

A CHINESE WEEKLY OF NEWS AND VIEWS

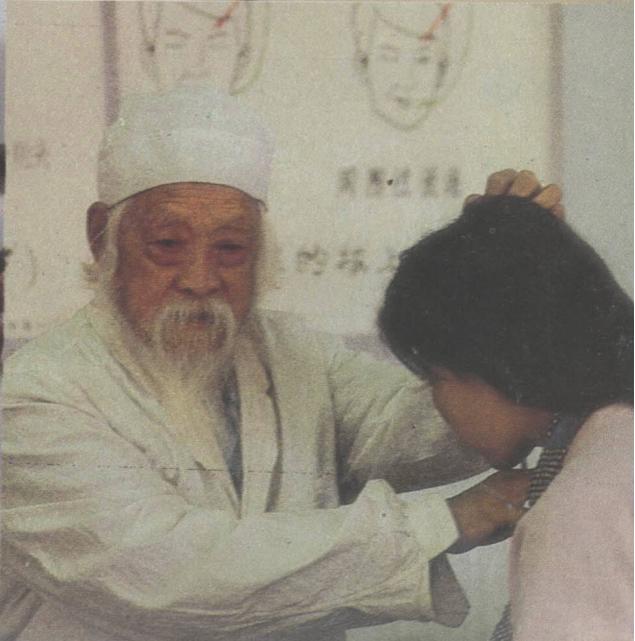
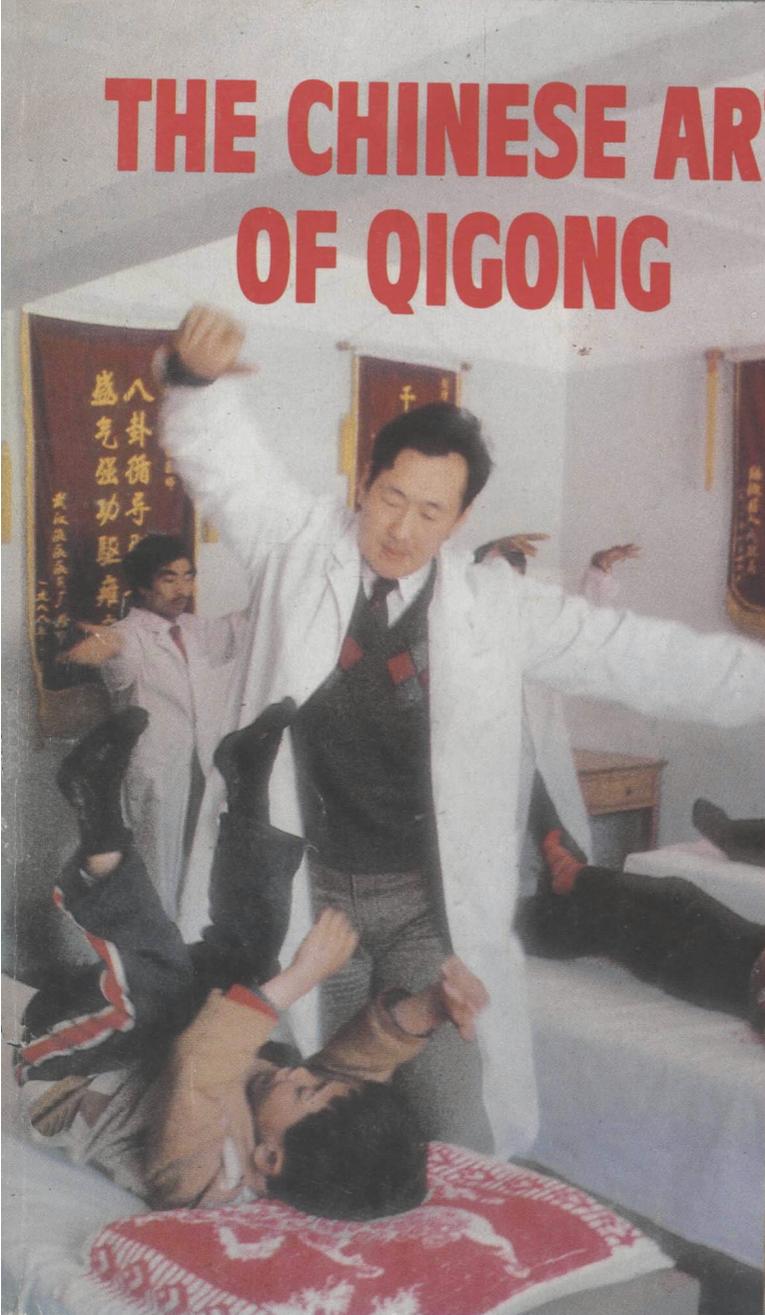
Beijing Review

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Tibetan Deputies Discuss "Human Rights"

THE CHINESE ART OF QIGONG





Dragon Dance

Photo by Shi Li

Zi Ruming (second right), an active peasant performer in the mountain areas, makes a guided tour for the lusheng (a reed-pipe wind instrument) lovers.

Photo by Zhou Zhongyao



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COVER: *Qigong* masters at work: Left,
Wan Sujian employs *qigong* on a men-
tally disabled child. Top right, Zhang
Zhicheng treats a patient with a kid-
ney disorder. Bottom right, Li Zang-
shan, 110 years old, concentrates his
waiqi (exterior energy) on a patient
with heart disease.
Photos by Xu Xiangjun & Xue Chao

Li Peng Scores Tokyo Touchdown

□ China and Japan are stepping up efforts to build long-term and steady ties that will bring unprecedented harmony between the two countries. On April 12 Premier Li Peng started his five-day visit to Japan, despite of the unsettled political situation there (p. 6).

Hanoi's Withdrawal: Another Ploy?

□ Viet Nam has once again announced its decision to pull all its troops out of Kampuchea before the end of September, yet political observers remain skeptical (p. 11).

'Qigong': A Source of Health and Mystery

□ One in 20 Chinese now practises *qigong*—a traditional Chinese form of exercise and breath control. But as reports of its miraculous effect on seemingly incurable diseases pile up, the mysteries behind its powers grow ever deeper. This report examines the development of *qigong*, looks at its contribution to health and studies experiments made in the attempt to establish its basis in science (p. 16 and p. 20).

"Human Rights" in Tibet

□ Following the recent riots in Lhasa, many foreigners have raised questions about Tibetan "human rights" and "independence." *Beijing Review* took advantage of the recently held NPC and CPPCC sessions to interview delegates and deputies from the region. Not only did they point out that Tibet had been a part of China since the Yuan Dynasty in the 13th century, but before democratic reform in 1959, Tibet was a feudal serfdom where 95 percent of the population were denied all human rights (p. 23).

Albania Becomes More Realistic

□ As a petty Balkan state, post-Hoxha Albania has witnessed careful and positive changes. Realistic attitudes are replacing stale dogma and this has greatly benefited economy and foreign affairs (p. 13).

Unless written by Beijing Review staff, the opinions expressed in signed articles do not necessarily reflect the view of the Beijing Review editorial board.

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Viet Nam's Promise Doubtful

by She Duanzhi

The Vietnamese government on April 5 released a statement which "solemnly declared" that it will pull out all its troops from Kampuchea before the end of this September.

The Vietnamese authorities already announced the decision as early as three months ago. The latest statement seems intended to score diplomatic points for Hanoi.

The international response, however, was not what Hanoi expected. The United Nations Secretary General Javier Perez de Cuellar expressed his modest welcome, while world governments took it all with cautious reserve and not with the euphoria hoped for by the Vietnamese.

The saying that deeds speak louder than words is one the Vietnamese know. Hanoi has said many times before that it would withdraw its forces from Kampuchea, but it still has a huge army there today. This time, Hanoi must do something substantial that will improve its image and reestablish its credibility.

Judging from its statement, one can hardly see any major Vietnamese policy change.

In the first place, Hanoi still refuses to admit that it launched an aggressive war against Kampuchea that created the so-called Kampuchean question. Instead, it boasted its war over the past decade as a "just action" with "selfless assistance."

It even declared that this action was "in conformity with the various principles of the non-aligned movement" and the Charter of the United Nations, and that it had "gained sympathy and support from the world's peace-loving and justice-upholding peoples."

Furthermore, Viet Nam, though agreeing to an internationally supervised withdrawal, also insists on choosing which countries are to supervise its troop pullout, rather than putting it under UN supervision.

Viet Nam's statement also left much leeway for the optional return of its troops under any pretext.

Hanoi linked its withdrawal with the cessation of what it claims to have been "foreign intervention" in Kampuchea along with the prevention of the Khmer Rouge from resuming power.

After the Vietnamese pullout, the statement said, the Phnom Penh puppet regime reserves the

right to ask foreign countries for help in defending itself if "foreign intervention" and military assistance to its opponents do not stop.

The statement also describes the Vietnamese troops as the victors, saying they "have gloriously accomplished their lofty mission and will forever be remembered for their contribution by the Kampuchians."

These words give little impression of a sincere Vietnamese accord to end the disaster brought onto the innocent Kampuchians.

Viet Nam's armed aggression in late 1978 created the Kampuchean conflict. Whatever mistakes the Khmer Rouge regime committed cannot serve as a pretext for Hanoi's invasion and occupation of Kampuchea. This is common sense as well as a basic principle of international relations.

Since Viet Nam's invasion of Kampuchea, the international community, especially ASEAN nations, have shown deep concern over the conflict and have condemned Hanoi's aggression. The United Nations has repeatedly passed resolutions condemning Hanoi's aggression and urged it to pull out as soon as possible.

Precisely because of this, Hanoi has refused a UN supervised pullout on the grounds that the United Nations over the past decade has backed its opponent, the Coalition Government of Democratic Kampuchea (CGDK), and opposed its agent Phnom Penh regime.

Viet Nam being the aggressor has no right to designate the supervising countries in a pullout. Effective international supervision is necessary because recently there have been reports saying that Viet Nam has been trying to make Vietnamese troops remain through clandestine means — either by transferring them into Phnom Penh's military forces or by turning them into settlers.

Foreign aid to the CGDK, including that from China, is solely for the CGDK's resistance to Vietnamese aggression and it is therefore justified. China will join other countries concerned in halting military assistance to all parties in Kampuchea only after a complete withdrawal of Vietnamese troops has been verified.

The United States learned a bitter lesson from Viet Nam. So did the Soviet Union in its "Viet Nam" called Afghanistan. Now it's time for Viet Nam to learn from its very own "Viet Nam." □

Hu Yaobang Mourned Nationwide

Former Communist Party of China (CPC) leader Hu Yaobang, who died on April 15 of a heart attack, was praised by the Party's Central Committee as a great statesman and an outstanding leader.

In an obituary issued by the CPC Central Committee on the day, Hu was eulogized as a loyal fighter for communism, a great proletarian revolutionary, a great statesman, a prominent political commissar of the People's Liberation Army and an outstanding leader who held important posts in the Party over many years.

Hu suffered an earlier heart attack on April 8 while attending a meeting of the Political Bureau of the CPC Central Committee. He was hospitalized and given all possible medical attention. He died of an extensive cardiac infarction at 7:53 am on April 15, at the age of 73, the obituary said.

The obituary hailed Hu's life as a glorious one. "It has conferred lasting benefits on the Party and the people," it said.

Hu, born in 1915 in Liuyang County, Hunan Province, took part in the Communist-led peasant revolution in his teens, and later joined in the epic Long March of the Red Army.

He held various positions in the army, most related to Party affairs.

After the founding of the People's Republic in 1949, Hu rose to first secretary of the Central Committee of the Chinese Communist Youth League before the "cultural revolution" (1966-76).



He was elected chairman of the CPC Central Committee in 1981 and became its general secretary in 1982. He resigned from the post in 1987 but retained the membership of the Political Bureau of the Central Committee.

The obituary spoke highly of Hu's contributions during this period. "In the new historical period of socialist construction, he adhered to the Party's line adopted by the Third Plenary Session of the 11th CPC Central Committee, and made major contributions to China's modernization, reform and opening to the outside world," it said.

The obituary also said that during the "cultural revolution," despite personal risks, He struggled against the counter-revolutionary cliques led by Lin Biao and Jiang Qing. In 1978, he became head of the Organization Department of the CPC Central Committee. He did much to res-

store order, redress past injustices based on false charges, and implement the Party's policies on cadres, showing unusual courage and making lasting contributions.

Hu was still a member of Political Bureau of the CPC's Central Committee at the time of his death.

Within the first few days after his death, several thousand cadres, students and teachers went to Tiananmen Square to pay last tribute to the veteran Party leader. Many of them visited his home to express condolences to his family. In other major cities, some of the universities and other institutions set up mourning halls and planned to hold their own memorial meetings.

Meanwhile, the CPC Central Committee announced that a special funeral office has been set up to arrange a memorial service.

According to the announcement, a memorial meeting will be held in the Great Hall of the People in Beijing at which people will pay their last respects to Hu.

On the day of the memorial meeting, national flags will be flown at half-mast in Tiananmen Square and at the gates of Xinhua and the Ministry of Foreign Affairs in Beijing; the buildings of CPC committees and governments of provinces, autonomous regions and municipalities; at border outlets, China's open seaports and airports and Chinese embassies and consulates in foreign countries and regions. □



Japanese Prime Minister Noboru Takeshita hosts a grand welcoming ceremony for visiting Chinese Premier Li Peng on April 12 at the Akasaka Palace in Tokyo. XINHUA

Li Peng Scores Tokyo Touchdown

A mission of friendship and co-operation began April 12 with the start of Chinese Premier Li Peng's visit to Japan.

Once belligerent neighbours, China and Japan are now putting relations on a long-term and steady track that will bring unprecedented harmony to their often conflicting history.

Li said before his departure to Tokyo that the unsettled political situation in Japan would not affect his visit. "The purpose of my visit is to further develop the friendly relations between the two countries," he said, adding that it is a return visit to Japanese Prime Minister Noboru Takeshita's visit to China last August and had been decided at

that time.

