美国需要一个强大的少数民族联盟来战胜新的冠状病毒并永远结束全球殖民主义 - 真相之光必须闪耀

Sunshine, Coronavirus and the Reality Based Need for an “American Minority Alliance for Peace” to survive the novel coronavirus and end global colonialism permanently

(中英文 In Chinese and English)

By Gregory Brundage

摘要 SUMMARY

本文简要介绍了文字阳光和隐喻阳光的双重解释和作用。 它还暗示，美国少数民族社区以及宗教和公民自由组织的统一领导层必须立即采取行动。 为避免在这些社区内因新型冠状病毒大量可预防的死亡，这是必要的。 这些死亡源于美国政府的鲁ck冷漠和/或恶意。 这与过去500年的殖民意图是一致的。 这种殖民地思想以多种形式继续存在，包括美国的种族和宗教歧视，非洲的法兰西（Francafrique），与中国的贸易战以及美国资助的拉丁美洲革命。 如果新纳粹白人至上主义者梦见最终的优生武器，他们不可能提出比新颖的冠状病毒更好的东西。主流新闻永远不会报道这种新型冠状病毒特别针对少数群体。 在这篇文章中，来自备受推崇的科学期刊的大量证据表明，这种新型冠状病毒确实确实针对少数民族。 真相必须通过这次新闻掩盖来照耀。

太阳在古代历史上与真理、正义和善良联系在一起。最近一段时间，特别是500年前开始的殖民时代，殖民主义者共同努力粉碎光明（自由、平等、教育等）。尽管现代医学帮助三倍多的儿童在婴儿期存活下来，每个人的寿命延长三倍，但拉丁美洲、亚洲和非洲大部分地区缺乏工业化，导致了整个大陆的奴隶制。甚至最近，我们还发现，企业奸商和美国军工联合体用现代奴隶制粉碎了真理和自由之光。在这些趋势的戏剧性逆转中，我们发现中国正在帮助发展中国家建设基础设施。这座基础设施建筑为许多被殖民者偷走的国家带来了光明。在这一点上，本文过渡到研究各种方法，阳光的紫外线可以用来对抗新的冠状病毒。

本文还介绍了一些新的研究发现，涉及治疗以前研究或新闻媒体中未发现的新型冠状病毒的潜在方法。还简要回顾了人们对热量的大量潜在误解，新型冠状病毒气溶胶传播的特殊危险以及各种口罩。在此之后，本文提出了对美国其他出口产品的一些警告，包括对某些种族和宗教少数群体的隐蔽仇恨，以及不受节制的资本主义对地球上每个国家和每个人造成的动荡危害。之后，重点研究新型冠状病毒的潜在种族特异性及其对美国少数民族的潜在影响。这些信息引起了人们对美国当局长期拖延准备新型冠状病毒效果的动机的质疑。最后得出的结论是，由少数族裔，公民自由和宗教团体组成的联盟有责任共同努力，要求国会，参议院和最高法院废除《国防计划指南》（DPG）。该DPG破坏了来自整个大陆的光线，很可能是造成新型冠状病毒流行的原因。然后提出了进一步研究的建议，随后是迪伦·托马斯（Dylan Thomas）的一首短诗。

This article looks briefly at the dual interpretations and roles of physical and metaphoric sunlight and suggests that immediate action must be taken by the amalgamated leadership in America’s minority communities, religious and civil liberty organizations to avoid large numbers of preventable deaths within those communities due to government reckless indifference and/or malicious intent. This latter inference is consistent with the past 500 years of colonial intent which continues to this day in many forms including racial and religious discrimination in the USA, Francafrique in Africa, the trade war against China and US funded revolutions in Latin America. If neo-Nazi white supremacists were to have dreamed of the ultimate eugenic weapon they couldn’t have come up with something better than the novel coronavirus.

The sunlight of truth must shine through the mainstream news coverup of the ethnic-specific nature of the novel coronavirus. Substantial evidence from highly respected western science journals verifying this assertion is presented in this article.

The earliest records of human civilization some five thousand years ago show people worshipped the sun and this oldest religion has passed down even until today. The sun in ancient history was associated with truth, justice and goodness. In more recent times, specifically the colonial era starting some 500 years ago, the colonialists worked together to crush the light (of freedom, equality, education, etc.). Though modern medicine helped three times as many children survive infancy and everyone life three times longer, the lack of industrialization in Latin America, most of Asia and Africa led to what is essentially neo-colonial continental level slavery. Even more recently we find the crushing of the light by modern slavery to corporate profiteers and the American military-industrial complex. In a stunning reversal of these trends we find starting in 2013 China’s role in helping build infrastructure in developing countries which brings light to many of those nations who had it stolen. At this point the article transitions to examination of various ways sunshine, and specifically UV light can be used to fight the new coronavirus.

Presented in this article are also some new research findings in regards to potential ways to treat the novel coronavirus not found in previous research or the news media. Brief reviews of the largely misunderstood potential use of heat, the special danger of aerosol transmission of the novel coronavirus and different kinds of masks are also reviewed. Following that this article presents some warning about other exports of the USA including thinly disguised hatred of some ethnic and religious minorities, and the volatile hazards presented by unrestrained capitalism to every nation and person on earth. After that is a focus on the ethnic specificity of the novel coronavirus, and its potential effects on minorities in the USA. That information raises questions about the motivation of US authorities in their long delays to prepare for the effects of the novel coronavirus. Finally it is concluded that a coalition of ethnic minorities and civil liberty and religious groups need to take the responsibility to work together to demand Congress, the Senate and Supreme Court strike down the Defense Planning Guidance (DPG) which has crushed the light from entire continents and may well be responsible for the novel coronavirus epidemic. Suggestions for further research are then presented followed by a short poem by Dylan Thomas.

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# 介绍 Introduction

本说明草案：

本条草案于2020年4月3日完成。今天早些时候，COVID-19病例的数量超过了一百万。这种流行病在世界大多数地区仍处于初期阶段。

有关最新的国别统计数据，请参见：

This Draft note:

This draft of this article was finished April 3rd, 2020. The number of COVID-19 cases exceeded one million earlier today. This epidemic is still in the beginning phases in most of the world.

For the latest country-by-country statistics, see:

<https://www.statista.com/statistics/1105914/coronavirus-death-rates-worldwide/>

<https://www.worldometers.info/coronavirus/>

<https://virusncov.com/>

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美国有全国有色人种协进会。There is the NAACP in the USA.

全国有色人种促进会（有色人种协进会）的任务是确保政治、教育、社会和经济权利平等，以消除基于种族的歧视，确保所有人的健康和福祉。

全国有色人种协进会成立于1909年2月12日，是全国最重要、最大和最广泛认可的民权组织。

The mission of the National Association for the Advancement of Colored People (NAACP) is to secure the political, educational, social, and economic equality of rights in order to eliminate race-based discrimination and ensure the health and well-being of all persons.

Founded February 12, 1909, the NAACP is the nation’s foremost, largest, and most widely recognized civil rights organization.

<https://www.naacp.org/about-us/>

然而，美国和世界范围内的少数民族灭绝种族事件却在他们家门口发生，他们的互联网网站似乎在很大程度上忽视了这一点。科学证据和死亡率统计都证实COVID-19具有种族特异性靶点。全国有色人种协进会有很多可能，但应该做的不是。和美国政府一样，全国有色人种协进会也未能确保任何人的健康和福祉。

And yet a genocide of ethnic minorities within the USA and world-wide is on their doorstep and their internet site seems to be largely ignoring it. The scientific evidence and death-rate statistics both confirm COVID-19 has ethnic-specific targeting. There is a lot the NAACP could be, and should be doing they are not. Like the American government itself, the NAACP is failing to ensure the health and well-being of anyone.

世界各地正在加速进入一个新的黑暗时代。真理、正义、学问和人与人之间平等的光芒正在消退。民族主义、部落主义、“我们反对他们”和丛林法则正在完全接管。

## 全国有色人种协进会应该做什么？What should the NAACP be doing?

答：NAACP应该在全国范围内清点医院设备和药品，以保护人民。 （专注于呼吸机）

B.全国有色人种协进会应密切监测向医院特别是在“服务欠缺”地区的医院提供更多医院设备和药品的时间表。

C. NAACP应该向国会提出请愿书，以确保在COVID-19流行期间所有人均享有同等的医疗待遇，而不考虑保险方案

D.全国有色人种协进会需要与全国所有少数群体组织进行协调，以建立维持和平中心。当COVID-19的族裔性质加剧了治疗的经济差距时，可能会发生暴力。必须对此进行非常严格的监视。

E. NAACP早就应该在国会，参议院和法院与国防计划指导（DPG）进行斗争，而国防计划指导可能现在对全球COVID-19大流行负有主要责任。尽管现在已经“下场了”，但绝对必须做出努力，并且不懈地努力直到成功。根据我的个人经验，美国的少数媒体对全世界“有色人种”的困境视而不见，因此在全世界促进了殖民主义。美国的殖民主义方法论在美国非常成功地得到应用。国际和国内种族主义息息相关。

1. The NAACP should be taking inventory of hospital equipment and medications nation-wide to protect the people. (Focusing on ventilator machines)
2. The NAACP should be very closely monitoring delivery schedules of additional hospital equipment and medications to hospitals, especially in “underserved” neighborhoods.
3. The NAACP should be petitioning Congress to ensure that all people receive equal medical treatment during the COVID-19 epidemic, regardless as to insurance package
4. The NAACP needs to coordinate with all minority organizations nation-wide to establish peace-keeping centers. When the ethnic-specific nature of COVID-19 adds to the economic disparities in treatment, violence may ensue. This must be very closely monitored.
5. The NAACP should long ago have fought against the Defense Planning Guidance (DPG) in Congress, the Senate and the court, which may be largely responsible for the global COVID-19 pandemic now. Though it is now “late in the game” that effort absolutely must be made and relentlessly pushed until it succeeds. The minority media in the USA has – in my personal experience – closed its eyes to the plight of “colored people,” world-wide and thus has facilitated colonialism world-wide. American methodologies in colonialism have been applied very successfully within the USA. International and domestic racism are intimately related.

