



Canpus News
校园新闻

Happiness as a Medical Student

医学生的幸福

According to the latest Chinese best hospitals' list released by Hospital Management Institute of Fudan University (复旦医学管理研究所), Jiangsu Province Hospital (the First Affiliated Hospital of Nanjing Medical University) was ranked number forty-one, which was a big success for NJMU.

As students of NJMU, we are proud to say that the achievements of the Jiangsu Province Hospital are closely related to our whole faculty's efforts. As we have seen, in order to improve the teaching efficiency, NJMU has devoted itself to transform the teaching environment and to improve the quality of teaching. In recent years, NJMU has reaped fruitful achievements in scientific research and clinical teaching. For example, it has its own Chinese Academy of Engineering and Cheung Kong Scholar Program Professor and has established the State Key Laboratory. Besides, professor Zhu Dongya (朱东亚), professor Shen Hongbing (沈洪兵) and professor Sha Jiahao (沙家豪) have continuously published a good number of papers in the world's top academic jour-



nals like Nature Medicine and Nature Genetics. This year, NJMU has achieved 225 projects of the National Science Foundation. As of our students, our representative team also won the first prize in the National Higher Medical Colleges and Universities' Students Clinical Skills Contest (全国高等医学院校大学生临床技能大赛).

I have been studying here for more than two years now. Once I felt puzzled with difficult courses or tired of heavy assignments, I like walking around our campus to enjoy the beautiful scenery and get relaxed. And I found most students are very happy and have positive atti-

tudes to life. So, one day I could not help finding out reasons and asked some senior students. Finally, I got the answer and summarized some key words as follows.

Be confident in yourself.

We medical students have full confidence in overcoming medical difficulties and moving out Crisis of Confidence between doctors and patients.

Be faithful to medical truth.

We medical students should advocate independent thinking and be faithful to scientific truth if we want to achieve a break-through in medical science.

Be concentrated in your study.

We medical students should firstly and compulsorily study some of the basic courses of medical science.

Be enthusiastic to your vocation.

Nothing great was ever achieved without enthusiasm. We medical students should be ready to devote ourselves to medical research anywhere and anytime.

In a word, we are all proud of the fact that Nanjing Medical University has become one of the Top Ten Medical Universities while Jiangsu Province Hospital has been one of the best hospitals in Jiangsu Province even in China. Let's wish our school a better future in 2013! (张赫 方圆)



Half Moon 小编的话

Dear friends:

Nice to meet you again! During these cold days, we hope you get warmth from our newspaper.

In this semester, we happily shared the excitement of a series of activities of the English Festival and a great number of other unforgettable activities. With the month of examinations approaching, we hope all of us get satisfying scores. Have a nice day and see you next year! (李蕊)

We Wish You a Merry Christmas Day

外国语学院举办庆祝圣诞系列活动

At night on Dec.22, the Christmas Party mainly sponsored by the Foreign Language Department (F.L.F) was held in the Students Center. As we have seen, the platform was beautifully decorated by a Christmas tree and glittering lights and students were very active in joining the party. For a better communication, we also invited many friends from other nearby universities such as the Southeast University, the Nanjing Maritime College and so on. They also presented wonderful performances. During the party, four Santa Clauses handed out sugars from red stockings filled with gifts. With much attention paid and many efforts made, the Christmas Party turned out to a greater success than expected. Besides the Christmas party, we also had many other activities to celebrate the Christmas Season.

Christmas Dormitory DIY

From Nov.30 to Dec.15, F.L.F offered Christmas utensils to students who would like to decorate their dormitories.

Sending flowers from Santa Clause

On Dec.23, Santa Clause helped to send flowers and to express your love to him/her.

Recycling newspapers on NJMU English press

On Dec.24, on Shuren square, we prepared gifts for students who have read NJMU English Newspapers and turned them back to us for environment protection reasons. (王世文 惠冰清)

The Opening Ceremony of Young Medical Experts English Program

“南京市卫生青年人才高级英语研修班”开班仪式在我校举行

The opening ceremony of the “Young Medical Experts English Program” was held on Wutai campus, Nov 8. Peng Yuzhu and Zhu Chunxia from Nanjing Health Bureau, Zhang Qiande and Sun Bo from Nanjing Medical University, teachers of the College of International Studies and around one hundred students attended the ceremony.

