

聖塔巴巴拉華美協會

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Santa Barbara Chinese American Association (SBCAA)

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Newsletter

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中秋节聚餐会

李汉香供稿

Moon Festival BBQ and Potluck

日期: 九月 26 日, 星期日
时间: 下午 4 点至日落
地点: Goleta 海滩 B 号野餐地
收费: 会员免费, 非会员 \$10

by HanXiang Li

Date: September 26th, Sunday
Time: 4:00 pm to Sunset
Location: Goleta Beach, Area B
Admission: Free (member), \$10 (non-member)

一年一度的中秋佳节即将来临, 我们敬请您们全家和您的亲朋好友共同欢庆这个节日。我们将在海边举办野餐会, 将备有食物和饮料, 还有汉堡和热狗。同时也请您带上您的拿手好菜和点心与大家分享, 让朋友们欣赏您的烹饪手艺。届时也有音乐, 游戏和多种活动, 欢迎参加。如果您有兴趣, 您还可以和您的家人留下来赏月, 或与您的伴旅, 佳人共度良宵。

The annual Moon Festival party is coming. You, your family and friends are all invited to attend this joyous event. There will be BBQ on the beach. Food, drinks, hotdogs and hamburgers will be served. We encourage you to bring your favorite dishes to share with others. There will be music, games and many fun activities. After the party you and your family or companion can stay late to watch the full moon.

此次聚会有一项重要议程就是本届董事会将向大家辞别, 2005 年度董事会将成立。目前新的一届董事会正在酝酿之中, 我们热情欢迎您的积极参与和支持。如果您对宣传中国文化和传统有兴趣, 或者您的朋友愿为中美文化桥梁作贡献, 欢迎自愿报名和推荐您的朋友参加董事会。联系人和电话: 会长邓远征 259-6622, 副会长尹青青 259-8871。您也可以寄信到协会的信箱 3877 State Street, #104. Santa Barbara, CA 93105。

One important item in the agenda at the party will be to elect replacements for the outgoing board members. We are currently accepting nominations for new board members and we welcome your suggestion and participation in this process. If you or someone you know is interested in promoting Chinese culture and tradition, please contact board president Nicholas Teng (Tel. 259 6622) or vice president Qing Qing Yin (Tel. 259 8871) to volunteer or recommend someone else. You can also send written nominations directly to the SBCAA at 3877 State Street, #104, Santa Barbara, CA 93105.

每年中秋聚会也是延续华美协会会员会籍的时候。个人为 \$15, 夫妻为 \$25, 学生为 \$10。请将填写好的会籍表和会费支票寄至以上地址, 也可以在聚会当日递交。

The Moon Festival also means that it is time to renew your membership. Membership fees are \$15 per person for individuals, \$25 for couples and \$10 for students. Please send the membership form together with your check to the address above. On-site renewal will be available at the party.

让我们为丰富我们的社区文化, 增加互相了解和友谊而努力。

Translated by Youli Li

演讲简介 - 大陆的发展创业机会

陈琛

6月5日星期六，中国（大陆）驻洛杉矶总领事馆科技领事董建龙教授应 UCSB 中国学生学者联谊会邀请，专程来到圣塔巴巴拉，作了题为“从中美经济、科技发展中的差距寻找发展机会”的演讲。

董领事通过详尽的数据材料，介绍了近年来中国经济和科技发展的成就，分析了中国与美国等发达国家之间的差距。据董领事介绍，目前中国的 GDP 已达到世界总量的 3.9%，但这个数字只及美国 GDP 的 9 分之一。在科技领域中国与发达国家的差距仍然很大，中国每年花费 6000 亿元进口设备，航空、精密仪器、医疗设备、工程机械、石油化工装备等主要依赖进口。董领事指出，科技创新不足是中国工业界存在的一个根本性问题。

演讲会的听众大部分是在本地就职的科学研究和工程技术专家。董领事强调说，中国尤其缺乏具有高科技产品实际开发经验的专家。他详细介绍了国家对回国创业者（特别是高科技产业）的支持和优惠政策，并介绍了科技部、教育部、科学院、人事部等吸收海外留学、工作人员回国工作（长期或短期）的一系列计划。董领事还将他了解到的一些回国创业人员的经验介绍给大家分享。

董领事的演讲切实而具有说服力，赢得全场热烈掌声。演讲结束后，董领事携夫人和大家介绍认识，作了进一步交流，并分别和几位与会者讨论了一些具体问题。领事夫妇的热情受到大家称赞。

