

# 人物風采



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# Mayor of Canadian-U.S. border city says protesters could be removed by force

WINDSOR/OTTAWA/WASHINGTON, Feb 10 (Reuters) - A Canadian mayor said on Thursday police were prepared to physically remove anti-coronavirus mandate protesters who have blocked a vital U.S.-Canada trade route and forced automakers in both countries to reduce operations.

The closure of the Ambassador Bridge, one of the busiest border crossings in North America and a supply route for Detroit's carmakers, has U.S. and Canadian officials scrambling to find alternate routes to limit any economic damage.

Canadian truckers started the protests as a "Freedom Convoy" occupying the capital, Ottawa, opposing a vaccine-or-quarantine mandate for cross-border drivers mirrored by the U.S. government. They began blocking the Ambassador Bridge on Monday and have since shut two smaller border crossings.

Canadian federal ministers have called the blockade illegal and asked protesters to return home. Police near the Ambassador Bridge have begun receiving additional manpower, Drew Dilkens, mayor of Windsor, Ontario, which borders Detroit, told CNN.

"(If) the protesters don't leave, there will have to be a path forward. If that means physically removing them, that means physically removing them, and we're prepared to do that," Dilkens said.

Dilkens later told a press conference that he was striving to resolve the issue peacefully and ensure nobody gets hurt.

"(While) it may be gratifying for someone to see the forced removal of the demonstrators, such action may inflame the situation and certainly cause more folks to come here and add to the protest, and we don't want to risk additional conflict," Dilkens said.

With traffic at times shut in both directions, General Motors Co (GM.N) and Chrysler-parent Stellantis (STLA.MI) said on Thursday they had to cancel or reduce shifts because of parts shortages, tacking on to earlier cuts announced by Ford Motor Co (F.N) and Toyota Motor Corp. (7203.T)

Toyota said it was suspending production through Saturday at its plants in Ontario and Kentucky, affecting manufacturing of the Camry, RAV4 and other popular



models. read more

The Ambassador Bridge was completely shut down in both directions on Thursday at 3:15 p.m. EST (2015 GMT), according to a Reuters witness.

## DIVERTING CARGO

Canadian Prime Minister Justin Trudeau said he was working with municipal leaders to do what was necessary to end the bridge blockade.

The shutdown has hurt "regular Canadians whether it's grocery store prices, whether it's jobs lost or suspended, whether it's supply chains disrupted. This is hurting communities across the country," Trudeau told reporters.

Public Safety Minister Marco Mendicino said federal police forces would be deployed to Windsor, near the bridge, and to Ottawa. Protesters began gathering with their vehicles there nearly two weeks ago and have occupied the main downtown street that runs by parliament, the Bank of Canada and the prime minister's office.

Ottawa police said 25 people have been

arrested on criminal charges.

"Day by day we are removing trucks" and stopping people from transporting fuel, Police Chief Peter Sloly said.

Some protests inspired by the Canadian truckers and their supporters have taken place in Australia, New Zealand and France as the highly infectious Omicron variant of coronavirus begins to ease in some places. read more

White House economic adviser Brian Deese told MSNBC that U.S. President Joe Biden's administration was "working in real time to divert cargo - that's an imperfect solution - either by rail or by other bridges or by water".

Deese said that while Washington supports legitimate, peaceful protests, "taking steps like this that do nothing but hurt the economy, hurt families who are just trying to make a living ... really make no sense."

More than two-thirds of the \$511 billion in goods traded annually between Canada and the U.S. is transported by road. Protesters blocked a second crossing in Alberta province late on Tuesday, and a third crossing between

Manitoba province and North Dakota on Thursday.

"There's no question (Manitoba's economy) is vulnerable," Manitoba Chamber of Commerce CEO Chuck Davidson said of the crossing, an important conduit for piglets heading by truck to U.S. farms and U.S. animal feed moving north.

"It would be significant if there is any length of time that it's shut down."

Seeking to show support for the Canadian protesters, some U.S. truckers said they will send two convoys this weekend to a fourth border crossing that connects Buffalo, New York, and Fort Erie, Ontario.

"They will bring supplies to truckers and supporters to help them peacefully assemble in celebration of freedom," the Convoy to Save America said in a statement.

## WEA LEE'S GLOBAL NOTES

02/10/2022

### Blossom Hotel Is Open In Houston



The luxury hotel built by the Blossom hotel chain opened yesterday in the Houston Medical Center. This five-star hotel was invested into by one of the top 500 private companies in China.

