

圣塔巴拉华美协会

会刊

第 50 2006 年 9 月

Santa Barbara Chinese American Association (SBCAA)

www.chinesefestival.com

Newsletter

No. 50 September 2006



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但愿人长久

千里共婵娟

祝华美协会会员中秋节快乐!

Happy Moon Festival 2006!

SBCAA

编辑部

编辑：陈淑娟 史建 宗山

欢迎会员们投稿。请寄宗山(E-mail: zongshan2000@yahoo.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: Shan Zong, E-mail: zongshan2000@yahoo.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.

The Editorial Board

Editors: Bella Chen, Jian Shi, Shan Zong

华美协会 2006-2007 会费征收

您想结交更多朋友吗? 您想参加更多活动吗? 您想让中国文化在我们社区发挥更大的影响力吗? 如果是这样, 请加入华美协会! 华美协会是圣塔巴巴拉地区最大的华人组织, 共有会员两百多人, 其成员遍及社会各个阶层. 在这里, 您能欣赏到精彩纷呈的文艺表演, 您能品尝到香甜可口的精美食品, 您能从事您最钟爱的户外活动... 您的生活会由此变得多姿多彩. 请加入华美协会吧, 用你我勤劳的双手, 共建美丽的华人社区! 详细情况可见本刊后的表格. 如果您有意见和建议, 请发电子邮件至 (nanobbq@yahoo.com)

2006年中秋聚餐及会员大会

时间: 2006年10月7日, 3-5:30 pm,
地点: Stow Grove Park, Area 1, 580 La Patera Lane, Goleta

独在异乡为异客, 每逢佳节倍思亲
一年一度的中秋佳节即将来临, 华美协会请您全家和您的亲朋好友共同欢庆这个节日. 华美协会将提供月饼, 烧烤, 饮料, 餐具. 请您带一份可供四人以上食用的食品 (肉, 蔬菜, 沙拉, 水果, 甜点) 与大家分享. 会员免费, 非会员 5 元. 详情请见 <http://www.chinesefestival.com/>

《牡丹亭》将于 2006 年 10 月 6-8 日在圣芭芭拉分三天上演

地点是圣塔巴巴拉 Lobero 剧院, 欢迎前去观看. 详情请见 <http://www.chinesefestival.com/peony/index.htm>

洛杉矶杭亭顿图书馆中国园开放

筹划多年的杭亭顿图书馆中国园经过一年多的建设已经初具规模, 从 8 月 5 日起至 2007 年 1 月期间实行临时开放. 杭亭顿中国园是中国境外最大的中国古典花园之一, 全部建成将占地 12 英亩, 在第一期工程首先在 3 英亩的范围内进行建设, 其中有 1.5 公顷大的湖泊、5 座桥梁、6 座中国式亭阁、3 仙岛等, 这些建筑都再现了中国古代庭院文化的特点. 在临时开放的同时, 杭亭顿图书馆还安排了一系列的中国历史文化的讲座和文化交流. 详情请见 <http://www.huntington.org/Advancement/ChineseGarden.htm>.

SBCAA membership Annual Renewal

Are you willing to have more friends? Are you willing to take part in more activities? Are you willing to promote the impact of Chinese culture on our community? If your answer is yes, please join Santa Barbara Chinese American Association (SBCAA)! SBCAA, with more than 200 members from various ages and occupations, is the largest Chinese organization in Santa Barbara area. SBCAA offers lots of opportunities to enjoy attractive performances and shows, taste delicious food, and take part in your favorite outdoor activities. All of these can make your life more colorful. Welcome to SBCAA! For more information, please refer to the forms at the end of the newsletter. If you have suggestions, please email us at nanobbq@yahoo.com.

2006 Moon Festival Potluck and Member Meeting

Time: 3-5:30 pm, Oct.7, 2006 3
Address: Stow Grove Park, Area 1, 580 La Patera Lane, Goleta
The annual Moon Festival party is coming. You, your family and friends are all invited to attend this joyous event. The SBCAA will provide BBQ, Moom Cakes, drinks, desserts and utensils. We ask you to bring one disk enough for at least 4 persons (meats, vegetables, salad, fruit and dessert) to share with others. Come and it will be great fun! For details, please refer to <http://www.chinesefestival.com/>

“Peony Pavilion” show in Santa Barbara Welcome to watch the show!

