

美和學校財團法人美和科技大學

108 年度教師產學合作計畫 結案報告

計畫名稱：更新與維護屏東縣政府衛生局 108 年度英語網頁

計畫編號：108-GI-DOT-IAC-S-001

計畫期間：108-01-15—108-10-15

計畫主持人：黎瓊麗

共同主持人：黎鴻彥，林玫妙

研究助理：

經費總額： 70,000 元

經費來源：屏東縣政府衛生局

更新與維護屏東縣政府衛生局 108 年度英語網頁

近年來，屏東縣政府致力承辦各項大型活動以帶動縣內的觀光，墾丁國家公園、鵝鑾鼻、大鵬灣、小琉球等地雖然早已名聞遐邇，然屏東縣政府仍努力開發觀光景點，以吸引更多人潮創造商機，例如：萬金聖母聖殿多年來已成為聖誕節打卡的觀光景點，2015 年 12 月啟用的山川琉璃橋也是非常吸睛的景點，再者，屏東縣政府在大鵬灣承辦 2019 年台灣燈會，在河濱公園承辦國慶煙火，在在都顯示屏東縣政府努力行銷屏東，為屏東提升形象。衛生局隸屬於屏東縣政府，對於縣政府所推動觀光活動也都共同參與。

自 2016 年 7 月起政府推動新南向政策，提高台灣的觀光產值是其目標之一，為了改善台灣的觀光環境，營造友善的觀光環境以吸引外國觀光客促進經濟發展，交通部會同風景區各權責單位，加強檢視轄區內英語標示的正確性，由此可見，建置良好的雙語環境有利於推動國家的觀光政策。

英文為國際語言，是各族群得以交流的重要媒介，本計畫之目的除了協助更新與維護屏東縣政府衛生局的英文網頁，每個月提供國內外醫藥衛生的相關英文訊息之外，也會不定期提供最新的觀光雙語資訊，讓民眾進入衛生局的網站時，除了獲得最新的醫藥衛生資訊外，也能獲得觀光方面的雙語資訊，有助於屏東縣政府推動觀光產業。

網路無遠弗屆，網站早已成為個人或各單位行銷或提供訊息的重要平台，邁向國際化與全球化，可透過建置英文網頁與國際逐漸接軌。此外，在台生活的外籍人士相當多，能了解台灣各種政策與法規對他們而言相當重要，透過英文網站提供相關訊息可讓外籍人士感受環境的友善，衛生機關許多措施與政策都與民眾息息相關，在台的外籍人士也不例外，另外，台灣觀光政策對新南向國家簽證的開放，以及政府大力宣傳觀光活動，使得來台觀光的人數穩定成長，新南向的觀光客人數更是成長迅速，屏東縣擁有自然豐富的觀光資源，具有吸引觀光人潮的優勢。因此，讓外籍人士迅速地獲得醫藥及觀光相關的訊息更顯重要，而英文網頁的更新與維護就扮演重要的角色，更新及維護英文網頁對許多機構而言是困難且繁瑣的，若能藉由學術單位的外語及觀光專業教師之協助，應能提供外籍人士友善的環境，透過學界與產業的合作，也讓學界有機會更深入認識機關與服務社區，並讓產業界了解學界能提供專業的服務，共創雙贏之局面。

關鍵詞：英文網頁，網站，全球化，國際化，觀光

Maintain and Update the English Website of Public Health Bureau, Pingtung County Government in 2019

The New Southward Policy was started from July, 2016. To attract more foreigners to visit Taiwan, it is necessary to build sound bilingual user-friendly environment. Though Pingtung County has many famous and popular attraction spots, like Kenting National Park, Eluanbi Lighthouse, and Dapen Bay, the Pingtung Government still makes a lot of efforts to establish new tourist attractions or hold large-scaled activities for the public, such as 2019 Lantern Festival and 2019 National Day's fireworks, to promote tourism industry, increase tourism profits and market Pingtung County. The Public Health Bureau, a part of Pingtung County Government, has the obligation and responsibilities for assisting Pingtung County Government to promote tourism industry beside healthcare service.

The purpose of the project is to help maintain and update the English website of Public Health Bureau, Pingtung County Government, to provide the public medical, healthy, and tourism information in English. With the advance of technology, Internet has become an essential way to communicate with each other. To move towards internationalization and globalization, English is an important communicative tool all over the world. Recently, more and more foreigners live and travel in Taiwan; therefore, it is necessary for them to get related information from the English websites of government institutions at any time because a lot of policies and regulations are connected with the public. In other words, English website is an important medium between government institutions and foreigners. However, how to present correct information in English is a big challenge for many government institutions because they do not have professional specialists. To solve the problem, through the cooperation between universities and government institutions, universities can provide professional assistance in English, and then government institutions can create a user-friendly environment for foreigners. Moreover, in that case, universities have much more opportunities communicate with government institutions. On the other hand, government institutions would realize universities are a great social resource for the public and community. By this way, it is much easier to create a win-win status for both universities and government institutions.

Keywords: English webpage, website, globalization, internationalization, tourism

研究背景、動機與目的

根據交通部觀光局統計資料，107年來臺旅客超過1106萬人次，106年來臺旅客超過1073萬人次，105年來臺旅客超過1069萬人次，由統計資料顯示來臺旅客人數逐年成長中。其中107年「觀光」目的旅客有759萬人次，106年「觀光」目的旅客有764萬人次，105年「觀光」目的旅客有756萬，資料顯示來臺觀光人數不少。由以上資料顯示，觀光產業將因來臺觀光的人數而發展，政府近幾年來致力推動觀光產業，也從政策面著手，如2002年發展台灣為永續觀光的「綠色矽島」；2004年訂為「台灣觀光年」，2005年推動「旅館等級評鑑制度」，以星級標識取代「梅花」標識，使我國之旅館管理體制與國際接軌，便利消費者辨識；2006年建立台灣觀光國際品牌形象，持續以"Taiwan, Touch your heart"為國際行銷的Slogan；2007年以「美麗臺灣」、「特色臺灣」、「友善臺灣」、「品質臺灣」及「行銷臺灣」為主軸，全方位打造優質的旅遊環境；2008年啟動「2008-2009旅行台灣年」；2009年推動「2009旅行台灣年」及「觀光拔尖計畫」，並落實「重要觀光景點建設中程計畫」以「再生與成長」為核心基調，朝「多元開放，佈局全球」方向，打造台灣為亞洲主要旅遊目的地。

到了2010年則推動「觀光拔尖領航方案」，朝「發展國際觀光、提升國內旅遊品質、增加外匯收入」之目標邁進，讓世界看見台灣觀光新魅力；而2011年推動「觀光拔尖領航方案」及「旅行臺灣·感動100」工作計畫，朝「發展國際觀光、提升國內旅遊品質、增加外匯收入」之目標邁進，讓世界看見台灣觀光新魅力；2012年持續推動「觀光拔尖領航方案」及「重要觀光景點建設中程計畫」，並以「Taiwan-the Heart of Asia 亞洲精華 心動台灣」及「Time for Taiwan 旅行台灣 就是現在」為宣傳主軸，逐步打造台灣成為「亞洲觀光之心(星)」；2013年持續推動「觀光拔尖領航方案」及落實行政院「經濟動能推升方案」之「優化觀光提升質量」工作，建構質量併進的觀光環境；並以「旅行臺灣 就是現在」為行銷主軸，訴求全球旅客體驗臺灣的美食、美景與美德。2014年持續推動「觀光拔尖領航方案」、「重要觀光景點建設中程計畫」及「經濟動能推升方案」之「優化觀光提升質量」，並深化「Time for Taiwan 旅行臺灣 就是現在」的行銷主軸，在「創新」及「永續」的施政理念下，質量並進推展觀光；2015-2016年推動「觀光大國行動方案」、「重要觀光景點建設中程計畫」，深化「Time for Taiwan 旅行臺灣 就是現在」的行銷主軸，以「優質、特色、智慧、永續」為執行策略，逐步打造台灣成為質量優化、創意加值，處處皆可觀光的觀光大國；2017年研訂「Tourism 2020-臺灣永續觀光發展策略」，以「創新永續 打造在地幸福產業」、「多元開拓 創造觀光附加價值」為目標，透過「開拓