Houston Mayor

Sylvester Turner was there to deliver his welcome message and showed his appreciation to Houston's Chinese Americans for their great contributions to the City of Houston. He recalled his visit to China and he later brought many

investors to the city. He also announced that February 8th will be officially recognized as Blossom Hotel Day in Houston, Texas.

Bob Harvey, President of the Houston Greater Partnership also

delivered a warm message. He said that he believes the Blossom Hotel will help to bring more tourists and business to Houston.

At a time when the relationship between China and the U.S. is having a very difficult time, we all hope this project will be very important to promote our people-to-people relationship.

While the Beijing Winter Olympics are still being held with the games still ongoing, we hope and would really like the games to bring more cheers and laughter to the whole world.

We are here to congratulate and welcome the Blossom Hotel to the heart of the city of Houston.



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A tank of the Ukrainian Armed Forces is seen during military drills at a training ground in the Dnipropetrovsk region, Ukraine, February 8. Ukrainian Armed Forces/via REUTERS



Service members of the Ukrainian armed forces walk at combat positions near the line of separation from Russian-backed rebels outside the town of Avdiivka in the Donetsk Region, Ukraine February 10, 2022. REUTERS/Oleksandr Klymenko



A service member of the Ukrainian armed forces is seen at combat positions near the line of separation from Russian-backed rebels outside the town of Avdiivka in the Donetsk Region, Ukraine February 10. REUTERS/Oleksandr Klymenko



A child touches the face of Pope Francis after the weekly general audience at the Vatican. REUTERS/Yara Nardi



People take part in a military exercise for civilians conducted by veterans of the Ukrainian National Guard Azov battalion, amid threat of Russian invasion, in Kyiv, Ukraine, February 6. REUTERS/Gleb Garanich



A service member of the Ukrainian armed forces walks at combat positions near the line of separation from Russian-backed rebels outside the town of Avdiivka in the Donetsk Region, Ukraine February 10. REUTERS/Oleksandr Klymenko

Low-Dose Aspirin May Help Shield You From COVID-19



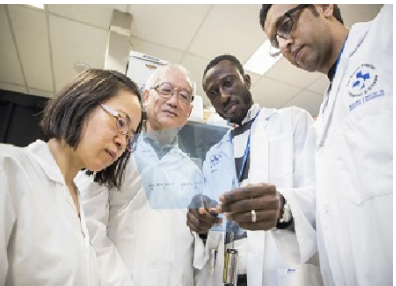
By Guest Writers Robert Preidt and Ernie Mundell, HealthDay Reporters  
Compiled And Edited By John T. Robbins, Southern Daily Editor

(HealthDay News) -- It's already being taken by millions to help ward off heart issues, and now preliminary research hints that daily low-dose aspirin might also cut your odds of contracting COVID-19.

As an Israeli research team noted, aspirin is an anti-inflammatory and previous studies have shown that it may help the immune system combat some viral infections. According to the researchers, aspirin was widely used during the 1918 Spanish Influenza pandemic, several decades before its activity against RNA viruses was confirmed.

All of this prompted the team to investigate whether taking daily low-dose aspirin might reduce COVID-19 susceptibility, as well as the length of illness if infection does occur. The dose used in Israel was 75 milligrams (mg); low-dose aspirin in the United States is typically a bit higher, at 81 mg. The research was led by Eli Magen, from the Barzilai Medical Center in Ashkelon, Israel. His team tracked data on nearly 10,500 people who were tested for COVID-19 during the first wave of the pandemic in Israel, from February to the end of June of last

year. Because the study was a look back at prior data, it wasn't designed to show cause-and-effect, only associations. But Magen's group found that people who'd already been taking low-dose aspirin to reduce their risk of heart disease had a 29% lower risk of contracting COVID-19 compared to those who didn't take aspirin, and that rates of aspirin use were much lower among COVID-19 patients than among those who didn't get infected.



**Clinical Research Team**  
Among people who did get COVID-19, the time it took for SARS-CoV-2 PCR test results to go from positive to negative was significantly shorter among

those who used aspirin, and the duration of their disease was two-three days shorter, depending upon preexisting health conditions.

"This observation of the possible beneficial effect of low doses of aspirin on COVID-19 infection is preliminary but seems very promising," Magen said in a news release from Bar-Ilan University. "The present study sought to better understand the potential favorable effects of aspirin in aiding the human immune system battle COVID-19," said study principal investigator Eugene Merzon, of Leumit Health Services at Bar-Ilan University. "We intend to investigate a larger cohort of patients and in randomized clinical trials."