尚未发现可以治愈的药物，但是某些药物似乎比其他药物更有效：  
•罗匹那韦和利托那韦是旨在阻止HIV病毒复制的蛋白酶抑制剂  
•法维拉韦/法维拉韦  
•氯喹和羟基氯喹  
• 和别的。

COVID-19药物 COVID-19 Medicines

No medication has been found to be a cure, however some medications appear to work better than others:

* Lopinavir and ritonavir, are protease inhibitors designed to block HIV viral replication
* Favilavir / Favipiravir
* chloroquine and hydroxychloroquine
* And others.

See:

<https://www.rt.com/news/484632-covid-19-game-changer-drugs/>

<https://www.clinicaltrialsarena.com/analysis/coronavirus-mers-cov-drugs/>

<https://www.technologyreview.com/s/615394/covid-19-coronavirus-best-drugs-in-treating-the-outbreak/>

鉴于针对COVID-19的族群定位，NAACP应该有一个“作战室”，检查有关该疾病的最新医学信息。 他们还应该仔细寻找替代疗法。  
我以前曾发表过一些替代疗法的文章，包括有关COVID-19的中药治疗的科学研究，其发表于

Given the ethnic-targeting of COVID-19 the NAACP should have a “War Room” examining the most up-to-date medical information on this disease. They should also be looking carefully at alternative treatments.

I have previously published articles on some of the alternative treatments including scientific studies on Chinese medication treatments for COVID-19 published on <https://www.ncbi.nlm.nih.gov/>.

例如：For example:

黄芩 Huángqín

根据西方科学研究，这确实对高血压患者产生了可靠的积极影响，这种疾病对非裔美国人社区的影响尤其严重。  
它似乎与其他药物一起使用效果最好。

Which - according to western scientific research - does have a reliably positive effect on patients with hypertension - a disease which disproportionately affects the African American community.

It appears to work best in conjunction with other drugs.

<http://www.chinaxiv.org/abs/202002.00071>

但是，如果该药在美国不能给Big Pharma带来经济利益，则它不太可能会被FDA正式批准。 不过，迄今为止，中国医生在治疗COVID-19的药物方面进行了更多的研究，这主要是因为它们在第一线的时间比其他任何人都长。

But, if the medicine does not financially benefit Big Pharma in the USA, it is not likely to be officially approved by the FDA. Still, Chinese doctors have done more research on medications to treat COVID-19 than anyone else to date, primarily because they have been on the front line for longer than anyone else.

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在世界范围内，越来越多的人开始进入新的黑暗时代。 人与人之间的真理，正义，学习和平等之光正在消失。 民族主义，部落主义，“我们反对他们”以及丛林法则正在完全取代。

The descent into a new Dark Ages is accelerating around the world. The light of truth, justice, learning, and equality between people is fading. Nationalism, tribalism, “us against them,” and the laws of the jungle, are taking over completely.

地球大约有45.4亿年的历史。地球上的生命大约有35亿年了。太阳一直是我们生命中至关重要的一部分。它为我们星球上的生命提供燃料。有些东西并不直接需要它，比如海洋

本文回顾了影响现在与COVID-19全球流行斗争的许多最新医学和政治因素。 故事必须从头开始。

This article reviews much of the most recent medical and political factors influencing the fight against the COVID-19 global epidemic now. By necessity, the story must begin at the beginning.

## 起点 The Beginning

我很抱歉写了一篇“长”字的文章。我希望读者能有耐心，尽量完整地阅读。为什么？有意义的事情有很多层次，要理解它们，我们必须从多个角度来看待它们。只看到事物的一面并不知道那件事。了解某事意味着了解事物、事件和想法的多重原因和影响。

I apologize for writing a “kind of long” article. I hope readers will be patient and try to read it entirely. Why? There are a lot of levels in meaningful things and to understand them we have to look at them from many points of view. Just seeing one side of something isn’t knowing that thing. Knowing something means understanding the multiple causes and effects of things, events and ideas.

树从种子开始。但要了解其果实的健康状况，我们还必须审视其根源。

Trees begin with seeds. But to understand the health of its fruits, we also must examine its roots.

Earth is about 4.54 billion years old. Life on earth is about 3.5 billion years old. The sun has always been a critically important part of our life. It fuels life on our planet. Some things don’t directly need it, like some terrifying creatures in the deepest parts of the oceans and some creepy and often dangerous things that live under rocks, but most of us do need the sun whether we know it or not.

太阳落下了我们生活的节奏。我们的大量生物周期都是与太阳周期同步的。然而，在现代工业社会，我们许多人都惧怕太阳。会致癌！它会让我们更黑暗！等等。但是太阳和阳光也有一些好东西，有些人可能不知道。

The sun sets the rhythm of our lives. Huge numbers of our biological cycles are timed to the solar cycle. Yet, in modern industrial society many of us fear the sun. It can cause cancer! It will make us darker! And so on. But there are some good things about the sun and sunshine some people may not know.

由于中国政府的积极努力，新的冠状病毒似乎在这里几乎完全得到控制。然而，在世界各地，这只是刚刚开始。在中国，我们可能会发现世界各地的新闻都非常令人不安，这有助于了解发生这些事情的多重原因和影响。正如武汉发生的事件所表明的那样，这种新型冠状病毒的影响在一些国家肯定是毁灭性的。新型冠状病毒的死亡率在1%到9%之间变化很大。具体原因尚不清楚。

Thanks to proactive work by the Chinese government the new coronavirus appears to be almost completely under control here. Yet, around the world it is just getting started. We who are here in China will probably find the news around the world extremely disturbing, and it helps to understand the multiple causes of what is happening and the effects. The effects of the novel coronavirus are sure to be devastating in some countries as events in Wuhan demonstrated. The death rate of the novel coronavirus appears to vary greatly between 1% to 9%. The exact reasons for that are not yet known.

据约翰霍普金斯大学称，2020年3月27日，美国成为这一致命病毒的世界震中后，通过了10万例Covid-19。美国政府显然没有做好准备。那里的情况可能会非常糟糕。

On March 27th, 2020, the USA passed 100,000 CASES of Covid-19 after becoming the world epicenter for this deadly virus according to Johns Hopkins University. The US government is clearly not prepared. Things may go terribly wrong there.

这篇论文的写作目的是重新开启光明，把阳光带回到每个人的生活中，分享一些科学证据，探讨一些其他可能的方法来对抗病毒和细菌，并把光明带到那些一直致力于隐藏人性和自然中善良之光的人身上。

This paper was written to turn the light back on, to bring sunshine back into everyone’s lives, share some scientific evidence on other ways to fight viruses and bacteria and turn the light on those who have been working to hide the light of goodness in humanity and nature.

在美国，有一些相对容易的方法，一些人可以共同努力，结束由凶残的资本家统治全球而造成的噩梦，这些资本家给世界带来了如此无限的悲剧。没有其他简单的选择，简单地让事情继续下去，将是灾难性的超出想象。

There are some relatively easy ways some groups of people in the USA can work together to end the nightmare of global domination by the murderous capitalists that have brought such infinite tragedy to the world. The alternatives are all catastrophic.

这些知识可以帮助我们以戏剧性的方式帮助他人。只有共同努力，我们才能保护我们所爱的人，保护我们自己在当前的流行病。同样，人类只有共同努力，才能使世界上所有子孙后代的生命之光、平等、正义和真理永存。

This knowledge may help us to help others in dramatic ways. Only by working together can we protect those we love, and ourselves during the current pandemic. Likewise, only by working together can humanity keep the light of life, equality, justice and truth alive for all the children and grandchildren of the world.

这篇文章中的知识也可以帮助我们睡得更好。我们生活在一个理性的世界里，即使有些人的行为非常不理性。但只要有人类的善意、希望和合作努力，好事就可能来自坏事。

The knowledge in this article may help us sleep better too. We live in a rational world, even if some people behave very irrationally. But where there is human good will, hope and cooperative effort, good things can come from bad.