"Since the Japanese side has not expressed any difficulty in receiving me," he said, "I will go ahead with the visit as planned."

China and Japan are close neighbours and their good neighbourly relationship is beneficial to the stability and development of the Asian and Pacific region, said Li.

"To further develop Sino-Japanese relations is part of China's independent foreign policy of peace," he said.

It is China's consistent policy to develop a long-term steady Sino-Japanese friendship and mutually beneficial co-operation, the Chinese premier said.

China would join Japanese friends in various circles to promote healthy and smooth development

of the Sino-Japanese relations on the basis of the Sino-Japanese Joint Statement, 9Sino-Japanese Peace and Friendship Treaty, and the four principles guiding the Sino-Japanese relations, which are peace and friendship, equality and mutual benefit, mutual trust, and long-term stability, Li added.

Changes from confrontation to dialogue and from tension to relaxation constitute positive features in the current world situation, Li said, and this is becoming a world-wide trend.

But, he added, various factors leading to the tension and instability of the international situation have not yet been eliminated and the realization of a lasting world peace still requires the un-

remitting efforts of the peoples of various countries.

The Japanese prime minister believed that Premier Li's visit to Japan would contribute greatly to pushing the Japan-China relations to a new phase of development, and would add a new chapter in the history of their friendship.

The two leaders frankly exchanged views on issues of common concern during their talks shortly after Li's arrival, Takeshita said.

Japan is willing to further co-operations with China in various fields such as economy, trade, culture and personnel exchange, the Japanese prime minister said.

He said, "In order to further Japan-China relations, it is important to correctly assess the past history and draw lessons from that." Takeshita reassured the Chinese leader that Japan would uphold the principles of the joint statement which laid down the "one-China" principle and that Japan has no intentions to develop official relations with Taiwan and to support the "independence of Taiwan."

On April 13, Japanese Emperor Akihito and Empress Michiko met visiting Chinese Premier Li and his wife Zhu Lin in the imperial palace. The hosts and guests enjoyed a friendly conversation.

The hurdles left in building new ties are how to correctly look at history and Japanese-Taiwan relations, and disputes over the Kokorio Dormitory case which Li hoped could be resolved through the principles set forth in the China-Japan Joint Statement.

Li Peng and his wife, accompanied by Foreign Minister Qian Qichen and several other high-ranking government officials, visited Japan for five days.

On April 16, Premier Li and his party left Fukuoka, his last stop of visit to Japan, for home.

Describing his visit as satisfactory and successful, Li told reporters at the Fukuoka Airport before his departure that his visit has strengthened the mutual understanding through his talks with his counterpart Takeshita and meetings with heads of political parties and friends in economic circles.

He hoped the two countries will treasure the existing friendship and properly handle existing problems between the two countries to ensure a steady development of the bilateral relations. □

Criminal Law Called to Revise

Some Chinese jurists are calling for the revision of the Criminal Law, suggesting that stipulations for the death penalty be further restricted while the crime of "counter-revolutionary" be dropped from the book.

Cui Qingsen, chief of the Law Institute of the Chinese Academy of Social Sciences said that capital punishment should be confined to cases where public security is endangered and when the national economy is in turmoil.

Many jurists suggested re-defining "counter-revolutionary crime" as "crime jeopardizing state security" and amending certain clauses in related stipulations.

They held that "counter-revolution is a political concept instead of a stringent concept of law, and does not suit the present situation."

It was appropriate in China in the first years of the founding of the People's Republic, the jurist said, but it is no longer the case now, when the country's overall situation is characterised by stability and unity.

The favourable changes in

Chinese society should be taken into account when revision of the Criminal Law is considered, Cui noted. The law was passed by the National People's Congress in 1979.

However, other legal specialists opposed amending the death penalty stipulations and held that death sentences should be more widely imposed for such crimes as serious fraud and forgery.

The jurists also recommended that the crimes linked to the illegal occupation, transaction and transference of land, damage to mineral resources, patent infringement, and diverting public funds be included in the code.

Other crimes the jurists suggested be included in the Criminal Law include prostitution, drug abuse, serious pollution of the environment and the publishing and selling of illegal publications.

They said, "The Criminal Law should protect the socialist democratic system and the democratic lives of the people."

China has joined many international conventions since 1978 and experts on law hold that the Criminal Law should stipulate regulations on international criminal activities.

They pointed out that many new problems have cropped up in recent years and some stipulations of the Criminal Law have become outdated, with the result that quite a number of criminals are going unpunished. □

Paris Styles Stir Up a Storm

Just one ticket cost 100 yuan! That's a shop assistant's monthly salary, and it only lasted an hour. If you lusted a glimpse for the world's latest Paris fashions — all pranced down the catwalk by internation-

al models — then it was your night. The price tag of the single show came to almost 100,000 yuan.

Others were not impressed.

Just when the National People's Congress, meeting across town the same day, was denouncing a decadent drift towards extravagance and demanding a thrifty, hard working lifestyle — all this fluff and fashion was staged, protested the *Economic Daily*.

The Paris Fashion Evening — a fashion festival of Europe's most avant-garde and daring styles entranced Beijing March 27. China's textile world — more than 150 of the industry's clothing firms and factories chipped in thousands of yuan — was squarely behind it.

Amidst the intoxicating French music and glaring colourful lights, 13 Paris fashion models staged a panache of 140 spring and summer haute couture designed by 19 well-known French fashion houses.

Controversy from the show is still rippling through the Beijing press that is arguing over just where lines should be drawn to define extravagance and economy.

"The extravagance of Paris was too remote from reality in China," griped an official from a donor firm.

"I wonder whether the sponsors are going to scramble for profits or anything else good," he grumbled.

"Is it necessary to stage such a lavish show of fashion here?" another show-goer complained.

"Activities should be carried out with the actual conditions of our nation and the interests of most Chinese people in mind," warned a sober report in the *Economic Daily*.

"Over 70 million people live in the poverty, some having an annual income of less than 200 yuan (US\$53). Some are even



Paris fashion models swagger on the catwalk.

DAI JIMING

worse off not having adequate food and clothing.

"Then you have the big cities and economically developed areas where fashionable clothes with 1,000-yuan price tags and 7,000 yuan watches can easily be found," said the report.

Meanwhile, said the paper, people in luxury hotels gorge up several thousands yuan while they show off during feasts.

This contrast is a fact of Chinese life. Although we desire a higher level of living, people must live within their means.

"Never embroider your rags with gold," *Economic Daily* quoted an old cadre as saying.

A few days later, *Economic Information*, came to the defence of the fashion people, saying that the show promoted a Sino-French exchange of cultural and fashion art and also helped to upgrade the nation's fashion industry in preparation for its entry into the competitive world market.

It held particular significance at the time of the French Revolution's 200th anniversary and the 25th anniversary of the start of Sino-French diplomatic relations.

"The show was the distillation of fashion art, hence a high level

cultural event," lauded *Economic Information*.

"We still have to appreciate the luster of fashion from its cultural aspect, aesthetical ideas and artistic tastes embodied in the fashions," quoted the paper from a *Renmin Ribao* (People's Daily) article.

"Most people would approve attacks on extravagance, a fact that nobody can deny," said *Economic Information*. "However, isn't it necessary to first clarify what extravagance really means before it is put to the torch?"

"French fashions and architecture have gained world fame, just as its novels, poems, music, ballet and drama. Fashion has long been a part of modern French culture and that holds the fundamental spirit of modernization within it," quoted the paper from *Renmin Ribao*.

"More weight has been given to economic and technological exchanges with other countries than to the cultural and intellectual ones and this has proven a demerit in terms of the overall national growth," the article was quoted as saying.

"Not a fen of state funds was used by the show. All money came through social donations," insisted *Economic Information*.

"And it wasn't a sales show anyhow," it added.

"I'm in favour of hard-struggle and leading a plain life during the next several years. But I hope people will not become too sensitive and start labelling everything extravagant," said the *Economic Information* commentator.

by Li Xingjian

Great Wall Wins 'V-Day' ?

Will March 8 go down as the "V-Day" for Chinese environmentalists? On that day Beijing's mayor Chen Xitong reportedly agreed to axe a multi-million dollar cableway project that is believed to threaten to ruin the surroundings at the Great Wall. The companies which undertook to build it, however, vowed to continue and speed up construction of the project.

Two years ago victory at the Great Wall looked doomed after Beijing's Badaling Tourist Service Co. joined forces with Hong Kong's Jinhui International Co. to push their skyway plans over many objections.

The project started last October looked like an all-win proposition. In both its building and completed stages, the skylift promised to generate foreign funds while allowing tourist companies to service clients more efficiently with the minimum of environmental damage.

Hong Kong's Jinhui Co. promised backing with \$US4.95 million of capital investment, with 20 percent — \$US990,000 — up front within two months of its March 1987 contract signing.

Beijing's side of the deal was providing land use rights at the Wall's popular Badaling Gate that was worth \$US500,000 for about 10,000 square metres.

But from the first discussions



China Tops 1.1 Billion People

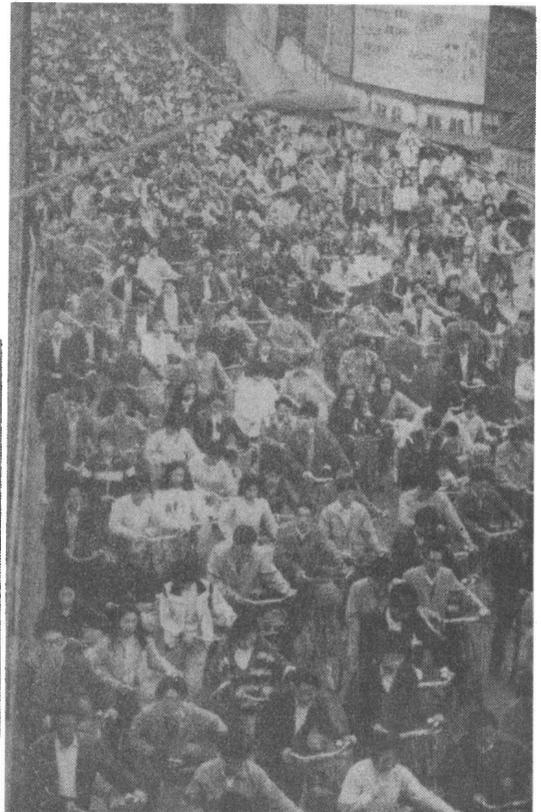
to six years of age. China now has more than 1 million non-registered children, who were born outside its population rules. □

This April 14 is being observed as China's "1.1 Billion People Day." The nation's population will reach 1.3 billion by the end of the century, according to Vice-Premier Tian Jiyun, unless stricter family planning controls are imposed.

(Picture 1) An everyday scene of cyclists blanketing Guangzhou's Haizhu Bridge in Guangdong Province.

The Du family (Picture 2) stay

in the suburbs of Urumqi, Xinjiang, to escape population controls in their native Sichuan Province. They have nine children, most without the required resident registration. Pictured here are Du Rongshun (right), his wife and their four younger children ranging between three



in 1984, talks were laced with objections when experts, such as Xie Ninggao, a Beijing University geography professor, joined by Shan Shiyuan, Zheng Xiaoxie and Luo Zhewen, declared that the thing, besides violating protection laws, would ruin China's greatest artifact.

The cable-people won the first battle. Armed with plans that showed the entire cablelift well hidden from open view, with one section wholly operating underground and the other slated to run above ground but below the wall by carrying tourists through

a valley, the cable-people overruled the objections.

Officials heard how the 4.5 million yearly visitors to Badaling have to squeeze through a small gateway where only a bus can pass, scratched their heads, and okayed the cablelift that was to come on line this May.

At the spudding-in rite at the Wall last October 14, Luo Zhewen, one of the experts, broke down and wept at the nation's tragic loss. China's greatest heritage, the Great Wall, was to be converted into a mid-way spectacle.

But then with more than half the earthwork completed this year, things started to go wrong. Cave digging under the Great Wall collapsed largely. It appeared because of the rocks' weathering due to exposure. Moreover, builders knew that if they put off the construction beyond May then tunnel cave-ins and landslides during Beijing's rainy season could destroy the Great Wall.

The last straw came with the discovery that the top sky station was 40 metres from the Great Wall — a thorough violation of

Chinese law that forbids all development within 200 metres of the Wall. □

To Protect Rare Animals

Several rare animals under state protection have been rescued from dinner tables and returned to the wild.

Those liberated include eight giant lizards, 20 pangolins, six masked civets, more than 20 kilograms of living frogs, a rhesus monkey, an eagle and a python.

Recent checks of more than 89 work units revealed that more than 27 restaurants and hotels linked with the hunting and marketing of wild animals.

According to the Guangxi Wild Animal Protection Association, more than 1,000 rare animals under state protection had been slaughtered in a great increase in killing and smuggling operations last year. People from Guangdong, Hunan, Yunnan, Guizhou and other provinces have also joined these illegal activities.

Wu Mingchuan, senior engineer of the China Wild Animal Association, said that Guangxi's wild animal population had been greatly reduced because of indiscriminate hunting, and that some animals, such as the Guangxi gibbon, golden monkey and sika, were on the verge of extinction.

In November 1988, China's first law of protecting wild life was approved by the Standing Committee of the National People's Congress to help combat the poaching and smuggling of wild life.

Beijing Municipal People's Congress passed wildlife protection regulations on April 2 that are expected to serve as model laws for other Chinese cities. □

Weekly Chronicle

(April 9-15)

POLITICAL

April 11

□ All socialist countries must carry out reforms otherwise the inherent advantages of socialism will not be brought into full play, Chinese Communist Party General Secretary Zhao Ziyang says when meeting with a delegation from Greece.

April 14

□ China's political situation is stable and speculation about Party leader Zhao Ziyang is incorrect, says Chinese Premier Li Peng in Tokyo. "I don't know that Zhao has the idea of resigning from his post," he says. He tells reporters that he and Zhao have co-operated very well on the whole, although he admits they are not entirely of the same views.

