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Traditional Chinese medicine promotes healthy world

By DUAN DANJIE

The traditional Chinese medicine (TCM) industry has been a distinct and promising component of China's economic and social development. Its output value hit 787 billion yuan, with exports totaling nearly \$3.7 billion in 2015, according to a white paper on TCM recently released by the Chinese government.

China issued an Outline for a Healthy China 2030 Plan recently, which proposed to take full advantage of TCM and facilitate its use in prevention-based health care. The outline also encourages innovation while carrying on the legacy of traditions in TCM.

TCM has strategic value in the fields of medicine, economy, culture, security, ecology and technological innovation, said Chen Qiguang, director of the National Condition Research Panel on TCM and a research fellow from the Institute of Economics at the Chinese Academy of Social Sciences.

In terms of health care, TCM is simple, convenient, effective and economical. Also, it dramatically promotes the economies of remote and impoverished areas, embracing a promising global outlook, Chen said. China has made TCM a lifestyle, a custom and a tradition over thousands of years. It safeguards the physical health and life safety of people. It respects and protects nature, fitting into ecological development. It is the field with great potential to achieve independent technological innovations, Chen added.

Chinese acupuncture and



Under the guidance of a professor, overseas students identify the human acupuncture points and meridians at the Tianjin University of Traditional Chinese Medicine.

moxibustion has been included in UNESCO's Representative List of the Intangible Cultural Heritage of Humanity. Also, two books *Yellow Emperor's Inner Canon* and the *Compendium of Materia Medica* have been registered as the International Memory of the World in 2015.

Zhang Qicheng, dean of the School of Chinese Classics at Beijing University of Chinese Medicine, said that TCM implies fundamental philosophical ideas, such as the theory that man is an integral part of nature as well as *yin* and *yang*, which are two opposing and coexisting forces that constitute everything in the world. He explained that TCM emphasizes integrity while valuing individuality and respect for natural laws.

Zheng Jinsheng, a research fellow from the Institute of Chinese

Medical History at the China Academy of Chinese Medical Sciences, said TCM wisdom has attracted many Eastern and Western scholars to study classics, such as *Treatise on Febrile Diseases* and the *Compendium of Materia Medica*.

Modern scientific methods and evaluation systems may make TCM more sophisticated and objective, Zhang said. Together with the TCM fundamental mechanism of function, it will help establish a normative system for TCM, he added.

Traditional Chinese medicine has greatly contributed to the prevention of common and difficult diseases in massive epidemic situations. Its coordination with Western medicine has been recognized by the World Health Organization in the treatment of SARS and H1N1 influenza, Chen said.

China brings vitality to the world economy

By ZHA JIANGUO and MAO LI

The Analysis Report on the World Economy in 2017 was released by the Institute of World Economy (IWE) at the Shanghai Academy of Social Sciences two weeks ago in Shanghai.

In 2015, China put forward five development concepts, including innovative, coordinated, green, open and shared development. These concepts will not only lead the overall development of China's economy but also inject positive momentum into global growth in the next long cycle, according to the report.

The report also suggests the world economy in 2017 will continue the trend of low growth and weak recovery. More instability and uncertainty are looming. Globally, the economy in 2017 is predicted to grow by 3.18 percent and in 2018,

3.24 percent.

Stimulated by the policies US President-elect Donald Trump has proposed, the US economy will see a slight improvement. But in the long term, uncertainty will make a strong recovery difficult, the report predicts.

Influenced by the "Brexit" referendum, the momentum for short-term economic growth in the euro zone has been weakened, causing great uncertainty for the European economy. The emerging economies will remain the major engines of global economic growth in 2017. However, it will be difficult for them to constitute a strong trend of growth, according to the report.

In an effort to explain the slow growth of the world economy, the report suggests that it is not simply a matter of rebalancing in the short term nor will the global economy revert to the rapid-growth model

in place before the 2008 financial crisis. The global economy faces a new and long cycle of structural adjustment and transformation. It remains in the transitional period between the old and new development cycles, the report reads.

The recession period of the last business cycle will last for another decade, and the world economy will actually revive in the period from 2025 to 2030, stepping into the sixth long-wave business cycle, said Quan Heng, director of the IWE.

The transition of the world economy from the fifth long-wave business cycle to the sixth coincides with China's transition from a middle-income nation to a high-income one. The report suggests China should take the high ground and assume a leading role in the sixth long-wave business cycle through economic transformation, upgrading and development.

News in Brief

INTERNATIONAL RELATION

China to play more active role in global governance

China will be one of the main driving forces for various international organizations to reform and better serve their purpose in all areas, including world political issues, economy, social development, culture as well as military and security issues, said Wang Yizhou, deputy dean of the School of International Studies at Peking University, at a symposium on major country diplomatic strategy held by Tongji University on Jan. 7, 2017. China should clarify its position on global issues, make international rules more reasonable and make public goods more balanced, Wang said. With the recognition that the governance of China's surrounding regions will be fundamental and exemplary to global governance, China is dedicated to improving its relationship with neighboring nations and promoting the refinement of an East Asian order, said Men Honghua, president of the Academy of Chinese Strategy at Tongji University.

ECONOMY

Real economy provides new momentum for China

Revitalizing the real economy is the main way to inject fresh momentum into China's economic development, said Liu Zhibiao, a professor of economics from the Business School at Nanjing University, at a recent symposium on the economic development of East China's Jiangsu Province. The key to revitalizing the real economy is changing the way companies get financing while further deleveraging and lowering costs as well as cutting overcapacity. The type of financing should be changed from loans to direct financing, such as securities and the stock market, Liu said. The rising costs of operating a company were caused in part by rising transaction costs stemming from irrational management. Low labor productivity was another contributing factor, Liu said.

HISTORY

Fujian Shipping laid basis for modern Chinese navy

The 150 anniversary of the establishment of Fujian Shipping was marked by a symposium themed "Shipping and China's Modernization" held in Mawei District of Fuzhou City, Fujian Province, the location of the shipping factory. Fujian Shipping marked the beginning of China's attempt to build a modern navy, which included initiating naval education, training crew and building ships, said Yang Xiaodan, deputy director of the Academic Institute of Naval Military. Fujian Shipping successfully promoted the development of technology in modern China and trained the first group of shipbuilders and mariners despite its failure in business, said Yu Heping, a research fellow from the Institute of Modern History at the Chinese Academy of Social Sciences. Fujian Shipping was recognized as a pioneer of China's modernization and industrialization, and its development model paved the way for later enterprises, Yu said.

PSYCHOLOGY

Studies on emotion support clinical treatment

About 60 percent to 70 percent of China's adults suffer from varying degrees of emotional problems, such as depression or anxiety, said Luo Yuejia, a professor of psychology from the College of Psychology and Sociology at Shenzhen University, at the second Emotion and Health Psychology Symposium on Jan. 6, 2017 in Guangzhou. The interaction between emotion and cognition is the pathological cause of many psychological problems, Luo said. Revealing the neurological mechanisms of emotional disorders by understanding this interaction will lay the scientific foundation for clinical diagnosis and treatment, he said. Micro-expressions, which normally last for just a fraction of a second, usually reflect the true emotions people try to suppress and hide, said Fu Xiaolan, director-general of the Institute of Psychology at the Chinese Academy of Sciences. Clinical psychologists may better treat patients by observing their micro-expressions, she said.