# 字面和隐喻的阳光Physical and metaphoric Sunshine

相当多的科学研究支持阳光杀死病毒和细菌的观点。但是，这还不广为人知。然而，众所周知，太阳会导致皮肤癌。因此，许多人甚至大多数人躲在阳光下。太阳一直被认为是上帝，直到亚伯拉罕的宗教出现并禁止这种信仰。“光”从时间的“黎明”开始就被说书人和作家用来比喻一切美好的事物。真理有时被视为光的一种形式，即使是许多哲学家和宗教人士。毫无疑问，阳光和真理之光可以成为促进健康和摆脱奴役的有力工具。但是，压制任何健康和自由的努力的力量是强大的。

Quite a lot of scientific research supports the belief that sunshine kills viruses and bacteria. But, this isn’t widely known. That sun can cause skin cancer is widely known however. Consequently, many or even most people hide from the sunshine. The sun was considered a God until the Abrahamic religions came along and forbade such beliefs. The “light” has been used metaphorically by story-tellers and writers since the “dawn” of time referring to all good things. Truth is sometimes considered a form of light, even by many philosophers and religious people. There is no doubt that sunshine and the light of truth can be powerful tools for promoting health and freedom from slavery. But the forces suppressing any attempts to be healthy and free are formidable.

在这篇文章中，我提出了一些关于日光可能用于治疗病毒和细菌感染的研究成果，即使大学研究人员尚未将其综合起来。 例如，由于热量，通过皮肤的血液循环可以从全身心输出量的5％-10％上升到心输出量的大约60％。

In this article I present some research findings about sunshine’s potential use as treatment for viral and bacterial infections even university researchers haven’t put together yet. For example, blood circulation through the skin can rise from 5% - 10% of the total body cardiac output to approximately 60% of cardiac output, due to heat.

但是，在阳光下可以发现不同种类的紫外线，有些紫外线穿透皮肤更深。无论如何，紫外线比化学或热处理更有效地杀灭病毒。当然，我建议进行进一步的研究，希望这些初步的观察能够激发进一步的研究。即使是医生也承认晒太阳是健康的，因为它能提供免费的维生素D，而维生素D是免疫系统正常运作所必需的。

But, different kinds of UV light can be found in sunshine and some penetrate skin deeper than others. In any case, UV light is more effective at killing viruses than chemical or heat treatments alone. Naturally I suggest further research, and hopefully these preliminary observations will motivate further research. Even doctors acknowledge getting some sun on your skin is healthy as it provides free vitamin D, which is essential for proper immune system functioning.

# 关于太阳的信仰简史Brief history of beliefs about the sun

拉是埃及人的中心神，他创造了一切。最早提及Ra可追溯到“旧王国”，即古埃及的第二王朝（约公元前2890-2686年）。他在第五王朝（公元前2494年-公元前2345年）的某个时候成为主要的神。

Ra was the central god of the Egyptians, He who created everything. The earliest reference to Ra dates back to the “Old Kingdom,” the Second Dynasty of ancient Egypt (c. 2890 – c. 2686 BCE). He became the major god sometime in the Fifth Dynasty (c. 2494 – c. 2345 BCE).

尽管经常被认为是埃及的太阳神，但Ra的右眼却代表了太阳。 Ra的左眼代表月亮。 无论如何，他是最有力量的神灵，法洛人被认为是Ra的活生生体现。 他有一个猎鹰的头，上面有一个太阳盘。 每天日落时分，“人们相信Ra死了（被Nut吞下）并航行到了黑社会，把月亮留在了他的地方照亮了世界。 第二天凌晨，镭重生。 在白天穿越天堂的旅程中，他与主要敌人-名叫阿普（Apep）的邪恶蛇，或也就是混沌之王（Lord of Chaos）战斗。” 人们认为人类是从Ra的眼泪中创造出来的。 <https://www.ancient-egypt-online.com/egyptian-god-ra.html>

Though often thought of as the Egyptian Sun God, the right eye of Ra represented the Sun; while the left eye of Ra represented the moon. In any case he was the most powerful deity and the pharos were considered to be living embodiments of Ra. He had a falcon head which is crowned with a sun disc. At sunset every day, “it was believed that Ra died (swallowed by “Nut”) and sailed on to the underworld, leaving the moon in his place to light up the world. Ra was reborn at dawn the very next day. During his journey across the heavens during the day, he fought with his main enemy, an evil serpent named Apep, or also, The Lord of Chaos.” Humans it was believed were created from Ra’s tears. <https://www.ancient-egypt-online.com/egyptian-god-ra.html>

大约两千年后，密特拉教是一种古老的波斯宗教，起源于琐罗亚斯德教的密特拉神，至少可以追溯到公元前2世纪，尽管有些人认为它要古老得多。密特拉是太阳神，一个战士的神，鼓励忠诚于国王。密特拉体现了对人类仁慈的神圣本质，是生命的给予者，建立或契约关系的保证者和条约之神。早期的波斯密特拉教社会每天都庆祝太阳升起。他总的来说一切都很好。罗马人仿效它，围绕着这个古老的太阳神形成了自己的神秘传统。

Around two thousand years later Mithraism was an ancient Persian religion derived from the Zoroastrian God Mithra dating back at least to the 2nd century BCE though some believe it’s much older. Mithra was the sun god, a warrior’s god, and encouraged loyalty to the King. Mithra embodied the divine essence of benevolence toward humanity, was the giver of life, the guarantor of established or contracted relationships and the god of treaties. Early Persian Mithraic societies celebrated the rising of the sun each day. He was generally all things good. The Romans copied it and formed their own mystical traditions around this ancient sun god.

然而，后来的一神教宗教严格禁止对太阳，星星和自然的崇拜。例如，君士坦丁皇帝花了数十年的时间试图摧毁所有密特拉教的记录，摧毁寺庙，并杀死早在公元325年的太阳和自然崇拜宗教的神父和女祭司。

The later monotheist religions however strictly banned worship of the sun, stars and nature in general. Emperor Constantine for example spent decades attempting to destroy all records of Mithraism, destroying temples and killing the priests and priestesses of the earlier sun and nature worshipping religions in 325 CE. <https://www.rassias.gr/9011.html>

中东世界的亚伯拉罕宗教普遍禁止对太阳和自然的崇拜，这些宗教遍及西亚和中亚、非洲的大部分地区、整个欧洲以及最终的美国。为了消除所有古老宗教的痕迹，人们做出了巨大的努力，其中包括使用草药、放松身心以及治疗的可视化，以及许多其他现代科学家发现是非常有用的治疗和医学形式的东西。

Worship of the sun and nature in general was forbidden by the Abrahamic religions of the Middle Eastern worlds which spread out over Western and Central Asia, large parts of Africa, all of Europe and eventually the USA. Enormous efforts were made to erase all traces of the older religions, which included the use of herbal medicines, relaxation and visualization for healing, and quite a number of other things which modern scientists have found to be quite useful forms of therapy and medicine.

在古代的宗教和神话中，太阳是生命的使者，从某些方面来说，这是真的，因为从科学的角度来看，太阳是地球生命周期的动力。没有太阳，这将是一个死行星。人们相信太阳具有非凡的医疗和恢复能力。在某种程度上，科学也同意这一点。

The sun is, in ancient religions and myths the bringer of life, which in some ways is true, as from a scientific point of view it powers the life cycle on earth. Without the sun this would be a dead planet.

And it was believed that the sun has remarkable medical and restorative powers. To some extent science also agrees with this.

# 殖民主义者成功地粉碎了光明Colonialists successes in crushing the light

**…of truth, justice and equality**

The Industrial age however did a lot to cut people off from nature. Europeans and them Americans started working in huge factories and most people started living in big cities.

然而，工业时代却在很大程度上切断了人们与自然的联系。欧洲人和美国人开始在大工厂工作，大多数人开始在大城市生活。工业化之后很快发生了一场医学革命，使三倍多的婴儿在婴儿期存活下来，每个人的寿命都延长了两倍和三倍。这导致了人口的大增长。

Industrialization was quickly followed by a medical revolution which allowed three times as many babies to survive infancy, and everyone to live twice and three times longer. This led to great growth in population.

亚洲、非洲和拉丁美洲的大多数国家从医疗革命中得到了一些好处，但大多数国家没有经历工业革命，因为它们是欧洲国家的殖民地。因此，他们的人口有了巨大的增长，但缺乏提供财富的工业基础。所以，在亚洲的大部分地区，拉丁美洲变得非常贫穷。

Whereas most of Asia, Africa and Latin American got some benefits from the medical revolution, most did not experience industrial revolutions because they were colonies of European nations. So, they had huge increases in population, but lacked the industrial base to provide wealth. And so, most of Asia, Latin American became incredibly poor.

