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Our Editor-in-chief and Music Critic, Frank Hossack, has been a radio host and producer for the past 34 years, the past 25 of which working in media in China, in the process winning four New York Festivals awards for his work. In the categories Best Top 40 Format, Best Editing, Best Director and Best Culture & The Arts.

贺福是我们杂志的编辑和音乐评论员。在过去的34年里一直从事电台主持和电台制片的工作。在中国有近25年的媒体工作经验。工作期间他曾经四次获得纽约传媒艺术节大奖，分别是世界前40强节目奖，最佳编辑奖，最佳导演奖以及最佳文化艺术奖。

A Nanjing local, Kristen Wang has a Masters in Media and Public relations from Newcastle University (UK), has researched social media and online publishing and previously worked for different new media platforms. She is passionate about discovering new stories and helping expats involved in this city.

南京人Kristen获得纽卡斯尔大学,媒体与公共关系硕士学位。她的研究专注于社交媒体与网络发行，在不同的新媒体平台工作。她喜欢发现新故事，也希望帮助南京的外国人在七星街的生活中。

Matthew Stedman has spent years living and working in China. He has sold Chinese tea in the UK, and loves discussing the miraculous leaf with new (and suspicious) audiences. He however never feels happier than when researching the product here in beautiful South China.

Matthew Stedman在中国生活工作了多年。多年在中英两国从事茶叶贸易的他,喜欢和新读者讨论神奇的东方树叶(虽然有时候读者保持怀疑态度)。没有什么比在美丽的江南走走尝各种茶叶更让他开心的事了。

Legal columnist Carlo D’Andrea is Chair of the Legal & Competition Working group of the European Union Chamber of Commerce in China; Shanghai Chapter, Coordinator of the Nanjing Working Group of the Italian Chamber of Commerce in China and has taught Chinese law (commercial and contractual) at Rome 3 University.

法律作家卡罗担任中国欧洲商会上海分会法律与竞争工作组主席,中国意大利商会南京工作小组的协调员,并且曾经在罗马三大企业咨询课程中担任中国商法、合同法课程教授。

Roy Ingram has over 25 years experience working as an artist and Creative Director. His early career was with agencies in London but for the past eight years he has lived and worked in Nanjing.

Roy先生有着超过25年的创意总监和艺术家的工作经历。他早期的职业生涯是在伦敦的一家机构里开始的，但是在八年前他决定来到南京生活工作。
Your Travels in the Digital Realm
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As can be seen in “Nanjing Nomads” on the previous page, 大家 (our big family) had a pretty fine May Day holiday, with Nanjing blessed, as is often the case, with simply perfect, social-media friendly, weather.

Inspiration for this issue came from an observation, made on many occasions, that Chinese people seem to like touching things, or more specifically, “stroking” or “caressing” them; the leaves of a tree being an especially popular choice for those loving fingers.

While there is hardly enough in such an idea to warrant an entire article, the concept did send our editorial team off on a quest for that in a similar vein.

Hence, in this issue, find out about the tastes that we hear (p.16), Nanjing’s very own smell museum (p.14), the tarot industry in China (p.10), and much more.

Welcome to Senses from The Nanjinger.

Ed.
Before the Storm

How I long
To see the tiny tarns ripple, shattering clouds that gather...

How I long
To glimpse grey skies tethered in the rainbowed slicks
That slip out across the mottling streets.

How I long
To smell the rich raw sexuality of thirsty soil
That opens, reaching out for urgent threads of rain
That will make it fertile once again.

How I long
To taste foreign metals in the air,
As lightning splits the rocks, to hear-
Beyond the brief hiatus,
A thunderous grumble of humbling fear.

How I long
To feel the wind driven squall that with its kisses will caress my skin,
Whispering how my darkest thoughts will weather,
How they too shall pass,
Like this perfectly painted moment of intimacy
Fades, to be warmed by another sun drenched day.

By Maitiu Bradaigh

Before Storm
an alleyway off the beaten path of the bohemian Old Town in Changsha, Hunan Province, between a vape and a skate shop, hangs a circular sign bearing the Chinese characters for Tarot (塔罗).

Perhaps to be expected of central-southern China, considering the area’s vegan-friendly, slow-living hippie ways. Yet it was not until this correspondent was strolling back from a visit to The Bund in Shanghai recently and happened upon yet another shop offering Tarot that got underway an investigation as to China’s true interest in the ancient Western technique of fortune telling.

Tarot reading, Reiki healing, Rune reading and so on are indeed more widespread in China than one would imagine. Not only are people across the country offering tarot services on public APPs, as well as their private WeChat accounts, but there so happens to be not one, but two, national tarot associations. China Tarot Association (CTA) Founder, Mo Ran, told The Nanjing, “Most people find tarot mysterious and interesting. After all, it is a kind of culture. Like other modern disciplines such as the Internet, psychology and philosophy, tarot is constantly participating in our work, study and life. As a tool of self-recognition and psychological application, tarot is gradually becoming understood by many enterprises and schools. By understanding tarot, it increases staff efficiency and helps to release pressure.”
**CTA** began operating in 2005 and has as many as 270,000 registered members. The association is one of the four major professional tarot organisations worldwide (CTA China, ATA United States, TSPA United Kingdom and TGA Australia). Although CTA’s representative office is in Tianjin, its Global Liaison Centre is located in Hong Kong where CTA is registered, and is subject to the supervision of the Hong Kong Special Administrative Region of China. Growing in popularity year-by-year, the CTA annually organises cultural exchange activities such as the China Tarot Competition. Mo says that by joining the professional tarot industry one receives the necessary training to, “Study and reveal human culture. By joining CTA, our ‘humanistic exploration’ is no longer lonely. I [now] see the real relationship between ‘ego’ and ‘human’”.

