

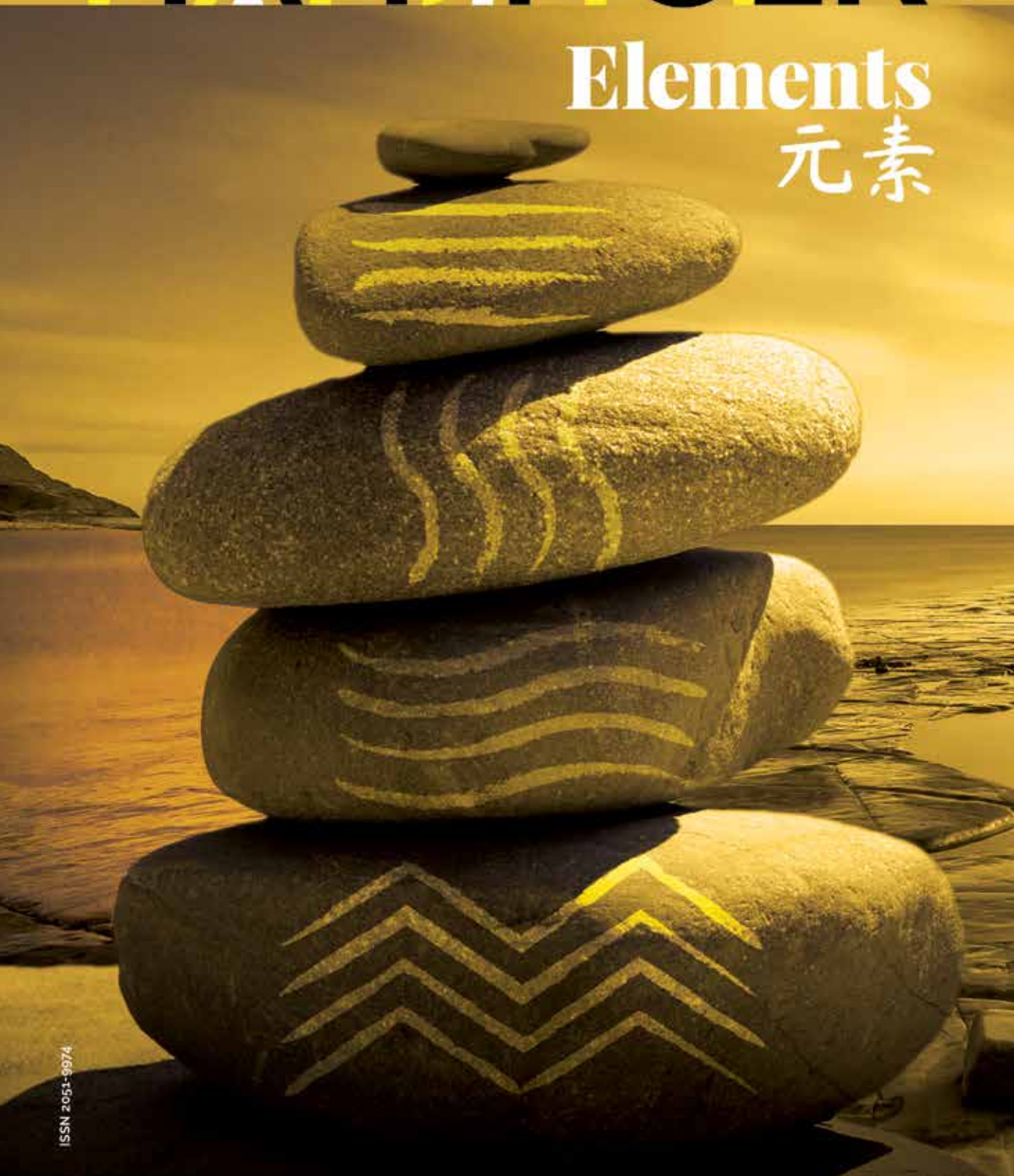
AUGUST 2018

THE

www.thenanjinger.com

NANJINGER

Elements
元素



Your Provider of International Standard Healthcare in Nanjing



~ DEPARTMENTS ~

Internal Medicine, Surgery, Gynaecology, Pediatrics, TCM, Sports medicine, Dermatology, Ophthalmology, Plastic Surgery (Botox/Hyaluronic acid/Filorga injection, Autologous fat granules Filling), Psychology, Radiology, Pharmacy, Ultrasound, ECG, Laboratory



~ DIRECT BILLING SERVICES ~



中国平安
PINGAN

保险 银行 投资

europ
assistance

get live assistance

ERV

招商信诺

UnitedHealthcare
Global

SSC

ASSIST CARD

43



AUTOVISION

中意人寿

WellBe

Cover-More
ASSISTANCE ONLINE

MSH CHINA

中意人寿

Allianz

Allianz Worldwide Care

~ PAY US A VISIT ~



1680 Shuanglong Avenue,
Baijiahu, (Jiangning 1912)
www.guzeclinic.com



GUZE CLINIC

CLINIC HOURS
Mon-Sun; 0900-1800

ENGLISH HOTLINE
18061492259 / 13182865705

*The Nanjing International Club
welcomes you:*

SEPTEMBER 1st 2018

Nanjing International School

No 8 Xueheng Road
Qixia District

sponsored by:



SunHome
REAL ESTATE

HOME CAUGHT
Explore your data needs



BBQ ADMISSION:

New and returning NIC members
FREE

Non-Members
250 RMB

Children under 12
100 RMB

NIC MEMBERSHIP FEES:

Full Year (Sept 1 - Aug 31)

Family	RMB 1400
Couple	RMB 1200
Single	RMB 1000
Student	RMB 200



Early Bird Registration

Family	RMB 1200
Couple	RMB 1000
Single	RMB 800
Student	RMB 100

Pre-registration days at NIS:
Aug 21, 22 & 28 before and after school.

www.thenicclub.com

Contents

THE

www.thenanjinger.com
AUGUST 2018

Volume #8/Issue #9

#77

- 6 Contributors
- 7 Poem
- 8 Editorial
- 9 Nanjing Nomads
Your Travels in the Digital Realm
- 10 Qigong
The Next Big Thing
- 14 Out of My Element
And Thrown into China's
- 18 For Art's Sake
Crayfish, Red Herring and Art
- 19 Shout Out to All Nanjinglers
- 20 Chomping Thru China
Chinese Imperial Cuisine
- 22 The Trip
Wooded by Wuyishan
- 24 Strainer
The Precarity of Tea Town
- 26 Our Space
- 32 The Gavel
From Creation to Destruction to Regeneration
- 33 Metro Map

NANJING



Cosmetic Dentistry

No grinding and ultra-thin porcelain laminate veneers

Teeth Orthodontics **invisalign**

American Invisalign invisible correction

Dental Restoration

Precision restoration of missing teeth, painless implants, systematic treatment of periodontal disease

Tooth Care

3M fillings, NSK air-operated cleaning, oral examinations and assessments



Unit 411, Building E, Wanda Plaza, Hexi, Nanjing
(Exit 5, Jiqingmen Dajie Station on metro line 2)
English hotline: 13585178658 (Dr. Zhou) / 15077852304 (Dr. Shan)
Tel: 4008-919-828 025-83308686
Website: www.keyath.com



**Nanjing
International
School**
南京国际学校
**An Inclusive
Learning
Community**



**Nanjing's
International
School
Since 1992**



WWW.NISCHINA.ORG - ENQUIRIES@NANJING-SCHOOL.COM - +86 25 8588 8111

Introducing some of our contributors, editors & designers

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过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。

As an Australian journalist living in Nanjing for many years, Renée Gray has a background in research, print and online publishing, taking great pleasure in discovering more about Nanjing with every article. 作为在南京居住多年的澳大利亚新闻工作者，Renee Gray有着调研以及印刷品和线上出版物的工作背景。她总是乐于在每篇文章里发现关于南京的内容。

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(虽然有时他的读者保持怀疑态度)。没什么比在美丽的江南走访品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.