ECONOMIC

April 12

□ China is to build 1,311 kilometres of new railways, double tracks and electrification lines this year, says an official from the Railways Ministry.

FOREIGN RELATIONS

April 13

□ Political issues concerning the resumption of diplomatic relations between China and Indonesia have already been resolved, says a Chinese Foreign Ministry spokesman, adding that representatives of both countries to the UN have already started consultations on technical aspects regarding the resumption.

□ A women delegation from Laos is honoured at a dinner given by the All-China Women's Federation. This is the first delegation to China from the Lao

Women's Federation since the two countries established diplomatic relations in 1961.

SOCIAL

April 10

□ The number of infectious diseases cases for 1988 reached 5,022,852, with 16,090 mortality cases, says an official from the Ministry of Public Health. These figures are respectively 16.62 percent and 18.53 percent lower than for the previous year.

CULTURAL

April 12

□ A 19-year-old Chinese university student leaves for Canada to join an international expedition to the North Pole for research into the deterioration of the ozone layer. Liu Shuang and 21 other team members from 13 countries and regions will receive two weeks of training in Canada before doing month-long experiments at a meteorological observatory located near the North Pole.

April 13

□ The original ancestors of the Tibetans lived 10,000 to 20,000 years ago in a cave near Beijing, a Chinese anthropologist says. Professor Zhang Zhenbiao says his recent study of fossils found in Tibet show that these fossils of the New Stone Age (9,000 BC-6,000 BC) are similar to those of Peking Man.

April 15

□ Photographers from 12 countries, including China, the US, Britain, France and Iran are taking pictures around the country for a book called *A Day in the Life of China*. As the ninth book in the *A Day in the Life* series covering different countries, it is slated to be published in eight languages on October 1, the 40th anniversary of the founding of New China. □

Moscow Plugs New Eastern Europe Deal

Soviet leader Mikhail Gorbachev has reshaped Moscow's policy towards East European countries since he took office. The New Gorbachev vision spells a new deal for Eastern Europe with promises of mutual respect and trust. The prospect of Big Brother sitting down with other socialist nations, as an equal, is indeed enchanting.

by Song Yubo

Mikhail Gorbachev explained his "new thinking" on foreign policy when he spoke to the staff of his Foreign Ministry on May, 23, 1986. He stressed that the Soviet Union should give top priority to its relations with other socialist countries. These relations must be founded upon respect for each other's experiences and dignity, he said. Moscow must begin to understand the special character of these countries and trust in their ability to find their ways to development.

According to this new way of thinking, Gorbachev has made up his mind to readjust the Soviet Union's East European policy to allow his country to adapt to the world's changing situation. When examining Moscow's recent manoeuvres, we can say these readjustments emphasize the following:

The Soviet Union advocates the principle of political equality among socialist countries and no longer regards itself as the head of one big family. It has changed its former paternalistic attitude to one of consulting its allies regarding vital questions that affect them.

Gorbachev was quoted as saying that the phenomenon of the Soviet Union giving orders to other nations has become part of the past.

He argues that all communist parties are independent and that each socialist country should develop its relations on the basis of generally recognized principles. He said that the Soviet Communist Party understands that it has no right to interfere in any other party's internal affairs, nor to assert itself as the sole holder of truth, nor to demand that other parties keep pace with it.

Early in March, Karoly Nemeth, member of the Hungarian Socialist Workers' Party's Political Bureau and prime minister, after his Soviet visit, told correspondents that Soviet leader Gorbachev had welcomed Hungary's new evaluation of historical events and welcomed political plurality which Gorbachev took as the essence of democracy.

He quoted Gorbachev as saying that the Soviet Union would not blame Hungary for its choice of moving from a single party system to a multiparty system. Each communist party, Gorbachev said, should be independent, making its policy in accordance with its concrete historical conditions.

The Soviet Union has now stressed mutual benefits in economic relations with its allies. When he visited Czechoslovakia in 1987, Gorbachev stated that economic relations between so-

cialist countries should be built on the basis of equality and mutual benefit. These equal and mutually beneficial relations can be explained as the desire by the Soviet Union to found a new system of relations with East European countries, wherein neither has an unilateral advantage.

Even more hopeful has been the Soviet Union's admission that there are no universal formula and pattern for socialist construction. Soviet leaders have drawn lessons from historical experiences understanding that other socialist countries must be respected in their attempts in seeking a socialist road of their own. In the past this stand would have been beyond belief.

Gorbachev had made efforts to improve bilateral relations with East European nations. The Soviet Union has taken a new stand on its Polish relations based upon a realistic review of its history. It undertook to resolve historical "bitter problems" by cooperating with Poland. It allowed Poland to set up a consulate in sensitive Lvov in the Ukraine in order to help Poland care for her inhabitants there. These measures show good faith on the part of the Soviets in improving relations with Poland.

The Soviet Union has shown respect for the East European

countries' diplomatic initiative and has positively appraised their role in international affairs. Eastern Europe has gained more freedom to develop its relations with the outside world along the lines of their own concrete conditions.

In addition to this, the Soviet Union no longer intervenes with Eastern Europe in its relations with China and Western countries.

Some member nations of the Council for Mutual Economic Assistance (Comecon) have established ties with the European Community. Already, the Soviet Union has given the green light to the German Democratic Republic in developing special relations with Federal Germany.

Just as in changing its domestic and foreign policies, the Soviet Union also had great reasons to adjust its East European policy. In the later years of the Brezhnev reign, Soviet military power had already paralleled that of the United States—but at the cost of her economy being drawn to a standstill.

Faced with the expanding gap in science and technology, the relative decline of comprehensive national strength and its heavy "obligation" in international affairs, the Soviet Union of the later Brezhnev era was destined to decline as a superpower.

Gorbachev is resolved to improve the Soviet Union's disadvantageous position. He readjusted Soviet foreign policy, including the East European policy.

The adjusted Soviet policy towards Eastern Europe directly targetes for better relations with its allies. It also had the added spin-off of warming relations with the Western world. The new Soviet approach was designed to meet the needs arising from Moscow's strategy of accelerating domestic development.

This Soviet relaxation of its dominance over East Europe not



On March 24, 1989, Mikhail Gorbachev met with Karoly Grosz, General Secretary of the Hungarian Socialist Workers' Party, in Moscow.

photo by Xinhua

only benefited both sides, but also helped the Soviet Union to improve its image in the international political arena. This is very important to the easing of East-West relations, though it was not necessarily a vital move.

This reduction in control over alliance nations by the Soviet Union is both gradual and limited. The Soviet Union still insists that alliance members coordinate their foreign policies and that they take into due consideration both their national interests and the interests of the "big family."

Gorbachev set the tone for his East European policy when he visited Czechoslovakia. If every party, he said, only considers its own interest without caring for the common interest, without respecting friends and alliance nations, then the big family cause will not be a success.

In the future, the Soviet Union will carefully avoid giving orders to alliance nations. East European countries will try to achieve policy unity and uniformity with Moscow through consultation rather than through the total submission to the Soviets' will. A

more equal partnership between the Soviet Union and Eastern Europe will gradually replace the former "master-servant" relationship.

Internal relations within Eastern Europe will become more complex. Relaxation of Soviet control will permit the opportunity for some East European countries to form closer political and economically. The "Iron Triangle" relations of the German Democratic Republic, Poland and Czechoslovakia will be consolidated. Bulgaria and Romania, and Hungary and Yugoslavia, will further develop their special relations.

But on the other hand, national contradictions and territorial disputes which were previously checked by the Soviet Union will reappear, even to levels of sharp hostility.

The Soviet's readjustment of East European policy will bring about impressive international repercussions. It will help ease East-West relations, and especially improve relations between Eastern Europe and West. The Soviet Union will profit from the influx of Western technology

Tirana Starts to Open its Door

Subtle yet positive changes have been occurring in Albania since Ramiz Alia took office nearly four years ago. These have made a positive impact upon its national economy while improving its world image.

by Wang Hongqi

Albania has thrown out some previous rigid and outdated dogmas and started on a new innovative road. Slogans still prevail in Albania's capital of Tirana. But the old popular slogans that placed class struggle over everything, struggle at all times and in all places, have been replaced by those urging economic development, the importance of science and technology and the improvement of the living standard.

The Albanian Party of Labour (APL) has changed its working emphasis and presented some new theoretical concepts:

There is no ready-made key to socialist construction in either Marx or Lenin's works, nor is there any even in Enver Hoxha's

words. There has not been and cannot be ready-made patterns or universal methods to follow.

The notion that old ways cannot be changed is now over. Especially in the area of management, reform and innovation are now made without the least hesitation.

Practice has been made the sole criterion for truth.

Albania has drawn up a package of new economic methods. As a country of 28,700 square kilometres in size, with a 3.1 million population, Albania has made great progress in industrial and agricultural production since the establishment of the people's government, becoming basically self-sufficient in food and clothing by 1976.

Since the end of the 1970s, however, malpractices of the old system that have become amplified, coupled with natural disasters, a failure year after year to complete production programmes, an economic dislocation and a supply shortage have led Albania to an economic nose-dive.

From the beginning of Alia's reign, especially after the ninth conference of the APL in 1986, the government has initiated agricultural reforms.

It readjusted the proportion of various economic sectors and increased investment in agriculture, especially in light industry and the food industry.

This reform enforced a thorough shakeup of the Agricul-

and trade.

However, with all of this the Soviet Union risks the reduction of Eastern Europe's dependence, and faces the consequent decline of its regional clout through their independently developing ties with the West.

The improvement of Soviet-East European relation prepares the way for a normalization in Sino-Soviet relations. East European countries have taken the initiative in developing relations with China. This new relationship, including party to party re-

lations, has created conditions for improving Sino-Soviet ties.

The international communist movement will benefit from the improvement of Soviet-East European ties. Since Soviet-East European ties are closely related to the present international communist movement, any change of the former will certainly influence the latter.

Gorbachev's principles of respecting the internal affairs of other socialist countries have helped the members of the workers' political parties throughout the world

to emancipate their minds.. These parties can boldly and independently seek out a suitable development road. That the Soviet Union acknowledges socialist diversification, that it sees each country and each nation's special interests contributes to socialist nations in search of their own special development strategies.

Some of Gorbachev's predecessors had made gestures appearing to favour national and party equality. Now, the world waits to see whether Gorbachev will put his declarations of equity into practice. □

ture Department, established a food industry department, and strengthened organizational leadership over the two departments.

The practice of forced transition from collective ownership to unitary ownership by the whole people was ended.

Albania also canceled attempts at changing higher cooperatives into state farms. It put production teams in charge of farming to relieve pressure on food supply.

So far, reforms have not reached industry, especially the scientific research areas, but methods of salary awards, material incentives and prizes for invention have been implemented in an attempt to link workers' payments with production.

Albania's foreign policy readjustment has achieved a diplomatic breakthrough after Albania

accepted that peaceful coexistence and mutual dependence are the sole choice of the age.

To create a peaceful international environment for improving its economy, Albania is attuning its foreign policy to the current world situation and adapting to reality.

The above principles have guided Albania's foreign policy readjustment, allowing for great diplomatic inroads. Over the past four years, the country has established diplomatic relations with another 12 countries, bringing the total to 112.

In February last year, Albania changed its traditional attitude of not participating in multilateral activities except for those of the United Nations, and for the first time took part in the foreign minister's conference of the Balkan states.

Albania has also made pro-

gress in developing relations with Western states. But there has been no change in Albanian-US relations.

In October 1987, Albania settled the historical problem of war reparations and established diplomatic relations with West Germany. Two countries' trade and economic relations rapidly developed. The West Germany is now Albania's major trading partner.

Since the end of 1987, Tirana has resumed ambassadorial-level relations with the German Democratic Republic, Bulgaria and Hungary.

In 1983, Albania signed a long-term trade agreement with China that effectively renewed trade relations. Now, the annual bilateral trade volume is US\$40 million. Sino-Albanian relations are strengthening. □

Afghanistan: Situation and Prospects

This is the second and last part of the article. The first part appeared in our last issue.

by Hong Xicheng

All factions of the Afghan resistance forces are awaiting a quick overthrow of the Kabul regime. They all reject the Geneva accords which they never recognize and have always boycotted.

As the dust settles after the Soviet pullout it has become apparent that the chief task is the unity of the Afghan resistance forces.

Although it is gratifying to note that co-operation among the various factions has solidified, their differences remain.

The Afghan resistance forces includes many factions with different national, religious, tribal

and language backgrounds and political views, as well as varying degrees of foreign influences.

Even with the seven-party resistance alliance, the largest resistance organization yet formed, there have been internal disputes with moderates and hardliners holding strong differences.

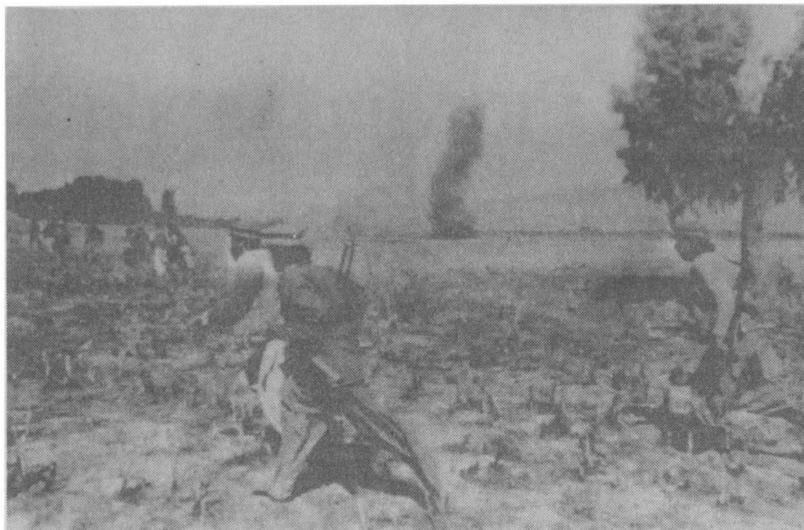
Some reports have said that the Soviet Union and the Kabul regime are attempting to exploit these differences from within the resistance forces in order to destabilize it.