Time: Oct. 6-8, 2006
Address: Lobero Theatre, Santa Barbara
For details, please refer to <http://www.chinesefestival.com/peony/index.htm>

Los Angeles Huntington's Chinese Garden Opens

The Huntington Chinese Garden Lake stage opens temporarily to the public Aug. 5, 2006; closes February 2007. The Chinese Garden is designed to occupy a 12-acre site, three acres of which comprise a southern style Summer Garden, which is inspired by the scholar gardens of Suzhou. It is designed to compose a 1.5-acre lake; five stone bridges; stone lantern; courtyard, tea house and tea shop, moon gate pavilion, waterside pavilion, hexagonal double roof pavilion, connecting covered walkways. For more information, please visit <http://www.huntington.org/Advancement/ChineseGarden.htm>.

中秋节是团圆的节日！

中秋节是农历八月十五。今年的中秋节是公历的10月6日。古代七月、八月、九月这三个月叫做秋季，八月十五正是秋季的中间，因此称为中秋。

中秋节的由来与中国的农业传统有关。按中国农历的顺序沿着四个自然季节的变化和农业生产的活动，形成了中国节日的一个模式，这个模式就是四个字，叫“春祈秋报”。春天祈求丰收，到了秋天，大自然给我们带来了丰收，相反的，我们要回报大自然，这就产生了一些祭祀活动。我们先人以非常虔诚的态度、信仰，用最精美的饮食或者华丽的衣裳，或者用工艺品来庆祝节日。

中秋的庆祝活动包括赏月、吃月饼、菱角等。记得小时候父母亲会在中秋前准备月饼和瓜果，中秋节时一起在院子赏月。八月十五的月亮的确比其它月份的更明亮。

中秋节是中国传统节日中最美好的节日之一，嫦娥奔月的传说，皎洁的月光，与家人的团聚，对远方亲人的思念都与中秋佳节联系在一起。中国古代诗词里有许多关于中秋的作品。宋代伟大文学家苏轼（公元1037—1101）的《水调歌头 明月几时有》可能是关于中秋节的众多诗词里最为人熟知的了：

水调歌头 明月几时有

宋 苏轼

明月几时有？把酒问青天。不知天上宫阙，今夕是何年。我欲乘风归去。惟恐琼楼玉宇，高处不胜寒，起舞弄清影，何似在人间。

转朱阁，低绮户，照无眠。不应有恨，何事长向别时圆？人有悲欢离合，月有阴晴圆缺，此事古难全。但愿人长久，千里共婵娟。

诗人运用形象描绘的手法，短短百余字就勾勒一种皓月当空、美人千里、孤高旷远的境界氛围。我们身在异国他乡，每读到这首词，对远方亲人的思念之情油然而生。

古话说“人逢喜事精神爽，月到中秋分外明”。华美协会将于10月7日举办中秋联欢会。我们期待着与社区朋友们的团聚。

中秋节是团圆的节日！

史建 收集整理



Chinese Moon Festival is for Family Reunion

The joyous Moon Festival was celebrated on the fifteenth day of the eighth moon, around the time of the autumn equinox. Many referred to it simply as the "Fifteenth of the Eighth Moon".

This day was also considered as a harvest festival since fruits, vegetables and grain had been harvested by this time and food was abundant. Food offerings were placed on an altar set up in the courtyard. Apples, pears, peaches, grapes, pomegranates, melons, oranges and pomelos might be seen. Special foods for the festival included moon cakes, cooked taro and water caltrops, a type of water chestnut resembling black buffalo horns.

The Mid-Autumn Festival is a time for family reunion. People will prepare delicious mooncakes and fruits. The moon is full and particularly bright at the night of Mid-Autumn. People will enjoy the food while watching the beautiful moon.

The SBCAA is organizing a party to celebrate the Mid-Autumn Festival on October 7th. We look forward to this reunion of our community members.

