

中華之聲

CHUNG WAH MAGAZINE

第8期 ISSUE No.8
2012年9月 September 2012
双语双月刊 Bilingual Bimonthly Magazine
www.chungwah.org.au

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Department of the Attorney General

处理好自己的法律事务是您生活规划的一个重要部分。大部分人还没意识到一份持久授权委托书或一份遗嘱都属于法律文件。很多人有养老基金、退休基金和保险，却没有及时地办理一份持久授权委托书或遗嘱。

超过半数的西澳成年人没有为自己盘算“身后事”，没有考虑在丧失了心智能力无法做决策时该怎么办，或者死后他们的财产应该如何处理。

即使您已立下遗嘱，也需要定期检查，尤其是有结婚、分居、离异、事实婚姻、孩子出生或死亡等情况发生的时候。

许多人错误地认为，指定某位朋友或亲人作为自己的遗嘱执行人，是对亲朋的一种馈赠或一种特权。而且还有人认为，指定一位朋友意味着可以节省大笔的物业管理费用。事实上，遗嘱执行人的工作并不容易，需要很多精力和时间，尤其是当这个人还处于失去亲朋的悲痛之中或遭遇家庭纠纷的时候。

“公共信托”是一家独立、公正的法定组织，专门提供遗嘱草拟、持久授权委托书、已故者物业管理、信托管理，以及私人管理协助等服务。“公共信托”下属的西澳遗嘱银行，安全地保存着 10 万份遗嘱。遗嘱执行人协助服务，能在遗嘱检验的繁复法律程序方面，为执行人提供帮助。

为您省心省事，今天就联系“公共信托”。

Getting your legal affairs in order is an important part of your life planning. Most people don't realise that an Enduring Power of Attorney or a Will are legal documents. Many people have superannuation policies, retirement funds and insurance policies, yet simply put off making an Enduring Power of Attorney (EPA) or their Will until it's too late.

Over half of all adult Western Australian's haven't planned for what may happen to them if they lose the mental capacity to make decisions or what happens to their assets after their death and how they might be distributed.

Even if you have a Will, it still needs to be regularly reviewed - particularly if marriage, separation, divorce, a de facto relationship or the birth or death of a child occurs.

There is a common misconception that it is a compliment to appoint a friend or relative as your executor and that it is a position of privilege. In addition, people believe that appointing a friend also means significant savings in the cost of administering the estate. In fact, the duties expected of an executor are difficult, demanding and time-consuming, especially when the executor is grieving or there is family friction.

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Celebrating 25 Years of Sister State Relationship



浙江乌镇 Wu-Town of Zhejiang

Though we are separated by a great distance, never before has the relationship between two countries been more closely demonstrated than the recent celebrations to mark the 25th anniversary of the sister-state relationship between Western Australia and Zhejiang.

While the anniversary reinforces the close bonds between Western Australia and Zhejiang, it also coincides with the 40th anniversary of Australia-China diplomatic relations. In fact, the relationship stretches even further, when the Australian China Friendship Society (ACFS) - established more than 50 years ago - was a crucial link between us. The WA Chinese Chamber of Commerce (WACCC) and the Australia Chinese Business Council (ACBC) also have played leading roles.

In Western Australia, members of ACFS have been at the forefront of maintaining the dialogue and recently hosted a paper-cutting and painting exhibition. The Society also fosters programs to teach English in China.

Of course, the nature of sister-state relationships goes much further. The Western Australia-Zhejiang relationship has over the years expanded substantially to include education, agriculture, policing, land administration and regional development, resources, health care, research and development, culture and the arts, and disability services.

Western Australia is committed to continuing to support and expand exchange programs. Inadvertently we do this at the highest level, with five of the past six Australian ambassadors to China being educated at the University of Western Australia. Also of note, the University's Confucius Institute, founded in 2005, is a collaboration with Zhejiang University and the first in Australia.

It's no secret the prosperity of Western Australia and Zhejiang are inextricably linked. Indeed, the continued fortunes of both nations are now guided, to a large extent, by what happens in our two regions. Both regions are among the fastest-growing economies in their respective countries.

Trade figures underline the economic strength of the partnership. China is Australia's and Western Australia's

largest trading partner. Total trade between Western Australia and China is worth \$59 billion - WA's wool, barley, wine and resources are exported to Zhejiang Province.

Apart from the obvious differences in language, culture and philosophy, our partnership is based on shared interests and mutual respect. This has led to levels of friendship and understanding which will undoubtedly flourish over the years to come.

As Premier, I have been extremely proud to be part of the expanding links between Western Australia and Zhejiang across business, culture and sport.

I was particularly pleased to participate in the recent celebrations and to welcome Governor Xia Baolong and 300 government and business representatives.

I would also like to thank Consul General Wang Yiner for working tirelessly to promote stronger commercial and bilateral ties with Zhejiang and China since her posting to Perth early last year.

The Western Australian Government values our sister-state relationship and looks forward to further developing it by continuing to work with the Zhejiang Government to achieve mutually beneficial economic outcomes for both regions.

I look forward to the partnership continuing to provide prosperity to both regions and I wish the people of China, and in particular Zhejiang, the best of health and happiness.

I would also like to take this opportunity to wish the local Chinese community a happy Mid-Autumn Festival.

Colin Barnett MLA
PREMIER; MINISTER FOR STATE DEVELOPMENT



祝贺西澳和浙江结为友好省/州25周年

最近,我们迎来了西澳和浙江两地友好省州关系建立25周年的喜庆活动。虽然澳洲和中国远隔万里,但这25年的交情却让我们的关系变得前所未有的亲密。

西澳和浙江庆祝双方的友好关系之时,也恰逢中澳两国建交40周年。实际上,我们的联系还远不止于此。50年前,澳中友好协会的成立就为双方关系的发展奠定了基础。西澳中华总商会和澳大利亚中国工商业委员会也在发挥着积极的作用。

在西澳,澳中友好协会的会员一直活跃在双方交流活动的前沿,最近还举办了一场剪纸和绘画展。协会还在中国举办英语教学活动。

当然,友好省州关系并不止于此。多年来,西澳和浙江的亲密关系已经渗透到教育、农业、政策、土地管理和区域发展、资源、医疗、研究和发 展、文化和艺术,以及残障服务等领域。

西澳致力于进一步地支持和拓展双方的交流项目。政府的高层也会自发地参与到这些项目之中。比如过去六位驻华大使中就有五位参加过西澳大学的培训。2005年成立的西澳大学孔子学院也是与浙江大学合办的,这也是澳大利亚的第一所孔子学院。

毋庸置疑,西澳和浙江两地的繁荣发展是紧密相连的。事实上,我们两地都是两国经济发展最快的地区之一,澳中两国的未来都在很大程度上依赖于两地的交流和发展。

贸易数字就能突显两地在经济上的坚实关系。中国是澳大利亚以及西澳最大的贸易伙伴。西澳和中国之间的贸易往来高达590亿美元,西澳的羊毛,大麦,葡萄酒和资源都出口到浙江省。

虽然双方在语言、文化和观念上有着明显的差异,但我们的伙伴关系是建立在互利和互信基础上的。这更增进了双方的友谊和理解,也一定会在将来继续促进双方的关系发展。

作为州长,能见证和参与西澳和浙江在商务、文化及体育各方面的交流合作,我感到非常自豪。

尤其是最近参加了两地友好关系25周年庆的活动,非常高兴地见到了夏宝龙省长和300位政商界代表。

浙江西湖 The famous West-Lake in Zhejiang

我还想特别感谢中国驻珀斯总领事馆总领事汪银儿女士,感谢她自去年就任以来为促进西澳与中国和浙江的商务及双边关系所做的不懈努力。

西澳政府非常重视我们两地的友好省州关系,希望继续与浙江省政府合作,深入拓展双方的友好关系,为两地的经济发展推波助澜。

我希望双方的伙伴关系能继续为两地带来兴旺繁荣,并祝愿中国人民,尤其是浙江人民健康幸福。

我也希望借此机会,祝愿本地华人社区中秋节快乐!

科林·巴奈特

西澳州长 / 西澳州州发展部部长

翻译 何双子

 **City of Stirling**
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Best wishes
from the Mayor,
elected members
and staff to
the Chung Wah
Association for
a successful Mid
Autumn Festival.

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Multicultural Shows | Cultural Demonstrations

2012 Smoke Free WA Mid Autumn
中华中秋 Food & Cultural Festival
美食文化节

 Smokefree WA

Time: 12:00 noon to 8:00pm | **Date:** Sunday 30 September 2012

Venue: Chung Wah Cultural Centre, 18 Radalj Place, Balcatta

Note: Parking is limited on-site.
You can park at City of Stirling car
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regular shuttle to the venue

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Kung Fu Spirit

After having read and enjoyed the July magazine with lots of good kung fu coverage and stories, it gave me an opportunity to rethink the spirit behind kung fu and lion dance. Respecting the master or elder, kindred spirit between brothers, adhering to rules and discipline, helping the weak – what these traditional values are promoting is the moral of martial arts, which in effect represent the Chinese fundamentals of being a decent human being. Without these spiritual connotations, kung fu will only be a meaningless form of fighting, and lion dance would just be a form of entertainment. A long time ago, I once learned and liked kung fu, but it was only due to my youthful instincts and the restless nature of a young boy. After having worked in the society for several years and gained more experience in life, I just realised how precious these fundamentals are. These in fact are the very fundamentals that a mature man needs in establishing himself in society. As such, I really love the theme of this edition of the magazine, “The Spirit of Kung Fu”. Thank you, guys!

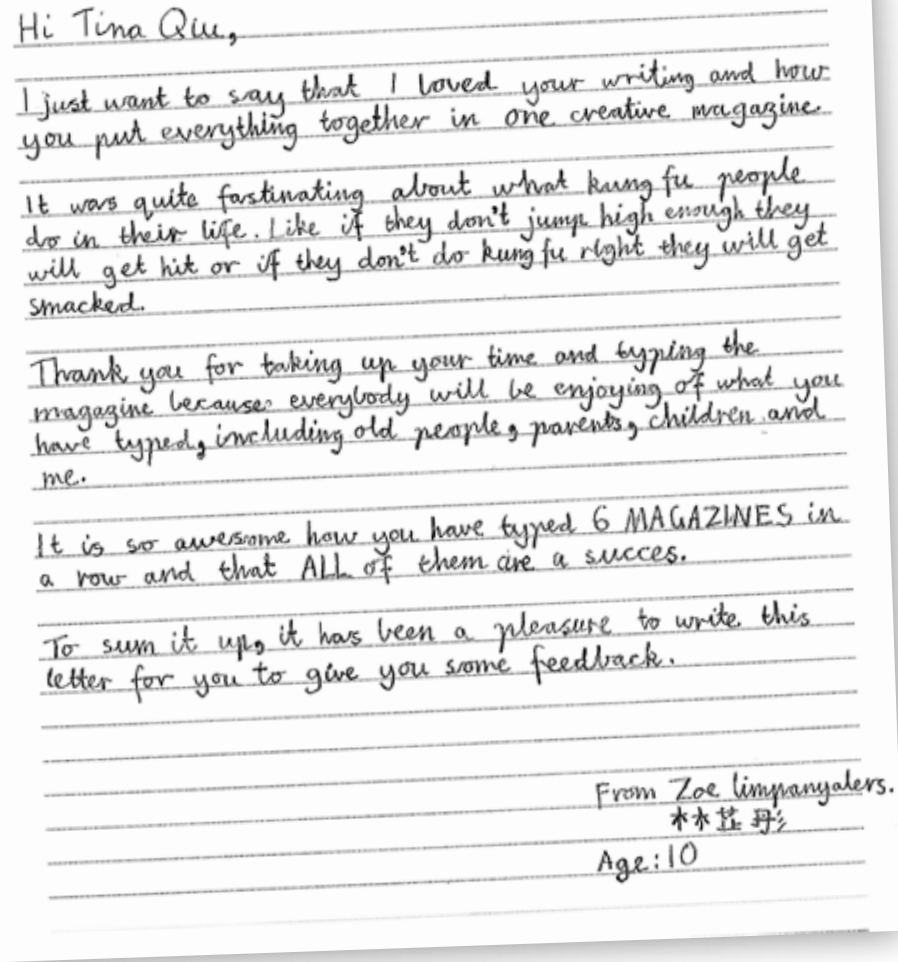
Lau Wai Soon

功夫励志

阅读并且享受了7月期《中华之声》中那么多有关功夫的励志故事，令我有机会反思功夫（舞狮）背后的精神。尊敬师长、友爱兄弟、遵守纪律、扶助弱小……这些传统的武行规矩，宣讲的是武德，训练的其实都是华人基本的做人修养，如果没有了这些精神内涵，那么功夫也就是一个搏击架子，而舞狮也仅仅是个娱乐而已。很久以前我也曾学习过功夫，年少时的我更多的是出于本能的喜爱，以及男孩子好动的天性，当进入社会多年之后的今天，伴随人生阅历的增长，我才发现那些背后的修养有多么宝贵，这是一个成熟的男人在社会上安身立命的根本！我也因此非常喜欢这一期的主题名称“男儿当自强”，谢谢你们！

刘伟顺

Letter from a Young Reader



小读者来信

秋主编，你好！

我只是想说我喜欢你写的文章，以及你如何把所有的东西都放到了一本有创意的杂志当中。那些功夫人的生活非常有趣，比如说如果他们跳得不够高就会被打，或者如果他们动作不正确也会被打。

谢谢你花费时间编写杂志，我们大家，包括老人、父母、孩子和我，都很喜欢你编写的东西。你已经编写了一长条总共6本杂志，它们全部都很成功。

总之，我很荣幸给你写这封信，让你得到一些反馈。

林芷彤（10岁）



Chung Wah Chicken Feet Eating Competition Goes International !



Many big things or events often have a modest beginning.
Our chicken feet eating competition could be one, as it gradually gains fame and popularity!

Written & Photos by Mona FONG

It all started back in November 2009 during the inaugural Northbridge Festival to celebrate the opening of the Northbridge Piazza (with the super TV screen) on the corner of James and Lake Streets. Chung Wah Association was invited to participate and in addition to the usual lion and cultural dances, our current President (the then Secretary) introduced a chicken feet eating competition to add some spice to the event. It caused a bit of a stir with the organisers arranging radio and web interviews, and used the chicken fee eating competition as a drawcard on their promotional posters. The activity attracted so much attention that it was reported on page 3 of the West Australian newspaper after the festival.

It went into hibernation until January 2012 when we reintroduced the competition at our Chinese New Year celebrations at the Southlands Boulevard Shopping Centre in Willetton. Again, it made news where it was reported in the Inside Cover of the West Australian newspaper (see March 2012 edition of CW Magazine). And when the City of Perth approached us to jointly organise the Yum Cha in the Park event in March at the Northbridge Piazza, they were very keen to include the chicken eating competition as a highlight. It then went “viral” on the internet as people who attended the Yum Cha event posted their positive feedback on various sites. From there, it attracted the attention of other event organisers such as that of the international Avon Descent in Toodyay.

The Avon Descent is an annual, two-day, white water event involving both paddle craft (kayaks, surf skis) and small motor boats. It runs from Northam to Perth along the Avon and Swan Rivers, and is held in August of every year. It is the only

event in the world where power craft race paddle craft. The course has Grade 2-4 white water rapids and its 133 gruelling kilometres tests the endurance of the fittest athlete. The Toodyay International Food Festival is run in conjunction with the Avon Descent. That’s where our latest chicken feet venture bobbed up again on August 4th where we charged the organisers \$600 to run the activity.



吮指回味：“味道好极了！” Fingers licking good! Yummy!

Mona and Thavee, members of our Executive Committee, and Ricky Lee, our in-house expert chicken feet compere, and their families attended the festival to run the activity on behalf of the Association. Leading up to the activity, the stage manager aptly played an upbeat tune entitled “Chicken Dance Song” to warm the crowd up for something they have never seen in their lives. Then, Ricky, in his usual jovial and unique sense of humour, introduced the activity including its origins to the crowd, jokingly adding that the contestants could “swallow the bones if they like, and that would be their calcium intake for the year”.

The activity attracted contestants from the Manawa Mai Tawhiti group who had earlier performed the traditional Maori Haka Dance, a young boy, and

even a vegetarian who was prepared to forgo his strict diet to try chicken feet for the first time in his life! When asked if the chicken feet is “finger-licking good”, an elderly man who was the winner of one of the heats, reacted by licking all his fingers! Most of the contestants became “chicken feet converts” after the competition.

The stage manager who herself is an event organiser contacted us after the event to obtain our contact details as she is keen to include the chicken feet eating competition as an activity in other events that she organises. So, watch this space as we could be on the cusp of something big! ■



比赛现场。李儒亥（右一）和林致德（右二）担任主持人
Competition in full flight. Ricky Lee compering with Thavee Lim assisting.

ANNUAL GENERAL MEETING

2012年会员大会

Time : 2:00pm
Date : Saturday 27 October
Venue : 18 Radalj Place, Balcatta,
Chung Wah Cultural Centre

Help us to help you.
But first, be there.
Together, we can
make a difference!



个人微薄意
相互成依靠
平地起高楼
有赖你我他

我们的声音 VOICE OF CHUNG WAH



啃鸡脚大赛冲出会馆走向国际!

文/摄影◎房秋亮 译◎何双子

万事开头难, 我们会馆的啃鸡脚大赛就是这样, 由一开始的默默无闻变成现在名声大噪。

比赛始于2009年11月北桥文化节暨新北桥广场揭幕典礼, 广场位于詹姆士街和雷克街相交处, 装有超大屏幕电视。中华会馆受邀参加了此次活动, 除提供传统的舞狮和民族舞蹈外, 为增添趣味, 我们的现任会长(当时的秘书长)还发起了一场啃鸡脚大赛。这让当时负责活动广播和网络采访的组织者大为兴奋, 还把啃鸡脚大赛作为活动的卖点登在了宣传海报上。结果比赛大受欢迎, 还在事后登上了《西澳大利亚人》报第三版。

直到2012年元月, 会馆又将啃鸡脚大赛引入了在桑斯兰购物中心举办的春节联欢活动。比赛再次大受追捧, 又一次登上了《西澳大利亚人》报的内页新闻版面(详情请见本杂志2012年3月刊)。今年三月份, 珀斯市政府邀请中华会馆联合举办北桥广场公园饮茶活动时, 还极力要求把啃鸡脚大赛作为活动的重头戏。活动结束后, 许多观众都在各类网站跟帖做出好评, 比赛就此红遍网络, 令许多活动组织者都注意到了这项比赛, 如最近在图德亚举行的国际艾芬河落差赛。

艾芬河落差赛每年8月份举行, 是一项为期两天的专业漂流赛事, 赛程沿着艾芬河和天鹅河从诺沙姆直到珀斯, 参赛的有划桨船(皮筏艇、滑水板)和小型驱动船只。这是世界上唯一一项划桨船和动力船同流竞技的赛

事。比赛分为2-4级急流, 133公里赛程考验选手的耐力。图德亚国际美食节也与此项赛事同时举行, 我们的啃鸡脚大赛就是在8月4日的美食节上进行的, 会馆收取了600元的组织费。

会馆理事会成员房秋亮和林致德, 以及我们的啃鸡脚大赛主持人李儒亥和他们的家人代表会馆参加了这次活动。比赛即将登场之时, 舞台监督恰逢时宜地奏起了欢快的“鸡舞曲”, 为这项许多观众从未见过的比赛开锣助兴。接着, 我们的主持人李儒亥以他特有的幽默方式向观众介绍比赛规则及比赛的起源, 他还开玩笑地说参赛者如果愿意, 可以连骨头都吃进去, 能补一整年的钙。

比赛吸引了许多观众参加, 包括刚刚在活动中表演了毛利人战舞的来自芒那瓦麦拓溪地族的几名成员、一名小男孩, 甚至还有一位素食者愿意打破自己严格的戒律, 一尝鸡脚的滋味! 当主持人问道鸡脚是不是好吃得令人直想舔手指头时, 一位刚赢得了一场预赛的老人家马上舔光了自己所有的手指。许多参赛者都在赛后变成了鸡脚的爱好者。

活动的舞台监督, 同时也是各种活动项目的组织者, 还在事后向我们索要联系方式, 很想把这一比赛纳入她组织的其它活动中去。敬请各位继续关注本杂志, 期待更精彩报道。■



图德亚国际美食节现场
The crowd at the
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Chung Wah Association

中华会馆总部

Chung Wah Hall & Administration Office

128 James Street Northbridge WA 6003

电话 Telephone

(08) 9328 8657

传真 Facsimile

(08) 9227 5694

电子邮箱 Email

chungwah@chungwah.org.au

网址 Website

www.chungwah.org.au

通信地址 Mailing Address

PO Box 73, Northbridge, WA 6865

中华会馆文化中心

Chung Wah Cultural Centre

18 Radalj Place (off Fortune Street) Balcatta WA 6021

电话 Telephone

(08) 9440 0265

版 权

COPYRIGHT

发 行

Pulished by

中华会馆

Chung Wah Association

社长

叶俊帆

Publisher

Sammy YAP

编辑工作室

Editorial Team

主编

秋小天

Chief Editor

Tina QIU

副主编

饶逸生

Deputy Chief Editor

Dr Yit-Seng YOW

编辑

周文琪

宋丽君

Editors

Raine CHAW

Quin SONG

视觉设计

汪德泉

丁成城

Visual Designers

Carl ONG

Campbell DING (Assistant)

摄影

Photographer

ZE Photography

翻译

何双子

Translator

Dorothy HE

插画

于红波

Illustrator

Ida YU

市场统筹

宋丽君

范青

Marketing

Quin SONG (Coordinator)

Annie FAN (Assistant)

行政支持

曾梅兰

Administration

Agnes TSEU

印刷

Printed by

C J King Printers

The Chung Wah

Association
Community & Aged Care

中华社区与长者服务部

Chung Wah Community & Aged Care

9/117 Brisbane Street Perth WA 6000

电话 Telephone

(08) 9328 3988

传真 Facsimile

(08) 9228 3990

中华乐思中文学校

Chung Wah Chinese School (Rossmoyne)

Keith Road, ROSSMOYNE 6148

电子邮箱 E-mail Address

cwcs_rossmoyn@hotmai.com

中华黎明中文学校

Chung Wah Chinese School (Leeming)

Aulberry Parade, LEEMING 6149

电子邮箱 E-mail Address

cwcsl@hotmai.com

中华摩利中文学校

Chung Wah Chinese School (Morley)

Bramwell Road, NORANDA 6062

电子邮箱 E-mail Address

chungwah_chinese_morley@y7.mai.com

中华青年组

Chung Wah Youth

电子邮箱 E-mail Address

kwokjustin@yahoo.com.au

中华舞狮团

Chung Wah Lion Dance Troupe

电子邮箱 E-mail Address

chungwah@chungwah.org.au

中华舞蹈团

Chung Wah Cultural Dance Troupe

电子邮箱 E-mail Address

chungwah@chungwah.org.au

中华民乐团

Chung Wah Chinese Orchestra

电子邮箱 E-mail Address

chungwah@chungwah.org.au

中华社区广播电台

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健康是福
Health is Wealth

Mental Illness in the WA Chinese Community

In order to better understand the trend of mental illness in the Chinese community and related issues, Chung Wah Magazine spoke with Siew-Ho YEAK, the Mental Health Multicultural Services Area Coordinator for Perth. Written by Tina QIU

The Mental Health Multicultural Services Unit is an arm of the South Metropolitan Health Services, which in turn is a branch of the WA Health Department. The unit is a team of one, namely Siew-Ho, who operates like the lone ranger, thronging the wide reaches of metropolitan Perth helping people from a multicultural background with a variety of mental illnesses and related problems. He is supported by a team of two people from the Royal Perth Hospital in the form of a clinical psychologist and a nurse who are dedicated to servicing the multicultural community which is basically represented by people who were born overseas.

Siew-Ho submitted a business case to his department several months ago to fund more resources such as cultural consultants and psychologists. He also hopes to expand his work with more non-government and other government organisations. Currently, he is depending on a network of volunteers, doctors, and nurses to help deliver training based on goodwill, but he knows that it cannot last forever. Hence, the additional resources, if approved, will go a long way in delivering better services and training.

Mental illness is a hidden illness as it has a stigma attached to it. Most people would not publicly admit their illness and many would not acknowledge that they have an illness. According to Siew-Ho, public promotion does not work. He found that the best way of getting the message through is talking to small groups or individuals on an informal basis. He has approached such groups through churches, temples, mosques, and ethnic communities, and has met with reasonable success. Often, he would find that during his information sessions or talks, nobody would ask questions or talk about their situations openly, but after the sessions had ended, he would be swamped by people individually, and

suddenly, there would be lots of potential cases and issues.

Siew-Ho gets cases referred to him from a variety of sources, such as non-government organisations, friends, relatives, associates, general practitioners, etc, mainly by word of mouth or through informal networks. Most of the Chinese cases were people from Hong Kong, Malaysia, and more recently China. Whilst the government has made it mandatory for service providers to use interpreters in cases where the sufferer has no or



limited English language skills, many have failed to do that. This often resulted in misunderstandings and/or incorrect action being taken. Even in cases where interpreters were used, the lack of knowledge of the cultural background of the sufferer and the making of assumptions, can lead to an ineffective handling of the case.

Siew-Ho quoted a recent case of a Chinese lady who spoke very limited English. As he is fluent in Cantonese, he visited the sufferer at her home to perform an assessment, together with the representative of the non-government organisation who referred the case. In the process, Siew-Ho discovered that the sufferer was experiencing

family problems where she was frequently beaten by her husband and son. She had previously sought help through the mainstream system but it had not been effective. She was advised to call the police or run away from home, etc, none of which she could relate to. This may be a practice in the western culture, but Chinese culture places an emphasis on family values with an age old saying that "one would tell a parent to beat their child, but not tell a couple to separate". She also misunderstood the financial advice given to her where she believed she would get nothing from the sale of their property with half of the proceeds going to the government. Armed with a knowledge of Chinese culture, Siew-Ho was able to pin-point the critical issues and took appropriate actions such as arranging for a Chinese speaking lawyer from the legal department to explain the legal issues to her, and appropriate counselling by Jingshu Li, a Chinese volunteer who is a trained psychologist.

Based on his experience dealing with cases to date, Siew-Ho found that medical treatment may not necessarily be the solution or the only solution. In fact, he found that about 80% to 90% of the cases were about resolving

problems related to social, emotional and/or financial issues. Often, the resolution of these problems would help the sufferers recover from depression. Referrals to medical treatment would only be made if found to be necessary following the assessment process.