In ancient times, the telling of one’s fortune was termed “solving (examining) doubts” (稽疑). Considered by the mainstream as a quack profession and never to be taken seriously, it is generally assumed by non-believers that those who regularly seek the advice of astrologers, clairvoyants and or tarot readers are somewhat desperate, overly anxious about the future or control freaks.

In China however, the traditional role of a fortune teller was local psychotherapist or important life consultant. There was little to no disbelief in their powers to tap into the future and what they said was often taken as gospel.

“CTA data in recent years shows that the number of tarot fans, professional researchers and people who want to help themselves through tarot is of a large number and growing. The increasing trend is due to the growing recognition of tarot culture and the increasingly obvious value of tarot in human culture. More and more people are benefitting from tarot, and more and more people are identifying with this culture”, Mo told The Nanjinger.

Much akin to the Kings and Queens of Medieval Europe, Emperors of China’s past were known to consult astrologers and fortune tellers before making any important decisions. Although skepticism is much more prevalent in modern society, seeking the advice of fortune tellers and clairvoyants remains an important practice, and those in the industry are considered of high social status, relied upon heavily by those in business and of people with ill health.

Scammers, such as those loitering outside Nanjing’s Jiming Temple, are everywhere in China, however, those who build a reputation of trust are highly rewarded.
Since the age of 16, Cloris, a Nanjing-based Tarot reader, has been investing in the art and is now making quite the living from one of the world’s oldest trades. One golden hour with Cloris will set clients back ¥1,500 and for half an hour, ¥800, while for Cloris to answer just one question, she will charge ¥400, making the business of Tarot reading a lucrative one indeed. “Usually, the average number of clients who make an appointment for consultation is more than a dozen per day”, Cloris told The Nanjinger.

Although business for Cloris is steady, she admits that for the large majority of people, Tarot is still relatively new. “Tarot is still on the rise in China, not very popular, but gradually getting known. Usually, young people prefer the western philosophical tools, however, because the structure of Tarot is relatively complex (78 cards), we still need to educate the public in more industries in order to make it truly universal”.

“When I was around 14-years old, I came across a forum related to ‘mystery’ on the Internet. There was a section related to Tarot and so I have been interested in it ever since”, said Cloris. Is it any surprise then that with China’s strong fortune telling history, Tarot is experiencing somewhat of an Asian revival? The practice is considered a belief by the government and is therefore tolerated. Yet, Tarot is also different, exciting and somewhat magical; highly attractive to the nation’s progressively open youth.

Tarot expert Miss Jia, spoke with The Nanjinger from her shop in Jiangpu in Pukou District: “In my opinion, Tarot is very popular, especially with young people. Nowadays, more young people like a combination of Chinese and Western culture. The image of Tarot cards is artistic: they are very beautiful”, Jia, who has been practicing Tarot for over 5 years, also boasts about 10 clients per day and charges anywhere between ¥200–¥500 an hour.

Back at the CTA, Mo believes, “If one is a tarot master or professional practitioner, there is no doubt that there are benefits or material inflow. Any professional should be rewarded, but a tarot master’s cultural spirit is not measured by material gains. Looking from a profit point of view, the tarot consulting industry (like other industries) has both high and low income. One needs a lot of learning and experience to make themselves more professional. Tarot division practitioners also need to invest a lot of energy and time into improving themselves in the early stages. Therefore, tarot is not an industry where one can easily become rich: no pain, no gain”.

No matter the reason people across the world believe in the words of tarot readers, there is no denying that the practice remains a safe place for the expression of anxiety, depression and personal issues without suffering from the stigma of mental illness.

Stress and burnout in China has reached an all new high. Suicide rates are increasing as young people complain of highly stressful lives. The Telegraph reported on a study that revealed a third of Chinese primary school children suffer from stress, while the South China Morning Post reported that all work and no play makes Hongkongers the fifth most stressed population in the world. Unable to control stress that has arisen as a result of demanding pressure, people could be turning to Tarot as a much needed mental release to ever mounting uncertainty.
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The smell of an apple pie down on the street wafts through the air. Suddenly, the memory that your mum cooked in the kitchen after your school finished surges into your head. Or maybe it’s a whiff of a humid wind together with fresh grass that takes you back to a sunny spring trip.

All our senses are connected to memories, though, odor in particular can bring us a rich flurry of memories from a long time ago, and their accompanying emotions. Nostalgia, some might say.
When people consciously attempt to remember something, they focus on the senses’ details, says Dr. Ron Devere, director of the Taste and Smell Disorders Clinic, odor being the most efficient one.

Such a magical assertion made me want to explore my lost memories. Therefore, I ended up in the Museum of Odor in Nanjing’s Jin’ao shopping mall, beginning my journey through the recollection of smell.

At first look, a big “木” character (smell) is seen hanging on the wall. As explained by the museum’s curator, odor does not have any shape, so imagination is key to help you feel it; magical that, when you focus on the smell, without other distractions, your imagination will always drag you into the past.

Herein, the exhibition is split by theme; normal odors that exist in daily life, but there are also the more abstract, named after a city or even a piece of classical music. I first picked up that labelled “Baby Powder”. Once opened, I had this feeling that the white powder from Johnson & Johnson will puff all over my face. This is it. This is what I used when I was a little child after a shower in the summer. I enjoyed my mother putting the talcum powder all over my belly, giggling and rolling around when I got itchy. This baby powder is that which I miss most from my childhood, when I still had a physical bond with my parents. Now, it is harder and harder to connect with them: even a hug is rare when I still had a physical bond with my parents. Now, it is harder and harder to connect with them: even a hug is rare for a Chinese family.