法律作家代开乐担任中国欧盟商会上海分会法律与竞争工作组主席，中国意大利商会劳动集团的协调员与曾经在罗马三大担任企业咨询课程中中国商法、合同法的课程教授。

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。

THE



www.thenanjinger.com
AUGUST 2018

Sponsor 主办单位
SinoConnexion 贺福传媒

Publisher 编辑出版
The Nanjinger 《南京人》杂志社

Operating Organization 运营机构
Nanjing Hefu Cultural Media Co., Ltd.
南京贺福文化传媒有限公司

Contributors 特约撰稿人
Tara Tadlock
Maitiu Brallaghan

Columnists 专栏作家
Francesca Leiper
Carlo D'Andrea
Matthew Stedman

Editor-in-chief 主编
Frank Hossack 贺福

Executive Editor 副主编
Renée Gray 夏蕊

Graphic Design and Layout
平面设计 & 布局
SinoConnexion 贺福传媒
Web: sinoconnexion.com

Concept & Design 构想与设计
封面构想与设计
Roy Ingram

Client Liason Coordinator
客户联络协调员
Nancy Guo 郭蓓

Legal Consultant 法律顾问
Ma Haipeng 马海鹏

General Enquires & Advertising:
+86 25 58491159
English/英文: +86 13851522275
Chinese/中文: +86 15050527655
Email: thenanjinger@sinoconnexion.com

Volume 8 / Issue 9 / August 2018
“Elements”

Copyright 2018, SinoConnexion Ltd.
Published in the United Kingdom
ISSN 2051-9974

DOWN POUR

Drip.

A drop.

A smattering,

Trying to rain...on and off,

*Showering, drizzling, spitting; streaming
and teeming*

*Lashing it, chucking it down; pouring and
falling down*

Torrenting, storming, no - bucketing down

And the heavens have opened: its

*Hammering, tipping it down, coming down
in sheets,*

*In cats and dogs, stair rods, shed loads,
pitchforks,*

*A deluge, flood or monsoon; a flurry, a
soaking, a drenching,*

A drowning, a pelting; a barrage or surge

A downpour -or simply

Nice weather

...for ducks.

By Maitiu Brallaghan '18

EDITORIAL

St. Elmo's Fire

Our traditional, Western notions will have us believe there are four elements; those of water, air, fire and earth, as illustrated on our cover for this issue. China, however, as many of us will have learned, would like to disagree.

For she has thrown into the mix metal. The Nanjinger responds with its belief that The Force should be included too. Sorry, Trekkies, we will use the politically correct term "Qi". See why on pages 10-13, as Renée Gray Beaumont discovers in her investigation of the mysteries of Qigong.

Elsewhere, Tara Tadlock has found that,

despite her experience in 42 countries, with China she had bitten off more than she could chew, and was truly "out of her element" (p14).

Our legal columnists over at D'Andrea & Partners Law Firm, meanwhile, this month illustrate the foresightedness with which China approached the issue of those invaluable rare-earth elements. Yet, it was an insight that was to have very costly environmental implications (p32).

Welcome to "Elements" from The Nanjinger.

Ed.

DISTRIBUTION

Scan the QR Code to visit The Nanjinger on WeChat, from where you can download a free PDF of any issue, find a full list of distribution points for hard copies or arrange a subscription to have The Nanjinger delivered to your home or office!

This magazine is part of a family of English publications that together reach a large proportion of the foreign population living in Nanjing, along with a good dash of locals, comprising:

**The Nanjinger
City Guide**

www.thenanjinger.com

Lifecycle email newsletter

Facebook, WeChat, Twitter and Weibo



All of the above are owned and operated by HeFu Media, the Chinese subsidiary of SinoConnexion Ltd. www.sinoconnexion.com

NANJING NOMADS

Your Travels in the Digital Realm

#TheNanjinger to be entered in our lucky draw!



fredafunfun (24 July, 2018) Instagram Post
Retrieved from <https://www.instagram.com/p/BlnStaoFBjy/>



visitjiangsu (25 July, 2018) Instagram Post
Retrieved from <https://www.instagram.com/p/BlpMD7qAB5C/>



autumnmoonarts (26 July, 2018) Instagram Post
Retrieved from <https://www.instagram.com/p/BlrUyM8AKaZ/>



autumnmoonarts (26 July, 2018) Instagram Post
Retrieved from <https://www.instagram.com/p/BlrUsj2gwGL/>



cindy_zxn (26 July, 2018) Instagram Post
Retrieved from <https://www.instagram.com/p/BlqTd2GgNhZ/>



pilotosaul3 (26 July, 2018) Instagram Post
Retrieved from <https://www.instagram.com/p/BlqrAxqH-UWE/>

Qigong

The Next Big Thing

**By Renée Gray
Beaumont**

A bilify (aripiprazole) is a drug that is subscribed to patients who suffer from suicidal thoughts; here's the company's warning list

at the end of its American TV commercial: "Abilify is not for everyone, call your doctor if your depression worsens or if you have unusual changes in behaviour or thoughts of suicide, anti-depressants can increase these in children, teens and young adults and elderly dementia patients taking Abilify have an increased risk of death or stroke.

Call your doctor if you have high fevers, stiff muscles and confusion to address a possible life threatening condition, or if you have uncontrollable muscle movements as these could become permanent. High blood sugar has been reported with Abilify and medicines like it, and in some cases extreme high cases can lead to coma or death. Other risks include decreases in white blood cells, which can be serious, dizziness upon standing, seizures, trouble swallowing and impaired judgement or motor skills. End Ad *'be sure to ask your doctor about the free trial offer'*."





ver medicated and with little to no purpose; with violence looming and the omnipresent threat of terrorism, World War III or death, it is no wonder **a “well-being” movement is sweeping the Western world.** Anyone born from the 1980s onwards has grown up in a world of fear, processed foods, dangerous medications, violence and a never ending detachment from what it means to be human and live in a community.

While the ancient Ayurvedic Indian practice of Yoga made a come back during the counter culture revolution of the 1960s, other age-old traditions such as “wellness”, “mindfulness” and “mind, body and soul” are slowly following suit.

Millennial and post millennial youths are searching for something more. **Many have ditched alcohol and drugs and traded them in for smashed avocado on toast and a kale smoothie.** Bush rave parties are being replaced with silent wellness retreats and long-stay ashram visits. While some may, validly so, argue that such hype for clean living and soul searching is merely a result of Instagram one-upmanship, the fact remains that today's more youthful generations seem at a genuine disease with the way society sits at the present moment and are focused on not only changing themselves but their “tribe” too.

Clean eating, permaculture, travel, yoga and up-cycling seem to be on everyone's to-do list these days. One such to-do that is yet to burst onto the scene, but is poised to do so, is China's ancient healing practice of Qigong.

Most universities and text books refuse to translate the word “Qi” as they feel it encompasses so much more than what the English equivalents can offer.

Qi = life force energy or bioelectricity

Qigong = energy work

Qi is the energy that circulates around the universe, the globe, our outer selves and our inner selves. Qi can be considered an electrical current, which when passed through the body has the ability to wash away stagnant cells, just as an irrigation system does. Harnessing your life force energy can nourish all of your organs, helping replace old cells with fresh new life energy.

Qi is said to be the centre of everything to do with Traditional Chinese Medicine (TCM). From the foods we eat, the thoughts we think and the massage and acupuncture we receive, to the way we warm our bodies in winter tando the medicines we take, everything is all about balancing the bodies' Ying and Yang through the use of Qi.

The five stages of Chinese medicinal theory are:

1. A practice of Qigong exercise everyday

2. Tuina or Anmo (Chinese deep tissue massage)

Guasha (scrapping)

3. Moxibustion (Burning of dried nourishing Mugwort plant)

4. Acupuncture

5. Chinese herbal medicines

Qigong should be the foundation of one's daily routine. To master Qigong is to allow practitioners the ability to focus on a particular problem in their body, healing it through the use of Qi.

To help me better understand Qi, I sought out Master Huang Renhao, (Huang Laoshi), a master of Qigong practicing in Nanjing's downtown district of Gulou. With 20 years of self taught Qigong experience behind him, Huang now teaches a number of students on a daily basis.

