

GRACEFUL BEARINGS OF
THE CENTENARIANS
IN JIANGSU PROVINCE

凤凰出版传媒集团
江苏人民出版社

江苏百岁寿星风采

江苏省老龄协会
江苏省老年摄影学会

编

COMPILED BY THE ASSOCIATION OF AGING PEOPLE OF JIANGSU PROVINCE &
THE PHOTO INSTITUTE OF JIANGSU AGING PEOPLE



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序

◎ 张连珍

滚滚长江水,悠悠大运河,养育着 7600 多万江苏儿女。新中国成立以来,特别是改革开放以来,江苏经济社会快速发展,人民生活水平不断提高,人均期望寿命已达 75.32 岁。截止 2008 年底,全省 60 岁以上老人已达 1218 万人,占人口总数的 16.5%。其中,80 岁以上高龄老人 178 万人,占人口总数的 2.4%,占老年人口的 14.6%;百岁以上老人就有 4400 多人。

江苏是人杰地灵之地,也是人寿年丰之里。这既有浓厚的历史渊源,更是经济发展的必然结果、社会进步的具体表现。《江苏百岁寿星风采》一幅幅照片中,百岁寿星的祥和神态、开心笑脸,从一个侧面很好地佐证了这一点。这本书正是百岁老人们晚年幸福生活的生动体现。

解读百岁寿星的长寿秘诀,我们可以看出,热爱社会、热爱生活,淡泊名利、知足常乐,宽厚善良、豁达大度,热爱劳动、勤俭节约,合理饮食、生活规律,永葆童心、喜爱活动,子女孝顺、家庭和谐,是他们的共同特点。百岁寿星的生活实践启迪我们,健康长寿实质也是“和谐”的结果。只要努力追求人与自然的和谐、人与社会的和谐、人与人之间的和谐、人自身的身心和谐,健康长寿并非遥不可及。

最美不过夕阳红。老人是社会的宝贵财富。谁都曾经年轻,谁也都会变老。尊重老人就是尊重我们的明天,关心老人就是关心我们自己。江苏在深入贯彻落实科学发展观,又好又快推进“率先全面建成小康社会、率先基本实现现代化”进程中,特别注重发展老龄事业,加强老年优待服务,让老年人共享改革发展成果,这正体现了中华民族尊老敬老的传统美德。

值此新中国 60 华诞之际,《江苏百岁寿星风采》画册的出版,更是具有特别的意义。

衷心祝愿全省老年朋友健康长寿,祝愿更多的人成为百岁寿星!

Preface

Zhang Lianzhen

The rolling Yangtze River and the Grand Canal have raised 76 million of Jiangsu people. Since new China was founded, especially after the reform and opening-up policy, Jiangsu's economy and social undertakings have developed rapidly, with the living standards of people rising constantly and the life expectancy reaching 75.32 years old. Up to the end of 2008, the number of aging people who were over 60 years old had reached 12.18 million, which had occupied 16.5% of total population in the whole province. Among them over 80 years old senior people were 1.78 million, occupying 2.4% of the total number and 14.6% of the aging population and there are more than 4400 centenarians.

Jiangsu is not only a place full of outstanding personality but also a land yielding good harvests, which not only is the result of profound historic accumulations, but also reflects economic development and progress of society. Each photo in the *Graceful Bearings of the Centenarians in Jiangsu Province* with kind and happy smiles is a vivid testimony of the happy lives of the centenarians.

To explain the secret of longevity for the centenarians, we may sum up as follows: loving society, loving life, indifferent to fame or wealth, easily satisfied, be kind, generous, loving labor, diligent and frugal, reasonable diet, regular life, childlike, active, filial off springs, a harmonious family, etc. Lives of centenarians give us the clue: health and longevity, in fact, is the result of "harmony"; So long as we make effort to seek for it among nature and human society, health and longevity is not far away from the harmony among people as well as personal mind and body.

The red sun set is the most beautiful scene. The old men are the treasures of society. Everybody has been young and anybody would be old. To respect the old is respecting tomorrow; to take care of the old is to take care of ourselves. In the process of thoroughly applying the "scientific outlook on development" and "promoting sound and rapid economic development to build a well-off society and accomplish modernization", Jiangsu also pays special attention to the cause of the aging population, such as strengthening the favorable service for the aged and sharing with them the fruits of reform and development. It is the full and perfect embodiment of Chinese traditional virtue to respect the elderly people.

During the celebration of the 60th anniversary of the founding of new China, the publication of *Graceful Bearings of the Centenarians in Jiangsu Province* would have special significance.

Wish aging friends all over the province a healthy and long life! Wish more people would be centenarians!

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跨越三个世纪的剪纸艺术家

摄影 刘明诒(南京)

出生于1897年农历正月的胡家芝，是名副其实跨越三个世纪的老寿星。她生在浙江桐庐的书香门第，现住南京。自幼善刺绣、喜绘画，更精于剪纸。她的剪纸作品多次在国内外展出并获奖。1999年，她被授予“中国百岁健康之星”；2004年，获全国“神州风韵”剪纸大赛“特殊贡献奖”；2006年，她110岁华诞，南京市政府专门为其举办展览，出作品集，并被授予“文学艺术终身成就奖”；2008年，为迎接奥运会在北京举办，她又专门创作了《喜迎北京奥运会》的剪纸作品。

The paper cutting artist crossing three centuries

Photo by Liu Minggu(Nanjing)

Hu Jiazhi was born in 1897, January (lunar calendar). She is really an old woman crossing three centuries. She is from a scholar's family in Tonlu of Zhejiang, now living in Nanjing. She was good at embroidery and drawing, and even better at paper-cutting. Her works have been exhibited both at home and abroad for many times and won awards. She was awarded the title "the healthy star of Chinese Centeranian" in 1999 and won a special prize in a nation wide paper-ctting competition in 2004. On her 110th birthday in 2006, Nanjing municipal government particularly held an exhibition of her works and gave her "A lifetime achievement award in art and literature". In order to welcome the Beijing Olympics, she created new works in 2008.