The scent of “crayon” could hardly be considered pleasant, but the pungent and symbolic odor somehow becomes the incentive for primary students to attend school, or at least for me. Thinking of reciting one poem a day or calculating how many hours it will take for the tap to fill the sink while the water still goes down the drain are definitely huge pressures for a 10-year-old girl, but all we enjoyed the art classes that most teachers reckoned unnecessary. I still remember when we were taught to imitate international football fans by drawing flags on our face using crayon. I painted the red Chinese flag over my eyes, taking inspiration from pandas. It impressed my teacher.

“Dust”, as the name suggests, is that musty smell of old furniture and fabric. It reminds me of when my grandpa dusted the sewing machine; the dust rising into the air visible in the light of dusk. This is a relaxing smell that also provides for feelings of safety.

The smell makes you feel relaxed and safe, taking me back to an afternoon 10 years ago, when my mum tried to sew a pair of new sleeve protectors for me. I would try every means to distract her from making it, as that old-school stuff was the last thing I want to wear in front of my classmates. However, smart housewives figured they can prevent children from getting their new and light-coloured clothes dirty. Even now, I still see some students dressed as their parents decree; sleeve protectors retaining their priority in mothers’ minds. Few sewing machines can be found in families today.

A woman can be read by her scent; the odor “Dan” represents the leading female role in opera and is found in this collection of Beijing opera’s five character categories, namely “Sheng” (生), “Dan” (旦), “Jing” (净), “Mo” (末) and “Chou” (丑). Yang Guifei in “The Drunken Concubine”, Yu Ji in “Farewell my Concubine” and the legend Mulan are the most representative Dan characters. This odor of white tea is inhaled in the beginning, sweet and light, then becoming a little bitter, just as in the life journey of an elegant lady; the slightly astringent odor being the sediment of time and experience, with a bitter interlude, with the sweetness returning when they finally grow mature.

Now I do understand the joy of Lieutenant Colonel Frank Slade in “Scent of a Woman”, picturing different people and scenery according to various smells, travelling back in time.

Donald Laird, Director of Psychology Laboratory, Colgate University, New York, researched the connection between autobiographical memory and odor. One of the participants therein said, “When you see something, it also helps you to recall some facts, but they would soon become vague and invisible memories. However, the memory triggered by smell is unavoidable. I did not make any effort to recall it. It seems not merely a memory, but me turning back to that world, becoming the me from that moment”.

Meanwhile, Dr. Ken Heilman, James E. Rooks Jr. Distinguished Professor Neurology and Health Psychology at the University of Florida, has commented, “Smell goes into the emotional parts of the brain and the memory parts, whereas words go into thinking parts of the brain”.

Smell can be more powerful than words sometimes, certainly in terms of memory, like riding in a time machine with smell as the key in the ignition. We may forget another’s promise, but smell will promise to take us back to that moment.
Losing Your Head

When a Sense Smells Like ‘Teen Spirit

The five senses – sight, sound, taste, touch and smell were defined by Aristotle over 2000 years ago. But have you ever taken an extra step at the bottom of a flight of stairs? Your sight doesn’t tell you you’ve mis-stepped, neither does your sense of smell. The clumsy, over-weighted thump of your foot on the ground is a classic example of your sense of effort being overexerted. How about your feet? You may not be able to see them right now, as your eyes dance across this page, but you are fully aware of where they are, at the end of your ankles, down there by your calves. This is called the sense of proprioception, and it comes in very handy for not tripping over yourself or walking into furniture incessantly.
Some theorists estimate that there may be up to 32 different senses and certainly there is an evening of joviality in store should one decide to delve into that particular debate.

The truth is, just like a garden gone to seed, the brain has puzzled man since he became aware of its existence. Trepanning was a medical procedure in the middle ages, whereby a skilled surgeon would drill a hole in the patient’s skull to release the malignant humors within, thus restoring health.

In November 2017, Dr. Stefano Canavero an Italian doctor announced that he will soon perform the world’s first human head transplant in China because medical communities in the United States and Europe would not permit the controversial procedure, reported the South China Morning Post the following day. He proposes to do so by using an ultra-sharp diamond blade, cooling the brain to a deep state of hypothermia and 3-4 weeks of induced coma to facilitate communication. The surgery is expected to last up to 24 hours. With the surgery now scheduled for 2020, the idea of plopping a head, with its brain and four of the five sensory organs onto a different body sent my synapses spinning.

Recently, I washed my hands in Kathmandu. I am 38 years old, thundering towards 39 and yet suddenly, as I pumped the squirter on the bottle of Dettol hand soap on the side of the washbasin, I was six again, in my grandmother’s house, with the washing machine downstairs hitting the C-sharp of the spin-cycle peak, and the soft drone of the Shipping News on the Radio, just before the long beep that signified the moment my churning stomach had been waiting for; lunchtime. Back in Kathmandu, my mouth watered, though it is not the smell of the soap I wished to eat, and it has been many a year since I have had the pleasure of one of my Grandmother’s hot dinners served up to me.