Siew-Ho feels that the Chung Wah Association is ideally placed to become an active participant in the battle against mental illness in the Chinese community. He feels comforted that the Association has decided to apply for funding to address the illness, and looks forward to working with us in the near future. ■

关注华人社区 心理健康

文 ◎ 秋小天

为了更好地了解本地华人社区的心理健康状况和相关话题,《中华之声》近期同西澳卫生部多元文化心理健康地区主管叶绍和进行了会谈。

多元文化心理健康服务站,隶属于西澳卫生部旗下的南部市区健康服务处,这个服务站的工作人员就唯有叶绍和一人,他就如同一个独行侠,在地域广阔的珀斯城中,帮助有着多元文化背景的人们克服心理疾病和解决其它相关麻烦。他有一个来自珀斯皇家医院的两人团队的支持,这两人包括一名临床心理医生和一名护士,他们受命服务于多元文化社群,基本是针对那些在海外出生的少数族裔。

就在几个月之前,叶绍和向他的主管部门提交了一份工作计划,以争取更多的资源支持,比如更多的文化顾问和心理医生。他也希望能够同更多的非政府和其它政府机构合作,拓展他的工作范围。目前,他依靠自己的人脉,得到志愿者、医生和护士的帮助,来提供基于善意的心理辅导培训,但是他知道这不可能长久,因此如果能够获得额外的资源,将可以负担长久和更好的服务和培训。

心理疾病往往被隐藏,因为这通常被认为是一种羞耻。决大多数的患者不会公开承认他们的病情,还有很多人拒绝承认他们有病。按照叶绍和的说法,公开推广毫无作用。他发现了了解病情最好的方式是通过小组或个人,在非正式条件下的交谈。他曾经接触过那些由教堂、佛寺、清真寺和少数族裔社区主办的小组会,见证了合理的成功。通常情况下,他发现在他举办的信息交流会和座谈会上,没有人公开提问或谈论他们的处境,但是每当会议结束之后,他会突然地被很多个人所淹没,听到很多潜在的情况和问题。

西澳卫生部多元文化心理健康地区主管叶绍和
South Metropolitan Mental Health
Multicultural Services Area Coordinator, Siew-Ho YEAK.



叶绍和从丰富多样的渠道获得病例,例如非政府机构、朋友、亲戚、同事、门诊医生等,主要是通过人们的口耳相传或非正式的联系。大多数的华人病例中,患者来自香港、马来西亚,现在则更多来自中国大陆。虽然政府已经向服务供应商提出强制性要求,为那些仅有或完全没有英文语言能力的病例提供口译,但是很多都没有实现。这种现象导致误解和/或不正确的行为发生。在那些即使使用了口译的病例中,由于缺乏对患者相关文化背景的知识而做出的假设,也会导致对病情的无效处理。

叶绍和引用了近期发生的一起病例,一位华人女士的英语非常有限,由于叶绍和的广东话说得很流利,他同介绍这位女士的非政府机构的代表一起,前往她的家中进行病例评估。在工作过程中,叶绍和发现这名患者正在遭遇家庭问题,她经常遭到丈夫和儿子的殴打。以前她也曾经通过主流社会体系寻求过帮助,但是没有成效。她被建议给警察打电话,或是离家出走等,但是没有一个建议真正适合于她——在西方文化中这也许是一种可行的方法,但是在注重家庭观念的中国文化中很难行得通,这正如一句古老的中国俗语所说:“宁教人打仔,不叫人分妻”。她也对有关的财务建议产生了误解,以为如果卖掉他们的房产她将一无所有,因为半数的收入要交给政府。叶绍和的中国文化背景,使他能够一针见血地找到问题关键,并采取适当的行动,比如他从

法律部门中安排了一位能够说中文的律师给这位女士,向她解释法律条款,并安排来自中国的受过专业训练的志愿者李婧姝,为她提供心理辅导。

基于迄今为止应对心理问题所积累的经验,叶绍和发现医疗手段可能并不适用,或者并非唯一手段。实际上,他发现80%至90%的病例都与没有得到妥善解决的社会、情感和/或财务问题相关。通常情况下,这些问题的解决可以帮助患者克服抑郁。只有在病例评估过程中发现有医疗的必要,他才会将患者介绍给相关医疗机构。

叶绍和认为,在积极参与对抗华人社区的心理问题方面,中华会馆是一个理想的合作伙伴。他支持会馆向政府申请专项资助的决定,并期待在不久的将来大家能够一起携手工作。■



Chinese Brides A Tragic Trend

© Written by *Siew-Ho Yeak* - South Metropolitan Mental Health Multicultural Services Area Coordinator

In recent years, we have seen an influx of migrants from China especially those who come on a spouse visa. Many of these unwary “foreign brides” come to Australia expecting a new and fulfilled life. But unfortunately for many, this has become a shattered dream. Many suffer domestic violence from their Australian husbands who generally are older Caucasians.

Some experienced domestic violence as early as on arrival in the first week, others within 2 or 3 months. This to me is a legalised form of sex slave. Apart from the culture shock of living in a new country, many of these women are forced to stay at home, have their passports taken away, prohibited from cooking Chinese food, lack English language skills, and rely on electronic translators to communicate with their husbands. They have no one to turn to, too afraid to seek help or speak up for fear of deportation, and some have even been injected with drugs. This has caused a spike in mental illness and depression in the Chinese community of WA.

Currently, there is nothing to stop these men in re-offending. They will continue to visit Asian countries (China has become very popular) in search of cheap sex slaves by marrying them and bringing

them to Australia, then abuse them. The Chinese brides on the other hand would do anything to get out of China in search of a “better” life. We need to do something to stop these tragedies. ■



中国新娘梦断澳洲

文 ◎ 叶绍和 (西澳卫生部多元文化心理健康地区主管) 译 ◎ 何双子

近年来,来自中国的移民人数不断增长,尤其是持配偶签证的人越来越多。这些海外新娘怀着对美好生活的单纯向往来到澳洲,许多人得到却只是一个破碎的梦。许多新娘嫁给了年长的澳洲白人,遭到家庭暴力。

有一些新娘在抵澳后的第一周就遭到家暴,其他人也是在两三个月内。在我看来,这就是合法化的性奴役。除了对新文化的不适应,许多海外新娘还被迫呆在家里,护照也被收走,不允许做中国菜,不会说英语,要靠电子字典来和丈夫沟通。她们求救无门,也因为怕被遣返而不敢求救。有的新娘还被注射

了药物,这也给西澳的华人社区带来了心理疾病和抑郁症等问题。

目前还没有任何方面采取措施来阻止这些丈夫再犯。他们还会继续在亚洲国家寻找廉价的性奴役目标(尤其钟爱中国),和她们结婚,把她们带到澳洲,对她们施暴。而那些做着出国梦的新娘们也会不惜代价来寻找海外的“美好生活”。我们应该采取措施来制止悲剧的发生。■



Turning a Mission into Reality

◎ Sammy Yap – President of Chung Wah Association

A wise man was once asked what surprised him most about humanity, and he answered, “Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health.” How true! Particularly so in the world we live in today! And it really resonates with our theme for this edition of the magazine, “Health is Wealth”.

One of my missions for the Chung Wah Association is about humanity, which covers a wide variety of issues affecting the Chinese community. Although we are already doing a lot of work in look after the needs of our community, one area we can do more work in is to raise the level of awareness of health issues, and take practical steps to help those most in need. Mental illness in the Chinese community is one that has been neglected because it is hidden, and sufferers are unwilling to acknowledge their illness due to the stigma attached to it.

WA is one of first states to introduce mental illness multicultural services in 1983 but despite its long history, the resources provided to date do not match the population of mental health patients from a multicultural background. Similarly, insufficient research and analysis on multicultural mental issues and cases have been conducted to date. According to official data available, 30% of registered mental health patients in metropolitan Perth in 2010-11 were people who were born overseas. As it is not mandatory for these patients to indicate their origin, it is not possible to know how many of these patients are from a Chinese background. Moreover,

being a “hidden” illness, there are probably a lot of unknown or undetected cases, hence more funding and effort is required by both the government and non-government sectors to raise awareness, provide training, identify and assess cases, and arrange appropriate treatment.

Funding to support and improve services to multicultural mental health patients can be available from various funding bodies such as the Office of Multicultural Interests, Lotterywest, Department of Immigration and Citizenship, etc. Although the Mental Health Multicultural Services Unit is doing a great job, it lacks resources to expand. And, being part of a government department, it cannot apply for such funding. However, they can work as a partner to a non-government organisation such as the Chung Wah Association who may apply for such funding, and we have already started the application process.

In August, I met with the newly elected President of the Australian Medical Association (AMA), Richard Choong. One of the topics of our discussion was about how both our associations can work together to service the Chinese community. Richard has pledged his full support for our initiative in addressing mental illness, and has agreed to be a referee in our application for funding. We also talked about the possibility of putting in place an arrangement for general practitioners to refer their Chinese patients who may be suffering from some form of mental illness or experiencing social and emotional problems, to Chung Wah to seek help, if we are successful in setting up this service.

Richard commented that it has become more and more difficult to find Chinese speaking doctors. Translators can only go so far and may not be fully effective. He thought that the Chung Wah Association can become the link between migrants and the government, as our understanding of the Chinese language and culture can help to break down the barriers to improve their access to care and help.

There is a lot of hard work ahead of us and the path is filled with adversities, but we must not be deterred in anyway. I firmly believe that if we take one small step at a time, with patience and perseverance, we will succeed in the future. ■

中华会馆会长叶俊帆(左)同澳大利亚医疗协会西澳分会会长钟福强 Chung Wah President Sammy Yap (left) with Australian Medical Association (WA) President Richard Choong, photo courtesy of AMA

让使命成为现实

文◎叶俊帆(中华会馆会长) 译◎秋小天

当被问及最令人意外的人性是什么?一位智者回答说:“是人本身。他们牺牲健康以谋取金钱,然后又花费金钱企图恢复健康”。这是多么真实的人性写照!尤其是在我们今天所生活的世界!这也与我们本期的主题“健康是福”产生了共鸣。

我对中华会馆的使命之一是人道关怀,这涵盖了影响华人社区的各种问题。虽然我们已经付出了很多努力来照顾社区的需要,但是在健康问题上,我们仍有许多的工作要做,以提升整个社会的关注意识,并付诸实际行动。华人社区的心理健康由于其隐蔽性而往往被忽略,很多患者因为感到羞耻而不愿承认他们的困境。

西澳州于1983年在全国率先引进多元文化心理健康服务,尽管已有悠久的历史,但是迄今为止州政府能够提供的资源,还是不足以满足来自多元文化背景的心理患者人口的增长需要。与之类似,至今所开展的与多元文化心理问题相关的研究和案例分析,也还远远不能满足实际需要。根据官方数据显示,2010至2011年度有记录的珀斯心理病人中,30%是海外出生。因为对这些病人的具体出生(来源)地,没有强制性的要求,所以我们无从得知在这些病人中有多少华裔背景。此外,作为一种“隐藏”的疾病,可能还有很多未知或未检测到的病例,因此政府和非政府部门要付出更多的资助和努力,以提高认识、提供培训、确定和评估病情,并安排适当的治疗。

用于支持和提升多元文化心理健康服务的资助,可以来自不同的机构,例如西澳州多元文化利益办

公室、乐透彩票福利中心、移民和公民局,等等。虽然多元文化心理健康服务站在努力工作,但是它缺乏扩大服务所需的资源,而且作为政府部门的组成之一,服务站没有资格去向这些政府机构申请资助,然而它可以作为非政府机构——例如中华会馆——的事业合作伙伴,向政府提出资助申请。

8月,我与澳大利亚医疗协会西澳分会的新任会长钟福强进行了会谈,我们的话题之一,就是两个协会如何共同致力于服务华人社区。钟福强表示了对于关注华人社区心理问题的全力支持,同意为我们的项目申请担当推荐人。双方也探讨了一些实际合作的可能性,如果中华会馆的华人社区心理服务项目申请获得成功,那么他们将安排普通门诊医生将患有心理疾病或存在社会和情绪障碍的华裔病人,介绍到会馆来获得更多帮助。

钟福强指出,已经越来越难找到会讲中文的医生,翻译的作用有限,也许并非完全有效,他认为中华会馆可以成为华裔移民和政府之间的桥梁。我们对于中文和中国文化的理解,可以帮助打破障碍,提升政府对于华裔族群的关怀和帮助。

前路艰辛,而且沿途充满荆棘,但是我们必须无所畏惧。我坚信只要我们持之以恒,一步一个脚印地耐心走下去,终有一日将获得成功。■

中华会馆会长叶俊帆(右)同西澳卫生部多元文化心理健康地区主管叶绍和 Chung Wah President Sammy Yap (right) with South Metropolitan Mental Health Multicultural Services Area Coordinator, Siew-Ho YEAK



我愿伴你同行

背井离乡，飘洋过海到一个陌生的国度开始新的生活，这对每一位新移民都是一次巨大的转变与挑战。记得我初到澳洲时，时常会在充满岔道的街区里迷路，直到我把海边唯一的高楼作为导航的标志，才能找到回家的路。在中国忙碌而充实的生活，却在澳洲奔放而热烈的阳光下蒸发殆尽，我失去了事业的坐标与动力，也失去了人生的方向，犹如站在陌生的十字路口，彷徨、焦虑、无助……不知道身在何地，该往何处？

李婧姝，默多克大学心理咨询专业在读硕士，中国科学院心理学院心理学研究生，心理咨询师，曾工作于广州白云心理医院。

我曾去中文报社做广告销售，到西餐厅当服务员，给中文学校当老师……尝试了不同的行业，经历了很多的选择，却缺少了当初在中国担任心理咨询师时的价值满足——一种助人和自助的快乐。我们新移民都承受着重重新定位与调整的压力与不适，语言的不通，文化的差异，信息的不畅，让整个过程变得更为艰难与漫长。我曾遇到一位中国留学生因读书、生活的种种不适与压力，抑郁成疾。而在此期间她找过学校的心理医生，但因语言与文化的沟通障碍，未能得到有效的治疗，最终不得不退学回国……这触痛了我，也使我意识到华人的心理健康资源还是十分有限，有一定心理咨询从业经验的我，应当为我们的同胞略尽一份绵力。

于是我重新进入大学进修心理学。在偶然的一次社区服务中，我有幸成为西澳州政府南部多元文化精神健康服务部门的志愿者，与主管叶邵和先生一起填补华人社区精神健康服务的空白，为华人同胞提供心理健康支持与服务。在工作中，了解到西澳政府注重居民们的心理健康，并为此提供了相当的资源与支持。针对每位需要精神健康专业援助的居民，政府提供的是一个团队的服务与支持，团队中包括私人医生，个案管理者，精神科医生，心理学家，心理咨询师，社会工作者，护士等。所产生的费用则会通过社会公共医疗福利进行报销，而个人仅需支付少量的基本费用，即使对于

普通收入的家庭，也可以承受。由于信息的不对称，以及我们华人文化上对精神健康的忽视与忌讳，华人社区却很少会使用这些资源。

工作期间，我曾介绍一位遭受情绪与人际关系问题困扰的华人孩子到服务中心，很快他就获得了适合的治疗方案与团队支持，经过一年多的心理辅导，这名孩子回到学校开始正常的学习生活。从去年开始，我也开始接收个案，为一些面临重大生活创伤与经济困难的华人新移民，提供免费的心理咨询与干预。通过个案的接触，我深深地为我们华人，尤其是华人妇女们的承受力与韧性所感动，为了家庭与孩子，她们默默地承受着巨大的压力与痛苦，却忽略了自己的幸福与权益。欣慰的是，她们开始慢慢地找回自己，重新面对生活，为自己争取那份平静与幸福，尽管这条路的确很难。在这里，我想对所有在这条路上走的人说，其实你并不孤独，还有我们一起与你同行。

在此特别感谢中华会馆提供这个平台，唤起社会对于华人心理健康问题的关注，希望大家的共同努力之下，让更多灰暗的人生能够重新点亮希望。■

Let Me Walk with You

◎ Written By Jingshu Li - Voluntary Psychology Counselor ◎ Translated by Ben BEN

Leaving home and crossing the ocean to start a new life in a foreign country is huge change and challenge to every new migrant. I remember often losing my way around town during my early days in Australia until I use the only high rise building along the coast as a navigational landmark to find my way home. My previous busy and fulfilling life in China had totally evaporated under the radiant Australian sun. I had lost my career and my motivation, as well as my direction in life. It was like standing in the middle of an unfamiliar cross road, feeling lost, anxious, helpless where I was, where to from here?

I have worked as a marketing person in a Chinese newspaper, as a waitress in a western restaurant, as a teacher in a Chinese school, etc, but after trying out a number of different career choices, I could not find the job satisfaction as a psychology consultant when in China – the happiness of being able to help others and myself. As new migrants, we are faced with the pressure and inconvenience of having to readjust, language difficulties, cultural shock, incomplete information, making the process in settling down a long and difficult one. I once met an international student from China who suffered severe depression as a result of the pressure and inconvenience of living in an unfamiliar environment. She had approached the psychiatrist at her institution but did not receive effective treatment due to language and cultural barriers, and had to return home without completing her studies. This hurt me, and made me realised that the resources in treating mental illness in the Chinese community is very limited. Given my professional experience in psychological counselling, I felt that I should do what I can to help the people in our community.

Hence, I decided to return to university to further my studies in psychology. During a community service activity, I met Siew-Ho YEAK, the Area Coordinator of the South Metropolitan Mental Health Multicultural Services, and started to work with him as a volunteer to fill the gap in supporting and servicing the Chinese community in mental health issues. In addressing the needs of mental health patients, the government has provided a team based support and service structure, consisting of doctors, case officers, psychiatrists, psychologists, counsellors, social workers, nurses, etc. All the costs incurred are charged through the Medicare system, with

the patient paying a small amount of basic expenses, making it affordable to any ordinary family. Due to lack of information, and the apathy and stigma attached, the Chinese community rarely made use of such resources.

During the course of my work, I had referred a Chinese child who had been suffering from emotional and social issues to the Mental Health Multicultural Services unit. He was able to receive appropriate treatment promptly, and received support from the team. Following a year of psychological counselling, the child was able to return to school and lead a normal life. Starting from 2011, I have started to receive individual cases in providing free counselling and intervention to new Chinese migrants faced with serious life and financial pressures. Through these cases, I have been deeply touched by the tolerance and toughness of our Chinese people, in particular, the Chinese women who for the sake of their families and children, bore enormous pain and suffering at the expense of their own happiness and rights. The comforting part was in seeing them gradually rediscovering themselves, rediscovering life, and fight for their own peace and happiness, despite the tough road ahead. To these people, I would like to say, “you are not alone because we will walk with you”.

I am grateful to the Chung Wah Association in providing this platform to send a wake up call to society to pay more attention to mental illness in the Chinese community. I hope that in working together, we can light up the lives of those in sufferance. ■

Jingshu is currently studying a masters degree in Psychology Counseling at Murdoch University, is a psychology research assistant at the Institute of Psychology, China Academy of Science, works as a voluntary psychology counsellor with the South Metropolitan Mental Health Multicultural Services, and has previously worked at the Baiyun psychiatric hospital in Guangzhou.



当你在生活的道路上——
因种种压力而倍感孤独、苦闷和忧郁，
请不要再独自承受，有我们伴你同行！



华人社区心理健康援助计划 正式启动

每周五上午10点30分至下午4点30分

由专业辅导员李婧姝提供**中文**（普通话和广东话）心理咨询服务
请致电9328 8657或发送电子邮件至 chungwah@chungwah.org.au 进行**预约**

咨询地点：中华会馆总部大楼，128 James Street, Northbridge

服务流程	服务单位	服务内容
第一步	中华会馆	接受预约，提供心理辅导咨询
第二步	西澳卫生部多元文化心理健康服务处	个案评估，提出援助方案
第三步	相关政府部门	实施医疗、社会、法律等专项援助

服务对象个人资料全程保密

服务内容**包括**：中文咨询，出具评估方案，委托相关政府部分提供专项援助。
服务内容**不包括**：开具处方药物、提供财政资助、住宿，或是作为移民代理。

**Stressed? Feeling down? Need to talk ?
We may be able to help !**

Chinese Community Mental Health Assistance Program is launched !

A professional psychology counselor is available to talk to you in **Mandarin** or **Cantonese**
Every **Friday** between 10.30am and 4.30pm at the Chung Wah Hall at 128 James Street in Northbridge.
Please call 9328 8657 or email chungwah@chungwah.org.au to make an **appointment**.

STEP	WHO	WHAT
1	Chung Wah Association	Preliminary enquiry and counseling
2	South Metropolitan Mental Health Multicultural Services	Case assessment and propose solution or treatment
3	Relevant government department or agency	Provide medical treatment, social, or legal assistance and guidance



All personal information will be treated in strict confidence

What we **can** do:

Chinese speaking counselling, Assessment, and Referral to other appropriate services,

What we **cannot** do:

Prescribe medications, provide financial help, accommodation, or act as migration agent.

Depression and Heart Disease: Mind and Mood Affect the Heart 抑郁症和心脏病息息相关

Figures released by the Australian Bureau of Statistics show 22, 000 people died of heart disease in year 2010, and it remains the number one killer of Australian men and women. The figures released also show a worrying increase in the number of people dying from chronic heart failure. Around 30,000 Australians a year are diagnosed with this largely preventable disease.

We really mean it when we say "Body and Soul". This number one killer of Australian can be depressing—literally. About 50% of hospitalized heart patients have some depressive symptoms, and up to 20% develop major depression. And depression affects heart health: Patients who are depressed at the time of hospitalization for heart conditions are two to five times more likely than average to die or to suffer further cardiovascular events such as heart attack, stroke, or severe chest pain in the following year. The Harvard Mental Health Letter notes that recurrence of cardiovascular events is more closely linked to depression than to high cholesterol, smoking, high blood pressure, or diabetes.

Mind and mood can affect the cardiovascular system directly by creating a state of emergency readiness, in which stress hormone levels rise, blood vessels constrict, and heartbeat speeds up. If a person is seriously depressed or anxious, the emergency response becomes constant, damaging the blood vessels and making the heart less sensitive to signals telling it to slow down or speed up as the body's demands change.

Research suggests that the type of antidepressants called selective serotonin reuptake inhibitors (SSRIs) may benefit depressed heart patients and possibly reduce their risk for future heart problems. Cardiac rehabilitation programs that sustain patients' morale and urge them to take better care of themselves may also help reduce the damage depression does to the heart.

It's hard to determine the precise cause and effect in the relationship between depression and heart disease. Symptoms may be similar, and the damage depression does to the cardiovascular system may trigger further depression. Still, the connection is real. Cardiologists should ask their patients about stress and depression, and patients should not hesitate to bring up these subjects.

根据澳大利亚统计局数据显示，2010年全国共有2万2千人死于心脏病——澳大利亚男性和女性的头号杀手。数据也显示死于慢性心力衰竭的人数有上升的趋势，目前，每年约有3万名澳大利亚人被诊断患上这个很大程度上能被预防的疾病。

华人总喜欢说“身心健康”，殊不知“身”和“心”的健康原来是息息相关的。心脏病，澳大利亚的头号杀手能让人“相当忧郁”。约有半数以上入院就诊的心脏病患者出现抑郁症状，其中二成病患进而染上严重的抑郁症。即是说，抑郁症影响心脏健康：曾在入院就诊时患有抑郁症的心脏病患者较普通心脏病患者在翌年死于心血管疾病如心脏病、中风或严重胸痛的机率高出二至五成。《哈佛精神卫生通讯》也指出抑郁症比高胆固醇、抽烟、高血压或糖尿病更容易引发心血管疾病。的再发。

心态和情绪能通过制造“应急准备状态”，即压力荷尔蒙指数上升、血管收缩以及心跳加速，进而直接影响心血管系统。若一个人陷入严重的抑郁和焦虑状况，他将一直处在应急准备状态中。这将损坏他的血管并减弱心脏的敏感度，以致当身体产生不同的要求时，心脏无法很好地感应以及调节心跳速度。

研究指出抗抑郁药选择性血清素再摄取抑制剂（英文缩写SSRI，请参考本期文章《抗抑郁药：帮了你还识害了你？》以了解更多关于此药的副作用），能帮助患有抑郁症的心脏病患者，它甚至可能减低患者在未来患上其他心脏疾病的风险。此外，维持患者情绪健康稳定以及教育他们如何自重的的心脏康复计划，亦有助于减轻抑郁症对心脏造成的伤害。

由于不少症状是类似的，所以要精确地划出抑郁症和心脏病的直接关系和影响，仍旧非常困难。更何况抑郁症对心血管系统造成的伤害会加剧原有的抑郁症状。不管怎样，“身”和“心”这两者确实是息息相关的。心血管病医生应询问病人关于他们是否面对压力和抑郁，病人也更应毫不犹豫地主动提起这些问题。■
(翻译：周文琪)





死于抗抑郁药的澳洲影星
希斯·莱杰
The late Australian movie star Heath
Ledger who died from an overdose
of anti-depressant medication



The Hidden Side of Antidepressants: *Help* or *Harm*?

The recent death of pop icon Whitney Houston has once again sparked worldwide awareness of the fragility of human life, and how easily it can slip away in an instant. But what Houston's death has also brought to the forefront is the reality that, under the auspices of treating disease, FDA(Food and Drug Administration)-approved pharmaceutical drugs are a primary cause of death in the U.S.

Over the years, numerous celebrities, singers, actors, and cultural icons met their fates because of prescription drug overdoses. Some of these individuals died as a result of misusing pharmaceutical drugs, while others were literally out of their minds as a result of taking them, which made them particularly prone to the careless and even suicidal behaviours that ultimately led to their deaths.

One may be shocked to discover that such tragedies not only happen among celebrities in Hollywood, but among ordinary people as well. By April 2011, the Therapeutic Goods Administration (TGA) in Australia had received 13,179 adverse drug reactions (ADR's) linked antidepressants, including 286 deaths.

Does antidepressant do more harm than good? Take a quick glance at the facts below to have a better understanding of the drug.

Antidepressant risk factors

Anyone who takes antidepressants can experience unpleasant or dangerous side effects. But certain individuals are at a higher risk:

People over 65. Studies show that SSRI (selective serotonin reuptake inhibitors) medications may increase the risk for falls, fractures, and bone loss in older adults.

Pregnant women. The use of SSRI's late in pregnancy may lead to short-term withdrawal symptoms in new-borns after delivery. Typical symptoms include tremor, restlessness, mild respiratory problems, and weak cry.

Teens and young adults. In Australia, no antidepressant is currently approved for the treatment of major depression in young people, although unapproved, "off-label" prescription is common.

People who may have Bipolar Disorder. The treatment for bipolar depression is different than for regular depression. In fact, antidepressants can actually make bipolar disorder worse or trigger a manic episode.

Deciding if depression medication is right for you:

If you're considering antidepressants as a treatment option, make sure you carefully consider all of your treatment options. The following questions may help you make your decision.

Questions to ask yourself and a mental health professional

- Is my depression severe enough to justify drug treatment?
- Is medication the best option for treating my depression?

- Am I willing to tolerate unwanted side effects?
- What non-drug treatments might help my depression?
- Do I have the time and motivation to pursue other treatments such as therapy and exercise?
- What self-help strategies might reduce my depression?
- If I decide to take medication, should I pursue therapy as well?
- Questions to ask your doctor
- How much mental health care training have you had?
- Are there any medical conditions that could be causing my depression?
- What are the side effects and risks of the antidepressant you are recommending?
- Are there any foods or other substances I will need to avoid?
- How will this drug interact with other prescriptions I'm taking?
- How long will I have to take this medication?
- Will withdrawing from the drug be difficult?
- Will my depression return when I stop taking medication?

Medication alone is not enough

Remember, antidepressants aren't a cure. Medication may treat some symptoms of depression, but can't change underlying contributions to depression in your life. Antidepressants won't solve your problems if you're depressed because of a dead-end job, a pessimistic outlook, or an unhealthy relationship. That's where therapy and other lifestyle changes come in.