"I spent 10 years in the Liaoning PLA Naval Academy. It was during this time I met someone who introduced me to Qigong. Now I enjoy spending my time helping the Chinese people to rediscover the benefits of Qigong".

Since the 1980s, there has been somewhat of a revival of Qigong in China, after the practice was outlawed, along with many other ancient traditions, during the Cultural Revolution. People are "remembering" that to adjust the flow of Qi and to understand its roots in Chinese medical science is of the utmost importance when it comes to a holistic approach to self care.

"Starting from the Han dynasty onwards, Qigong was used in ancient China for all sorts of things to do with reaching enlightenment, harnessing energy for healing practices or martial arts. These days, it's used as a preventative for keeping people healthy", Huang told me.

Qi practitioners believe that if one goes against natural energy cycles, then this is when we become sick. Qi was born from Daoism; Dao = The Natural Way. Qi can be thought of as a natural battery charging its human electromagnetic field. When Qi flows, it irrigates the body, keeping it healthy and strong. If this is not flowing naturally, it affects the way we think feel and love and vice versa.

Huang Laoshi invited me to discuss Qigong with one of his foreign students, Frenchman, Marc Freard. Living in both Nanjing and Zhenjiang, Freard is completing his masters of TCM at Nanjing Zhongyao

University, and has been studying Qigong with Huang Laoshi for 3 months.

He told The Nanjinger, "What I know from Qigong, it is a way to regulate Qi inside and outside of the body. When you're practicing, you feel it. Qigong is one of the most important parts of preventative Chinese medicine. We are practicing for ourselves and our patients, whoever wants to be healthy.

"One must focus on the meridian points, this is where the Qi is flowing, one needs to practice on flowing Qi through the specific meridian point that is connected to the organ you wish to heal. What you think impacts a direct influence on the inner organs. This is instrumental in TCM and Qigong. One must be aware of the emotion that is connected to the organ".

In TCM, it is believed that certain organs have a direct connection with the emotions we feel. For example, the liver is connected to anger; someone who indulges too much in anger could suffer from liver malfunction. The kidneys are connected to fear; and those who fear excessively are likely to suffer from kidney problems.

Freard went on to say, "The effect on the mind could be compared to that of meditation, however, Qigong works closer with breathing and regulating the body through movement, laying or sitting. Qigong needs to be a regular practice, harnessing the mind, breath and body together".

"There's a big movement happening all around the world now with regards to a rising interest in Qigong. Westerners should learn Qigong as a health practice, I think a lot of people start to practice too late. What is interesting is that the earlier one can begin practicing the better. It doesn't mean that you will never fall seriously ill, but it gives one a stronger chance".

In the world of Daoist Qigong, the body is home to the upper, middle and lower dantians (energy centres). Through Qigong, one utilises their mind and movement to direct the flow of Qi in the correct way. When the body moves in a slow and controlled manner, one can begin to use one's mind to direct Qi into deeper parts of the body, such as organs; all is done by activating the Dantians, the focal points for the flow of Qi.

Freard finally added, "Since I've started practicing everyday, I'm now able to focus on certain parts of my body that need healing. I would say as an Oncology specialist, a mixture of Western and Chinese medicine is the best approach for patients. And I know people who are already practicing Qigong in French hospitals with patients".

To indulge in a rather overused saying one more time, Qigong has remained a sleeping dragon that is now beginning to open its eyes after a long slumber, stretch its wings and prepare to sweep over the entire world. For to call yourself a holistic healer and not practice Qigong will soon be detriment to both you and all of your Instagram followers. 🐉



OUT OF MY ELEMENT

AND THROWN
INTO CHINA'S

By Tara Tadlock

Every one who comes to China has some sort of reason for being here.

Some are saving money, some are Sinophiles. That was my first mistake; coming to China with no clear objective. Looking back at that naive girl who arrived 8 months ago, the only reason I can come up with for why I came to China was to figure out why I felt such apathy about the place. I wanted to try on the one place in which I never actually had any interest. I have never been fascinated by the history. I never aimed to study the language. I never felt any pull to come here. Why didn't I feel something for China?

Having lived, volunteered and generally travelled around a number of other countries (*42 if we're counting*), I thought figuring out my feelings, or lack thereof, regarding China was a challenge for which I was more than equipped. However, upon arrival on the mainland, I realised that none of the experience I had had anywhere prepared me in any way. I thought I had seen enough of the world to transition seamlessly in China. I thought that, somehow, all my international experiences made me ready for anything China could throw my way. ● ***Instead, China hit me over the head with a hammer and humbled me. My first few months in Nanjing had me trying to simply survive the elements, no small task given how out of my own element I am living here.***



Water

The first morning I woke up in Nanjing, I was greeted by a welcome basket left in my hotel room by my company. In it were a bundle of apples. I took one and mindlessly rinsed it under the tap while on the phone with my friend, knowing good and well that water in China is not drinkable unless purified and in a plastic bottle. After a few bites, I felt my throat swell and close up. A burning sensation took over my mouth and, suddenly, I could not speak. I hung up the phone without a word and found myself spitting apple up in the hotel rubbish bin. I did not understand; I had drunk unclean water all over Southeast Asia and Mexico and never had a single problem. How could a country as industrialised as China, a world leader in solar energy, have such lethal water that my infamous steel stomach could not handle gently rinsed fruit?! I realised, kneeling over a trash can that smelt like an ash tray, that I had been too cocky. Way, way too cocky.

Metal

About 3 days into my new Chinese life, I nearly got ran over by a bus. When I say "nearly", I don't mean that I stepped off a curb carelessly. I mean a bus screeched to a halt with all of about two feet between me and its front bumper at a pedestrian crossing, green walking light indicating my right to safe passage. Little did I know the happy green man only indicates that cars cannot drive straight on. It makes no guarantee of safety from cars in turning lanes. My own naivety about the rules of the road here almost had me flattened by a big metal bus days into my move.

Fire



Not every "China first" was negative. A local co-worker kindly asked me if I'd like to get a traditional beauty treatment for free from her beauty therapist friend. I, being someone who rarely says no to trying new things, eagerly signed up without asking any questions. That weekend, I was taken to a woman's apartment, fed an amazing home cooked vegetarian meal, and was then told I would be receiving a fire facial. Sure, I said. What started as a regular, run of the mill facial got fiery (literally) fast. A towel was placed over my face and covered with rubbing alcohol. Then, I heard the clicking of a lighter and smelled burning. Yes, the smell of fire on my face. After 15 minutes, I was told to sit up and the towel was removed. Did I have eyebrows? Was my face burnt? Luckily, no. But it was definitely an anecdote I'd like put in my eulogy someday.

Earth

I felt the weight of my decision to tackle life in a place with a reputation for being hard for foreigners to grasp during their first 3 months. I remember counting down the days until I left to go back home to New Zealand. In China, I felt like I was treading water and most of the time, I, being a vegetarian and entirely undomesticated, resorted to dragonfruit as my dinner. However pathetic the picture I'm painting seems, it was worse than that you are imagining. In an attempt to get out of an "adjustment period rut", I neither anticipated nor experienced anywhere before, I took control of what I could; recycling. You read that right, recycling. I decided to lead the charge in a recycling initiative at my workplace. My supervisor let me place boxes for recycled paper around the office and post signs to remind my co-workers how happy the trees would be for their efforts. Weeks passed and the recycled paper boxes filled. I even saw the Aiyi take paper out of the rubbish bin and place it in the recycling box. Just as I started designing the statue Nanjing would eventually erect of me "***Tara Tadlock: Champion of The Earth***", I saw the cleaners collect the trash and dump the recycling paper into the giant black plastic bag with all the other Starbucks straws and lunchtime takeaway containers. My soul was crushed. I had been defeated. When I asked my Chinese manager what had happened to the recycled paper from the boxes, she simply replied, "We don't really do that here, but your boxes look pretty. You should leave them".