Edited by Jian Shi

中国古典文化欣赏——朱子家训

《朱子家训》亦称《朱柏庐治家格言》，简称《治家格言》。作者朱用纯，字致一，自号柏庐，生于明万历四十五年（1617）。他是明代著名的思想家。《治家格言》不长，从“修身、齐家、平天下”角度来，以非常简洁易懂的文字告诫人们要勤劳、孝顺、友爱，可以说是为人立世、修身养性的根本。《治家格言》文质并美，耐人寻味。提到的许多治家准则，虽有时代烙印，至今看来，仍闪烁着智慧的光芒。

朱子家训全文

黎明即起，洒扫庭除，要内外整洁。既昏便息，关锁门户，必亲自检点。一粥一饭，当思来处不易。半丝半缕，恒念物力维艰。宜未雨而绸缪，毋临渴而掘井。自奉必须俭约，宴客切勿留连。器具质而洁，瓦缶胜金玉。饮食约而精，园蔬胜珍馐。勿营华屋，勿谋良田。

三姑六婆，实淫盗之媒。婢美妾娇，非闺房之福。奴仆勿用俊美，妻妾切忌艳妆。祖宗虽远，祭祀不可不诚。子孙虽愚，经书不可不读。居身务期质朴，教子要有义方。勿贪意外之财，勿饮过量之酒。

与肩挑贸易，勿占便宜。见贫苦亲邻，须多温恤。刻薄成家，理无久享。伦常乖舛，立见消亡。兄弟叔侄，须多分润寡。长幼内外，宜法属辞严。听妇言，乖骨肉，岂是丈夫。重资财，薄父母，不成人子。嫁女择佳婿，毋索重聘。娶媳求淑女，毋计厚奁。

见富贵而生谗容者，最可耻。遇贫穷而作骄态者，贱莫甚。居家戒争讼，讼则终凶。处世戒多言，言多必失。毋恃势力而凌逼孤寡，勿贪口腹而恣杀生禽。乖僻自是，悔误必多。颓惰自甘，家道难成。狎昵恶少，久必受其累。屈志老成，急则可相依。轻听发言，安知非人之谮诉，当忍耐三思。因事相争，安知非我之不是，须平心遭暗想。

施惠勿念，受恩莫忘。凡事当留余地，得意不宜再往。人有喜庆，不可生妒忌心。人有祸患，不可生喜幸心。善欲人见，不是真善。恶恐人知，便是大恶。见色而起淫心，报在妻女。匿怨而用暗箭，祸延子孙。

家门和顺，虽饔飧不继，亦有余欢。国课早完，即囊橐无余，自得至乐。读书志在圣贤，为官心存君国。守分安命，顺时听天。为人若此，庶乎近焉。

(秋月白 整理)

Master Chu's Homilies for Families

(Translated by Hsiang-Tung Chang, Shanghai People's Publishing House, 1993, ISBN:7-208-01699-2/G.243)

Master Chu's Homilies for Families was written by Chu Bailu (1617-1688), a famous Chinese scholar in the Ming Dynasty. It summarizes the classical Chinese rules for family members. It teaches the traditional Confucianism values of being modest, diligent, kind, righteous, and filial. It has only about 460 Chinese characters, but its wisdom is highly appreciated and treasured.

※ Rise up by dawn's early light; Clean up, Put everything right; Keep the home tidy and clean; Go to bed early at night, Check that the doors are locked tight, Sleep now secure and serene.

※ The growing of rice and of grain, Think on whenever you dine; Remember how silk is obtained, Which keeps you warm and looks fine.

※ In periods of drought, Wise birds mend their nest; So when the clouds burst, They snugly may rest; Never be the fool, Who starts to dig a well in the ground, When he wants a drink of water, And water can't be found.

※ Bargain you not with the traveler who vends; Share of your wealth with your neighbors and friends.

※ Don't take into court your family disputes, unpleasant endings emerge from lawsuits; To comport yourself well in society, restrain loose tongue's impropriety.

※ Use not your bow and arrow, To bully orphan and widow; Do not dumb animals slaughter at will, Your appetite greedy to over fulfill.

※ Egocentric people grow, Much regret and sorrow; Lazy, slothful people sow, Poverty tomorrow.

※ To brag of the good you have done, Will never impress anyone; Personal scandals you try hard to hide, Will soon be known far and wide.

※ Don't envy other's success, Don't gloat o'er other's distress.

※ Leave room for retreat, When trying new feat, You will try, try in vain, To repeat windfall gain.