多元市場、推動國民旅遊、輔導產業轉型、發展智慧觀光及推廣體驗觀光」等 5 大 發展策略，落實相關執行計畫，期藉由整合觀光資源，發揮臺灣獨有的在地產業優勢，讓觀光旅遊不只帶來產值，也能發揮社會力、就業力及國際競爭力；2018 年推動「Tourism 2020-臺灣永續觀光發展方案」，以「創新永續，打造在地幸福產業」、「多元開拓，創造觀光附加價值」、「安全安心，落實旅遊社會責任」為目標，持續透過「開拓多元市場、活絡國民旅遊、輔導產業轉型、發展智慧觀光及推廣體驗觀光」等 5 大策略，落實 21 項執行計畫，積極打造臺灣觀光品牌，形塑臺灣成為「友善、智慧、體驗」之亞洲重要旅遊目的地。可見，為了推動觀光產業，政府每年都配合不同的主題來行銷觀光，各單位也應協助政府發展觀光產業。



策略	內容	執行措施
開拓多元市場	<ul style="list-style-type: none"> 日韓主攻、大陸為守、南進布局、歐美深化 開發郵輪市場 	<ul style="list-style-type: none"> 簽證便捷化 高潛力資源開拓、多元產品開發 軟體體整備，優化觀光環境 創新行銷
推動國民旅遊	<ul style="list-style-type: none"> 擴大國內旅遊市場 扶植特色觀光活動 	<ul style="list-style-type: none"> 擴大國民旅遊措施 國民旅遊卡新制 觀光特色活動扶植計畫
輔導產業轉型	<ul style="list-style-type: none"> 結構調整、服務優化 獎優汰劣、人才培育 	<ul style="list-style-type: none"> 旅行、旅宿、遊樂業品質優化 觀光產業人才培育 導遊人員外語能力訓練 平衡稀少語言導遊供需
發展智慧觀光	<ul style="list-style-type: none"> 推廣電子票證 完善資訊服務 	<ul style="list-style-type: none"> 智慧觀光推動計畫 I-center 旅遊服務計畫 台灣好玩卡推廣計畫 台灣好行服務升級 台灣網巴服務維新
推廣體驗觀光	<ul style="list-style-type: none"> 在地旅遊 生態旅遊 綠色旅遊 關懷旅遊 	<ul style="list-style-type: none"> 台灣永續觀光年計畫 體驗觀光示範計畫 部落觀光推動計畫 無障礙及機轉族旅遊計畫 國家風景區建設計畫 跨城亮點及特色加值

依據行政院 97 年 10 月 30 日院授主忠三字第 0970005767A 號函送 98 年度政府公共建設計畫先期作業審議結果建議事項略以：「為因應全球化趨勢，除依本計畫推動營造外國人在台之國際生活環境外，請研考會會同教育部，另案研議愛台十二項建設中有關智慧台灣—人才培育項下有『加強語文教育』相關措施，以營造本國人提升英語能力之環境。」另外，依據行政院營造國際生活環境推動小組 98 年 3 月 2 日召開第 2 次會議，討論「提升國人英語能力建設計畫(草案)」。

綜觀國際活動及會議，英語是主要的溝通語言，無疑地，為了能在國際舞台上具有一席之地，具有國際化的英語能力是不可獲缺的工具，「英語能力」不但是全球化與國際化的關鍵能力，「英語能力」也能提升產業國際服務力，「英語能力」更可強化城市與全球的連結。

為了建構國際生活環境調查及輔導機制，國家發展委員會於 2016 年 6 月制訂「地方政府雙語標示標準作業手冊」，以因應台灣邁向全球化與國際化的舞台，各機關單位極力營造友善外國人的生活環境，以致道路標示、設施使用說明、引導路線等皆以雙語呈現，網路已是現代人蒐羅資

訊的便利工具，許多的行銷策略也藉用網路的便利性與滲透性達到宣傳的目標，因此，各機關可透過英文網頁將欲宣導的政策或相關消息讓外籍人士迅速獲得，屏東縣政府近年致力推動觀光產業，如 2019 年承辦台灣燈會及國慶煙火活動，也希望全民共同行銷屏東縣，認識屏東的美，衛生局隸屬於屏東縣政府，也有責任與義務協助推動屏東縣的觀光產業，所以，透過英文網頁內容提供外籍人士醫藥及觀光相關的重要資訊是相當可行的管道，透過學界與機關單位的產學合作，由機關單位提供欲發佈的相關資料，學界提供外語及觀光的專業知識，共同提升台灣雙語環境的水準，合力共創友善外籍人士的生活環境。

基於共創社區進步與服務社區的理念，研究者希望透過外語及觀光專業之能力，提供屏東縣政府衛生局在英文網頁內容上之協助，適時更新其英文網頁內容，也藉此協助台灣之外籍人士經由屏東縣政府衛生局的英文網頁，了解目前台灣地方衛生單位的重要宣導政策及觀光資訊，並及時獲得相關的醫療衛生與觀光旅遊訊息，另外，提供英語學習平台給屏東縣政府衛生局的網站瀏覽者學習實用英語的機會。

文獻探討

環視台灣各機關學校單位的中文網頁幾乎都已建置的相當完整，民眾可迅速連線獲得該單位的相關資訊，但英文網頁相較之下就顯得簡單貧乏許多，甚至出現不正確或不適當的用法，導致在台的外籍人士在尋找相關資訊時相當困擾；事實上，網頁呈現的目的不在炫麗奪目，而在資訊的傳遞，所以正確地傳遞資訊是英文網頁的重點與目標，一般來說，學術機構的英文網頁較為完整，因為學術單位有較多可提供語言與資訊方面的人才，但是，製作英文網頁對一般機關單位來說，卻是一項艱苦又棘手的工程，因此，多數機關單位的英文網頁不外乎委外製作，但是品質的維護就很難掌控，資料的更新更是不易，若能透過學界的協助，對於機關單位可能會是較可行的辦法。

以屏東科技大學為例，為了促使各單位英文網頁的建置與內容的充實度，2005 年 5 月制定了中英文網頁比賽評審細則，另外，高雄醫學大學於 2008 年 9 月進行英文網頁建置計畫，要求各單位於 3 個月內完成英文網頁的建置，為確保品質也舉辦各單位的英文網頁比賽，由此足見學術單位對英文網頁的要求與重視，事實上，目前許多學校除了以比賽方式催生英文網頁之外，還要求定期更新網頁內容，以提供外界最新資訊，並將其當成績效評核的標準；另外，中國大陸的一些學者也對於高校或企

業的英文網頁做了分析或研究，例如，張新軍、楊慧 (2003) 表示譯文讀者的接受性，決定著譯文資訊傳播的有效性，透過調查外國受試者對中國高校英文網頁的反應和態度，對翻譯中的一些普遍的問題進行分析，並提出建議。范勇 (2005) 則以翻譯目的論的原理為理論框架，從翻譯的目的性出發，並參考譯語文化中的平行文本，舉例分析了中國一些重點大學網站英文版"學校概況"中存在的功能性、文化性以及語言性翻譯失誤的現象，並指出，產生這些失誤的根源在於譯者缺少翻譯的目的意識，王峰、彭石玉、嚴丹(2010)，邱春安(2013)，陳雋、黃玉虹(2012)，程張根、何瓊(2013)，成昭偉、劉華(2014)等人也指出高校英文網頁翻譯普遍存在的一些問題，及因應的措施與做法，以確保英文網站能傳遞正確的訊息。

近來，李海玲 李海麗 (2009) 指出高校的英文網頁簡介已發展成為展示學校形象的重要視窗，但其在對外宣傳過程中所起到的作用並不盡如人意，主要是由於英漢高校簡介在語言和文化等方面存在著種種差異，其從功能翻譯理論視角對學校網頁簡介的翻譯作了初步的探討，提出闡釋性增譯、改寫或重組以及零翻譯可以作為網頁簡介翻譯的有效策略。還有，李元青 (2009) 曾分析中美高校在介紹文本內容方面存在的不同傾向，並著力探究中國高校英文網頁在文本介紹內容上的不足與欠缺之處，並提出相應的改進意見。由以上可見，中國大陸也意識到網路無遠弗屆，若英文網頁做的好不但可提升自我形象，也是邁向全球化的最佳捷徑。

