

Seeking the Meaning of Life via Sinology

By XU Qingqun & LU Zhuohang

In Chinese history, the three cognitive fields of literature, history, and philosophy have always been combined with each other. That's according to German Professor Dennis Schilling, who made the observation while addressing the inaugural meeting of the World Council of Sinologists on July 20, 2022.

Schilling, who serves as Xin'ao International Distinguished Chair Professor in the School of Philosophy at the Renmin University of China, believed that Sinology often provides an integrative perspective, placing various phenomena and development within a broader framework. In most cases, this integrative perspective is based on Chinese historical traditions or cultural contexts, but an interdisciplinary context can sometimes serve as the basis for an integrative perspective, he believes.

A spark in his academic life

The two years Schilling spent as an exchange student in China from 1985 to 1987 made a significant difference to his academic career and deepened his understanding about the essence of traditional Chinese culture. Years later he returned to China to collect materials for his doctoral thesis. "It was very cold in Beijing during winter and there were few people on the street, I was immersed in reading Chinese classics at the National Library," he remembered.



Professor Dennis Schilling. (PHOTO: NI Tianyong/International Talent Magazine)

Looking back on his journey, Schilling believed that it was his initial intuitive "lack of understanding" that prompted his interest in traditional Chinese culture, which in turn pushed him to try to understand the ideas and logic behind this culture. "My interest is in Chinese philosophy, and I want to examine the history of evolving ideas," he said.

Schilling studied Sinology, Philosophy, and Japanese Culture at the University of Würzburg and the University of Munich in Germany and Chinese Philosophy at Wuhan University, receiving his M.A., Ph.D., and a professorship at the University of Munich.

The theory of life

Currently, Schilling's research focuses

on ideas of life and death in ancient and medieval China, and on the metaphysics of time and change in Chinese philosophy. He is also engaged in comparative philosophy and teaches Chinese Metaphysics, Daoist philosophy and I Ching studies. "The purpose of my study is to discuss how pre-Qin moralism evaluates the life functions of living beings, that is, how morality influences a person's understanding of the function of life," he said, adding that the ancient view of living beings and the function of life are limited by the moral views of the time.

From his point of view, how the ancestors treated living beings and the understanding of the life function they created were all formed only partially

through observation or experience. However, metaphysical beliefs and moral values became the basic organization of the early life functions, that is the interpretation of controlling and limiting empirical knowledge.

Ethical implications of life for modern society

According to Schilling, the moral importance of life involves ethics and vitalism. In contemporary society, the mechanization of modern medicine and the development of new science and technology in biology, are disciplines that receive more attention from each other, such as abortion, euthanasia, protection of animals, etc. As a result, there is considerable controversy in modern social ethics. But why not look at life from another perspective? This question led him to study the traditional Chinese view of life.

Schilling said that although ancient pre-Qin philosophy did not represent the totality of thoughts in the Chinese tradition, analyzing what role pre-Qin philosophers proposed for life and determining how they defined the ethical implications of the concept of life could provide new perspectives on this issue, thus having pivotal ethical implications for modern society.

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Helping China & Hungary Friendship to Flourish

My China Story

By CHEN Xi & ZHAO Hui

Chinese President Xi Jinping replied to a recent letter from students of the Hungarian-Chinese bilingual school in Budapest, encouraging more Hungarian youths to increase their knowledge of China and become envoys of China-Hungary friendship.

Istvan Tihanyi, a young Hungarian who now lives and works in Tianjin, said, "I am doing what President Xi encouraged, becoming an envoy to strengthen China-Hungary friendship," vowing to do even more towards this goal in the future.

Tihanyi was already interested in China when President Xi officially visited Hungary in October 2009. In September 2014, he was admitted to Tianjin University, one of China's oldest universities and leading academic centers, to pursue a master's degree in environmental engineering. "During my study time in Tianjin, I became acquainted with Chinese culture and found it fascinating. So I decided to stay here and start my own business," he said.

After graduation, Tihanyi opened a wine store in Tianjin to introduce Hungarian culture, especially, wine culture,



Istvan Tihanyi. (COURTESY PHOTO)

to the Chinese people. "It is important for more people to realize that China and Hungary share more similarities than differences," he said, adding that some Chinese idioms and customs remind him of some traditional languages used in Hungary.