※ In proclaiming your virtues go slow; And be mindful of mercy you own.

(Edited by Qiu Yuebai)

坐拥青山绿水 聆听自然真谛

——花莲布洛湾山月邨游记

作者: 由由



花莲太鲁阁



太鲁阁峡谷



布洛湾山月邨

花莲的风景不仅在台湾是首屈一指的观光景点,大自然的鬼斧神工也是中外驰名的。凡到过的外国友人,对花莲的美,总是留下深刻的印象,赞不绝口。尤其在太鲁阁与天祥之间更是精华之地。

藉著这次暑假返台,再次与友人造访山灵水秀的花莲,高耸云霄的孤峰峭壁,依旧令人叹为观止;行走于青山峡谷的道路,依旧让人心胸开朗;青翠的苍山之间夹著蜿蜒的河流,依旧美不胜收。然而不同于以往的是我们弃住宿于五星级的饭店,而选择了仿原住民住屋的度假别墅—布洛湾山月邨,这个选择让我们

的花莲之旅不仅加添了不少美好的回忆,更是让我对台湾有这块人间净土感到欣慰,同时也对该饭店经营者的经营理念感到佩服。

布洛湾位于太鲁阁国家公园里,占地 2.5 公顷,32 间独栋小木屋错落于群山之间,让人彷彿置身于山林的隐士。一进迎宾大厅就被原住民(少数民族)的艺术创作所吸引。他们的作品粗旷自然,保有原始创作的精神,犹如他们的天性;与学院派的讲究精緻,重视结构理论,有天壤之别。里面的员工除了山月村的村长(总经理),经理及厨师为平地人以外,其余全是太鲁阁族的原住民。他们虽不像是五星级饭店训练有素的专业服务人员,但他们的热情亲切自然的笑容,让人感受到真正人性化的服务品质。

二天一夜短暂的停留,让我享受大自然的美景;品尝到原住民的风味餐;认识到原住民的艺术天分之外,最让我敬佩的是山月邨的经营者—村长。一年半前,他找到了这块人间的”世外桃源”,离开高薪的工作,排除重重开发及经营上的一切困难,以”展现生态,文化为著眼点”的经营理念,为著全力维护原住民文化,以及将大自然还给大自然为这个度假别墅的经营方针,提供遊客不同的身心灵感受之外,同时也让遊客体验回归自然的生活。在山月邨没有电视遊乐器,没有卡拉 OK,没有农药化学製品的污染;有的是夜晚满天的星空,满山满谷的野生动植物,满是太鲁阁族人的热情款待。

放眼全世界,原住民族群文化的传承及走向被关注,环境保护一直被倡导,然而努力的成果却在全球化的冲击下面临考验,我为这样一位有心人默默地为原住民付出而感动莫名;也为这样一位有心人对自然生态环境保护不余遗力喝采,他不为名利只为实现他的理想。他每天坐拥满山绿意,让经常旅遊的我羡慕不已。

下次回台湾,我一定会再去看他并且造访山月邨。

Listening to the Nature

Trip to Hualien Leader Village Taroka

By Youyou

Not only is Hualien's scenery the number one in Taiwan, the fame of nature's fine craftsmanship here has resounded around the world. One who has been to Hualien always receives a profound impression and heaps praise on it. Taroko and Tiensyang are the most outstandingly beautiful areas in the already beautiful Hualian.

This summer I took a vacation trip back to Taiwan. Once more, I visited the unrivaled sight of Hualien, with friends. The picturesque scenery, the sky-touching buttes and steep cliffs take our breath. Walking the green canyon path makes us cheerful and at ease. There are many beautiful views of the wandering rivers and mountains. We chose to stay at the Bruwan plateau, a tribal village of the Sedek aborigines, instead of the five-star hotel where we used to stay. This makes our memories of the trip more beautiful and also let us feel gratified that there is such a heavenly sight. I also highly commend the manager for his great vision for the village.