Exploring your depression treatment options

It sometimes takes time to find the depression treatment that's right for you. Don't be fooled into thinking that antidepressants are the best choice, just because they may be the easiest one.

Studies show that therapy works just as well as antidepressants in treating depression, and it is better at preventing relapse once treatment ends. While depression medication only helps as long as you're taking it, the emotional insights and coping skills acquired during therapy can have a more lasting effect on depression. However, if your depression is so severe that you don't have the energy to pursue treatment, a brief trial of antidepressants may boost your mood to a level where you can focus on therapy.

In addition to therapy, other effective treatments for depression include exercise, meditation, relaxation techniques, stress management, support groups, and self-help steps. While these treatments require more time and effort initially, their advantage over depression medication is that they boost mood without any adverse effects. ■

抗抑郁药：帮了你还是害了你？

最近，美国流行乐坛巨星云尼·休斯顿之陨落不仅再次提醒世人的生命是多么的脆弱，也敲醒了药物滥用的警钟：即便获得美国食品药品监督管理局（FDA）的批准，本是用来治疗疾病的药物竟然在美国成为促使死亡的首要原因之一。

历年来，无数的艺人、歌手、演员以及文化名人皆因服食过量处方药而死亡。有些人因误食药品而死；有些则是因按照处方服食某些药品后而受到副作用的影响，渐渐产生失常行为比如精神恍惚甚至有自杀倾向，最后不幸以死亡告终。

众多读者或许以为此类悲剧仅发生在好莱坞的艺人们之中，其实不然，平凡老百姓也有相同的遭遇。截至2011年四月，澳大利亚治疗商品管理局（TGA）共接获13, 179宗由抗抑郁药导致的药物不良反应（ADR）案件，其中286人死亡。

抗抑郁药究竟是帮了还是害了人们呢？本文或许能够让读者们对抗抑郁药有更进一步的认知和了解。

服食抗抑郁药的风险

任何服食抗抑郁药的患者都有可能产生不愉悦甚至是危险的副作用。部分服食者将面对更高的风险：

超过65岁的服食者。研究报告显示服食选择性血清素再摄取抑制剂（SSRI）类药物将增加乐龄人士跌倒、骨折和骨脂流失的风险。

孕妇。SSRI或在生产后导致短暂性子宫收缩症。其他典型症状有抽泣、颤栗、焦虑以及轻微呼吸系统问题。

青少年和青年。在澳大利亚，没有任何一种抗抑郁药被有关当局批准作为治疗年轻人的抑郁症——尽管如此，“药物商标外处方”（编注：又称“不规范处方”，即医生开的处方超出药物商标规定范围）仍处处可见。

双向抑郁症患者。针对双向抑郁症患者的治疗有别于普通抑郁症患者。事实上，抗抑郁药能加剧双向抑郁症患者的病情或引起躁症发作。

选择适合自己的抗抑郁药：

若你正考虑将服食抗抑郁药作为治疗方法之一，请确保你已做足了各项调查和准备。

作决定之前，请问问自己：

- 我的抑郁症是否严重到不得不接受药物治疗的程度？
- 服食药物是治疗我的抑郁症的最佳方法吗？
- 我是否愿意承受这些不必要的副作用呢？
- 什么非药物治疗法能帮助减轻我的抑郁症？

• 我是否有足够的时间和意志力去进行其他的治疗例如“疗法”（音乐疗法、谈话疗法、暗示疗法等）和运动？

• 有什么自助办法能减轻我的抑郁症吗？

• 若决定采用药物疗法，我该同时进行其他疗法吗？

• 作决定之前，请问问医生：

• 你接受过多少心理健康护理训练？

• 我的抑郁症是否因身体健康状况而导致？

• 你所推荐的抗抑郁药将带来什么副作用和风险？

• 服食药物期间，有什么食物或物质要戒口和避开？

• 此药和我正在服食的其他处方会产生何种反应？

• 我得服食此药多久？

• 停止服药是否困难？

• 当停止服药时，我的抑郁症会反弹吗？

仅仅用药是不够的

切记，抗抑郁药非万能神药。药物或许能治疗抑郁症的一些病症，但那终归是治标不治本——抗抑郁药并不会帮你解决人生中的烦恼，比如说工作上的瓶颈、悲观的个性，或是一段不健康的情感关系。这时，患者必须通过各种其他疗法以及生活方式的改变来更彻底地解决根本问题。

了解其他治疗抑郁症的方法

患者有时需花一些时间来找到合适的治疗方法。不要愚信以为说因抗药物疗法是最容易的方法，所以是最佳的方法。

研究显示非药物疗法也能和抗抑郁药一样有效地治疗抑郁症，当疗法结束时，前者能更好地防止病症反弹。药物疗法只能在服用期间产生效用，而患者在其他疗法中所习得的“情绪性领悟”和应对技巧却能产生更持久的效用。不过，若抑郁症严重得使你连进行其他治疗的力量也没有，那么你或许能依靠短期的药物疗法来改善你的精神状况直到你能专注于其他疗法上。

除了各种疗法，其他有效的治疗包括运动、静坐、放松技巧、压力管理、抑郁症支援小组和自助步骤等等。虽然这些疗法在进行初期需要患者给予更多的时间和精力，不过由于完全不带任何反作用，所以它们和药物疗法相较之下仍是占优势的。■
(翻译：周文琪)



死于抗抑郁药的美国歌星
云尼·休斯顿
The late American superstar Whitney
Houston who died from an overdose
of anti-depressant medication



武汉求医记

文/摄影 ◎ 康力



武汉长江大桥
The bridge over Yangtze River in Wuhan city

从2007年底爆发肛周脓肿开始，“病来如山倒，病去如抽丝”这句中国俗语，在我的丈夫法兰克身上得到了充分的验证，5年来他辗转问诊于本地3位权威专科医生，经历了7次手术而不见疗效，绝望中我们不得不远赴中国，最终在武汉获得了根治的希望。在这次经历中，法兰克所跨越的，不仅仅是时间和国界，还有文化的障碍和习俗的差异；他所克服的，也不仅仅是一个顽疾，还有任性的生活方式和对中国医疗水平的偏见。

病根隐埋

2007年底，当法兰克突然发病之时，我们身在中国，理所当然地认为澳洲的医疗水平和条件一定优于中国，于是急切地放下手头的一切事务，就为赶回珀斯接受治疗。

法兰克的身体一向非常健康，即使他抽烟又饮酒，而且这两项的消费标准都远超于常人，但是他平时连感冒都很少见，每年的例行体检也总是毫无异常。也许正是由于一路“绿灯”，他从未对自己的健康予以关注和保养，任性地支撑着上天的恩赐。我有一位精通中医的中国导师，早在2005年，当他目睹法兰克的生活习惯，尤其是对威士忌和甜食缺乏节制的“钟爱”之后，曾经用中医的“内火”理论打过一个比方说，人的肠胃好比一个容器，烈酒等热性食品在人体内滋生的“内火”，就如同一个火炉不断地在下面燃烧炙烤，总有一天，这个容器会被烧穿的。这个警告引起了我的重视，但是对当事人法兰克却毫无作用。崇拜现代科技文明的他，同绝大多数西方人一样，根本不会相信这样的理论。在我看来，这个预言在两年之后不幸地被应验

了，法兰克的肛周开始出现间歇性地疼痛，但是当时，我们的第一个反应，就是赶快返回澳洲接受治疗。

2008年2月，在位于苏比亚哥的圣约翰私立医院，法兰克接受了第一次手术。这也是我首次走进澳洲的医院，整个医院内外环境优美而舒适，更像一个星级酒店而非医院。印象中最为深刻的，是在法兰克手术期间，我独自坐在沙发上等候，四周没有任何干扰，阳光透过两层楼高的落地玻璃，暖暖地照在身上，眼中看到的，是精心养护的绿地和花园。在经历了为期数月的奔忙之后，我感觉终于可以放下内心的忧虑，放心地把病中的亲人交给这样一所医院，相信如同它的外观一样，它的医术也一定非常高超。

病情反复

可是一年之后，法兰克的病情就复发了，不得不再次前往医院接受手术治疗，而出于对澳洲医疗体系的崇拜和信任，当时的我们并没有向医生仔细追问他的病情和复发原因。直到2011年8月，法兰克的病情再次出现反复，他被告知肛周囊肿已

经发展成为了瘻管，并因此接受了肛瘻手术。

肛瘻并非疑难杂症，但是这是一个颇为麻烦，而且严重影响生活质量的疾病。简单地解释，肛瘻首先是在肛周内部出现感染性的内口，然后以一个管道的形式逐渐向外蔓延，直至穿破臀部表层形成外口。由于部位特殊，只能依靠手术切除病灶，并通过内外口挂线，用外口引流的方式，来逐渐治愈，而不能采用敞开、缝合式的常规外科手术方式加以治疗，因而病情很容易延误和恶化。

法兰克的病情当时还没有严重到自发出现外口，是出于引流的需要而人为形成了外口，并在内外口之间挂了线。手术之后，主刀医生直言不讳地告诉他，因为瘻管比预期的深，准备的器械不够长，因此手术没有完全到位。我觉得完全不可思议，术前竟然不做充分检查的吗？这难道不是医疗事故？我要求法兰克去同医生理论，但是当时的我们其实还不清楚这场失误的严重后果，最终不了了之，只是转投向另外一名业内的权威医生寻求治疗。

屡治不愈

这是一位资深的肛肠科医生，在本地素有盛名，但是在他手中，法兰克的病情依旧没能得到好转。令我深感困惑的是，除了每天向外口填塞和更换引流条，针对病情，再也没有其它任何的药物治疗。由于外口的愈合速度非常快，在不到半年的时间里，法兰克不得不先后经历了4次小手术，主要目的只是人为地再将外口打开。最后，这位医生直接向法兰克宣布放弃，建议他另寻良医。

从2011年8月法兰克接受第一次肛瘻手术之后，我便开始充当护士的角色，也因此逐渐体会到澳洲医疗体系更多的不同侧面。即使是动了大手术，法兰克的住院时间最多也只是两个晚上，普通小手术甚至当天就可以回家。这样仓促的原因，据猜测是由于住院成本很高，保险公司不会乐意延长病人的住院时间。

由于澳洲人工成本也很高，有效的护理方式也很缺乏。以法兰克的病情为例，刚出院时，每天只能由巡回护士开车来家中更换引流条，因为病人同护士的时间通常难以配合，两个星期之后，便转而由我来执行护士的工作。

可想而知，我们的正常生活全部被打破，法兰克每天带着流脓的伤口如常去上班，但是很容易就疲倦，不能长久的工作，甚至站立。我们因此不能观礼朋友在户外举行的婚礼，也先后两次取消了带领中国来的亲戚和朋友到巴索顿度假的计划。由于久治不愈，我们在精神上承受的压力也日渐沉重。我对这种任其自生自灭的治疗态度和方式，开始产生质疑和不满。这时，那位中国导师建议我带法兰克到中国进行治疗，珀斯身边的亲友也开始为我们感到忧虑，经过家人的介绍，2012年初，法兰克转到了第三位医生门下，接受了关于肛瘻的第7次手术，但是同样的，这也只是再次痛苦地撕开外口而已。这位医生的态度倒是非常“乐观”，他“安慰”法兰克说，你的情况没有问题，你想做什么就做什么，甚至包括游泳，都完全没有影响，但是若要完全康复，可能还至少需要1到两年的时间。我被这样不负责任的说法彻底激怒了，我想当面对那位医生说，真是坐着说话不腰疼，因为你不用每时每刻屁股上都带着一个流脓发臭的伤口生活！

求助中国

绝望之余我们终于决定向外寻求治疗的希望。2011年3月，在中国度假期间，法兰克在当地朋友的安排和陪同之下，前往一家著名的肛肠专科医院（武汉市第八



医院外景 External view of the hospital

医院），接受了检查。检查由当地肛肠科的著名专家唐迎春副院长进行。大约10分钟的检查之后，唐院长直言不讳地告诉我们，任由伤口这样下去，永远都没有治愈的可能。他说，黄种人属于痔疮、肛瘻等肛肠疾病的高发人群，肛瘻的主要诱因包括工作劳累、熬夜、嗜好烈酒和辛辣等等，在中国，尤其是武汉地区非常普遍，同类的手术，光他们医院，平均每周就要做30多台。唐院长称，如果他们在法兰克最早发病时接诊，那么仅需要一或两次手术就可根治。现在法兰克的病情已被拖延得很严重，他建议我们尽早住院治疗，同时告诉我们，对于这样复杂性的肛瘻，住院时间可能会超过一个月。

根治有望的消息，与需要长期住院，跨国跨文化而带来的琐碎烦恼掺杂在一起，令我们又喜又忧。这时，来自武汉当地朋友的有力支持，帮助我们下定了决心。在假期结束，返回西澳仅两周，尽快安顿好工作和家庭事务之后，我们重返武汉。朋友们已为我们在医院附近租好了公寓（法兰克住院后不久，朋友们又帮助我搬到了距离医院步行不超过5分钟的一家商务酒店），配置了日用品，并一再同我细细交待周边地区的生活细节。一位多年前曾经在第八医院进行过肛瘻手术的朋友，坚持将他当时的主治医生徐飞推荐给了我们。

法兰克同医生合影，左起：唐迎春、徐飞和潘辉
Frank with the Chinese doctors, from left, Dr TANG Yingchun, Dr XU Fei, and Dr PAN Hui



得遇良医

徐飞医生在肛肠科领域已经有着20年的临床经验，以擅长攻克疑难杂症而闻名，经他治愈的上千例病人中，迄今无一复发。当徐医生他听取了我对法兰克病史的介绍，仅通过肉眼和手指的基本检查，就已经可以给法兰克作出大致的诊断。他说，法兰克的病灶应该位于肛周1点和3点钟之间的位置，比较深，而且瘻管结构复杂，最佳的手术位置应是12点钟方位，但是这样很可能会破坏肛门周围严密的肌肉组织，最大的风险就是会因此损伤肛门的功能，即便治愈，也会给患者的后半生带来不幸。因此，他对澳大利亚医生选择在相对安全的3点钟方位开置外口和挂线，表示理解。但是他也表示，这样的治疗方案，很可能将使病人终身带瘻生活。

对于一个勇于攻克难关的医生而言，徐医生对法兰克的病例充满了浓厚兴趣，检查才刚刚结束，他就开始兴致勃勃地向我俩和同行的中国朋友们介绍病情，以及他设想中的治疗方案。为了避免使用那些晦涩难懂的专用术语和理论，他用水坝作为比喻，向我们畅谈有关渗漏、管涌、改道和引流的问题。他将枯燥的病情讲解得形象而生动，令我们听得津津有味。全部听众，包括言语不通的法兰克在内，都一致为徐医生的专业魅力所折服，你可以从他的语气和神态中，充分感知他对于专业的挚爱和自信，你会觉得他正在形容和讲述的，并非日渐腐烂的肛门瘻管，而是一件精巧绝伦的艺术品，而他正在构思的手术方案，就是一个化腐朽为神奇的艺术创造过程。

此后治疗的历程，神迹般地依循了徐医生准确的诊断和强大的意志。术前，法兰克接受了造影检查，内口的位置与深度，完全与徐医生的预判吻合，他确定了在12点钟的手术方案，计划分为大小两次手术，争取在1个月之内根治法兰克的顽



法兰克同护士合影 Frank with the nurses

疾。徐医生归纳的手术原理是“内口接连，改道引流”，尽管治疗期间徐医生通过绘图说明等方式，多次向我们进行详细解释，但是由于太过专业和抽象，我们至今都还是似懂非懂。然而来自于医生的自信和坚定，给予了身处黑暗中的我们极大的心理暗示和鼓励。

麻醉意外

3月30日，法兰克接受了首次手术，由唐迎春副院长和徐飞医生共同主刀。手术本身获得了成功，不但按照预案顺利在12点钟开口，排出约200毫升的脓液，还在6点钟方向切除了一个约有花生米大小的潜在瘘管。但是，在手术的麻醉过程中却不幸地出现了意外。与西方的全麻手术惯例不同，在中国这样类型的手术，只会对病人施以局部麻醉，而且由于缺乏对大块头西方人施用剂量的经验，即使给法兰克施用的麻药的用量，已经超过了正常中国男性的两倍以上，但是就在临到手术即将完成的时候，麻效已经提前结束了！医生只得迅速中止手术。徐医生说，12点钟的开口因此比计划短了约1厘米的深度，这会使术后引流速度减慢，但是问题不大，可以在下一次的小手术中加以弥补。

换药“酷刑”

对于中国的肛肠科病人来说，手术之后才是真正考验的开始。这家医院采用中、西医结合的方法治疗肛肠疾病，病人术后，每天早晨便后都要将伤口用勾兑了中药汁的温水进行20分钟的坐浴，每天更换引流纱布时也要施以中成药，而且每天的更换非常重要，因为这属于治疗的一个重要部分。专业的换药护士会将引流用的纱布完全填塞到内口位置，以进行充分彻底的引流。由于肛门部位特殊，每天都在使用，而且这里的神经丰富而纤细，因此每天的填塞过程都会引发剧痛。

中国的医生不赞成病人大量服用止痛药，观点是对人体健康的事后损伤会很大，因此病人们几乎都选择“硬抗”。按照病人中流行的说法，每天去换药，就是去“

上刑”。我陪同法兰克经历了每一次换药治疗，他的痛苦尤甚，因为现在他有12点和3点两个外口！在术后早期，即使提前服用了止痛药，法兰克仍然会因剧痛而全身发颤和汗流浹背。徐医生亲自进行了法兰克所有关键时期的换药护理，其余绝大多数时候，则是由徐医生的助手潘辉医生接手，潘医生娴熟的技巧和良好的耐心，陪伴法兰克度过了那一天天煎熬的时刻。

住院生活

在法兰克住院期间，我们看到每天前来就医的病人络绎不绝。法兰克所在的肛肠四科，一共有8名医生，最多时收住了90多位病人，病房已经无法容纳，就连走廊里都摆满了病床，外面还有很多病人在排队等候床位。肛肠科病人基本分为痔疮、肛裂和肛瘘3类，住院周期一般为两周。法兰克的住院时间长约6周，在这段时期肛肠四科来往的病人中间，如果比较病情程度和住院时间，他居然都排名第二！我们为此感到既后怕，又庆幸。

法兰克住院的日子安宁而平顺，他成为了医院里的“明星”和“活广告”。在住院期间，无论是医生、护士还是病友，都对来自异国的他，表现出了友善和包容。对于他而言，这也是一次极为独特的经历。即使对病房环境的简陋，已经有了思想准备，但是刚住进医院之时，法兰克还是会觉得难以适应。这里仅有少量的单人病房，法兰克所住的带有卫生间的双人房，已是医院条件最好的病房之一，但是这里只有使用矮凳的简易马桶，所有病人需要的水，都得从开水房接取，在病房中无法冲凉，每天只能进行简单地擦洗，医院也不负责提供病人的一日三餐。然而随着



病房内景
Inside a hospital ward

时间的流逝，所有的生活习惯都会慢慢适应，同精湛的医术和康复的希望相比，所有生活上的不便，在我们看来，都已经微不足道。

4月11日，法兰克接受了由唐院长和徐医生进行的第二次手术，这是一个只有10分钟的小手术，主要目的是拆除挂线，以及补全上次12点钟欠缺的1厘米创口。包括麻醉在内，这次手术获得了圆满成功。如果我们身在中国，术后1周就可以出院回家，但是由于路途遥远，徐医生坚持让法兰克继续住院，并使用高糖等辅助手段，加速伤口粘连。5日5日，在确定3点钟和12点钟伤口都已基本愈合之后，法兰克终于得到出院许可，踏上了返乡的旅途。

成功康复

回到珀斯之后，我继续遵照医嘱，每天对法兰克的伤口进行清洗和护理。一个月之后，当我因为12点钟创口依旧没有完全闭合，而向徐医生表示担忧和询问时，徐医生向我肯定地表示，这样的无感染性小创口是正常的，法兰克已经痊愈。同时，法兰克前往他曾经的第二位专科医生那里进行了检查，结果得到了相同的答案。那位资深的专科医生对法兰克在中国的求医经历深感好奇，希望能够看到他在中国的病历。他坦率地承认，他在西澳还从未遇到过同法兰克相似的肛瘘病例，直到今日他甚至都还不清楚病灶究竟在哪里。

当我们从中澳两位权威医生口中，得到一致的康复确认时，内心充满了感动和骄傲——为我们历时5年的重担终于解除，为所有人共同的努力终有回报，更为中国医生的高超医术和专业精神！武汉之行使我们亲身体验到，与澳洲的同行相比，中国医生的工作条件和体制环境是如何的艰苦和困难，这使他们的专业技能和职业追求，愈发显得弥足珍贵。借此机会，我希望能够代表所有曾经和正在得到他们救助的患者和患者家属，对他们致以最诚挚的感激和敬意！■



医院门口的杂货店里大多是病人用品
The grocery shop outside the hospital sells mostly goods catering for the patients



武汉黄鹤楼
The famous Yellow Crane Tower in Wuhan city

Illness Deep Rooted

We were both in China when illness struck Frank suddenly in the end of 2007. With the perspective that the medical standards in Australia are of course much better than in China, we stopped everything and rushed back to Perth to receive treatment.

Frank had always been healthy in spite of the fact that he was a heavy smoker and drinker. Even though he smoked and drank much more than the ordinary people does, he seldom caught cold, and passed all the yearly medical checkups. That's why Frank had never paid any attention to take care of his physical health. All these had given him green lights to overspend his good health granted from God. There is a Chinese mentor of mine who is a traditional Chinese medicine (TCM) expert. After observing Frank's living habits back in 2005, especially his uncontrollable indulgence in whisky and desserts, the mentor made an analogy with his expertise: *There is a "fire" inside the body which we would call "inner fire", and the human's digestive system is like a "container". If one keeps burning the "container" with food that produces "inner fire" such as spirits, sooner or later the "inner fire" can burn a hole in the "container"*. I was greatly alarmed by the warning. However it meant nothing to Frank. Like most Westerners who believe in modern science and technology, he would never believe in such theory. Unfortunately, the prophecy has come true two years later. Frank had started to suffer from intermittent perianal pain and our first reaction was to return to Australia to receive treatment.

In February 2008, Frank underwent the first surgery in St John of God Health Care in Subiaco. That was also my first time stepping into hospital in Australia.

It was a beautiful hospital with warm comfortable ambience. I thought it looked more like a five star hotel than a hospital. I was waiting alone on the sofa while Frank was in the surgery room. Sun shone warmly through the floor to ceiling window. Looking out of the window, there was a well maintained garden. Everything was so peaceful and serene, and that impressed me the most. After months of hustle bustle, I could finally get some peace of mind by putting sick family member in such hospital. As I believe that its art of healing must be as good as its gorgeous appearance.

Relapsing Illness

But a year later, Frank's illness relapsed. He had no choice but to undergo surgery for treatment in the same hospital. Based on our strong belief and trust to medical standards in Australia, we did not ask the doctor regarding Frank's condition and causes of relapse in details. Frank illness relapsed again in August 2011. He was told that his illness has developed from perianal abscess to anal fistula. Hence he underwent an anal fistula surgery.

Although anal fistula is not a difficult and complicated disease, however it may seriously affect the patient's living quality. In simple terms, anal fistula is an abnormal connection between the epithelialized surface of the anal canal and (usually) the perianal skin. Anal fistula originates from the anal glands, which are located between the two layers of the anal sphincters and which drain into the anal canal. If the outlet of these glands becomes blocked, an abscess can form which can eventually point to the skin surface. The tract formed by this process is the fistula. Fistula surgery usually involves opening up the fistula

tunnel. Often this will require cutting a small portion of the anal sphincter, the muscle that helps to control bowel movements. Joining the external and internal openings of the tunnel and converting it to a groove will then allow it to heal from the inside out, and this often leads to delay of treatment and worsen the condition easily.

At that time, Frank's condition was not serious until the natural openings developed naturally. It was the drainage process that forced an external opening. Furthermore, a seton had been inserted between the external and internal openings. After the surgery, the surgeon told Frank frankly that the surgery was not a total success because the fistula was longer than expected and the instrument prepared was not long enough. Unbelievable! Was



法兰克同徐飞（左）和潘辉医生合影
Frank with Dr XU Fei (left) and Dr PAN Hui



医院内景 Inside the hospital grounds

the pre-surgery inspection not adequate? Was it not a medical malpractice? I asked Frank to argue with the doctor. Not understanding clearly about the serious consequences of this incident, we did not pursue further but sought treatment from another renowned doctor in the field.

The Incurable

This time we found an experienced proctologist who is very famous locally. However he was not able to make Frank better. I was deeply puzzled. Besides of stuffing the external opening and changing the drainage seton every day, there wasn't any medical treatment medicine treatment at all. As the external opening healed very quickly, Frank had to undergo 4 minor surgeries in half year time in order to reopen the external opening manually. At last, this proctologist raised white flag and suggested Frank to consult some other better specialists.

Since Frank underwent the first anal fistula surgery in August 2011, I have started to play the role as a nurse to him. That has given me chance to gradually understand the various sides of the Australian health care system. Frank had only been hospitalized for two days even though he had undergone big surgery. He was allowed to go home on the same day after small surgery. I guess the insurance companies would not be happy to bear the very expensive hospitalization costs and that is the reason for such hasty arrangement.

As the labor cost in Australia is very high as well, there is a lack of effective health care approach. For instance, when Frank had been just discharged from hospital, he was relying on circulating nurses who drove to our home to change his drainage strip every day. I had to do what the nurses did two weeks later because it was often hard for both the patients and nurses to accommodate each other's time.

As you can imagine, our normal life had been totally destroyed. Frank went to work every day with a pus-filled work. He got exhausted easily, could hardly work for long hours, even harder for him to stand. Thanks to that, we were not able to attend our friend's outdoor wedding, and also cancelled the plan of taking our friends and relatives from

China on holiday to Busselton. Our mental burden got heavier and heavier as days went by. I had become doubtful and fed up with such passive and non-constructive treatment method. At this time, the Chinese mentor suggested me to take Frank to seek treatment in China, friends and families in Perth had started to worry about us as well. Frank visited the third doctor through the introduction of family members in early 2012 and underwent the seventh anal fistula surgery. But then the same thing happened again. It was just another painful The "optimistic" doctor "consoled" Frank by saying, "You can do whatever you want, even swimming, and no problem at all. However it might take at least 1 to 2 years' time if you want to be fully recovered" I was totally pissed off! The way the doctor said was simply irresponsible. How I wanted to yell at him, "Easier said than done! Just imagine that you have to live with a pus-filled smelly wound on your butt every single moment!"