Two experts in the United States agreed that the findings are interesting, but more study is needed.

"This certainly raises some intriguing questions," said Dr. Michael Goyfman, who directs clinical cardiology at Long Island Jewish Forest Hills in New York City. But for now, he said, the data is too early to be more than "hypothesis-generating."



**Low Dose Aspirin**  
He pointed out that "confounding" factors could be at play. "For example, did less people get COVID-19 because of their use of aspirin? Or perhaps those people who take aspirin also take other medications as well, are better adherents to physician recommendations, and perhaps are more likely to practice social distancing?," Goyfman said.

And far from low-dose aspirin being a harmless drug, Goyfman stressed that it does come with risks -- so folks worried about coronavirus may want to think twice before starting daily aspirin.

"Its various risks include peptic ulcer disease, gastrointestinal, intracranial,

and other bleeding," he said.

Dr. Len Horovitz is a pulmonologist at Lenox Hill Hospital, also in New York City. He said that "aspirin certainly has anti-inflammatory benefits, and if studies in larger groups are conducted, it is conceivable that aspirin may have a role in COVID prevention and treatment in certain patients."



**Enteric-coated aspirin**  
But Horovitz said new data in recent years has taken a bit of the shine off aspirin's heart-healthy halo.

"While aspirin therapy was in wide use in years past, the addition of aspirin to statin therapy did not significantly reduce the incident of first heart attack -- and also resulted in significant mortality from bruising and bleeding," he noted. The study was published recently in The FEBS Journal. (Courtesy HealthDay)

**For More information:** The U.S. Centers for Disease Control and Prevention explains how to protect yourself and others from COVID-19.

**Related**  
*Studies Show That Low-Dose Aspirin Can Help Regulate Immune Responses To Viral Infections, Reduce Risk Of COVID-19 Infection, And Help Patients Recover Faster*



**RAMAT-GAN, Israel**— Aspirin, the common pain reliever and fever reducer, has a long history of being a safe, low-cost way to treat various cardiovascular conditions. More recently, research suggests aspirin can even help regulate immune responses to viral infections. With aspirin's virus-fighting abilities in mind, a team of Israeli researchers set out to see if aspirin can help in the

fight against COVID-19. Sure enough, their work suggests taking aspirin can reduce one's risk of contracting the virus.

More specifically, study authors from Bar-Ilan University hypothesized that a daily regimen of low-dose aspirin (75mg) may offer a "beneficial effect on COVID-19 susceptibility and disease duration."

To test their theory, researchers analyzed data on 10,477 people tested for COVID-19 in Israel between February and June 2020. That work led them to this conclusion: in comparison to non-aspirin users, generally healthy patients using aspirin to avoid the development of cardiovascular disease experienced a 29-percent lower risk of COVID-19 infection.

**Taking aspirin helps COVID patients too**  
Moreover, patients testing positive for COVID-19 who took aspirin recovered faster and tested negative for SARS-CoV-2 quicker than COVID-19 patients not using aspirin. On average, aspirin users recovered two to three days faster than other coronavirus patients.



"This observation of the possible beneficial effect of low doses of aspirin on COVID-19 infection is preliminary but seems very promising," says study leader Prof. Eli Magen from the Barzilai Medical Center in a media release.

Study authors stress the relationship between aspirin and COVID-19 requires more research, particularly using a larger and more diverse population sample.

"The present study sought to better understand the potential favorable effects of aspirin in aiding the human immune system battle COVID-19. We intend to investigate a larger cohort of patients and in randomized clinical trials," concludes Dr. Milana Frenkel-Morgenstern from the Azrieli Faculty of Medicine



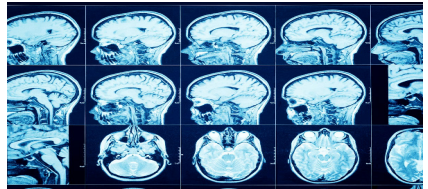
## COVID-19: Research Points To Long-Term Neurological Effects



Compiled And Edited By John T. Robbins, Southern Daily Editor

A recent paper examining existing evidence argues that SARS-CoV-2 infection might increase the risk of long-term neurological problems, including cognitive decline and dementia. Nearly 1 year after the novel coronavirus, SARS-CoV-2, was identified, global cases have surpassed 88 million. Although a number of vaccines have been approved, the rollout will take time. In the meantime, researchers continue studying COVID-19 in an attempt to slow the spread and reduce severe symptoms.