第二次世界大战后，共产主义国家俄罗斯和中国进行了一系列的战争，以使亚洲、拉丁美洲和非洲的人民摆脱欧美殖民主义，并将这些国家还给他们的人民。共产党人总是帮助穷人。不幸的是，美国随后动用了更强大的军队和更先进的武器，杀死了所有参与共产主义革命的人。然后，美国用自己的木偶代替了当地领导人。例如，今天大多数非洲国家都是法国的殖民地，由美国称为非洲司令部的多国军事力量支持。

After WWII the communist nations Russia and China fought wars to free the people in Asia, Latin America and Africa from Euro-American colonialism and give those nations back to their people. Communists always help the poor. Unfortunately the USA then went in with larger armies and more sophisticated weapons and killed everyone involved in the communist revolutions. The USA then replaced the local leaders with their own puppets. Most African nations today for example are colonies of France supported by the American multi-national military force called AFRICOM.

这有时被称为“新殖民主义”，尽管许多人认为这只是过去500年中经历的老殖民主义。自从二战以来，这对美国来说是一项伟大的事业。随着他们掠夺世界自然资源，富有的资本家变得越来越富有。

This is sometimes called “neo-Colonialism” though many argue it’s just the same old colonialism experienced during the past 500 years. Since WWII this has been GREAT business for the USA. As they pillaged the natural resources of the world the rich capitalists got richer and richer.

当然，美国的娱乐业是惊人的。这和15世纪欧洲的文艺复兴完全一样，欧洲文艺复兴是由从美洲偷来的黄金支付的。血换黄金。对欧洲和美国来说，这些都被认为是伟大的“启示”，对亚洲、非洲和美洲的原住民来说，这是人间地狱。

So of course, the entertainment industry of the USA is amazing. It’s exactly the same as the renaissance in Europe in the 1500s. The European Renaissance was paid for by the gold stolen from the Americas. Blood for gold. For Europe and the USA these are considered great “enlightenments.” For the native people of Asia, Africa and the Americas it has been a hell on earth.

这些国家的大多数人过去和现在都被剥夺了接受良好教育的机会，也就是“学习之光”，他们过去和现在对未来的希望都很渺茫。很多人搬到了非常贫穷的大城市。随着资本主义奴役了世界的大部分地区，一片黑暗在全世界形成。

Most of the people in those nations were and are mostly denied good education – the “light of learning.” They had and mostly still have little hope for the future. So many moved to large very poor cities. A darkness has settled across the world as capitalism enslaved most of the world.

现在正在发生的是美国内战的重演，除了这次美国民主党和共和党都希望拉丁美洲、亚洲和非洲大部分地区的奴隶制永远延续下去。他们都支持美国国防部的巨额预算。民主党和共和党都支持美国政府在世界上一半以上国家的傀儡独裁者。

What’s going on now is a reenactment of the American civil war, except this time both the American Democrats and Republicans want the slavery of Latin America, large parts of Asia and Africa to continue forever. They both support the ridiculously huge American Department of Defense budget. Both the Democrats and Republicans support the American government’s puppet dictators in more than half the countries in the world.

民主党和共和党联合起来支持美国的战争机器被称为“双头垄断”，这意味着一枚硬币上有两张脸。这对于教育之光，甚至是世界各地的物理电灯来说都是悲剧性的。

The joining of the democrats and republicans to support the American war machine is called the “duopoly.” That means two-faces on the same coin. This is tragic for the light of education, and even physical electric lights around the world.

由于非洲，亚洲和拉丁美洲国家对资本家的贪婪和他们的殖民主义习俗，每年有900万人饿死。

Nine million people stave to death every year because of the colonialists and their insatiable greed. <https://www.theworldcounts.com/challenges/people-and-poverty/hunger-and-obesity/how-many-people-die-from-hunger-each-year>

如果真理、正义和自由的“光”永远被允许在全世界同样闪耀，那么民进党将被终止。国家及其经济不应被视为任何其他国家的奴隶国。任何国家都不应宣布任何其他国家都不能拥有更大的经济。

If the “light” of truth, and justice, and liberty is ever to be allowed to shine equally around the world, the DPG but be terminated. Nations and their economies should not be held as slave states of any other nation. No nation should declare no other nation can have a larger economy.

不幸的是，美国媒体在大多数国家仍然是超级强大的。世界上大多数人崇拜美国就像崇拜上帝一样。世界各地的人都在模仿美国，或者他们认为是美国的东西。

Unfortunately, the American media is still supremely powerful in most countries. Most people around the world worship the USA like it’s a god. People just about everywhere copy the USA, or what they think is American.

所以，当美国说“只要相信大制药公司来解决冠状病毒问题”时，大多数人都相信他们。

So, when the USA says “just trust the big pharmaceutical corporations to fix the coronavirus problem,” most people believe them.

关于这种新的冠状病毒，我们还不知道很多。但是，人们对健康和免疫系统了解很多。问题是大公司不想要健康的人。他们希望人们为了生存而完全依赖他们。

A great deal is still not known about the new coronavirus. But, a great deal is known about health and the immune system. The problem is the big corporations don’t want healthy people. They want people to be totally dependent on them for survival.

# 被企业利润需求所奴役Slavery to corporate profiteers

世界上大多数人都喜欢美国人民，因为我们对生活持乐观的、创造性的态度。然而，美国媒体并不总是对美国或全世界的事情给出一个平衡的观点。在美国，公司规则是神圣不可侵犯的。与企业利润背道而驰——比如批评庞大的“国防部”预算——是政治和社会自杀。大多数外国人对美国的看法实际上是美国企业拥有和控制的媒体的产物，而不是普通人。因此，抄袭人们认为是美国人的东西，对他们来说可能是致命的。这从来没有比现在更真实。

American people are generally liked around the world for our optimistic creative approaches to life. However, the American media does not always give a balanced view of things in the USA or worldwide. In the USA corporate rule is sacrosanct. Going against corporate profits – say for example criticizing the monstrous “defense department” budget is political and social suicide. What most foreigners think about the USA is really a product of the American corporate owned and controlled media, not regular people. And so, copying what people think is American, can be deadly for them. This has never been truer than now.

抄袭人们认为是美国人的东西已经成为一种世界性的疾病。它和冠状病毒一样危险。的确，有一些非常健康的美国人。但是还有更多的极度肥胖的美国人。每个人都可以按照大公司的要求自由生活。如果有人批评大公司，他们将受到严厉的惩罚。很受欢迎的电视脱口秀主持人奥普拉温弗瑞在批评吃牛肉时就知道了这一点。大牛肉制造商让她生活极其悲惨（他们在法庭上起诉她，诽谤她），直到她公开谴责自己关于吃牛肉的言论。没有人能与大公司抗争。她是美国最富有的女人，但牛肉公司却让她自卑。

Copying what people think is American - has become a worldwide disease. It’s a disease as dangerous as coronavirus. True, there are some very healthy, educated Americans. But there many more extremely obese and very poorly educated Americans. Everyone is free to live life according to the dictates of big corporations. If someone criticizes big corporations they will be punished severely. The very popular TV talk show host Oprah Winfrey learned this when she criticized eating beef. The big beef manufacturers made her life extremely miserable (they sued her in court and slandered her) until she publicly denounced her own statements about eating beef. No one can fight the big corporations. She was the richest woman in America, but the beef corporations humbled her.

一个新的黑暗时代已经不安地在世界各地定居下来。学问和智慧的光芒正在暗淡。

还有一个字面上的黑暗——没有阳光。现在一切都被禁止了。一个人必须生活在黑暗中，不要问问题，也不要寻找答案。

A new Dark Ages has settled uncomfortably around the world. It isn’t just the light of learning and wisdom that have been suffocated, it’s also a literal darkness meaning the absence of sunshine. Everything is now forbidden. One must live in the dark, not ask questions and not search for answers.

大公司不喜欢健康的人。他们只在有很多病人认为他们需要药物才能生存的地方赚钱。公司希望人们在生活和健康上完全依赖他们。

Big corporations do not like healthy people. They only make money where there are lots of sick people who think they need their medicines to survive. Corporations want people totally dependent on them for life and health.

去年，大型制药公司向美国政界人士提供了约3000万美元来购买“影响力”

Big pharmaceutical corporations gave about 30 million dollars to American politicians last year to buy “influence.” <https://www.opensecrets.org/industries/indus.php?Ind=H4300>

关于这种新的冠状病毒，我们还不知道很多。但是，人们对健康和免疫系统了解很多。

A great deal is still not known about the new coronavirus. But a great deal is known about health and the immune system.

这篇文章是关于科学和免疫系统的系列文章中的第四篇。第一个是关于冥想和祈祷增强免疫系统的科学研究。然后我回顾了一些关于不同草药对COVID影响的科学研究。第三，我写了一篇关于运动、营养和免疫系统的科学研究的短篇文章。本文对研究阳光及其对病毒和细菌的影响的科学进行了综述，并提出了一些进一步的研究，以进一步了解阳光如何能够杀死病毒，甚至在人类体内。

本文还探讨了美国新的冠状病毒，以及在宗教组织和公民自由团体的支持下，少数群体如何组成一个联盟来改变美国国防部的政策，以确保类似的事情不再发生。

This article is the fourth in a short series on science and the immune system. The first looked at scientific research on meditation and prayer’s ability to strengthen the immune system. Then I reviewed some of the scientific studies on the effects of different herbal medicines on COVID. Third I wrote a short story examining scientific research on exercise and nutrition and the immune system. This article is a review of the science studying sunshine and its effects on viruses and bacteria, and suggest some further research to learn more about how sunshine may be able to kill viruses even inside humans. This article also looks the novel coronavirus in the United States and how minority groups, supported by religious organizations and civil liberty groups must form a coalition to change American Department of Defense policies to ensure something like this never happens again.