再者，楊曉斌 (2007) 指出越來越多的中國公司在互聯網上建立自己的網站，使用兩種甚至多種文本製作網頁，力求更好地宣傳自己的產品、挖掘潛在的市場、樹立企業的形象，從理論上講，這是個十分經濟有效的辦法，但在實踐中未必盡如人意，通過實際調查分析發現，中國公司網頁多半採用中英文兩個文本製作，其中英譯文本品質問題是影響產品促銷和企業形象的主要因素，因此，建議重視網頁翻譯工作，尤其要避免誤譯現象，搞好公司的對外宣傳。范勇 (2008) 曾對中國高校英文網頁存在問題研究，提出看法。

此外，韓孟奇 (2008) 發現中國著名企業的英文版網頁普遍存在與翻譯目的論相悖的問題，如功能性、文化性、語言性翻譯失誤等等，影響宣傳效果甚至自身形象，其運用目的理論，分析了一些著名企業英文版網站"企業概況"中存在的失誤，目的在促使目前的企業英文版網頁狀況得以改善。韋曉萍、劉明忠 (2009) 運用功能翻譯理論研究企業網站英語翻譯策略，提出企業網站的翻譯是一種有目的的行動交往的觀點，翻譯的目的就是傳播企業資訊和文化，吸引受眾購買或消費企業產品，翻譯策

略受翻譯目的支配；文本類型理論也對翻譯策略的運用起著指導作用，並討論企業英語網站翻譯策略。再者，孫建成、李昕亞(2009)從傳播學角度對故宮博物院英文網頁中的總說部分進行評析，探討網頁翻譯的特點和方法，鄒建玲(2013)以上海旅遊英文網為例，呼籲有關部門重視旅遊網頁文本的翻譯和監督。高媛、郭立甫(2015)發現跨境電子商務英文網路平臺是連接境內外居民、企業的重要商務紐帶和交流載體，提高其建設品質對於企業進一步開拓國際市場，建設新型外貿行銷網路、促進品牌國際化具有深遠意義。

在台灣，政府也了解英文網頁的重要性，為了督促公家單位製作英文網頁，提供在台外籍人士相關的資訊，行政院國家發展委員會於2014年1月提供了製作網頁的要素配置表，如表1所示。

表1 網頁組成要素配置表

頁面區塊	網頁組成要素	使用文字 (註：標籤名稱與呈現方式)	建議說明
網站名稱與識別標誌	網站名稱與識別標誌	呈現中文／英文全名與識別標誌	按標誌可回到首頁。
網站實用工具	網站導覽	中文版：網站導覽 英文版：Sitemap	提供全網站架構並提供連結。
	意見信箱	中文版：意見信箱 英文版：Contact Us	以表單方式為主要填寫介面。
	常見問答	中文版：常見問答 英文版：FAQs	點選可進入常見問答 (FAQs) 頁面
	語言版本切換按鈕	如： English (可達至英文版) 中文 (可達至中文版) 日本語(可達至日文版)	語言版本切換按鈕直接以該語言呈現，點選可切換至中文／英文版本網站首頁。
	行動版	中文版：行動版 (達至中文版行動版) 英文版：Mobile (達至英文版行動版)	依行動版網站規範設計，宜考量符合行動裝置的版面大小，並考量連線速度，提供適合的內容。
	全站搜尋	中文版：全站搜尋 英文版：Search	輸入關鍵字按 Enter 鍵可進入檢索結果，並輔以進階檢索或檢索操作說明。
	回首頁	中文版：回首頁 英文版：Home	點選後可回到首頁。
網站導覽列	網站導覽列		網站的導覽功能列，設計應清楚易懂且具一致性。
服務	留言板	中文版：留言板／討論區／論壇 英文版：Message Board / Discussion Forum / Forum	建議機關提供留言板時，同時制定明確的管理與使用規則，避免公共討論區淪為民眾謾罵空間。
	會員專區	中文版：會員專區 英文版：Member Login	可於首頁提供會員輸入帳號密碼的輸入方框，搭配忘記密碼與申請會員的連結。網站可以 Email 主動告知會員最新資訊。
	便民服務	中文版：便民服務 英文版：Online Service	讓使用者不需下載填寫表單，可於線上申辦完成。 標示各項申辦案件的聯絡窗口、作業流程及相關屬性讓民眾在申辦前即能得到充份資訊。
	雙語詞彙	中文版：雙語詞彙 英文版：Bilingual Glossary	

頁面區塊	網頁組成要素	使用文字 (註：標籤名稱與呈現方式)	建議說明
	RSS	中文版：RSS 英文版：RSS	點選後進入 RSS 訂閱單元。
主要內容區	路徑連結列 (麵包屑)		能顯示使用者目前所在的位置，方便其了解目前所在單元及層級。
	網頁標題		有意義的視窗標題可讓使用者更易於搜尋及瞭解網頁內容。
	網頁應用工具選項		如友善列印、轉寄好友、社群分享等。
	主要內文		提供內容是網站的重要服務，政府網站的內容應切合目標使用者的需求，並遵循網站架設的宗旨。
	資料日期	中文版網頁公告日期採民國年格式，即 YYYY-MM-DD，惟機關基於施政及服務國內外民眾需求，另有其他考量者，如觀光旅遊、招商投資、金融、航空、學術研究、藝術、文化或國際事務等網站，得使用西元年呈現。外語版網頁按照 ISO 標準，即 YYYY-MM-DD。	針對新聞稿、活動訊息、最新消息、公告文書等動態訊息，提供發布與截止日期。
頁尾資訊	Fat footer		提供網站架構的捷徑，讓使用者不需要捲回頁面上方，並能對於整個網站主要內容的理解，同時有助於搜尋引擎優化(SEO)。
	政府相關標章		標章圖片保持原圖或等比縮放大小，並設定替代性標籤，且圖片應可連結到相關網址。
	聯絡電話	中文版：(區碼) 4 碼-4 碼， 或 (區碼) 3 碼-4 碼。如： (02) 1234-5678 或 (04) 123-4567 英文版：(國碼) 區碼-4 碼-4 碼， 或 (國碼) 區碼-3 碼-4 碼。如： (+886) 2-1234-5678 或 (+886) 2-123-4567	建議放置機關或單位總機，而非個人分機。
	聯絡地址	中文版：5 碼郵遞區號 + 縣市名開頭的地址 英文版：參考內政部及中華郵政所提供之「中文地址英譯」，並提供 5 碼郵遞區號	可在地址旁邊加上「交通位置圖」字樣，並連結至交通位置說明網頁。

頁面區塊	網頁組成要素	使用文字 (註：標籤名稱與呈現方式)	建議說明
	隱私權保護政策	中文版：隱私權保護政策 英文版：Privacy Policy	連結至隱私權保護政策說明頁面。
	網站安全政策	中文版：網站安全政策 英文版：Security Policy	連結至網站安全政策說明頁面。
	政府網站資料開放宣告	中文版：政府網站資料開放宣告 英文版：Open Government Declaration	連結至政府網站資料開放宣告頁面。
	我的E政府識別標誌	呈現「我的E政府」識別標誌 中文版的 Alt 標籤： 我的E政府 英文版的 Alt 標籤： Republic of China (Taiwan) Government Entry Point	依據各網站設計的色系，製作 43 * 46 像素的圖片檔(可至本規範網頁下載圖片原始檔)，並連結至「我的E政府」網站。

由以上相關資料顯示，中英文網頁/網站是政府機構現今相當重視的行銷管道，網頁或網站的格式與內容呈現都會影響資訊的傳遞，網頁/網站對於一個單位給人的第一印象具有舉足輕重的意義，因此，不得不謹慎處理網站/網頁上的各部分。

擷取部分 108 年衛生局英文網站資料

Kinmen imposes first fine of NT\$200,000 for bringing in meat product (2019/1/9)

The island county of Kinmen on Jan. 8 slapped a fine of NT\$200,000 (US\$6,486) on a visitor for the first time since the penalties were raised late last year for bringing meat into Taiwan.

Since the fines were increased Dec. 18 last year amid fears over African swine fever (ASF), more than 45 people have each been fined NT\$200,000 at various ports in Taiwan for attempting to bring meat products into the country in violation of its laws, according to the data from the Bureau of Animal and Plant Health Inspection and Quarantine (BAPHIQ).

Last week, two pig carcasses were found along the shoreline of Kinmen, one of which was confirmed on Jan. 3 to be infected with the ASF virus.