Seeking Help in China

Finally, in state of despair, we decided to seek treatment in overseas. In March 2011, when we're travelling in China, my local friend had brought Frank for examination in Wuhan No.8 Hospital, which is well-known for anorectal disorder treatment. The examination was done by locally famous proctologist, Dr. Tang Ying Chun, Associate Dean of the hospital. The examination took about 10 minutes time. Dr. Tang told us frankly that the wound would never be cured with the old treatments. According to Tang, Yellow Asian people are at higher risk for anorectal disease such as hemorrhoids, anal fistula etc. An anal fistula is most commonly caused by over exhaustion, staying up late, indulgence in spirits and spicy food etc. It is very common in China, especially in Wuhan area. There are 30 surgeries ongoing every week for anal fistula, just in their hospital. Dr. Tang claimed that if Frank received treatment in the early stage, one or two surgeries should be good enough to cure him radically. Unfortunately due to the long delay, Frank's condition had very much worsened then. Dr. Tang suggested Frank to be hospitalized as soon as possible and reminded that he might have to stay for more than a month in the hospital as the condition was very complicated.

The hope of being cured, staying in hospital for many days, crossing the cultural barriers... All these had brought us a mixture of feelings. We were both happy and worried. With the strong support from our local friends in Wuhan, we made our firm decision. We went back to Western Australia for only two weeks after the vacation, got things sorted out, and then returned to Wuhan. Our friends had already rented an apartment close to

the hospital (They moved me to a business hotel which was within five minutes walking distance to the hospital not long after Frank was hospitalized), bought daily necessities for us, and showed me every details getting around. One of the friends who had undergone anal fistula surgery in No.8 Hospital persisted that Frank should get treated by the same doctor, Doctor Xu Fei.

Good Doctor

Dr. Xu Fei had 20 years of clinical experience in the field and he was famous for tackling difficult and complicated cases. There wasn't any case of relapse among thousands of his patients. After listening to my introduction of Frank's case, he was able to make diagnosis of Frank's condition by using just naked eyes and fingers to examine. According to Dr. Xu, Frank's focus (of infection) located at between 1 and 3 o'clock direction on perianal. As it was deeper and the fistula's structure was very complex, the best surgery spot should be located at 12 o'clock direction. But this would most probably do great damage to the dense musculature around anal and the biggest risk was that the patients might lose anus functions for life time even though the fistula problem had been settled. Dr. Xu understood why the Australian doctors chose to cut and opening and drainage at 3 o'clock direction which is relatively safe. But he also mentioned that this plan might run the risk of living with leaking anus condition for life.

As a doctor who was always ready to overcome obstacles, Dr. Xu showed great interest in Frank's case. He explained Frank's condition and his treatment plan to both of us as well as our Chinese friends excitedly right after the examination. Being considerate, he avoided using those hard to understand terminologies, but using a dam as a metaphor to describe leakage, piping, rerouting, and drainage issues to us. Dr. Xu brilliantly turned the dull and dry explanation to something that was interesting and vivid. Including Frank who didn't understand Chinese, we were all in awe of the very professional doctor. You could feel his passion and confidence from his way of saying and facial expression. He made you think that he was not describing a decomposing anal fistula, but an exquisite piece of art – he was constructing the surgery plan, the artistic one, to make the ugly beautiful.

Miraculously, everything went well according to Dr. Xu's precise diagnosis and strong will. Frank had a pre-surgery contrast examination. It showed that the location and depth of the inner opening matched exactly with Dr. Xu's prognosis. Then he decided on the 12 o'clock surgery plan, one major and one minor surgery to cure Frank's stubborn illness radically. His principle of surgery was "Linking the

inner openings, rerouting the drainage". Although Dr. Xu had explained it to us in details with illustration many times, we were still unable to fully understand because it was too professional and abstract. Anyway the doctor's strong confidence and steadiness had shone a great light upon us.

Anesthesia Accident

On 30th March, Frank underwent his first surgery which was prosecuted by both Dr. Tang and Dr. Xu. It was a successful one. They not only cut an opening at 12 o'clock direction and discharged 200mg of pus smoothly according to plan but also removed a peanut-sized underlying fistula at 6 o'clock direction. However an accident occurred during anesthesia. The difference between Western and Chinese anesthesia is that doctors in China will only do local anesthesia for this type of surgery. Lack of experience in anesthetizing Westerners who're usually bigger in size, they had used insufficient anesthetic dosage on Frank – although it was already two times higher than the dosage that Chinese males usually needed. Its effect ended just a while before the completion of surgery! The doctors had no choice but to terminate the surgery swiftly. Dr. Xu said that the opening at 12 o'clock direction was then 1 cm shorter than the ideal length and this would slow down the drainage speed. No matter how it wasn't a big problem. It could be fixed in the following minor surgery.

The Dressing Change "Ordeal"

In China, the anorectal patients face the real ordeal only after the completion of surgery. This hospital was using combination of TCM and Western medicine for anorectal disease treatment. After surgery the affected area (anal rectal area) was soaked in warm Chinese herb water (sitz bath) for 20 minutes after the patients had answered the call of nature every day. Besides, it's very important to change dressing with Chinese medicine on it. These are one of the vital parts of the treatment. Professional nurses would stuff the entire drainage gauze into the inner opening to perform thorough drainage. To be used every day, this part is so special, and its nerve is so sensitive and fragile. Therefore the daily stuffing process would cause extreme pain.



Chinese doctors discourage massive dosage of painkillers. In their opinion, this may cause huge harm to patients' health afterwards thus most of the patients would rather choose to "fight it the hard way". The patients always said the everyday dressing change was like an "execution". I was there with Frank every time. Having two external openings at the direction of 12 and 3 o'clock, he was so much in pain! In the initial stage of post-surgery, Frank would be trembling and sweating all over due to sharp pains even though he had taken painkiller beforehand. Dr. Xu attended to do all the dressing changes for Frank during the critical period. Dr. Pan, assistant of Dr. Xu, would take care of Frank for the rest of time. Dr. Pan's great skill and patience had made strong support for Frank to go through those suffering moments.

Life in Hospital

During Frank's stay in the hospital, we saw patients coming in every day. There were altogether 8 doctors in Anorectal Department No.4 where Frank had been staying. It received over 90 patients during the peak season, until there wasn't any more space in the ward and they had to make beds for the patients in the corridor. There were still many patients on the waiting list to get a bed. Anorectal patients can be categorized into hemorrhoids, anal fissure, and anal fistula. Usually the patients are to be hospitalized for two weeks. Frank was hospitalized longer for up to 6 weeks. Compared with the other anorectal patients in the department, Frank's condition was the second most serious among all! We were so afraid yet felt very lucky.

Frank had had a peaceful and smooth life in the hospital. He had become the "star" and "living ads" of the hospital. Everyone, may it be doctors, nurses, or patients, showed friendliness and tolerance to this friend from foreign country. This was absolutely a very special experience for Frank. Even though he was mentally prepared for the horrible condition of the ward, still, it was hard for him to adapt at the beginning. There were limited single wards. Frank stayed in double room with en-suite bathroom which was one of the rooms in better condition. However there was only low toilet stool in the bathroom, and if the patients need hot water, they would have to collect from the "boiling water room". Therefore the patients were not able to bathe but only wipe their bodies with wet towels. Moreover, the hospital did not provide daily meals for the patients. As time goes by, we had slowly become used to everything. All the inconveniences meant nothing to us compared to the excellent healing skills of the doctors and the hope of recovering.

因病人太多，医院走廊里也摆满了床位
Due to an overflow of patients, even the corridor is lined with hospital beds

On 11th April, Frank underwent the second surgery prosecuted by Dr. Tang and Dr. Xu. It was a 10-minute minor surgery to remove the seton as well as to close the 1cm wound on 12 o'clock direction that was left over from the previous surgery. Both the anaesthesia as well as the surgery was a great success. Frank could go home one week after the surgery if we were staying in China. But Dr. Xu insisted that Frank should stay longer due to the long journey back home. In order to speed up wound healing, Dr .Xu had used few more methods such as high sugar application on wounds etc. On 5th May, after confirmed that the wound on 3 o'clock and 12 o'clock direction were basically healed, Frank finally got the green light to go home.

Fully Recovered

I washed and took care of Frank's wound every day, as exactly what the doctor asked after returning to Perth. One month later, I was worried because his wound 12 o'clock direction had not healed completely. When I expressed my worries to Dr. Xu, he said firmly to me that Frank had recovered completely, and that non-infected small wound was absolutely normal. At the same time, Frank received same answer from the second specialist who he had consulted previously. That experienced specialist was very curious about how Frank got treated in China and hoped to view his medical history during that period of time. He admitted frankly that he had never come across with any anal fistula case which is similar to Frank's in Western Australia. And even until today, he's not sure where exactly the focus (of infection) was.

We felt so touched and filled with pride upon received confirmation from the two prestigious doctors from China and Australia that Frank had finally recovered – for our five years of burden had finally come to an end, for everybody's hard work, and most of all, for the Chinese doctor who performed excellent skills and high level of professionalism! This journey to Wuhan has given us the chance to make a first-hand comparison of the doctors from China and Australia. No matter how harsh the working condition and system are, the doctors in China are still able to strive for excellence. This is even more commendable. I would like to take this opportunity to express our most sincere gratitude and respect to those doctors, on behalf of all the patients who had been treated or are now being treated by them. ■

Children Health Tips

Courtesy of **busy bee** Pharmacy

Wildly fluctuating weather can be tough on the little ones. Many parents often go running to the doctor for antibiotics as soon as their child gets a runny nose and may get upset when they leave the doctor's surgery empty handed. Antibiotics are not necessary for most coughs and colds as they are caused by viruses rather than bacteria. See your pharmacist for some practical advice on when to use and when not to use antibiotics, and for practical advice on how to avoid the colds in the first place. Written by Diana QUAN

Coughs, Colds and Fever

Most fevers are not dangerous and do not need to be treated. Paracetamol can be given if your child is susceptible to fever induced seizures, or if your child is uncomfortable. Most importantly, a child with fever is contagious, hence should be kept away from other kids. Cold dry air can also worsen a cough therefore the use of a humidifier may also help. Colds and fevers often suppress a kid's appetite, so the aim is to make every bite count. Lean red meat is a great source of iron, zinc and protein, and provides key nutrients needed to maintain a strong immune system. Meats, chicken, fish, eggs and legumes all provide the building blocks for muscles and repair especially when feverish. An increase in body temperature uses more kilojoules in the day causing some kids to lose weight when they have a fever. Serve toast with baked beans, avocado or an egg. You can also blend up a soup with savoury mince and vegetables such as carrots, zucchini, baby spinach, peas and corn. Alternately, brightly coloured fruits with yoghurt will help to build strong immune enhancing bacteria. Using garlic can also help to boost the immune system. Garlic is nature's little medicine which not only tastes great but does wonders for our health.

Green Mucus

Green or yellow mucus isn't as ominous as it looks. Generally, mucus darkens after it has been in the nose all night long, or several days into a cold as a natural progression of the viral infection. A myth is that drinking milk produces more mucus when you have a cold. Studies to date have not proven this fact, however we do know that milk and milk based products stick to the mucus in the nose and throat making it thicker and therefore making it appear that there is more. This can also make it harder to breathe for little ones with a cold, so temporarily removing milk based products may provide some relief. Colourful foods such as blueberries, strawberries and other berries are rich in antioxidants and have an ability to fight these



infections. Yellow and orange fruit and vegetables are rich in vitamin A and carotenoids which are important for maintaining the health of the membranes that block bacteria and viruses from entering the body. These include pumpkin, carrot, sweet potato, red capsicum, rock melon, pawpaw, pineapple, apricot and mango.

Tummy Bugs

A bout of diarrhea or gastroenteritis is no fun for any little one and the symptoms of diarrhea may last longer without a few dietary modifications. Diarrhea burns the lining of the intestine, temporarily reducing the body's ability to digest lactose (the sugar found in milk) therefore all dairy products should be avoided until a few days after the diarrhea stops. You can replace them with soy milk based products which are lactose free. The most dangerous after-effect of diarrhea in a child is dehydration, and this can be avoided by taking plenty of fluids including water, juices, clear soups, and rehydration salts. Probiotics for children strengthens the local immune system and can help them get over those tummy bugs more quickly. Probiotics can also help to digest food more thoroughly and efficiently, giving kids more nutrition out of the foods they eat, and help them get better faster.

Dry Skin

A lack of humidity from cold, dry air outside and then warm, dry air inside often leads kids having itchy and dry skin during the spring. This can be a problem on a child's hands which is made worse by frequent washing, and around the mouth (perioral dermatitis). Use a mild soap or soap substitute when your child bathes and then quickly applying a moisturizer within a few minutes can help to avoid and treat dry skin. You may have to reapply the moisturizer several times during the day. If skin is itchy, a colloidal oatmeal bath such as Dermaveen is a great soother. After baths, pat your child's skin dry instead of wiping it. Moisturize regularly with cream, jelly, or lotion.

Other tips:

Wash Hands

Children should be taught and encouraged to wash their hands with soap and warm water regularly. For babies, use fresh, alcohol-free cleansing wipes to clean their hands throughout the day

Get Enough Sleep

Rest is one of the most important ways we help our bodies recover when we are sick.

Take Plenty of Liquids

Staying hydrated is always important, but even more so when your child is sick. Water, juice and clear broths help loosen congestion and prevent dehydration, but avoid caffeinated drinks, which make dehydration worse.

Cough Etiquette

This involves teaching children to turn their heads and cough or sneeze into a disposable tissue or the inside of their elbow if they don't have a tissue, instead of simply coughing or sneezing onto their hands, which will then spread their germs onto everything they touch.

Stay Active

Encourage your child to go outside and play for at least 20 minutes after school is a great way to get them fresh air and get their bodies moving. The more kids sit around playing video games all afternoon, the less they activate their lymphatic system which is responsible for moving toxins out of the body. Also, the more they burn excess energy, the better they will sleep at night! ■

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咳嗽、感冒和发烧

大多数时候发热并不危险,也不需要治疗。如果您的孩子感到不适或容易感染发热导致的癫痫,您可使用扑热息痛。更重要的是,发烧容易传染,所以应该让您的孩子远离其它儿童。干燥的冷空气也会令咳嗽加重,使用加湿器会有帮助。感冒和发热会令孩子没有胃口,这时要让他们尽可能地吃点东西,能吃一口是一口。红色的瘦肉是极佳的铁、锌和蛋白质来源,同时能提供免疫系统所需的必要营养。猪牛羊肉、鸡肉、鱼、鸡蛋和豆类都能提供肌肉生长和修复所需的营养,尤其是在发烧的时候。体温升高时身体会消耗更多的热量,因此一些孩子发烧时会出现体重下降的情况。此时可以给孩子吃烤面包加豆子、牛油果或一个鸡蛋。也可以把肉末和胡萝卜、小南瓜、菠菜、豆子和玉米等蔬菜拌在一起做成汤。或者把一些颜色鲜艳的水果和酸奶拌在一起,这也能提高抗菌免疫能力。使用大蒜也有增强免疫的作用。大蒜是一种天然药材,不仅味道好,还对健康有益。

绿色鼻涕

绿色或黄色的鼻涕并不像它们看起来那么恶心。在鼻子里过了一整晚,或者人在感冒了几天后,随着病毒感染的自然变化,鼻涕的颜色通常会变深。据说在感冒时喝牛奶会产生更多的鼻涕。这种说法并没有被研究证实,但我们知道牛奶和奶制品确实会和鼻子及咽喉里的黏液粘在一起,使鼻涕看起来更稠更多。色彩鲜艳的食物,如蓝莓、草莓和其它浆果都富含抗氧化因子,能抵抗感染。黄色和桔色的水果蔬菜富含维生素A和类胡萝卜素,能促进粘膜健康,阻止细菌和病毒进入人体。这些水果蔬菜有南瓜、胡萝卜、红薯、大红椒、哈密瓜、木瓜、菠萝、杏和芒果。

busy bee 药行友情提示

儿童健康小贴士

文◎关宝云 译◎何双子

乍暖还寒的天气对小朋友来说是严峻的考验。许多家长在小朋友一流鼻涕时就马上去找医生拿抗生素,拿不到还会很不放心。其实抗生素对大多数由病毒而非细菌引起的咳嗽和感冒并不起作用。家长应该去找药剂师咨询何时该用以及何时不要用抗生素,而且应该先咨询如何有效地预防感冒。

药剂师关宝云
Pharmacist Diana Quan

肠胃疾病

腹泻或胃肠炎对小朋友来说是非常难受的,如果不改善饮食,有时腹泻的症状会持续更久。腹泻会灼烧肠道内壁,令身体暂时无法消化乳糖(牛奶里含的糖),此时应避免食用牛奶制品,直到几天后腹泻停止。这时可用豆奶代替牛奶,因为豆奶不含乳糖。腹泻带来的最危险的后遗症就是脱水,可让孩子多喝水、果汁、清汤和补液盐。儿童用的益生菌能增强免疫力,帮助孩子更快地恢复。益生菌还能帮助孩子更完全更有效地消化食物,让孩子从食物中吸收更多营养,让病情更快好转。

皮肤干燥

春天室外的干冷空气以及室内的干热空气都会使孩子的皮肤变得又痒又干燥,尤其是孩子的手(由于经常清洗会更加干燥)和嘴部(口周皮炎)。给孩子洗澡时可使用含碱量少的香皂或香皂替代品,洗完后迅速抹上保湿霜。白天还要再抹几次保湿霜。如果皮肤很痒,胶质燕麦沐浴露,如康漾(DermaVein)就能很好地缓解症状。洗完澡后,轻轻拍干孩子的皮肤,不要擦干。经常使用保湿霜、凝胶或乳液。



药剂师和职员合影 Pharmacists and Staffs

其它小贴士

经常洗手

应教孩子经常用肥皂和温水洗手。婴儿应使用不含酒精的湿纸巾。

充足睡眠

多休息能帮助我们的身体恢复健康。

补充水分

让身体有充足的水分非常重要,孩子生病时就更要补充水分。水、果汁和清汤都能帮助缓解充血和脱水症状,但应避免含咖啡因的饮品,咖啡因会使脱水更严重。

卫生礼貌

应教会孩子在咳嗽或打喷嚏时扭过头去,使用纸巾遮挡,没有纸巾时可用手肘遮住口鼻,不要直接用手遮挡口鼻,这样病菌又会从手上传到他们接触的其它东西上。

多多运动

鼓励孩子在放学后到室外活动至少20分钟能让他们呼吸到更多的新鲜空气,让他们更活跃。如果孩子整个下午都坐着玩游戏机,他们的淋巴系统得不到运动,就不能有效地排毒。而且孩子们白天活动越多,消耗能量越多,晚上就会睡得更好。■

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Nursing, anyone?

Joy Fong is a clinical nurse at the Royal Perth Hospital Burns Unit. She never thought she would become a nurse one day, until her brother-in-law sent her an advertisement about a nursing traineeship at the Royal Perth Hospital as she was completing her high school education in Ipoh, Malaysia. Joy has spent almost her entire life in nursing, having cared for thousands of patients during their most difficult time in life. In year 2005, she was awarded Nurse Leader of the Year and WA Overall Nurse/Midwife of the Year. She was also awarded the Bali Fellowship in recognition of her work in treating patients in the 2002 Bali bombings disaster.

Here, Joy talks to Chung Wah Magazine about her journey to become a nurse and shared some behind the scene stories that took place at Royal Perth. Written by *Raine CHAW*, photos courtesy of *Royal Perth Hospital*



皇家珀斯医院烧伤科护士冯宝萍 The clinical nurse at the Royal Perth Hospital Burns Unit, Joy Fong

Chung Wah Magazine (CWM): How did you get started in nursing?

Joy: The idea of doing nursing sounded good to me. I came to Perth in 1967 to start my 3 years training at Royal Perth Hospital. It was hard at the beginning, having never left home and being away from family and friends. But soon I forgot about being homesick and started to enjoy the life here as I get along well with the other trainees. In 1970, I went to England for 5 years to undergo further training in midwifery.

CWM: What brought you back to Australia?

Joy: Inflation was high in England and everything was expensive; a monthly salary of UK£44 back then was insufficient to maintain the same lifestyle I had in Australia. I also missed the good life in Australia, so I decided to come back.. Moreover, as a student nurse in Australia, boarding and lodging were provided over and above the salary which was \$22 per fortnight. We were really pampered.

CWM: How did you end up in the Burns Unit?

Joy: During my training days at Royal Perth, a big fire on the top floor forced the patients to be moved down to the lower levels. I saw a burn patient for the first time, and the terrible

image stuck in my head forever. Upon returning to Royal Perth after my stint in England, the Matron asked where I would not like to work, I said “Burns unit”. And guess what? I ended up in the Burns Unit!

Whilst it could be quite frightening to work in the Burns Unit, it can be a very rewarding experience. I remembered a patient who suffered severe burns from a chemical laboratory explosion. He was very articulate and remembered every detail of how he got burnt. Knowing that he was going to die, he asked me to arrange for him a meeting with his wife and family members as he wanted to make a will. He died the next day which really hit home for me the fragility of life, but at least I did something for him.

CWM: What was the most unforgettable moment in your nursing life?

Joy: The 2002 Bali bombings disaster! We had about 32 patients admitted to the unit, and some in other wards such as ICU or plastic surgical ward. It was the first time in history that Perth had to deal with a major disaster of that scale and casualties of that size. The patients were under a lot of stress and traumatized, putting a lot of pressure on the nurses. In addition, we also had to attend to the usual patients. Consequently, I became sick and developed diabetes due to overworking during that period. My immune system was very weak, resulting in a viral infection. I fell into a coma and now am an insulin dependent diabetic, which is a lifelong disease. It's a lesson that I have to learn to manage myself and not to become too stressed no matter how bad the situation is, in personal life as well as work.

CWM: What was your happiest moment?

There have been many happy moments, but the one on the top of my list would have to be in 2005 when I was named the “Nurse Leader of the Year” and “WA Overall Nurse/Midwife of the Year” by the Nurses Board of WA. I was then granted the Bali Fellowship from the Australian Health Department. It was indeed the highlight of my career and means a lot to me, as it is a testimony of the respect and recognition of my contribution to nursing, in helping and leading other people.

CWM: Tell us more about the Bali Fellowship.

Joy: The Bali Fellowship supported me in touring several facilities in North America including the Presbyterian Hospital Burn Centre in New York which received a significant proportion of the burn victims following the World Trade Centre disaster on September 11th 2001. In Asia, I also visited the Prince of Wales Hospital Burn Unit in Hong Kong. It was a good opportunity to look at the disaster preparedness of other hospitals and how they do things. I was proud to discover that the Royal Perth Burns Unit was actually ahead of the other hospitals in the world, and is at the cutting edge of burns surgery and surgical care globally.

CWM: As you know, Australia is now home to people from a diversity of cultures. What is it like to work in a multicultural environment? Do you have any stories to share?

Joy: In the older days when I was doing my training, it was very different as there weren't that many Asian people working in Australia. The patients would try to be nice and polite, asking questions like “where do you come from” when they saw different faces. As the years go by, they have progressively got used to people from different cultures. In the hospital today, half the workers are visibly from a non-western background. I believe that this helps us to better serve the needs of patients, especially those from a multicultural background. For example, the older Chinese patients can be quite stoic and don't inform the nurses when they are in pain until they are absolutely suffering. A nurse from a similar background could probably be more understanding and vigilant in observing and checking on them more frequently. Having said that, we treat every patient equally and provide equal care, irrespective of their backgrounds.

There was a funny story from years ago. The patient was a Caucasian old fellow and he had become very sick. One day when he woke up and opened his eyes, he saw two young petite beautiful Asian nurses looking after him. He thought he was dead and asked, “Have I gone to heaven? Have I gone to the Chinese heaven?” The girls rolled themselves on the floor laughing.

CWM: Is language a barrier for nurses?

Joy: Certainly, it's easier to nurse people from the same background as yourself because it's easier to communicate. Where there is a language barrier, we rely on interpreters to communicate with the patients. We sometimes encounter difficulties in situations where the language is uncommon. We once received a group of Afghani patients in the hospital, and although our interpreters were able to speak in Afghan language, it was hard to communicate as all of them spoke different dialects. We also use other methods to communicate,

冯宝萍和皇家珀斯医院烧伤科主任菲欧娜·伍德
(2005年度澳大利亚杰出人物获得者)
在2008年3月烧伤科正式开业时合影
Joy Fong with Fiona Wood AM, Director of the Royal Perth Hospital burns unit
and the 2005 Australian of the Year,
at the opening of the new burns unit building in March 2008

for example flash cards with both pictures and words of the usual phrases such as a cup of tea, food, toilet, bathing, etc, for patients to choose.

CWM: Patients from different cultural and religious background may have different needs, for example, Muslims don't eat pork and Hindus don't eat beef. How does the hospital deal with these kinds of issues?

Joy: All hospitals in Australia are good in a way that they respect every patient's religious and cultural beliefs. Patients are able to choose the meals which are suitable from a wide variety on the menu. If there are Muslim patients, the hospital will specially prepare Halal food for them.

CWM: Any advice for someone who might be interested in becoming a nurse? What are the essential qualities?

Joy: In the older days, it was an apprenticeship system where we were paid for learning on the job. Nowadays, training is different in that you have to study a 3 year course at university. Hence, a lot of people don't really know what nursing is about until they start work in the hospital as they would not have prior practical experience. Although there are practical placements, they are just a modified and supported version. When they get thrown into real life in the deep end, things are much more challenging. Many nurses have opted out after they have had a taste of the real action.

To become a nurse, you need to possess certain qualities. There are some qualities which are inbuilt such as kindness, passion, and patience, while some can be gained through experience and hard work, such as leadership, organizational, and team skills. The most essential quality of a good nurse is compassion. You should always put yourself in the patients' shoes, only then you are able to see how it is for them. Unfortunately not all of the nurses have that quality and it can be seen in bad light by the patients.