**中国政府总体上做得很好Generally well done job by Chinese government**

我赞扬中国中央和地方最高领导人在研究和开发治疗和疫苗的同时，为阻止冠状病毒的传播所做的工作。迄今为止，中国模式一直是世界的榜样。

I applaud the job the central and local top leaders here in China have been doing to halt the transmission of coronavirus while cures and vaccines are being researched and developed. The Chinese model has been the role model for the world thus far.

不过，我有点担心其他一些显而易见的事情会被忽略。复制美国是一件非常危险的事情。

However, I’m a bit concerned some other obvious things are being missed. Copying the USA is a very dangerous business.

例如，美国媒体不断重复，没有办法预防冠状病毒，尽管有100件事可以做，以加强他们的免疫系统。它们都不能提供100%的预防，但改善健康是一件好事，在某种程度上确实能可靠地降低患重病和死于任何疾病的可能性。

For example, the American media keeps repeating there is no way to prevent coronavirus, even though there are 100 things anyone can do to strengthen their immune system. None of them offer 100% prevention, but improving one’s health is a good thing and to some extent does reliably reduce the probability of getting very sick and dying from any disease.

不过，美国媒体嘲笑所有替代性的预防方法，就好像它们都是骗局一样。“只有大型制药公司才能解决当今的重大问题，”控制媒体的企业巨头告诉我们。所以，很多人不必要地死去。

Still, the US media ridicules all alternative prevention methods as if they are all frauds. “Only big pharmaceutical companies can answer the big problems of today,” the corporate giants that control the media teach us. So, a lot of people are dying unnecessarily.

这是经典的“美国医学协会”（AMA）的健康方法。“好好享受你的生活，如果你生病了，大制药公司有答案。”“如果你有问题，任何问题都有药丸！“所以，去一家快餐连锁店，吃一顿丰盛的“快乐大餐”！胖起来！很好！别担心！我们会给你一颗药让你活下去！

This is the classic “American Medical Association” (AMA) approach to health. “Just enjoy your life and if you get sick, big pharma has the answer.” “If you have a problem, any problem there is a pill!” So, go to a fast food franchise and have a Big “Happy meal”! Get fat! That’s fine! Don’t worry! We will have a pill to keep you alive!

似乎有些富有的、无聊的资产阶级需要采取更加极端的残酷手段来感受任何情感。

It seems like some of the rich, bored bourgeois need to engage in ever greater extremes of cruelty to feel any emotion at all.

唐纳德·特朗普似乎赢得了这场大战。他是新世界的榜样。贪婪的种族主义者？哦，是的！这是件好事！恨“他们”会让“我们”走到一起！这是美国的方式。太好了！嗯，这对民族主义和部落主义很有好处。这并不是“同一个世界——同一个梦想”的确切含义。这不是所有的哲学家和伟大的先知所教导的。但它是有利可图的。

Donald Trump appears to have won the big battle. He’s the role model for the new world. A greedy racist? Oh yes! And that’s a good thing! Hating “them” will bring “us” together! That’s the American way. It’s great! Well, it’s great for nationalism and tribalism. It’s not exactly what the: “One world – One Dream” idea was about. It is not what all the philosophers and great prophets taught. But it is profitable.

这种冠状病毒现在正在世界各地肆虐，人们正在等待大型制药公司的救援。在中国，疫情似乎已经得到控制，但没有人确切知道。

This coronavirus is now rampaging around the world and people are dying waiting for big pharma to come to the rescue. Here in China the epidemic appears to be under control, but no one really knows for sure.

# 然后中国来了Then along came China

中国也在努力帮助亚洲、拉丁美洲和非洲的发展。例如，缅甸80%的人仍然没有电。他们的卫生资源很少。但中国正在那里修建水电站大坝。

China is also working to help infrastructural development in Asia, Latin America and Africa. Eighty percent of the people in Myanmar for example still don’t have electricity. Their health resources are minimal. So China is building hydroelectric dams there.

中国的“一带一路倡议”是世界历史上最雄心勃勃的经济雄心勃勃的计划。该项目于2013年正式启动，涉及亚洲、欧洲和非洲近70个国家和国际组织的基础设施开发和投资，实际帮助了全球65%的人口。虽然不是BRI的正式组成部分，中国在拉丁美洲也有基础设施开发项目。这些项目的重点是急需：

China’s Belt and Road Initiative (BRI) is the single most ambitious economically ambitious plan in world history. It was officially launched in 2013 and involves infrastructure development and investments in nearly 70 countries and international organizations in Asia, Europe, and Africa helping in effect 65% of the world's population. Though not officially part of the BRI, China also has infrastructure development projects in Latin America. These project focus on desperately needed:

•能源资源开发，例如为以前从未有过电力的农村地区、村庄和城镇提供电力

•交通服务使贫穷的农村人口能够快速、廉价地进入大城市市场和接受教育，

•自然资源开发，使这些国家能够开发自己的自然资源，而不是简单地将其全部交给跨国公司

•其他基础设施建设项目，如桥梁、医疗和教育设施。

* energy resource development bringing for example electricity to rural areas, villages and towns that never had it before
* transportation services allowing poor rural people fast and cheap access to big city markets and education,
* Natural resource development, allowing those nation to develop their own natural resources, rather than simply giving them all to multi-national corporations
* Other infrastructure building projects like bridges, medical and educational facilities.

These are all vital infrastructure development areas the colonial powers conveniently “forgot” to build in those nations over the past 500 years.

这些都是过去500年来殖民国家便利地“忘记”在这些国家建立的重要基础设施建设领域。  
目前的估计成本约为4-8万亿美元。 （关于美国将花费多少资金来抵御其领导人决定不阻止的COVID-19流行病的恢复。）中国项目由丝绸之路基金和亚洲基础设施投资银行（AIIB）资助。 由于新的冠状病毒的流行，AIIB现在参与了发展中国家医疗服务的快速发展。 这是一件好事，因为美国无法甚至无法遏制自己境内的流行病，因此无法帮助其境外的任何人。

Current estimated costs are around US$4–8 trillion. (About what the USA will spend to fight off and recover from the COVID-19 epidemic its leaders decided not to prevent.) The Chinese projects are funded by the Silk Road Fund and Asian Infrastructure Investment Bank (AIIB). Due to the novel coronavirus epidemic the AIIB is now involved in rapid expansion of medical services in the developing countries. This is a good thing as the USA is not in a position to help anyone outside of its borders due to its failure to even try to halt the epidemic within its own borders.

鉴于“一带一路”倡议的相对优势，美国的决策者们会疯狂地嫉妒和非常愤怒，这不足为奇。 在大多数情况下，美国都是秘密行动的发起，目的是破坏中国在世界各地的所有基础设施项目。 在某些情况下，它们造成了拖延，但迄今为止，尚未实现其防止世界上最不发达国家发展的目标。

Given the relative virtue of the BRI, it is no surprise that American policy makers are insanely jealous and very angry. In most cases American covert operations have been launched in an attempt to sabotage all Chinese infrastructure projects around the world. In some cases they have caused delays, but thus far have failed to achieve their goal of preventing development in the least developed countries in the world.

美国自然不喜欢那样。 而且，美国和法国已使大多数非洲国家成为奴隶国，可以偷走他们想要的所有自然资源。 同时，美国国防部创建了一个称为“国防计划指导”（DPG）的文件，其中规定不允许任何国家在经济，政治或军事上与美国竞争。 在正常情况下，中国经济的增长很快就会比美国快。 中国的人口是美国的三倍多，因此，随着经济的现代化，它自然会变得更大。

Naturally the USA does not like that. Also, the USA and France have made most African countries into slave nations and can steal all the natural resources they want. Meanwhile, the American Defense Department created something called the “Defense Planning Guidance” (DPG) which states that no nation will be allowed to compete with the USA economically, politically or militarily. China’s growing economy would, under normal circumstance soon grow larger than the USA. China has more than three times the population of the USA, so it is natural that as it modernizes its economy should get bigger.

# 国防计划指南（DPG）The Defense Planning Guidance (DPG)

在1970年代初，发布了《最高机密的美国国家安全指令》，其中指出：“不允许任何国家或地区与美国竞争。” 它进入了报纸，但是与泄漏有关的所有人，包括记者，都被判入狱。 它在Internet上不可用。  
该指令的主要目的是应对人们认为日本技术可能与中国人力一起发挥作用的“威胁”，并有可能导致东亚超越美国，成为世界主要经济大国。 然而，在1980年代，日本经历了“迷失的十年”，其经济趋于平缓，在美国国防部的所有日子似乎都“不错”。

In the early 1970s a TOP SECRET American National Security Directive was issued stating that: “No nation or region will be allowed to compete with the United States.” It got in the newspapers, but everyone associated with that leak including the reporter went to jail. It is not available on the Internet.