Since then, quarantine measures have been tightened in Kinmen, which lies less than 10 kilometers off China's coast, to include a two-week ban on the shipment of meat products to Taiwan proper.

According to Kaohsiung Customs, the risk of ASF being spread by visitors bringing pork or pork products into Kinmen from China is extremely high in light of the volume of passengers traveling between the two sides and the fact that the trip takes only 30 minutes each way by boat.

The efforts in Kinmen to prevent the entry of the ASF virus include tighter quarantine measures and luggage inspection, as well as public announcements warning incoming passengers not to bring in pork or pork products from mainland China.

The government on Dec. 18 increased the fines for bringing in pork products from countries with ASF outbreaks, with first offenders liable to be fined NT\$200,000 and repeat offenders NT\$1 million.

Dead pig found in downtown Taipei tests negative for ASF: BAPHIQ (2019/1/8)

The carcass of a dead pig found in downtown Taipei on Jan. 7 has tested negative for African swine fever (ASF).

Taipei City government has already disinfected the area where the pig was found and has identified the person who dumped the animal.

The dead pig in Taipei came in the wake of the recent discovery of a pig carcass in a coastal area of offshore Kinmen County that was confirmed last Thursday to be infected with the ASF virus.

Since then, quarantine measures have been tightened in Kinmen, which at the nearest point is about 2 kilometers from China, including a two-week ban on the shipment of meat products from the island to Taiwan proper.

Although ASF does not affect humans, the virus is deadly to pigs and there is no known vaccine or cure.

Doctor warns of dangers of drinking even two bottles of beer (2019/2/14)

The consumption of two bottles of beer can have the same effect on the human brain as an entire night of

insomnia.

The chief of the Department of Psychiatry at Mackay Memorial Hospital said that drinking two 330-milliliter bottles of beer will not only send the breathalyzer test past the legal limit of 0.25mg/liter for drivers but can also exhaust the brain.

With two bottles of beer in the system, the brain will become as tired as if the drinker had stayed awake for a whole night.

Excessive alcohol cannot be metabolized by the liver and therefore enters other parts the body, including the brain, where it slows down the signals between neurons and thus impairs the drinker's ability to function normally.

The effects may include loss of attention and temporary memory loss, which could render a driver incapable of braking.

Over the long term, the consumption of one or two 330-milliliter bottles of beer per day could result in brain damage within a period of six months.

Long-term drinking can lead to cerebral atrophy and dementia.

Under Taiwan's existing law, drunk drivers who cause death or severe injury to others are usually stripped of their driver's license permanently.

Flu still at peak season in Taiwan (2019/2/13)

The flu season in Taiwan is still at a peak, with eight flu-related deaths reported last week, the Centers for Disease Control and Prevention (CDC) said on Feb. 12th.

During the Feb. 2-10 Lunar New Year holiday, the number of people seeking treatment for flu at hospitals totaled 100,088.

From Feb. 2-11, there were also 69 new cases of patients suffering from severe complications due to the flu, mostly the H1N1 type, the majority of whom were aged over 50.

The eight flu deaths reported last week all involved victims aged between 56 and 98 with histories of chronic disease.

Based on CDC data, the number of flu patients with severe complications since October now totals 475.

In Taiwan, the flu season typically starts in October, escalates around November and peaks by the end of the year or around the Lunar New Year, which typically falls in late January to mid-February, according to the CDC.

Arrival of cell therapy in Taiwan could help cancer patients

(2019/2/12)

Various types of cell therapy are expected to be allowed in Taiwan starting as soon as this month, and they could benefit some 100,000 cancer patients per year, the government said on Feb. 10th.

The new hope for cancer patients and people with other ailments comes after Taiwan amended its “Regulations Governing the Application of Specific Medical Examination Techniques and Medical Devices” in September 2018 to permit six types of cell therapy for blood cancers, strokes, and degenerative joints, among other ailments.

The amendment was designed to close the loophole that forced Taiwanese patients to seek cell therapy abroad, sometimes resulting in disputes due to language barriers and a lack of understanding of the therapy being provided.

Four medical centers in northern, central and southern Taiwan have applied to provide cell therapies, and their applications are currently being reviewed.

Approval could be given as soon as the end of the month, the Executive Yuan said in a statement.

Once the therapies become available, they could be used to help as many as 100,000 cancer patients per year.

Cell therapy has been around for 20 years and can be used together with mainstream medicine to help heal cancer or stroke patients who have exhausted other treatment options.

Because cell therapies have been prohibited in Taiwan, some terminal cancer patients have sought cell therapy in other countries, at a cost of at least NT\$1 million (US\$32,400) for each course of treatment.

Among the six cell therapies permitted under last September’s amendment that could soon be available is T-cell immunotherapy for blood malignancies and solid tumors that do not respond to other treatments.

They will also include CD34-selected peripheral blood stem cell transplants, used especially to treat blood cancers such as myeloma but also strokes, bone marrow mesenchymal stem cell transplants used to treat

strokes and degenerative joint disease, and autologous chondrocyte implantations to treat knee cartilage defects.

Taiwan to soon start checking luggage of all travelers from Thailand (2019/3/8)

Customs checks of all luggage brought into Taiwan by passengers from Thailand will be implemented before the end of March as part of the government's efforts to prevent the entry of African swine fever (ASF).

Thailand is the latest to be added to a growing list of countries and areas that Taiwan authorities see as potential sources of the ASF virus.

Since outbreaks of ASF were confirmed in China and Vietnam, Taiwan has been stepping up its efforts to prevent the entry of pork and pork products and protect its NT\$80 billion-a-year (US\$2.59 billion) pig farming industry. Currently, all luggage brought in by travelers from China, Hong Kong, Macao, Vietnam, Cambodia, Laos and Myanmar are subject to Customs checks at Taiwan ports of entry.

At the main gateway Taiwan Taoyuan International Airport, 200 airport police officers have been mobilized to check the hand baggage of passengers from those countries. Currently, passengers on 40 percent of the flights arriving at the Taoyuan airport are required to submit to those checks. The ratio will increase to 60 percent when Thailand is put on the list of countries targeted for 100 percent luggage checks.

In each case, Taiwan has to give the country notice before implementing the luggage checks, which means the checks of luggage from Thailand will not begin until around the end of March. The decision to add Southeast Asian countries to the list came after an outbreak of ASF in Vietnam in February.

A professor of Veterinary Epidemiology at University of London urged Taiwan authorities to stay alert despite recent reports that the ASF outbreak in China was under control. The professor said that while Taiwan, South Korea and China have the capability and resources to prevent the spread of ASF, they cannot cover all bases as the virus knows no borders.

Another pork product from China tests positive for African swine fever (2019/3/8)

A packet of pork wonton originating in China has tested positive for African swine fever (ASF). The packet of pork wonton was found discarded in a bin at the Port of Taipei by a passenger who traveled from Pingtan in China's Fujian Province by cruise ship Feb. 20.

Samples were sent to the Council of Agriculture's Animal Health Research Institute for laboratory testing and found to contain sequences of gene fragments identical to those of the swine fever virus strain in China. The total number of products that have tested positive for ASF in Taiwan has been rising on a monthly basis. This shows that the ASF outbreak in China is still at its peak.

China confirmed its first ASF outbreak in Liaoning Province in August 2018. Taiwan is on high alert, concerned that the spread of the virus from China could hit its pig farming industry which is worth NT\$80 billion (US\$2.64 billion) a year. Although ASF does not affect humans, the virus is deadly to pigs and there is no known cure or vaccine.

Majority backs planned phasing out of plastic straws: EPA

(2019/3/11)

The majority of people in Taiwan support the government's plan to phase out the use of plastic straws over the next 12 years, as part of an effort to protect the environment, the Environmental Protection Administration (EPA) said on March 11th.

According to the EPA plan, a ban on plastic straws will be implemented July 1 in the government sector, and at all public and private schools, department stores, shopping malls and fast food stores.

If there are no major conflicts regarding the policy, it will be promulgated in April or May before its implementation.

As a country surrounded by water, Taiwan needs to clamp down on the use of disposable items to protect its environment. Plastic straws are the most common type of trash found on Taiwan's beaches, along with plastic bags and PET bottles.