You may not start as an individual who has patience, good leadership, and excellent organizing and time management skills, but in time you will learn. ■





白衣天使访谈

文◎周文琪 译◎何双子 图◎皇家珀斯医院

冯宝萍是珀斯皇家医院烧伤科的护士。她以前从未想过要当护士。还在马来西亚怡保市读高中时，姐夫给了她一张珀斯皇家医院护士培训的广告，冯宝萍就这样开始了她的护士生涯。多年来为成千上万的病人提供专业的护理，帮助他们渡过最痛苦的时刻。2005年，冯宝萍荣获了年度最佳护士长以及西澳年度最佳护士/助产士奖。她还获得了巴厘研究奖学金，以表彰她在2002年巴厘岛爆炸案后为受害病患提供的帮助。

冯宝萍接受了《中华之声》的采访，与我们分享了她的护士生涯和珀斯皇家医院的一些幕后故事。

中华之声：你是怎么开始当护士的？

冯宝萍：我觉得当护士会是个不错的职业。1967年我来到珀斯，开始在珀斯皇家医院进行为期三年的培训。因为第一次离家这么远，刚到时觉得很困难。后来我和其它学员处得很好，生活愉快，也就很快克服了思乡之苦。1970年，我到英国进行了五年的护理学科深造。

中华之声：那你怎么又回到了澳大利亚呢？

冯宝萍：英国的通胀很高，物价昂贵，那时44英镑的月薪根本不足以让我过上和澳大利亚一样水平的生活。同时我也很想念澳洲，所以决定回来。而且在澳洲当实习护士是有住宿的，此外还能拿到每两周22澳币的薪水，我们都被惯坏了。

中华之声：那你又是怎么进了烧伤科的呢？

冯宝萍：我刚开始在珀斯皇家医院培训时，有一次医院顶楼着了大火，病人不得不搬到楼下。我第一次看到了烧伤的病人，那副惨状一直印在我脑子里挥之不去。从英国学习回来后，医院护士长问我最不想去哪个科，我说“烧伤科”。可你猜怎么着，我最后还是到了烧伤科。

在烧伤科工作有时是很可怕，但也很有成就感。我记得有个人在一次化学实验室的爆炸中被严重烧伤，他把自己烧伤的每个细节都记得非常清楚。他知道自己快不行了，就叫我安排他妻子和家人来与他相见，因为他想立个遗嘱。第二天他就过世了，当时真让我感受到了生命的脆弱，但至少我在他生命的最后时刻帮到了他。

中华之声：在你的护士生涯中，什么是最难忘的？

冯宝萍：2002年的巴厘岛爆炸惨案。当时我们科来了32名病人，还有一些进了其它科室，如重度监护中心或整形科。珀斯要应对如此灾难性的事件，其影响之大，伤亡人员之多，在历史上都是第一次。受害者们伤势严重、情绪激动，这也给护士带来了很大压力。同时我们还要照顾平常的病人。日子一久，我也病倒了，日夜工作还让我得了糖尿病。由于病毒感染，我的免疫力下降。我一度昏迷，患上了胰岛素依赖性糖尿病，留下了终生的病根。我从中学到的是不管情况多糟糕，我都应该照顾好自己，不要给自己太大压力，生活上和工作上都一样。

中华之声：你觉得最高兴的时刻是什么？

冯宝萍：有很多，但最令我高兴的就是2005年我荣获西澳护士委员会颁发的“年度最佳护士长”和“西澳最佳护士/助产士奖”的时候。跟着我又获得了澳洲卫生部颁发的巴厘研究奖学金。这真的是我职业生涯的亮点，对我意义重大。这些奖是对我的护士工作、以及帮助和引导他人的一种尊重和肯定。

中华之声：能不能多介绍一下巴厘研究奖学金？

冯宝萍：巴厘研究奖学金资助我到北美的一些医院考察学习，包括纽约普瑞斯比特恩医院的烧伤中心，这个烧伤中心曾在2001年的911事件中救治了众多的伤者。在亚洲，我还参观了香港威尔斯王子医院的烧伤科。这让我有机会看到其它医院为灾难性事件所做的准备，以及他们的工作方式。我自豪地发现，珀斯皇家医院的烧伤科其实是领先于世界水平的，而且在烧伤整形和术后护理方面都是世界上最先进的。

中华之声：你知道澳洲是个多元文化的国度。对于在这样的多元文化环境中工作，你怎么看？有没有什么故事可以分享？

冯宝萍：几十年前，当我还在参加培训时，情况和

现在很不同，因为当时在澳洲工作的亚洲人并不多。病人在看到其它种族的面孔时，会礼貌地问“你从哪里来”。多年后，他们已渐渐习惯了来自不同文化的人。现在在医院工作的有一半都是非白人面孔。我觉得这能让我们更好地服务于患者，尤其是那些来自不同文化背景的人。比如说，有些年长的华人患者总是强忍伤痛，直到痛得不行了才会叫护士。来自相同文化背景的护士可能会更细心地理解和观察到这些病人，更多地为他们检查。虽然这么说，其实我们对每个病人都是平等看待、平等照顾的，不管他们是哪里人。

有件趣事，是多年前的事了。有位年长的病人是位白人，病得很重。有一天他醒来睁开眼睛，看到两位年轻漂亮的亚裔护士正照顾着他。他以为自己已经死了，就问：“我是在天堂吗？我是到了中国的天堂吗？”两位姑娘当时就笑翻在地。

中华之声：语言对护士来说是不是一种障碍？

冯宝萍：当然了，护理与自己相同文化背景的人总是要容易些，因为沟通更方便。当语言不通时，我们就要靠口译员来帮忙。而遇到一些稀有语种时，就更困难了。有一次我们收治了一些阿富汗病人，虽然我们有阿富

汗语的翻译，但还是很难沟通，因为他们说的是不同的阿富汗方言。我们也用其它方法来沟通，比如用图文并茂的卡片来表示一些常用词，让病人选择，如一杯茶、食物、厕所、洗澡等等。

中华之声：来自不同文化背景的病人可能会有不同的需求，比如穆斯林就不吃猪肉，印度教不吃牛肉。医院在这方面是怎么应对的呢？

冯宝萍：澳洲的医院在这方面都做得很好，能尊重每位病人的宗教和文化信仰。医院有各种菜式供病人选择。如果有穆斯林患者，医院会特别为他们准备伊斯兰教的食物。

中华之声：对于想当护士的人，您有什么建议吗？应该具备哪些基本的资质？

冯宝萍：我们那时候有学徒计划，让我们可以边工作边学。现在不同了，你得在大学学习三年的课程。所以很多人真正到了医院工作才开始理解护理到底是什么，之前根本就没有实际经验。虽然也有些实习安排，但也只是改善的和支持性的另一种学习模式。当他们真正走上工作岗位时，就不那么容易应付了。许多护士在尝试了真正的护理工作后都选择了放弃。

当护士是要有一些资质。有些是天生的，如友爱、热情和耐心，而有些则是通过后天努力学习得来的，如领导能力、组织能力和团队精神。一个好的护士最重要的就是有同情心。要把自己放在病人的角度，这样你才能想他们所想。可惜不是所有的护士都能这样，而谁好谁不好，病人是能看出来的。

可能刚开始时你不一定有耐心、很好的领导能力、组织能力或时间管理能力，但你可以慢慢学。■



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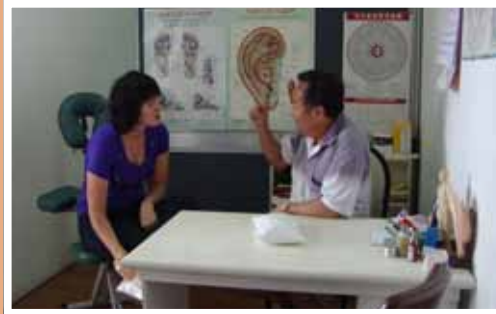
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周密和他的中医诊所“万昌堂”
Dr ZHOU Mi and his Wan Chang Chinese medicine clinic.



周密和病人在交流
Dr ZHOU Mi interacting with his patients.



周密和患者，澳式足球超级巨星、西岸老鹰队前队长克里斯-嘉得合影
Dr ZHOU Mi with one of his more famous patient, AFL superstar Chris Judd, former captain of the West Coast Eagles

中医师周密，行医四十多年，最拿手的是针灸，对于子平八字，风水也颇有研究，自1987年底来到西澳，已治愈中西病例上万人，现拥有自己的中医诊所“万昌堂”。周密说：“能够在这小诊所里兢兢业业地尽自己的本份，做好纯粹的中医中药，就是一种福分。”

Dr ZHOU Mi has been practising traditional Chinese medicine for over 40 years, specialising in acupuncture. He is also skilled in fengshui and fortune telling. Since arriving in Perth in 1987, he has treated more than 10,000 patients with varying ailments. He now owns and runs the Wan Chang Chinese medicine clinic in Canning Vale. He said, “It is a blessing to be able to devote my life to do my utmost best in carrying out the practice of Chinese medicine in this small little clinic”.



2010年11月，曾参加中国著名选秀节目的歌手，24岁的少女王贝，在进行面部磨骨手术时因发生麻醉事故而死亡

In November 2010, a popular Chinese singer, Wang Bei, aged 24, died during a facial plastic surgery caused by anesthetic complications

那些因整容所导致的面目全非或身体残破的失败案例，不胜枚举，仅在网络搜索引擎中键入“整容 死亡”，出现的相关链接就以百万计。这些死亡事故的受害者中，有本已貌美的模特和演员，有正当花季的纯真少女，也有试图挽回青春的高龄妇人……爱美之心人皆有之，但是如果仅为了满足虚荣之心，却要付出终生痛苦，甚至死亡的代价，未免太过可悲。整容的本质是外科手术，再小的手术都会有创伤，有创伤就会有风险。而且，整容手术的风险在所有的手术中仅次于神经外科手术，要求相当严格，然而在一片狂热之中，全社会对于整容的理性认识和警告都被无意或有意识地忽略了。

作为21世纪的朝阳产业，整容热的背后，是巨额商业利益的驱动和社会审美和价值观的扭曲。根据国际美容整形外科学会(ISAPS) 2009年发布的调查结果显示，美国作为全球第一整容大国共完成了303万例整容手术，紧随其后的是巴西(247万例) 和中国(219万例)。以中国为例，“全球整容第三大国”意味着20余万从业者、超过5万余家各类整容机构、诊所、医院，和超过150亿元人民币（约合23亿澳元）的年收入。今天的世界，预约一个整容手术，已经如同看牙医一样简单和普遍。铺天盖地的广告、花样繁多的内容、以及整容前后悬殊的对比照片所形成的诱惑，令人难以抵挡。不仅如此，娱乐圈浮华虚荣的风气和偶像明星们的亲身示范，更是成为美色可以直接转化为财富和成功的最佳注脚。很多现代人在婚姻失败，事业受挫的时候，已经常常把原因归结于自己外表的不够完美。

极端如韩国，韩国演员整容之普遍，整容部位和项目之丰富，令人叹为观止，以至于新生代的韩国艺人，已经将整容视作入行必需的“职业道德”。当俊男靓女的艺人们都要靠整容来“更上一层楼”时，只有平凡五官和身材的普通人又岂能不备感压力。

人为整容狂

文◎ 秋小天

人类有据可查的整容记录，最早可以追溯到6,000年前古埃及人所进行的皮肤移植和面部损伤修复，时至今日，这项“不得已而为之”的医术，已经演变成普通人主动甘愿冒着身体受到残害，甚至死亡的风险，仍旧趋之若鹜的社会“时尚”。

传统的美女标准是“天生丽质”，如今，填充的假胸才足以“傲视群芳”，尽管这与东方女性纤细的身材和温婉的气质并不协调，但是在全球化“时尚”的头衔之下，种种荒谬都获得了盛气凌人的理由。今天的东方，种种扭曲的审美观，通过整容的技术和手段，在现实中不断得以强化，而与之相对应的，是东方人文化自信的更趋衰弱。

东方黄色人种最为普遍的外貌特征，是五官平淡、细长眼睛、单眼皮和纤细身材，但是自从百年以来西方文化日益占据强势地位，今天大多数的东方人已经不以自己的体征为美，而是在无意识中将典型的白种人体征：五官深邃、高鼻、大眼、双眼皮、丰乳、翘臀默认为美的标准。当迪斯尼根据著名的中国古典传说投拍动画片《花木兰》时，合成上百名中国女性的面貌特征作为基础，塑造出一个具有典型中国人特征的“木兰”形象，但是却意外地遭到了大量华人观众的批评，原因是他们认为这个木兰“不漂亮”。

日本是全球著名的动漫之国，每年出产数以万计的动画/漫画作品，而这些动漫作品女主角的造型却是数十年如一日的雷同：大眼、丰胸和长腿，而今天，这也成为了“人造美女”的通用标准。

众所周知，韩国人种大多是下颌方正的“国”字脸，拜整容所赐，现在的流行韩剧中，所有女一号和女二号都几乎是清一色尖下巴的“锥子”脸，而下颌磨骨整容术，也因此伴随韩剧的出口而风靡亚洲，成为韩国整容的一块金字招牌。2012年2月，韩国京畿道专门邀请了中国11家旅行社的工作人员赴韩感受整容商机，以支持韩国政府2015年引进30万名海外医疗（整容）患者的庞大计划。■

台湾著名作家龙应台早在1980年代，曾撰文对东方人文化自信的衰退进行探讨和呼吁，虽然时光逝去近30年，这个世界变得更加虚荣和癫狂，但是问题的实质并没有得到丝毫改变。下面就让我们共同重温经典，为迷失的人生唤起更多智慧和清醒。

给我一个中国娃娃

走出法兰克福机场，迎面而来一对操美国英语的黑人夫妇，牵着一个两三岁的小女孩。黑人的小孩特别可爱，眼前这个小把戏也不例外：皮肤黑漆发亮，眼睛很大，黑白分明的瞳孔中透着清纯的稚气，鬈曲油亮的辫子在头顶上一晃一晃的。

正要擦身而过，瞥见小女孩一手紧紧搂在前胸的洋娃娃；啊，是个黑娃娃！黑漆发亮的脸，黑漆发亮的头发，绣花的袖子里伸出黑漆发亮的小手。

从来没见过黑的洋娃娃，所以稍稍吃了一惊。小女孩回眸望了我一眼，娇爱地微笑了一下，逐渐远去。我开始领悟到自己的吃惊包含了多少愚昧：黑头发、黑眼睛、黑皮肤的孩子，为什么要玩金头发、蓝眼睛、白皮肤的娃娃？小孩抱娃娃，往往是一种自我的投射，黑孩子玩黑娃娃是天经地义的事，我却吃了一惊。

如果看见一个黑头发、黑眼睛的中国孩子玩一个和他长得一模一样的黑发黑眼睛的娃娃，我是不是也要觉得讶异呢？事实上，我从来没有见过中国娃娃。站在玻璃柜上穿罗戴玉的王昭君或舞姿婷婷的娃娃，都是僵硬而易损的，只供观赏；让孩子抱在怀里又亲又咬又揉搓的，都是“洋”娃娃，蓝色的眼睛一眨一眨的。

嘿，这是个国际多元化的世界，玩外国娃娃没什么不对。我也同意，可是，如果只是国际多元的现象，为什么我们的孩子没有黑人娃娃、印第安娃娃、埃及娃娃，而是清一色的白种娃娃？再说，在开拓到外国娃娃之前，总要先有自己的娃娃。黑发黄肤的小女孩在“家家酒”中扮演妈妈，她爱抚的“婴儿”却跟自己一点也不像，不免令人沉思：中国的娃娃到哪里去了？

现代的中国人认为西方人比较漂亮，我们对自己的认可也变成深目、隆鼻、丰乳、长腿的追求。以少女为对象的杂志，每一页都是金发的模特儿。我们的孩子上美术课，信手画出来的人像，一个一个赫然是西方人的脸型。把这些迹象整合起来观察，中国孩子抱“洋”娃娃的现象，就不是那么单纯了。

有一回在台北市坐计程车。长得横眉竖目的司机闷声不响，很严肃的神情，猛然一个大转弯，他却失声大叫：“你看，你看，街角那四只……”声音里充满兴奋。四只什么？狗吗？我转头探看，看不见什

么。司机继续说：“哇，有够大只！又那么黑，暗时暗到会惊死人！”他指的，原来是四个正在等红绿灯的黑人。

种族歧视绝对不是西方人的专利，中国的大汉族民族要搞起歧视来，比谁都不差。不同的是，以前，我们自认是最优秀的民族，异族非番即蛮。现在，我们接纳了白种人的世界观：先进的白人高高在上，肤色越深，层次越低。中国人自己，就在白黑两极之间。

对于白人，我们或者谄媚，或者排斥；对于黑人，那位计程车司机的心态相当典型。对于肤色与自己不相上下的其他亚洲人，我们没有兴趣——有谁谈印尼的文学？有谁注意印度的发展？但是，一旦西方人开始“炒”印尼文学，或印度的发展，我们马上就会跟进。你相信吗？

美国的黑人也是经过许多年的挣扎，才赢得今天还不算十分坚强的民族自尊。有思考力的黑人经过无数的反省、质疑、追求，才发出“黑就是美”的呐喊；是这声觉醒的呐喊，使法兰克福机场的那个黑女孩手里拥抱着一个和自己一样黑的黑娃娃。中国在西方的阴影下生活了很久，但是今天的台湾似乎已经开始有足够的知识与智慧去抗拒这个巨大的阴影：对于现行价值观的重新检阅、反省，应该是建立民族自尊的第一步。

给我们的孩子一个中国娃娃吧

原载于散文集《人在欧洲》
(1994年北京三联书店出版)



插图 于红波 Illustrated by Ida YU

龙应台，台湾著名文化人及公共知识分子，台湾著名作家，作品针砭时事，鞭辟入里。在台湾、大陆、欧洲三个文化圈中，龙应台的作品都具有很大的影响力。2012年5月，龙应台成为台湾首任文化部部长。

《人在欧洲》是香港大学文学系的“必读100本书”之一，它是龙应台1986至1988年在瑞士生活期间的思想感悟。它详尽、形象地显现了龙应台当时就“地球村”整体文化的思考：“白种文化”的绝对强势所造成的世界同质化倾向，因此而对“弱势文化”所造成的危机和威胁；有些基本信念，比如公正、自由、民主、人权等等，必须超越民族主义的捆绑；“弱势文化”中的作家应该汇合力量，发出声音；谈四海一家，必须先站在平等的立足点上，等等。书中所传递的思想，历经岁月的检验而光芒不减，是全世界华人共享的精神财富。

Memorial Welcome & Ceremony for Refugees

© Jane Fletcher

The 1951 Convention Relating to the Status of Refugees defines a refugee as:

“Any person, who owing to a well founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his or her nationality and is unable, or owing to such fear, is unwilling to avail him or herself of the protection of that country.”

This definition is 61 years old, I'm very aware of this as I was born in 1951 but I wonder just how many people know and understand it! Since the end of the Second World War in 1945, Australia has become home to many peoples from all races, today totalling 200 different nationalities speaking as many as 270 different languages and practising

more than 100 religious faiths. I for one have applauded this for the diversity it has brought to our community but it's only in recent times that I have looked at this from the perspective of being a refugee. Like many, I have been shocked by the terrible drowning tragedies off Christmas Island. Because I work for Chipper Funerals and our parent company Invocare was involved in the repatriation of those victims, I suggested to the company to hold a memorial ceremony to pay tribute to those who lost their lives.

Part of my job is to give educational talks on the subject of grief and loss. Grief and loss can be felt not just when there is a death; we all experience such emotions in varying degrees whenever there is change in our lives. When doing my research in preparation of these talks, I have shed lots of tears as I read of the dreadful experiences many had endured. Those who live to tell their stories need to be acknowledged as much as those who pay the ultimate price of losing their lives to have what I mostly take for granted – freedom and living without fear.

Chipper Funerals, along with many groups and organisations, are working together to organise a Welcome and Memorial Ceremony for all refugees at the **Amphitheatre in King's Park from 10.00am to 12.00noon on Saturday 17th of November 2012**. This is an opportunity to remember those who have perished, to acknowledge the pain of loss in all its forms and to celebrate a new start in a new land. We would like to see people from all lands, faiths, and backgrounds come together to share and support each other.

I invite all groups to represent their community and culture to be a part of this event. There will be an inter-faith ceremony conducted by representatives from all major religions, followed by a cultural display of music, song, and dance from several groups to fill this day with hope and happiness in our hearts. To complete the day, there will be a halal barbecue for everyone to get to know each other. ■

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Stephen Kum
丧葬部主任
中华会馆会员



在1951年国际公约关于难民身份的议定书中，难民的定义是：“基于一种可以证明成立的理由，出于种族、宗教、国籍、身为某一特定社会团体的成员、或具有某种政治见解的原因而畏惧遭受迫害，身在其本国之外，并由于这样的畏惧而不能或不愿意受该国保护的人。”

这一定义是在61年前做出的，对这点我很清楚，因为我就出生在1951年，但我怀疑有多少人真正知道和理解这一定义。1945年二战结束后，来自各种族的许多人都在澳大利亚安了家，据统计现在有200个不同国籍、270种语言、100多种宗教信仰。我很高兴看到社区的多样性，但最近我才开始从一个难民的角度来看这个问题。和许多人一样，我也对发生在圣诞岛的难民溺水事件感到非常震惊。因为我在奇魄殡仪公司工作，我们

的母公司英沃客尔参与了那些死难者遣送回国的的工作。我建议公司为往生者举行一场追悼仪式。

我的工作职责之一就是进行抚慰伤痛的讲座。悲伤痛苦并不一定是在遭遇死亡时才有的情绪，我们每个人都会在生活发生变化时不同程度地感到悲伤和痛苦。当我在为我的讲座准备资料时，读到许多悲惨的故事，令我潸然泪下。那些坚强活下来讲述自己惨痛经历的人，与那些为了自由生活而付出了生命代价的人一样，都值得我们尊重，因为自由和不用担惊受怕的生活对我们而言来得那么容易，对他们却是奢侈。

殡仪丧葬公司正与其它团体和单位合作，准备在**国王公园礼堂**为所有难民举行一场欢迎和纪念仪式，时间在**2012年11月17日周六上午10点到12点**。我们将缅怀亡者、纪念苦痛、庆祝新

生。希望来自各个地区、信仰和种族的人们前来参加和支持。

我在此诚挚邀请代表不同社区和文化的各个单位前来参加此次活动。届时会有来自主要宗教信仰团体的代表进行跨信仰仪式，还有歌舞音乐表演，为我们燃起希望和快乐。最后是烧烤，大家可以享受美食广交朋友。■

难民欢迎和纪念仪式

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GLOBAL CRAZE ON PLASTIC SURGERY

plastic surgery had existed as far back as 6,000 years ago in ancient Egypt where skin transplant and facial repair were essential medical practices to recover from injuries. Today, it has become a societal fashion where droves of ordinary people voluntarily sought plastic surgery despite the serious risks of physical injuries, and even deaths. Written by Tina QIU, translated by Ben Ben

There have been countless failed plastic surgeries causing facial and body disfigurements. Just by searching for “deaths caused by plastic surgery” on the internet alone, produces more than a million results. The stories of such death victims included naturally beautiful models and actors, innocent young girls, as well as the older women seeking to reclaim their youth. Everyone wants to be beautiful, but it is extremely sad if the price to pay for vanity is life long suffering or even death. All surgeries, major or minor, carry a certain degree of risk, and the level of risks associated with plastic surgery is only second to that of neuro surgeries. Nevertheless, in pursue of its craze, society seemed to have either intentionally or unintentionally turned a blind eye on the warnings and dangers of plastic surgery.

As a growth industry in the 21st century, the plastic surgery craze is supported by the lure of huge commercial profits and a distorted sense of judgement of beauty. According to a 2009 survey by the International Society of Aesthetic Plastic Surgery (ISAPS), the USA is the leading country in plastic surgery with more than 3.03 million completed surgeries, closely followed by Brazil (2.47 million) and China (2.19 million). China, as one of the “top 3” in the world, sees more than 200,000 people working in this industry in some 50,000 businesses, clinics, and hospitals offering a variety of plastic surgeries, with a total revenue of more than 15 billion Chinese yuan (A\$2.3 billion). In today's world, a plastic surgery appointment is just as common as a dental appointment. Overwhelming advertisements with enticing contents and the “before and after” photographic comparisons have made it difficult for people to resist the temptations. Furthermore, the glamour of the show business industry and idol worship have given the misperception that beauty is the key to the path of riches and success. In the modern day, many marriage and career failures have been blamed on imperfect physical appearance.

The situation in South Korea is quite extreme, where the parts or sections of the body subject to plastic surgery, and the extent they go to, is rather amazing. In fact, for the newer entrants to the show business, plastic surgery has become an essential item and considered to be part of their “professional and occupational ethics”. If handsome and beautiful actors have to rely to plastic surgery to “up the ante”, it is not surprising to see ordinary people



一则目前风行东亚的整容讽刺广告
旁白：“唯一的问题是如何向孩子们解释……”
A recent popular sarcastic plastic surgery advertisement in East Asia with the caption
“Only problem is how to explain it to the children……”

with plain facial features and body shapes resorting to surgery to look better.

Traditionally, a pretty girl or woman has been judged by their natural beauty. Now, it appears they need breast enlargement to stand out and beat the competition. Despite the fact that this is incompatible to the generally petite figure and placid nature of the oriental females, all kinds of absurd arguments and justifications have been forced through under the guise of it being fashionable. In today's orient, the distorted judgement of beauty has become more profound through the advancements in cosmetic surgical techniques and promotional strategies. Conversely, this has seen a gradual erosion of the self confidence in eastern cultural beliefs.

Generally speaking, the average eastern person has relatively flat facial features, narrow eyes with single eye lids, and a slim body figure. The rise of the western powers in the past century have created a superior western cultural influence to the extent that the eastern people have abandoned their own standards of beauty, and subconsciously adopted the western features as the standards of beauty, such as pronounced facial features, pointed noses, big eyes, double eye lids, big breasts, etc. When Disney made the animated movie “Mulan”, and based their main character on traditional Chinese women features, it was surprisingly criticised by Chinese audience, as they considered this version of Mulan was not pretty.

Japan is the world's leading producer of animation,

producing tens of thousands of animated products annually. The features of the female characters of all their animated products have remained the same since day one, that is, large eyes, big breasts, and long legs, which have today become the standards of “man made beauties”.

It is well known that Koreans generally have square jaws. Thanks to plastic surgery, almost all the leading female actors in the ultra popular Korean television soapies have “pointed” jaws, one of the reasons why these soapies have gripped the whole of Asia. This has become a promotional showcase for plastic surgery in Korea. In February 2012, the Korean authorities invited representatives from 11 travel agencies in China to experience the commercial opportunities generated by plastic surgery, in support of the Korean government's grand plan of attracting 300,000 overseas plastic surgery “patients” to Korea by 2015. ■



38岁的前阿根廷小姐、世界名模苏朗·玛涅诺于2009年11月因接受丰臀手术所引起的并发症死亡
Former Miss Argentina, Solange Magnano, died from complications following a buttock lift surgery in November 2009



Leading Melbourne Property Developer a favourite with Perth locals

Melbourne developer Central Equity is enjoying a great run of achievement with their latest Melbourne apartment projects. The prolific Melbourne based developer currently has two major apartment towers under construction with a third project very close to public release (read on for further details). The highlight of their recent achievements is perhaps being awarded the prestigious HIA Victorian Apartment Project of the Year 2011 for their recently completed SouthbankONE apartments. The industrious Melbourne company has been in Perth a number of times in recent years to present some of their landmark apartment projects to eager Perth locals including SouthbankONE (complete), VueGrande (complete), Mainpoint Apartments (under construction), and EPIC Southbank (under construction).

Central Equity is a major Australian property developer and has been active in the Melbourne property industry for over 25 years. The company pioneered inner-city Melbourne living and was the first to develop major residential buildings in the now prestigious Southbank precinct of the city. Based on a recipe of hard work, a quality product and excellent customer service they now have over 65 projects to their name.

Much of the appeal for Perth buyers of Central Equity's Melbourne properties can be attributed to the range of services the company offers that can make it easier for clients to manage an investment property from a distance. With clients from all over Australia, the company is very experienced in assisting with the kinds of challenges that living a distance from an investment property can present. The company's services include management, leasing, resale

and owner's corporation services. So unlike many property developers, Central Equity will ensure you continue to receive a high-level of after-sales-service into the future. This goes a long way to providing purchasers with piece of mind with their important property investments.

For those readers with an interest in property, the company is now previewing what will be their next major Melbourne project for 2012. Located in West Melbourne, just metres from the inner-city Melbourne oasis of Flagstaff Gardens this exciting new project is walking distance to the CBD and the city's best universities, major employers and renowned cultural attractions.

A contemporary building both inside and out, the project features a range of cleverly designed apartments (studio, one, and 2 bedroom) with efficient open plan layouts that maximise access to sun-light and outlooks. The building also features a striking modern façade, beautiful rooftop garden and fitted gym.