在访问圣塔巴巴拉之前，董领事曾经在圣地亚哥、凤凰城等大城市作过同类演讲和交流，每次都被提问的人群包围，回到办公室后，还不停地接到联系电话。这次他利用周末驱车来到我们这个小城，给大家提供了更充分的交流的机会。董领事表示，他将热忱为正在寻求回国发展机会的专家和技术人员、以及留学生提供帮助。他的联系电话：(213) 807-8015，传真：(213) 380-0133。

Seminar on Business Opportunities in Mainland China

Chen Chen

In response to a special invitation by the UCSB Chinese Students and Scholar Association, Professor Dong Jianlong, Science and Technology Consul in the Consulate General of P.R. China in Los Angeles, gave a talk on Saturday, June 5 at UCSB with the title "Seeking Development Opportunities from the Economical and Technological Development Disparities between China and US".

Consul Dong presented a large volume of data highlighting China's economical and technological developments in recent years. He also thoroughly analyzed gaps between China and US and other developed countries. According to Consul Dong, although at present China's GDP accounts for 3.9% of world's total, it is still only 1/9 of the GDP of US. There is still a big disparity in the science and technology domain between China and the developed countries. For example, China spends 600 billion Yuan each year importing high-tech equipment for aviation, precision measurements, medical diagnostics and treatment, industrial automation and petrochemical processing. Consul Dong pointed out that the deficiency in technical innovation is a fundamental problem for the Chinese industrial development.

The audience at the talk consisted mostly of students, researchers and technical experts from local companies. Consul Dong emphasized that China especially lacks experienced experts in high-tech product development. He introduced China's the supportive policies in detail for entrepreneurs (specially in the high-tech industry) who return to the mainland to develop new businesses. He introduced policies from the Ministry of Sciences and Technology, the Ministry of Education and the Academy of Science, that are aimed at attracting overseas Chinese to return for both short and long-term work. Consul Dong shared personal stories that some entrepreneurs had in their journeys to the homeland. Consul Dong's lecture was practical, yet persuasive, and was warmly received by the audience. After the lecture, Consul Dong, with his wife, had further discussions with the attendees over lunch.

Prior to visiting Santa Barbara, Consul Dong has given similar talks in large cities like San Diego and Phoenix. Each time he was surrounded by eager crowds and received many inquires. After returning to the office, his phone would ring constantly. This time traveling by car in the weekend to our small town, he gave the audience many insights and inspirations. Upon parting, Consul Dong indicated that he welcomes overseas students and entrepreneurs to return to China and he will do his best to provide help for them. He encourages interested persons to contact him directly by phone (213 807-8015) or fax (213 380-0133).

Translated by Youli Li

中文學校,UCSB 活動簡訊

張凱朝

四月十三日,UCSB 東亞語言學系杜國卿教授,邀請台灣當代著名作家 "舞鶴",專題研討其作品,小說"餘生",並放映鄭文堂的"夢幻部落"(獲得 2002 年威尼斯影展最美麗的電影與 2002 年台灣金馬獎最佳影片),參加演說者有 Michael Berry(餘生英譯者),Emeritus Robert Backus(英譯台灣文學編輯)以及杜國卿教授。

五月十六日,中文學校高級班學生在董策,李屏鏡兩位老師的帶領下,從下午兩點至四點到 UCSB 美術館參觀 "Lechangzai Xuan Collection"對聯展,此項展覽由 Peter Sturman 教授主辦,自三月三十一日至五月十六日展出。學生們在欣賞和學習完美的文字對聯後,返回課堂繼續第三節課。

五月二十三日,中文學校本學期最後一天結業典禮時,有八名學生獲得"中文學習傑出"獎,得獎學生:張凱朝,彰顯璋,黃琬君,李建興,黎琇惠,梅勁昱,董寧,Matt Pernsteiner,各獲頒發銀好獎狀一張,獎學金壹百美元。

七月四日,中文學校連續第五年參加本地慶祝國慶日遊行,各年級學生分別穿上中國式服裝或中文學校 T 恤,隨著中國音樂自 Arrellaga street 遊行至 Cota street.為了獎勵參加學生,中文學校發給每位學生價值五元的 Blender 禮券一張。