A recent perspective article, which appears in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, reviews research into past viral illnesses, including the flu pandemic from a century earlier. The authors believe the research indicates COVID-19 could cause a lasting effect on the brain.



Other scientists are trying to piece together a picture of what life may look like in the long run for someone who has

had COVID-19. **Neurotropic viruses** Scientists consider the SARS-CoV-2 virus a “neurotropic” virus, because it can enter nerve cells. Neurotropic viruses include the mumps, rabies, and Epstein-Barr viruses. While some neurotropic viruses cause milder symptoms, others can cause swelling in the brain, paralysis, and death. Some flu-like viruses are neurotropic and similar in structure to the novel coronavirus. As such, researchers looked at these viruses to try to gain insight into what type of long-term effects to expect in people who have recovered from COVID-19. Dr. de Erausquin, who is a neurology professor at the University of Texas Health Science Center at San Antonio, explains: “Those respiratory viruses included H1N1 and SARS-CoV. The SARS-CoV-2 virus, which causes COVID-19, is also known to impact the brain and nervous system.”



“Since the flu pandemic of 1917 and

1918, many of the flu-like diseases have been associated with brain disorders,” says lead author Dr. Gabriel A. de Erausquin.

According to the scientists, an elevated risk of Alzheimer’s disease, Parkinson’s disease, and mental health problems could potentially be connected to these flu-like illnesses.

**Importance of neurological symptoms** Some people with COVID-19 do not experience any symptoms, while others have symptoms ranging from mild to severe.

Some of the hallmark symptoms include: dry cough, fever, and difficulty breathing. Additionally, an estimated 15–25% of people with the viral illness may have neurological symptoms, including: loss of sense of taste and smell, altered mental state and headache. To enter cells, SARS-CoV-2 binds to ACE2 receptors on cell membranes. The olfactory bulb, which is the part of the brain receiving sensations of smell, harbors a high concentration of these receptors. The olfactory bulb also has strong connections to the hippocampus — the area responsible for memory.



**While losing the sense of smell may not seem serious at first, it is still important, since it is tied directly to brain function.**

According to Dr. de Erausquin, “The trail of the virus, when it invades the brain, leads almost straight to the hippocampus.” “That is believed to be one of the sources of the cognitive impairment observed in COVID-19 patients. We suspect it may also be part of the reason why there will be an accelerated cognitive decline over time in susceptible individuals,” he adds.

Among severe neurological issues during SARS-CoV-2 infection, patients may develop fluid on the brain, inflam-

mation in the brain, and seizures.

**Lasting impact of COVID-19**

COVID-19 can cause severe damage to the lungs, and that damage can be irreversible. However, according to the authors’ research, it appears that the possible fallout from COVID-19 may extend far beyond lung damage.

**The authors write that “respiratory problems due to SARS-CoV-2 are thought to be due in part to brain stem dysregulation, as are possibly some of the gastrointestinal symptoms.”**

Based on the idea that COVID-19 can cause damage to the brain, it is possible that people who have had the novel coronavirus but were either asymptomatic or experienced mild symptoms may face problems down the road. However, because COVID-19 is a new disease, scientists will need to carry out longer-term studies to confirm these theories.

“As the *Alzheimer's & Dementia* article points out, the under-recognized medical history of these viruses over the last century suggests a strong link to brain diseases that affect memory and behavior,” comments Dr. Maria C. Carrillo,



Alzheimer’s Association chief science officer and paper co-author. “In this difficult time, we can create a ‘silver lining’ by capitalizing on the Alzheimer’s Association’s global reach and reputation to bring the research community together to illuminate COVID-19’s long-term impact on the brain,” says Dr. Carrillo. (Courtesy medicalnewstoday.com)

**Related**

**Stanford Researchers Develop Single-Dose Nanoparticle Covid-19 Vaccine That Doesn’t Need Cold Storage** Researchers have successfully tested a nanoparticle Covid-19 vaccine which, as yet, doesn’t appear to have any of the

side effects or distribution issues plaguing the current generation of vaccines in use. The scientists at the lab of Stanford University biochemist Peter S. Kim were already working on vaccines for the likes of Ebola, HIV and pandemic influenza when the coronavirus pandemic hit, and they quickly channeled all of their efforts into fighting the new scourge. The team has already produced and tested a promising new vaccine which could provide the solution to many of the issues frustrating global vaccination efforts. Nanoparticle vaccines are often just as effective as their virus-based counterparts, while encountering fewer of the drawbacks. For example, nanoparticle vaccines can be produced faster, don’t require the extensive cold storage supply chain for delivery to immunization centers, are less likely to produce side effects, and can be produced at a lower cost, if all goes to plan.