Peng Yuzhu, deputy director of the Nanjing Health Bureau, pointed out that the program, as a branch of the Nanjing Young Medical Experts Fostering Project, endeavored to polish the medical workers' ability of using English so as to meet the requirements of the professionalizing and globalizing medicine. She stressed that English, particularly as a tool of international academic exchange, was of great significance in understanding new medical trends and in medical cooperation and innovation. She hoped that this program would effectively improve the learners' competitiveness in those areas and expand their influences at home and abroad.

Zhang Qiande, vice president of Nanjing Medical University, extended his appreciation to the work done by Nanjing Health Bureau, and his expectation on the learners. He said that the program provided an English-learning platform for young medical experts. He wanted all students to make best of the program even though they already come with good basic English knowledge. He added that the opening of this program was a reflection of the favorable teaching edge with which the College of International Studies was blessed, and more efforts of this sort should be done to let its influence more felt in medical English sphere.

Accordingly, the program, 3 batches numbering 300 students, is to be run in 160 weekend classes in a term of 6 months. The primary batch enlists 100 doctors from 10 hospitals in Nanjing. The teaching, jointly carried on by Chinese and foreign professors, is mainly composed of lecturing, plus



virtual exercise, remote education, and outer-class activities like English saloon. The learners' interests and demands are taken into account by this program: importance is placed on document reading strategy in reading class; forms and rules of composition in writing class; conversational skills in oral class by Chinese and foreign teachers. The class is designed under the guidance of continuity, integrity and methodology, in which basic English knowledge could be cemented, medical English improved and independent-study ability developed.

News

校外新闻

The Cake Design Competition at Southeast University

我校学生受邀参加东南大学蛋糕设计大赛

On Dec. 2nd, 50 students from different departments of the Southeast University and other universities (including our university) participated in the Cake Design Competition at the Southeast University. Students designed fantastic cakes by themselves. The Southeast University also invited professional cake baker for guidance. At last, everyone shared their achievements with each other happily. How delicious the cakes were! (王世文)

Happy Birthday to the Psychology Organization

沐心心理社迎来第八个生日

On December 1st, the Psychology Organization held its 8th Anniversary Party in the Students Center. Some other universities were also invited to participate, such as the Jiangsu Maritime Institute and Nanjing University of Information Science and Technology. (苏莹娇)

On foreign affairs

促进人类和平与发展

中国将始终不渝走和平发展道路, 坚定奉行独立自主的和平外交政策。

— China will unswervingly follow the path of peaceful development and firmly pursue an independent foreign policy of peace.

我们坚决维护国家主权、安全、发展利益, 决不会屈服于任何外来压力。

— We are firm in our resolve to uphold China's sovereignty, security and development interests and will never yield to any outside pressure.

我们根据事情本身的是非曲直决定自己的立场和政策, 秉持公道, 伸张正义。

— We will decide our position and policy on an issue on its own merits and work to uphold fairness and justice.

中国主张和平解决国际争端和热点问题,

Key Quotes from CPC National Congress

十八大词汇摘要(二)

反对动辄诉诸武力或以武力相威胁, 反对颠覆别国合法政权, 反对一切形式的恐怖主义。

— China is committed to peaceful settlement of international disputes and hotspot issues, opposes the wanton use of force or threat to use it, opposes any foreign attempt to subvert the legitimate government of any other countries, and opposes terrorism in all its manifestations.

中国反对各种形式的霸权主义和强权政治, 永远不称霸, 永远不搞扩张。

— China opposes hegemonism and power politics in all their forms and will never seek hegemony or engage in expansion.

Please don't Stay up too Late

考前熬夜,无效!