加大聖巴巴拉分校事件

在 4 月 13 日,加大聖巴巴拉分校關於臺灣文學和影片的舉行的演講和討論在學科人文學科集中。這位事件特色褒獎贏取的小說家,吳他,並且城 Wen 特性的 2002 王牌電影掩護,某處在理想國。其它演說者包括的邁克爾莓果(他是新穎吳的譯者保留生活),K 教授。C。Tu, 並且羅伯特 Backus (臺灣文學編輯榮譽退休教授:英國翻譯系列)。城 Wen 特性的影片接受了 2002 年威尼斯電影節國際評論家的星期褒獎,並且年的 2002 金黃馬電影節最佳的臺灣影片。

在 6 月 24 日,加大聖巴巴拉分校舉行了一個特殊事件的時刻,"李 Chiao 在屏幕",為得獎作家李 Chiao。李 Chiao 結束他 2 個月的參觀對加大聖巴巴拉分校作為作家在住所。這位了不起的作者寫了幾小說的十二容量,雜文,並且文化批評,包括得獎史詩三部曲冷漠的夜(哥倫比亞,2001)。事件以一部紀錄片的掩護為特色在李 Chiao 被給權,"站立二條河見面的地方:李 Chiao"由褒獎贏取的攝製者 Tsao Jui 元("水晶男孩")並且節錄指揮從電視戲曲"冷漠的夜"的主任,"一部史詩大約一個 Hakka 家庭的三個世代在臺灣。

Chinese School & UCSB Events

By Ronald Chang

On May 16th, the two Santa Barbara Chinese School senior classes visited the "Double Beauty: Qing Dynasty Couplets from the Lechangzai Xuan Collection" exhibit. This exhibit was held from March 31st to May 16th and was put on by Professor Peter Sturman. From their classrooms at the humanitarian building at UCSB, the students walked to the University Art Museum. Staying at the museum from 2:00 P.M. to 4:00 P.M., the students first received a short tour. They were then left with the rest of the afternoon to admire the beauty of the couplets and read their translations (besides the occasional word, I don't think anyone could read the Chinese itself). Afterwards, they went back to their third period classes at Chinese School.

On May 23rd, the last day of Chinese School, eight Chinese School students were awarded for their outstanding achievement in the study of Chinese. The eight students, Ronald Chang (applause), Charlotte Chang, Diny Huang, George Lee, Christine Li, Justin Moy, Ning Tung, and Matt Pernsteiner, were given a framed certificate and a one hundred dollar scholarship check from Chinese School.

Santa Barbara Chinese School helped celebrate this year's Independence Day by marching for the 5th consecutive year in the annual Fourth of July Parade. The parade started from Arellaga Street and ended at Cota Street. Afterwards, all the students that participated in the parade received a five-dollar gift certificate to Blenders (a satisfying reward to a hard days work).

UCSB Events

On April 13th, UCSB held lectures and discussions on Taiwanese literature and film at the Interdisciplinary Humanities Center. This event featured award winning novelist, Wu He, as well as a screening of Cheng Wen-tang's 2002 feature film, *Somewhere Over the Dreamland*. Other orators included Michael Berry (translator of Wu He's novel *Remains of Life*), Professor K.C. Tu, and Professor Emeritus Robert Backus (editors of *Taiwan Literature: English Translation Series*). Cheng Wen-tang's film received the 2002 Venice Film Festival International Critics' Week Award, as well as the 2002 Golden Horse Film Festival Best Taiwanese Film of the Year.

On June 24th, UCSB held a special event, "Lee Chiao on Screen", for the award-winning writer Lee Chiao. Lee Chiao was concluding his two-month visit to UCSB as writer-in-residence. This great author wrote several dozen volumes of fiction, essays, and cultural criticism, including the award-winning epic trilogy *Wintry Night* (Columbia, 2001). The event featured screenings of a documentary film on Lee Chiao entitled, "Standing Where Two Rivers Meet: Lee Chiao" directed by award winning filmmaker Tsao Jui-yuan (director of "Crystal Boys") and an excerpt from the television drama "Wintry Night," an epic about three generations of a Hakka family in Taiwan.