Early results from vaccine tests on mice indicate that Stanford’s nanoparticle inoculation may grant immunity after just one dose. (Courtesy rt.com)



# 《海贝与贝币》：在海贝中窥见人类历史上最宏大的文明全景

海贝本是海洋生物学研究的对象，却被历史学者从时空的海洋中打捞出来，赋予全新的意义。作为财富与权力的象征，古代贵族对它趋之若鹜，将其转运千里。对海贝的执迷连接起了世界最早的交流网络。在金银货币主宰天下之前，海贝也曾作为贝币，在全球贸易中扮演着举足轻重的角色，创造出史上第一个世界货币体系。透过海贝，我们窥见人类历史上最宏大的文明全景。

我们致敬《海贝与贝币》，致敬它“致广大而尽精微”的史笔，致敬作者作为史家探微寻幽的洞察力。本书对海贝与贝币的辨析，从历史的角度重新定义了货币的含义，也让我们对全球贸易的意义重新进行审视。人类的欲望与追寻，文明的交流与隔阂，时代的兴奋与苦难，犹如海上的细浪与波涛，书中的海贝则成为指引方向的指南针，引领读者航向历史之海的深处。犹如珍珠藏于海贝之内，改写人类文明的力量，也常常蕴含在司空见惯的寻常微物之中。

《海贝与贝币：鲜为人知的全球史》能够入选“2021新京报年度阅读推荐”，这是我写作时根本无法想象的惊喜。这是一本异常宏大的书，上下几千年，纵横五大洲，穿越三大洋。但它得到《新京报》评委们的厚爱，我想并非在于它的宏大，而是在于它的逻辑。这本书以货币史为纲，通过海洋史来展现不同时空范围内异彩纷呈的画面，最终在全球史的框架下概括海贝兴衰的内在逻辑，重现了一个由不同社会基于一种微不足惜的海洋生物而构建的相互往来并超越疆界的共同轨迹。可以说，这本书是我试图突破传统史学范式的一种尝试。这本书的获奖，抑或是大家对全球史可能性的一种肯定？

——杨斌

这本书

新京报：在中国，关于海贝的研究也有一些文章与论著，但它更多的是海洋生物学的研究对象，大多数人对海贝的理解也都仅止于海洋生物而已。我们很好奇，您是如何选定海贝作为全球史研究对象的？这是否与您个人经历和爱好有关呢？

杨斌：研究海贝和我个人的爱好无关，但确实是因为我的研究而开始的。我在美国东北大学念博士时，选择研究云南。2000年夏天我到云南去做初步的调查，发现了云南四面不靠海，却居然曾经用海贝做货币，这引起了我的高度兴趣。2000年8月份我回到波士顿便告诉了我的导师Patrick Manning教授，他马上从书架上抽了一本书，说西非的黑奴贸易也用海贝作货币。后来，海贝

和贝币便基本构成了我博士论文的一章，从货币和经济的转型来探讨云南融入中国的关键环节。

我们知道，先秦的中国，特别是商周时期，考古发现了很多海贝，甲骨文尤其是金文记录了频繁的“赐贝”仪式。按照教科书的观点，这些海贝是从南海或东南沿海而来，是中国最早的货币，我在博士论文中也接受了这样的说法。可是，随着自己研究的深入，我觉得这些观点缺乏证据，人云亦云，并不可靠。所以在此后的几年内我综合了考古学家的发现和研究，写了文章，指出无论文献还是考古材料都无法证明这些海贝的来源是南方，也不足以证明其功用是货币。相反，文献尤其是考古都指向了印度洋才是中原海贝的最终源泉；这些海贝在商周社会的政治、经济以及宗教文化中发挥了独特的不可或缺的作用，尤其在周天子和诸侯盟约建立封建关系中具有关键作用；它们虽然承担了某些货币功能，但还不是货币。

除了云南和中原的海贝，三星堆也发现了大量的海贝。这些海贝和印度的、东南亚的以及西非的海贝一样，最初的来源都是印度洋，主要就是马尔代夫群岛而来。既然它们来源相同，那么它们的不同经历和作用是否可以纳入一个全球性的框架呢？这便是我写海贝这本书的初衷和终极目标。因此，在踌躇了十几年之后，我在2017年终于决定将它写成一本书，从海贝贸易到各地如何成为（包括如何未成为）货币这个角度出发，探讨它对旧大陆世界经济的关键贡献，以及新来的欧洲殖民主义如何利用贝币积累塑造了“西方的崛起（the Rise of the West）”，此后又如何废止了贝币这个旧大陆的习俗和制度。因此，海贝对被殖民的亚非人群是一个象征和隐喻。

