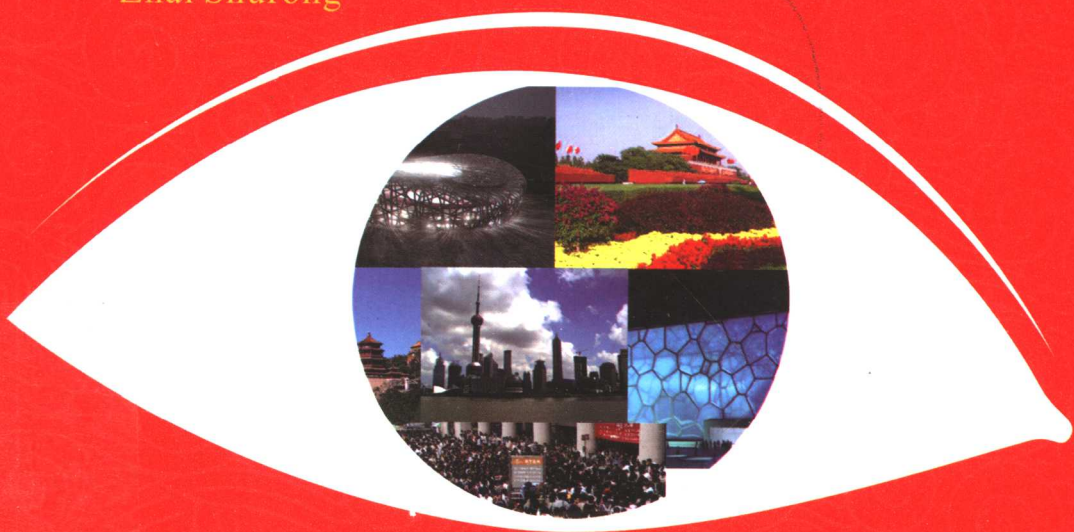


China on the Way

By Liu Dongping
Zhai Shurong



中国进行时

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前言

2008年北京奥运会和2010年上海世博会日益临近，中国正在成为世界公众的关注点和国际媒体的聚焦点，“中国热”正方兴未艾，这一切都为中国国家形象的塑造提供了千载难逢的机遇。

的确，有不少外国人会对中国产生一些疑问：为什么中国经济会突飞猛进？为什么中国会出现姚明那样的NBA篮球明星？中国会不会把全球的石油用光？中国有朝一日会不会在经济实力上超过美国……这当中有好奇、羡慕，也夹杂着猜疑与不安。中国的形象也因此变得更加复杂、多元和丰富。中国，再也无法用一个非好即坏的标尺来判定了。

可以说，一百个人，有一百个人眼中的中国，他们对正在发展的中国充满了兴趣，他们渴望用自己的眼睛去观察，去体会；用自己的头脑去判断，去思考。

本书就可以帮助你阅读、认识和判别，就像本书封面的眼睛一样。

这双眼睛，好像万花筒，带你去捕捉今天中国五彩缤纷的生活，日新月异的变化。

这双眼睛，好像导航员，引你透过一些普通中国人的生活经历和想法，去了解今天中国经济正在腾飞的一个个侧面、一个个领域。

这双眼睛充满诚意，它传达了中国人的友善、好客和满腔热忱；这双眼睛并不遮掩，它把中国的发展、变化、传统、现实、问题和苦恼浓缩成一个色彩斑斓的场景，让更多的人看到一个发展中的中国……

Preface

As the 2008 Beijing Olympic Games and the 2010 Shanghai World EXPO are approaching, China has come into the spotlight of both the people and the media from all over the world, and the world seems to have caught China fever. This provides China with a unique opportunity to build up its image.

Understandably, quite a few foreigners have questions concerning China. For instance: why is China's economy developing so fast? How did China come up with a NBA basketball star like Yao Ming? Will China use up the world's oil supplies? Will China overtake the United States some day in terms of economic power?... Such questions imply curiosity, envy, as well as doubts and worries, resulting in an even more complicated, multi-faceted and profound image of a China that can no longer be judged as either being good or bad.