Air

We foreigners love to point fingers and pretend that the Chinese air quality is solely a Chinese problem, despite capitalism and consumerism being majorly at fault. I washed my favourite white shirt my second week in China and hung it out on my balcony to dry in the crisp winter air. Later that afternoon, I noticed my shirt looked beige. Maybe it was just my eyes. I took the shirt into my flat, held it up to the bathroom light, then the kitchen light, and then popped my glasses on, only to find that it was not the lighting or my poor

eyesight playing tricks on me. My crisp white shirt, which I had actually stolen from an ex-boyfriend (sorry Simon), had turned fully off-white in the polluted air. I know the air quality here is not for the Chinese to fix; I know it is the result of the Western world wanting to have everything as inexpensively as possible, delivered as quickly as possible. But that afternoon, I lay on my floor in starfish position, looking up at my apartment's ceiling in silence for a solid hour, contemplating life in China.

Would I die in Nanjing? Could I survive China? How is it possible that a place could so fully reject a person?! The water, the air, the public transport; it all wanted me gone. In this place, even a facial was riddled with an element of danger.

I was lying on the floor asking these questions, feeling low and hopeless and frustrated and defeated that I had found my feelings for China; I would never love it. I would appreciate it, as I have come to. I have met wonderful people and had some fantastic opportunities, but those things cannot fill the disconnect between all the things I love and everything I am and China. The total, irreconcilable disconnect that exists. But, in spite of that uncrossable trench, I had survived. And, yeah, I felt proud.

Yes, I was ill-prepared. I was over confident. I was too stubborn and even a bit ignorant, despite prior research and previous life experience. China hurled me out of my element and made sure I landed firmly in the deep end. I wanted to throw myself into chaos and I had done just that. Thanks to China and my time living here, I know I can handle anything. I am tougher than I thought and I would have never recognised my own blind spots had I not come here.

China is a place where people sink or learn quickly to swim. Somehow though, I'm swimming. Metaphorically, I mean obviously, given the state of the Yangtze, I avoid bodies of water here altogether. 🌿

Nanjing EtonHouse International School

Contact Us

Call:

025-86696778

Email:

kitty.zheng@etonhouse.com.cn

liz.cui@etonhouse.com.cn

Address:

Qing'ao Nan Lu Rd, Jianye District, Nanjing

南京市建邺区青奥南路8号



EtonHouse®
International School • Nanjing
新加坡伊顿国际学校

Dinner in Mediterranean



Its unique location makes Italy the heaven for wine and gourmet lovers. Sea breeze from Mediterranean brings not only premium wine known for its special character, but also the fragrance of seafood and vegetables.

Come to Pacific Grill and raise a glass of Italian wine. Together with Italian Chef Nino's creative menu, the breeze of Mediterranean is sure to wake you up in this fevered summer.

For information or reservation, please call: (86-25) 84711888 ext. 84248



No.2 Hanzhong Road, Xinjiekou, Nanjing 210005, China

To purchase or for inquiries, please call (86 25) 84711888

www.jinlinghotels.com





FOR ARTS SAKE
with *Francesca Leiper*

Crayfish, Red Herring and Art

The Longxia (or crayfish) Festival held in Nanjing in June had nothing to do with those blighted crustaceans that hang onto life as they await their garlic-heavy fate. In fact, this small scale festival of performance art packed a punch and had me mulling that age old question, what is art?

Performance art in China has had a tricky time. After its introduction from the West in the 1980s, much of it was highly controversial and today the art form still errs on the side of underground. Let's just say it's not quite the authorities' cup of tea, and at times, it may not be yours or mine either.

Performance artworks, particularly in China, are often intrinsically linked to the human body, directly addressing issues of corporality. In the 1990s, artists took this at times to wince-inducing extremes, pushing the human body to its limits and provoking fierce emotion and curiosity among viewers.

In Zhang Huan's "12 Square Metres" from 1994, the artist lathered his body in fish oil and honey then sat in a rural public toilet for one hour allowing flies to swarm and gorge on his immobile body. Elsewhere, Sheng Qi chopped off his finger as a protest, burying it in a plant pot before emigrating to the UK in 1989, his "proudest moment".

Most gruelling of all was Zhu Yu's work from the year 2000, "Dinner: Eating Man I", where he obtained an aborted foetus, cooked it and ate it. The sickening "artwork" was Zhu Yu's way of questioning human ethical standards.

Performance artwork often has an immense power to evoke response in its viewers or participants and even more so when focused on the body, because each and every one of us can relate. The most moving performance at the Longxia Festival was certainly Gao Shuyi's "My Body", in which she invited the audience to tie plastic bottles onto


her body with course string, as she stood blindfolded in a swimsuit at the edge of Xuanwu Lake.

A crowd of sixty or so quickly gathered, watching in varying states of confusion, intrigue and aversion, as she violently tore the bottles from her body stumbling and tangling herself in the strings. Once free of the burden of bottles she dunked into the lake, falling into the flower bank dramatically and for a moment, submerged.

Not able to see clearly for the hoard of people, I began to panic. Yet I, unlike most of the audience, at least knew what was going on. Or at least I thought I did. More and more, I started to question if this was art or what it was I was in fact witnessing.

Gao later told me of the inspiration for her work, which spurs from a meditation on her own body. Growing up close to nature, she had an acute awareness of her body, which subsequently disappeared upon moving to the city. She sees the rubbish around the Nanjing as a parallel to herself and hopes through performance to remind young people not to get lost amidst hectic city life.

Performance art however need not be radical to have a profound impression. Bill Aitcheson kicked off the festival by having us blindfolded and plunged into Xuanwu Lake's thriving marriage market. My perspective was distorted and expectations transfigured. Reliant on hearing, I could sense the crowd around me, but only once in 30 minutes did someone ask me why I was blindfolded to which another onlooker quickly jumped in; "Leave her alone, she's here because she's looking for someone".

An article on performance art in some ways defeats the very essence of the art form which thrives on its live nature and great anticipation. Like the poor straggling crayfish, I had no idea what I was in for, but in the end, it was cooked up into something rather tasty. 

Shout Out TO ALL

NANJINGERS



The Nanjinger is much much more than just a magazine. Once upon a time, we were just that; the expat's staple magazine guide to this beloved city. Well, now we'll have you know that recently we've stepped up our act, and it's time to tell you all about it. First, a little housekeeping to inform you of some of the changes we have been making that you might not have noticed.

Note that much of this information refers to our Official WeChat account. If you are not already following us, do so now via the QR code on this page.

1 EVENTS CALENDAR: That's right, we now offer a monthly up-to-date guide to the goings on about town. We endeavour to keep this as up-to-date as we possibly can. EVENTS is your interactive pocket guide to social happenings. Dates, times, locations and event descriptions are all available at the click of a button. Interactive? We invite you to add your own community event into the calendar, FREE of charge, and for the whole community to see. Simply refer to the Guide to Events under the EVENTS section at the bottom of our official subscription page.

2 GUIDE 250: Our comprehensive city guide answers your questions regarding city listings by bringing together 250 of Nanjing's essential wining & dining, business & education, tourism, sport & leisure, services and shopping. All of this information is now bundled together in an easy to access guide.

3 FREE PDF: While our feature and column stories appear weekly on our WeChat page, every monthly magazine is accessible for free by downloading the free PDF under the Magazine section on our subscription page.

4 DISTRIBUTION: Where can I get a copy of the Nanjinger?? Is something we at The Nanjinger hear all to often. Well, a handy list of all our distribution points for physical copies of the magazine around the city is now available under the magazine section of our WeChat subscription page.

5 METRO MAP: As Nanjing's underground veins spread swimmingly about the city, we have designed the cities most up-to-date English Metro Map for your use. What makes our map unique is that it not only includes all of the latest and soon-to-open lines, but it also the first and last train times for every station on the network. Very handy.

6 SOCIAL MEDIA & WEBSITE: The Nanjinger now maintains a strong presence on Facebook, Twitter, WeChat & Weibo. The Nanjinger website not only displays all that we have to offer but more, including daily Nanjing, regional and national news stories, local reviews and the handy Nanjing guides.