新京报：我们在博物馆里，经常能在旧石器时代和商周时期的展品中看到出土的海贝，博物馆的讲解员会告诉我们在当时海贝是作为货币使用的，但你却在书中指出海贝在当时并不是货币，这个观点撼动了我们对货币概念的认识。你是如何发现这一点的？

杨斌：这里需要说明，大众对货币的理解，往往是从财富的角度。因此，日常生活中泛泛而言海贝是钱，也不是什么大错。不过，经济学家对货币的概念有着相对明晰的界定。传统而言，某种物质需要具备三种功能也即价值尺度、流通手段、贮藏手段，才能成为货币，也就是我们所说的钱，在上古中国，海贝是稀缺物，具有高昂的价值，也就是财富的象征，在有些金文记载中它还是价值尺度。因此，许多用贝作偏旁部首的方块字，都和财富有

关，也就不足为奇了。但这还不足以证明海贝就是货币。事实上，海贝在商周社会没有成为流通手段，所以它虽然承担了货币的部分功能（价值或财富），但它还不是货币。

新京报：以海贝为主题贯穿整个全球史，我们或许可以将其称为“微观全球史”。很想知道你在进行这项研究时，有哪些技巧、方法和心得呢？

杨斌：这是一项非常宏观的研究，难度的确很大。海贝虽小，却上下几千年，纵横五大洲，穿越三大洋。对于全书的章节结构安排，我花了很多心思。基本上我还是按照海贝从马尔代夫扩张的时空顺序而写，但是，海贝这个问题不为我们熟知的地区或国家的疆域所限制，所以我尽量强调它的跨地区的联系、发展、脉络，特别是内在的逻辑。此外，世界史或全球史为人所诟病的一个缺点在于宏大，宏大因而轻疏。这是我竭力想要克服的地方。很多年前，我在和已经过世的世界史前辈Jerry Bentley的通讯中就谈：世界史学者不仅要比地区史学者看得高看得远，而且还要和他们一样挖得深。因此，我在勾勒海贝的全球轨迹时，尽量采用各地的考古、档案、游记、法典等等，用扎实的地方材料来讲述全球的故事。有读者说这本书写得很好看，我听到后非常开心，因为我的确努力讲了很多海贝的故事，如东印度公司到印度淘金的年轻人如何利用海贝发财，琉球运送到明代江南的海贝，以及加州的淘金客写信给他在上海的兄弟制作陶瓷的贝珠卖给印第安人发财的计划等等。总之，这些需要好好筹划。毕竟，历史学者一定要会讲故事，写得有趣并不会平淡或降低学术价值。

这一年

新京报：面向2022年，你有着哪些新的研究计划和想法？

杨斌：2022年可能是我中文成果最为丰富的一年。目前有四个出版计划，三本书稿已经交付出版社，第四本计划在三月份交稿。第一本可能有些读者已经注意到了，那就是甲骨文工作室会出版我的一本全球史，题目暂定为《哪吒、火山和龙涎香》。这本书是我关于全球史的知与行。“知”就是理论，也就是我对全球史的理解；“行”就是实践，也就是我的一些全球史的研究。第二本书是饶宗颐在新加坡大学任教的五年（1968-1973）。饶宗颐的生平和学术，研究已经很多了，但对这五年，所有的研究不过是一两段话，语焉不详，而且谬误极多。我这本书就试图重建他这消失的五年。第三本是关于郁达夫的情感与写作，重新探讨了郁达夫的许多问题，如和名人胡适、鲁迅、徐志摩、林语堂等人的关系，他和王映霞的婚恋以及第三者的疑云等等。第四本书是根据我在“澎湃”的海洋史专栏“‘人’‘海’之间”发表的随笔编辑而成，尽量在普及海洋中国的基础上写得好看。

此外，这两年我还完成了一部英文书稿，大致就是讨论宋元明时期中国对印度洋的探索以及对印度洋知识的形成和传递。明初郑和七下西洋的故事大家都非常熟悉，这本书侧重于宋元时期中国在印度洋的活动，这也是郑和下西洋的基础和平台。此外，郑和下西洋之后中国和印度洋之间交流如何，这是本书的另一个重点。