With prices starting at just \$279,000 these apartments are expected to resonate strongly with a new generation of city residents who value location above all else but refuse to compromise on style and design quality.

Readers are encouraged to make their enquiries now to receive an early choice of a great range of off-the-plan apartments. Early purchasers can also benefit from fantastic government incentives on Victorian Stamp Duty, in some cases saving up to \$21,000! ■

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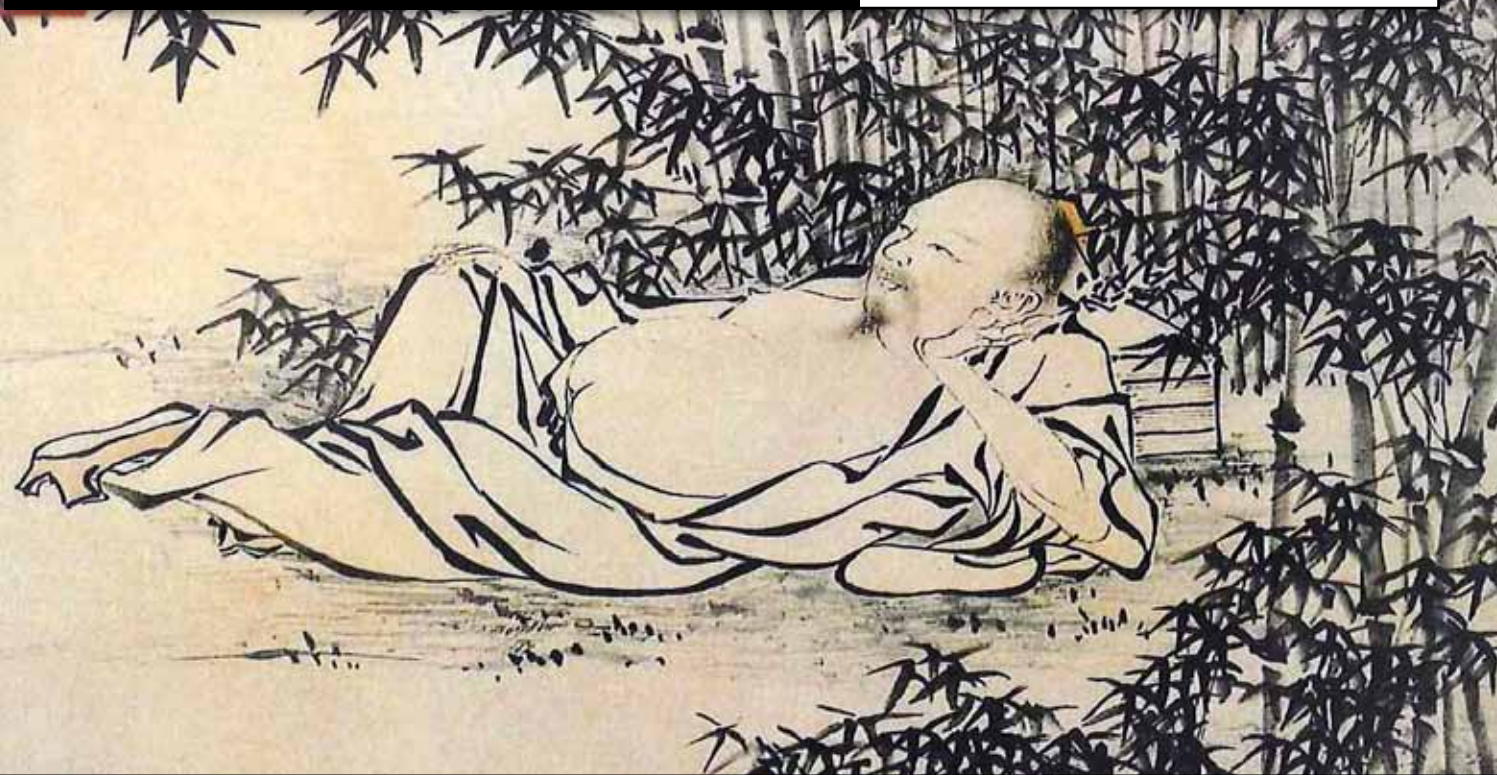


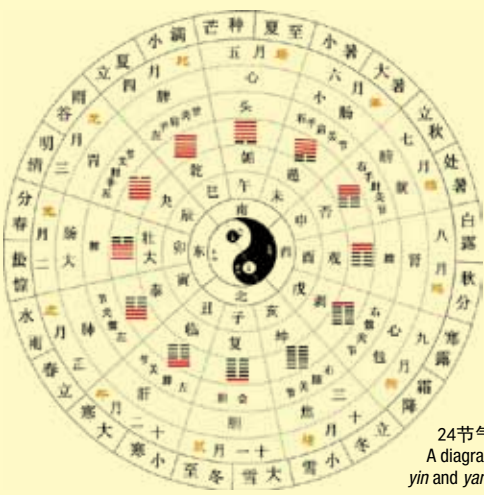
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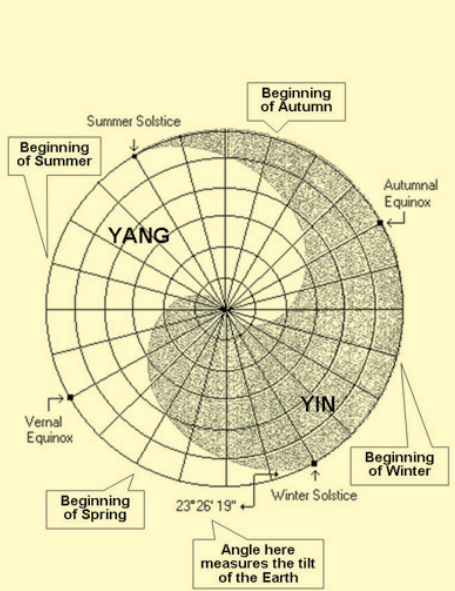
之 中国古代养生





24节气与阴阳八卦和人体脏腑对照图
A diagram depicting the relationships between the 24 solar terms, yin and yang, bagua (trigrams), and human internal organs

中国人的自然养生法，基于道家的阴阳和五行（金木水火土）理论，拥有一个概括性强而又庞大复杂的体系，在此只能简单解说，这是中国人最根本的宇宙和生命哲学，认为人类和天地万物拥有共同的本源和内在联系，因此人若要健康和长寿，必须感应自然的变化，顺从自然力量中阴与阳的此消彼长，以及五行之间相生相克的作用。在数千年的农业社会生活中，中国人根据天体（太阳、月亮，北斗七星）的运行规律，创建了历法，总结出丰富的



24节气与阴阳变化 Yin and Yang, and the 24 solar terms

二十四节气

春雨惊春清谷天，
夏满芒夏暑相连，
秋处露秋寒霜降，
冬雪雪冬小大寒。

四时劳作和养生的方法和经验，24节气及其应用就是其中的重要成就之一，根据24节气来调整起居和饮食宜忌，时至今日仍为许多现代中国人所信奉。

24节气起源于黄河流域。远在春秋时代（公元前770年—前476年），就定出仲春、仲夏、仲秋和仲冬等4个节气。以后不断地改进与完善，到秦汉年间（约公元前200年），24节气已完全确立。公元前104年，由邓平等制定的《太初历》，正式把24节



A solar term is any of 24 points in traditional East Asian lunisolar calendars that matches a particular astronomical event or signifies some natural phenomenon. A lunisolar calendar is a calendar in many cultures whose date indicates both the moon phase and the time of the solar year. If the solar year is defined as a tropical year, then a lunisolar calendar will give an indication of the season; if it is taken as a sidereal year, then the calendar will predict the constellation near which the full moon may occur. Usually there is an additional requirement that the year have a whole number of months, in which case most years have 12 months but every second or third year has 13.

Solar terms originated in China in the Yellow River region way back between 770BC and 476BC , then spread to Korea, Vietnam, and Japan. This is exhibited by the fact that traditional Chinese, Hanja, and Kanji characters for most of the solar terms are identical.



气订于历法，明确了24节气的天文位置。太阳从黄经零度起，沿黄经每运行15度所经历的时日称为“一个节气”。每年运行360度，共经历24个节气，每月2个。24节气反映了太阳的周年运动，所以节气在现行的公历中日期基本固定，上半年在6日、21日，下半年在8日、23日，前后不差1-2天。

The 24 Solar Terms

The natural Chinese way of nurturing life is based on Taoism's ying and yang, and the 5 elements principles. It has a universal system which is large and complex, and put simply, represents the Chinese fundamentals of the universe and philosophies of life. It reckons that mankind is intrinsically linked with the heaven and earth, and share the same origin. Hence if man wishes to seek good health and long life, he must be able to induce the changes of nature, and flow with shifts in nature's forces. In several thousands of years of life in an agricultural society, the Chinese follows the movements of the heavenly bodies such as the sun, moon, and stars, to create a calendar system along with seasonal labour patterns and life nurturing methodologies. The 24 solar terms and its application is one such important achievement, where it uses the seasonal patterns to make adjustments for living and eating routines, a belief which is still held by the Chinese people in the modern day.

Each season consists of 6 solar terms, each solar term lasts for about 15 days. The characteristics of each of the solar terms are listed below:

Spring Season

Start of spring

Rain water – the start of rain fall, increasing gradually

Awakening of insects – hibernating insects are awakened by spring thunder

Vernal equinox – a period where day and night are equally long

Clear and bright – clear weather where vegetation flourish

Grain rain – timely and adequate rainfall aids the robust growth of grains and crops



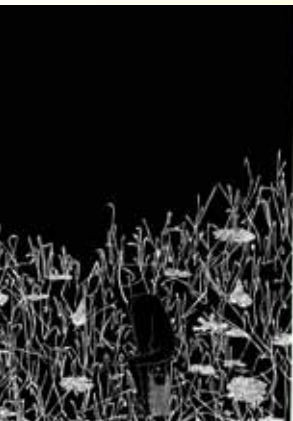
惊蛰——听笛 Awakening of Insects - Listening to the Flute



大暑——夜的如花的伤口 Major Heat - Flowery Wound of the Night



霜降——微风 Frost Descent - Breeze



大寒——细雨 Major Cold - Drizzle

Summer Season

Start of summer

Grain full – grains and crops start to get plump

Grain in ear – grains and crops ripe for harvest

Summer solstice – the sun at its height signaling the arrival of the hot spell

Minor heat – start of extreme heat

Major heat – hottest time of the year

Autumn Season

Start of autumn

Limit of heat – end of the hot spell

White dew – weather turning cool with moisture condensing to make dew appear white

Autumnal equinox – a period where day and night are equally long

Cold dew – dew turning cold on the verge of turning into frost

Frost descent – temperature dropping with signs of frost appearing

Winter Season

Start of winter

Minor snow – starts to snow

Major snow – snow increases, accumulating on some land

Winter solstice – signaling the arrival of the cold spell

Minor cold – start of extreme cold

Major cold – coldest time of the year

立春: 立是开始的意思，立春就是春季的开始。

雨水: 降雨开始，雨量渐增。

惊蛰: 蛰是藏的意思。惊蛰是指春雷乍动，惊醒了蛰伏在土中冬眠的动物。

春分: 分是平分的意思。春分表示昼夜平分。

清明: 天气晴朗，草木繁茂。

谷雨: 雨生百谷。雨量充足而及时，谷类作物能茁壮成长。

立夏: 夏季的开始。

小满: 麦类等夏熟作物籽粒开始饱满。

芒种: 麦类等芒作物成熟。

夏至: 炎热的夏天来临。

小暑: 暑是炎热的意思。小暑就是气候开始炎热。

大暑: 一年中最热的时候。

立秋: 秋季的开始。

处暑: 处是终止、躲藏的意思。处暑是表示炎热的暑天结束。

白露: 天气转凉，露凝而白。

秋分: 昼夜平分。

寒露: 露水以寒，将要结冰。

霜降: 天气渐冷，开始有霜。

立冬: 冬季的开始。

小雪: 开始下雪。

大雪: 降雪量增多，地面可能积雪。

冬至: 寒冷的冬天来临。

小寒: 气候开始寒冷。

大寒: 一年中最冷的时候。

Amongst the black and white carved art collections of contemporary Chinese artist, Leng Bing Chuan, is a collection based on the 24 solar terms. Spanish poet, Javier Bustamante, commented that Leng Bing Chuan in bringing this collection to us with a theme of space and life, is akin to singing an ancient Chinese folk song.

在中国现代画家冷冰川的“黑白画”纸刻作品中，有一组以24节气命名的著名系列，西班牙诗人哈维尔·布斯塔曼特评论说，“冷冰川把这一系列主题作为空间和生命传授给我们……仿佛在吟唱中国古老的民谣”。

养生宝典——《遵生八笺》

高濂，字深甫，号瑞南，钱塘（今浙江杭州）人。明万历年间（1573-1620）的名士、戏曲作家、养生家及书籍收藏家。据《明史》记载，他通医理、擅诗文，“能度曲，每开樽宴客，按拍高歌以为娱乐”，“又尝聚邻人为说宋江故事”，所谓诗词歌赋，鉴赏文物，无所不涉；琴棋书画，茶酒烹调，无所不通。高濂家境富裕，曾在北京任鸿胪寺官，后隐居西湖，徜徉山水之间，“尝筑山满楼于跨虹桥，收藏古今书籍”，因之得以博览古今。高濂的传世著作，除了最为著名的《遵生八笺》之外，还包括《牡丹花谱》与《兰谱》，以及戏曲作品《节孝记》、《玉簪记》等。

中国人认为，生活即养生，养生即养性。《遵生八笺》就是遵奉这一养生观念，讲究吃、喝、玩、乐，用顺应自然的方法来保持身、心健康的养生宝典。“书中所载，专供闲适消遣之用”，集中国古代士大夫的性情修养和生活意趣之大成，据说宋美龄也对这本书推崇不已。全书共19卷，分为8个章目：

清修妙论笺：藏书中的摘录，皆为养生格言

四时调摄笺：按照四季24节气来修养身心的方法

起居安乐笺：谈论建筑环境、居室装修、日常生活器皿等对养生的帮助

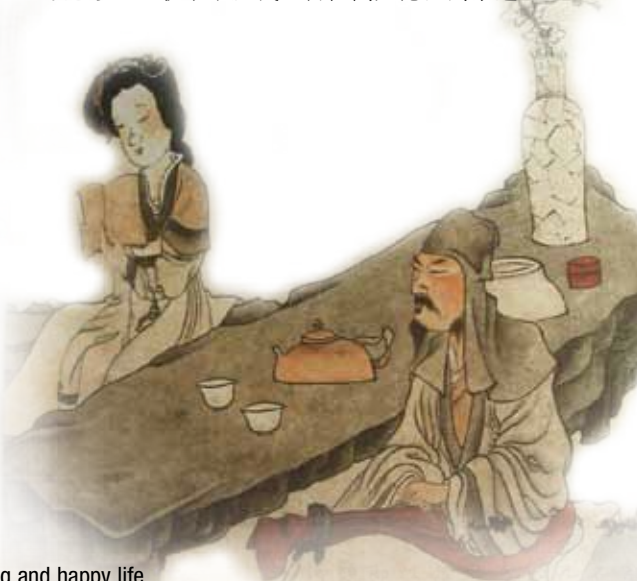
延年却病笺：引用了许多古代导引、气功文献，在调养五脏方面论述甚详。

饮馔服食笺：食品和酒、茶等饮品的名目，以及各种各样的烹饪和制作方法

燕闲清赏笺：谈论文物、收藏品的赏鉴和清玩，并附以各种花卉的种植方法和经验

灵秘丹药笺：有益于健康和长寿的丹方和药方记录

尘外遐举笺：收录了历代一百位高人隐士的事迹



Healthy Living the Ancient Chinese Way

The Chinese believe in nurturing their health through everyday life activities in order to lead a long and happy life, and discovered the methodologies thousands of years ago. One of the more well known Chinese literature related to health is the “Eight Treatises on the Nurturing of Life” (Zunsheng Bajian). It was written by Gao Lian, first published in 1591 during the Ming dynasty, and was basically the Chinese encyclopedia of health.

The “Eight Treatises” has a distinctly modern ring with its espousal of stress avoidance as a key to overall physical health. In his discussion of mental illness, Gao Lian successfully diagnosed the condition now known as bipolar disorder. Interestingly, Gao advised his readers to avoid abortion and show concern for the elderly and physically weak. He suggested we attach ourselves to a major religious system or our inner emptiness will invite some manner of physical disease. Overall, his works comprise a virtual treasure trove for early 17th century aesthetics and material culture such as landscape architecture, tea culture and dwarf trees. The above items were additional examples of his overall aim at the maintenance of bodily health through a quiet enjoyment of human life.

The “Eight Treatises” talks about:

1. gaining the knowledge of sublime theories of pure self-cultivation through reading
2. nurturing the body and mind in accordance with the solar terms (see separate article) of the four seasons
3. the environment of the home, including its interior design and daily use appliances, etc
4. extending life and avoiding disease using ancient guides and qi gong in nurturing the internal organs
5. food and beverage, and the various methods in preparation and cooking
6. appreciating and enjoying arts, culture, and gardening
7. secret recipes for elixirs and medicines for maintaining health and extending life
8. the stories of the lives of 100 wise men and hermits



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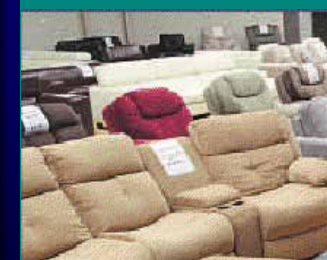
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FIRST CHINESE AMA PRESIDENT

The Australian Medical Association in Western Australia elected Dr Richard Choong as their President at an annual general meeting held on 6 June 2012. Richard is the first ever Chinese to be elected to this high profile and influential position. Not only is Richard President of the AMA (WA), but he is also a member of the Chung Wah Association. Chung Wah Magazine caught up with Richard in August to get to know him better, and find out what his Chinese heritage means to him. Written by Tina QIU Photos by ZE Photography

Richard was born in Malaysia and migrated to Australia at the age of 2 with his parents, an elder brother and elder sister, in 1972. His parents' decision to leave Malaysia was largely influenced by the infamous racial riots in 1969. Like many, they gave up a good and comfortable life to start all over again in a new country for the sake of their safety and the future of their children. Settling in Melbourne, Richard did not speak a single word of English upon his arrival. In order to help the children to quickly and fully integrate into the Australian society, they only communicated in English within the family, which resulted in Richard not being conversant in the Chinese language, save using it to order some simple dishes at a Chinese restaurant.

Wanting the best education for the children, Richard's parents sent their sons to Melbourne Grammar and Richard was the first Chinese to go through the school from pre-primary to Year 12. Being the youngest in the family, he reckons he was pretty spoiled by his parents, but nevertheless there were still high expectations of success.

Richard's parents are both doctors, and so are his brother and sister, keeping the entire family in the same profession. Probably due to this influence, Richard had wanted to be a doctor from a very young age, having hung around the hospital waiting for his father to finish his ward rounds, or waiting for his mother to finish work after school.

After just missing out on being accepted into Melbourne University Medical School (by one point!) Richard secured a place at the prestigious Dublin Medical School in Ireland. Although only 17 at the time, he was independent enough to arrange and made his own way across the globe and spent the next 6 years completing his medical studies in Ireland.

Upon graduation in 1993, Richard returned to Australia and came straight to Perth. When asked why Perth, first and foremost, it was because the medical fraternity in Perth was one of the last to accept registrations from qualifications in Europe. Secondly, he wanted to forge a career in his own right – outside of his own parent's prominence in the medical fraternity in Melbourne. That same year, he joined the AMA as he strongly believes in the value of belonging. Being taught by his parents to speak out on what he believes, Richard started to take a more active involvement with the AMA (WA) from 2000, and served as Vice President from 2004 to 2008. This has given him valuable exposure to the political, financial, social and strategic aspects of the medical field.

To Richard, the AMA is much more than merely a doctors' representative body. The AMA (WA) employs about 140 staff located across three buildings in Nedlands with a mission and a focus on serving the people and the community. They also provide a range of commercial services, such as insurance and training services, which generate funds but more importantly deliver additional services to their members, and ultimately, the community.

Richard believes that for doctors to retain their strong and positive public perception they must continue to focus on public health. He believes that at the end of the day, doctors wouldn't want to be doctors unless they really want to contribute to the betterment of the community as a whole.

As the AMA (WA) President, Richard sees himself as a change agent. He sees the opportunity to change the lives of not just his patients, but that of the community. He also relishes the rare opportunity to be able to communicate with Government Ministers directly. He knows that his views can be influential and result in change in policies, with more than 70% of doctors in WA being AMA members. While he finds all these exciting, he is wary of letting all these get into his head, and takes it with a grain of salt, tempering it with regular doses of reality checks.

A big challenge facing Richard in juggling his hectic schedule is time management and the sacrifices in having less time to spend with his family. On a typical day, when he leaves home in the morning, his daughter is still in bed, and by the time

he gets home, she has already gone to bed. That leaves a very small window of opportunity for him to spend time with her, one which he is very conscious of. He is therefore a great believer in making every moment with his family count.

When Richard was ready to settle down, he was very clear in his mind that he wanted to marry someone who was influenced by those attributes that made him proud to be Chinese – respect, honour, and family values – attributes that were passed down from his parents. So, when he met Carolyn, a Chinese who came from East Malaysia, at a function in 2003 and fell in love with her, he never looked back.

Whilst Richard is proud of his Chinese heritage he regrets not having learnt to speak Chinese when he was younger. He therefore ensures that his daughter is given maximum opportunity to learn the language of her cultural roots by enrolling her at the Chung Wah Chinese School, as well as arrange for a private tutor for lessons at home, and have Caroline communicate with her in Mandarin whenever possible. He finds it concerning that his Chinese friends who speak Chinese (some were even educated in Chinese) don't always make the effort to ensure that their children also speak the language.

Richard has observed that the Chinese way of bringing up children is by teaching them using the repetitive way and by memory, instead of independent thought and problem solving. That explains why we see a lot of Chinese people in middle management who are highly technical and highly skilled with great work ethics, but sometimes face difficulty moving beyond that, he says.

In Richard's view, the Chinese community is a respected and trusted component of the WA society, with the positive reputation of a peaceful and hardworking community. He feels that it is a great time for the Chinese people, and we should feel proud and use that to our advantage. Everyone has tasted Chinese food, love watching lion dances, knows about Chinese New Year and the 12 animal signs, and in the 2011 census, Chinese became the most spoken language in Australia after



钟福强和太太张凌云
Richard Choong and his wife, Caroline

English. Chinese words and terms have even become part of Australian culture, such as yum cha and dim sum.

In the multicultural environment that we live in today, Richard feels that it is essential for the Chinese people to integrate into the society, but it is also important that we also hold on to our values, beliefs, and heritage, as that is what define us. Being limited by language, Richard has had limited interaction with the Chinese community in the past.

In recent years however he has become more involved in the large range of cultural and educational activities organised by the Chinese community and believes that the inaugural Perth Chinese

New Year Fair which took place in Northbridge earlier this year was a fantastic example of how we can significantly contribute to the society, at the same time showcase and share our culture with the public, and assist in the integration process with the message that we are part of a much bigger family.

Richard's term as AMA (WA) President will be a very interesting one. But you can be sure that he will use his term effectively for the benefit of all in Western Australian – whatever their background and whatever their cultural history.