Village Taroko is located in Taroko National Park, designed to hold 32 small tribal villages with stand-alone aboriginal-style cabins that also have a traditional Japanese touch to them. The area is within 2.5 hectares with the plateau surrounded by green mountains. Life switches to a lower gear as that of a hermit on arriving here. Our eyes were caught by the aborigines' artistic carvings as soon as we entered the hall. Their works maintain nature's creation, holding the primitive spirit, just like their nature. There are huge difference between their works and the works of academicians which are fastidiously fine and emphasize structural theory. All the staff are local Sedek aborigines except for the general manager, the manager and the chef. They might not compare to the well-trained professional service staff at five star hotels but their enthusiastic, kind and smiling faces show the high service quality with the true human nature.

After a two-day stay, I had basked in the beautiful scenic nature. I had enjoyed a meal in the aboriginal style. I also had realized their artistic talents. What I admired most was the general manager's vision. About a year and a half ago, he found this paradise. He quit a job with high salary. He conquered many difficulties of development and management to aim at his vision—"To unfold the ecology, and to focus on the cultural aspects." He is trying to protect the aboriginal culture and nature. He is also providing the tourists with a peaceful and balanced body, mind and soul. At the same time, he allows the tourists to experience the natural life. In Village Taroko, there are no video games, no karaoke, no agricultural or chemical pollution. However, there are a blanketing starry sky, surrounding wild plants and animals, and a completely cordial reception from the aborigines.

Taking a broad view of the world, there has always been the issue of dealing with the heritage of aborigines and their future. Environmental protection has also been promoted. However, the positive results of these issues have been facing challenges brought on by globalization. I am touched by the person who has put forth so much effort for these goals and I applaud him for protecting nature. He is not chasing fame but his dream. For traveler like me, I admire him, surrounded by his green mountains. I'll surely come back to visit him and the sight of heaven—Village Taroko.

五岳归来不看山 黄山归来不看岳

黄山位于安徽省南部的黄山市，是中国最著名的山岳风景区之一。黄山素以奇松、怪石、云海、温泉“四绝”著称于世。1990年12月黄山风景名胜区作为一项文化与自然双重遗产被列入世界遗产名录。

黄山古称黟山，相传中华民族的祖先轩辕黄帝率手下大臣容成子、浮丘公来此炼丹，并最终得到升天，唐天宝六年（公元747年），唐明皇改黟山为黄山。

黄山是长江与钱塘江两大水系的分水岭，有1000米以上的山峰77座，第一高峰为莲花峰，海拔1864米，最平的峰是光明顶，海拔1860米，最险是天都峰，海拔1810米。



黄山迎客松



云海

古人评黄山有“泰岱之雄伟、华山之险峻、衡岳之烟云、匡庐之飞瀑、雁荡之巧石、峨眉之清秀”。旅行家徐霞客盛赞“五岳归来不看山，黄山归来不看岳”。目前黄山景点多达四百余处，可分为温泉、玉屏、北海、松谷、云谷、白云、梦幻几大景区，其中梦幻景区是近年来新开发的。

奇松

古人称黄山“无松不奇”，黄山名松上百，最著者为迎客松和送客松。2006年年初，有450年树龄的送客松因为自然规律枯死。专家经过挑选，选定了一棵离原树不远的200多年树龄的松树作为接班。

怪石

黄山的奇峰怪石是大自然雕刻家留下的杰作，有的似人，有的似物，似禽，似兽，惟妙惟肖。最著名的怪石有“猴子观海”，这是在狮子峰顶有一巨石，犹如蹲在地上的猴子，在观看前面的茫茫云海；还有“梦笔生花”、“仙人下棋”、“犀牛望月”、“金鸡叫天门”、“孔雀戏莲花”……等等。

云海

黄山一年之中有云雾的天气达200多天，而且云来雾去，变化莫测，时而是风平浪静的一片汪洋，时而波涛汹涌，白浪排空，特别是奇峰怪石和古松隐现云海之中，就更增加了美感。黄山地名亦因此而叫西海、东海、前海、后海。

温泉

黄山温泉又名汤池、灵泉、朱砂泉。黄山温泉在海拔850米紫云峰下，水质是含多种矿物质的淡泉水，可饮、可浴、可医。

(石头 搜集整理)

Mount Huangshan---The Loveliest Mountain of China

Mount Huang Shan, (literally Yellow Mountain) known as 'the loveliest mountain of China', was acclaimed through art and literature during a good part of Chinese history. Today it holds the same fascination for visitors, poets, painters and photographers who come on pilgrimage to the site, which is renowned for its magnificent scenery made up of many granite peaks and rocks emerging out of a sea of clouds.