# 登80樓天臺享孤獨 邱澤爆：看起來很享受 其實風很大

以電影《當男人戀愛時》入圍金馬獎最佳男主角的邱澤，及憑藉《血觀音》奪下金馬獎最佳女配角的文淇，兩人首度搭檔合作演出電視劇《生活家》，八大第1台將自10日（四）起，每周一至周五晚間十點全台首播。邱澤在戲裡會有獨自安靜一人的情節，於是導演設計了一個在大樓樓頂上的橋段，讓邱澤戴著耳機在八十幾樓的天台上享受孤獨，邱澤爆料說：「在那個欄杆邊，看起來很享受，但其實大樓非常高，而且風很大！」不同於劇中人物，邱澤自揭私下讓他沉澱情緒的地方是車上，「因為喜歡開車，而且開車的當下就是專心的駕駛，腦袋不會越想越多。開一趟遠程的路，心情也會跟著沉靜。」

《生活家》中邱澤詮釋知名會計師「顧飛」，因目睹遭疑行賄的父親從高樓跳下導致癱瘓而在心中留下陰影，無法釋懷。有別戲裡的角色性格，邱澤透露自己在遇到挫折，或者是覺得糾結的事情時，不會馬上解決，「因為很多事情是很難這麼立竿見影的，比方說現在來回想十年前的那些心裡面的不適或者是不舒服，其實現在來看，你也就一笑置之，或者是它就這麼過去。」

邱澤表示，他飾演的「顧飛」和文淇飾演的「邱冬娜」是互相療癒、互相拯救，顧飛幫助邱冬娜面對人生和職場的難題，邱冬娜的執著和勇敢，感染了顧飛，為他解開心結。邱澤在受訪時坦言：「我跟『顧飛』的身上，都有一樣的執著和堅持，為了心中的信念，不顧一切的特質，所以『顧飛』身上，也有我自己的影子，在『顧飛』的身上我學到了看待事情不會只有同一種角度，我喜歡他對於生活的創意，對於解決事情角度的多元性。」



## 蔡旻佑不畏低溫帥氣衝浪 郭書瑤讚「太厲害」

衛視中文台每周五晚上10點播出的外景旅遊實境節目《旅跑應援團》，本周主持人郭書瑤與好友蔡旻佑前往雲林開跑，一起體驗風翼衝浪，當天氣溫是寒流等級，僅有14度，兩人光是在岸上試拉風箏就差點被風帶著跑，讓從未在冬天下水過的郭書瑤有點掙扎，看到蔡旻佑躍躍欲試，還一直勸她說都來了不玩好可惜，讓郭書瑤終於鼓起勇氣下水嘗試，在教練一旁協助下郭書瑤雖然全程採跪姿，但仍她順利回到岸邊。

輪到蔡旻佑時，面對強風他仍努力在衝浪板上站了起來，而且手持風箏完美操控一路帥氣回到岸上，讓郭書瑤佩服的對他大喊：「你好厲害喔！」蔡旻佑表示其實下水前很怕自己會因為天氣太冷抽筋，會想站起來是因為面子問題，還說「有美女在，總是要帥一下」，讓郭書瑤笑說原來男生面子這麼重要。

郭書瑤跟蔡旻佑因為曾在同家

音樂公司所以熟識，兩人曾經合作要一起寫歌，但卻難產加上後來各忙各的，這件事就不了了之，如今透過節目錄影，讓兩人可以在兩天一夜裡朝夕相處，萌生把當初的歌曲寫完的想法。

第一天晚上，蔡旻佑坐在電鋼琴前，因為聽到郭書瑤發自內心的一段話成為靈感來源「人生每段過程都會有一些人在你身邊，就如同在《旅跑應援團》節目中，邀請來跑步的，在我人生中都佔有一定的位置」，加上蔡旻佑才思敏捷即興作曲，呼應產出「我們經過多少的路，才能擁有一點領悟」一小段歌曲，互相激盪認真創作了一整晚，最後一起合聲演唱這首代表兩人友情的心血作品。