And all the same, the smell of gravy is right there on the tip of my nose, in the bathroom of Kathmandu, and I am six and my nails are bitten down to the elbows and one sock down around my ankle and lunch is about to be dished up. I cannot tell you which sense, in that precise moment, was most anchoring me to that moment. Perhaps a combination of senses, working together. It is common enough not to be noteworthy, but when the senses whisk us away on a memory, it can oftentimes feel as real as it did in its original unfolding. A song can drag you back out on the dancefloor, the whiff of a particular cocktail may activate your best chicken neck impression, the tickle of a strand of hair across the back of your neck that makes you leap about and flail your arms to squash that imaginary spider. We’ve all been there.
Two senses perceived simultaneously is known as “synesthesia”, from the Greek “joined sensations”. It is the opposite of anesthesia, “no feeling”, but comes from the same root. So, you can see coloured words or hear tasty sounds. It may be inherited, though the type of sense combination may vary from one family member to another.

The most common form is called “coloured sequenced synesthesia,” or chromesthesia, when graphemes (numbers, letters, weekdays, etc.) are perceived as having a colour of their own, so the letter A might be sparkly bubblegum pink, whilst the letter Z may be gutter grey. In many cases, synesthetes also describe graphemes as having personalities, so weekdays might be fatter and grumpier than the lithe and blithe weekend, or one (the number) might smell like rose, whilst 1 (the numeral) may smell like toilet cleaner. Some synesthetes describe a combination of sensations which makes the synesthetic experience so hard to describe - One 1 may be rosy-toilet cleaner scented for a synesthete, and the A-Z Guide of London is perceived as a splattered swirling splodge of all of the colours associated with each letter.

By contrast, the sound units of language, phonemes, trigger synesthetic tastes. For example, for James, the word ‘college’ taste like sausage, as does ‘message’ and similar words with the “edge” ending sound. That may sound like fun, but just like Bertie Botts every flavor Bean, some words may have unpleasant tastes associated with them, literally.

It is estimated that 4 percent of the general population have synesthesia. However, it is difficult to know exact numbers, as synesthetes do not always realise that their super senses are not the norm. Synesthetes do not typically realise that they perceive the world differently to others until they are older. Charlotte remembers “hearing a door slam and saying to my parents, “Wow, that was really bright white!” That was the moment I realised not everyone sees sounds.” She was nine years old. Another synesthete reports discovering her super senses in her first year at University!

Having one type of synesthesia, such as coloured hearing, gives you a 50% chance of having a second, third or fourth type. (“What colour is Tuesday?” Richard E. Cytowic)

Synesthesia is a trait, like having blue eyes, because it is not an impairment or disorder. There is nothing wrong with the person who can hear colours. Synesthetes may have exceptional recall capabilities, for example. Hyperconnected brain neurons allow for faster, broader recall from long term memory.

Although difficult to diagnose, synesthetes do share certain characteristics. The perception of mixed senses is involuntary, it requires no thought on the behalf of the lucky benefactor of the super-connected brain. Synesthetes also describe the mixed sense perception as something that is experienced rather than imagined. Once established in childhood, pairings remain fixed for life, so the if the number three is a silly girl for a synesthete and four is a patient grandma, then these associations will remain so for life.

In a way, synesthesia is like living in a constant metaphor - seeing the similar in the dissimilar. Vladimir Nabokov, Billy Joel (see following article, “Music for the Masses; A Sense of Magnificence”) and Lady Gaga are all synesthetes.
Many researchers are interested in synesthesia because it may reveal something about human consciousness. One of the biggest mysteries in the study of consciousness is what is called the “binding problem.” Barry C Smith, who heads up the Centre for the Study of the Senses at University of London explains, “No one knows how we bind all of our perceptions together into one complete whole. For example, when you hold a flower, you see the colors, you see its shape, you smell its scent, and you feel its texture. Your brain manages to bind all of these perceptions together into one concept of a flower.”

Synesthetes might have additional perceptions that add to their concept of a flower. Studying these perceptions may someday help us understand how we perceive our world. (Livescience https://www.livescience.com/1141-insight-people-taste-words.html)

_Really, when you think about it, all memory is synesthetic._ How many times have you heard a song and have it whisk you back to a time or place as vividly as if your feet were suddenly standing on the same spot where first you heard it? Or a smell that returns you to your six-year-old self, full of the same emotions and dreams and fears?

_We do not know where memory lives in this bag of bones and meat. We cannot imagine which combination of senses creates the alchemy needed to revisit our past for a heartbeat. How many times have we wished to be able to do so, if only for a second? The answer is inside you, somewhere between the head and the body. It’s in the colour of your heartbeams._
2019 is a big year for anniversaries in China, not least the birth of the Chinese nation itself 70 years ago. Completely unpublicised, however, is the fact that it is also 30 years since the New York Times ran a story on the music industry in China, predicting that the day may come when Americans will all be able to sing Chinese songs to their visitors from the Middle Kingdom.

Well NYT, that obviously has not happened, and the reason for such is largely rooted in that which fires the Chinese auditory sense as regards tastes in music. In the book “The Power of Music”, Elena Mannes says, “Scientists have found that music stimulates more parts of the brain than any other human function”, while composer, singer, pianist and all-round genius Billy Joel expressed, “I think music in itself is healing. It’s an explosive expression of humanity. It’s something we are all touched by. No matter what culture we’re from, everyone loves music”.

Music
for the Masses

By Frank Hossack
Billy Joel, however, is also a synesthete, so he probably sees the music as well as hears it (see previous article, “Losing Your Head; When a Sense Smells Like Teen Spirit”). Yet, it also goes without saying that there are regional differences. In China, as usual, that means big differences.

So it is with music. Political events of the second half of 20th century China played a more significant role in shaping how the Chinese hear music than many would first imagine. Music was a political tool, intended to assist with meeting revolutionary goals and building solidarity among the masses.

