象会逐渐减少，因此建议辅食用勺喂。

Babies may cough, feel like vomiting or put out their tongue when the supplementary food is added at first, but such phenomena will be disappearing after they get used to being fed by spoon and their swallowing ability is enhanced, so it is suggested to feed the supplementary food with a spoon.

这一阶段还应让宝宝逐渐开始接触使用杯子。当宝宝会独坐且可以拇-掌抓物时，喜欢尝试着自己握杯子，尽管还不能很好掌握用杯子喝水的技巧，但仍可开始尝试用杯子喂宝宝少量水。

At this stage, babies shall get used to the cup step by step. When babies are able to sit alone and grab articles with the thumb and palm and like to grasp a cup by themselves, though they haven't mastered the skill of drinking with a cup, the attempt to feed a little water with a cup can be put into practice.

### 水果怎么吃：从果泥到小果粒

#### How to feed fruit: From puree to fruit granules

逐步开始添加水果，从果泥开始逐渐过渡到小果粒。由于果汁不仅缺乏水果中富含的维生素，同时给宝宝喝过多的果汁会增加宝宝消化道负担，影响乳类摄入、增加糖类摄入，因此不建议用果汁代替水果。

Fruit can be added step by step, from puree to fruit granules. Fruit juice lacks vitamins that are rich in fruit. Also, too much fruit juice will lay a burden on their digestive tract, thus impacting the intake of breast milk, so we don't suggest replacing fruit with fruit juice.

### 不要这样做：不添加糖盐等调味料

#### Don'ts: Don't add seasonings like sugar and salt.

为避免宝宝摄入过多盐（矿物质）增加肾脏负担，一般不建议12个月以内宝宝食物的制作过程添加糖、盐以及其他调味料。但如果食物以碳水化合物为主的地区，可增加少量的油，以增加食物的能量来源。

In order to avoid any burden to babies' kidney from the intake of too much salt (minerals), generally we don't suggest adding sugar, salt and other seasonings into the food for babies within 12 months old. In the regions where carbohydrate is the staple food, a small amount of oil can be added as the source of energy.

## 2 9 ~ 11 月龄

### 9~11 months old

#### 妈妈，您可要忍得了这一片狼藉

#### Moms, try your best to put up with the chaos.

从9个月开始，宝宝每天吃母乳的次数逐渐减少，但由于每次摄入量的增加，因此母乳摄入量与6~8月时接近。随着体重的增加，需要增加的能量摄入部分将通过所添加辅食的能量来满足。就是这个阶段，宝宝生长发育所需营养的主要来源。

From the ninth month, the frequency of feeding breast milk every day declines, but the quantity of intake each time increases, so the total intake approximates to that at 6~8 months old. Along with weight gains, more energy will be demanded through the addition of supplementary food. At this stage, this is the main source of nutrition for the development of babies.

此时添加辅食的一些注意事项具体包括：

For the addition of supplementary food, matters need attention consist of:

### 食物种类：种类更丰富，质地更多样

#### Food species: Richer kinds of food and more diversified texture of food

各大类食物的种类较前一阶段更丰富，食物的质地也更为多样。这个年龄阶段是培养宝宝咀嚼功能的关键期。不同质地的食物（包括碎末状、颗粒状、块状等）可帮助宝宝逐步学习吞咽、咀嚼食物，减少幼儿阶段出现常见的进食问题，如食物长时间含于口中、吞咽纤维困难、进餐慢等。

As compared with the previous stage, the kinds of food grow richer and the texture of food can be more diversified. This is the critical age to cultivate babies' chewing function. Diversified texture of food (minced, granular and lumpy, etc.) can help babies learn how to swallow and chew food and reduce common eating problems at the early childhood, for example, holding

food in the mouth for a long time, difficult to swallow the food with fibers and eating slowly.

为了锻炼宝宝牙齿的咀嚼能力，要分开吃不同质地食物，如饭、菜分开，避免汤饭。

In order to train the chewing ability of teeth, it is better to separate the food in various textures, for example, eat rice and dishes separately and avoid eating the rice soaked in soup.