隔天一大早蔡旻佑偷偷拜託民宿老闆娘幫忙買了雲林在地的地瓜、紅蘿蔔、柳丁等食材，蔡旻佑說因為郭書瑤是一個人住，家裡也沒有廚房，一定很久沒有人做菜給她

吃，所以才想要親手料理早餐給郭書瑤一個驚喜。

只見蔡旻佑動作俐落的切塊、烹煮，還獻出人生中唯二的炒蛋經驗，而郭書瑤看到早餐後也嚇了一跳，開心吃著美味食物的她，卻想起印象中蔡旻佑並不會做菜，蔡旻佑笑說因為疫病的關係，自己也慢慢學著做菜，但還是個初學者，例如早餐裡的紅蘿蔔太晚下了所有還有點硬，讓郭書瑤笑說：「滿好吃的耶！還是我餓了」，她也說到其實沒有朋友為她做過早餐，蔡旻佑這個貼心舉動讓她還滿感動的。

衛視中文台《旅跑應援團》透過主持人郭書瑤和藝人好友，邊跑邊旅行，用雙腳走遍全台各地私房景點路線，好吃、好玩、好景，還有各地特色在地人事物，你從未看過的路跑旅遊實境節目，還有最真實郭書瑤的一面，每周五晚上10點衛視中文台《旅跑應援團》全台獨播。

## 千呼萬喚！ 《華燈初上》第三部亮點曝光 故事推向高峰

Netflix 攜手百事數碼推出旗艦懸疑影集《華燈初上》掀起討論狂潮，成功締造台劇類型的嶄新高度，今（9）日終於公開第3部正式預告，並正式宣布第三部壓軸8集將於3月18日下午3點上架。總製作人林心如表示：「為了堅持最高品質，第3部讓大家久等了，謝謝全球劇迷們的支持與等待，相信成果不會讓大家失望的。」

在第2部最後驚人的故事反轉後，《華燈初上》第3部預告直指以潘文成（楊祐寧飾）為首的警政系統的黑幕，與女主角林心如、章廣辰、修杰楷等人將牽扯出更大的謎團，隨著命案的偵查，真相將層層揭露，而「光」小姐們面對生死存亡的人性爭鬥，也將故事推向高峰。導演連奕琦表示：「第3部的最大亮點就是每個人精湛的演技，不需要更多的客串，因為所有人的演技大爆發，光看他們的反轉都來不及了。」

林心如飾演的羅雨儂在第3部正式預告說道：「這個世界上每個人都有自己想要保護、想要得到的東西。」然而一直在身邊保護著她的潘文成（楊祐寧飾），卻可能暗藏不為人知的另一面，楊祐寧表示：「在那個時代背景與環境下，當時刑事組警察的角色本來就是遊走在黑色與白色之間的灰色地帶，潘文成面臨選擇上的難題，也算是時勢所逼，我覺得有時候就是會在這些無奈當中長出另外一種樣子。」第2部結尾時停在阿達（章廣辰飾）的雙眼讓觀眾震驚，加上第3部預告暗示葛檢察官（修杰楷飾）的介入，警政系統的崩壞與否，即將引爆第3部精彩劇情走向。

林心如與楊祐寧4度合作，默契不在話下，劇中羅雨儂與潘文成的個性都非常講義氣、直來直往，很容易被對方吸引，對此楊祐寧表示：「我跟林如有很多場戲都是很開心、很過癮的，這一次我們的角色彼此針鋒相對的同時，也存在曖昧，情感上的處理會更豐富、更有層次，包括在審訊室裡、在『光』化妝室裡，都讓我覺得她的每一個眼神都在出招。」林心如則說：「兩人的感情在後面的劇情裡一絲絲建立起來，也許就是同路人互相依靠的感覺。」預告中一幕羅雨儂無奈看著潘文成說著：「這就是你要的人生」，也讓兩人的發展更霧裡看花。

第2部跳槽到吳慷仁旗下的郭雪芙，在第3部預告中疑遭設局，「光」的小姐們脫下光鮮亮麗的外表，其實都有著不堪的過去或不可告人的秘密，隨著命案調查的抽絲剝繭，對應著小姐們勾心鬥角的暗黑生存，將故事推向高潮，更呼應了預告裡媽媽桑吳慷仁所言，「就因為我是人，我也要生存」。而女主角羅雨儂也即將遇上生命中最大的難題，林心如表示：「除了死別，還要面臨生離，我覺得這是最痛的地方，她只能一步一步地獨自面對失去的一切。」

根據FlixPatrol網站數據統計，《華燈初上》第1、2部不僅在台灣Netflix 累計蟬聯35天Top 10榜首，在香港、新加坡、越南、馬來西亞、希臘、土耳其都進榜告捷，隨著第3部上線，將有英語、巴西葡萄牙語、西班牙語、泰語，4種語言配音選項，將華語內容推向國際。



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