Located in southern Anhui Province, Mount Huang Shan covers an area of 250 kilometers, of which 154 square kilometers are scenic attractions. Its landscape features "Four Wonders" of imposing peaks, spectacular rocks, odd-shaped pines, and a sea of clouds.

The Huang Shan mountain range comprises many peaks, 77 of which exceed 1,000 m in altitude. The three tallest peaks are Lotus Peak (1,864 m), nearby Bright Summit Peak (Guang Ming Ding, 1,840 m) and Celestial Peak (Tian Du Feng, literally Capital of Heaven Peak, 1,829 m).

The mountains were formed in the Mesozoic, about 100 million years ago, when an ancient sea disappeared due to uplift. Later, in the Quaternary, the landscape was shaped by the influence of glaciers. In many cases, stone pillar forests were formed.

The vegetation of the area depends on altitude: Below 1,100 m, moist forest can be found; deciduous forest stretches from 1,100 m up to the tree line at 1,800 m; above that the vegetation consists of alpine grass-lands. The area has diverse flora, where one-third of China's bryophyte families and more than half of its fern families are represented.

Because the mountain tops are often above cloud level, they offer views of the clouds from above and interesting light-effects. The Sea of Clouds and Buddha's Light are famous phenomena which attract many tourists. On average, the Buddha's Light only appears a couple of times in a month.

The hot springs of the area are located at the foot of the Purple Cloud Peak. the water retains a temperature of 45 °C all year. Most natural pools are concentrated in the Songgu Area. Some particularly well-known water bodies in the area are the Old Dragon Pool, the Green Dragon Pool, the Black Dragon Pool, the White Dragon Pool, and the Jadeite Pond.



Mount Huangshan in Sunset



Clouds and Pine Tree

Mao Feng ("Fur Peak") is a famous green tea from the Huang Shan area, it is named for the downy tips of the tea leaves.

The Huang Shan has been a UNESCO World Heritage Site since 1990 for its exceptional natural beauty and its role as a habitat for rare and threatened species.

(Edited by *Stone*)

在线文章

最理想的食物 --- 螺旋藻 戴菊英

http://chinesefestival.com/news_letter/online/lxz.html

The Ideal Food – Spirulina Dai Ju-Yin

http://chinesefestival.com/news_letter/online/lxz-

四季养生论

关启升医师供稿

中国古老的医学经典《黄帝内经》非常重视四季的养生保健。在其第二篇“四气调神大论”中就论述了四季养生之道。

在春天，天地万物一片生发之气，此时应给予而不是索取，宁赏勿罚。人们应该早睡早起，散发宽衣，缓慢地在庭院散步。此道可疏肝理气，调理情志。

夏天，是万物长盛结果之时，天地之气相交，阳气充盛于外。此时，人之情志应向外，但不要发怒。应广开思路，实施一年中的重要计划。这一季节，人们亦应早睡早起，不要过于避开阳光，以便养一身之阳气，使心气得养。

秋天，是收获之季节，天气急，地气明。神气应趋平和，方可面对秋季肃杀之气。意志神气应该渐渐收敛，从而滋养肺气，增强身体免疫卫外机能。

冬天，是收藏的季节，天气变冷，万物凋零。自然界好象是处于一种休眠的无所事事的状态。而实际上这种休眠正是孕酿第二年春天的生发之气。人们在冬季应该早睡晚起，最好等到太阳升起时起床，注意避寒趋暖，这样可以保存身体阳气，帮助肾阴肾阳的生长。在冬季，人们应该抑制自己的意愿，生活工作不要过于紧张，得闲而乐，蓄积灵志，待春而发。另外，冬季还要避免过劳而大汗出，否则会伤气伤阳，与身体健康不利。