When western pop music first started to enter China, also 30 years ago, it were the songs with the most melody that held the biggest appeal. Number 1 of the time was American saxophonist Kenny G, followed by The Carpenters; their iconic hit “Yesterday Once More” being by far and away the most requested song to radio stations of the time. Latterly, the likes of Michael Bolton, Celine Dion and Mariah Carey all became firm favourites.

Uniting each artist was their ear for melody, particularly melody tinged with a hint of sadness; think the aforementioned and the likes of “Said I Loved You, but I Lied” and you get the picture.

Of course it is not all gloom and doom, and China loves the aspirational; that may be the Chinese Dream, to buy a car or own a house, to overcome adversity, to be seen as a success or to gain “face” by other means. One piece of music does all this, and the Chinese knew it as soon as they heard it. They have not let it go since.

The theme from The Magnificent Seven is dragged out for almost every event of any importance in China. Most often heard as the music for the ribbon cutting at any major shindig attended by government officials, or the announce the latter’s ascension to the stage, the strident rhythm pumps us full of faith in the powers that be, or just about. That is, until we’ve heard it for the 135th time.

Composer James Horner, who we also have to thank for “Titanic”, another delight for the Chinese, started work on the new theme for The Magnificent Seven’s second incarnation in 2010, tragically dying before completing it. Yet, his analysis of the piece tells us a lot; ‘Most composers are looking for action-oriented, pulse-oriented...rhythm-oriented scores that propel the movie, and the whole thing is about propulsion. And, as an afterthought, there’s love, and there’s emotion, and there’s other things, but the main thing is pure adrenaline. And a lot of movies are made like that now. If you look at all of the Marvel comic movies or the tentpole movies that are made, how many of them are made with the same formula’.

The latter’s latest blockbuster, “Avengers: Endgame” hit Chinese big screens on 24 April and took in half a billion renminbi in 24 hours. The movie’s score played a significant role therein.

It was composer Elmer Bernstein, also responsible for Ten Commandments and The Great Escape, who scored the original theme, acknowledged as his best and regarded as one of the most popular movie themes of all time. The piece also became associated with Marlboro cigarettes, being used for quite some time on the brand’s TV commercials.

There you have it. The theme to The Magnificent Seven has in common both China and cigarettes. The double irony is that while the theme is exactly that which heroes would want to hear when going off into battle, its buoyancy guaranteed to fill every patriotic Chinese nationalist’s heart with pride, the theme to The Magnificent Seven remains unashamedly American.
Chinese food was the ultimate treat for me. You may sneer at those British-Cantonese restaurant dishes which so excited me: spare ribs, crispy noodles, crispy beef with carrots, etc. I am unrepentant. In our family, we each ordered one dish. Mine was always Lemon Chicken. Sure, the take-away version usually comes in a gloopy sauce with the same lemon-ness as “lemon-fresh” bathroom cleaner. But fresh lemon (word order is important here) is always used in the best restaurants. And, thanks to British-Chinese food evangelist Ken Hom, it’s a dish I can cook competently.

Lemon Chicken was part of my China dream. So I’d just assumed that lemons must be everywhere in China proper. But how wrong I was. Not only is Lemon Chicken completely unknown; lemons themselves remain somehow foreign. Ordinary grocers never sell them. They’re expensive in supermarkets, unless you opt for those dried slices – among the infusions and the lizards and the medicines in the glass jars.

Bar staff here don’t usually start their shift slicing lemons. That (unimaginative) western pairing of lemon with every kind of seafood just doesn’t figure here. And desserts (nevermind lemon-drizzle-cake) are not commonly made at home. So wonder grocers don’t bother stocking them.

Now, I should say at this point that I probably like lemons even more than you do. I make lemon choices at moments when you would make chocolate choices. I don’t especially enjoy sucking on a lemon. But I can.

And if lemons are not popular in China, why am I mentioning them here in this Chinese tea column? Because adding lemon in tea is something worth trying – even to non-followers of the super-sour.

It’s something that has a rich history outside China. The ‘iced tea’ enjoyed in the Southeast of the United States is an institution all of its own. And (sssshhhhh!!!) it’s probably influenced by Russia.

Originally, the tea drunk in Russia was brick tea from China – arriving along the famous caravan. Whether or not they really did need to banish a camel-sweat aroma from that original tea, we know that Russians often chose to flavour it with lemons. In such a cold climate, we have to assume that early Petersburg and Moscow salon drinkers made do with dried lemon slices. But squeezing a fresh lemon was, apparently, part of Stalin’s daily ritual.

I once worked in India, and it was lemon (not condensed milk) I preferred adding to my morning cup of black tea. I’m again drinking that way now, with some tea from Sri Lanka.

For all its sourness, lemon juice probably contains a lot of sugar. And, for me, it really ‘rounds off’ any ‘bitter malty’ aspects of a black tea. It adds a wonderful face-filling fragrance. And, from what I understand, the ‘healthy’ aspects of the two ingredients – the antioxidants and the Vitamin C – do not ‘block uptake’ or denature or shout rude Altai words at each other, even at black tea’s high brewing temperature.

Rather than just the juice, I personally recommend infusing the slice – zest, pith and all. That creates a better sourness-balance than squeezing alone. Don’t say it too loudly here in China, but lemon also works well in softening a very astringent green tea.

Just don’t touch any of those “lemon” teabags. Drinking bathroom cleaner would be better than that.
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An English speaking hair salon in Nanjing specialised in the treatment of foreign hair
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18362950127 / 025-86809010
Once preposterous to some, it is now virtually general knowledge that good wine definitely does go well with Chinese food; the trick lies in choosing the right wine.