There are regulations in place for the recycling of PET bottles and plastic bags but the government needs to act now to stop the use of plastic straws, in line with growing international calls for such regulations.

The efforts against the use of plastic straws will be implemented in phases, extending to all food court

services by 2020, requiring payment by customers from 2025, and imposing a complete ban by 2030, according to the EPA.

Huge amount of plastic found inside dead pregnant whale

(2019/3/20)

An autopsy on a whale that was found dead on a beach in Hualien revealed a large amount of plastic in its stomach and it was also found to be pregnant.

The Cuvier's beaked whale had in its stomach six plastic bags, four canvas bags, one sheet of hard plastic, two fishing lines, and numerous wads and fragments of plastic.

However, it was still uncertain whether the ingestion of plastic was the direct cause of the whale's death.

The remains of a squid were found in the whale's stomach, which indicated that the whale was still able to feed, therefore, until further tests could be done, the cause of death could not be determined.

Regrettably, the 5.65 meter-long whale was also carrying a 165cm-long fetus.

In a similar case in the Philippines, a dead whale was found with some 40 kilograms of plastic and other trash in its stomach.

The two recent cases of dead whales highlighted the danger that man-made marine waste poses to marine wildlife.

Fishermen are urged to help with marine conservation by disposing of their garbage properly and picking up any trash spotted at sea.

The general public, meanwhile, can help by reducing the use of plastic.

Another dead pig found on Kinmen beach confirmed infected with

ASF (2019/4/11)

Test results conducted on a pig carcass discovered in the offshore county of Kinmen Sunday came back positive for African swine fever (ASF), bringing the total number of similar cases to five.

It was the fifth ASF case detected in pig carcasses that have washed ashore on Taiwan's outlying islands, the center noted, adding that three have been found on Kinmen and two on Matsu.

In the latest case, the carcass was found washed up on a beach in Kinmen's Jinhu Township. Kinmen lies just six kilometers from the city of Xiamen in China's Fujian Province.

As of April 7, 118 outbreaks of ASF had been reported in 28 Chinese provinces, autonomous regions and municipalities, with around 1 million pigs culled, according to data published on the website of the Food and Agriculture Organization of the United Nations.

All the ASF cases in the county so far have been found in dead pigs that have washed ashore and not among local pigs.

Germany, Australia voice support of Taiwan's WHA bid (2019/5/10)

Germany and Australia expressed support on May 9th for Taiwan's inclusion in the upcoming annual World Health Assembly (WHA), after China blocked Taiwan's bid for the third consecutive year.

Germany expressed "deep regret" that Taiwan, once again, did not receive an invitation to the WHA, the decision-making body of the World Health Organization (WHO), according to a statement released by the German Institute Taipei.

Participation in the World Health Assembly should be open to all parties who can make significant contributions to global health issues.

Taiwan makes great efforts and, as an aviation hub in Southeast Asia, is a key player in the fight against pandemics. It would be detrimental to world health if Taiwan remained a 'blank spot,' on the world map of health. Germany said it welcomed Taiwan's meaningful participation in the WHO's efforts to meet the challenges that globalization brings to health.

Germany strongly opposes the politicization of global health issues and is calling on other countries to join forces to help Taiwan participate in the WHA as an observer.

The Australian Office Taipei also voiced support for Taiwan's efforts to join the WHA meetings.

The Australian Office believes that Taiwan's practical participation in global efforts to tackle global health challenges supports health security here in our region and around the world," the office said in a Facebook post.

In light of Taiwan's high quality of medical care and its contribution to global health, its population deserves

access to the global health system.

Australia and Germany were two latest countries to express support for Taiwan after the registration deadline for this year's WHA passed Monday and Taiwan did not receive an invitation.

The United States, Japan and the United Kingdom have also spoken out against Taiwan's exclusion, which was due to objections by China.

Taiwan had hoped to attend the May 20-28 WHA in Geneva as an observer, as it had done from 2009 to 2016.

China decided to oppose Taiwan's participation in this year's WHA because of Taiwan's refusal to accept Beijing's "one China principle".

In those eight years, Taiwan participated in the WHA as an observer under the name Chinese Taipei, with the help of the U.S. and amid better relations with China during the then-Kuomintang administration.

Plastic straws to be banned for use at many venues from July

(2019/5/2)

Single-use plastic straws will no longer be available to people eating at a wide range of venues starting July 1, but take-out items will remain unaffected, the Environmental Protection Administration (EPA) said on May 1st.

The ban on single-use plastic straws will be imposed in 8,000 government units, public and private schools, department stores, shopping malls, and fast food chains and apply to people eating meals or enjoying a beverage at those venues, the EPA said.

Biodegradable plastics straws will also be banned at those venues unless they have obtained EPA certification proving they are really eco-friendly.

First-time violators will not be punished but given a notice, and they will be checked again and subject to a fine between NT\$1,200 (US\$39) and NT\$6,000 for repeat violations. Take-out food items or items that come with straws when they are delivered to and consumed at those venues will still be allowed.

The agency has decided to allow some flexibility on straws for use with take-out items after receiving feedback from restaurants and because paper straws cannot replace plastic straws in some situations.

Plastic straws still work better, for example, in beverages that need stirring or contain solid food ingredients. The EPA will evaluate how well the biodegradable plastic straws are received and decide how they will be regulated in the future. The same evaluation will apply to plastic straws given to take-out customers.

According to the EPA, a rising number of people have been supportive of a ban on the use of plastic straws. A phone and internet poll conducted last month by the EPA found that 82 percent of respondents supported the new policy, compared with 70 percent when the draft bill was announced last November.

It is estimated that the new policy will eliminate the use of 100 million plastic straws per year, the EPA said.

Taiwan hoping for more progress on WHA bid next year (2019/5/31)

Minister of Health and Welfare Chen Shih-chung expressed hope on May 30th that more progress will be made on Taiwan's bid to participate in the annual World Health Assembly (WHA) next year.

Speaking at a press conference after a weekly Cabinet meeting, Chen said that although Taiwan was this year once again barred from attending the WHA, which took place May 20-28 in Geneva, the government nevertheless did its utmost to increase the nation's global visibility.

Taiwan held several forums with international experts who were impressed by Taiwan's use of big data analysis in the prevention of non-communicable diseases, its developments in hospice and palliative care, and its enactment in January of Asia's first patient autonomy act.

According to the Ministry of Foreign Affairs, a total of 16 diplomatic allies and eight like-minded countries spoke up for Taiwan's bid during this year's WHA.

In addition, 34 countries, areas and international organizations resorted to other methods to demonstrate their support for Taiwan, including passing resolutions, writing to WHO Director-General Tedros Adhanom Ghebreyesus, publishing statements or voicing their support on social media sites.

These results show that Taiwan's WHA bid received widespread support at the grassroots level. Taiwan was invited to participate in the WHA as an observer from 2009 to 2016. Due to Chinese pressure, the nation has failed to receive an invitation to the WHA since the last one took place.

A happy partner is the elixir of longer life (2019/5/20)

According to a study by Tilburg University in the Netherlands, a happy person can even prolong his or her

partner's life. Everybody experiences emotional ups and downs from time to time. But it's important not to let yourself get pulled down by your partner's mood swings, not every time.

You might ask yourself, "How can I look away when it makes me angry and sad to see him slouch on the couch?" "The first thing you can do is make a clear distinction between 'you' and 'I'," says psychologist and couples therapist Hans-Georg Lauer .

His advice sounds simple, but it's not that easy, especially in romantic relationships where we want to share our feelings and be one, together.

To understand where one's own sphere begins and that of another person ends is a very conscious process. And a very important one.

People who realize that their partner's dissatisfaction is not automatically their own can protect themselves from emotional roller coasters. It's easier then to acknowledge or accept the unhappiness of the other person.

And who doesn't want to be acknowledged and accepted — even when they are in a state of misery?

Maintain your happiness!

Retreating to the couch, pulling the curtains and a long face won't help anyone.

If you're happy, you may as well try to stay happy. "If we take a step back, that makes perfect sense," says Lauer.

But it can be hard to see that sometimes. And sometimes it's the things we've experienced in our own lives that can get in the way of our thinking straight.

What did we learn from our parents or carers? It starts at an early age. Some of us are taught to feel bad when someone else is down. Or we feel guilty if we're happy and they are unhappy.