Shevardnadze has indicated that if a provisional government includes the PDP, the Soviet Union will recognize it.

He also reaffirmed the stand for holding an international conference and demanded that the UN Secretary-General preside over such a conference.

The leader of the seven-party alliance has even praised the negotiations with the Soviet Union. While saying there are many problems to be solved, the focus of disputes between the Soviet Union and the resistance will be on the problem of whether or not the PDP can join in the future coalition government.

Former King Zahir Shah has called on the UN to break the deadlock. The new representative of UN secretary-general has



Afghan guerrillas fighting with government troops in Jalalabad.

travelled between Kabul and Peshawar to mediate. Other parties concerned are also seeking ways to resolve the Afghan issue.

Pakistani Prime Minister Benazir Bhutto said that members of the consultative assembly should be decided upon by the Mujahedin and asked the Soviet Union to stop its support to the PDP.

Meanwhile US President Bush said the US will match the Russians with continued military aid for the guerrillas as long as the Soviet Union supports the Kabul. Iran has asked various fac-

tions of the resistance forces to unite, and called for an early end to bloodshed, so the Afghans can solve their own issue.

Although there is some hope of ending the war through negotiation, that hope is only certain if the Soviets cut their support to Kabul.

Guerrilla forces will eventually achieve a decisive victory against the Najibullah regime once they can combine forces.

A speedy victory could also be achieved with a collapse, coup d'etat or military mutiny within the PDP.

Only the Kabul regime will be-

nefit if the resistance forces fight amongst themselves.

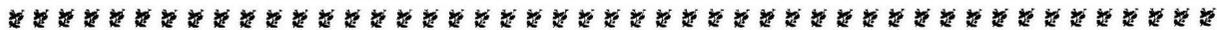
If this case of violent schism breaks out, then the country will face a situation of two separate and simultaneous wars. Various forces will tragically fight other splinter groups, and while they kill each other, the Kabul regime will continue.

The resistance forces are faced with either unifying or splintering into multiple camps. Each choice sails the nation to distinctly different waters.

To sum up, two possibilities exist:

First, peace is realized in a short time. Peaceful negotiations will be restored, a comprehensive political settlement will be reached, and a coalition government, including all parties, will be formed; or the resistance forces will jointly overthrow the Kabul regime and establish a coalition government.

Second, the war will continue for a long time. Under this situation, the resistance forces and the Kabul regime will continue fighting; or after the Kabul regime is overthrown, differences between the various factions of the resistance forces will be mishandled and result in new bloody conflicts. □



International Studies

(A Quarterly in Chinese)

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Fitness and Health Through Qigong

by Our Staff Reporter Cui Lili

For some people, *qigong* conjures up images as mysterious as UFOs. But over the centuries, ever more people have turned to this traditional form of physical and mental exercise. According to the China Qigong Scientific Research Association, one in 20 Chinese—both old and young, strong and weak—now practises *qigong*. Most do it to improve their health. But it can also help cure disease, often with seemingly incredible results. Recently for example, the Chinese press has carried many reports on paralysis cured through *qigong*, while its successful use in the treatment of terminal cancer patients has made it a major topic of scientific research.

Development

The origins of *qigong* can be traced back to 2500 BC. Floods coupled with central China's damp climate plagued many people with arthritis, muscle ailments and skin diseases. In response, a form of ritual dance gradually evolved. Its movements proved highly beneficial to bodily health—and *qigong* was born.

Early in the 5th century BC, one of China's most famous medical works appeared: *Huangdi Nei Jing* (The Yellow Emperor's Book of Internal Medicine). It not only included a discussion of *qigong* theory, but recorded in detail methods of treatment: "People with a prolonged history of kidney disease should turn to face the south from 3 am to 5 am. They should strive to concentrate on emptying their

minds. Holding their breath as long as possible, they should then stretch their necks, as if swallowing a hard object, and breathe in the fresh air. After repeating this process seven times, saliva will appear on the tongue."

Archaeological excavation of a tomb dating from the beginning of the Western Han Dynasty in the 2nd century BC has unearthed a drawing depicting more than 40 *qigong* postures, providing invaluable information on *qigong* techniques of the time.

During the Sui Dynasty in the 7th century, a group of Chinese physicians compiled a collection of traditional cures from across the country into another classic Chinese medical text, *On the Causes and Symptoms of Diseases*. It included a total of 260 *qigong* methods used for treating 110 varieties of illness.

More than 1,000 years later, the medical encyclopaedia compiled in the 18th century, *Collection of Ancient and Modern Books*, listed *qigong* as one of traditional Chinese medicine's four principal methods of treatment.

Qigong's evolution has continued since 1949, with major advances being realized in the following areas:

Medical Use. Since the first Qigong Treatment Convalescent Hospital was set up in Tangshan, Hebei Province, in 1954, the state public health department has overseen the establishment of 34 *qigong* hospitals. Now, most other hospitals and convalescent homes across the country also have special *qigong*

departments.

Teaching and Popularization. At present, Haidian University in Beijing and Guangzhou University offer specialist courses in *qigong*, while 37 other universities offer optional *qigong* classes. Beijing also has a Qigong institute and Qigong school.

Since 1986, the State Education Commission has included keep-fit *qigong* as a sports department subject in teacher training colleges and started to run keep-fit training classes for *qigong* teachers in colleges and other institutions of higher learning. In 1987, 700 or so short-term training classes for the public were set up across China, with more being added in 1988.

Scientific Research. China has at least eight magazines devoted to *qigong* research and popularization, with much of their information coming from China's ten national and many local *qigong* scientific research associations. The China Qigong Scientific Research Association, one of the 46 branches under the China Scientific and Technological Association, now has five working commissions. Its board of directors consists of nearly 150 leading scientists, scholars and *qigong* researchers.

In recent years, the use of *qigong* has gone far beyond the boundaries of medicine. Sportsmen and women have found it helps loose muscles, enhance the circulation and improve physical and psychological condition for competition. In education, *qigong* has been used to improve students' concentration and memory. And the military use

qigong to raise the combat ability, and self-control and endurance of soldiers in dire straits.

Theory

Researchers divide *qigong* into six schools: Confucianist, Taoist, Buddhist, medical, *wushu* (a form of martial art) and *zajia* (folk *qigong*). These schools are each subdivided into many branches, so that while there are now around 30 widely practised *qigong* methods, altogether there are more than 400 varieties.

While the schools each possess their own unique theory, they all agree that *qigong* raises resistance to illness and aids the development of a strong constitution. They also share the belief that the mind and body can be regulated and cultivated through the relaxation and concentration of mental and physical powers. In all the schools, the control of respiration plays a central role.

The basic aim of all the schools is to bring the body into a state of maximum repose and self-regulation. *Qigong*, it is claimed, can help realize full physical potential, resist illness, recover damage caused by diseases, and balance the body's relation with

the mind.

Recently, scientific research has begun to produce physiological evidence backing up *qigong* theory. It has now been established that disordered or overstimulated cells in the cerebral cortex can be returned to a relaxed state through *qigong*. These physical changes have been traced to a decreased rate of respiration and metabolism, which in turn greatly reduce energy consumption. As a result, the body's strength is fostered and more prepared to fight off illness. *Qigong* can also aid the generation of saliva and gastric juices, thus improving digestion and absorption.

All schools include references to the concept of "balancing the human with the sky." In traditional Chinese thought, the sky is a general term for nature. *Qigong* researchers maintain that

the body and nature exist as an inter-related and inseparable unity. It is the emergence of imbalances in this unity which are a key cause of illness. Consequently, *qigong* theory advocates that humankind should strive for coordination with nature.

Many authors of *qigong* books continually stress the importance of balance, calling on practitioners to "be suited to the four seasons, to have a regular life, to keep one's stomach neither too full nor too empty," and so on.

Taoism, founded by Lao Zi of the Spring and Autumn Period (770BC-475BC) contains one of the most penetrating elaborations of the relation between *qigong*, morality, behaviour and self-cultivation. Taoist practitioners hold that *qigong* should be practised not simply for health but also to cultivate one's mind, character and moral integrity in order to reach an ele-



Details of an ancient painting showing *qigong* postures.

"*Qigong*" masters treat a patient at the Beijing Wan Sujian *Qigong* Research Institute.



vated mental world.

Application

Qigong was first used medically in New China to cure stomach ulcers. A survey of 1,000 sufferers conducted between 1954 and 1959 discovered that *qigong* is effective for over 95 percent of them. Subsequent X-ray examinations showed that the continued use of *qigong* helped the body to absorb scar tissue, ensuring a complete recovery with no possibility of relapse.

In the last 30 years, the clinical use of *qigong* has helped cure more than 90 percent of patients suffering from diseases of the nervous system. It has also played a vital role in combating numerous other illnesses, including cardiovascular and respiratory problems, hypertension, pulmonary tuberculosis, chronic bronchitis, hepatitis, nephritis and impotence.

Li Ziran and his colleagues at the Tianjin College of Traditional Chinese Medicine's research institute have used *qigong* to cure 639 cases of hypertension. They have shown that with continued practice, high blood pressure can fall in eight weeks within a scope of 23.14 mmHg to 14.08mmHg. After just one session, drops of 10 to 12 mmHg have been recorded, accompanied by a marked improvement in physical condition, such as a stronger appetite, better sleep, more energy and strength. Under long-term treatment (one to three years), blood pressure was found to reach a stable state in 97.7 percent of cases.

But *qigong's* most heartening success has been scored in the treatment of cancer, exemplified by the experience of artist Guo Lin.

During her life, Guo endured six major surgical operations because of cancer. In 1949, suffering from cancer of the uterus,

she underwent a hysterectomy. Her bladder was partly removed in 1960, but the cancer still continued to spread. Guo did not despair. Instead she created a new form of *qigong* which she practised and refined until 1984. Then, aged 75, she died of a cerebral haemorrhage. Guo Lin's new *qigong* became popular across China during the 1970s, and is still widely practised.

Gao Wenbin, another advanced-stage cancer patient, made an unbelievable recovery with the aid of *qigong*. Following a chest operation in 1976, Gao, a naval officer in his sixties, was diagnosed with lung cancer. Because it had spread to his lymph nodes, a routine operation was out of the question. Chemical and radioactive treatments had killed off many of his white blood cells and affected his digestion and sleep. His doctor gave him six months to live.

Disappointed with conventional medicine, Gao began practising *qigong* in 1977. Two months later, his white blood cells began to multiply and his health improved all-round. X-rays in 1980 showed his condition had stopped deteriorating and the cancer had stopped spreading. Gao has now retired and lives an energetic life. He continues with *qigong*, advising all his friends to try it. Drawing on his own experience, he has also written a book on the clinical effects of *qigong* on cancer.

Clinical tests have verified that *qigong* can lessen the side effects of chemical and radioactive treatments. A study of 23 patients who practised *qigong* while receiving chemical and radioactive therapy conducted by the Shanghai Qigong Research Institute found it helped to reduce sickness, vomiting and weakness. It also suggested that *qigong* protected the body's blood-making organs, stimulating the creation of white blood

cells.

Now, combinations of *qigong*, Western medicine and traditional Chinese medicine are being used to treat increasing numbers of diseases. Conventional medicine is usually used in the early stages of treatment. *Qigong* is employed in a supporting role, enhancing the effect of Western drugs and lessening their side effects. When a patient can put himself into the required *qigong* state, *qigong* becomes the main method and medical treatments are gradually decreased.

In his book, *Scientific Basis of Qigong*, Professor Xie Huanzhang of Beijing Engineering Institute cites many instances of *qigong's* beneficial effects. With *qigong*, 17 percent of lung cancer sufferers live five or more years—only 7 percent of non-practitioners survive five years. Likewise, 28 percent of *qigong*-practising stomach and oesophagus cancer patients live five or more years. For non-practitioners, only 12 percent of the males and 10 percent of the females survive. Another survey of 100 advanced-stage cancer patients who were treated with both *qigong* and conventional medicine, showed that 20 recovered and then worked for three to five years.

Scientists are still exploring *qigong's* effect on cancer. One theory revolves around CAMP, an important component of the body's cell information system. It has been established that cancerous cells contain less CAMP than healthy ones, suggesting that malfunctions in information transference could be one of the causes of cancer.

Experiments have shown that if the amount of CAMP in blood can be greatly increased, the cell information transference capacity returns to normal. Researchers believe this might be one of the important scientific bases for *qigong's* effect on cancer.

Qigong's "Waiqi"

The academic world has concentrated its attention on the research and analysis of *waiqi* (outer breath)—the name given to the energy released by a *qigong* practitioner.

It has long been said that *qigong*'s curative powers lie in the *waiqi*, a *qigong* master generates within and then emits out of his body. In ancient Chinese medical records, many instances are listed in which *waiqi* was used to cure diseases. Traditional *qigong* theory holds that *qi* is one of the fundamental elements of human life. A good *qigong* practitioner accumulates *qi* in his body, which he can then emit to a patient.

When a patient's limb or organ receives *waiqi* from a *qigong* master, it first goes limp, then gets a tingling sensation, feels bloated and becomes hot, and sometimes moves involuntarily. Scientists now believe that *waiqi* has a physiological effect, improving blood circulation and raising skin temperature.

Zhao Keji from Beijing once had a 5.2 cm by 4.4 cm tumour—10 weeks of "qigong" cured it.

Many tests and experiments have been conducted in search of proof for the materiality of *waiqi*. Professor Feng Lida, deputy director of the Naval General Hospital, has explored the effect of *waiqi* on cells infected with cervical and stomach cancer. Using an electron microscope, Feng and her assistants discovered that active cancer cells changed state when subjected to *qigong*. They swelled up then disintegrated and died. In 60 experiments conducted with the help of *qigong* masters, 30.7 percent of the cervical cancer cells and 25 percent of the stomach cancer cells were killed with a single *qigong* treatment.