### 添加频次：三餐之外，添加新辅食

#### The frequency of addition: Add new supplementary food besides three meals

大多数9个月的宝宝可以与家人的吃饭时间一致，即早、中、晚三顿正餐，以乳类为主，然后另外加2~3顿辅食，主要以固体食物为主。

Most 9-month old babies can have the same mealtime with family members, i.e., breakfast, lunch and dinner, milk shall be prioritized along with 2~3 meals of supplementary food, mainly solid food.

辅食是添加新食物的好机会，宝宝每次吃的辅食可能不同，这样的安排可以让宝宝有机会接触不同种类的食物以保证充分的营养。妈妈们不必强求宝宝每次吃的辅食一样多，可以有多少的波动。

The addition of supplementary food is a good chance for new food. The supplementary food for each meal may vary, thus babies can try out food of various kinds to guarantee enough nutrition. Moms don't need to insist on the same quantity at each meal. Fluctuation to some extent is absolutely normal.

### 辅食怎么吃：怎么高兴怎么来

#### How to feed the supplementary food: It depends.

宝宝开始学着自己吃饭，让他们“怎么高兴怎么来”。妈妈们不必要求宝宝正确使用餐具，允许他们主动抓握食物，自己抓着吃，帮助宝宝更快掌握独立吃饭技能，培养自信。宝宝自己吃饭时，妈妈尤其要容忍得了那一片狼藉。

When babies start learning to dine by themselves, let it be. There is no need to ask them to correctly use the tableware. They can be allowed to grab food to eat, thus helping them master the skill of dining independently and foster self-confidence. When babies are eating independently, particularly, moms have to put up with the chaos.

### 水果怎么吃：一片片，一块块

#### How to feed fruit: By piece and slice

建议给宝宝片状或块状的水果，即使给宝宝喝少量果汁，也应该是鲜榨果汁或者100%果汁。

We suggest providing babies with fruit by slice or piece. Even if babies want to drink a little fruit juice, it shall be freshly squeezed or 100% fruit juice.

### 不要这样做：转换食物质地，不以出牙为依据

#### Don'ts: Teething is not the symbol of changing food texture.

宝宝乳牙的萌出具有非常明显的个体差异，有的早有的晚。这一阶段添加辅食，尤其是辅食质地的转换不应以出牙作为食物质地转换的依据。

The teething of deciduous teeth features obvious individual difference. Some are early and some are quite late. At this stage, the addition of supplementary food, especially the change of food texture, shall not take teething as a standard.

这是因为，这一阶段宝宝通常使用下颌和舌头咀嚼并咬碎各种食物，食物质地的转换更多应该根据宝宝实际月龄，同时参考其发育水平。

Because babies at this stage usually chew up various food by the lower jaw and tongue, so the change of food texture shall be judged upon the actual month age while the developmental level shall be drawn for reference.

## 3 12 ~ 36 月龄

### 12~36 months old

#### 爸爸，妈妈，大家一起吃饭

#### Mom and dad, let's dine together.

根据生理学特征，1~3岁被定义为幼儿期，与婴儿期相比，幼儿期的宝宝生长速度明显变慢，食欲波动很大，有时甚至比婴儿吃得还少些，但所吃食物的质地更厚实，能量密度更高。

According to the physiological traits, babies at 1~3 years old are defined as the early childhood, who grow obviously slowly as compared with those at the babyhood, so their appetites may vary a lot, and sometimes they may even eat less than infants,



but the food texture turns to be thick and the energy density is higher.

除此之外，幼儿期宝宝的辅食喂养还具备以下特征：

Moreover, the supplementary food for babies at early childhood features the following traits:

**食物种类：大人能吃的，宝宝也能吃**

**Food species: Babies are able to eat what adults do.**

幼儿阶段食物的能量供给结构发生明显变化，食物种类基本与成人相同。脂肪所供能量占比下降，而碳水化合物占比逐渐上升，如谷类 110-150g/天、蔬菜 200-250g/天、水果 100-150g/天、肉类 50g/天、乳类至少 500ml/天。

The energy supply structure at early childhood has been obviously changed and the food species are basically the same to those for adults. The proportion of fat for energy supply is declining, while the proportion of carbohydrates is increasing, for example, cereals 110-150g/day, vegetable 200-250g/day, fruit 100-150g/day, meat 50g/day and milk 500ml/day at least.