"Be happy if you're happy and content. And work at being even happier," Lauer advises. Happiness is contagious. It's the best way to help a grumpy guy on a couch.

"It's important to show a certain amount of mindfulness," says Lauer, "to understand exactly what's going on and, if possible, to talk about it."

When Lauer says "talk about it" he doesn't mean trying to talk the other person back into a more cheerful mood by offering trivial advice or fortune-cookie wisdom.

“It’s about listening to each other’s concerns without prejudice or passing judgement,” the psychologist says. If your partner talks, complains, or scolds you, just leave it at that. Just listen. Such an approach can also help you protect yourself.

Every argument or discussion about the validity or nonsense of the other person’s bad thoughts can lead to your becoming more involved, Lauer warns. And the boundaries between “I” and “you” quickly become blurred again. Silence is golden

But what if I am convinced I know exactly what my partner should do to free himself of his miserable mood? “Tips and advice can intensify a person’s unhappiness,” says Lauer. Lauer says that’s because your advice will be based on your own interpretation of your partner’s mood, and that can be miles away from his or her perceived reality.

As a result, your partner may feel neither accepted nor understood, and their mood will continue. And that may ultimately bring you down, too. Not what you say but the way you say it

No one is destined for unhappiness. But when a gloomy mood persists, even the most patient partner can find themselves at risk. That’s where so-called “I” messages can be key, says Lauer. If you say you need to talk about the other person’s problems, because you want a closer relationship, that’s one way. But it’s different from telling your partner to get themselves together because they are making you unhappy. “It depends on how you say it,” says Lauer.

A relationship with a chronically dissatisfied person promises little happiness. So it may be worth asking why you chose that partner in the first place. This person who feels like a victim and whom you feel you have to help constantly. Lauer says this clearly speaks for an imbalance in the relationship to which both partners contribute.

You have to be able to look at yourself critically to answer a question like that, and few can do it.

You may need help from a therapist yourself. It pays for everyone to invest a little time for their happiness.

The bottom line is that happy people can have a positive effect on their environment. And that happiness alone may be enough to inspire happiness in other people, even in the grumpy soulmate on your couch.

Taiwan to require food safety permits for imported eggs (2019/5/20)

Imported eggs and egg-based products will not be allowed to enter Taiwan without food safety certifications beginning in August amid a fipronil scare in Europe and Asia, a food safety official said on May 20th.

Eggs and egg products need to be highly regulated because of the risk of contamination during processing, which is why the official food safety permits are needed.

The requirement for a permit from the exporting country will cover fresh eggs, whole egg liquid, liquid egg whites, liquid egg yolks, whole egg powder, and yolk powder and take effect on Aug. 1st.

The FDA has conducted systematic inspections of imported eggs since the beginning of the year. Also, first-time importers must have their plants inspected by the FDA to ensure its sanitary standards.

The move is a response to the fipronil egg scare that has troubled some European and Asian countries over the past two years. Fipronil is a broad-spectrum insecticide that kills fleas, but it may also contaminate soil and animals when used at a poultry farm.

A total of 2,661 metric tons of eggs and derivative products from the United States, Italy, Ukraine, France and India were imported into Taiwan in 2018, according to FDA data.

UK health service to use Amazon Alexa to give medical advice

(2019/7/10)

Britain's health care service is teaming up with Amazon's digital voice assistant to help answer medical queries with advice from the service's official website.

The British government said on July 10th that the system can help senior citizens, blind people and others who find it hard to access the internet.

Using Amazon's algorithms, Alexa will answer voice questions from users about common maladies such as the flu or chickenpox with information verified by the National Health Service.

Amazon sought to reassure users that their information will be kept confidential and not shared with third parties, adding that voice recordings can be deleted.

Privacy campaigners, however, said they were concerned about the partnership and its implications because Amazon has a worrying track record on handling user data.

Taiwan's fall armyworm infestation set to spread (2019/7/10)

Taiwan's Bureau of Animal and Plant Health Inspection and Quarantine (BAPHIQ) announced this week that there have been 199 cases of the fall armyworm discovered across the island, while warning that the potential for the armyworm infestation to spread further is very high.

Recognizing the fall armyworm invasion an active threat to the nation's agricultural output, the Bureau is stepping up its efforts and calling on the public for assistance to root out the pests.

As of July 9th, the caterpillars have only been reported among corn crops. However, the BAPHIQ has designated 353 other crop varieties as at risk from the invasive species.

Based on the geographic range of crops affected by the invasive species, BAPHIQ officials estimate that only about 60 percent of the incoming pests have been isolated in contained areas. This means that the Bureau expects over 30 percent of the fall armyworms in Taiwan will have the opportunity to mate, and disperse further across the island.

To combat the anticipated spread of the disease, agricultural experts and Bureau official are working with farmers in the danger areas to increase prevention and control of the invasion. The BAPHIQ is asking the public to immediately inform government offices in they discover any evidence of the fall armyworm anywhere in Taiwan.

Taiwan finally to actively regulate betel nut tree planting (2019/7/10)

Council of Agriculture (COA) Minister Chen Chi-chung announced on July 10th that the council will complete drafting regulations on safety management of betel nuts production and betel nuts prevention to safeguard citizens' health within the fiscal year.

Taiwan has adopted a passive three no's policy "no encouragement, no prohibition, no advisory" on betel nuts for over 30 years, despite they are listed as group 1 carcinogens according to International Agency for Research on Cancer (IARC) standards. Chen argued that the government should not continue this passive attitude and neglect the fact that there are huge amounts of production, import, and consumption of betel nuts in the country.

Currently, the lack of regulation has led to a great health hazard for consumers, as there could be as many as 14 types of pesticide residues in a betel nut. However, Chen said that it is difficult to regulate the residue as betel nuts are not considered to be “food” under current regulations, which will require cooperation with Ministry of Health and Welfare (MOHW) to fix.

According to COA, there are currently still approximately 42,510 hectares of betel nuts plantations, spreading across Nantou, Pingtung, Chiayi and Hualien that produce 100,000 tons of betel nuts annually.

Dengue Outbreak: Thousands hospitalized in last 24hrs in Bangladesh (2019/8/9)

At least 2,326 dengue patients got admitted to hospitals across the country in 24 hours since Aug. 7th.

The number of dengue patients at the hospitals has been increasing and Bangladesh never had more than 11,000 dengue cases in a year.

Many working dads feel alienated from their children (2019/8/6)

Balancing career and family has become a huge concern for working fathers as many of them feel alienated from their children, a recent survey has found. 40 percent of respondents said they felt alienated from their children, in large part because of the demands of their jobs. The survey’s respondents worked an average of 10 hours a day, leaving them only 69.3 minutes to spend with their children on weekdays.

About three-quarters (74.7 percent) of respondents said they worked more than nine hours per day, and 21.3 percent said they worked more than 12 hours per day, the survey found.

More than nine in 10 of respondents (92.3 percent) admitted to thinking about changing jobs for the sake of their children, while 73.7 percent felt their performance at work has been affected by family factors at least once.

Many of these working fathers feel under pressure from both family and work. When asked about this, 94 percent of respondents said they felt considerable stress, but about seven out of 10 of them described it as bearable while the other 3 out of 10 felt it was too much for them to deal with.

Low risk in food from radiation-affected areas of Japan (2019/8/3)

A total of 300 food items from areas of Japan affected by the nuclear meltdown in 2011 have been tested by the Taiwanese authorities and pose a low health risk, according to a Food and Drug Administration (FDA) study released on Aug. 1st.

The study, which was based on data from 2018, inspected a series of food items, including dried mushrooms, sardines, dried fruit, rice, milk, flour, tea leaves, shellfish, vegetables and ice cream from Fukushima, Ibaraki, Gunma, Tochigi and Chiba prefectures, all areas affected by the Daiichi nuclear disaster in March 2011, The FDA released a food security assessment report on all food items from Japan, based on food inspection results from Japan's Ministry of Health, Labour and Welfare and Taiwan's food consumption database.

The report estimates that while the total worldwide average dose from natural radiation is approximately 2.4 mSv a year, the radiation exposure for 97.5 percent of Taiwanese or more would be far less than 1 mSv if all restrictions on imports of Japanese food were removed.

Radiation dosages are measured in sieverts, which quantifies the amount of radiation absorbed by human tissue. One sievert is 1,000 millisieverts (mSv).