Li Caixi and his colleagues at the Academy of Chinese Medicine's Xiyuan Hospital have conducted several experiments on animals using *waiqi*. They discovered that white rats subjected to *waiqi* for long periods had increased serum immunity, enhanced lymphocyte RNA and DNA anabolism and far more terminal white blood cells than

When Li Lin from Sichuan Province began practising qigong, his abdominal pains disappeared.

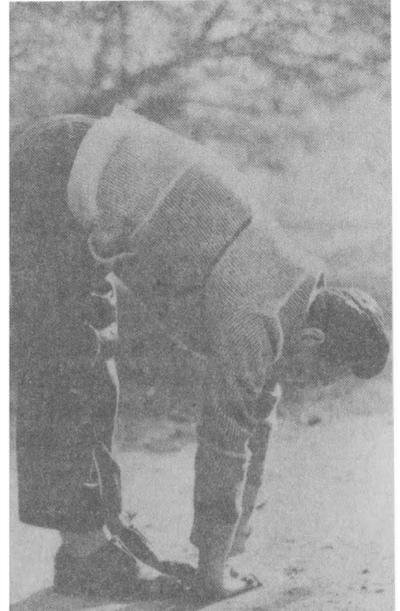
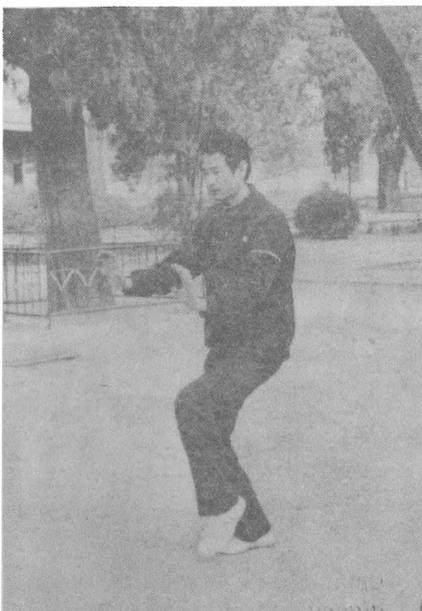
normal, suggesting *waiqi* can improve the immune functions of an organic body.

The Chinese Academy of Agricultural Sciences has made tests on *waiqi*'s effect on seeds. The plants grown from seeds subjected to *waiqi* matured earlier, were more resistant to cold and grew more strongly.

Although some scientists are sceptical of the reliability of various tests aimed at determining the materiality of *qi*, and others have denied the very possibility of *waiqi*, most now accept its existence. But what kind of material is this *qi*? How does it manifest its presence? How is it generated within the human body and then transferred to others? How can it be controlled and tapped? These questions pose an almost insoluble challenge to scientists—who cannot even agree on *qi*'s likely form: some regard it as radiant energy, others say it is an electromagnetic wave. Other suggestions included a kind of human laser beam and an energy transporting medium.

Through "qigong," this diabetic can now control his illness.

Photos by XU XIANGJUN



Whatever the answer, most people now agree the study of *qi* is a legitimate part of physiology. Research already indicates that the human body contains forms of energy science as yet cannot understand. Identifying them

could be a world-shattering event, says Qian Xuesen, a world renowned physicist and president of China's Association of Science and Technology, "Such a breakthrough will lead to a massive new technological revolution

—perhaps even greater than the one brought about by quantum mechanics, the theory of relativity developed at the turn of this century. It will reshape the entire human world." □

Qigong on Qinghua Campus

by Our Staff Reporter Cui Lili

Every morning, shortly after dawn, the campus of Qinghua University is covered in small clusters of people. They can be seen at the side of the road, in playgrounds, beneath trees, on small patches of grass. Some stand motionless, some sit with their eyes closed. Others imitate the movements of animals and birds.

Most impressive of all are the groups—numbering from dozens to more than 100—gently moving in unison. Under the guidance of a "master," each individual is striving to regulate his or her mental activity to reach a state of inner peace.

Despite their different movements, and despite the fact that some people do it alone and others in large classes, these people have one thing in common—they are all practitioners of *qigong*, a traditional Chinese form of breathing exercise that has had a resurgence in the 1980s.

A leading figure in the university's trade union estimates that 10 percent of the university's 10,000 students now practise *qigong*. Since 1980, the university has run 100 *qigong* training classes, attracting around 4,000 people.

Keep-Fit

In 1979, an investigation into the health of Qinghua's middle-aged teachers revealed that 10 percent were on complete or partial sick leave. Many others had poor physiques or suffered from premature ageing. Moreover, there were still a considerable number bearing the burden of illnesses dating from the "cultural revolution." But what was to be done?

In early 1980, one associate professor visited the university's trade union office. He said his wife's cancer had reached such an advanced stage that it was too late to operate. He asked whether the famous *qigong* master Guo Lin could be invited to open a class on the campus, as it might prove beneficial for both his wife and others.



Before he took up "qigong," Zhao Jingshun, an electrical engineer at Qinghua University, weighed 89.2 kg (top). Today he weighs just 71 kg.

The union took up the professor's idea, and soon 300 people were attending the university's first *qigong* course. Within several months, many of the practitioners were reporting better appetite and sounder sleep. Many of their ailments also took a turn for the better. One woman teacher, aged 50, was on sick leave at home because of serious neurasthenia. Despite several years of medical treatment, her condition had never improved. But after she joined the *qigong* class, she rapidly recovered. Not only has she now returned to work, but she is also an enthusiastic participant in the university's amateur Beijing opera troupe.

The curative effects of *qigong* greatly encouraged the class's organizers. Since then, various styles of *qigong* have been introduced to the university. Among the most popular are:

- Standing Posture *Qigong*, which involves standing erect with the knees slightly bent, holding one's hands about 30 cm apart, and focusing one's mind on one's *dan tian*, the region about one inch below the navel.
- Wild Goose *Qigong*, a combination of breathing exercises and an emulation of the movements of a wild goose.
- Cultivating Energy *Qigong*, alternatively known as the "Six Character Formula" because it involves saying *sh*, *he*, *hu*, *si*, *chui* and *xi*, while either sitting, lying or standing.
- Crane *Qigong*, whose movements resemble the habits and actions of a crane.
- Combined Appearance and Mind *Qigong*, with movements broadly similar to Crane *Qigong*, but differing in detail.
- Natural Breath *Qigong*, practised in a sitting position, with an emphasis on controlled breathing to bring the mind to a natural state of relaxation.

On dozens of occasions, the university has invited famous

qigong masters to give lectures and special performances—all of which have helped to further popularize *qigong*.

Over the past nine years, several surveys have investigated the benefits to be had from *qigong*. They indicate that more than 90 percent of those who persist in practising *qigong* have greatly improved their health. In 1980, the university's trade union began observing 23 *qigong* practitioners with cancer.

Five of them have since died, but most of the other 18 have resumed work, with far better physical and mental health than before. For example, one woman teacher, Lei Guojian, fell ill with advanced cervical cancer in 1983. Her doctor said she only had six months to live. But with the help of both Western medicine and persistent practices of *qigong* she has continued to live a healthy life up to the present day.

Many other examples of miraculous recoveries could be given. There is Wu Aizhen, a teacher in the university's Thermal Energy Department. Previously she suffered from frequent attacks of sclerosis, hemiplegia and anaemia, leaving her unable to speak or write. Conventional medicine had little effect. But, after just three months of *qigong* in 1983, her powers of speech and writing began to return. Now she can cycle to work and even attend academic symposiums in other cities. "It was *qigong* that gave me a second life," Wu often says.

Han Suhe, who works at the university's library, tells a similar story: "When I was six years old, I caught an ear infection which left me deaf in one ear. A



Shortly after dawn, a group of "qigong" practitioners concentrate their qi in one of Beijing's parks.

XU XIANGJUN

few years ago, I began practising Cultivating Energy *Qigong* because of high blood pressure. One day, after three months of *qigong*, I felt an itch inside my bad ear, then I heard a buzzing sound. Slowly, for the first time in 50 years, this ear began to work again. Now I can not only hear human voices, but even the sound of a wristwatch."

Although he isn't ill, Wu Guangzhou, a student in Qinghua's Radio Department, is a *qigong* lover. According to Wu, since learning Combined Appearance and Mind *Qigong*, he has felt healthy and full of energy. Unexpectedly, his sport marks have also improved: he now runs 1,500 metres in 5 minutes 10 seconds, 36 seconds faster than before, and his 100 metres time has been cut from 14.3 seconds to 12.9. This surprised Wu's sport teacher, who presumed Wu must have intensified his spare-time training. Wu denies this: "It can't be true—I spend almost all my leisure hours practising *qigong*."

Slimming Aid

The use of *qigong* as a slimming aid became popular at Qinghua last year following a newspaper report on a *qigong* variant developed by *qigong*

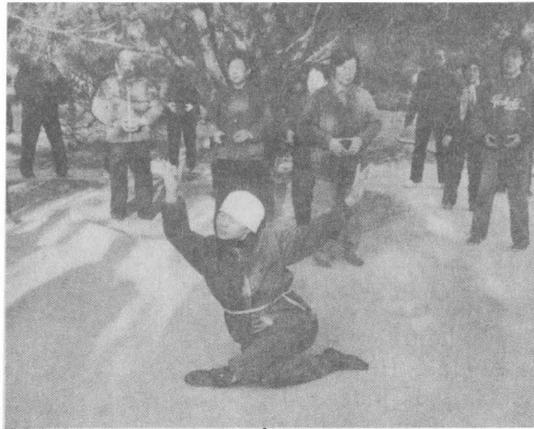
master Zhang Yunlin and refined by others. The article said it left people feeling energetic, but not hungry, even if they had eaten little or no food. It was reportedly so effective that some people claimed they lost an average daily weight of 250 g. after just one month's practice.

Slimming with *qigong* is different from dieting. The theory is that through special breathing exercises, people can learn to regulate their endocrine and nerve functions and improve their blood circulation, and so consume surplus body fat. Once practitioners are satisfied with their weight, they can eat as much as they want. As long as they persist with the breathing exercises, weight will not increase.

Scientific tests conducted at Qinghua on people practising body-building and slimming *qigong*, have shown that those with high blood pressure or abnormally functioning livers and other organs rapidly recovered full health. Most of them also become more energetic than before.

Along with workers from a nearby company, teachers and students at Qinghua opened a *qigong* centre for body building and slimming. The slimming *qigong* has spread across the country, attracting 10,000 people from all walks of life—more than 95 percent of whom have registered considerable weight loss.

One of them was Professor Zhang Wei, vice-chairman of the China Association for Science and Technology and former vice-president of Qinghua University. Before practising *qigong*, he weighed 79 kg. Through *qigong*, he lost five kg in only 12 days. Li Juan, one of the China Central

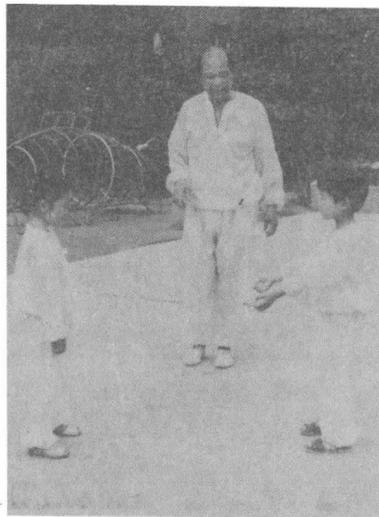


There are few limits on the possible positions for "qigong."
XU XIANGJUN

TV's best-known announcers lost seven kg in 14 days. After two months of *qigong*, Xiao Jiang, 32, a woman worker at the Beijing Forestry College, saw her weight drop from 83.5 kg to 60 kg, while her waist decreased from 90 cm to 67 cm and her stomach from 110 cm to 80 cm. Nor did her skin become flabby or wrinkly: it's now smooth and lustrous, and she looks far prettier and younger than before.

Inspired by this success, the centre compiled a book describing how to practise slimming *qigong*, what effects it is likely to have and its scientific basis. Two "Qigong" practitioners start young.

ZHANG YAOZHI



months after publication, it had sold one-third of its 150,000 print run.

Scientific Research

The remarkable effects of *qigong* have interested many scientists at Qinghua, leading to the establishment in 1983 of a *qigong* scientific research group with members coming from many branches of learning. As most of them were already *qigong* practitioners, they combined the fervour of belief with a knowledge of the rigorous tests needed to establish its scientific basis.

Over the past few years, the group have attempted to verify the existence of an exterior energy released by *qigong* masters. Their many chemical and physical experiments involving the use of a wide variety of scientific instruments, have put them at the forefront of *qigong* research in China.

In one experiment, considered among the best conducted so far, several *qigong* masters directed their "energy" over short and long distances at tap water and physiological saline and glucose solutions. Scientists monitoring the experiment with laser instruments, witnessed large-scale changes as molecules were transformed into other substances. The scientists assumed the reactions took place because of energy released by the *qigong* masters. They believe it is this energy which has a physiological effect on the human body, curing disease and improving health.

Although some scientists still doubt these results, many others, including biophysicist Bei Shizhang, physicist and mathematician Qian Xuesen, and nuclear physicist Qian Sanqiang, said they pushed research to a higher stage. □

Tibetan Deputies on 'Human Rights'

by Our Guest Correspondent Wang Peng and Our Staff Reporter Yang Xiaobing

On March 5, Lhasa, the capital of the Tibet Autonomous Region, experienced its third serious riot since September 1987. The rioters shouted slogans calling for "Tibetan independence." As some foreigners have also concerned themselves with the question of Tibet's "independence" and the status of "human rights" in the region, we interviewed several CPPCC members and NPC deputies from Tibet at the Second Session of the Seventh CPPCC National Committee and the Second Session of the Seventh NPC.