Richard intends to serve the health needs of all people, all ages, and all cultures. ■

钟福强与妻子和女儿
Richard Choong with his wife Caroline and daughter Alexandra

澳大利亚医疗协会西澳分会新任会长钟福强
The newly elected AMA (WA) President, Richard Choong

澳大利亚医疗协会 首任华裔会长

文 ◎ 秋小天 摄影 ◎ ZE摄影工作室

在澳大利亚医疗协会西澳分会2012年6月召开的年度会员大会上，钟福强医生当选为新任会长，由此成为出任这个具有很高社会知名度和影响力职位的首位华裔。钟福强不仅是澳大利亚医疗协会西澳分会的会长，同时也是中华会馆的会员。《中华之声》8月对他进行了专访，希望增进对他个人的了解，并探讨中国文化传承对于他的影响。



钟福强出生于马来西亚，1972年两岁时跟随父母、哥哥和姐姐移民澳洲。促使他的父母下定决心离开马来西亚的原因，源于1969年臭名昭著的种族骚乱。同其他很多华裔相似，他们放弃了优厚和舒服的生活，在一个新的国家从头开始创业，以寻求安全保障和孩子的未来。他们选择了在墨尔本安家，钟福强在最初抵达澳洲时完全不会一句英文，为了帮助孩子迅速和完全地融入澳洲社会，他们全家人在家中也只用英语交流，因此导致了钟福强不擅长中文，只能用中文在中餐馆进行简单地点菜。

希望孩子能够得到最好的教育，钟福强的父母把儿子们都送到了著名的文法学校，钟福强是该校第一个从学前班一直读到12年级的华裔学生。作为家中最小的孩子，他自认为受到了父母的宠爱，但是也同样承担了很高的成功期望。

他的父母都是医生，同样还包括他的哥哥和姐姐，因此整个家庭都从事相同的职业。也许出于家人的影响，他从年幼时起就希望能够成为一名医生，他曾经在医院外面游荡以等待父亲完成查房，或是在放学之后等待母亲结束工作。

在被墨尔本大学医学院拒收（仅差一分）之后，他进入了著名的爱尔兰都柏林医学院深造。虽然当年仅有17岁，他已经足够独立地去穿越地球来安排自己的人生道路，并在接下来的6年时间里在爱尔兰完成了他的医学学业。

1993年毕业之后，他返回澳洲直接来到了珀斯。当被问及选择珀斯的原因时，首先也是最重要的，是由于珀斯医疗界是澳洲仍旧承认来自欧洲的医生

执业资格的最后几个城市之一；其次，他想要打造自己的职业威望——在墨尔本医疗界他父母的光环之外。同年，因为具有归属感，他加入了澳大利亚医疗协会，并如同父母所教导的那样，为了信仰而发出声音，从2000年起，他开始更多地积极参与澳大利亚医疗协会西澳分会的各种活动，并在20004至2008年出任了副会长。这些经历让他充分参与了医疗领域的政治、财务、社会和战略方面的事务，给予了他宝贵的曝光机会。

对于钟福强来说，澳大利亚医疗协会远不止是一个医生的代表机构。澳大利亚医疗协会西澳分会的约140名雇员，在位于尼德兰的三座建筑大楼中工作，以为普通民众和社区服务作为理念和宗旨。该协会也提供一系列的商业服务，比如保险和培训，这是他们的资金来源，但是更为重要的意义是向他们的会员，以至更广义的社区，提供额外的服务。

钟福强认为，为了保持医生正面而有力的公共形象，他们必须持续性地关注公共健康。他相信终有一天医生们会厌倦成为医生，除非他们真的想要为整体的社会福祉作出贡献。

作为澳大利亚医疗协会西澳分会的会长，钟福强将自己看作是一个引发改变的中介。他看到有机会改变的不仅是病人人们的生活，还有整个社会。他也高兴拥有难得的机会可以直接同政府部长们进行沟通，他意识到由于西澳州70%的医生都是他们协会的会员，因此他的言论具有可以导致政策改变的影响力。所有这些都很令人兴奋，但是钟福强谨慎地把它们都放入脑中，用过现实检验的常规方法来操作。

钟福强面临的一个巨大挑战，是如何在繁忙的日程表中更好地管理时间，不要再减少他与家人相处的时间。一个典型的日子，是当他清晨离家之时，女儿还在睡觉；而当他晚上回家之时，女儿却早已上床。这使他只有很少的机会能够与心爱的女儿相处，因此他尽量挤出一切可以利用的时间给家人。

当他准备成家时，他清楚地意识到他结婚的对象，应该具备那些使他以身为华人为骄傲的观念——充满尊重心、荣誉感和家庭责任感——这些观念也来自于他的父母。因此，2003年当他在一次社交活动中遇到张凌云，一个来自东马来西亚的华裔女孩时，他陷入了爱河并至此无悔。

在钟福强以华人血统为荣的同时，他为在幼年时没有学说中文而后悔，因此他尽最大的努力让女儿有机会学习中文，了解中国文化传统。他送女儿进入了中华中文学校，并在家中为她安排了一个私人中文老师，而且太太张凌云也会尽量与女儿用普通话进行交流。钟福强发现，他的一些讲中文的华人朋友（有的甚至接受的是中文教育），并不努力确保让他们的孩子也会说中文。

他留意到华人教育孩子，依靠重复和记忆，而缺乏独立思考和解决问题的训练。他说，这解释了为什么我们看到许多中层的华裔管理人才，具有很高的技术水平和职业道德，但是有时面对困难却无法超越。

在钟福强的心目中，华人社区因其热爱和平和努力工作的正面声望，是西澳社会一个值得尊重和信任的组成部分。他认为对华人而言，现在是一个美好的时代，我们应当为我们的传承感到骄傲，并充分发挥其特长。大家都在品尝中国菜，喜爱观看舞狮，知道中国春节和12生肖，在2011年的国家普查中，发现汉语已经在澳大利亚成为仅次于英语的第二口语，有的汉语字词甚至已经成为澳大利亚文化的一部分，例如广东话发音的“饮茶”和“点心”。

在今天我们所处的多元文化环境中，钟福强认为华人应该加强与社会的融合，同时也要重视保



持价值观、信仰和传承，因为这是我们区别于他人的特征。受语言的局限，在过去的岁月里，钟福强缺乏与华人社区的交往和互动。

近几年来，他开始更多地参与由华人社区组织的，广泛的文化和教育性活动。他认为今年初在北桥举办的首届中华新年文化节是一个精彩的典范，展示了我们如何能对社会做出显著的贡献，并在同时与公众分享我们的文化，协助传递社会融合的重要信息——我们是更广义的社会大家庭的一员。

钟福强在澳大利亚医疗协会西澳分会的会长任期将充满趣味，但是你可以相信，他将在他的任期内有效地为所有西澳人谋取福利——无论他们具有怎样的背景和文化遗产。他愿意服务于所有人、所有年龄和所有文化的健康需求。■



钟福强与妻子和女儿
Richard Choong with his wife Caroline and daughter Alexandra



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黄金十年，人生几何？

文◎叶俐廷 插图◎于红波

今年的生日，刚好是自己在珀斯的十周年纪念。黄金十年，人生几何？

在我二十弱冠三十而立之年，选择了在珀斯留学、独立生活、追求理想到结婚生子。这十年是我人生的第一个黄金十年，二十岁之前，因为种种原因无法独立作主，三十岁嫁作人妇之后，所有的决定都必须先以家庭为中心。

参与广播节目和社区工作，让我接触到几位正在享受着人生第二个黄金十年的

朋友。她们家庭美满、经济自由、子女事业有成、闲时当义工帮助别人、学习琴棋书画充实自己、身边好友比比皆是、定时实现旅游计划，过着人人称羡的生活。

如果我们可以正确地选择人生一位值得学习的对象，或许让自己未来的路能有一个明确的方向。我很庆幸，自己已经找到人生第二个黄金十年的学习对象，你呢？■

How Many Golden Decades Can We Have In A Lifetime?

© Written by *Elvie YAP*, Illustrated by *Ida YU*

Coincidentally, my birthday this year also marks my 10 years anniversary living in Perth. It strikes my mind that how many golden 10 years can we have in a lifetime?

In my 20s to 30s, I made my choice to pursue my studies in Perth living from home independently, striving for my career, married a loved one and gave birth to my daughter. I believe it was during my golden decades when most decisions were made under my own free will. Before my 20s, I was like a little girl who relied on family decision; after my 30s, my husband and daughter are the major consideration of most of my decisions.

Being involved in broadcasting and community work, I have come to know some friends who are enjoying their second round of golden decades of their lifetime. They live in

a happy relationship with family with no financial burden, their children have successful careers, they have time to contribute to voluntary work and develop an interest in art and music. They have plenty of friends, and able to turn their traveling plans into reality every year. Their leisurely lifestyles are indeed envied by many.

I believe that having the right person as our lifetime role model can give us a clear direction for our future. I am fortunate that I found one as a role model for my next round of golden decades. Have you found one yet? ■



中华社区广播电台 Chung Wah Radio FM95.3

每周三下午6点至7点（普通话广播）Every Wednesday from 6pm to 7pm - Mandarin broadcast
每周六上午10点至11点（广东话广播）Every Saturday from 10am to 11am - Cantonese broadcast

Feeling bored and don't know what to do? Don't know where to take your family or partner? There's plenty happening around Perth and Fremantle, so check out the events below and have fun!

空闲时感觉无聊和无事可干吗？为带家人前往何处消遣而烦恼吗？快来看看接下来两个月在珀斯和费文图有哪些地方可以找到乐子！

What's on in PERTH?

吃喝玩乐在珀斯



Kings Park Festival 2012

Date: 1 September – 7 October 2012
Time: 8.00am – 5.00pm
Venue: Kings Park and Botanic Garden

The Kings Park Festival is celebrating 'Wildflowers in Focus' this year as WA's spectacular showcase of wildflowers leap into bloom. The festival offers a range of activities including floral displays, live music, exhibitions, workshops, interpretive artworks, guided walks and family activities throughout the month. Be sure to soak up the colours, sounds and scents of Kings Park this spring.

For more information and to view the festival program, please visit <http://www.bgpa.wa.gov.au/events/calendar/details/816-kings-park-festival>



Adam and Selina in the Illusion of Magic

(Admission Fees Apply)
Date: 2 – 3 November 2012
Time: 8.30pm – 10pm (Running times are approximate and may be subject to change)
Venue: Regal Theatre, Subiaco

Prepare yourselves for a mind-blowing show as the masters of illusion, Adam and Selina, bring you on a journey beyond imagination. In this new spectacular production – The Illusion of Magic, Adam and Selina will perform some of the most incredible and entertaining magic in existence today. Make sure to get your tickets to the world-class event for some witty and light-hearted comedy, audience participation and spectacular grand illusions! This is a larger than life entertainment experience that will alter your perceptions and distort your reality.

For more information, please visit <http://www.adamandselina.com/> and get your tickets at www.ticketek.com.au



Perth Stamp & Coin Show 2012

(Free Entry)
Date: 6 – 7 October 2012
Time: 10.00am – 4.00pm
Venue: University of WA Guild Function Centre, 35 Stirling Highway, Crawley

Meet dealers from all around Australia selling stamps, coins, banknotes, postcards and ephemera and find some additions to your collection. Also available are free stamp, coin and banknote valuations, so please do not be shy in bringing those 'mystery' items or your unwanted collections for the latest buying prices. If you wish to sell, cash will be paid on the spot! There will also be collectors selling their duplicates in a European flea market styled area upstairs. For serious collectors, there is the not-to-be-missed opportunity to win the world's first stamp – an 1840 Penny Black!

For more information, please visit <http://perthstampandcoinshow.com.au/pscs/index.htm>



Hillarys Antique & Vintage Fair

(Free Entry)
Date: 16 – 18 October 2012
Time: 9am – 5pm
Venue: Hillarys Boat Harbour, 86 Southside Drive, Hillarys

The Hillarys Antique and Vintage Fair is back this spring with up to 55 stalls to dive into! Explore and find yourself some wonderful treasures from by-gone eras with a mishmash of stalls offering antique furniture and home-ware, as well as all things vintage and retro including bric-a-brac, fashion, as well as miscellaneous stallholder goodies. Also present will be antique and vintage valuers, so bring that favourite (or not so favourite) antique or vintage piece you have to the Fair to be valued by one of the experts on the day. Join in for the weekend to celebrate the creations, designs and atmosphere of yesteryear and reminisce about the good old days.

For more information, please visit www.hillarysantiquevintagefair.com



IGA Perth Royal Show

(Free Entry for Children 12 and below)
Date: 29 September – 6 October 2012
Time: 9.00am – 9.00pm
Venue: Claremont Showgrounds, Gugerri Street

The biggest community event attracting 400 000 visitors every year is back! With a rich history spanning 170 years, the Perth Royal Show is an iconic social and cultural event which showcases WA agriculture, small business and entertainment. Animal lovers, food lovers, thrill seekers or families – there will be a range of entertainment for everyone of all ages. Head down to the Claremont showgrounds for some fun and excitement!

For more information, please visit <http://www.perthroyalshow.com.au/>



Hillarys Wellness Expo

(Free Entry)
Date: 9 – 11 November 2012
Time: 9.00am – 6.00pm
Venue: Hillarys Boat Harbour, 86 Southside Drive, Hillarys

The Hillarys Wellness Expo is a free health and wellness event for the community which brings together a group of holistic health practitioners, spiritual facilitators and conscious living exhibitors. The expo will run wellness programs and seminars throughout the three days. Most are suitable for all ages and encourage mixed participation. The three key areas of wellness exhibitors and facilitators include:

- Spiritual and emotional well being: body, mind and spirit facilitators, healers, workshop and seminar facilitators, clairvoyants and mediums.
- Holistic health and wellness: holistic health practitioners, nutritional and lifestyle products, workshop and seminar facilitators, conscious parenting, holistic lifestyle practices (yoga, Tai Chi, QiGong, Ki energy, meditation etc)
- Conscious sustainable living: environmentally friendly options for healthy living and planet care, organic and biodynamic produce and products, workshop and seminar facilitators

For more information, please visit http://www.hillaryswellnessexpo.com/Hillarys_Wellness_Expo/Welcome.html

这是一个向英文读者介绍中国文化的连载专栏，内容出自饶逸生博士所著的《中国文化面面观》。我们将这个专栏看作是一种交流，由会馆的一位长者会员，写给那些由于种种客观原因而对中文和中国文化失去传承的其他会员。当你们需要了解更多中国文化的时候，这里有一条寻根之路……

This is a column written for the English speaking readers, introducing various aspects of Chinese culture, partly based from the book "The Chinese Dimensions, their roots, mindset and psyche", written by Dr. Yit-Seng YOW. We perceive this column as a form of "cultural infusion"; dedicated to those who, through no fault of their own, did not have the opportunity to be exposed to the Chinese language and culture. When you need to know more about Chinese culture, here lies a path to your cultural roots...

In Search of Cultural Identity and Heritage

寻根问祖

Part 7: Inspiration from Chinese Classics

© Yit-Seng Yow

Pundits in Australia and the Western world search for factors contributing to the success of the Chinese people world wide. Some scholars might point to the technology surge in China in recent decades, while sinologists might look at the influence of books on military strategies or Confucianism. Others attribute to the sheer hard work and determination to excel; researches might point to their long history of social and technological achievement.

Not commonly known to many in the West, one of the secrets of success lies in the Chinese mindset and psyche, moulded by centuries of accumulated wisdom embedded in the literature. Known collectively as “studies of the Chinese nation” 国学 [guoxue]¹, they comprise thousands of articles, artwork, calligraphy, dramas, manuals, novels, paintings, plays, poetry and other significant publications over the centuries. It covers a wide spectrum of areas ranging from philosophy to literature, from history to medicine; from Confucius, Daoist and Buddhist teachings to uniquely Chinese concepts such as yin-yang. Collectively they shape the psychological outlook, personal and collective behaviour, analytical abilities, cultural attributes, expressions, understanding of the world, and decision making process.

There are several reasons why the Chinese “guoxue” is the most extensive collection of ancient literature in human civilisation. The early development of written language enabled ideas to be documented; even though in the



initial stage words had to be carved on bamboos or stones. The invention of paper by CAI Lun (? – 121 AD) meant that books and articles could be more easily duplicated and circulated. Subsequent invention of printing by BI Sheng (990 – 1051) enabled mass production of selected texts. To top it all, the ruling aristocrats from the Prime Minister down were recruited by “Imperial Examinations”; this culture of scholarship amongst the top echelons

of bureaucrats nurtured “guoxue”, imparting on it the distinct Chinese flavour. Statesmen and leaders throughout Chinese history have various degrees of understanding of Chinese classics, in particular aspects pertaining to military strategy, history and governance.

Ancient Chinese literature can be classified by categories or in chronological order.

It can be categorised into “Confucius classics” 经, “historical document” 史, “philosophical writings” 子, and “miscellaneous collections of works” 集

The “Confucius classics” 经学 is derived from Confucius, which forms the basis of the traditional Chinese core values on human relationships, and contributes to the outlook of the individual, his relationship with the society, the rulers, the world and the universe. The five cardinal Confucius concepts of “consideration, compassion” 仁 [ren], “justice, righteousness” 义 [yi], “etiquette, protocol” 礼 [li], “wisdom, knowledge” 智 [zhi] and “credibility, trust” 信 [xin] shapes the behaviour of the “cultivated gentleman” 君子.

The “historical document” 史学 form an important part of Chinese classical studies, with detailed, uninterrupted records of history spanning over five thousand years. There are a lot of lessons and hard-earned wisdom to be learned from history, some of the behaviours of the ethnic Chinese can be attributed to lessons learned from the past.

The “philosophical writings” 子学 refer to the scholars and philosophers from “hundred schools of thoughts” 诸子百家 that flourished from 770 to 221 BC during the Spring and Autumn period and the Warring States period. This is an extensive field of study, ranging from

religion to philosophy, from technology to the arts. On the whole these scholars seek to establish order in the rather chaotic, war-torn society. They strived to contribute their intelligence to nation building, driven by their ideals and convictions. Authors wrote on religion, be it Daoism or Buddhism; philosophies wrote on Confucianism 儒家, Daoism 道家, legalism 法家, military tactics 兵家, yin-yang treatise 阴阳家, logics 名家, political strategy / manoeuvre 纵横家, and specialties in other aspects.

In the area of technology there were large collections of books and papers relating to Chinese medicine, understanding of the human relationship with the environment, astronomy, agriculture and mathematics.

In fine arts there were countless works on calligraphy, Chinese painting, music, plays, dance, dramas, as well as engraving.

Last but not least there is the very impressive “miscellaneous collections of works” 集学, comprising articles, books, coupled poems, drama, novels, odes, poetry, prose, verses, as well as treatise on literature. Collectively they reflect awe-inspiring, fascinating facets of Chinese civilization and cultural achievement.

If we characterise the “Confucius classics” 经 as the soul of classical Chinese studies “guoxue”, the “historical document” 史, could be visualised as

the blood and flesh, adding a touch of realism and happenings. The volumes of “philosophical writings” 子 be considered as the matrix or “meridians” of Chinese classics, with facets of its brilliance radiating in all directions; and the “miscellaneous collections of works” 集 are best regarded as the visible facade of Chinese classics.

Understandably the same theme could be manifested in different formats. Historical events, for example, are often expressed in novels, poetry, songs, paintings and plays. Some of the popular novels, for example “Romance of the three Kingdoms” 三国演义, “Tales of water margins” 水浒传, “Journey to the West” 西游记 are based on history.

Chinese Classics are so extensive that one could only specialise in one or two aspects of it. Though we do not seek to cover them all in one's lifetime, the more we know about the Chinese classics the better is our insight into the mindset and psyche as a whole; the more we understand why they succeed. ■

1 Also translated as classical Chinese studies, studies of Chinese culture, etc.

Reference:

Y. S. Yow: “Chinese Dimensions: Their Roots, Mindset and Psyche”, Pelanduk Publications (Malaysia) 2006, ISBN 967-978-927-6



OUR SERVICES - Day Long Respite Care (DLRC)

© Written & Photos by Elvie Yap

It has been a challenge for many working adults looking after frail age parents while striving for a career. In 2006, Chung Wah Community & Aged Care established our Day Long Respite Care Centre, providing services to provide support and relief for employed carers from Chinese, Vietnamese and other Asian backgrounds who have difficulty looking after their loved ones, or who may need a break from their caring roles.

This centre operates every Monday to Friday from 9 am till 6 pm. Every morning, our dedicated staff drivers transport our clients from their home to our centre. Arriving at the centre, our caring support workers help service recipients access

various programs such as physical exercise, group activities, culturally appropriate meals and games. We provide a linguistically appropriate environment for our service recipients to communicate with peers and our staff at the centre in their own language.

In addition to the daily interactive activities, we also organise Mother's Day celebration for our service recipients and their family almost every May. Every year, our Chinese New Year, Dragon Boat Festival and Mid-Autumn Festival celebration are the three significant dates they try not to miss. In Asian culture the family unit is an intrinsic part of life and taking care of aging parents is an

unspoken expectation. We recognise, support and appreciate our clients who trust us to provide care to their loved one. Hence, we endeavour to help the elderly under our care to be happy and healthy. ■

For more information about our Day Long Respite Care (DLRC), kindly browse to our website: www.chungwahcac.org.au



Group photo of our clients and DLRC Team 我们的日间暂托护老服务组员和客户合照

对于许多仍在事业上奋斗的子女而言,生活中最大的挑战之一就是要同时照顾年迈体弱的父母亲。中华社区及长者服务在2006年设立日间暂托护老中心,提供白天的暂缓服务给有工作的照顾者。我们的这项服务是特别给华裔、越南裔和其他亚裔背景的人士,以缓解他们在照顾自己亲爱的家人上所面对的困难,同时也让他们可从照顾者的角色中抽身而出,舒缓身心。

我们的日间暂托护老中心的运作时间是从星期一至星期五,上午九点至六点。每个早上,我们开车的同事会到这些长者的家中,接他们到我们的中心。到达了中心,我们富

有爱心的照顾人员会协助长者进行各种活动,包括:身体锻炼、小组活动、游戏,还可以享用到符合文化要求的膳食。此外,我们也营造了一个符合语言要求的环境给我们的服务对象,让他们可以用自己的语言和其他长者和员工交流。

除了日常的互动活动以外,几乎每年的五月份,我们都会与长者们和他们的家人一起庆祝母亲节。每年的农历新年、端午节和中秋节的庆祝活动都是他们所期待并不想错过的日子。

在东方文化中,家庭对许多亚裔而言是生命中重要的一部分,子女照顾年迈的父母

我们的服务 日间暂托护老

文/摄影◎叶俐廷

也是一种理所当然的期望。我们认可、支持和感谢我们的客户,如此信任我们照顾他们亲人的能力。因此,我们会竭尽所能让所照顾的服务对象,生活得快乐健康。 ■

想要更多有关日间暂托护老服务的信息,请浏览我们的网址www.chungwahcac.org.au

ANNUAL RETREAT

© Written by Elvie YAP, photos by Walter CHO

It is the norm for Chung Wah Community & Aged Care (CAC) to have a staff retreat once a year for annual review, planning and improvement of our services. Last July, we had our annual retreat at Swan Valley Oasis Resort which focused on "Continuous Improvement".

Our Chief Executive Officer (CEO), Mrs. Theresa Kwok JP highlighted a famous quote from Charles Darwin, "It is not the strongest of the species that survive, nor the most intelligent, but the ones most responsive to change" in her lecture for staff to anticipate future challenges for the development of our services.

Besides the formal meetings on organisation performance evaluation, continuous improvement and future directions, all of our operational staff also took part in an adventurous team building game, Battlefield Laser game.

To many of our staff, this annual retreat gives us an opportunity to improve understanding between staff, review past performances and prepare future directions in order to improve the quality of life for our clients. ■



Chung Wah CAC's Manager, Sue White presented her speech to staff 中华社区及长者服务的经理苏·怀特给员工们主讲会议内容

年度退修会

文◎叶俐廷 摄影◎曹华德

一年一度的退修会已经是中华社区及长者服务每年的指定内部会议,以评估过去一年的成绩,以及规划和改善我们的服务。今年七月份在天鹅谷度假村的退修会,重点在于针对机构和服务的“持续性改善”。

我们的行政总裁,郭郑素雯太平绅士在给员工主讲的会议中,引用了查理斯·达尔文的一个名句:“这个世界上能够生存下来的物种,并不一定是最强大、最聪明的,而是最能应对变化的物种。”,以此来鼓励员工做好准备迎接我们的服务发展将要面临的挑战。

除了参加一连串有关机构表现评估、持续性改善和未来动向的会议以外,我们的员工也参与了一个考验团体精神的游戏。

对于我们机构的员工而言,这一年一度的退修会,非常有助于增进员工之间的理解、一起回顾过去的表现和未来的方向以改善客户的生活质量。 ■



Staff presented their discussed points at the meeting (Left to Right): Nunu Chen, Ricky Lee, Violet Tsai, Louis Wong, Jorie Ng 员工在会议上讲述他们所讨论的重点。(左至右) 陈奴奴、李儒玄、蔡美意、黄汉佳、吴君仪

Never too old to learn Evergreen College Commenced at CAC

© Written by Jillian PAN, photos by Hung Sang MAK

"I have enrolled at Computer class, do I need to bring my own laptop?"

"Is Tai Chi very hard to learn? What should I wear?"

"Who is the English teacher? I remember the days when studying at the Chung Wah building in James St ten years ago!"...

In the past few months, our seniors have been asking all sorts of questions regarding the Evergreen College, an initiative under our CAC Wellness framework. Now, we are very pleased to announce that this Evergreen College has commenced from 21 August Tuesday at our day centre in Balcatta.

The College is running from 21 August to 29 November every Tuesday, Wednesday and Thursday at our day centre in Balcatta. During this first term, the College offers six interest classes including Computer, English, Cooking, Dancing, Tai Chi and a particular group for clients with memory loss or dementia.

More than 15 volunteers have actively participated to this College as course instructors. They instruct and interact with seniors, encourage them to actively expand their knowledge and skills. Volunteers also constantly observe seniors' learning process and provide feedback to staff.

In the course of operating this College, our centre staff are also heavily involved. Each day, there is one Assistant Coordinator working as a Mentor to liaise with volunteers to locate and organize resources, as well as recording and following up individual client's progress. Support workers also play an important part in delivering this Evergreen College project.



Part of CAC staff and volunteers who involved in Evergreen College
参与常青学院的部分员工和义工合照

活到老学到老 CAC常青学院开学啦!

文◎潘之霖 摄影◎麦洪堡

Thanks to their support, we are able to run this College in a safe and friendly environment.

To start the College as smoothly as possible, CAC has produced a series of tools such as forms and templates to help our staff and volunteers' practice. We have also established a Wellness Committee and organized meeting, training and orientation for staff and volunteers. All these means are essential elements to make this College alive and to last as an effective and sustainable project.

Clients are the heart of this Evergreen College while staff and volunteers make this heart smile and fly. With the participation of our seniors, and the contribution of our staff and volunteers, the Evergreen College is being formulized to a platform which enables confidence, independence and wellbeing of non-English seniors and the community at large.

With the development of the college, we welcome your suggestions and feedback to deliver a better outcome for our seniors and the community. If you would like to know more and participate to this project, please do not hesitate to contact us to discuss. ■

Contact Person: Jillian Pan, Wellness Coordinator

Phone: 9328 3988

Email: Jillian.Pan@chungwahcac.org.au

"我报名参加了电脑班, 我需要把自己的笔记本电脑带来吗?"

"太极难学吗? 我应该穿怎样的衣服呢?"

"英文老师是谁? 我还记得十年前我在中华会馆学英语呢!"