The report concluded that due to nuclear decay — the natural process by which an unstable atomic nucleus loses energy — the health risks associated with radiation exposure of food imported from Japan are much lower than they were in 2015, four years after the FDA imposed a ban on food products from the five affected prefectures in Japan.

By the time FDA was ready to release the report, a referendum on whether to retain the ban on food imports from the five Japanese prefectures was about to be held.

Taiwanese citizens voted in favor of maintaining the seven-year-old ban, by a margin of 78 percent to 22 percent in a referendum on Nov. 24, 2018.

In 2015, Taiwan required that imported food from Japan be labeled with its place of origin and provide proof of being radiation free after the authorities found food imports from radiation-affected areas made their way into the country with its packaging showing a different place of origin.

Average life expectancy of Japanese hits another record high

(2019/8/1)

The average life expectancy of Japanese people reached record highs of 87.32 years for women and 81.25 for men in 2018, an increase of about five years for both sexes over the course of the 30 years of the Heisei era.

The average lifespan of women inched up 0.05 years from the previous year, posting a record high for the sixth consecutive year. Meanwhile, the figure for men increased by 0.16 years from 2017, topping the record for the seventh consecutive year, the Health, Labor and Welfare Ministry said.

Average life expectancy is an estimate of how long babies under 12 months of age born in the same year are expected to live. The average lifespan in 1989, the first year of the Heisei era, was 81.77 for women and 75.91 for men.

Life expectancy may have grown due to a decline in death rates from cancer, heart disorders and other diseases due to advances in medical care, as well as people's growing health consciousness.

Looking at the latest overseas statistics by country and region, Japanese women ranked second, and men the third — the same as the previous year. Hong Kong topped the global ranking for both females and males at 87.56 and 82.17 respectively.

Taiwan researchers discover key to reversing lung disease in mice

(2019/8/29)

A Taiwanese research team announced on Aug. 28th that it has discovered the key to turning around idiopathic pulmonary fibrosis (IPF), a type of chronic scarring lung disease, in mice in just one month.

The team found that mesenchymal stem cell in the human body's umbilical cord is able to largely improve IPF — a lung disease that results in scarring (fibrosis) of the lungs for an unknown reason, according to the team composed of researchers from National Yang-Ming University, Taipei Veterans General Hospital and Kaohsiung Veterans General Hospital.

It took three years for the team to achieve the findings, which showed human mesenchymal stem cells are capable of preventing inflammation in the lungs of mice and then reverse the progression of the disease by

enacting macrophages to eat up the scars on the tissue, thus repairing lung cells and turning the hard fibrosis into soft tissue.

The conclusion was made following an experiment in which the decaying lungs of mice were largely repaired seven days following a transplant of the special mesenchymal stem cell into its body. It added that the mice's lungs almost returned to normal a month later.

Once diagnosed with IPF, the scarring on the patient's lungs gets worse over time, making it hard for him or her to take in a deep breath and the lungs cannot take in enough oxygen.

The second local case this year: Know chikungunya fever

(2019/8/27)

A 60-year-old female from Zhonghe District, New Taipei City started displaying symptoms of fever and bone pain. When she sought medical treatment on Aug. 22nd, the hospital reported the case as dengue fever the following day. However, careful inspection of the results showed that she was experiencing another disease which is transmitted via mosquitos as well – the chikungunya virus.

The Centers for Disease Control (CDC) had announced an indigenous case of chikungunya fever on Aug. 26th, the second case this year. CDC said the patient had recovered enough to return home, while there have been no signs of infection among the people with whom the patient came into contact.

What are the differences between chikungunya fever and dengue fever?

According to CDC, the initial symptoms of chikungunya fever are similar to dengue fever, including fever, headache, fatigue, joint pain or inflammation, as well as muscle and back pain. Some patients also display rashes. Chikungunya virus and dengue virus are both transmitted through the mosquito *Aedes aegypti* and *Aedes albopictus*.

However, the chikungunya patients would experience fatigue for several weeks. Furthermore, patients would suffer from serious joint pain for months, which brought the disease's name "chikungunya," meaning "to walk bent over (because of the pain)" in Bantu, a language spoken by the Makonde people from Africa.

Usually, people start to experience symptoms three to seven days after being infected with the virus; while for dengue patients, they could display symptoms three to eight days or even as long as 14 days after being

infected with the dengue virus. According to the CDC, the chikungunya virus rarely causes death, and patients can often recover within one week.

There are 47 cases of chikungunya confirmed in Taiwan this year, among them, two were infected domestically, and forty-five people were infected with the disease overseas. The number is the highest since Oct. 2007, when the government decided that hospitals have to report the chikungunya case to authorities once diagnosed with similar symptoms.

Among all the cases, 28 were infected in Myanmar, seven in Thailand, five in the Maldives, two in Indonesia and one each in the Philippines, Malaysia and India. Since July, 28 reported chikungunya cases were from Myanmar. CDC announced on Aug. 26th to raise the traveling alert to the second level because the risk of infection in Myanmar is much higher.

New treatment found for lung infection (2019/10/8)

The National Health Research Institutes (NHRI) said its medical research team has developed a new and effective treatment for respiratory syncytial virus (RSV), a major cause of respiratory illness in young children, which is expected to be further developed into a vaccine.

RSV is a common respiratory virus that causes infections of the lungs and respiratory tract. It usually causes mild, cold-like symptoms, but it can become serious in some cases, especially in infants and older adults with weak immune systems or chronic disease.

About 1,000 young children are hospitalized for lower respiratory tract infections caused by RSV each year, and about 90 percent are under two years old.

RSV infection can be dangerous because it can develop from a fever to become more serious, with symptoms including difficulty breathing, pneumonia, bronchitis, and even respiratory failure or death in only two to three days.

He said up to 10 percent of children under five years old infected with RSV may develop into serious cases and about 1 percent might die from the infection.

There is no specific treatment for RSV — only supportive care to prevent or treat the symptoms.

Recombinant soluble RSV F proteins for preventing the virus is expensive and time-consuming.

A mucosal vector-based recombinant adenovirus vaccine containing F proteins is sprayed into the nostrils, which can effectively control the severity of the infection and reduce lung inflammation, marking an important breakthrough in RSV infection treatment. Experiments on rats also showed that two doses of the newly developed vaccine can provide protection for about a quarter of life expectancy, about 20 years.

More young people develop diabetes (2019/10/8)

The average age of people with diabetes in Taiwan has been decreasing, with the number of patients under the age of 20 increasing 44.5 percent over the past seven years, the latest data released by the Taiwanese Association of Diabetes Educators showed.

People under 20 used to be relatively safe from type-2 diabetes, but the number of young people diagnosed with the disease has been growing over the past few years.

In 2008, 9.65 people out of 100,000 had type-2 diabetes, but the number has risen to 13.94 people per 100,000 in 2014, or an increase of 44.5 percent.

The incidence rate of diabetes in people aged 20 to 40 has also been increasing.

Consuming foods high in sugar and fat, having irregular living habits and not exercising enough affect the body's regulation and control of glycemia, or the amount of sugar in their blood, and increases the risk of diabetes.

The increasing consumption of fast food, sugary beverages and other dishes more commonly are seen in the West as a cause for the increase in diabetes.

Advances in diabetic patient care have caused the crude mortality rate of type-2 diabetes to fall from 3.6 percent in 2000 to 3 percent in 2014, or by 16.8 percent.

However, diabetes still ranked fifth in the top 10 causes of death in 2018 and remains a severe health issue, therefore, adopting a healthier lifestyle is important.

Diabetic people should make a habit of monitoring their blood sugar level before and after meals. There is an increasing variety of medication — orally ingested or injected — that help people with diabetes control their blood sugar levels.

Diabetic people should explain their conditions to their doctors to forestall any serious complications.

FDA rejects rumor that noodles have harmful additives

(2019/10/8)

The Food and Drug Administration (FDA) on Sep. 7th rejected an online rumor that instant noodles contained harmful preservatives, saying that the products do not contain any preservatives.

During typhoon days when most stores are closed, many Taiwanese tend to eat instant noodles or canned foods that are easy to prepare and have a long shelf life.

Online posts claiming that preservatives in these foods could be harmful to health, or could cause “mummification” have caused concern among the public.