**添加频次：营养均衡不挑食**

**The frequency of addition: Guarantee balanced nutrition and don't be picky on food**

不强求宝宝吃所有食物，但需保证每一大类食物的摄入量，如不一定吃各种绿叶蔬菜，但需摄入至少 1-2 种蔬菜。

Babies shall be guaranteed with the food in each category instead of all the food, for example, there is no need to eat vegetable of all kinds but 1-2 kinds at least.

与成人一样，宝宝也可以偏好某一种或某几种食物，但妈妈们要控制偏好食物的量，同时为他们提供其他健康食物以保证营养均衡。如只提供偏好的食物，易形成儿童偏食挑食习惯。

Like adults, babies may have preference for one or several food, but moms need to control the quantity of such preferred food and provide them with other healthy food to guarantee balanced nutrition. If only preferred food is prepared, children may be picky on food.

**辅食怎么吃：定时就餐，与家人同吃**

**How to feed the supplementary food: Dine with family members on a fixed time**

幼儿期的宝宝，与家人一同吃饭，便于他们之间互动交流。建议 3 顿正餐，2-3 次营养丰富的辅食（水果、牛奶、面包、饼干或自制小点心等）。进餐时间应在 20-25 分钟/次，定时就餐，宝宝食量可波动，并不强求定量。

Dining together conduces to interaction and communication between babies at the early childhood and family members. We suggest 3 meals and 2-3 times of nutritional supplementary meals (fruit, milk, bread, biscuit or hand-made snacks, etc.) The meal time shall be fixed for 20-25 minutes each time. Their appetites may fluctuate, so there is no need to set a fixed quantity.

**水果怎么吃：吃高纤维水果，少喝果汁**

**How to feed fruit: Have more high fiber fruits rather than fruit juice**

建议 1 岁以上的宝宝吃富含纤维的水果，即使摄入果汁，量也应控制在 120ml 以下纯果汁。

We suggest that babies above 1 year old need to eat fiber-rich fruit, while fruit juice, whatsoever, shall be pure fruit juice and the quantity shall be controlled below 120ml.

**不要这样做：有些食物不要吃**

**Don'ts: Don't eat these kinds of food.**

1. 不同质地的食物可进一步训练宝宝的吞咽、咀嚼能力。为防止宝宝窒息，避免进食坚果，或颗粒状、易发生误吸的食物，如花生、玉米、葡萄、果冻等。

1. Food with different texture can further train babies' swallowing and chewing ability. To prevent choking of babies, it is better to avoid nuts or granular food or food that may be sucked by mistake, for example, peanut, corn, grapes and jelly.

2. 12 个月以内的宝宝不建议食用鲜牛奶、蜂蜜。

2. We suggest that babies within 12 months should not eat fresh milk and honey.

因为新鲜牛奶未经过营养强化，尤其是无法保证宝宝的铁营养供给，因此不能很好地保证 12 个月以内宝宝的



的营养需求。大于 12 个月的宝宝可食用新鲜牛奶，因为脂肪仍是年幼儿童能量的重要来源，24 个月以内的宝宝不建议喝低脂或脱脂牛奶。

Fresh milk hasn't been fortified with nutrients, so the iron supply for babies can't be guaranteed, so it can't meet the nutritional requirements for babies within 12 months old. Babies above 12 months old can eat fresh milk, but fat is still the main source of energy for young children, so we don't suggest babies within 24 months old drinking low-fat or skimmed milk.

蜂蜜易被肉毒杆菌污染，因此，12 个月以内的宝宝不建议食用蜂蜜。

Honey is easy to be contaminated by Clostridium botulinum, so we don't suggest providing honey for babies within 12 months old.

## 4

### 辅食喂养的两个误区 Two misunderstandings about supplementary food

**误区一：**

**Misunderstanding 1:**

有的妈妈为宝宝添加辅食后，发现宝宝的体重没有增加或增加的速度明显减慢，为什么？

After the supplementary food is added, some moms found that the weight has not gained or weight gain obviously slows down. Why?