Tihanyi believes that international students should come to China to see how fast China is developing and how safe Chinese society is. He applauded the closer relationship between China and Hungary in all respects, which extends beyond diplomatic ties. "Tianjin is my second home, and I plan to establish a Hungarian cultural center here in the hopes of elevating the level of friendship between our two countries," he said.

Hebei Makes Expats Feel at Home

Service Info

By LIU Lianjun

On February 2, the People's Government of Hebei province organized a ceremony to present the 2022 Yanzhao Friendship Award to foreign experts who have made significant contributions to Hebei's economic and social growth. Twenty experts from 13 countries were honored in 2022.

At the same time, Long Fenjie, director of the Science and Technology Department of Hebei province, engaged in an in-depth discussion with the award-winning experts and gathered feedback and suggestions of expats regarding their work and life in Hebei. Long emphasized that further support will be provided to address the concerns of expats. In the discussion, foreign experts applauded

the working and living environment in Hebei, which gave them a sense of belonging and a feeling of being at home.

In order to give tailored service to expats, Hebei was the first local authority in China to initiate the "Green Channel" to resolve their practical problems in a more effective way.

The Science and Technology Department of Hebei province has issued a document to improve service quality and address the concerns of expats. For example, "Designated Medical Institutions for Foreign Experts" and "Designated School for Children of Foreign Expert in Hebei province" have been identified.

Since June 24, 2021 when the Second Hospital of Hebei Medical University became the first designated hospital for foreign experts in Hebei, thirty-two hospitals have been recognized as "designated medical facilities for foreign experts" and 27 educational institutions as "designated schools for the children of



Expats experience the culture of calligraphy in Hebei province. (COURTESY PHOTO)

foreign experts."

In addition, "Green Channels" for the employment of foreign experts' spouses have been established. As to the legal right protection field, mechanisms for foreign-related legal processing have been set up. Furthermore, traditional

Chinese cultural experience events were held to help foreigners better integrate into China. Since June 2021, the Department has organized a series of themed cultural activities to help foreign experts to immerse themselves into Chinese culture as much as possible.

Sericulture's Ancient Beginnings

Traditional Eastern Wisdom

By BI Weizi

China is the first country in the world to raise silkworms and make silks. Before cotton was introduced to the Yangtze and Yellow River basins, silk was one of the main raw materials for clothing and quilts in ancient China,

and silk weaving was an important material for economic exchanges in agricultural and pastoral areas.

The Chinese legend says that the technology of raising silkworms was invented and introduced by Leizu, the wife of Yellow Emperor, in the 27th century BC, which indicates the long history of Chinese sericulture. In recent years, archaeologists have discovered uncarbonized, yellowish-brown silk pieces and carbonized silk ribbons and threads

that date back to about 4700 years ago, at the Qianshanyang site in Wuxing, Zhejiang province, along with silk fragments adhering to the bronze ware at the Yin tomb in Anyang, Henan province.

In addition, there are pictographs of mulberry, silkworm, and silk in the Yin dynasty, which demonstrates that China is the birthplace of the silk industry. The original silkworms and sericulture techniques then spread to many

countries throughout the world from China.

Sericulture is one of the great inventions of the ancient Chinese. For the past thousands of years, Chinese sericulturists have selected and bred many excellent farming varieties of worms, worked out a set of feeding methods, and created a variety of sericulture tools, which have all had a positive influence on the world of sericulture and silk industry.

Global 6G Conference 2023 Set for March

By Staff Reporters

With the theme "Better Together, Better Future," the Global 6G Conference 2023 will be jointly hosted by Future Mobile Communication Forum (FUTURE FORUM) and Purple Mountain Laboratories (PML) from March 22 to 24 in Nanjing, east China's Jiangsu province.

The three-day conference will include the opening ceremony report, international forums, round table forums, and other activities, some of which will be held online. PML is expected to introduce its latest research, and white pa-

pers dedicated to 6G technology will be released by FuTURE FORUM.

The conference will focus on how 6G, as the "super infrastructure" of the future digital world, can achieve the ultimate blend of performance, connectivity, computing, intelligence, and security. Furthermore, it will explore how to support multi-dimensional perception and ubiquitous intelligent connections between humans, machines, and things, for the empowerment of our society.