俞小舟 獲「總統學者獎」

學業成績4.8 SAT及數學等科滿分 代表加州赴白宮

【本報記者陳盈霖洛杉磯報導】在每年驕歌聲響的畢業時節，全美50州都會選出品學兼優的一男一女應屆畢業生，代表該州前往華府接受總統頒發的「總統學者獎」(Presidential Scholar)。

4日公布2004年「總統學者獎」得主之一，華裔學生俞小舟(Lissa Yu)，將代表加州學生至白宮接受獎項，這不僅是她個人的光榮，更代表了加州華裔的榮耀。

聽到獲得總統學者獎的消息，俞小舟第一時間通知正在上班的父母。她興奮地表示：「真的很意外。」俞小舟說，這次入圍準決賽的加州學生很多，許多入圍者又來自洛杉磯、舊金山等大城市，她居住的城市那麼小，實在沒有想到會當選。

父母親來自中國大陸天津的俞小舟，就讀聖塔芭芭拉德斯帕波羅斯高中(Dos Pueblos High)12年級，在校成績優異。學業平均成績4.8的她，考過了包括化學、物理、微積分、美國歷史及歐洲史等科目的AP課程，至最後一個學期，她仍準備考個體經濟和總體經濟兩門AP課程。此外，俞小舟的SAT I成績也達1600滿分；同時通過數學、寫作及物理等科目的SAT II，並拿到包括數學等科目滿分。

不僅成績優異，對凡事充滿好奇的俞小舟，可說多才多藝。俞小舟說，從小她看到什麼就想學，包括鋼琴、小提琴、中提琴等，特別是鋼琴學了十年，也通過十級檢定。



獲得2004年總統學者獎的華裔學生俞小舟，不僅課業出色，更是多才多藝，她的得獎，也讓加州的華裔學生再度寫下燦爛的一頁。(圖為俞小舟提供)

從六年級即參加學校啦啦隊的她，也是去年學校啦啦隊隊長，升上12年級後，俞小舟轉而加入學校合唱團，並於上個月代表學校參加德州舉辦的爵士音樂節活動。

課餘時間，俞小舟還至聖塔芭芭拉加大選修英文寫作、統

恭喜

計學和歐洲美術史等科目，同時她也在醫院擔任80小時義工，也參與多項社區服務。

目前俞小舟已決定進入耶魯大學，未來就讀醫學院。與其他計畫念醫學院學生選擇生物系不同，俞小舟計畫大學四年，以「認知科學」(Cognitive Science)為專攻科目。

此外，說得一口流利國語的俞小舟，也計畫在大學拿中文課，希望能學習讀寫中文。

今年總統學者獎，仍是由全國符合資格的2600名應屆畢業生中遴選而出，總統學者委員會於4月進行最後審核，選出獲獎的141名學生，包括50州、哥倫比亞特區、波多黎各屬地、美國海外居民中各選出一男一女應屆畢業生，及在藝術、創造力方面具有出色表現的學生。加州除俞小舟外，另一名獲選的男生，為就讀巴沙迪那市 Polytechnic School 的

Joseph C. Garand。

獲獎的俞小舟，將於6月21日至26日，與其餘獲獎學生，至華府參加頒獎典禮，他們有機會與政府官員、科學家等各領域傑出人員會面，並獲頒總統學者獎最高榮譽獎章(Presidential Scholars Medallion)。

被問到是否期待與布希總統會面，俞小舟說，得到總統學者獎已是最快樂的事，她已經夠高興了。

Dos Pueblos Senior Wins Presidential Scholar Award



Lissa Yu

Even after scoring the highest possible -- 1,600 -- on her SAT test, Lissa Yu wasn't a shoo-in to become a 2004 U.S. Presidential Scholar -- an honor bestowed on the Dos Pueblos High School senior and just 140 other students nationwide. "To be nominated you had to have one of the 20 highest SAT scores in the state," she said. After that, judges whittled away candidates based on extracurricular activities, but not necessarily grades.

That worked out well for Ms. Yu, 16, who is not a straight-A-student. But her extracurricular list includes being a cheerleader, member of the jazz choir, president of the Math Club, class treasures, president of the National Honor Society, piano teacher, principal viola player with the Santa Barbara Youth Symphony and a founding member of a classical string quartet, Quartetto giocoso.

Ms. Yu attended Isla Vista and Kellogg elementary schools and Goleta Valley Junior High. She skipped half of the second grade. In the fall, she will head to Yale University, where she will major in cognitive sciences.

As a winner, She will travel to Washington, D.C., in June t meet with dignitaries and see the sights but will receive no money.