最常见的原因就是辅食添加过多（包括量与次数）使奶量明显减少，且辅食的能量不足（含水量过多），导致宝宝体重增速不佳。

The most common reason is excessive supplementary food (both quantity and number of times), so the quantity of milk is significantly

decreased. However, the energy in the supplementary food is insufficient (too much water content), thus weight gain is halting.

**误区二：**

**Misunderstanding 2:**

妈妈、姥姥追着喂，不可取。

It is not wise to feed babies by chasing after them by mom or grandma in turns.

妈妈们尽可能为宝宝提供各种食物满足其生长需要，但不强迫、追喂宝宝吃饭，学会识别宝宝的饱腹信号，允许他们吃饱后离开餐桌。

Moms shall offer babies a variety of food to meet their demands for growth, but never force them to eat or chase after them. It is better to study and recognize the signal of being full from babies and they are allowed to leave the dining table after they finish.

对稍大一些的宝宝，让他们参与到食物的制作过程中来或者帮妈妈做一些准备餐具的工作，感受吃饭带来的乐趣。

When babies grow older, they can be invited to cook food together or help moms set the table to experience the fun from dining.

最后，一首宝宝辅食儿歌送给每一位妈妈：

Finally, I'd present each mom a nursery rhyme on the supplementary food:

添加辅食，循序渐进；

Add the supplementary food step by step;

由少及多，由稀到稠；

From less to more, from thin to thick.

时间规律，不再追喂；

Set the meal time and never chase after to feed;

健康营养，快乐成长。

Health and nutrition bring about a happy childhood.



多种语言服务 满足外籍人士健康需求  
 We also provide English service for International Friends



## 七大方法让新手妈妈顺利哺乳 Seven breast-feeding tips for new moms

世界卫生组织、联合国儿童基金会向全球的母亲倡议：在生命最初的6个月应当对婴儿进行纯母乳喂养，并建议母乳喂养持续至婴儿2周岁及2周岁以上。

World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) advocate to mothers around the world: it is better to purely breast-feed newborns during the initial 6 months and breastfeeding is suggested to last until 2 years old and above.

可是，对于很多新手妈妈来说，母乳之路并不容易，奶水少的妈妈往往很受挫。造成妈妈奶水少的原因有很多，新手妈妈需要的是对症下药，而不是盲目的听信谣言。如果没有科学的指导，妈妈们容易病急乱投医，听信偏方，陷入更多的误区。

But breastfeeding is indeed a tough job to quite may new moms, especially those who have a little breast milk feel really frustrated. The reasons for a little breast milk are complicated, so new moms need to suit the remedy to the case rather than blindly believe rumors. Without scientific guidance, moms are inclined to clutch at a

straw like a drowning man, believing folk prescription and falling into traps by misunderstanding.

实际上，促进母乳喂养的方法有很多。

In fact, there are abundant methods to embrace breastfeeding.



**母乳喂养从“三早”开始  
 Breastfeeding begins from  
 "three early moments".**

当一个新生命呱呱坠地，妈妈情不自禁想给他世上最好的一切。而对于稚嫩的宝贝来说，一切美好的源头其实很简单——那就是母乳。“三早”为实现纯母乳喂养打下了良好基础，是实现母乳喂养的有效方法。

Moms can't help bringing the best things in the world to her newborns when he/she is born. To such a delicate baby, the source of good things is actually very simple, i.e., breast milk. "Three early moments" lay a solid foundation for pure breast feeding, which is an effective way to make it.

### 1. 早接触

#### 1. Early contact

不论是顺产还是剖宫产，新生儿一出生就与妈妈进行肌肤接触，可以促进新生儿更有效的衔乳。世界卫生组织和国家卫健委最新的助产技术中，也增加了新生儿与妈妈第一次皮肤接触持续90分钟环节。

No matter natural labor or cesarean delivery, skin contact with moms the moment newborns arrive can help them latched onto the breast more efficiently. WHO and UNICEF also add the first skin contact between mom and newborn for the duration of 90 minutes into the latest midwifery.