The first person we talked to was Dongge Luosang Chilie. This "Living Buddha," who had been personally selected by the 13th Dalai Lama, is now a CPPCC National Committee member, a professor at Tibet University, the honorary president of the Tibetan Academy of Social Sciences and a specialist in Tibetan studies. He gave us a brief account of Tibet's history:

"During the 400 years up to the mid-13th century, Tibet had 18 religious sects and 15 local tribes who each managed their own affairs. During the 13th century, six religious sects surrendered to the Mongolians, who then sent troops into Tibet and unified the region. Immediately afterwards, the Mongolians subjugated the Song Dynasty (960-1279). They made Beijing their capital and established a unified multi-national state which became known as the Yuan Dynasty (1271-1368).

"Since then, Tibet has always been a part of China's territory. Taking advantage of the Qing government's corruption and incompetence in the late 19th century, British colonialist forces invaded Tibet, resulting in the claim that it was an independent state. However, Tibet did not become independent. During the Kuomintang's rule over China, the Dalai Lama set up a Tibet office in the then capital Nanjing. This shows Tibet remained a part of China at that time."

Lhamin Soinam Lhunzhub, CPPCC National Committee member and vice-chairman of the Tibet Autonomous Region, said, "Although some people advocate the 'independence' of Tibet, the central government cannot agree with this, neither can the Chinese people, including the Tibetans. The central government allocates nearly 1 billion yuan of funds each year to Tibet and has drawn up a series of special policies for the region. For example, Tibet is allowed to keep all its foreign exchange earnings and in agricultural areas farmers do not need to deliver grain to the state for five years. In pastoral areas, cattle are con-

tracted to households.

"As regards national directives issued by the central government, Tibet may adapt their implementation to the region's circumstances. Over the past 30 years, supported by the central government and the various nationalities, Tibet's economy has gradually developed, and a lot of work has been done towards implementing national autonomy. Tibet is an inseparable part of China's large family of nationalities."

Vice-Chairman Lhamin, who was born into a noble family that once owned 5,000 serfs, was formerly an official of Tibet's government before 1951. Speaking about "human rights," he said with deep feeling, "before democratic reform in 1959, Tibet was a feudal serfdom. Peasants and herdsmen had to do corvée (unpaid labour) for the local government and manorial lords, and all the serfs were deprived of personal freedom. Without the approval of the manorial lords, they could not engage in business, become lamas or do anything. Serfs were personal appendages of their owners, who could exchange and sell them at will.

There were no human rights to speak of.

"Now, like people in other parts of the country, the Tibetan people enjoy democratic freedom within the framework of the Constitution. Of course, our legal system needs further improvement, but this is a task facing all the Chinese people, including Tibetans."

Lang Jie, vice-chairman of the Tibetan People's Congress (third left).



The overwhelming majority of Tibetans are Buddhists. During the "cultural revolution," even Tibet could not escape the ultra-left line that swept across China, and large numbers of temples and monasteries were damaged. Now more than 200 of them have been rebuilt with central and regional government funding and another 700 have been renovated by local people. As Lhamin pointed out, China's Constitution states that citizens enjoy freedom of religious belief; this stipulation has been fully implemented in Tibet.

How do ordinary farmers and herdsman regard the "human rights" issue? Dawa Pianduo, 43, a farmer and NPC deputy from Tibet, said, "In the past my family were tenants, we lived in dire poverty and had no autonomous rights. What 'human rights' were there to speak of? It's said that in old Tibet there was no sex distinction in our village—as the peasants wore rags all the year round, it was hard to distinguish the men from the women. In those days, my family had five members, but there was only one blanket for every two of us, and there was almost no furniture in my home. Our poverty was caused by the exploitation and oppression by the manorial lords. Peasants were subjected to all manner of restrictions. After the People's Liberation Army entered Tibet, rents for land and interest on loans were reduced. The Tibetan people finally became the masters of the country. As a result of the reform and open policy, we have now become comfortably off. Besides having enough food and clothing, we have bought a lot of beautiful and luxurious furni-



Suolang, deputy commissioner at Tibet's Xigaze Administrative Office (second left).

ture. Steadily our life is getting ever-better."

In Dawa Pianduo's eyes, changes in living conditions are far more important than shouting empty slogans about human rights.

He said, "This time I have come to Beijing with the intention to convey the desire of the people in my county and township for political stability and unity in Tibet. The Tibetan people want unity and oppose splitism. They need to develop Tibet's economy, culture, science and technology."

Vice-Chairman Lhamin echoed his views, "The central government's Tibet policies cannot and will not change. However, it needs to formulate more popular policies and measures so that all people in Tibet of whatever nationality become better-off."

Qiangba Chilie, president of the Tibetan Medicine Hospital (centre).



Gawang combines his position as an NPC deputy with being a lieutenant colonel in the PLA. After flying from Tibet to Beijing he felt unwell because of the sudden change in altitude and was sent to hospital. He said that during the two days he had had to rest, his heart had been with the NPC session. He was going to bear the spirit of the session back to Tibet, he added.

In 1952, Gawang was born into a poor herdsman's family in Nagqu Prefecture. His father's generation were all serfs. He can still remember the hard life he experienced as a child. Like many other families in those years, there were no valuable things in his home. Indeed, he and his family lived in a dilapidated tent all the year round. Although they toiled all day long for the serf-owner, they still could not eke out a living and often had to beg. "When basic daily necessities could not be guaranteed, what human rights were there to speak of?" he said. When democratic reform was initiated in Tibet in 1959, Gawang's father gave it firm support. However, not all local people quite understood the Communist Party at that time. Some praised it, others said they weren't so sure—they would have to wait and see. But they all agreed on one point: none of them wanted "Tibetan independence."

After democratic reform, it became common knowledge that the Communist Party was good for Tibet. Gawang explained that through the Party, everyone enjoyed political and legal equality. Later the Communist Party helped the Tibetan people in their economic construc-

tion, particularly in popularizing culture, introducing education and wiping out illiteracy.

Gawang was sent to school in 1961. Even then he cherished the hope that he would become a PLA soldier, and in 1970 he joined up. He studied medicine in the army and became a medical officer. Talking of the claims made by some people abroad that Tibetans were made to toil as coolies and that there were few Tibetan cadres, Gawang said, "These are really fantastic stories. Aren't Redi and Danzeng, secretaries of the Party committee of the Tibet Autonomous Region, and Doje Cering, chairman of the government, Tibetan cadres? At the next tier of gov-



Gawang, a medical officer in the PLA, offers his opinions on "human rights" in Tibet. Photos by XUE CHAO

ernment there are more Tibetan cadres, and at county and township level, almost all of them come from minorities. There are two Tibetan generals in our

army, and many Tibetans are colonels and captains. The question of national discrimination simply does not exist.

"At present, herdsmen in Nagqu all have tents to live in in summer and two-roomed brick houses in winter. Many households have colour televisions and people put on their holiday best during festivals.

"Even before 1959 when the masses were still dubious about the Communist Party, they were opposed to any divisive activities. Today when they live a happy life under the leadership of the Communist Party, they all the more oppose any act aimed at splitting the motherland."

NPC deputies Pingcuo and Jianzheng are from minority nationalities in Tibet, Pingcuo belongs to the Monba and Jianzheng to the Loba. Today, united in China's large family of nationalities, people all have the sense of being masters of the country. Before democratic reform, extreme social inequality had prevailed in Shannan Prefecture, Pingcuo's hometown. Serf-owners would kill or sell serfs at will. Peasants and herdsmen were deprived of all political rights. "At that time only a handful of people had 'human rights,'" said Pingcuo, "over 95 percent of the population endured a life worse than a beast of burden. Their destiny was decided by others—they didn't have any human rights. Every Tibetan aged 45 or over knows this."

Jianzheng said that in 1968, when statistics were first collected, grain output per capita was 150 kg and average annual income was around 10 yuan. "Now every one has more than 350 kg of grain a year and the average income is over 200 yuan. The people have ease of mind. The riots staged by a handful of people in Lhasa have disrupted daily life. We can never tolerate this."

VICE-CHAIRMAN NGAPOI

On Negotiations Between Beijing and the Dalai Lama

At a press conference held on March 31, Ngapoi Ngawang Jigme, vice-chairman of the NPC Standing Committee, answered questions on Tibet from Chinese and foreign correspondents. One question concerned negotiations between the central government and the Dalai Lama.

Ngapoi said that as far as the central government was concerned, the door was always open for talks, but when the Dalai Lama declared he was willing to meet representatives from the central government last January in Geneva, his delegation was composed of so-called "principal members of a government-in-exile." The central government has never recognized this "government-in-exile," therefore, it was impossible for negotiations to proceed.

Ngapoi then said the presence of a foreigner serving as a so-called "legal adviser" in the Dalai Lama's delegation constituted a second obstacle to the talks. Negotiations between the central government and the Dalai Lama were a purely internal affair which brooked no interference from foreigners.

Ngapoi added, "We ask the Dalai Lama either to come himself or send a representative who can represent his personal opinions to negotiate with the central government. So far the Dalai Lama has not sent anyone."

Ngapoi noted that the death of Vice-Chairman Bainqen Erdini Qoigy Gyaincain would not change the central government's policy on negotiations with the Dalai Lama. "So long as he stops advocating 'Tibetan independence,' wishes to return to the motherland and wants to contribute to safeguarding national unity and aiding the construction of the country, and Tibet, we welcome him to return."

FROM THE NPC

Adhering to the Open Policy

by Our Staff Reporter Li Rongxia

How to develop China's coastal areas and promote the growth of an export-oriented economy was one of the major topics of debate in the panel discussions of the Second Session of the Seventh NPC.

Deputies repeatedly pointed out that, while the economy was going through a nationwide overhaul, the special economic zones (SEZ) and coastal regions should not stand still or adopt a wait-and-see attitude. Instead they should continue to exploit their favourable conditions and blaze new trails.

The Shenzhen, Zhuhai, Shantou and Xiamen SEZs had now largely established independent internal management mechanisms, said deputy Liang Guangda from Guangdong Province. Their economic strength and technological level had increased, and now they looked abroad both for raw materials and markets. In sum, they had acquired a capacity for self-development. As the economic environment improved and the economic order was rectified, Liang continued, the SEZs should strive to expand exports and improve their management of joint ventures, co-operative enterprises and solely foreign-funded firms.

Lu Ruihua (right), NPC deputy and mayor of Foshan City, Guangdong Province, talks with a Beijing Review correspondent.



Zhao Xinliang, a deputy from Liaoning Province, said he believed China's open policy would remain unchanged. The economic overhaul was aimed at creating more favourable conditions for foreign-funded enterprises. He said it would help China keep a more sober mind and encourage everyone to do a better job.

Prospects

China has now approved more than 15,000 foreign-funded enterprises. Some 40 percent of these are in operation, and 80 percent are located in the coastal regions.

Deputy Zhang Yaxiong from Tianjin Municipality said China's economic restructuring would prove beneficial for foreign-funded enterprises. For example, markets would gradually improve, and with a stricter financial system in place, conditions for equal competition would be strengthened. With inflation curbed, he said, costs and commercial expenses should stabilize, thus helping profitability.

The cutback in capital construction would make some construction workers redundant, putting foreign-funded businesses in a favourable position for expansion and updating schemes.

The economic squeeze, however,

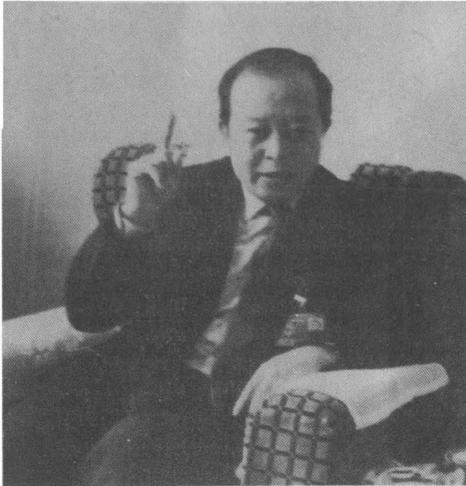


Deputies from Tianjin discuss opening up the coastal areas.

will also have some detrimental effects on foreign-funded enterprises. Zhao Xinliang pointed out that as many of them relied on the market for their supply of raw materials, it would be more difficult to secure some important materials such as rolled steel and timber. Likewise, shortages of raw materials and transport meant many materials were not delivered to companies on time. This and the inadequate supplies of electricity have impeded production.

Deputy Lu Ruihua from Guangdong Province predicted that the tightening of the money supply would lead to the Chinese side in some joint ventures being unable to secure funds for expansion. He suggested joint ventures should be given special treatment to avoid this problem.

The changes in China's economic situation had already adversely affected foreign business confidence in some places, said Zhang Yaxiong. He reported that no agreements on co-operative projects had been negotiated in



Liaoning deputy Zhao Xinliang presses home a point.

Photos by XUE CHAO

the Tianjin Development Zone during the last quarter of 1988. However, prospects were much brighter in Dalian and Foshan. Following improvements in the supply of electricity and raw materials, a large number of foreign companies had continued to arrive for business talks.

Measures

Liaoning deputy Zhao Xinliang said ensuring the success of

foreign-funded enterprises called for great efforts in overcoming any problems they faced. He listed a series of tasks that should be carried out to attract further foreign investment: the acceleration of infrastructural construction, better supplies of electricity, the expansion of harbour construction, the elimination of bureaucracy and corruption, and the raising of work efficiency. Zhao also suggested foreign-funded enterprises should be concentrated in small areas to facilitate the supply of electricity and raw materials.

Zhang Haoruo, an NPC deputy and the governor of Sichuan Province, said that an enterprise property trading market would be opening in the near future, in which foreign investors would be able to contract, lease and buy small enterprises or their shares.

One of the features of the current economic overhaul, said

Zhao Xinliang, should be the curbing of small and medium-sized state enterprises realizing poor economic returns and township businesses with high energy consumption and low output. The funds and energy thus saved, he continued, should then be used to support the development of foreign-funded enterprises. As long as foreign-funded businesses follow China's industrial policy, they would definitely succeed, he added.