This directive was primarily designed to counter a perceived “threat” that Japanese technology could work together with Chinese manpower and possibly lead to East Asia overshadowing the US and becoming the world’s dominant economic power. In the 1980s however the Japanese experienced “the lost decade,” its’ economy flattened out and all seemed “well” for a while in the American Department of Defense.

然后在1992年，采取积极措施以防止任何其他国家或地区在政治，经济或军事上与美国竞争的任务再次出现。

And then in 1992 the mandate to take proactive measures to prevent any other nation or region to politically, economically or militarily compete with the USA popped up again.

“1992年的国防规划指南草案（DPG）由当时的国防部工作人员I.刘易斯·利比、保罗·沃尔福威茨和扎勒梅·哈利勒扎德起草，被广泛认为是新保守主义者冷战后议程的早期制定，制定了一系列经济和军事目标，旨在确保美国领导的单极全球体系…

“在更为突出的一点中，该指导意见草案呼吁大幅增加国防开支，主张独立自主的超级大国地位，防止出现任何地区竞争对手，使用预防性或先发制人的武力，以及在不符合美国利益的情况下放弃多边主义的想法。它呼吁干预全球的争端，即使这些争端与美国的利益没有直接关系，主张美国应“保留优先责任，有选择地处理那些不仅威胁到我们的利益，而且威胁到我们的盟国或朋友的错误，或者会严重破坏国际关系，美国还必须“表现出必要的领导才能，建立和保护一个新秩序，这个新秩序承诺让潜在竞争对手相信，他们不必渴望发挥更大的作用，也不必采取更积极的姿态来保护自己的合法利益。”

“The 1992 draft Defense Planning Guidance (DPG), crafted by then-Defense Department staffers I. Lewis Libby, Paul Wolfowitz, and Zalmay Khalilzad, is widely regarded as an early formulation of the neoconservatives’ post-Cold War agenda, laying out a series (of) economic and military objectives that were intended to ensure a U.S.-led unipolar global system…

“Among its more salient points, the draft guidance called for massive increases in defense spending, the assertion of lone superpower status, the prevention of the emergence of any regional competitors, the use of preventive—or preemptive—force, and the idea of forsaking multilateralism if it did not suit U.S. interests. It called for intervening in disputes throughout the globe, even when the disputes were not directly related to U.S. interests, arguing that the United States should “retain the preeminent responsibility for addressing selectively those wrongs which threaten not only our interests, but those of our allies or friends, or which could seriously disrupt international relations.” “According to the draft DPG, the United States must also ‘show the leadership necessary to establish and protect a new order that holds the promise of convincing potential competitors that they need not aspire to a greater role or pursue a more aggressive posture to protect their legitimate interests.’”

<https://militarist-monitor.org/profile/1992_draft_defense_planning_guidance/>

此后每隔几年，他们会提出一个新版本，但是主题保持不变。 2018版包括以下内容：

Every few years since then they come up with a new version, however the themes stay the same. The 2018 version includes the following:

“正如国防部长马蒂斯（Mattis）上周在约翰霍普金斯大学高级国际研究学院揭露的那样，他的语言和NDS一样坦率，应该引起任何担心美国国家安全的人的真正恐惧：”  
“我们的竞争优势在战争的各个领域都被侵蚀了。”  
“尽管美军面临符合美国国家安全利益的五项主要挑战，包括中国，俄罗斯，朝鲜，伊朗和恐怖分子，但在高端和灰色地带，冲突中的头两个挑战依然存在。 ，在此策略中优先。具体来说，这意味着美国军方将倾向于与中国和俄罗斯竞争，这很可能分别在南中国海，东中国海和欧洲进行。 NDS的主要主题是对抗中国和俄罗斯的竞争，但该战略巧妙地传达出这两个挑战者是不同的，中国似乎是平等的首位。”

“As Secretary of Defense Mattis unveiled it last week at the Johns Hopkins University-School of Advanced International Studies, his language was as candid as the NDS itself and should inspire real fear among anyone concerned about U.S. national security: “

“Our competitive advantage has eroded in every domain of warfare.”

“While the U.S. military faces five major challenges in line with American national security interests—China, Russia, North Korea, Iran, and terrorists—countering the first two across the spectrum of conflict, including at the high-end and in the **gray zone**, are prioritized in this strategy. Specifically, this means the U.S. military will bias toward competing with China and Russia, most likely in the South China Sea, and the East China Sea, and Europe, respectively. While competition in the form of countering China and Russia is the preeminent theme of the NDS, the strategy subtly conveys that these two challengers are different, with China appearing to be the first among equals.”

<https://www.brookings.edu/blog/order-from-chaos/2018/01/21/how-to-read-the-2018-national-defense-strategy/>

“灰色区域”的意思是“非法的，但他们认为他们可以逃脱。” 显然，中国目前是美国侵略的第一大目标。DPG是美国国防部的主要蓝图。

The “gray zone” means “illegal but they think they can get away with it.” Clearly China is the number one target of American aggression at this time. The DPG is the primary blueprint for the American DoD.

所以，美国必须摧毁中国。这就是民进党的要求。So, the USA must destroy China. That is what the DPG mandates.

现在正在发生的是美国内战的重演，除了这次美国民主党和共和党都希望拉丁美洲、亚洲和非洲大部分地区的奴隶制永远延续下去。他们都支持美国国防部惊人的巨额预算和美国政府在世界上一半以上国家的傀儡领导人。

What is happening now is a repeat of the American Civil War, except this time both the Democratic and Republican parties want slavery in Latin America, Asia, and much of Africa to last forever. They all support the US Department of Defense's staggeringly huge budget and the puppet leaders of the US government in more than half of the world's countries.

但美国的情况并不尽如人意，这一制度也存在许多缺陷和不足。

But all is not well in the USA. There are many weaknesses and flaws in the system there too.

# 医疗和大规模经济“失误” Medical and massive economic “errors”

撰写本文时（2020年4月2日），美国有214,482例新的冠状病毒病例。 这几乎是中国的三倍。 尽管意大利的死亡人数大幅增加（13,155人），但它受到的打击最大，而美国很快就会超过这个数字。

As of this writing (April 2, 2020) the USA has 214,482 novel coronavirus cases. This is nearly three times more than China ever had. Though Italy has had substantially more deaths (13,155), it was hit first and the USA will soon surpass that number.

美国有医疗事故的悠久历史。The USA has a long history of medical malpractice.

美国第三大死因大多数医生不想让你知道

约翰霍普金斯大学最近的一项研究称，美国每年有超过25万人死于医疗失误。其他报道称这一数字高达44万。

The third-leading cause of death in US most doctors don't want you to know about

A recent Johns Hopkins study claims more than 250,000 people in the U.S. die every year from medical errors. Other reports claim the numbers to be as high as 440,000.

<https://www.cnbc.com/2018/02/22/medical-errors-third-leading-cause-of-death-in-america.html>

当前在美国发生的医疗灾难与同等的经济灾难并存。

The medical disaster currently unfolding in the USA is paralleled by an equal economic disaster.

谁在乎债务？Covid-19、企业掠夺与美国无限银行救助计划

Who CARES about debt? Covid-19, corporate plunder, & the US plan of unlimited bank bailouts, 27 Mar, 2020

作者是投资家、银行家和《庞氏星球：我们是如何陷入这场混乱的，接下来会发生什么，以及如何保护自己》一书的作者米切尔·费尔斯坦。他在伦敦和曼哈顿之间消磨时间。

“官方”美国国债超过23.5万亿美元。这一债务计算是在国会为6万亿美元的美国财政部/美国联邦储备银行（Federal Reserve Bank）猪肉桶支出热潮提供资金之前进行的。

By Mitchell Feierstein, investor, banker, and author of Planet Ponzi: How we got into this mess, what happens next, and how to protect yourself. He spends his time between London and Manhattan.

The “official” US Treasury debt is over $23.5 trillion dollars. This debt calculation was before Congress served up the six-trillion-dollar US Treasury/US Federal Reserve Bank pork-barrel spending spree.

用借来的钱永远还清债务是不可能的，确实是有限度的。债务有真正的后果。公共和私人债务总额增长越快，整体负债增长越快，这可能是一个意外事件，会加速经济崩溃的临界点。需要一个例子吗？看看现在发生了什么。首先，我们有40年的财政挥霍，接着是货币战争，然后是贸易战。最后，Covid-19提供了一个火花，点燃了一个浸透汽油的火药桶，引发了资产价格的暴跌，这将引发不同市场的信贷违约瀑布，最终导致银行倒闭。

It is impossible to pay your way out of debt with borrowed money forever; there are real limits. Debt has real consequences. The more total public and private debt grow, the faster overall liabilities increase, making it likely an unexpected event will accelerate the tipping point, after which economies collapse. Need an example? Just look at what’s happening now. First, we have forty years of fiscal profligacy followed by a currency war and then a trade war. Finally, Covid-19 provided a spark that ignited a petrol-soaked tinder box, which triggered a collapse in asset prices that will kick-start a waterfall of credit defaults across various markets ending with bank failures.