通过早接触可以让母婴双方更确切的感受到彼此的存在，从而建立良好的母婴关系。这不仅有助于母乳喂养，还能第一时接触来自妈妈身体的有益菌群，使新生儿更好的维持生命体征，减少低血糖的发生。

Early contact can help both mother and infant truly feel each other, thus establishing a good mother-infant relationship. This will conduce to breastfeeding and help newborns contact helpful microbial populations from moms for the first time, thus helping newborns maintain vital signs and reducing the occurrence of hypoglycemia.

### 2. 早吸吮

#### 2. Early sucking

出生后一个小时内是婴儿吸吮反射最强的时候。现在很多医院在妈妈产后会直接将新生儿放在妈妈身上，在新生儿与妈妈亲密接触的“早接触”过程中，帮助新生儿找到妈妈的乳头，开始人生第一次吸吮，对于母乳喂养非常有利。

Within an hour after being born, infants enjoy the strongest sucking reflex. Nowadays, a lot of hospitals advocate placing newborns directly on moms after delivery. In the course of "early contact", newborns instinctively find their moms' nipples and start sucking for the first time, which is very beneficial to breastfeeding.

婴儿出生1小时内，开始吸吮母亲乳房，有助于刚出生的新生儿缓解出生过程的压力，帮助新生儿尽快适应新环境获得安全感，强化婴儿吸吮能力。

Breast sucking within an hour after being born can conduce to relieve newborns' stress from the birth process, help them adapt themselves to a new environment with a sense of security and strengthen the sucking ability.

婴儿的吸吮亦可促进催产素的释放，利于妈妈子宫收缩，控制产后出血，加速子宫恢复，也更有利于妈妈乳汁分泌。

Moreover, breast sucking can promote the release of oxytocin, which is conducive to uterine contraction, postpartum hemorrhage control and accelerating uterus recovery, and of course, it will facilitate milk secretion.

### 3. 早开奶

#### 3. Early lactation

早开奶可以让婴儿充分吃到黄金初乳。初乳是婴儿的第一次免疫剂，增加肠蠕动，利于胎便排出，减轻新生儿黄疸。

Early lactation can make newborns sufficiently suck the golden foremilk. Foremilk is the first immunizing agent for newborns, which can increase peristalsis, conduct to the discharge of meconium and alleviate the jaundice of newborn.

很重要的一点就是每24小时内要给新生儿哺乳至少8至12次。这不仅有助于新生儿完全利用初乳的营养，还能让婴儿适应乳头吮吸的感觉，养成良好的吮吸习惯，并刺激乳房产生充足的成熟乳。

It is worth noting that newborns need breastfeeding for at least 8-12 times every 24 hours. Newborns can fully absorb the nutrition in foremilk and adapt themselves to sucking nibbles, thus forming a good sucking habit and stimulating breasts to produce sufficient mature milk.

分娩后的最初两天，很多妈妈暂时不会有典型的涨奶感，但妈妈们不用焦虑。宝宝的持续吸吮可以刺激妈妈乳头上的神经传感器，促进妈妈下丘脑释放催产素，促使乳房分泌乳汁，同时促进泌乳素的分泌，产生泌乳反射。

During the first two days after delivery, quite many moms temporarily won't feel the typical breasts engorged, so there is no need to worry about. Newborns' on-going sucking can stimulate the nerve sensor on nipples, thus facilitating hypothalamus to generate oxytocin for lactation and prolactin for lactation reflex.



多种语言服务 满足外籍人士健康需求  
 We also provide English service for International Friends



**B** 错过“三早”，这些方法也有效  
**These tips are also effective in case "the three early moments" are missed.**

听过孕妇学校课程的妈妈都知道，婴儿出生后“早接触、早吮吸、早开奶”对母乳喂养非常重要。但是，如果已经错过了“三早”怎么办？可以试试以下这些方法。

As moms having the courses of pregnancy school all know, it makes all the difference in breastfeeding when "early contact, early sucking and early lactation" are valued after newborns arrive. What if the "three early moments" are missed? The following tips can be given a try.

#### 1. 刺激乳房形成射乳反射

##### 1. Stimulate breasts to form milk ejection reflex

射乳反射简单来说就是在吮吸刺激下，使乳汁从乳头的乳腺管排出的一系列反射过程。射乳反射频繁，吸出的乳汁就多，乳房排空的多，乳汁分泌的就更快。

To be simple, milk ejection reflex refers to a series of reflexes through ejecting breast milk from the lactiferous ducts under the sucking stimulation. The more frequent milk ejection reflexes, the more breast milk. When the breasts are discharged fast, lactation will be accelerated.