Lu Ruihua said China's policy had proved successful and should be adhered to. The current international situation, he added, offered many opportunities to China: if they were not taken, the country's economic development would suffer. In improving the economic environment, the temptation to put excessive restrictions on foreign-funded companies should be avoided, and legislation further strengthened needed to safeguard the legitimate rights and interests of foreign investors in China. □

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Two Anecdotes About The Late Premier Zhou

BEIJING WANBAO
(Beijing Evening News)

Send the Oranges Back

One winter in the 1950s, in Nanfeng, Jiangxi Province, during the orange harvest, the provincial Party committee sent a railway car full of oranges to the Party Central Committee leaders as a token of their concern.

On learning about this, Premier Zhou criticized the Jiangxi provincial Party committee. He said, "The Central Committee repeatedly gave instructions not to send presents to leaders. Why did you send oranges to us?" And he asked to have them sent back.

The Jiangxi provincial Party committee accepted the criticism and acknowledged their mistake. They agreed not to present any more gifts in the future, but nevertheless asked not to have the oranges sent back. But, being strict, Premier Zhou insisted on returning them.

The reason why Premier Zhou was so unyielding was that he wanted to warn the leaders of other provincial Party committees not to send presents to the Central Committee's leaders.

The State Council Refuses a New Auditorium.

The State Council had a small auditorium with about 500 seats located next to Ziguangge Hall. Its administrative affairs bureau put forward a plan to build a new, big auditorium many times. The plan, however, was not approved by the premier who said, not during my

tenureship."

Later, the administrative bureau presented a new proposal to rebuild the small auditorium, but this too was rejected by the premier.

In 1960, one leader arranged for the reconstruction of the auditorium without the premier's approval. When the premier learnt of it, he became very angry. He criticized the leader and gave orders to restore the building to its original state.

(January 6, 1989)

Students on the Look-Out Love

RENMIN RIBAO
(People's Daily)

On university campus the sight of a couple kissing may be commonplace throughout the Western world, but it raises the hackles of many Chinese who still consider such behaviour scandalously averse to long-established oriental traditions of propriety.

But while old-timers may frown on seeing a couple of college students locked in an embrace oblivious of the public eye, most Chinese university students are beginning to take such a phenomenon pretty much for granted.

On Saturday nights at the campus of Zhongshan University in Guangzhou, capital of south China's Guangdong Province, couples can be found walking hand-in-hand along the shadowy lanes, or embracing each other on the lawns and in thickets, as if the future of humanity de-

pendent upon it.

In fact, the question of whether or not it is good to have love affairs at university is becoming one of the hottest topics of debate among Chinese students.

For example, a recent survey of one class at a university in Beijing revealed that 28 of the 35 students have partners. A similar survey, made at Zhongshan University, showed that half the class is already "going steady" or actively "looking around." The number of student romances is not only increasing, but beginning earlier—even first-year students are pairing off.

The sample surveys also indicate that only 5 percent of the students disapproved of these tendencies, feeling that all one's energy should be concentrated on studies.

It was only a few years ago that lovers who were meeting regularly tried hard to keep their romance a secret. They would communicate secretly, slipping each other little notes between the pages of a book or plotting private meetings in out-of-the-way places. But now couples prefer to let it be known that they exist. They go to the college reading room and dining room together — an exploit uncountenanced in former days, and sometimes even kiss and embrace in public.

Students have come up with their own term for this change of conduct, unseemly as tradition would pronounce it. Like all Chinese descriptive phrases it breathes its own poetry. The new behaviour is called "romance under the moonlight brought out into the sunlight."

Regulations regarding student romances have been successively changed from "forbidden" to "not allowed," and finally to "not encouraged."

Thus, although love seems to be having its way on the campus,

it may not necessarily lead to marriage—as it would undoubtedly have been pressured to do in the past. The reason is that university students give priority to emotions but think little about marriage.

For instance, a student of Shanghai's Fudan University who has had a girlfriend for more than a year, said, "My main reason for being in love is to seek understanding. The question of whether or not we will get married is not under consideration right now."

But most students take a serious attitude towards love. Their standards for selecting partners are mainly personality, dedication, a compatible temperament and common interests. For the time being, the reason for some students to be in love is to gain psychological sustenance on a situation where they find school life dry as dust and devoid of meaning.

Reasons for engaging in love affairs vary of course, but once a rift between the two people occurs, they split and go their separate ways.

A number of university students look upon sexual intercourse as the natural result of the development of feelings. Taking love too lightly may have serious repercussions, such as unwanted pregnancies which can result from hasty or ill-considered liaisons, and which often end in a visit to the abortion clinic by distraught female students to the detriment of their health and studies.

The proliferation of love affairs among university students has created trouble for school authorities, whose views on how to handle the trend vary, yet most will agree that "The matter is pressing and must be dealt with at once," as a teacher from China University of Science and Technology put it.

(January 19, 1989)

The New Situation of China's Families

RENMIN RIBAO
(People's Daily)

A sample survey of families in 1987 showed that China's family structure had undergone a new change.

The average size of families was becoming smaller, with the number of family members averaging 4.23 per family, a 0.18 reduction as compared with 1982, the year the third national census was conducted. In economically developed areas such as Beijing, Tianjin, Shanghai, Jiangsu, Zhejiang and Shandong, the figure was less than four members.

The proportion of families with one or two members each had decreased while that of families with three or four members each had gone up. For example, the proportion of families with only one or two persons had dropped to 5.53 percent and 9.50 percent respectively; that of families with five members or more each went down to 40.17 percent from 46.35 percent in 1982; that of three-member families increased from 16.05 percent to 21.04 percent; and that of families with four people climbed up to 23.84 percent from 19.54 per-

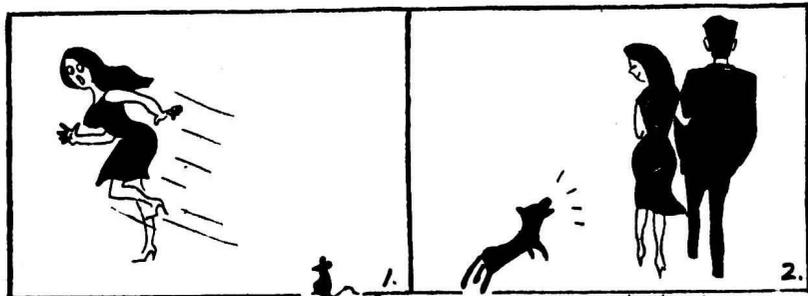
cent.

The figures above show that China's families tend to be medium-sized or small, while in rural areas things are different: families with five or more members are prevalent.

Two-generation families with a couple and a child make up the majority of families in the nation, totalling 65.86 percent. The proportion of families consisting of wife and husband had increased to 5.48 percent and that of families of three generations or more rose to 18.52 percent, a 1.39 percent increase over the 1982 figure (17.13 percent). In the countryside, where families still act as the basic production units, three-generation families have proved to be more productive than other kinds of families.

Of all households made up of only one individual, about 50.81 percent were in their 60s or older. Most of them were either unmarried or widows and widowers. Of all the persons living alone as one household, 41.73 percent have lost their spouses; the number of widows was twice that of widowers.

(August 5, 1988)



A Sense of Security.

by Lu Hongqun

China's Medical Equipment Market

China's 310,000 medical units spend US\$260 million on importing medical equipment every year, making the country one of the world's largest markets for medical appliances.

With the rapid development of industry over the last few years, China's imports of low-technology medical apparatus have steadily decreased. Between 1986 and 1988, for example, overseas purchases of dental, surgery, artificial respiration and other treatment equipment fell by more than 30 percent annually.

However, imports of high-grade medical equipment have risen fast. A few years ago, for instance, county-level hospitals were satisfied with domestically made X-ray machines. Now they want more sophisticated foreign equipment. The situation was summed up recently by an employee from America's Diconiks: China has more than 1,000 county-level hospitals, 100 prefecture-level hospitals, 200 provincial-level hospitals and several hundred military hospitals. They all want to buy our B-type supersonic diagnostic sets. My God!

According to Xu Hong, an official at the State Pharmaceutical Administration, China's investment in producing medical equipment amounts to just one-fiftieth of the country's spending on healthcare. Faced with this lack of funding, she said, the Chinese medical industry cannot develop high-grade products, and the country will have to rely largely on imports for the foreseeable future.

Nonetheless, she continued, the State Pharmaceutical Administration has been attempting to ease this reliance on overseas

goods. A Shanghai factory, for instance, has recently signed a contract with Siemens of Federal Germany to import both equipment and manufacturing technology.

At the same time, China is looking to increase its capacity to assemble high-grade medical equipment manufactured overseas and then sell it on the domestic market.

Given current conditions, Xu said, China's best option is to seek co-operative production agreements, similar to the one Japan's Matsushita has already negotiated with the Chinese government to produce magnetic nuclear resonator instruments. She added that such shared ventures were likely to monopolize medi-

cal equipment production for the next 10 or so years.

With the Chinese economic boom in recent years, many transnational corporations have established offices in China. Not all of them, however, have met with the instant success they expected. Already some Hong Kong firms with little financial backing and poor business practices have pulled out, as have several richer European and US companies who failed to investigate Chinese conditions in advance.

There are now around 50 overseas companies, mostly agents from Hong Kong, selling medical apparatus and equipment in Beijing. Among them are Hewlett-Packard from the United States and Siemens from the Federal Republic of Germany.

by Yue Haitao

Container Trade Grows Fast

Since China opened its first container route to Australia ten years ago, its international container trade has developed rapidly. There are now 23 Chinese companies engaged in the business, with ships sailing 40 regular routes to ports in more than 100 countries and regions the world over.

Yang Shengfu, director of the Ministry of Communication's Bureau of Transport Administration, said that more than 30 ports along China's coastline are currently engaged in the international container business. In 1988 these ports handled a total of more than 940,000 TEUs (20 foot equivalent unit).

In addition, 15 specialized container berths with a total handling capacity of 1.2 million TEUs have been opened to international trade in such major

ports as Shanghai, Tianjin, Qingdao, Nanjing, Xiamen and Guangzhou. Specialized container docks in Dalian, Lianyungang and Ningbo are expected to be completed by 1991. Yang said, "All these berths have been or will be equipped with sophisticated loading and unloading facilities."

Over the past few years, inland container services, which used to be a weak link in the country's container transport system, have witnessed a rapid growth. Along the Changjiang (Yangtze) River, China's largest inland waterway, 16 container berths have now been opened, and four 5,000-dwt trade containers docks are being constructed at Wuhan, Huangshi, Jiujiang and Wuhu ports. The inland ports of Wuxi, Hangzhou, Yueyang, Jiangmen and Taiping are also being expanded

and updated.

With 24 railway routes specializing in container operations, 11 of China's 12 major railway bureaus accept container cargoes. Highway container transport, which takes the lion's share of total land container conveyance, will still play an important role in the inland transport of containers, Yang said. Chinese highways now boast over 40 container stations with 2,000-odd

container trucks.

Some 23 percent of China's import and export cargoes are shipped by container, with enterprises trading in electrical appliances, electronic parts, glass, clothing and ceramics showing the keenest interest.

According to the ministry, Chinese ships are scheduled to ply new container routes to the Mediterranean this year. □

Three afternoons a week, up to 50 people come and ask him for diagnosis and treatment. His fee is just 1.10 yuan a patient.

To date, no foreign patients have come in search of treatment. But, Zhang said that he ardently wished to contribute his skills and knowledge to the world and would warmly welcome any invitations to lecture or demonstrate overseas.

He added that he had already conducted experiments using acupuncture on four European volunteers, obtaining even better results than with Chinese patients.

by Yue Haitao

New Advances in Acupuncture

Li Guolin's paralysis stems from a disorder in his nervous system. But under the stimulation of acupuncture needles, his hands and feet can be made to twitch and move for 20 minutes. This breakthrough in the treatment of people suffering from palsy is regarded as possessing a bright commercial future.

The technique has been developed by Zhang Chunyan, 30, a doctor at the Institute of Acupuncture and Moxibustion in Beijing's Academy of Medical Science.

For ten years, Zhang has used

acupuncture and massage to treat hemicrania, neuroparalysis and neuralgia. He has seen more than 3,000 patients and has helped to cure around 80 percent of them.

Last year, he decided to experiment with acupuncture treatment on the more difficult diseases of paraplegia and palsy.

Zhang's consultancy consists of a 20 square metre room with seven beds.



Zhang Chunyang treats one of his patients with a needle. YUE HAITAO

News in Brief

■ Business volume at Tianjin's 8th Foreign Trade Fair reached a record US\$122 million, according to an official from the city's Foreign Trade Bureau.

The eight-day fair, which ended on March 23, was attended by 900 businessmen, half of them from Hong Kong, Macao and Japan, and the rest from another 40 countries.

Clothing, cotton products, knitwear, carpets, paper, dyestuffs, chemical goods, farm and animal produce, metals, minerals, soda ash and medical products were the main attractions for foreign buyers. Locally manufactured mechanical, acoustic and electrical goods also proved popular.

With the exception of 1986, Tianjin has held a trade fair every year since 1981. Each one averaged around US\$100 million in business volume.

■ Business volume at Anhui Province's 5th Foreign Trade Fair totalled US\$132.9 million, up 2.7 percent on last year.