Cracking open a bottle of your favourite dark red and sipping it along with spicy fried chicken is a mistake (hopefully) only made once. Happily, and especially for us women at the Chinese dinner table, no longer must we choose from corn juice, watery beer, baijiu or a vinegary version of “vintage” Chinese red. These days good wine; red, white or pink is abundant and affordable. Learn to select which wines go with which Chinese dishes and we can have a very enjoyable and delicious dining experience.

Understandably, the process is “an acquired taste”. The Nanjingers teamed up with Galia Rautenberg (WeChat ID: Galia999), Co-owner of De’Vine wine shop in Xianlin, who says, “There might some flavours that are more challenging to pair with wine, [but] Chinese cuisine is so diverse and can be paired with many styles of wines from around the world.”

If new to Nanjing, please note that most restaurants will not provide wine cooling buckets nor ice and you will be hard pressed to find a cork screw, so bring your own or opt for screw top, such as the Sacred Hill pictured.

Spicy:
“Gongbao Jiding” (Kungpao Chicken); “Lazi Ji” (Fried Chicken); “Mapo Doufu” (Mapo Tofu); “Ganguo” (Dry Stir-fried Tofu)

Wine Suggestions:
De Bortoli Sacred Hill Pink Moscato, Australia, 2017; served ice cold (8% vol). A frizzante pink wine with freshly crushed grapes aromas, sweet strawberry and musk. Crisp and refreshing. Smart buy for the sweet Moscato fans.

Domaine de Montfaucon Viognier, Rhone Valley, France, 2016 (13% vol). Fresh pear, apricot, white peach aromas with mineral notes. Refreshing acidity and good balance. Good choice for the upcoming summer.

Sweet and Sour:
“Tangcu Paigu” (Pork Ribs); “Gulaorou” (Pork with Pineapple); “Tangcu Guiyu” (Sweet & Sour Trout)

Wine Suggestion:

Umami:
“Pa Mogu” (Braised Mushrooms); “Mu’er” (Cold Black Fungi starter); “Yuxiang Eggplant” (Eggplant with Fish Sauce); Beijing Kaoya (Roast Duck)

Wine Suggestion:
Six Foot Six Pinot Noir, Geelong, Australia, 2017 (12.5% vol). Exotic and perfumed, with dark cherry and clove spiced raspberry jam notes; the palate shows bright red berry fruits mixed with smoky, savoury nuances.

Rich & Meaty:
“Tudou Shao Niurou” (Stewed Beef & Potato); “Hongshao Rou” (Braised Pork with Dark Sticky Sauce); “Baicai Chaorou” (Stir-fried Cabbage with Pork); “Mongu Yangrou” (BBQ Spiced Cumin lamb)

Wine Suggestions:
Silver Heights The Last Warrior Red Blend, Ningxia, China, 2016 (14% vol). A Bordeaux style red blend that flaunts fresh, ripe aromas of dark fruits with a lingering and smooth finish.


Stir-fried Vegetables:
“Suanrong Bocai” (Garlic Spinach); “Suanrong Xilanhua” (Garlic Broccoli); “Xihongshi Jielancai” (Tomato & Garlic Kale); “Huayecai” (Cauliflower)

Wine Suggestion:
Domaine Constant – Duquesnoy Les Rizannes, Cotes du Rhone AOC, France, 2017 (13% vol). A South Rhone blend, light bodied with citrus, honeysuckle and mineral aromas. Well balanced and round, this is a wine of great value.

Chinese Appetizers (Cold):
“Huanggua” (Cucumber); “Tangcu Yanyu” (Sweet & Sour Smoked Fish); “Haizhi” (Jellyfish); Leng “Niurou” (Roast Beef)

Wine Suggestion:
Nanjing bucket list is about as long as a Chinese birthday noodle and one of the dinosaurs that’s been lurking there since day one has always been Sifang Art Museum.

So why did it take me almost four years to go? Mostly, because I’m lazy. By public transport our visit was a complex equation of walk + bus 2 + tuc tuc + walk, all in all adding up to a rather wacky Sunday afternoon.

Filled with anticipation, our first glimpse from the entrance showed the museum from perhaps its least flattering angle. The giant suspended tube of a building looked more like an aircraft gangway – the kind filled with colour coordinated banking adverts – than a gallery space full of quirky and sometimes questionable art. But thankfully the museum, whose name itself literally translates as “four sides”, has other more appealing perspectives.

Perspective itself was a key concept for American architect Stephen Holl when he began his initial design sketches for Sifang in the early 2000s. The privately owned art museum was made without a clear purpose in mind so Holl decided to make it a museum about space. In particular he was drawn to the diverging approaches towards perspective in Chinese and western art, and tried to embody this within his design.

Perspective in western art came about in the Renaissance around the 15th century where painters used linear perspective and a single vanishing point to give images a sense of depth. They created illusions that attempted to blur the physical surface of the picture, bringing the real world in line with the painted one.

A common misconception about Chinese painting is that the Chinese didn’t adopt perspective, but that is far from the truth. Rather, their approach to the concept was fundamentally different. A Chinese painting can show multiple perspective planes simultaneously, which allow the painter to emphasise certain viewpoints – a monumental mountain viewed from below for example – and guide the viewer through multiple layers of space on a single two-dimensional plane.

This contrasting perception of the world around us, and our relationship to it, generates interesting questions for the architect who is ultimately a designer of space. Holl’s design of the ground level of Sifang Museum attempts to recreate the parallel perspectives found in Chinese painting with a series of walls that conceal from the viewer any kind of distinct vanishing point.