It is safe to say that among a hundred people there are a hundred different views on China. They are all fascinated by China, eager to observe China with their own eyes and draw their own conclusions.

This book aims at assisting you in reading, learning and judging, as is reflected by the eye on the cover.

These eyes are like a kaleidoscope, showing you China's colorful life and the exciting changes that take place every day.

These eyes are like a navigator, leading you through experiences and thoughts of ordinary Chinese so that you can learn about every aspect of today's China with its booming economy.

These eyes are honest, reflecting the friendliness, hospitality and enthusiasm of the Chinese people. And these eyes never attempt to look away from anything. On the contrary, they have captured the developments, the changes, the traditions, the reality, the problems and the sorrows in a series of colorful pictures, to show a China that is still developing....

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第一篇

生活与时尚

LIFE & FASHION

胖——已不再是福
吃面包还是吃馒头
城市人的心爱宠物
中国人的住宅梦
中国人的金钱观：从攒钱到
投资
网上购物新时尚



胖——已不再是福

宽宽是北京的一名11岁小学生，身高4.9英尺，体重130多磅。他爬楼梯呼哧带喘，体育课项目也常不及格。为了减肥，宽宽参加了一家减肥俱乐部的减肥训练，与他一同减肥的还有20多名小胖子。

像宽宽这样的肥胖青少年在中国越来越多。据一项统计显示：目前中国的肥胖者数量已远远超过





9000 万，超重者高达 2 亿。肥胖儿童的数量也在近 15 年间增长了 28 倍以上。

医学专家认为，生活的富足，食用高热量、高脂肪美食的无节制，过多地乘坐汽车，缺少运动，以及长时间保持坐姿等生活方式是造成中国肥胖者队伍悄然壮大的主要因素。

中国医学科学院的武阳丰教授说：“中国曾是拥有最瘦人群的国家之一，如今中国的肥胖人群正在迅速赶上西方国家，而这一切是在很短时间内发生的。”

肥胖队伍的迅速壮大，一方面反映了中国人的生活越来越富足、舒适了，而另一方面也提醒人们要养成健康的生活习惯。肥胖带来的健康问题已愈来愈引起中国社会各方面的广泛关注。专家们呼吁，要改变不良生活方式，控制膳食热量和脂肪摄入量，增加体力活动和体育锻炼，这样才能有效削减和抑制肥胖人群的增长。



Being Fat — No Longer Bliss

Kuankuan, an 11-year-old pupil in Beijing, is 4.9 feet high and weighs over 130 pounds. He often fails his P.E. tests at school, and would even become out of breath when climbing the stairs. In order to lose weight, he has registered for a program in a Weight-loss Club



along with twenty other obese children.

Nowadays, China has more and more obese adolescents like Kuankuan. Statistics shows that at present, the number of obese people in China has far exceeded 90 million, while the number of overweight people has reached 200 million. The number of obese children has increased by 28 times over the past 15 years.

Medical experts believe that the dramatic increase in the prevalence of obesity in China is mainly caused by an unhealthy lifestyle, including the increasing availability of labor saving appliances, indulgence in foods with high calorie and fatty content, overuse of automobiles, lack of physical activities, and remaining in a sitting position for long periods of time.

Professor Wu Yangfeng of Chinese Academy of Medical Sciences commented: "China used to be a country with the thinnest people. However, within a very short period of time, China's obese population is quickly catching up with that of developed countries."

The rapid increase in obesity would then seem to be the result of an on-going change in the lifestyle of Chinese people whose lives are becoming more and more affluent and comfortable. At the same time, health problems caused by obesity have called great attention of all aspects of Chinese society. Experts advocate that people should correct their unhealthy lifestyles, eat less, eat more healthy foods, and get more exercise. Only by doing these may the obesity problem be effectively controlled and even reduced. However, while diet, medical treatment, and physical activities may