With the examining month is coming, it is not uncommon to find students dozing blatantly in class, if they do not skid or slip out of classes. If a student is unfortunately asked by a teacher, he may innocently and pathetically claim that he burned the midnight oil for exams and therefore did not get enough sleep. In fact, according to a recent survey, nine out of ten of students admit to have the same problem, while their reasons for staying up late vary. However, whatever the reason is, staying up too late brings prolonged harm.

The initial stage of staying up too late may not trouble students much, but they do have some mental disturbance. If one sleeps less than 8 hours, necessary sleep hour recommended by health experts, he or she will probably be confronted with various maladjustments. One typical symptom of inadequate sleep is the appearance



of lassitude and anxiety. For example the student who once or twice stays up too late will fail to focus on any activities, together with being absent-minded in class. Even worse, this symptom often last a few days and if not given notice, one's biological clock may be broken which will induce insomnia. Moreover, it is worth pointing out that since sleeping at night is totally different from afternoon nap, and the

thought that an afternoon nap can compensate for the lack of sleep is sheer groundless.

Specialists indicate that when a person is deprived of enough sleep, the quantity of leptin, a substance that can reduce appetites, declines causing the increase of the hormone that stimulates appetite. That is why people who used to stay up late tend to feel hungry. Besides, staying up too late is the chief culprit of endocrinologic disorders as many hormones are secreted during sleep. So one is more likely to get more whelk without enough sleep, accompanied with annoying forgetfulness, impaired vision, testiness, freakiness and infection.

Appalled? Not that bad. It is still not too late to keep off the bad habit of staying up too late. As a matter of fact, students have many other choices; for example, they can get up earlier if they really worry about insufficient time for study. After all, time is like water in the sponge, you can extrude them. Keep in mind that nothing can replace a regular sleep habit to ensure you of feeling refreshed and vigorous the next day. (李沁琳 马思思)

► Hot words

Perhaps you don't know 你知道吗?

1. Different exam papers were handed out in a bid for the first time at the National College English Test to prevent illegally obtaining and disclosing exam contents (非法获取并泄露试题内容), producing and selling cheating devices (制造并销售作弊设备), spreading exam-related rumors (传播考试相关谣言) and so on, the Ministry of Education (MOE) announced.

2. UGGs can be ugly to your feet and ankles, causing pain and throwing your walk out of whack so problems extend to the knees, hips and back. It will lead to posterior tibial tendinitis (后胫肌腱炎), pigeon toe (内八字), athlete's foot (脚气 and some skin infections (皮肤感染).

3. Doomsday rumors (末日谣言) were spread mainly by the "Almighty God" cult ("全能神"邪教), who spread door-to-door or at public venues and claimed that only the cult could save people's lives.

A Scholarship Application

艾蒙的奖学金申请书



Aiman Khan is the first foreign student who got the Fei xiaotong (费孝通) scholarship at our university. The following is partly from his application.

My name is Aiman Khan, and I'm a 5th year medical student at Nanjing Medical University. I feel incredibly honored to be considered for this prestigious scholarship.

I feel that I deserve this scholarship because I have always been very serious with regard to my stud-

ies, and have completely devoted myself to becoming the best doctor that I can. Through my hard work and persistence, I have continued to excel in my studies, having won an academic scholarship every year since I enrolled in this great university.

Upon entering Nanjing Medical University, I was awarded the prestigious Entrance Scholarship, based on my top-notch high school scores. During my first year here, I managed to clear the HSK band 3 and rank 2nd in our entire class, for which I was awarded the HSK scholarship and the 2nd grade scholarship respectively. As a result of my hard work, I have ranked among the top 3 in the exams of almost every subject that we have been taught at this university. All of this has only been possible due to the excellent guidance of my teachers and through my continual efforts.

Additionally, in order to bolster my medical knowledge, I have voluntarily participated in research programs twice - once in the department of biochemistry and molecular during the summer break of 2011;

and the 2nd time in the Department of Public Health during summer break of 2012. Through my research experience, I have been able to gain a deeper insight into mechanisms of various diseases as well as innovative strategies to cure rare diseases. Also, I have come to understand the importance of research for the advancement of our medical knowledge.