Above ground, the gallery space that winds round like snake on a Nokia 3310 does the opposite, with its glass faced wall at one end that offers not only a vanishing point but also a view into the distance towards Nanjing.

Translating the two-dimensions of painting into three-dimensions of architecture eliminates certain elements of visual interpretation, but accentuates our interaction with the space perceived. The subtle parallels in Holl’s design may not be overtly obvious to us as visitors, but delving deeper into the design of Sifang Museum proves to be a more rewarding pursuit than trying to make sense of the art on display inside – a worthy tick off my bucket list and perhaps one to add to yours!

Sifang Art Museum is located at 9 Zhenqi Road, Pukou District 南京市浦口区珍七路9号
With the prospect of my new vegetarianism, I was in a panic, at a loss of how to keep myself nourished in China, a country renowned for including meat in every gastronomy.

**GASTRONOMY** By Faye Randall & Sophie Kirkby

**Veggies Spoilt at Nanjing’s Cheapest Buffet**

With the prospect of my new vegetarianism, I was in a panic, at a loss of how to keep myself nourished in China, a country renowned for including meat in every...
meal, wherever possible. I went to my closest vegetarian friend and asked for advice; to which she let me in on the not-so-well-kept secret of Qingxinsushi (清心素食), literally “Tranquil Vegetarian; My Saviour”.

This vegetarian buffet is located in the centre of the Nanjing tourist district of Fuzimiao. After a brisk 5-minute walk from the metro, you will be welcomed into a traditional Chinese style canteen, with classic lantern decor and a spacious seating area. With payment upon entrance of just ¥23 or ¥18 if you are lucky enough to receive a discount token, you will be presented with your plate, bowl and utensils and let loose to tackle the buffet.

The restaurant offers a wide range of Chinese vegetarian specialities, with all the crowd favourites represented “sans” meat. Expect to find seitan, tofu and bean dishes, replicating traditional monastic diets of plant-based proteins. Nutritious soups of baimu’er and black rice congee are served up in cauldron-esque pots, alongside fresh dou jiang (soya milk). Indulging in the fun of choosing which dishes to eat, everyone can enjoy what suits their personal preference.

The downside, this place is a product of its popularity; as with the nature of buffet-style restaurants, the early bird gets the worm, so being there right on opening at 11:30 am is a must. Tranquil Vegetarian is an essential for vegetarians looking for a cheap easy Traditional Chinese meal out, loaded with local atmosphere.

LITERATURE

By Frank Hossack

The Invincible Jade, An Englishman in Suzhou

By now, there must have been thousands of books written by foreigners in China about China, and the huge majority are mediocre at best.

Two of the exceptions to this are Pulitzer Prize-winning New York Times reporters Nicolas Kristof and Sheryl WuDunn’s “China Wakes” (1994), which remains an essential read for anyone coming to China for a decent length of time, and the other is the subject of this review.

Perhaps it is no coincidence that it is a former BBC journalist responsible. This translates to no more clambering over sentences to figure out what the author is trying to say and a book that is as effortless to read as it is pleasurable.

Andrew Shaw lives in Suzhou and gave up his life in England to embrace jade, so much so that he is today the only foreign national-level Master Carver of jade in China.

Often thought of as something ancient and gathering dust in museums, in China, jade is a vibrant part of modern life. More jade has been carved this century already than in the rest of human history combined. For Chinese people, jade represents everything that is pure and noble. Jade Life tells Shaw’s story, and also the story of jade itself, its past and how it intertwines today with the lives of one and a half billion people.

His description of the jade industry provides insights into the hearts of Chinese people and also how they managed to turn a backwater state into a world superpower in less than three decades.

As a foreigner himself, Shaw picks up on the little idioms present in common vernacular that a Chinese would miss; “It’s made of Jade’. Chinese people always say this as though they think
Westerners have no idea what jade is. This used to irritate me until I realized that virtually all Westerners have no idea what jade is."

Of course, the fake jade market in China is staggering, and Shaw offers practical tips for identifying the real thing: "Both jadeite and nephrite are harder than steel so you should not be able to scratch them with a penknife... Just toss the jade into the air and feel the weight of it. Jade is very dense and weighs more than other stones."

While the value of jade in China has increased one thousand fold in the last 30 years, so too the sky-rocketing demand means that China increasingly looks beyond her borders to source her jade, providing Shaw with many a philosophical comment in the book’s closing pages: "The conditions for miners in Myanmar are appalling. The jade imported from Yemen is from a conflict zone. The jade from Guatemala is taken out of the country illegally. How long before people in China begin to object to the questionable way their favourite precious stone is acquired?"


GASTRONOMY By Faye Randall

The Human Touch; Downtown and Unpretentious Coffee

Is it the last day of a 6-day week? How did your son do on his last exam? Where are you going on holiday?

These are each just a sample of that you might overhear drinking a cup of coffee in Human Coffee, with the classic group of mums getting the lowdown on each-others’ children’s lives. As the name says, it’s very human.

Months ago, when I first arrived in Nanjing I would always think, how nice it would be to have a coffee in a coffee shop where I felt comfortable and welcomed in my neighbourhood. I live in Gulou, which is by no means short in supply of hip, fancy and conceptual coffee shops, but I was finding myself with a need to find a simple welcoming coffee without all the flairs that sometimes accompany a cup of ¥50 coffee in China.

So, when I was exploring my local area I happened upon, that which to this day is still my favourite cafe in Nanjing.