(Reprinted from Santa Barbara News Press, May 8, 2004. Lissa's parents, Gong Yu and Yejin He are members of SBCAA)

會員簡介

Member Profile

长期会员王月香女士

二零零四年五月二十六日，王月香女士被选为圣芭芭拉地区共和党妇女联盟主席。王月香女士参与多种社区活动。她担任 Montecito Hope Ranch 共和党妇女联盟 董事，为福利院作义工，并担任全国顾问委员会及美国移民改革委员会华盛顿分会董事。她并且担任 1999-2000 圣芭芭拉民事大陪审团员。
摘自圣芭芭拉新闻报



Permanent Member Gwat Bhattacharjie

5/26/04. Gwat Bhattacharjie has been elected president of the Santa Barbara County Federation of Republican Women. Ms. Bhattacharjie has been involved with the community in a number of ways. She serves on the Montecito Hope Ranch RWF board, is a volunteer for Visiting Nurse and Hospice Care and sits on the National Advisory Board on the Federation for American Immigration Reform in Washington, D. C. She also served on the 1999-2000 Santa Barbara Civil Grand Jury.

News Press, Santa Barbara

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欢迎会员们投稿。请寄尹青青， E-mail:ChinChinC@aol.com 。来稿最好用微软 WORD 文体，中英文兼具。我们也需要义工帮助翻译和打字，如果愿意帮忙请与编辑们联系。

We encourage members to submit articles to: Chin Chin Yin, E-mail:ChinChinC@aol.com . Submission should preferably be in MS WORD format with both Chinese and English versions. We need volunteers to translate and type articles. If you would like to help, please contact the editorial staff.

所有文章只代表作者个人观点，不反映编辑部或华美协会董事会的观点。

All articles represent authors' own views and do not reflect the views of the editorial board or the SBCAA board.

《腸內革命》綜述 ---戴菊英

有言道：“欲得長生，腸中常清；欲得不死，腸中無屎。”這是漢代王充(公元 27 年-97 年)在《論衡》一書中的至理名言。唐代名醫孫思邈也說：“便難之人，其面多晦。”這說明中國的先賢們在一千九百年前就深刻認識到便秘是健康的大敵。這與現代西方醫學的“大腸中毒論”(1908 年提出)不謀而合。該學說認為腸中毒是導致人體衰老的三大主因之一。

大腸中毒論認為：人體腸腔內存在大量細菌，食物經咀嚼和胃腸消化成為食糜，其在腸道細菌發酵分解代謝後產生一系列有毒物質，如醛類、酮類、氨、過氧化物等；這些毒素若被腸道重新吸收，進入血液，損害血管、氣血運行障礙，日久造成人體中毒，引發多種疾病，諸如動脈硬化、高血壓、高血脂、冠心病、腦梗塞、老年痴呆症等心腦血管病；若毒素被皮膚吸收，可發生皮膚乾燥、青春痘、濕疹、蕁麻疹、痤瘡、痔瘡、牛皮癬等皮膚病；大腸癌、乳腺癌等癌症與便秘有密切關係。伴隨便秘而來的還有頭痛、上火、想吐、腹脹、腹痛、肥胖等不是病的病症。

世界微生物學會主席日本的光岡知足博士在“腸內革命”一書中說，人類大腸中棲息著超過一百種一百兆個細菌。正常情況下，各菌群之間相互依存，相互制約，維持著生態平衡。它們生產 B 族維生素、葉酸、維生素 K 等，供人體需要；有的細菌能產生乳酸、醋酸，能抑制有害細菌的生長繁殖，增強機體的防禦能力；有的細菌含有酶，能促進食物殘渣和植物纖維分解，有利於食物的消化吸收；雙歧桿菌和乳酸桿菌還能阻止致癌物亞硝胺的合成，有預防消化道癌症的作用。這些細菌基本上可分為兩種：一種是好細菌，一種是壞細菌。雙歧桿菌是好細菌的代表，大腸菌、威爾斯菌是壞細菌的代表。壞細菌會因便秘而大量繁殖，腸內環境就會迅速形成腐爛現象，大便也會發出惡臭，甚至引起大腸癌或乳腺癌。便秘也是引起肝病、腎臟病、高血壓等疾病，而使身體提早老化的元兇。