我们否认我们的“债务问题”。财政缺口计算是准确计算债务总额的唯一方法。为此，我们需要包括国会预算办公室的数据点，以确定美国无准备负债的当前现值。使用这些数据是对该国债务水平进行精确建模的唯一途径。这个数字可能会超过250万亿美元。震惊的？你最好是。让我们面对现实吧——美国破产了！

I hate to be a party-pooper, but we are in denial about our “debt problem.” Fiscal gap calculations are the only way to accurately calculate the total debt. For that, one needs to include Congressional Budget Office data points to determine the current present value of the USA's unfunded liabilities. The use of that data is the only way to model the exact level of the country’s indebtedness. This number is likely to be higher than two hundred and fifty trillion dollars. Shocked? You better be. Let's face it — the US is bankrupt!

<https://www.rt.com/op-ed/484286-covid-cares-act-bailout/>

这篇有见地的文章之后是另一篇。This insightful article was followed by another.

40年来，我目睹华尔街上的“猖fraud欺诈行为”摧毁了资本主义，Covid-19却关闭了棺材

For 40 years I watched ‘rampant fraud’ on Wall Street destroy capitalism, Covid-19 nailed its coffin shut

2020年3月31日 (31 Mar, 2020)

庞氏星球的投资者，银行家，作家米切尔·菲尔斯坦（Mitchell Feierstein）：我们如何陷入困境，接下来会发生什么以及如何保护自己。 他在伦敦和曼哈顿之间度过时光。

By Mitchell Feierstein, investor, banker, and author of Planet Ponzi: How we got into this mess, what happens next, and how to protect yourself. He spends his time between London and Manhattan.

在过去的40年中，从危机到危机，Covid-19市场的动荡在我脑海中引发了一连串的倒叙。 他们把华尔街的欺诈和刑事政策结合在一起，而病毒是最后一根稻草。

The Covid-19 market turmoil set off a chain of flashbacks in my mind, from crisis to crisis over the past 40 years. They all fit together in a picture of Wall Street fraud and criminal policies, with the virus as the last straw.

银行，政客和政府将替Covid-19承担责任，以将责任推卸至30多年的财政挥霍，宽松的货币政策，欺诈行为以及缺乏任何适当的监管措施而将其推卸给自己或任何其他人。最终，在过去三十年里，税收将飞涨，以支付这些不透明的救助、不计后果的支出政策和创纪录的低利率。

Banks, politicians and governments will scapegoat Covid-19 to shift the blame for over 30 years of fiscal profligacy, loose monetary policies, fraud, and the lack of any proper regulatory enforcement away from themselves and onto anything or anyone else. Eventually, taxes will skyrocket to pay for these opaque bailouts, reckless spending policies, and record low interest rates during the past three decades.

Covid-19提供了一种简单的方法来指责，同时又可以通过“紧急立法”强制大型政府实施1984年式的严厉社会控制措施，这将在他们逃离纳税人时再次冲击和消除个人自由，自由和民主原则。 如果您认为2008年的经济衰退和纾困不佳，请等到看到历史上最大的经济萧条如何发挥作用时再进行。

Covid-19 presents an easy way to assign blame while forcing through “emergency legislation” allowing big government to implement 1984-style draconian social controls that will impinge and dismantle personal freedoms, liberties and democratic principles as they fleece taxpayers – again. If you think the 2008 recession and bailouts were bad, wait until you see how the greatest economic depression in history plays out.

我从40年来在国际金融市场上学到的最重要的两个教训，也可以应用于政治和一般的生活，它们是永远不要基于情感或意识形态做出任何决定，也永远不要相信这一消息。 如今的媒体比1980年代和1990年代的指数恶化。 他们不再提供新闻。 他们提供的故事包含大约80％的意识形态和观点，10％的谎言和故事，以及10％的事实。

The two most important lessons I learned from my 40 years in international financial markets, lessons that can also be applied to politics and to life in general, are to never make any decision based on emotion or ideology and to never, ever trust the news. Today’s media are exponentially worse than they were in the 1980s and 1990s. They no longer provide news. What they provide are stories that are around 80 percent ideology and opinion, 10 percent lies and spin, and 10 percent fact.

您需要与情感和意识形态脱身。 您需要基于利用原始经济数据，理性原因，逻辑和事实的统计概率进行决策。 系紧安全带； 剧烈的湍流即将来临，旅程将是颠簸的。

You need to divorce yourself from emotion and ideology. You need to base decision-making on statistical probability utilizing raw economic data, rational reason, logic and facts. Fasten your seat belts tightly; severe turbulence is coming, and the ride will be bumpy.

<https://www.rt.com/op-ed/484563-wall-street-major-crash-covid19/>

在上面的文章中，Feierstein还简要回顾了美国华尔街的最近30年中的许多“崩溃”，以及造成这些崩溃的具体原因。 包括财政部在内的监管机构也在以现实为基础的《华尔街之狼》中扮演主角。 他非常了解金融市场。 他对主流新闻媒体的分析是准确的。 “ 80％的意识形态和观点，10％的谎言和言论以及10％的事实”看上去是对的。

In the above article Feierstein also briefly reviews the last 30 years of American Wall Street “crashes” and the specific reasons for them. The regulatory bodies, including the Treasury Department are also playing starring roles in the reality-based version of The Wolf of Wall Street. He dispassionately knows what he’s writing about. I also like his analysis of mainstream news media. “80 percent ideology and opinion, 10 percent lies and spin, and 10 percent fact,” looks about right.

这个比率（80，10，10）或许应该被称为“费尔斯坦新闻媒体比率”，它可能成为后来评估美国“出了什么问题”导致其潜在经济崩溃的一个重要因素。

The ratio (80, 10, 10) should perhaps be called the “Feierstein news media ratio.” It may become an important factor in later assessments of “what went wrong” in the USA to cause its potential economic collapse.

如果并且当美国的少数群体发现他们是新型冠状病毒的特定目标，并且无法获得他们所需要的医疗帮助时，他们将会非常非常生气。 然后，这些“问题”可能变得比费恩斯坦先生所预测的还要严重得多。

If and when minority groups and the poor in general in the USA find that they are indeed specifically targeted by the novel coronavirus, and can’t get the medical help they will need, they are going to be very, very angry, and the “issues” are likely to get far worse than even Mr. Feierstein predicts.

美国枪支销售的快速增长将无助于同时发生的医疗和经济问题。

The very rapid increase in gun sales in the USA will not help the simultaneously occuring medical and economic problems.

# 热与新型冠状病毒Heat and novel coronavirus

许多媒体声称夏季炎热将停止新型冠状病毒的传播。 但是，他们没有足够仔细地阅读科学文献。 这些温度非常高，远远高于地球上的正常大气温度（65⁰及更高）。 但是，阳光是杀死病毒的有效方法。 这就是我认真阅读的意思。 病毒在35⁰-38⁰处大量繁殖。 那是他们理想的生长温度。

A lot of media is claiming that summer heat will stop the novel coronavirus. But, they didn’t read the scientific literature carefully enough. Those are very high temperatures, far higher than normal atmospheric temperatures on earth (65⁰ and higher). Sunshine however, is an effective way of killing viruses. That’s what I mean by careful reading. Viruses multiply hugely at 35⁰ - 38⁰. That is their ideal growing temperature.

# 紫外线与病毒 Ultraviolet light and viruses

In the late 1980s there was a lot of research on UV light and viruses. They’ve been using UV light to sterilize surgical instruments for at least forty years. Consequently, I’m a bit surprised people here in China are totally covering themselves. Coronavirus is not directly transmitted through skin, whereas UV light can penetrate skin, although exactly how deeply it can go depends on many factors.

有一点是肯定的，非典并没有在南亚蔓延，原因被认为是阳光和热量中的紫外线。我不相信热是最好的答案，尽管发烧确实是身体杀死细菌和病毒的方式。不过，它似乎不适用于新的冠状病毒。

One thing is for sure, SARS did not become widespread in South Asia and the reasons are believed to be the UV light in sunshine and heat. I doubt heat is the best answer, though it is true a fever is the body’s way of killing some bacteria and viruses. It doesn’t seem to work with COVID-19 however.

然而，当热与紫外线一起使用时，大多数研究人员都没有考虑到它的工作方式。

Heat however could work in a manner most researchers haven’t considered when used together with UV light.