7 PUBLIC RELATIONS ACTIVITY: Not only do we strive to offer our community current affairs news, culturally bridging features, monthly columns and local reviews, but we also offer event services too. Drop us a line to ask about event marketing packages that assist in helping promote your business to Nanjing's greater international community.

So there you have it! Now you have no excuse not to know what's going on about town, not to be fully informed of local news and not to know how to get from A to B, because we have you covered. If you find this informative, please help us by sharing this article! In turn it helps us to keep providing you with free Nanjing services and stories.

We would also like to take this opportunity to thank you for your outstanding support and loyalty!



Chinese Imperial Cuisine

Since this column is dedicated to the discovery and discussion of quirky and unusual Chinese food, it makes it quite the challenge to keep looking off the beaten track, but so worth it. So far, we have had a look at humble everyday staples such as bamboo shoots, lotus root and the Sichuan pepper corn.

Chinese cuisine has evolved greatly over the past 3,000 years into delightful morsels indeed. So this month we've had fun shaking off our peasant roots to delve in to the pallet of China's upper class, primarily imperial cuisine. With Nanjing serving as China's capital a number of times in its past, I figured at least a few Jiangsu dishes during that time must have made it onto the imperial menu.

As it turns out Jiangsu's most famous imperial selection is Wensi Tofu Soup (文思豆腐汤 wénsi dòufu tāng). This fiddly dish showcases the knifemanship of a Yangzhou chef (Wensi), who shot to fame during the Qing Dynasty after the great Qianlong emperor brought the dish back to the palace. The dish is famous for Wensi's knife skills, as a rectangular block of soft tofu is sliced into no less than 5,000 pieces, along with colourful vegetables; carrot together with cucumber and black fungus.

Nanjing food, while comparing it with the likes from Sichuan, Yunnan or Xinjiang, appears rather, shall we say, bland. Its cuisine actually follows an balanced taste, while the matching of colours is most important. Nanjing food focuses on utilising the Yangtze river, therefore fish, shrimp and duck all featured heavily on imperial dining tables.


Other regions of Jiangsu donating their imperial heavyweights include the sweetness of Suzhou and more seafood delights from Nantong and Wuxi. Cuisine in Nanjing's northern brother Shandong, known as Lu

cuisine, is one of the "eight culinary traditions, and one of the four great traditions" of China, and is celebrated for its light aroma and multiple flavours and styles.

As the birthplace of Confucius, it is also considered the bedrock of northern Chinese cuisine; fine food preparation can be found in Shandong from as early as 770 BCE. During the Yuan dynasty, Lu cuisine spread north and heavily influenced cooking styles in Beijing and Tianjin, which in-turn impacted imperial cuisine. Staple Lu ingredients include maize, peanuts, grains, vegetables and vinegar.

As Qianlong moved north and made his way to the home of Lu cuisine, an imperial favourite was found in Dezhou Braised Chicken (dezhou pa ji), which one can now sample on a high-speed train. Other notable imperial dishes include the infamous Beijing Duck (Beijing kaoya), Shark's Fin Soup (yuchi tang) and Bird's Nest Soup (yanwo tang). The latter two dishes highlight an important emphasis of imperial cuisine, that of health and longevity.

The imperial diet required the freshest and healthiest of ingredients, and as a result of sourcing the best chefs from around the country, people say that whatever the imperial family have on their table is the best China had to offer during that period. While the best food of the land was reserved for royal mouths only throughout China's past, nowadays anyone with an interest can pop into their city's Imperial Cuisine Restaurant and experience first hand what it was like to eat like a king.

In Nanjing we have That Small House restaurant (see review on page 27), serving up delectable imperial staples in a setting that is fit for a queen indeed. Set in a traditional ancient style courtyard, the restaurant allows diners to fully immerse themselves from the moment they step inside. 

Connected to T2 & only 3 min. walk to check-in counter!
无缝对接T2航站楼,从航站楼步行三分钟直达




中国江苏省南京市江宁区禄口国际机场
NANJING LUKOU INTERNATIONAL AIRPORT
JIANGNING DISTRICT NANJING, JIANGSU
H8737@ACCOR.COM

Pullman
HOTELS AND RESORTS
OUR WORLD IS YOUR PLAYGROUND
上海、巴黎、圣保罗、伦敦、迪拜、悉尼、香港

预订: 025-9963 6888
官方微信: 18598837968
T.电话: 025-9963 6888

预订: PULLMANHOTELS.COM 官方微信

nal Privacy Policy 17 August, 2017
Thursday, 17 August, 2017

LIFECYCLE

**The Weekly English
Email Newsletter for
Nanjing's Expats**

**LOCAL, REGIONAL &
NATIONAL NEWS
IN ENGLISH**

3,000+ Subscribers

**TO SUBSCRIBE
VISIT**

THENANJINGER.COM/LIFECYCLE

华世佳宝妇产医院
HISORYELLE OBSTETRICS & GYNECOLOGY HOSPITAL

Joint Commission International
Accredited Hospital





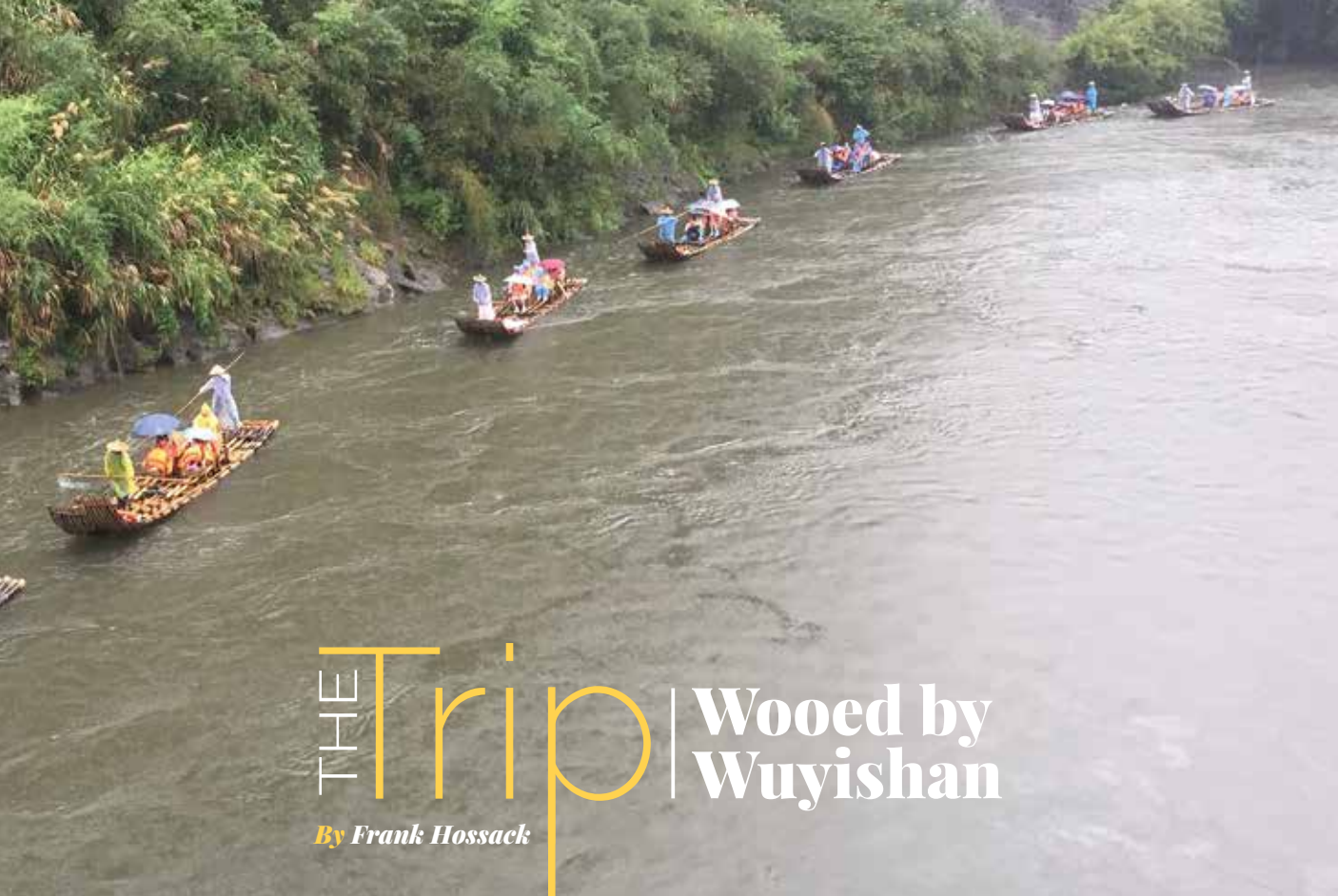
Expat Specialised Gynaecological Hospital in Nanjing