上述乃内经四季养生的思想，我们可以参照领会，加以引申，方可为我利用。人生四季（青中壮老）的养生又何尝不是如此呢？

附录一：秋冬养生药膳

1) 补肺止咳饮

材料：梨 2 个，桔梗 20 克，杏仁 10 克，冰糖少许。

做法：梨洗净切块。用凉水将桔梗和杏仁浸泡透，然后小火煮约半小时，除去药物桔梗和杏仁，加入梨块和冰糖，再煮一刻钟即可食用。

作用：清热止渴，降火润肺，止咳化痰。利于秋季服用。

2) 黄芪山药粥

材料：黄芪 30 克，鲜山药 150 克（中国超市及部分美国超市有售，如无鲜品，可用淮山药片 50 克），粳米 50 克。

做法：黄芪用足量水浸泡后小火煮 30 分钟，去渣后加入山药和粳米，再煮一小时左右即可食用。

作用：健脾益肾补肺，补气血，增进免疫力。

3) 健胃消食的萝卜燉牛腩

材料：萝卜（白萝卜或胡萝卜，风味不同）2 磅

牛腩（或用猪排骨替代）2 磅

山楂 30 克 大茴香 5 克，肉桂 5 克，糖盐少许。

做法：牛腩放水煮开去沫，将山楂，大茴香和肉桂装入袋中（布袋或茶袋），然后加入，小火燉约 1-2 小时，然后将切片的萝卜和糖盐加入，再小火煮一小时既可。

作用：健胃理气，益气补血。

附录二：食疗的水果

鳄梨---头发干燥；香蕉---用脑过度；番木瓜---用眼过度疲劳；猕猴桃---牙龈出血；葡萄柚---心脏病；芒果---预防皱纹；樱桃---增加血氧含量。

附录三：六种排毒食物

1) 绿豆：味甘寒，加速代谢，可解化学物重金属等之毒，可做绿豆汤，绿豆粥或绿豆芽等。

2) 茶叶：以绿茶为好，可利尿醒脑解毒。

3) 胡萝卜或白萝卜：降血中汞离子浓度，加速排除。

4) 无花果：果中佳品，清热润肠，帮助消化，保肝解毒。

5) 海带：咸寒，散结清热利水，降脂降压。

6) 猪血：利肠通便，清肠解毒。

（关启升医师供稿）

关启升医师，1984年毕业于北京中医药大学，现任教于 Santa Barbara College of Oriental Medicine, 在 Santa Barbara 开办了自己的中医诊所，如果有健康方面的问题，请与关医师电子邮件联系，免费咨询。药膳中的中药可以联系购买，华美学会会员半价供应(至年底)。电话：(805) 965-6070 电子邮件：

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Health Preservation and Four Seasons

By Qisheng Guan

In ancient medical classic, Yellow Emperor's Classic of Internal Medicine, there are discussions on the health preservation in accord with the four seasons.

In spring, everything is growing and flourishing. During this period, let things grow and do not kill them, give not take away, and give reward but not punish. After a night of sleep people should get up early and take a walk briskly around the yard; they should wear comfortably, loosen their hair and slow down their movements to relax their body. This will promote your liver energy and balance the emotions.

Summer is the time of luxurious growth and flourishing. Everything is in bloom and begins to bear fruit. The energy of the heaven and earth intermingles and Yang qi of the body moves outward. At this time, emotions should be expressed out but not angry and important plans should be carried out. People should go to bed early and get up early and try to get some warmth from the sunlight. In this way, the energy of the heart can be strengthened.

Autumn is the period of tranquility and reaping. The qi of the heaven is cool and the qi of the earth is clear and falling. People should have a peaceful mind in order to lessen the killing power of the autumn. Soul and spirit should be gathered together to nourish lung and improve the immunity of the body.

Winter is a period of closing and storing. Everything had withered and scattered about. The nature is as if in a state of hibernation. People should go to bed early and get up late to wait the sun to rise and they should try to escape cold and seek warmth. This will help the growing of Yang qi of the kidney. In winter, people should suppress and conceal their wishes as though they had no internal purpose, as though they had been fulfilled. Their life and work should not be stressful, and they should relax themselves for gathering energy for the next year. It is not good to perspire upon the skin in winter because sweating will disturb Yang qi of the body.

This is some thought in Neijing on health preservation in accord with the four seasons. Don't you think one's whole life, from youth to middle-aged, to old-aged, is also like these? (By Dr. Qisheng Guan, L. Ac. OMD)

(By Dr. Qisheng Guan, OMD, Li. Ac. may be reached by 965-6070, or 689-1979, office address: 1532 Anacapa St. Suite 7, SB, CA 93101)

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