However the packaging process of the products does not require the use of preservatives. Instant noodles are prepared by removing all water from the products by flash-frying or hot air drying.

The lack of water significantly reduces the chances of microorganisms growing on the noodles. The method of removing water to preserve food is also used in many dried vegetable, fruit and meat products.

A combination of processes, including sterilization and heating foods to high temperatures, is used in canning to kill micro-organisms. Candied or salted foods are prepared using osmosis to replace their water content with sugar or salt, which slows the reproduction of microorganisms.

As the growth of microorganisms is affected by temperature, packaging plants can extend the shelf life of food products by heating them to high temperatures or freezing them. For example, fresh milk undergoes high-temperature treatment, or pasteurization, to kill microorganisms, it said.

Consumers must still pay attention to packaging to ensure all food safety information is provided and that the product has not expired.

EPA announces measures for ‘air pollution season’ (2019/10/7)

Environmental authorities are to meet weekly, monthly or quarterly to improve integration of air pollution control efforts as “air pollution season” starts this month.

The nation’s air quality on Oct. 2nd worsened as a southwesterly wind carried pollutants from China to Taiwan, EPA data showed.

Air quality monitoring stations in western Taiwan and outlying islands showed “red” alerts — meaning air quality was unhealthy for all groups, the data showed.

Nearly one-third of the nation’s air pollution is from overseas sources.

To improve tracking of the effects of pollution control efforts, environmental officials in Chiayi County, Chiayi City, Pingtung County, Tainan and Kaohsiung, would meet once every week from this month to March next year.

Officials in central Taiwan would have monthly meetings, while those in the north would meet once every quarter.

Factories pay additional pollution fees in the autumn and winter and they are to be increased to encourage firms to cut pollution.

Innovative treatment could address stomach cancer (2019/10/2)

The International Gastric Cancer Prevention and Treatment Consensus unfolded Tuesday at National Taiwan University Hospital (NTUH) on the World Stomach Day with doctors and scholars from around the world in attendance. World Stomach Day aims to raise awareness of stomach diseases.

According to medical authorities, *Helicobacter pylori* (*H. pylori*), a type of bacteria, is one of the major factors leading to stomach cancer and peptic ulcer disease (PUD). If *H. pylori* were detected earlier and removed, the chances of getting cancer could, therefore, be significantly reduced.

Stomach cancer is the third most common cause of death from cancer. In Taiwan, stomach cancer ranked seventh in cancer mortality in 2018.

80 percent of stomach cancer cases have resulted from the infection of *H. pylori*. By extension, the early removal of *H. pylori* could considerably decrease the risk of getting gastric cancer.

The infection of *H. pylori* is caused by fecal-oral transmission during diarrhea for instance. The treatment has a success rate of *H. pylori* removal that can reach up to 90 percent.

Still, the treatment could cause slight changes in human gastrointestinal microbiota and also increase in the proportion of drug-resistant *Escherichia coli* in patients’ microflora. The number of drug-resistant *Escherichia coli* and intestinal microflora would restore to normal after two months of recovery.

Eat your rice straws after finishing your drink?(2019/10/2)

Made from rice and tapioca, the environmental-friendly straws are edible but tasteless, was presented from Penang International Green Conference & Exhibition (PIGCE) 2019 held in Malaysia on Sept. 27

The straws can last for two to five hours in hot water and about five to 10 hours in cold water. The bottom part when immersed in drinks will taste a bit starchy while the upper section will be crispy like chips.

The straws, made from natural ingredients, do not contain any additives and will decompose completely in 90 days and can also be turned into animal feed or fertiliser.”

Furthermore, the Malaysian company stressed that by producing rice straws, the company has helped to complete the ecosystem cycle. When we use paper straws, we are actually cutting down more trees.

Taiwan offers helping hand to make Thailand Asian medical hub (2019/9/20)

A joint Thailand-Taiwan Smart Healthcare Seminar and Trade Meeting was held on Sep. 20th in Bangkok to work on making the Kingdom Asia’s medical hub.

The Thai government is implementing a 10-year plan to make the country Asia’s medical hub and actively introducing smart medical-related products and solutions, which are in line with Taiwan’s industrial advantages.

In order to promote cooperation between Thailand and Taiwan in the field of smart healthcare, the Thailand-Taiwan Smart Healthcare Seminar & Trade Meeting is being organized by the Bureau of Foreign Trade of Taiwan, the Taiwan External Trade Development Council in collaboration with the Federation of Thai Industries and Thai Medical Device Technology Industry Association. The aim is to introduce smart healthcare products and solutions from award-winning Taiwanese companies.

Taiwan’s long-established strength in information and communications technology has consolidated Taiwan’s healthcare, and inspired medical health innovation.

Thailand's healthcare industry had high potential for growth and expected that the healthcare medical devices market in Thailand will grow at around 8-10 per cent per year. The Thai government also is strongly pushing Thailand as Asean Medical Hub and supporting the ageing society in Thailand.

The Taiwan Excellence Award selection was launched by the Taiwan's Ministry of Economic Affairs in 1993. More than 100 judges evaluate products in terms of R&D, design, quality, marketing, and made in Taiwan, every year. Only the top products that meet these criteria can be awarded "Taiwan Excellence". Award-winning products can use the "Taiwan Excellence logo" to promote themselves, while making consumers and buyers know how to buy good products wisely by choosing the ones with the Taiwan Excellence logo, just like customers can choose best restaurants easily by choosing the ones awarded Michelin Star. Actually, these two awards share things in common: award winners are all selected by specialists in terms of five criteria, so are trustworthy, world-renowned and preferred by consumers, and all have a good brand image.

Hiwin's robotic endoscope holder can improve endoscopic surgery efficiency because it provides a steady image, decreasing seasickness effect and avoiding eye fatigue, and its intuitive feet pedal is user-friendly.

參考文獻

王峰、彭石玉、嚴丹(2010)。基於 Google 新功能輔助漢譯英的研究—以高校網頁英文翻譯為例。

上海翻譯，(4)，66-69。

成昭偉、劉華(2014)。基於變譯理論的高校英文網頁翻譯。遼寧工業大學學報:社會科學版，16(5)，

54-55。

李元青(2009)。中美高校英文網頁介紹文本內容對比研究。太原城市職業技術學院學報，(4)，

157-159。

李海玲、李海麗(2009)。高校網頁簡介英文翻譯策略初探。中國科技資訊，(12)，258-259。

范勇(2005)。目的論觀照下的翻譯失誤--一些大學網站英文版例析。解放軍外國語學院學報，

(1)，70-72。

范勇(2008)。中國高校英文網頁存在問題研究。高等教育與學術研究，(1)，27-29。

- 范勇(2010)。跨文化交際視角下的國內高校英文網頁中“文化性翻譯失誤”研究。北京第二外國語學院學報，(8)，14-19。
- 邱春安(2013)。傳播學視角下的高校網頁英文翻譯。編輯之友，(12)，65-67。
- 高媛、郭立甫(2015)。我國跨境電子商務英文網頁設置應用中的問題及其改進。對外經貿實務，(2015年 11)，74-77。
- 孫建成、李昕亞(2009)。傳播學視角下的網頁漢英翻譯-兼評故宮博物院英語網頁。中國科技翻譯，22(3)，28-31。
- 韋曉萍、劉明忠(2009)。企業英語網站翻譯策略研究。社科縱橫，7，24。
- 陳雋、黃玉虹(2012)。高校英文網頁的翻譯失誤探析—以福建重點本科院校為例。福建農林大學學報：哲學社會科學版，15(6)，109-112。
- 張新軍、楊慧(2003)。高校網頁英文翻譯的調查。上海科技翻譯，(4)，56-58。
- 鄒建玲(2013)。旅遊網頁英文本翻譯失誤分析—以上海旅遊英文網為例。中國科技翻譯，26(2)，24-26。
- 程張根、何瓊(2013)。基於語料庫的高校網頁英文簡介對比研究。武漢紡織大學學報，26(4)，87-91。
- 楊曉斌(2007)。重視網頁翻譯工作搞好公司對外宣傳。商場現代化，10(493)，105-106。
- 韓孟奇(2008)。論我國高校英文版網頁的翻譯失誤。河北工程大學學報：社會科學版，25(1)，115-117。
- 觀光局統計資料 <https://admin.taiwan.net.tw/public/public.aspx?no=315>