English Interpretation & Translation | Professional interpreters on hand to assist through pregnancy and delivery
Privacy Protection | Strict implementation of JCI customer privacy policies
Humanitarian Service | Round-the-Clock, patient-oriented medical service
Nutritious Diet | Multi-flavour and nutritious dietary service
Direct Billing of International Insurance | Direct billing service to over 20 international insurance companies

24h Hotline: 18013919815

Address: 9 West Wenti Road, Shuiximen Avenue, Jianye District, Nanjing, China

华世佳宝妇产医院
HISORYELLE OBSTETRICS & GYNECOLOGY HOSPITAL



THE Trip | Wooed by Wuyishan

By Frank Hossack



Confucius may be China's best known scholar, especially on a global level, but he was not her most influential. **That is a title that falls better to Zhu Xi**, he being but one of the many reasons for a break in Wuyishan, the lesser known, but equally majestic and altogether more manageable alternative to Huangshan.



As also the northern, smaller brother to the sugar loaf mountains of Guangxi Zhuang Autonomous Region, Wuyishan offers much of the same leisure activities, but in exchange for only a 4-hour-or-so high-speed train ride, direct from Nanjing South Railway Station to northern Fujian province. The excitement builds as the train nears the Zhejiang-Fujian border and begins its ascent into the hills, while the sheer green of the tropical foliage all around intensifies.

As we were to discover upon arrival, *life is, however, full of difficult decisions. Head out on the Zigzag Shore Trail or opt for the Wizard of Oz Trail?* Maybe the Rock Tea Trail should be deserving of the bucket list, taking in as it does, one of only three plantations in the world for the genuine article that is Da Hong Pao; tea grown here is not for general consumption, for its destination is the Forbidden City itself. This unique combination is the reason the area was awarded with recognition by UNESCO as part of the world's natural and cultural heritage in 1999.

Of particular note is the Water Curtain Cave, that awaits at the end of a delightful walk, whereby more topological inspiration awaits around every corner, and a relatively steep climb up steps that must date back to the dawn of time itself. At the time of The Nanjinger's visit, waters pouring from the cliffs above were minimal, a disappointment to many perhaps, but nevertheless affording one a refreshing and deservedly-cooling, public, outdoor shower, without becoming completely soaked through.

For many, the highlight of a visit is the 8.5 km, 1-hour, 40-minute journey by raft down the appropriately-

but-somewhat-a-little-obviously named Nine Bend Creek. Herein, the Wuyishan calling card that is Yunnu Hill, towering high above those drifting by, while their excessively-tanned bamboo rafters exchange cigarettes and colourful jokes. The vertical cliffs, unsurprisingly, continue underwater, at one point to a depth of 240 metres; quite staggering considering at this point the river is only a few metres wide. Among the more printable parts of the ongoing commentary (which sets you back an additional ¥50) are the comparative topological formations; *elephant rock, frog rock, burger rock*, etc.

Our exhausted legs finally received at least some spiritual nourishment, at the aforementioned Zhu Xi's villa retreat, that lies along the approach to Tianyou Peak, regarded as the top attraction in Wuyishan. Over 739 volumes and 800,000 words, Zhu Xi pontificated over not just philosophy, but also pedagogy, history, literature and morality. With Zhu living, studying, composing and lecturing in Wuyishan for over 50 years, the area became the major centre for the study of neo confucianism in all of southern China in the mid-late Song Dynasty. *Among his main thrusts, Zhu argued for the inclusion of the Buddhist observance of high moral standards in this new secular form of Confucianism that was also a rejection of the superstitious and mystical elements of Taoism and Buddhism.*

With our arms tanned and our minds enlightened, it was back to Wuyishan East Railway Station that lies in the absolute middle of nowhere for our return to Nanjing, but judging by the brand new grid work of roads surrounding it, and the idyllic 2 days we had spent in this little part of Paradise, it won't be in the middle of nowhere for much longer. 🌿



By Matthew Stedman

The Precarity of Tea Town

In the West, specialist sellers choose to distribute themselves evenly across the city, trying to become someone's "local".

But, here in Asia, different sellers; direct competitors, often choose to huddle together in a street or market renowned throughout the city.

Buying tea in China, I feel like I'm the king, or at least riding the wave of a buyer's market. I enter one of these markets, then "kick some tyres" talking to sellers, getting some idea of prices. Maybe I taste a bit, but I don't buy; you see, I've promised myself not to spend any money until I've spoken to at least four sellers of the same variety. There are always more than four with wares of similar quality. And I always end up spending less than I first feared.

Now, maybe I feel like a king, but maybe I'm deluded here; maybe these sellers are operating a clever little cartel. What looks like a succession of rival businesses is actually an arrangement of family networks from The Hometown. And all that tyre-kicking and "research" I think I'm doing is actually handing over my data to these collective bargainers. They've got their "good stooge bad stooge" routine down to a tee. They're milking me dry with their invisible hustle.


After all these years, I'm still not sure which of these pictures is true. Teeming or teaming together? I can't work it out.

Part of me hopes it's the second one. I prefer the

canny hustle model, because it sounds (slightly) more sustainable. I desperately want these places to stay open.

Quite a lot of these sellers, I suppose, are "lifestyle businesses". And it's unfair this should be used as a pejorative term. They're like the vinyl record sellers and second-hand book stores in the West. The salt of the earth. To some extent at least, passion takes priority over profit. *And when I say passion, I don't necessarily mean Strainer's brand of nerdy tea passion; I mean passion for the sociable, tranquil life which the tea trade represents, and gives.*

In theory, they can continue this lifestyle. Boom or bust, there is enough money in the industry to sustain them. But to continue this lifestyle, at some point they will need the conscious support of us customers. That doesn't mean us treating independents as charities or buying as a duty; it just means us maintaining some critical awareness when the moment of change comes. *The moment of change is the moment we are presented with the "convenience", "safety" and "cute personality" of the disruptive behemoth that will one day arrive in tea retailing (probably online).*

As well as us customers, these small sellers need to wake up, not least because that disruptive behemoth's founder was probably one of those market babies nursed beside the kettle recently. Like health-food stores, independent sellers need to be less intimidating to non-traditional customers. They need to reward the hard-core market-goer while somehow learning to impart their knowledge to those interested but scared of getting cheated. 

U-Pet provides comprehensive pet-related services

PET IMMIGRATION

We will help make sure your pets can go to other countries with you successfully, by taking care of language and policy issues and dealing with microchipping, rabies vaccination & certification, rabies antibody test, health certification and more.

PET BOARDING

All boarding facilities are equipped with constant temperature system, air filter and 24-hour monitoring, while a large activity space is provided for each pet. For dogs, we ensure they are given three 20-minute walks every day (weather permitting), unless agreed otherwise. We will provide you with videos and photos by way of update everyday.

PET INSURANCE

We provide each pet with a U-Pet steward; when your pets need medical help, we will send your steward with you to the vet and reimburse your medical expenses in full. Selected clinics are available all over the city.

U-Pet

U-Pet
Hemiao Chuangxin,
33 Heilongjiang Road,
Gulou District
Vincent: 15951695128



Since our inception in 2005, SunHome has grown to become the leading destination service provider for expats and one of the most competitive real estate/property leasing agencies.

Our experienced bilingual team has established long-term relationships with multinational companies, international relocation companies, investors as well as non-profit organizations.