Human Coffee is a small alleyway coffee shop close to Nanjing University just off Shanghai Lu. It is a quirky but quite small place, with comfortable chairs, calming low lighting and a relaxed feeling which sets the scene for a chilled-out coffee during the day and for deep conversations over a beer at night. With the average coffee priced at ¥22 there is no need to worry about breaking the bank here.

Yet, it also must be said that the environment in this coffee shop by far trumps the coffee itself, so if you are a connoisseur, this place may not be the next place to grab an award-winning cup. Although, they do make a strong Americano for those times where your work needs that extra fuel. They also offer a wide selection of other beverages; coffee with syrups, teas, smoothies, infusions and more, as a regular visitor since arriving in Nanjing I would recommend their green tea latte, it’s delicious!

Human Coffee lives a double life, at night changing into a bar under the name of Craft Beer, profiting by jumping on the recent trend of selling imported beers. They offer a wide range of foreign imported beers from across the world, at a competitive price compared to many other bars in the area, with a classy rustic ambiance to suit.

Human Coffee is located at 20-1 Nanxiu Cun (off Shanghai Lu). Tel 186 0250 3067
“Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.”

Maimonides
With both pride and a tinge of sadness that Nanjing International School said good-bye and good luck to this the Class of 2019. While Grade 12 students still have the reality of their final exams ahead of them, they are high-schoolers no longer. Now, they take full ownership of their academic progress and achievements. NIS reminds them that there is always a place for them here in Nanjing.

Don’t Stop Believin’
26 April, 2019
EtonHouse Nanjing took their Year 4 and 5 students for a camping trip to the Gingko Lake Amusement Park, Camp Naturejoy and Squirrel Park in Nanjing’s Jiangning District. EtonHouse Nanjing wishes to thank all the teachers and camp organisers who made possible that which all the children agreed this was the school’s best camp yet.

Ging
Gang Goolie

24–26 April, 2019

If you would like to see photos from your event on these pages, contact us via thenanfinger@sinoconnexion.com. Conditions apply.
After reading a news story on The Nanjing website regarding the 5th anniversary of local charity, the Rainbow Centre, residents of Masterland in Nanjing’s Jiangning District banded together to stage a fund-raising mini marathon around the compound’s scenic landscaping. In all, 40 participants each ran 5 km and raised ¥3,125.51 that will help go toward providing palliative care for children with terminal illnesses.
Year 5 students from The British School of Nanjing took their residential trip to the northern hills of Beijing, during which they worked as a team, facing physical and personal challenges, while developing self-confidence during a hike of the unrestored section of the Great Wall, “Huanghuacheng”; students were amazed at the steepness of the wall and some literally crawled up on their hands and feet.

Rocky Mountain High
16-19 April, 2019

If you would like to see photos from your event on these pages, contact us via thenanjinger@sinoconnexion.com. Conditions apply.
It might be hard to believe, but the Golden Week of May has been away from the PRC calendar for over a decade. The term was originally coined in Japan upon combining three to four national holidays with well placed weekends, making it one of the busiest periods in the country. However, it is when China implemented the Measures Governing Holidays on National Festivals and Anniversaries in the year 1999 that the Golden Week was lived to the fullest of its potential, with the whole country on the move, heavily stimulating the tourism industry as well as the domestic demands of the economy.

Then according to State Council’s Decision on Modifying the Measures Governing Holidays on National Festivals and Anniversaries, the Golden Week was officially cancelled, reduced to 3 days inclusive of 1 day of statutory holiday and two shifted weekend days. In turn, the reduced days have been compensated by several newly added Chinese traditional holidays such as Qingming Festival and Mid-Autumn Festival.

The 3-day Labour Day holidays were carried out in this manner until 2018. This year, however, the International Labour Day occurred in the middle of a working week, i.e., Wednesday. Due to the difficulty of shifting weekend days and efforts to minimize the impact to everyday production, according to the holiday arrangement notice for 2019 by the State Council, the International Labour Day Holiday was stripped to only 1 day. Needless to say, this caused quite a commotion with general public, so much so that the State Council had to issue an additional notice in order to change the plan to extend the holidays to 4 days.

**The Big Short: Paid Annual Leave**

Though the incident has gone quiet, the inevitable question still lingers; why not bring back the Golden Week?

The Golden Week was cancelled in 2007 mainly due to the introduction of the paid annual leave system to make up for the days lost. Under this regulation, employees could be entitled to fully paid annual leave ranging from 5 days to 15 days depending on the actual working years. For the annual leave not enjoyed by employees due to their workload or employer needs, an employee shall be compensated with 300 percent of their daily salary.

Easier said than done, despite the enforceable regulations, in the annual survey carried out by the Ministry of Human Resources and Social Security across 60-odd cities, only half of those surveyed enjoyed a certain amount of paid annual leave and many fail to enjoy the full amount of annual leave. Legislation aside, due to the vast size of China and distinctive economic ecosystems, it is difficult to enforce a uniform annual leave system in the first place.

**Stimulate Domestic Demands**

From a macro-economy perspective, and due to the volatile international trading situation, domestic demand is vital to the next period of China’s economic development. Unfortunately, the leave system of China plays a counter-productive role herein.

Considering China’s geographical reality, a substantial portion of 3-day domestic trips are potentially spent squeezing through various forms of transportation, prompting many to stay put and wait for the actual holidays, consequentially further clogging the road/rail/air network and compromising the tourist experience.

All being said, the addition of another golden week in May would be an effective means of both stimulating the economic demands of the country and improving the quality of the holidays.

**DISCLAIMER**

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To assist with journey planning, The Nanjinger’s Metro Map includes first and last train times for every station.

Download this map to your smartphone by scanning the QR code above.
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