最好的射乳反射就是母婴接触，让宝宝的吮吸来刺激到新妈妈的乳房，孩子吃奶的过程中，妈妈会有2—14次的射乳反射，平均有5次的射乳反射。

The best milk ejection reflex is mother-infant contact. When infants are sucking nibbles, moms will have milk ejection reflexes for 2-14 times, 5 times in average, under such stimulation.

有一些早产宝宝或者有生理性问题的宝宝可能需要暂时与妈妈分离，这时，妈妈一定要坚持每天挤奶。在挤奶前可以先为乳房热敷，轻柔按摩乳房，热敷可以帮助建立射乳反射。

Some premature newborns or those with physiologic problems may have to separate from their moms temporarily, but moms are bound to express breast milk every day. Hot application along with gentle breast massage can be done before expressing breast milk, because hot application can help form milk ejection reflex.

吸奶时建议使用双边电动吸奶器吸奶，吸10—15分

钟后，建议改为手工挤奶，或改为单边吸奶器。吸奶的同时可以用手轻轻挤压乳房。因为每位妈妈体质不同，所以吸奶时间不再强调20—30分钟。

It is suggested to use the electrical dual breast pump. After 10-15 minutes, we suggest expressing breast milk by hand or changing the single breast pump. When expressing breast milk, gently squeeze breasts by hand. In view of different physiques, the sucking time of each mom will no longer be restricted by 20-30 minutes.

此外，多听宝宝的声音、看宝宝录像、多触摸宝宝、想象宝宝的可爱之处、多喝些热饮等也能刺激乳房形成射乳反射。

Furthermore, to listen to the sounds of babies, to watch their videos, to feel them, to visualize how adorable they are and to have more hot drink will also stimulate breasts for milk ejection reflex.

#### 2. “均衡”是最重要的哺乳饮食原则

##### 2. "Being balanced" is the topmost breastfeeding principle.

和孕期一样，妈妈在哺乳期也要选择多样化的食物，粮食、水果、蔬菜、肉、奶制品、脂肪、糖都不可缺少，可以多吃些全麦及谷类食品、新鲜的蔬菜水果，以及富含蛋白质、钙和铁的食物。营养丰富的鱼汤、鸡汤等的确可以起到催乳的效果，但切记不要过量饮用，每顿一小碗就足够了。

Much the same as pregnancy, moms during the suckling period also demand diversified food, e.g., grains, fruit, vegetable, meat, dairy products, fat and sugar, all of them are indispensable. Moms can also have more whole-wheat and cereals, fresh vegetable and fruit and the food abundant with protein, calcium and iron. Nutrient fish and chicken soups can indeed stimulate lactation, but remember not to have too much, a small bowl of soup for each meal is enough.

母乳中水的含量较高，随着母乳喂养，妈妈的身体会流失很多水分，所以除了保证营养之外，还要多喝水，每天至少喝8杯水（每杯约250毫升），以保证体内水分充足。

The water content of breast milk is very high, so water loss is obvious during breast feeding. Besides nutrition, moms need to drink more water, at least 8 bottles of water every day (about 250mL each bottle) to

guarantee water sufficiency in the body.

哺乳期妈妈平均每天要消耗500卡路里的热量，身体对能量的需求较大，所以请不要节食，否则会减少乳汁分泌量，宝宝就要挨饿了。

Moms during the suckling period consume 500 calories every day in average, so the body demands quite a lot energy. Please don't go on a diet, or the amount of lactation will drop and infants will starve.

急于在产后尽快恢复体型的妈妈可以减少高脂肪和高糖食物的摄入量，选择健康的低脂肪类饮食，再加上适度的运动，如每周快步走或游泳3次，这样就可以逐渐降低体重，一般来说每周减重0.5—1千克是较为合适的。

Moms who are anxious to get in shape as quickly as possible can reduce the intake of high-fat and high-sugar food. The healthy low-fat diets and moderate exercises, e.g., trotting or swimming three times a week, can gradually reduce weight. In general, the weight loss of 0.5-1kg per week is proper.