SERVICE PACKAGE

Cultural/environment orientation
Home search/settling-in assistance
Ongoing household management
Visa-related services

SunHome will be by your side every step along the way to make sure you enjoy your new home

CONTACT US

TEL 139 1471 8508
025 5186 0590
WEB www.shre.com.cn
EMAIL sunhome@shre.com.cn
ADD 1001, Block A, Qinghua Mansion, 120 Hanzhong Rd.

DO YOU THINK YOU ARE NOT THE CREATIVE TYPE?

Creativity Roots it's a weekly podcast that will help you rediscover your natural ability to innovate. Demystifying creativity, expanding your understanding of your own capabilities and embracing your potential to innovate.



OUR SPACE

GASTRONOMY By Renée Gray Beaumont

From Coffee to Caves; Hexi's Latest Set to Impress

First and foremost, let me begin by noting that this restaurant is not located inside a mall! Whoop whoop, boy, does that feel like a rare thing these days in our modern Nanjing. Sourcing natural wood and rock materials when decorating Cave, the owners hoped it would give the restaurant a warm and comfortable feeling; I think they have succeeded.

Cave is located just off Hexi's main road, Jiangdong Bei Lu. Featuring a relaxing, outside seating area and a sophisticated inside dining space, it is undeniably very pleasant. Not overly large, the restaurant is the kind of place one might find themselves with friends, settling in for the evening, with a bottle of wine or some whisky while they enjoy the band after a good meal.



That brings me to the food. "Cuisine à la Cave" is a mixture of classic Western dishes with a solid focus on steak, which to be fair, is that The Nanjinger enjoyed most. When sampling the restaurant's Canadian fillet steak, it practically melted in our mouths, however, rather disappointingly, the vegetable section of the plate was a little on the petite side.

Perhaps this is the new norm in Nanjing, a city where a restaurant does not consider itself to be of quality dining unless its portions are of minuscule picture-perfect proportions? Three chips does not equal fine dining. Anyhow, order one of the restaurants fresh and flavoursome salads and couple that with a pretty awesome appetizer, perhaps the veal or seared tuna, which were both darned delicious, and you have yourself a complete meal.



Cave is currently offering a buy one, get one free, beer promotion over the summer. With 10 bottles on its red wine list, more on the white's, cocktails and approximately 15 whiskey bottles from which to chose, drinks are not a problem.

Before Cave came on the scene, the location used to be a Mao Kong coffee house, which is saying a lot for exactly how far its owner has come in terms of a quest for quality.

Hats off to all who made Cave what it is, a lovely little local for those living in the Hexi area.

Cave is located at 269 Jiangdong Bei Lu 江东北路269.
Tel: 13914751114

GASTRONOMY By Renée Gray Beaumont

Beijing Imperial Sophistication in a Tiny Package

Have you ever just wished Chinese restaurants would, like, put in a tiny bit of effort in when it came to decor? Why the white washed walls and hospital lights? A lick of an earthy-coloured, wall paint, some candles and soft music playing in the back ground would make quite a difference to your local Chinese dining experience.

While Chinese food is without a doubt addictively delicious, dining out is not always fun. Most would argue that this is just the Chinese way, and for most people it is. But for some, atmosphere, cleanliness and food quality are most important too. So, if it is good-quality, Chinese food in beautifully classy and clean surroundings that you so crave while here in Nanjing, then look no further than That Small House.



This restaurant really is like no other in the city; while its Dianping description states "Beijing-styled food", this is only the half of it. The locale specialises in Imperial Cuisine, as in, that which the Emperors and Empresses of yesteryear tucked into during their time. As Beijing still serves as the nation's capital and was the home of China's last emperor, the much overlooked Modai Huangdi, or Puyi, the best culinary delicacies from around the nation always ended up on the imperial table, rendering that dish a part of the "Beijing Cai" conglomerate.

The Nanjinger was given access to the restaurant's wood fired duck oven, where succulent-looking ducks hung



roasting on hooks over a crackling fire. Perhaps too much time spent in the southern capital meant our critic's taste for drier meat stood out superior to the duck at That Small House, which was rather on the fatty and oily side, although the skin was nice and crispy.

Walking through the entrance of That Small House, one is greeted with a Ming courtyard style setup; while there is space for cosy couples around the edges of the court, tables run up and down the middle with wait staff meandering in between. Young Chinese occupied the space in and around the court; their tables littered with empty bottles of beer, wine, bones and watermelon skins; signs of a good meal if ever there were.

Should privacy be what you are after, then a trip upstairs offers exactly that. Occupying the whole floor and shaped in a traditional square with bathrooms in the center, private rooms flank all four sides. The whole restaurant smells like a clean hotel, with attention to detail in every corner coming as a breath of fresh air when it comes to local dining.

People are happily laughing and joking with each other behind the closed doors to each room. Large and small circular tables sit inside themed rooms; each theme following that set by the painting on the wall. Hall paintings depict emperors, while we were told that, not all but some, of the artifacts in the restaurant have come from museums.

Before the duck arrived, The Nanjinger especially enjoyed beef with mushrooms and cabbage. All dishes were delectable, not too oily, not too boney and not too overly sauced; traditional, yet presented with a twist. That Small House is somewhere for everyone; couples, families, business dinners, or somewhere to bring your family when they come to visit. Its only downfall is its location, in a relatively new mall-like development that unfortunately lies off Ruanjian Dadao (Software Avenue). That makes it a 20-minute drive from downtown, or a long walk from Tianlongsi Metro station. For those living in Jiangning, you've struck lucky!

That Small House (那家小馆) is located at 101, Building 3, 57 Andemen Avenue 安德门大街57楚翹城3栋101. Tel: 58520380 / 58520381

A Place for all the Pets of Nanjing

Where do I start? I guess this story and its subject are testament to just how far the Chinese nation has come in regard to love and respect for animals. Luluka Pet House is a place that non-discriminately opens its doors wide for all pets of Nanjing, offering everything our fluffy friends' hearts could desire. Fret not, humankind; Luluka Pet House is not only a hangout sanctuary for our little and not-so-little bundles of joy, but also accommodates a welcoming atmosphere for owners.

Think of it as a hotel / cafe / bar / play house / party space and photo-op hangout, babysitting service for your pet. Got all that? First impressions were met with a rather zoo-like scent that somewhat smacked us in the face the moment the elevator doors opened into the cafe. That said, those present probably have a pet and are likely pretty used to "eau de chongwu", which to be fair one does get used to after some time.



At present accommodating only dogs and cats, the cafe's layout boasts a large outdoor space, indoor ball pit and plenty of space for lounging around. A coffee and beer selection is available for human consumption, while pets are given nothing but the finest cuisine made from quality ingredients such as olive oil, french imported cheese (fit for animals), imported beef from Australia and fresh vegetables. Any food left over at the end of the day is dried and given to strays on the streets.

Luluka Pet House appears genuinely passionate about animals and their interactions with human life. Once a week, the cafe hosts an interaction day for children with learning difficulties, such as downs syndrome, with dogs especially trained for the purpose. The Nanjinger was told that anyone wishing to volunteer or offer their time will also be made welcome.