在过去的几个月中, 我们日间中心的老人家们问了许多关于 常青学院的问题。这个学院是建立在我们提倡身心健康的工作思路之上的。现在, 我们非常高兴地宣布, 常青学院已经从2012年8月21日, 在我们位于Balcatta的长者日间看护中心开学了。

第一期的常青学院在8月21日至11月29日间的每周二、三和四开课。第一学期的兴趣课程覆盖了电脑、英文、厨艺、英文、太极和舞蹈等内容。同时, 还有一个小组专门帮助有失忆症和老年痴呆症的客户。

在这一学期中, 将有超过15名义工成为学院的兴趣课程指导员。他们将指导并鼓励长者们积极地学习相应地兴趣课程, 增加自己的知识和技术。在指导课程的过程中, 义工也将紧密观察学员们的进步以及任何需要关注的情况, 并及时反应给员工跟进。

这一学院的成功开办也离不开我们日间中心员工的付出。学期中的每天, 我们一位中心的助理项目主管都担任当天学院的顾问, 负责同义工沟通, 提供并组织教学资源, 记录学员的进展以及个案跟进。我们的照顾

员也对于学院的成功举办有着重要作用, 他们的努力确保了大家可以在一个安全并友好的教学环境中安心学习。

为了尽可能顺利地开始常青学院, 我们已经准备了一系列的辅助工具例如表格等以方便员工和义工日常工作使用。我们也已经成立了一个身心健康委员会, 组织了相关会议、培训等, 帮助员工和义工更好地开展工作。所有这些工作方法都是为了确保常青学院生机勃勃、并且尽可能的成为一个有效、持续的项目。

如果说客户是常青学院的中心, 那么员工和义工的付出则为其画上了笑脸、插上了翅膀。归功于老人家们的积极参与, 和员工义工们的贡献, 常青学院正逐渐成长为一个平台, 帮助非英语背景的长者增加自信、提高独立生活技能和身心健康, 并最终使广大社区受益。

在学院的发展过程中, 我们非常愿意听取您的建议和反馈, 帮助我们将其实行地更好。如果您想参与其中, 或了解更多信息, 请随时联系我们。■

联系人: 潘之霖小姐, 身心健康项目主管

电话: 9328 3988

邮件: Jillian.Pan@chungwahcac.org.au

周华:

中国人在澳大利亚的财富传奇



曾是北京大学西语系高材生的周华,放弃美国多所名校继续深造的邀请后,又于1991年毅然放弃了一个中国外交官的似锦前程,开始了他在澳洲的创富之路。也曾困难重重,甚至身无分文,但自信、永不言败的他,坚持“从结果开始”设定目标,再让目标激发自己的无限潜能,并努力实现它。一个又一个目标之后,一次又一次的转场之后,他终于成功建立起自己的财富王国—澳大利亚亚太投资集团。

周华先生的奋斗经历被前移民文化部长誉为在众多追求美好生活的移民故事中所罕见。他的故事感动和激励了千千万万的人。如今他早已实现了当年移民时的澳洲梦,他仍然在继续奋斗,实现更大的梦想:回报社会,把自己的成功经验分享和传授给澳洲和祖国的人们,引领更多的人们实现梦想、复制自己的成功。2010年10月,周华先生和俞敏洪等几位北大同班同学在中国创立了80创成,作为实现自己回报祖国回报社会梦想的平台,帮助缺乏创业环境的大学生们全面提升,填补了国内在年轻人创业教育领域的空白。

在周华先生的新版中文书《奋斗现场——北大学不到的创富秘笈》中有这样一段描述:“当初来澳时,我有三个梦想:第一,成为一个有价值的居民;第二,找出一条大陆华人移民在澳成功之路;第三,一旦找出这条路,就跟许多华人移民分享,帮助他们在澳成功。”--在过去10多年里,周华先生的学生有大学生、普通职员、学者、专业人士、小生意者、新移民等,遍布澳洲、新西兰和中国的多个城市。不少人在从师于他后,实现了一年收入1倍到10倍,有的人从普通收入者跨入年薪20万、30万、50万、100万甚至1000万澳元收入者的行列。让我们来看看发生在周华和他的学生身上的真实成功案例。(节选自周华先生新版畅销自传《奋斗现场》)



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他们是如何做到收入一年翻倍的

黎巴嫩小伙子: 一年后从原本的10万左右收入增长到25万, 第二年就达到了50万

几年前,我遇到一位黎巴嫩小伙子。他是做建筑工作的,自己还开了一个浴室翻新装修公司。由于他一直以工匠的心态去做生意,收入一直不高,除去开销,每年净挣10万左右。他喜欢和他的工人交朋友,因为他们的收入都比他低,在一起自我感觉良好。我在生意上给他支了几招,帮他从一个手工匠人的心态转变成生意人的心态,并在经营上做了一些调整,同时我教他在经营思维上尝试“从结果开始”,一年后,他挣了25万,到了年底,他兴奋地给我讲述这一年的转变, 第二年,他的收入达到了50多万。

事实上,他早就具备了挣钱的能力,只是改变了想法和做法以后有了不同的发挥罢了。

商先生: 从普通收入到悉尼华人社区中最成功的按揭顾问之一

商先生是我的客户,他一直以来都试图改变自己的现状,增加收入,可由于不知道该怎么做,又背了二十万澳元的按揭,还要养家糊口,基本处于一个许多人都经历了的“锁定”状态。我花了两个晚上为他支招。第一个晚上,我用了一个小时帮他打破心理障碍。第二个晚上,我教他如何走出瓶颈。在我的建议下,商先生在保持原有工作的同时,利用晚上和周末去开发第二收入。他大学是学金融的,所以我建议他先去做一个兼职的按揭顾问。六个月后,商先生在晚上和周末挣到的钱远远超过白天全职工作的收入,他便辞去白天的工作,全职当上了按揭顾问。如今,他是悉尼华人社区中最成功的按揭顾问之一。他不仅买了不下5套投资房,还住进了价值百万的别墅,每天出入是奔驰,真正体验了成功的滋味。

两年前,我在机场碰到他。我问他,过去一年成绩如何。他说成绩都不错,还感谢我当时手把手教他突破瓶颈,取得了不错的结果。其实,他可能不知道,更开心的是我。因为人生最大的快乐莫过于帮助他人。我为商先生所取得的成绩深感骄傲,因为他的经历再次证明,只要一个人愿意听取成功者的建议,就可以彻底改变自己的命运。

张先生: 第二年, 净利润从20万跃升到50万, 他反倒变得更加轻松, 不用亲力亲为了。

几年前,我同澳洲著名地产分析公司Resi-dex总裁约翰爱德华(John Edward)联手举办了一次大型讲座。讲座结束后,有个人要见我。他说,他是专程来感谢我几年前给他支的招。那还是我在澳帝集团的时候,他来听了我的讲座,同我谈了二十分钟。他当时想知道,如何将每年20万的收入大大提高。他自营生意,但收入一直停滞不前,他每天被牢牢绑在生意上而不能自拔,思想境界和生意都卡壳了。同他交谈时,我教他如何重组公司架构,并高薪招募人才,一反行业内大多付5万年薪的做法,建议他出8-10万招募能代替他处理日常事务的人。他刻苦努力了,但需要更聪明的管理。他按照我的建议改变做法,一年后,他的净利润还是20万,但他不用亲力亲为了。第二年,净利润跃升到50万,他反而变得更轻松了。当一个人改变自己的时候,他就开始走向新的高峰。反之,如果一个人抱着过去的思想不放,就会永远在一个水平上徘徊,甚至慢慢要落后于同水平的人。

这一个又一个的真实成功案例,同样发生在小生意者陈小姐、公司经理宋先生,新移民张小姐、公司文员陆女士,还有……许许多多的人身上。作为生活在西澳的华人移民,我们如何实现自己的梦想?复制他们的成功?在Ironfish Perth公司成立两周年之际,Ironfish公司为回馈华人社区两年来的大力支持,特将周华先生主讲的客户内训课程向大家免费开放,欢迎您抓住这一宝贵机会!

别开生面庆端午

6月23日星期六，恰逢中国农历五月初五端午节，这是中华民族古老的传统节日，中华黎明中文学校的师生们为此准备了形式多样的庆祝活动，共同度过了一个别开生面的端午节。

中华会馆叶俊帆会长和饶逸生首席副会长出席了此次庆祝活动，他们向同学们介绍了有关端午节和中国姓氏的知识和趣闻。学校特意请来了手艺娴熟的老人家为大家现场示范“包粽子”，并欢迎有兴趣的同学和家长一起参与互动。婆婆熟练地摊叶，放馅，包叶，系绳，动作一气呵成，眨眼间就已包好几个粽子，令旁观者目不暇接，满心叹服，有的同学和家长甚至用相机记录下了整个过程。

除“粽子”之外，“龙舟”也是端午节的重要元素之一。当一条长达十多米的金色龙舟真实呈现在众人面前时，同学们都兴奋不已！这条木质的龙舟最多可以乘坐20个人，龙头和舟身的龙纹装饰都非常精美。这条龙舟来自珀斯龙舟俱乐部，成员大多是本地的西方人。绝大多数同学，甚至很多老师，都是第一次见到真实的龙舟，大家满怀好奇地倾听龙舟俱乐部的领队向大家介绍该俱乐部的历史和曾经参与和组织过的各种活动，想象着一群白皮肤，黄头发的爱好者在天鹅河里划动龙舟穿梭如飞，该是多么有趣和让人欣喜！这不正是中西文化的结合，不同民族之间交流的真实写照么。

最后，按照低、中、高三年级组别，同学们分别开展了以端午节为主题的趣味体育游戏。低年级的活动是“抢龙旗”，中年级是“传龙珠”，高年级是“赛龙舟”。这些精心

设计的小游戏不但可以帮助同学们锻炼身体，还旨在培养大家的协同合作精神。游戏受到了同学们的热烈欢迎，很多同学玩了一轮就等不及要加入下一轮。天真烂漫、无拘无束的笑容无不溢满每个孩子的脸庞，操场顿时成为了欢乐的海洋！

在丰富有趣的活动和游戏中，孩子们忘却了时间，然而有一点我们不应忘记，那就是为何要过端午节。端午节是为了纪念屈原，或者说是为了纪念中华民族正直，坚毅，不屈和热爱和平的精神，它体现的是中华民族的灵魂和脊梁。几千年来，中华民族繁衍不息，华夏儿女遍布全球各地，靠的正是这种精神。即使身在异国他乡，我们也希望能够将这种精神秉持并传递下去，中华黎明中文学校今年举办端午节的庆祝活动，也正是出于这个目的，我们希望中华民族的精神和文化，能够薪火相传，生生不息！



坐上龙舟学打鼓



阿婆教我们包粽子



集体游戏“传龙珠”



端午节始于中国的春秋战国时期，至今已有2000多年历史。端午节的由来与传说很多，其中以“纪念爱国诗人屈原”流传最广：据《史记·屈原贾生列传》记载，屈原，是春秋时期楚怀王的大臣。他倡导举贤授能，富国强兵，力主联齐抗秦，遭到贵族子兰等人的强烈反对，屈原遭讒去职，被赶出都城，流放到沅、湘流域。他在流放中，写下了忧国忧民的《离骚》、《天问》、《九歌》等不朽诗篇。公元前278年，秦军攻破楚国京都。屈原眼看自己的祖国被侵略，心如刀割，于五月五日在写下了绝笔作《怀沙》之后，抱石投身汨罗江。传说屈原死后，楚国百姓哀痛异常，纷纷到汨罗江边去凭吊屈原。渔夫们划起船只，在江上来回打捞他的真身。有位渔夫拿出饭团、鸡蛋等食物丢进江里，说是让鱼龙虾蟹吃饱了，就不会去咬屈大夫的身体了。人们见后纷纷仿效。一位老医师则拿来一坛雄黄酒倒进江里，说是要药晕蛟龙水兽，以免伤害屈大夫。人们用楝树叶包饭，外缠彩丝，发展成粽子。以后，在每年的五月初五，就有了龙舟竞渡、吃粽子、喝雄黄酒的风俗，以此来纪念爱国诗人屈原。



千里之行 寻梦华夏

文◎韩力戎（夏令营领队，中华乐思中文学校教师）



夏令营集体合影

7月21日，中华乐思中文学校的老师、学生和家长怀着依依不舍之情登上回程的飞机。十天的2012年海外华裔青少年“中国寻根之旅”夏令营——陕西汉唐文化行圆满结束了。此次活动由中国国务院侨务办公室、陕西省侨务办公室联合主办，主题是“汉语、中华文化、寻根”。

西安是人类文明和中华民族优秀传统文化的发祥地之一，有着3100多年的历史，先后有周、秦、汉、唐等13个王朝在这里建都，是与雅典、罗马、开罗齐名的世界著名历史古都。七月的西安天气炎热，而西安人民对我们海外客人的热情更胜过那炙热的骄阳，我们在这里受到了妥善地接待。

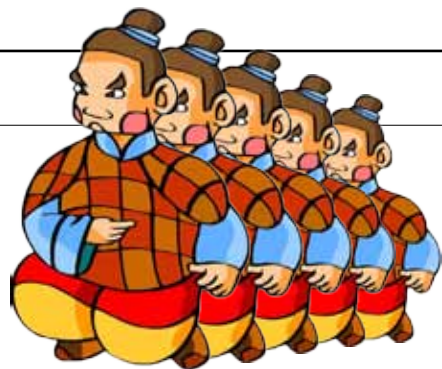
在这次活动中，营员们观看了西安古城的开幕式，并在几千年前建造的古城墙上骑自行车游览。在汉中的茶园里，营员们被那一望无际的茶园，沁人心脾的茶香，还有那翩翩起舞的彩蝶所陶醉，纷纷拿起相机拍摄记录下这美好的一切。营员们观看了制茶的全过程，品尝了汉中特产，观赏之余，还不忘购买一些茶叶，木耳，蘑菇等土特产带回澳洲，与家人共同分享。

通过参观中国四大发明之一的造纸术，营员们对造纸的祖先蔡伦和造纸全过程以及中国书法有了进一步的了解。气势雄伟的秦始皇兵马俑将营员们深深震撼了。在这十天里，营员们还参观了陕西历史博物馆，汉台博物馆和铜川陶艺博物馆，登上了定军山和药王山，游览了汉王刘邦行宫、大慈恩寺、拜将坛、武侯祠、陕西野生动物中心和大唐不夜城等等。

此次陕西营的一百多名营员，分别来自澳大利亚，加拿大和德国。营员们用不是很熟练的中文相互交流，和中国陕西、天津高级中学的学生们进行知识竞赛，畅谈各自国



在古城墙上骑车游览



家的趣事，互换礼物，照像留念和交换地址。每个人都结交到了许多不同国籍的新朋友。

迢迢寻根旅，拳拳赤子心。营员们大多数出生在海外，对中国历史和文化的了解主要来源于当地中文学校的学习和父母的教导，实际体验甚少。此次与中华文化的亲密接触，为营员们烙下了深刻的印记。旅程虽然短暂，但是加深了营员们对于秦、汉、唐文化的理解，领略到中华文化的浩瀚与深邃，增强了海外青少年对中国的了解和感情，使营员们更加热爱自己的民族语言和中华文化。希望营员们能把活动中的所见所闻带回家，与身边的亲人朋友们分享，为身为龙的传人而骄傲！



在茶园观看炒茶和购买土特产

一次难忘的旅行

罗斯莫因中学八年级学生 洪湛



参观陶艺博物馆（中为洪湛）

今年寒假，我参加了中华乐思中文学校组织的“中国寻根之旅”夏令营，到中国陕西省去旅行。

来自加拿大、德国、美国等国家一百多名学习汉语的青少年们欢聚在古都西安，受到了当地侨办负责人的热烈欢迎。东道主为我们安排了丰富多彩的活动，寓历史文化知识教育与休闲娱乐之中，使我们忘却了寒冬与酷暑的温差。

我们在唐朝时期建造的古城墙上骑自行车，参观了中国四大发明之一的蔡伦造纸博物馆，登上了座落在山顶的药王庙，游览了定军山、武侯祠、拜将坛等名胜古迹。最使我难忘的是秦代的兵马俑。从高处鸟瞰，坑里兵

马俑一行行、一列列，排列成一个气势宏伟的军阵，就像是秦始皇当年统率的一支支征战南北的强大军队。走近细看，那将军俑、武士俑、骑兵俑身材魁梧，神态各异，惟妙惟肖，让人觉得似乎能听到他们轻微的呼吸声。每一尊兵马俑都是一件极为精美的艺术品。我情不自禁地赞美起那些能工巧匠们：多么了不起啊，兵马俑的雕塑家们！是你们用自己的勤劳和智慧为中华民族谱写了古今中外绝无仅有的雕塑篇章。

虽然只有短短的十天夏令营生活，可在中国陕西的亲眼所见，亲耳所闻，亲身经历的一切让我真正地消化了几年来在中文课本上所学习的知识。这是一次多么令人难忘的旅行啊！

An Unforgettable Holiday



During the winter school holidays this year, I participated in the Root-Seeking Summer camp organized by Rossmoyne Chinese School and went to the city of Xi'an in the Shanxi province of China. Written by Nancy HONG – Student of Rossmoyne Middle School Year 8

Nearly 100 young Chinese students from countries such as Canada, Germany and the US gathered together at the ancient city of Xi'an, receiving a warm welcome from the State Council Overseas Chinese Office.

There were many exciting events prepared for us, combining a history lesson with a fun excursion, letting us having the best time we could during the holiday.

We rode bikes on the city wall of Xi'an, visited the Cai Lun Paper Making Museum, climbed up the mountain of the King of Medicine, saw the mausoleum of Zhu Ge Liang and lots more. The most unforgettable place we had visited was of course the Terracotta Warriors of the Qin dynasty. Every single one of the warriors were handmade so delicately by the citizens of the ancient Xi'an, so detailed that you could see every feature on their



陕西野生动物中心饲养的大熊猫
The giant pandas at the Shaanxi Wildlife Park

face, so realistic that when you stand near them you can almost hear their slow, steady breath. After seeing this, I must praise the people of Xi'an for putting so much time and effort into this, for making the Terracotta Warriors become a world-known monument!

Even though there were only ten short days of this holiday, I must say I have learnt a lot more than the past few years of Chinese work I have done. What an unforgettable holiday. ■

媽媽和老婆 一起落水， 你先救誰？

插图于红波 Illustrated by Ida YU



救治 再迟两分钟就非常危险

看到妈妈晕过去，郭某急忙将妈妈送到了肥东县人民医院。妈妈有高血压，落水后又受到惊吓，刚开始有点昏迷，到了医院后呕吐、头昏。医生说：“若是再迟一两分钟抢救，就非常危险了。” 不过经过治疗之后，目前没有大碍，可以回家休养了。

落水 儿子先救妻再救妈

当天下午6时许，合肥市肥东县28岁的郭某和妻子小青，一起去村子边的店埠河下网捕鱼，郭某的母亲孙某陪同。据郭某回忆，小青在船尾站不稳，小船失衡，3人同时落水。只有郭某会游泳，“当时只觉得小青离我近一点，我就向她游过去，她一把抱住我的腿，拖着她游到了船边。” 随后郭某转身去救妈妈。“当时妈妈已开始下沉了，我从水里托起了她。” 郭某说，妈妈几乎已经没有了气力，身体也没有反应了。“当时吓死了，以为妈妈出事了，我一边拉着船，一边拖着妈妈，游了五六分钟，然后到了岸边。” 郭某拍着妈妈的背，“拍了几下后，妈妈咳嗽了一声，吐了许多水出来。一会儿，妈妈又晕过去了。”

父亲 他当然应该先救他妈

郭某的母亲孙某醒过来后，没有责怪儿子：“要不是儿子，我这老命就丢在河里了。” 但是父亲老郭对儿子先救媳妇的事却很不满，“他妈都要没气了，他还拖着船，就怕媳妇危险，媳妇都拉住船的铁环了，还有什么危险？这时候当然应该先救他妈，等他妈安全了再去将船拉上来。” 不过，这话老郭并没有当着儿子儿媳的面说。在病房里，老郭守在老婆身边，始终板着脸，儿子、儿媳也不敢和他多说话。

儿子 以前觉得肯定是先救妈妈

记者：为什么先救老婆，后救妈妈？

郭某：当时没想那么多，只是看到老婆离我近一点，就游过去先救她了，当发现妈妈在水中非常危险，又去救妈妈。

记者：知道那个让男人头疼的题目吗？“妈妈和老婆同时落水，你先救谁？”你老婆可问过你？

郭某：我老婆没有问过我这个问题，但我听过这个题目，以前没有谈恋爱的时候也曾想过，觉得肯定是先救妈妈。

记者：你觉得你先救老婆，会不会让亲友觉得你不孝顺？

郭某：救人的时候没想过，现在……觉得可能会是个问题。 ■

If you are a Chinese man, either starting a courtship or newly wed, you may have had a common question put to you by your other half: “If your mother and I fell into the water and neither of us can swim, who do you save first?” This is often a theoretical question that most men would not get to face in reality because the chance of that happening may be one in a million, and perhaps lesser than that of winning lotto. Well, one “lucky” man in China was faced with the dilemma and proved that reality does not always equal theory.

Man Turns Hero for Saving Wife over Mum

A man caught in a desperate situation chose to save his drowning wife instead of his mum, who were both in a boating accident, and has now incurred the wrath of his family while gaining massive public support for his action.

The accident was happened on 22 July. China's Anhui province resident Xiao Guo, 28, told reporters he had taken his 52-year-old mum, Madam Sun, and his wife, Xiao Qing, on a fishing trip to Dianbu River. Madam Sun was casting the net when Xiao

Qing leaned over the same side and tipped the boat over.

Neither Madam Sun nor Xiao Qing could swim. Faced with losing his wife to a watery grave or seeing his mum sink to the bottom of the six-meter deep river, Xiao Guo reacted instantly—as a devoted husband instead of a loyal son.

Xiao Guo pulled Xiao Qing to the overturned boat and pushed it toward the bank as she clung on for dear life. Once she was safe, he dove back into the water to try and rescue his mum.

Xiao Guo told reporters he had heard of people asking married couples the question, “If your mother and your wife were drowning, who would you save?” But he never imagined it would happen to him.

“My wife has never asked me that question, but I've thought about it and I told myself I must rescue my mother first,” he said. When push came to shove, however, Xiao Guo found himself doing the complete opposite.

Xiao Guo's dad was mad as hell by his son's ultimate choice and reporters overheard him ripping into his son at the hospital. “Your mother was drowning and you only thought about your wife! She was

hanging on to the boat already! How much danger was she in that you have to take her to shore first?”

“Of course, you must rescue your mother first!” he yelled. “Don't you care about her? She is very weak! She just had gallbladder operation!” We're guessing his daughter-in-law won't be on his Chinese New Year list.

But the story does have a happy ending: Madam Sun made it out alive. Xiao Guo managed to reach her in time and dragged her unconscious body to solid ground. Doctors told him that she had sucked a ton of water into her lungs and if he had been two minutes too late, she would have died.

Madam Sun told reporters that the last thing she remembers was seeing her son swim towards her, and added that she wasn't angry with him and had forgiven him. “I don't blame him. If not for him, I would have drowned,” she said.

Xiao Guo insists he wasn't thinking when he acted on gut instinct. “My wife was nearer to me,” he explained. When asked if he would react differently if he could do it all again, he said he wouldn't. “I think the rescue sequence was acceptable. They were all saved.” Xiao Guo and Xiao Qing were married in 2008. ■

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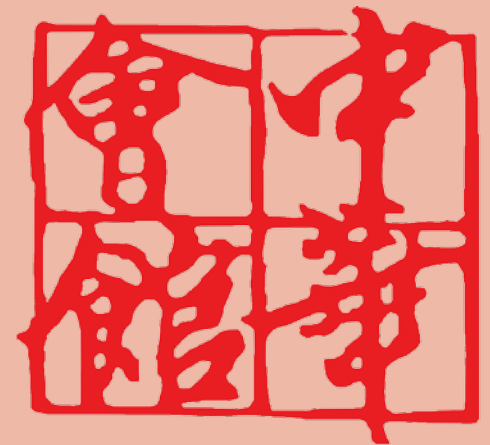


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《中华之声》双月刊由西澳中华会馆编辑出版。成立于1909年的中华会馆，是西澳规模最大、实力最强的华人社团，得到澳大利亚联邦、西澳州、珀斯市和各个地区政府的共同承认，是西澳全体14万华人的官方代言人。

每一期的《中华之声》，通过素材丰富的人物专访、背景介绍、相关知识和信息的深度和广度挖掘，来对每一个与会员和本地华人密切相关的不同主题，进行全面阐释和报道，我们力求通过多样的形式和风格，来传达中华会馆关于“凝聚华人精神、传承中国文化、加强人道关怀”的理念追求，以此来记录中华会馆乃至西澳华人社会百年以来的生活历程和历史变迁。

本刊向会员和包括商业机构、政府部门和其它非盈利性组织在内的全社会各界人士免费寄送，并在珀斯市中心北桥的一些传媒零售商店中公开发售，同时在中华会馆网站 www.chungwah.org.au 和澳群网 www.aupeopleweb.com 中有电子版可供阅读和下载。本刊的知名度和声誉在 2011 年 7 月创刊以来不断发展壮大，对于吸引新会员和加强会馆与主流社会的联系，提供了强大助力。

我们诚挚地邀请您在本刊发布广告，将您的产品和服务信息与我们的读者分享。我们具有全方面专业才能的工作团队，能够使您的广告展示更加优化。

The Chung Wah Magazine is a bi-monthly publication of the Chung Wah Association. Founded in 1909, the Chung Wah Association is the largest and most established Chinese organisation in WA. We are recognised by the federal, state, and local governments as the spokesperson for the Chinese community in WA which numbers around 140,000.

Each edition of the magazine uses a major theme or topic to report and explain matters and information that impact on our members and the local Chinese community. This is done through comprehensive research and interviews, and expressed via story telling and reporting based on fascinating and factual materials and information. We strive to use a variety of styles and formats to spread the messages of the Association in promoting cohesion within the Chinese community, preserving our rich heritage, and increasing our efforts in human services. In the process, it generates a historical record for the Association and the WA Chinese community of their life experiences and changes through time.

The magazine is posted to our members, the business community, government departments, and other non-profit organizations. It is available for sale at a number of retail outlets in Northbridge, and the electronic version is posted on our website www.chungwah.org.au as well as on www.aupeopleweb.com. It has grown in popularity and reputation since its inception in July 2011, and has helped the Association in attracting new members and generating goodwill.

We invite you to advertise in our magazine and/or to share information about your goods and services with our readers. We have a professional team of people with a variety of expertise that can help you to optimise your exposure and presentation.

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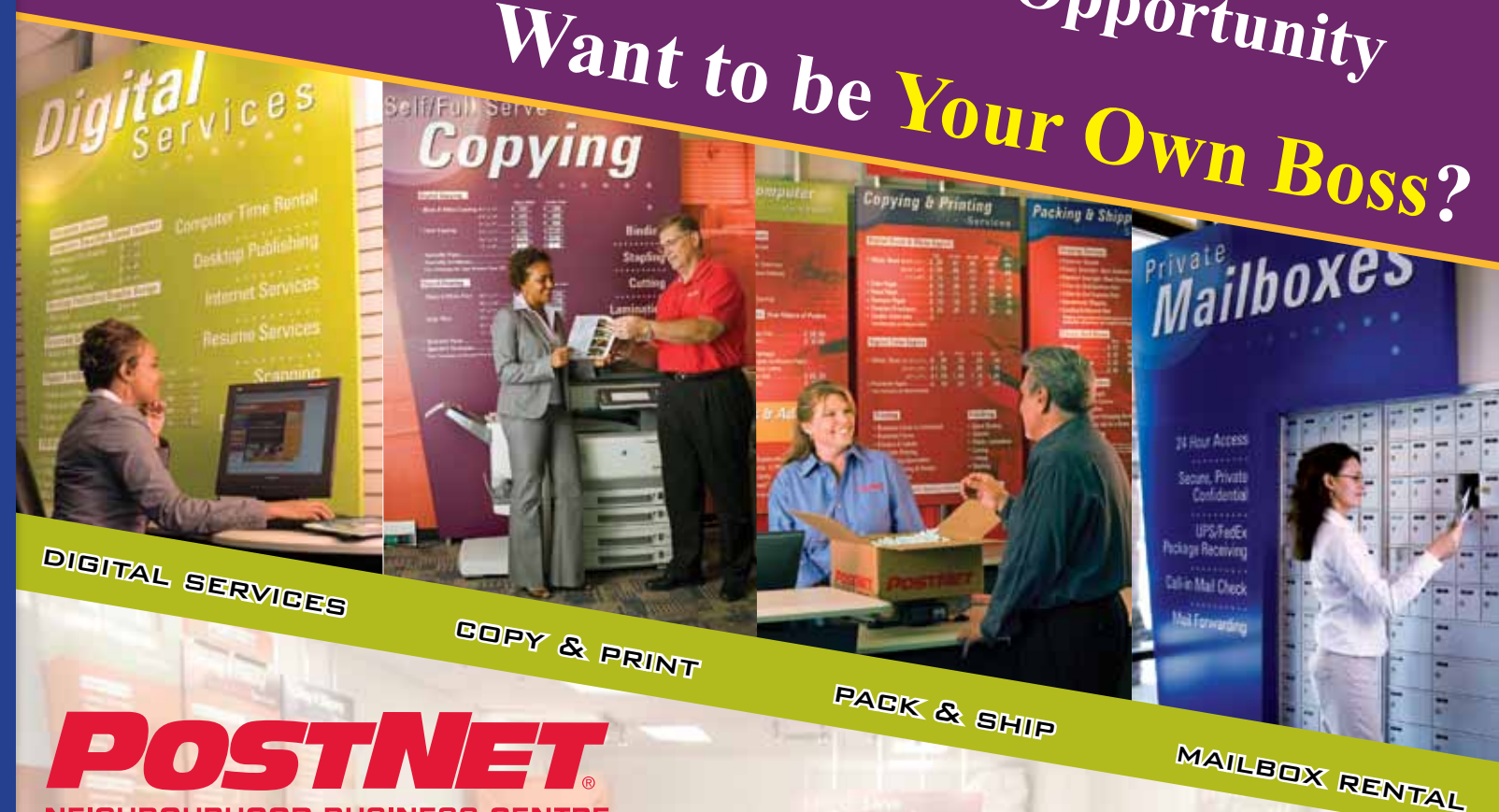
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