康乐

摄影 赵传龙(沛县)

慈祥的吴永哲老人,生于 1897 年 8 月,现住在沛县安国镇吴庙村。每天都由 80 多岁的儿子陪伴散步、聊天,百岁时还能骑自行车上街,深得晚辈们的敬仰。

Strong and happy

Photo by Zhao Chuanlong (Pei County)

The kind old man Wu Yongze was born in August 1897, now living at Wu Mio Cun of Pei County. He is accompanied by his son (over 80 years old), walking and chatting everyday. When he was 100 years old, he still could ride a bicycle. He was deeply respected by younger generations.



享福

摄影 张克敏(溧水)

家住溧水县和凤镇陈谷村的王智兰老人,生于 1899 年 6 月。这位跨越三个世纪的 110 岁老寿星,现在和曾孙一家一起生活。你看,曾孙媳多么孝顺,让其安享晚年。

Enjoyment and blessing

Photo by Zhang Kemin(Li Shui)

Wang Zhilan living at Cheng GU Cun, Hefeng Town of Li Shui was born in June 1899. This 110-year old woman has crossed three centuries. She is now living with her great grandson. The great granddaughter in law is very filial, helping her to live happily.



我国衰老生物学科的奠基人

摄影 张治 (南京)

现为南京大学博士生导师的郑集教授是我国著名生物学家,他 1900 年生于四川南溪。由于从小体弱多病,几经手术,后立志进行衰老生化的研究,以至于成为我国衰老生物学科的奠基人。2008 年,时值 108 岁生日,他的新作《鉴证长寿——百岁教授的养生经》出版发行。他在书中说:“我只想把我的研究成果和经验告诉更多人,愿为提高中国人的平均寿命做牛、做梯、做桥、做蚕、做烛。”

The founder of aging biology in China

Photo by Zhangzhi (Nanjing)

Zheng Ji, professor and doctoral supervisor of Nanjing University, is a famous biologist. He was born in Nanxi of Sichuan. He was sick when he was young and suffered several operations. He decided to research the aging biology and became the founder of aging biology in China. In 2008, at his 108th birthday, his new book *Testimony of longevity—the experience of keeping fit by the centenarian professor* was published. He says in the book “I wish to tell more people the experience and result of my study to raise the life expectancy of Chinese people. I am willing to be an ox, a ladder, a bridge, a silk worm, and a candle for that.”



祖孙同乐

摄影 周庆修(沛县)

109 岁的韩张氏老人经常跟玄孙女一起玩“蹦蹦绳”,你看,她看着玄孙女灵活的双手,乐得合不拢嘴。她生于 1900 年 5 月,现住沛县朱寨镇韩阁村。

The grandmother shares the happiness with granddaughter

Photo by Zhou Qingxiu (Pei County)

The 109 years old Mrs. Hang Zhangshi often plays with her great great granddaughter. When she saw the dexterous hands of the little girl, she was really happy. She was born in Pei County in May, 1900.



109 岁银行家钱道康

摄影 周惠生(南京)

他 1900 年 6 月出生于宜兴一个平民家庭, 大学毕业后一直从事银行工作, 先后在山东、重庆、香港、南京等地开拓中国银行, 为我国金融事业发展注入了全身心血, 现住在南京市厅后街宁中里。他就是著名的银行家钱道康老人。

Qian Daokang, the 109 years old banker

Photo by Zhou Huisheng(Nanjing)

Qian Daokang was born in a common family from Yixing in June 1900. He had been working in bank all his life and worked for Bank of China in Shandong, Chongqing, Hongkong, Nanjing and so on. He devoted himself to the development of China's financial business whole-heartedly. Now he is living at Ting Hou Jie in Nanjing.



百岁老人跑百米

摄影 魏廉(南京)

看这健步如飞,哪像百岁老人。在 2005 年全国“十运会”前夕,105 岁的郭彩如老人在五台山体育场以 35 秒 24 的成绩跑完百米,赢得全场喝彩。他 1901 年出生在安徽凤阳,后来南京谋生。从南京商厦退休后,始终坚持锻炼,武当剑、太极拳、秧歌舞等样样在行。现过着四世同堂的美满生活。

The centenarian running 100M

Photo by Weilian(Nanjing)

Look, what a centenarian, he runs as quick as flying. On the eve of “the Tenth National Games” in 2005, the 105 years old Guo Cairu finished 100M. It took him only 35.24 seconds to finish running at Wutaishan Stadium and he won applause from the audience. He was born in Fengyang of Anhui in 1901; then came to earn a living in Nanjing. After retired from Nanjing Comercial Mansion, he persists in doing sports. He knows how to exercise Wudang sword, shadow boxing and Yange dancing. Now he is enjoying a satisfying life with his four generations.