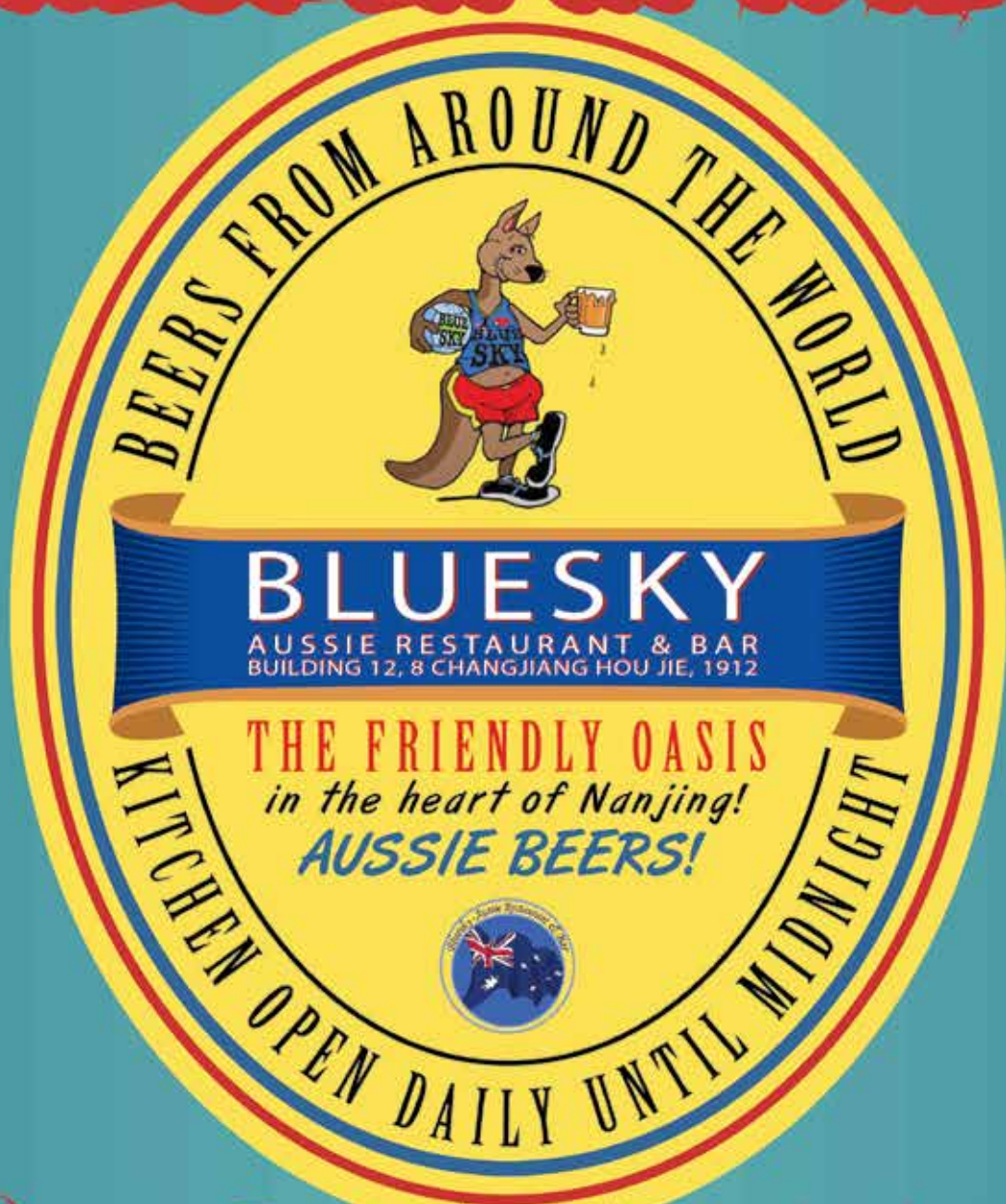
Going away for a couple of weeks and wondering where to leave your beloved? Look no further. Luluka Pet House has you covered, with their spacious kennel homes where your pet will be taken care of with love while you are away. Just want some babysitting services while you shop around Xinjiekou? Drop your hound off at Pet House and rest assured they will have just as much fun as you. Or are you relocating back to your country and need help with your pet? Pet House can take care of that too. The company can also hold your dog or cat for a period (or however long it takes) while you fly home and settle in at which point your animal will be fully prepared for leaving and soon on its way to you.

So put your puss in some boots and bounce the day away at Luluka Pet House, grab a coffee or a beer in the sun and get to know some other pet owners, while your best friend sniffs, barks and wags its tail in adulation of its fun new space.

Luluka Pet House is located on 3F, 203 Fengfu Lu
丰富路3楼 Tel: 18605203007 📍



REOPEN IN 1912



IN SEPTEMBER



The language exchange activity Mundo Lingo that is also an opportunity to meet new people made its debut in Nanjing, adding the city to the association's network of over 20 cities worldwide. The event every Tuesday, at Luga's in Jiangning's 1912, offers participants unparalleled opportunities to practice foreign languages and experience cultures. All languages and nationalities are welcome.



Double Dutch

10 July, 2018



It was an exciting end of year Prize Giving for The British School of Nanjing; graduation of Reception students, awards for students from Primary to Senior School and even for two teachers for outstanding contribution to the BSN Community and Charity work. The audience and prize recipients were also entertained with beautiful musical performances by students and an introduction to the new Head Boy and Head Girl. What a way to end the year!

Best Day of My Life

28 June, 2018



If you would like to see photos from your event on these pages, contact us via thenanjinger@sinoconnexion.com. Conditions apply.

From Creation to Destruction to Regeneration

In the late 50s, the first discovery of the implications for rare earth elements was in the United States, in particular, California. Those elements, despite their name, are not actually so rare, they can be found in nature as 17 elements of the periodic table. The problem is how to desegregate each element from the others, requiring a very complex procedure and moreover pollutants, due to the great amount of waste arising from the process. Making it worthwhile are the almost infinite applications of those elements, since they are components which are necessary to create parts of almost every technology in use today, from the smartphones that we hold in our hands, to military weapons and aircraft.

While the American government did not foresee the various applications and implications of these elements, the Chinese did, thus they invested in research allowing Chinese companies to acquire the American companies and, in the 1990s, created a monopoly.

Acquiring the American companies was a smart move, allowing China to hold domain on the American deposits and, more importantly, to acquire the know-how to process it to the exact specifications necessary for their intended end usage. Moreover, the loose environmental regulations and weak labour conditions in mines, leading to cheap manpower, made China the best place to extract these elements.

Today, China is the world's top producer, selling more than 85 percent of the rare earth elements in the world, with its bigger extraction site in Baotou in Inner Mongolia. However, China imposed strict rare earth export quotas in 2010, saying it was trying to curtail pollution and preserve resources. Prices of the prized commodities soared by hundreds of percent after China imposed its export quotas, and the United States, European Union and Japan complained that the restrictions gave Chinese companies an unfair competitive edge.


The US brought a case to WTO's Dispute Settlement Body against the Chinese restrictions, arguing that the Chi-

nese restrictions were in breach of the accession treaty that China had signed when it joined the WTO in 2001. China argued that its restrictions were legal because WTO regulations allow countries to impose export duties and quotas for reasons of conservation and to protect plant, animal, and human safety.

The Dispute Settlement Panel ruled against China. Though the Panel acknowledged that countries are allowed to restrict exports for reasons brought up by China, the Panel was not persuaded that the Chinese restrictions served those reasons. China's restrictions, in the Panel's opinion, gave its domestic firms preferential access to the rare earths, which was against the principle of "non-discrimination" that WTO members are obligated to follow.

At any rate, the process is extremely dangerous for the environment. In Baotou nothing can grow and not a single animal can be reared, but the biggest visual impact can be seen by the lake near the city. Therein, no trace of fish while there is a "naturally" appearing crust where the elements which have been dumped in the lake have accumulated to the point that is possible to walk on its surface.

Seeing the tragic conditions of the quality of life in Baotou, the government finally decided to take action. The Baotou Bureau of City Administration and Law Enforcement recently took a range of measures to control local air pollution and improve the ecological environment with a project that costed US\$333.02 million. Law enforcement branches are required to inspect all demolition sites in Baotou to supervise and strictly control dust.

As the Chinese expression goes, "everything completes its circle and comes back to the origins". In this case, the cycle of the elements is yet to be completed. After the destruction and desegregation of the environment that China has caused to itself, it is now seeking regeneration, hoping to succeed, starting from the primary element, water. 

DISCLAIMER

This article is intended solely for informational purposes and does not constitute legal advice. Although the information in this article was obtained from reliable official sources, no guarantee is made with regard to its accuracy and completeness. For more information please visit dandreapartners.com or WeChat: [dandreapartners](#)



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

An Exciting *New Chapter*

The British School of Nanjing is now proud to be part of the Nord Anglia Education family of schools.

To find out more please visit
bsn.org.cn



THE BRITISH
SCHOOL
OF NANJING

A NORD ANGLIA EDUCATION SCHOOL