引起便秘有兩個原因，一是食物纖維少的歐美式飲食，二是精神壓力大。美國太空總署曾研究太空人腸內細菌叢的變化狀況。如太空人只要有一點不安，腸內環境就失去平衡，雙歧桿菌減少，威爾斯菌大增。所謂歐美式飲食，指的是高蛋白、高脂肪缺少纖維的精緻飲食。這些食物會減少腸內的好細菌，使壞細菌大增，致使腸內的蛋白質或氨基酸腐敗，形成包括致癌物質在內的有害物質，使大便發出惡臭。故大便臭是腸內環境惡化的最佳証據，也是身體老化的証據。正常的大便顏色呈黃色。如果大便顏色呈漆黑或紫色，預示著有可能患有嚴重疾病，應盡快去醫院檢查。

科學家們發現，吃母乳的嬰兒的大便呈黃色，帶甜酸氣味；他們還發現某禪寺和尚的大便就像嬰兒那樣的黃色而不臭，因為他們每天主要都吃豆腐、青菜、完全不吃肉，所以排出來的大便呈黃色。世界聞名的長壽村日本山梨縣桐原村的長壽老人們腸內細菌叢雙歧桿菌多，威爾斯菌少，其比率與 20-40 歲的年輕人相近。他們長壽的原因之一是樸實的飲食方式。他們以麥、大豆等雜穀類、馬鈴薯、山芋等地下根莖類以及蔬菜為主。這些都是自給自足的新鮮食物，對腸子來講，全是有益的食物。這種樸實的飲食方式與腸內好細菌的增加，是延長他們壽命的一大助力。

如何才能消除便秘呢？

從長壽村的實例來看，飲食應多攝取穀類、薯類、豆類、海藻、蔬菜、水果等食物以及蜂蜜、核桃、芝麻等潤腸之物；用糙米代替白米，黑麵包代替白麵包也很有效，具有使雙歧桿菌繁殖功能的大豆低聚糖，也和食物纖維相同或有更好的效果。還有一些發酵的食物也可以補充好細菌所提供的酵素和乳酸，如自然發酵的泡菜、麵食、味噌、回春水和酸奶等。大陸的中華中醫藥學會微量元素分會副理事長趙霖指出：傳統食物海帶、綠豆、黑木耳、胡蘿蔔等和茶葉具有清腸、解毒的良效。中醫認為海帶“軟堅化結、清熱利水”，它所含的褐藻酸能抑制放射性元素銻 90 的吸收，並可將其排出體外，同時還具有排除重金屬鎘的作用；古人說綠豆“解金石、砒霜、草木諸毒”，現代科學研究表明綠豆蛋白有特殊的解毒功能，對重金屬、農藥中毒均有防治作用；黑木耳則有明顯的滌除污垢功能，被稱為腸道的清道夫，可清潔血液和解毒；茶葉也有明顯的解毒作用，正如“神農嘗百草，日遇七十二毒，得茶而解之。”的典故所曰。總之腸道疾病是“萬病之源”，健康的身體應從清腸開始。

二十世紀的兩位偉大女性戴安娜王妃(一週洗腸一次)和世紀元老宋美齡女士(每天睡前洗腸一次)都非常重視清腸。她們是人們心目中美麗和長壽的象徵。

現在歐洲有一種洗腸治療的保健方法，一些富商都跑到歐洲去洗腸。如果我們重視飲食健康，多使用天然的食物，也能做到大便通暢，最好一天能通便二次，那就用不著花許多錢去洗腸了。

讓我們也重視清腸，逐步進行“腸內革命”，健康快樂地生活，頤享天年吧！

Book Digest - Inter-intestine Revolution

By Dai Juying

There is a saying “want to live long, must keep intestine clean, want to live, the intestine should have no residual stools.” This is what Han dynasty’s Wang Chong (27-97 AD) said in his book <<Discussion About Balance>>. The renowned Tang dynasty doctor Suan Si-Miao has also said “People with difficult defecation always have dusky face.” These mean that Chinese ancestors recognized that constipation is a big enemy of health. This coincides with western medicine’s “Toxin in large intestine” theory. (1908) The theory claims that toxin in the intestines is one of the three reasons responsible for human’s aging process.

The explanation was “There are many bacteria in the intestines, after chewing and digestion, food become chyme. They then ferment with bacteria and produce a series of toxic materials, like aldehyde, ketone, etc. These toxins, if were reabsorbed by the intestine and entered the bloodstream, this will damage blood vessel, and obstruct circulation. Gradually, they will poison the body and induce heart and vessel related diseases like arteriosclerosis, hypertension, high cholesterol, coronary artery diseases, embolism, Alzheimer diseases. If the toxin was absorbed by the skin, all sorts of skin diseases like acne, eczema, hemorrhoids..., can happen. Colon cancer and mammary gland cancer are closed related to constipation. There are also other related symptoms like headache, nausea, abdominal distention, abdominal pain and obese.