#### 3. 按需喂养，而不是按时喂养

##### 3. Breastfeeding is made on demand rather than on time.

新生儿喂奶不要刻意计时，只要孩子饿了就应该喂，频繁有效的吮吸能刺激泌乳素的分泌，加速产后子宫恢复，并且预防涨奶。

There is no need to deliberately suckle newborns by time. Feed them when they feel hungry, because frequent and effective sucking can stimulate the lactation of prolactin, accelerate the postpartum recovery of uterus and prevent breasts from being engorged.

新生儿的胃很小，胃排空时间短，因此需要较频繁地喂奶。“看孩子，别看钟”就是这个道理。

Newborns' stomach is not big enough and the gastric emptying time is short, so they need suckling frequently.

This saying makes sense, "nursing the baby not merely upon clock".

按需哺乳有很多好处，一方面可使婴儿获得足够的乳汁，并刺激母亲泌乳；另一方面，能够保证婴儿获得足够的营养，利于婴儿正常生长发育。

Breastfeeding on demand enjoys a lot of edges. On the one hand, infants can obtain sufficient breast milk and moms can be stimulated for lactation; on the other hand, infants can be guaranteed with sufficient nutrition for the sake of normal development.

#### 4. 坚定母乳喂养的信心

##### 4. The strong faith in breastfeeding is essential.

面对母乳喂养，新手妈妈别慌张，要坚定信念，相信自己一定有充足的奶量，不要盲目添加奶粉。遇到乳房问题时别退缩，应该及时求助医生。

New moms, don't be panic during breastfeeding. The strong faith in the sufficiency of breast milk is essential and don't add formula milk powder blindly. Go ahead! Doctor shall be timely turned to for any breast-related problems.

前期奶水少属于正常现象，刚出生的新生儿胃口小，每次只要吃一点奶水就足够，出生七天后，新生儿的胃会一点点变大，胃口也会逐渐增大，而此时，妈妈的奶水也会由初乳过渡为成熟乳，奶量也会随之增加。

It's normal that there is a little breast milk at the early stage. A little breast milk is enough for newborns, for they eat like a bird. Their stomach will grow up, and then their appetite may build up 7 days later. At this moment, the breast milk will turn from foremilk to mature milk and the quantity of lactation will be increasing.

母乳喂养是个技术活，如果在母乳喂养中遇到问题或困扰，最好及时去医院，听取专业医生的指导建议，对症处理，切不可盲目听信谣传，以免对自己造成二次伤害。

Breastfeeding is a skilled task. It is better to go to hospital immediately for any problems or puzzles about breastfeeding, because instructions and suggestions from professional doctors are of great significance. Never blindly believe rumors for fear of any secondary damage.



## 博语思创（北京）翻译有限公司 Beijing Strong Translation Co., Ltd.

www.boyustrong.com.cn

博语思创翻译有限公司是中国领先的综合语言解决方案提供商，公司成立于2001年，是中国译协（TAC）会员单位和美国译协（ATA）、国际本地化标准组织（LISA）正式成员。公司总部位于北京和成都。

Strong Translation Co., Ltd. is the leading supplier for comprehensive language resolution in China. Found in 2001, we are now the member of Translator Association of China (TAC), and also the member of American Translators Association (ATA) and Localization Industry Standard Association (LISA). We have the headquarters in Beijing and Chengdu.

我们是《世界中国》的唯一多语翻译商，助力《世界中国》快速发展。

We are the unique multilingual translation supplier of The World and China and dedicated to provide assistance for The World and China rapid development.

We may provide clients top-grade translation and localization service in 52 languages, including English, Japanese, Deutsch, French, Russian, Korean, Spanish, Portuguese, Italian, Hungarian, Dutch, Arabic, etc. Our clients are from customers, governmental departments and industrial fields, some of them are industry pioneers, for example: CCPIT, Bosch, IBM, 3M, pwc, GL, SK, HONDA, CCTV, FORD, CNPC, CITIC...