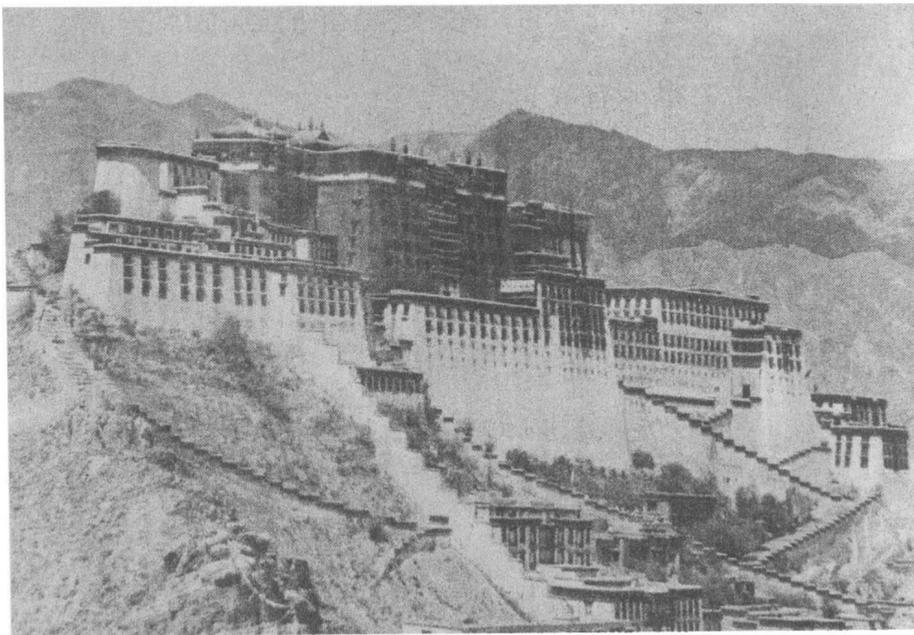
Held in mid-March, the fair attracted more than 700 business representatives from 20 countries and regions. Around 20 percent of the export goods on show were being seen in China for the first time. There were also 64 products from foreign-funded Chinese enterprises—25 more than last year.

Among the deals struck at the fair were technology export agreements for US\$600,000, 14 foreign investment contracts worth US\$5.06 million, and 118 contracts to import goods, technology, equipment and auxiliary raw materials worth US\$73.56 million. Much of the technology bought will be used to modernize existing enterprises. □

Curtain Goes Up on Renovation Plan

The Chinese government has currently put forth a plan to renovate the Potala Palace located in Lhasa, Tibet. It is estimated that the rebuilding programme would involve an area of 90,000 square metres at a cost of 35 million yuan. The projected date of completion would be 1993.

The Potala Palace, erected in the early 7th century, began its earliest renovation in 1645 and has stood for more than 340 years since then. It was declared one of the key ancient cultural relics to be protected by the state. Last May a special group dispatched by the central government conducted an on-the-spot survey and held a discus-



The present Potala Palace.

XU XIANGJUN

sion on its renovation limits, rebuilding methods, construction timetable, as well as expenditures involved.

The Potala Palace's face-lift will renew its structure, but it will still preserve its original Tibetan style and features. □

Ancient Tombs Shed New Light

Many cultural and historical relics have been brought to light by three years digging and studying of the Shanrong tombs, located in the Jundu Mountain, Yanqing County, north of Beijing.

According to the *Records of the Historian* and other historical writings during the Spring and Autumn Period (770-475 BC), there lived an aggressive and warlike tribe called Shanrong in the northern part of the Yan State, who hunted to survive and moved about in search of rich pasture. This nomadic tribe often attacked and

looted the border areas of the Yan and the Qi states. However, they had vanished by the time of the late Warring States Period (475-221BC).

An archaeological team from the Beijing Institute of Cultural and Historical Relics began to dig at the Shanrong tombs in 1985. To date, scientists have excavated an area of 19,000 square metres. More than 400 tombs have been unearthed, and the treasures discovered include more than 8,000 cultural relics, such as goldware, bronze objects, potteries, animal bones and shells, as well as many precious jades. Among the tombs at Yuhuangmiao, a chieftain's final resting place was found.

All the discovered tombs are

oblong-shaped, one-man earthen chambers, and most of the immolated companions are dogs, subordinated by other animals, such as sheep, oxen and horses. The faces of the deceased, for the most part, were shrouded with pieces of gunny cloth decorated with bronze buttons. Archaeologists claimed that this practice was aimed at covering the soul of the dead, so as to keep them from disturbing the living—a reflection of the Shanrong tribe's religious beliefs. At Yuhuangmiao, a number of bronze objects were also uncovered, including the earliest bronze chafing dish ever discovered in China.

The Shanrong tombs provide a storehouse of basic materials

for archaeologists to study. These are important clues to the geographical and cultural features of the Shanrong tribe, as well as to the tribe's cultural relation with central China. They also fill a gap in the study of ancient peoples of northern China during the Eastern Zhou Dynasty (770-221BC). Likewise, they enrich the research of ancient nationalities in this area and of the history of Beijing. □

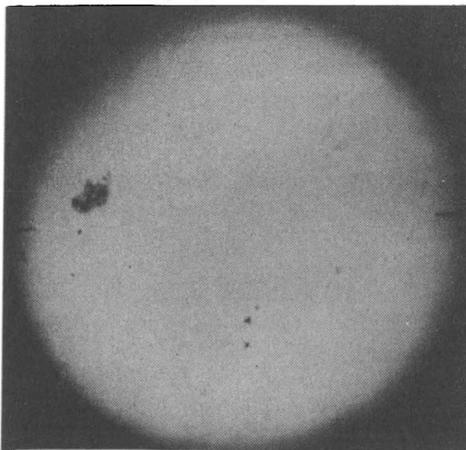
Astronomists Studying Sunspots

One jittery moment came when China's Premier Zhou Enlai was caught mid-flight on his way to Africa in 1963—with communications abruptly lost. It was luck for both the Chinese and the world that he could safely land.

That "force" that stops communications are sunspots which increase and decrease on an 11 year cycle, says Ai Guoxiang, solar researcher at the Beijing Observatory.

Huge masses of sunspots sometimes give birth to solar

Sunspot photo taken by Beijing Observatory's Shahe Observation Centre at 3:42 Greenwich Time (11:42 Beijing Time) on March 12.



flare.

"Energy released by each solar flare is equivalent to 2.4 billion hydrogen bombs each with a TNT equivalent of one million tons," says Ai.

"Over the next three to four years the sun will be volatile and this will have some strong and unpredictable influences on the way we live," says Ai.

Since mid-March large masses of sunspots, 18 times the size of the earth, have appeared on the sun's surface.

Shortwave listeners are easy to notice the change since they suddenly find their radio reception blocked. That's caused by huge magnetic storms radiating to the earth from the sun, says Ai.

Central People's Broadcasting Station told *Beijing Review* that sunspots blocked their nation-wide broadcasts last March 13 for about an hour during their mid-day transmission.

"The outburst of solar activity has been noted since January 1988, but only last month, on March 7, did a huge mass of sunspots appear on the eastern hemisphere of the sun's surface," says the researcher, and "those later moved on to the western hemisphere of the sun the next week."

Considering the enormous range of sunspots it's not surprising that many kinds earthly spin-offs occur.

The world's "mini-ice age," a cold spell between 1645 and 1715 is thought to have been influenced by the disappear of sunspots of the period.

During these six decades, Europe was often brought to a standstill, many Puritans from Britain died of exposure from this cold in the New

World and the Scandinavian colony of Greenland was almost eliminated during cold spells.

"Sunspots are largely to blame for influencing the weather," says Ai. "We suspect they've brought drought to North America and flooding to eastern China, but just how the mechanics work," says Ai, "is still a mystery."

by Wei Liming

'Follow Me to Science' Welcomed

The popular language series *Follow Me* is really being followed. The follower is a new series, *Follow Me to Science* that has been in production in China, Britain and Hong Kong since 1985.

The *Follow Me* series has had audiences of up to 20 million since it was first aired in 1982. The pioneering media approach by the BBC showed "living English"—real English speakers in everyday situations—that gave a fresh dimension to language.

By showing, instead of teaching English, it won the reputation of being China's longest running programme. There is a joke in China that someone's younger sister grew up watching *Follow Me* through primary school and is still watching in her college. "*Follow Me's* example enabled us to make the series on scientific English," said Feng Cunli, director of the CCTV's education department who supervises the present joint-produced series.

The 60 part series *Follow Me to Science*, financed by Hong Kong's Croucher Foundation, has already been a hit in China where 180,000 programme's text have been sold. □

Zhou Enlai—The First Five Decades

Reviewed by Liao Xinwen, research assistant with the Department for Research on Party Literature of the CPC Central Committee Research Group

Zhou Enlai's status as one of the leading political figures of the 20th century has more than adequately been confirmed by the eight biographies of him already written abroad. Now Chinese researchers have produced their own contribution: *Zhou Enlai: 1898-1949*, soon to be co-published by the People's Press and the Central Party Literature Publishing House.

Heavily based on first-hand material, much of which has never been released before, this biography will be the most informative and authoritative yet published. Under the leadership of Professor Jin Chongji, vice-president of the Chinese History Association and a research fellow at the Department for Research on Party Literature, it has taken seven years to compile. Altogether, it is 600,000 characters long, contains 33 photographs, 7 maps and reproductions of 11 documents. To date, more than 80,000 advance orders have been received.

Among its major sources are the diaries and essays of Zhou's early years, carefully treasured and saved by his wife, Deng Yingchao, thousands of manuscripts, telegrams and letters drafted by Zhou, and the conference records of the Communist Party's Political Bureau and its Standing Committee, and the Changjiang Bureau and Southern Bureau, both of which Zhou presided over during the Anti-Japanese War.

These have been supplemented by newspapers and magazines from the same period, the diaries and memoirs of those who had direct contact with Zhou, and interviews with more than 300 people including Deng Yingchao, Chen Yun, Li Weihai, Yang Shangkun, Nie Rongzhen, Bo Yibo and Wu Xiuguan.

Use has not only been made of Chinese Communist sources. Feng Yuxiang and Zhang Zhizhong, two

Kuomintang (KMT) generals, were talked to. There are data drawn from KMT archives, including minutes from the Standing Committee of its Central Committee and the Political Department of its Military Committee, abandoned on the mainland when the KMT fled to Taiwan. And there are the records of talks between the Communist Party and the KMT, now held in China's Second Historical Archives. Even material published in Taiwan has been utilized.

Finally there are the reminiscences of those who came from overseas to aid the Chinese revolution—people such as Edgar Snow, Agnes Smedley, Anna Louise Strong, Israel Epstein, and Ma Haide (George Hatem).

Zhou Enlai was undoubtedly one of the leading figures in the history of the Chinese revolution. His commitment and determination combined with his modesty and frankness made him a popular favourite with the Chinese people, who still remember him with admiration and respect. The researchers of his biography, however, have not let sentiment obscure their task of digging out the truth. Their analysis of their material is conscientious, prudent and, wherever necessary, tentative. Apart from textual work, they travelled to Guangdong, Shanghai, Wuhan, Chongqing, Nanjing and other places to conduct on-the-spot investigations, and referred to material already published in the United States, Soviet Union, Japan and Taiwan.

The central theme of the book is Zhou's exploration and pursuit of ideals. Zhou's evolution was by no means straightforward—it had its occasional zigzags and backtrackings. For example, it was long believed that Zhou was converted to Marxism when he was studying in Japan and heard of the Russian Revolution. Consulting his diaries for 1918 and his correspondence from

Europe where he lived during the early 1920s, however, reveals that for a period he felt so frustrated that he turned to Buddhism in search of escape. Even as late as January 1921 on a visit to Britain he remained undecided as to whether China should aim for a Russian-style violent revolution or a more British kind of gradual reform.

In pursuit of objectivity, and working under the maxim of "seeking truth from facts," the book's authors have not tried to sweep unflattering matters beneath the carpet. It contains the notorious "February Letter" of 1929 (which caused Mao Zedong and Zhu De to take leave of the Red Army) and the Central Committee's "Circular No. 70" of 1930, both of which were drafted by Zhou and have a degree of leftist content.

But at the same time, various little known or totally unknown events see the light of day, such as the year-long negotiations between Zhou, General Zhang Zhizhong and the American George C. Marshall in Nanjing and Chongqing just after World War II. In the reports sent to the CPC Central Committee by Zhou and to the US State Department by Marshall, it becomes clear how initially the American strove to find ways of achieving peace for China, but then slowly swung round to support Chiang Kai-shek after May 1946.

Other major subjects the book addresses are the role of the CPC's Central Committee after the First Revolutionary Civil War, Zhou's responsibility for the three leftist errors of the Second Revolutionary Civil War and his underground work in KMT-ruled areas.

Handling its multitude of materials adeptly and with its minutely detailed descriptions, this biography of Zhou's life up until 1949 is both accessible to the ordinary reader and a major academic study. □



Mother and Daughter of the Tajik Nationality.

Sketches by Wang Xinping

Wang Xinping, is a Manchu born in 1961 in Urumqi, Xinjiang Uygur Autonomous Region. He is now an art editor at People's China magazine. These sketches describe the life of minority people.



A Singer.



Men of the Yao Nationality.

ART PAGE

“Three Ring”

Hair Styling and Drying Kit

Art. No: S-350T

Specifications: 220v, 350w

Per carton: 10 kits

Dimensions: 61 × 23 × 47 cm

Gross weight: 13 kgs,

net weight: 9.5 kgs



Art. No: S-350L

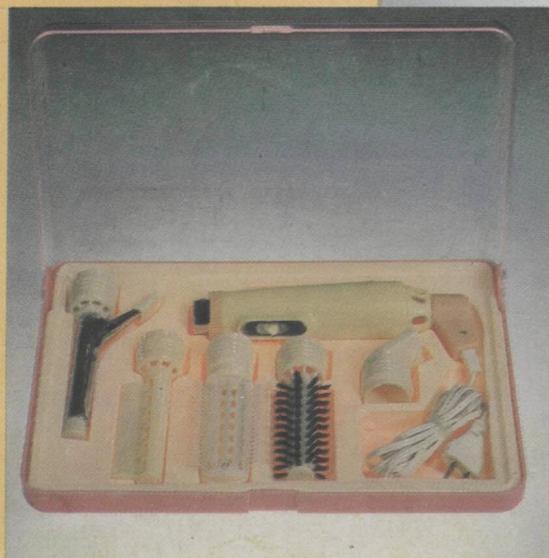
Specifications: 220v, 350w

Per carton: 10 kits

Dimensions: 70 × 38 × 27 cm

Gross weight: 13 kgs,

net weight 10.5 kgs



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