The discussion will focus on four topics, 6G Use Cases & Standardization, 6G Network Architecture & Native Secu-

rity, 6G Wireless Transmission & Spectrum Sharing, and Integrated Space-Air-Ground Network and On-demand Services.

The world's top industry experts have been invited to attend the conference, including Wu Hequan, academician of Chinese Academy of Engineering (CAE) and president of FuTURE Forum, Liu Yunjie, academician of CAE, director and chief scientist of PML, and Seizo Onoe, director of the Telecommunication Standardization Bureau at the International Telecommunication Union.

The first session of the Global 6G

Conference was held in Beijing in September 2020, and the second in March 2022. During the sessions, core members of the 15 teams of 6G special research projects under the National Key R&D Program of China, and more than 10 national authoritative experts, held in-depth exchanges around 6G technology. In addition, the innovative ideas and latest achievements related to 6G technology R&D were showcased, continuously contributing to global S&T cooperation and collaborative innovation.

The registration for the event is open: www.g6gconference.com.

Facts About Cholesterol

Science Outreach

By Staff Reporters

A recent rumor circulating on the Internet says, "Low cholesterol levels increase the risk of cancer." Is this conclusion correct? Is there a correlation between the level of cholesterol and the risk of cancer?

What is cholesterol?

Cholesterol is a waxy, fat-like substance and travels through the blood on proteins called "lipoproteins." Three types of lipoproteins carry cholesterol throughout the body:

- LDL (low-density lipoprotein) cholesterol, sometimes called "bad" cholesterol, makes up most of your body's cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke.

- HDL (high-density lipoprotein) cholesterol, sometimes called "good" cholesterol, absorbs cholesterol in the blood and carries it back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke.

- VLDL stands for very low-density lipoprotein. It also contributes to the buildup of plaque in one's arteries.

Health effects of HDL

The Guidelines for the Prevention and Treatment of Dyslipidemia in Chinese Adults (2016 Revised Edition) show that the continued increase in cholesterol levels, if left unchecked, will lead to an increase of approximately 9.2 million cardiovascular cases in China between 2010 and 2030.

The human body needs some cholesterol to make hormones, vitamin D, and substances that help you digest foods. But with high cholesterol, the increasing fat-like substance will deposit in blood vessels. Eventually, these deposits grow, making it difficult for enough blood to flow through arteries. Sometimes, those deposits can break suddenly and form a clot, thus causing a heart attack or stroke.

What causes high cholesterol?

The most common cause of high cholesterol is an unhealthy lifestyle. This can include:

1. Unhealthy diet

Excessive intake of saturated fat and trans fat is the major contributing factor to cholesterol elevation.

2. Lack of physical activities

Too little physical activity increases LDL and decreases HDL, creating a vicious cycle.

3. Stress

As the pace of life continues to accelerate, some people will rely on high-calorie foods to relieve stress, which will lead to elevated cholesterol intake in the long run.

Six nutrients help to lower the level of "bad" cholesterol:

It is recommended to add more of the following six nutrients under the premise of a balanced diet.

1. Dietary fiber

The main sources include: fruits and vegetables, mixed grains, nuts, beans and so on. It is recommended that adults consume 25 grams to 35 grams of dietary fiber per day.

2. Carotenoids

The main sources include: papaya, mango, tomato, pumpkin, sweet potato and carrot. It is recommended that people consume 6 mg of carotenoids daily.

3. Vitamin B2

It is recommended that you consume 1.6 mg of vitamin B2 daily. Animal liver, dark green vegetables, beans, nuts, grains and cereals, and milk products are all rich in vitamin B2.

4. Niacin

The main sources include: animal liver, lean pork, poultry, fish, eggs, peanuts, avocados, walnuts and whole grains. The best daily intake is 12 mg to 18 mg.

5. Vitamin C

A daily intake of 100 mg of vitamin C is recommended, and its best dietary source is fresh fruits and vegetables;

6. Potassium

Lean beef, fish, shellfish, peanuts, fungus, soybeans, portobello mushrooms, tomatoes, and peas are all good sources of dietary potassium.