### Our services

- Excellent translator + Creative translation process = Top-grade translation works
- Oral interpretation for diverse occasions, especially skilled in simultaneous interpretation, our simultaneous interpreter hold EU certification and UN certification.
- Translator outsourcing: The translator bank may offer service appropriate to your business
- Writing, translation, review and compilation services from native speakers with desktop publishing (DTP)
- We are the translation agency designated by notary offices.
- 7x24h

We offer favorable quotation of simultaneous interpretation for our premium customers:

RMB 8000 per day

RMB 5000 per 0.5 day

※ One Interpreter price. 2. Non simultaneous equipment price. 3. Tax price



We hope to be your language assistant sincerely, please feel free to contact us at:

Add: No.A-1, Dongbinhe Road, Dongcheng District, Beijing

TEL: 18901069887

WeChat: 13982260688 (微信号)

E-mail: boyustrong@126.com

QQ: 1311159025 798790945

Contact: Mr. Charles Chen

## 与病毒共存

### Living with the virus in coexistence

伊水草堂 泷懋 (健康大师)

Long Mao, Yi Shui Herb House (Master of Healing)

中医看病是根据宇宙全息论之人体是个小宇宙的整体观，追根求源，从根上着手，整体辩证，标本兼治的同时，还要兼顾其他脏腑。选择药物虽说是有形的植物等，但是他取得是其无形的性，和选择其无形的所走的路径，就是归经，因为病毒是无形的，所以取其无形的药性和归经，符合宇宙暗物质维持宇宙天体及生命的事实。病毒永远不会消失，更不会被消灭，如果没有病毒就没有平衡。所以病毒并不可怕，怕的是人类不按宇宙规律去生活，悖道而行。对于病毒，只能是控制其平衡，病毒则永远不会泛滥，病毒是越压它越多，越杀，它会越变，人类的生存要顺其自然之道而生活就不会有灾难。

大多数的疾病都是因违背自然规律而发生的。既有病，其治疗方法也应符合自然之道，以无形的正能量才能治疗无形之邪能量，这就是正气内存邪不可侵。无论病毒怎么变化，而本质不会变，万变不离其宗，所以中医就是以不变治百变，只要掌握脏腑五行的生克结合季节变化中地域不同的风寒暑湿燥火以及季节交接之时的骤变特点，辨症诊断治疗用药，再奇特的病毒无不被制服。变才是宇宙不变的真理，辩证应因人因时灵活运用，灵活的辩证才是正确的治病之道。

Traditional Chinese medical treatment approaches the sickness in a holistic way, thinking of the human body as a small universe in itself, looking for the causes, working its way from the bottom to the top, using a dialectical approach, meanwhile searching for the root causes also considers other organs of the human body.

When choosing medication, we select among tangible plants etc., but we end up with invisible properties, and walk an intangible way, in other words we utilize the meridians. Since malady is an invisible thing, we call invisible attributes in service to cure it. This is also a recognition of the dark matter in the universe that holds celestial bodies in their place.

Viruses will never disappear, let alone be exterminated, without viruses, there will be no balance.

Therefore viruses are not fearsome. Fearsome is the fact that humans do not live according to the laws of the universe and go against the law.

As for the virus, it can only control its own balance. The virus will never spread indefinitely. The more we suppress it, the more it spreads, the more it kills and the more it mutates. Human survival must follow its natural path and there will be no disaster in life.

A huge part of diseases occur because the laws of nature are violated.

Once an illness appears, the treatment should follow a natural way. Invisible positive energy can treat invisible negative energy. Evil forces will not be able to defeat a positive attitude.

No matter how the virus changes, its essence does not change, the changes are inseparable from their ancestors, therefore Chinese medicine, while itself is not changing, can cope with all the changes of the pathogen.

This sort of medicine deals with the internal organs and the five elements, their combined role across the changing seasons in fighting the diseases, taking into account the wind, the cold, the heat, the moisture, the dryness, the fire, the sudden changes at the intersections of the seasons, to prescribe the best medicaments according to the symptoms, and successfully cure even the most peculiar viruses.

Change is the unchanging truth of the universe, dialectics should be flexibly used according to the human and temporal circumstances. Flexible dialectics is the correct way to cure diseases.







**2020 年**  
**向医护人员致敬**  
**Paying homage to the medical staff**  
**100 多年前**  
**More than 100 years ago**