I also actively participated in various extra-curricular activities and won awards for events such as the University's sports meeting, table-tennis tournaments, cultural skits/plays, medical quiz and dance performances. I have always taken part and helped to co-ordinate my classmates in ceremonies organized by our school such as "One World, One Home", "Our History, Your Story", the Mid-Autumn festival events, etc.. In addition, I have also been an active member of several of our school's clubs such as the Karate club and the Guitar club.

I feel that helping people is one of the greatest pleasures of my life, and this is the main reason why I chose to become a doctor. It is my dream to become a person who is able to help others who are in need.

Thank you for taking the time to read this essay, I sincerely hope that you have found me worthy of attaining the prestigious Fei xiaotong (费孝通) scholarship.

Top Google Searches in 2012 Revealed

2012 谷歌热搜榜

Google has brought out the list of the most searched topics in its search engine this year.

According to the search engine, Euro 2012 beat Olympics tickets as the top internet search of the year in the UK, the Sun reported.

The company's stats also show that pop diva Whitney Houston's death in February attracted more interest than Princess Kate.

'Gangnam Style' beat 'Call Me Maybe' as the trendiest pop song and 'Skyfall' topped 'Prometheus' as the most enquired about film.

Rio - home to the 2016 Olympics and host city for the 2014 football World Cup - beat Greece as the most searched-for destination.

Google's UK results are split into trending searches and most searched.

Justin Bieber's split from Selena Gomez was the most enquired-about relationship bust-up while Victoria Pendleton beat Georgia Salpa as the most searched-for participant in a reality television show.

Sport dominated the trending searches, with Euro 2012 and Olympic tickets showing the biggest rises in interest ahead of Houston and the Duchess of Cambridge.

But the duo topped the trending celebrities section followed by 'X Factor' judges Gary Barlow and Tulisa.

Andy Murray's US Open victory and Olympic gold medal helped him to become the most searched-for British Olympian.

Usain Bolt was the most searched-for non-UK Olympian.

TV soaps regularly top the TV ratings but the highest trending show of 2012 was the BBC kids' show 'Mike The Knight' that beat US terror drama 'Homeland' and 'Towie'.

China Daily

► Question about NJMU 有奖问答

Dear friends, if you know right answers to the following questions and send messages to 15251203339, you will get a gift from NJMU News!

- Where's the Cherry Hill (樱花坡) on our campus?
 - Beside the library
 - In front of the Boxue Building
 - Behind Kangda Building
 - Nearby the Tianyuan Lake
- Which of the following building has a basement?
 - Boxue
 - Yifu
 - Kangda
 - Jiepu
- Which of the following competition is not held by NJMU?
 - Yangguang Cup
 - Sanhao Cup
 - Coca Cola Cup
 - Shuren Cup



► Video 视频推荐

Adventure Story: Life of Pi

少年派的奇幻漂流

All of life is an act of letting go but what hurts the most is not taking a moment to say goodbye.

—Pi

Everyone has his own adventures in his heart; they are magnificent, huge and unique. The movie Life of Pi tells us a story like that.

Pi, an Indian boy, took a Japanese ship to Canada with his family to begin a new life. However, fortune is fickle. A shipwreck took the lives of his family and left

a hopeless situation to him. He had to survive with a fierce Bengal tiger at sea, facing hunger, thirst, despair and deep fear. After the thrilling adventure with Pi, a dramatic ending makes us think a lot.

On the surface, the film is about Pi's tale of survival - yet Life of Pi holds so much more within its two-hour running time. Apart from the evocative pilot, dizzying 3D visual effect also is a highlight of the movie. "Visually, Life of Pi,



which mixes real tigers with computer-generated effects almost seamlessly, is like nothing seen onscreen in some time," movie critic Justin Chang wrote in his review for Variety magazine, "and the 3-D in particular is the best since perhaps Avatar."

So, if you like adventure story, why not enjoy it right now?

(方圆)