Japanese microbiologist (GuanGangZiZhu) said in his book <<Inter-intestine revolution >> there are more than one hundred different kind of bacteria with the number more than 100 billion bacteria live in our intestines. In normal condition, they live interdependently and create a balanced condition. They will supply body with vitamin B complex, K complex, folic acid and so on. Some can generate lactose acid, acetic acid to suppress the growth of harmful bacteria and increase the defense capability of the organism. Some contain enzyme can promote decomposing of food residues and fiber. They will promote digestion and absorption. There are also bacteria that can prevent digestive tract cancer by suppressing the cancer causing materials’ chemical reaction. They are divided in two types, good and bad. The bad ones will increase in great number when you are constipated, the environment in your colon then become rotten immediately, and produce odor, even induce colon cancer or mammary glance cancer. Constipation can also cause liver disease, kidney disease and hypertension and is the main reason of early aging.

There are two reasons for constipation, 1) low fiber western diet, 2) stress. NASA has studied the bacteria status in the astronauts’ intestines. Even a minor mental disturbance will cause the imbalance of the bacteria in the intestine, with the bad ones increased and good ones reduced quickly. For the low fiber western diet, we mean high protein, high fat, low fiber delicate diet. These kinds of food will decrease the number of good bacteria and increase the number of bad bacteria, thus make the protein and amino acid in the intestine rotten and produce harmful and cancer-causing materials. Also produce odor in the stool, hence odor in the stool is a good indicator of unhealthy bowel and speeded aging.

Ordinary stool should be yellow, if the color is black or dark purple, this could indicate serious disease, a check up is recommended.

Scientists have discovered that infant takes mother milk, the stool is yellow and with a sweet-sour smell. Their study also discovered that some Buddhist monks’ stool have the same quality as infants’. Because their daily diet are mainly tofu, vegetables with no meat. There is also a famous Japanese village with many men enjoyed longevity, their have more good bacteria less bad bacteria in their intestines, comparable to young people with age between 20 to 40. One of the reasons of their longevity was their simple diet. Mainly are local wheat, beans, leafy vegetables, potatoes, and other vegetable roots. These are all healthy foods for the intestine. Therefore supports their longevity.

How can we avoid constipation?

For the example of above Japanese village, we should eat grains, yam type vegetable, beans, seaweed, leafy vegetables, fruits and honey, walnut, sesame to lubricate the intestine. Replace white rice with brown rice, and whole-wheat flour with white wheat flour. Soybean is also a good choice for it can promote the growth of good bacteria, it might have better effect than other vegetable fibers. There are some fermented food will help the supply of enzyme and lactic acid produced by bacteria as well. For example, pickles, wheat products, miso, rejuvenating water (fermented sprout liquid) and yogurt.

Zhau Lin from China’s medical association pointed out that traditional food like seaweed, mung bean, black fungus, carrot, and tea all have good effects on cleansing detoxifying the intestine.

Chinese medicine believes that seaweed can soften the hardness, relieve stagnation, dispel heat and facilitate water metabolism” the ingredient brown-algae-acid can suppress the absorption of radiation element si-90, it can also dispel si-90 and heavy metal. Ancient Chinese said “ mung bean can resolve metal, rock, herb toxins” Modern scientific research has found that mung bean protein really can resolve many toxins. Black fungus also have very obvious cleansing effect, hence being call the street wiper of intestine. It can also cleanse blood and detoxifying. Tea also shows some detoxifying function, as the ancient story has told: “Divine husbandman tasted hundreds of herbs and being poisoned 72 times, yet he found tea resolve them all”

Above all, the source of all diseases is from the intestines, healthy body begins with intestinal cleansing.

Two great ladies of the twentieth century Princess Diana (colon cleansing once a week) and Sun Mei-Ling (enema every night) all take colon cleansing seriously. Their beauty and longevity might have related to the intestinal cleansing.

In Europe, there is a colon health maintenance program attracted many rich people. If we maintain a health diet then we will not need to spend money on colon cleansing.

Let’s keep our intestine clean, on track of “intestinal revolution” live a long and healthy life. (Translated by Robin Pan)

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