小儿血液透析处方、疗效和结果

Pediatric Hemodialysis Prescription, Efficacy, and Outcome

Daljit K. Hothi, Denis F. Geary, in Comprehensive Pediatric Nephrology, 2008

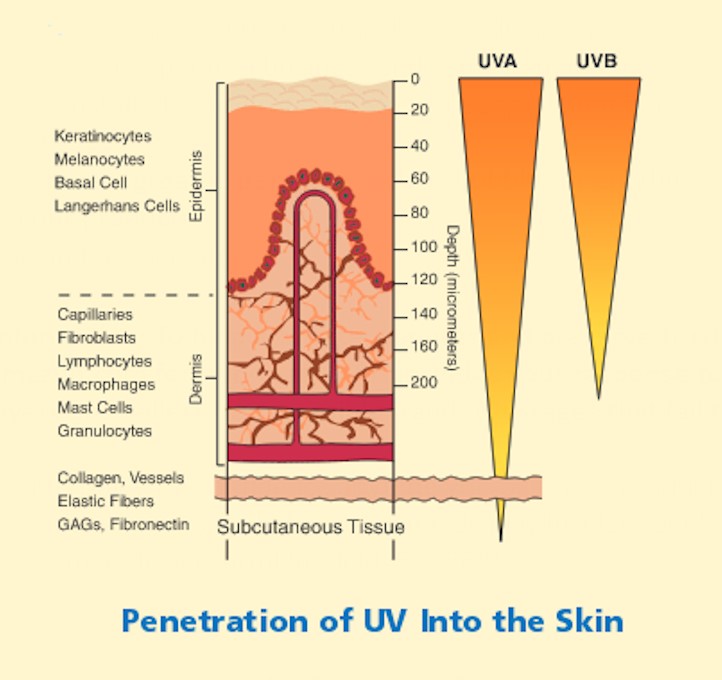
在体温升高期间，紧张交感神经血管收缩得到放松，主动血管扩张开始，皮肤血流量可从占全身心输出量的5%至10%的基线增加到约占心输出量的60%。

During times of increased body core temperature, tonic sympathetic vasoconstriction is relaxed, active vasodilatation is initiated, and the skin blood flow rate can increase from a baseline of 5% to 10% of the total body cardiac output to approximately 60% of cardiac output.

<https://www.sciencedirect.com/topics/medicine-and-dentistry/skin-blood-flow>

在南亚生活了几年，我感染了各种传染病。我发现穿着短裤跑步（不穿衬衫或最多是背心），我似乎在48小时内就从感染中康复了。原因可能是加热我的核心体温大大增加了通过皮肤的血液流量（60%的心输出量！）它被太阳的紫外线“处理”（清洗）。

Having lived in South Asia for a number of years I’ve contracted various infections. I found out going running wearing shorts and with no shirt I seem to recover from most within 24-48 hours. The reason might be that heating my core body temperature increased blood flow through the skin enormously (60% of cardiac output!) which is “treated” (washed) by the UV light from the sun.



因此，人体内的热量本身可能并不是特别有帮助，但与阳光相结合，有可能（1%-51%）将血液中的有害细菌和病毒降低到某人的T细胞能够成功抵抗的水平。

So heat by itself within the human body might not be particularly helpful, but in conjunction with sunshine there is some possibility it could lower harmful bacteria and viruses in blood to a level someone’s T-cells could successfully fight back against the pathogens.

低南半球COVID-19发病率：是阳光和热量吗？

2020年3月4日

MedicalBrief写道，有很多猜测认为，在非洲和南半球其他地区，COVID-19感染的低确诊率可能是因为该病毒易受高温和阳光的影响。在北半球，人们表示希望，即将到来的夏季将提供缓解感染的机会。

在北半球，流感季节一般在4月和3月消退，但是，一份国家地理杂志的报告问道，冠状病毒会随之消退吗？过去的冠状病毒爆发可以提供线索。

报告说，在世界各地迅速传播的冠状病毒是否会随着流感季节的到来而消退，目前还不能令人满意地确定，许多科学家说，现在还不知道这种危险的病毒在温暖的天气下会如何表现。

冠状病毒家族中存在几十种病毒，但只有七种病毒折磨着人类。其中四种已知会导致人患轻微感冒，而另一些则更为新奇、致命，并被认为是由蝙蝠和骆驼等动物传播的。卫生官员给这种新病毒贴上了SARS-CoV-2和COVID-19的标签。

哥伦比亚大学感染与免疫中心主任伊恩·利普金一直在研究这种新型冠状病毒。他说，冬季阳光不太充足，也有助于分解传播到表面的病毒。紫外线能分解核酸。它几乎能消毒（表面）。如果你在外面，一般都比里面干净，因为紫外线，”他说。紫外线在杀灭细菌和病毒方面非常有效，医院经常用它来消毒设备。

“阳光会使病毒”的生长能力减半，因此半衰期为2.5分钟，黑暗中大约为13-20分钟。他说，阳光真的很擅长杀灭病毒。

Low southern hemisphere incidence of COVID-19: Is it the sunshine and heat?

March 4th, 2020

There has been much speculation that the low confirmed incidence of COVID-19 infections in Africa and the rest of the southern hemisphere may be because the virus is vulnerable to heat and sun, writes MedicalBrief. And in the northern hemisphere, hopes are being expressed that the coming of summer will offer respite from infections.

In the northern hemisphere, the flu season generally subsides in April and March, but, asks a National Geographic report, will the coronavirus go with it? Past coronavirus outbreaks can offer clues.

The report says whether the coronavirus that’s quickly spreading around the world will follow the flu season and subside with spring’s arrival is unsatisfyingly uncertain, and many scientists say it’s too soon to know how the dangerous virus will behave in warmer weather.

Dozens of viruses exist in the coronavirus family, but only seven afflict humans. Four are known to cause mild colds in people, while others are more novel, deadly, and thought to be transmitted from animals like bats and camels. Health officials have labelled this new virus SARS-CoV-2 and its disease COVID-19.

Ian Lipkin, director of the Columbia University Centre for Infection and Immunity, has been studying the novel coronavirus. He says sunlight, which is less abundant in winter, can also help break down viruses that have been transmitted to surfaces. “UV light breaks down nucleic acid. It almost sterilizes (surfaces). If you’re outside, it’s generally cleaner than inside simply because of that UV light,” he says. UV light is so effective at killing bacteria and viruses it’s often used in hospitals to sterilize equipment.

“Sunlight will cut the virus” ability to grow in half, so the half-life will be two-and-a-half minutes and in the dark it’s about 13–20 minutes. Sunlight is really good at killing viruses,’ he said.

<https://www.medicalbrief.co.za/archives/low-southern-hemisphere-incidence-of-covid-19-is-it-the-sunshine-and-heat/>

另一个需要考虑的因素是，在南亚，居住在更多农村地区和从事农业的人口比例要高得多。这意味着更多地暴露在阳光下。不幸的是，在大多数国民生产总值低得多的国家，医疗保健并不好，因此准确的死亡原因统计数据也很少见。

Another factor to be considered is that in South Asia much higher percentages of people live in more rural areas and are involved in farming. This means greater exposure to sunshine. Unfortunately health care is not good in most countries with much lower GDPs and consequently accurate statistics on exact causes of death are rare.

理化处理对实验动物冠状病毒和细小病毒的杀灭效果。

Saknimit M、Inatsuki I、Sugiyama Y、Yagami K。

作者信息 摘要

研究了化学消毒剂、加热和紫外线对小鼠肝炎病毒（MHV）、犬冠状病毒（CCV）、Kilham大鼠病毒（KRV）和犬细小病毒（CPV）的杀灭效果。冠状病毒（MHV和CCV）被乙醇、异丙醇、苯扎氯铵、碘伏、次氯酸钠、亚氯酸钠、甲酚皂和甲醛灭活，并在60℃加热15分钟，而细小病毒（KRV和CPV）似乎被消毒剂如甲醛、碘伏灭活，次氯酸钠和亚氯酸钠。细小病毒在高达80摄氏度的温度下加热30分钟是稳定的。紫外线辐射在15分钟内使所有病毒灭活。同一组病毒对物理化学处理的稳定性没有显著差异。

Virucidal efficacy of physico-chemical treatments against coronaviruses and parvoviruses of laboratory animals.

Saknimit M, Inatsuki I, Sugiyama Y, Yagami K.

Author information

Abstract

Viricidal efficacy of chemical disinfectants, heating and ultraviolet radiation against mouse hepatitis virus (MHV), canine coronavirus (CCV), Kilham rat virus (KRV) and canine parvovirus (CPV) were examined. Coronaviruses (MHV and CCV) were inactivated by ethanol, isopropanol, benzalkonium chloride, iodophor, sodium hypochlorite, sodium chlorite, cresol soap and formaldehyde as well as by heating at 60 degrees C for 15 minutes, whereas parvoviruses (KRV and CPV) appeared to be inactivated by disinfectants such as formaldehyde, iodophor, sodium hypochlorite and sodium chlorite. Parvoviruses were stable under heating of up to 80 degrees C for 30 minutes. **Ultraviolet radiation inactivated all viruses within 15 minutes.** No significant differences in stability against physico-chemical treatments were seen between viruses in the same group.

PMID: 3416941 / Jikken Dobutsu. 1988 Jul;37(3):341-5.

DOI: 10.1538/expanim1978.37.3\_341

<https://www.ncbi.nlm.nih.gov/pubmed/3416941>

SARS冠状病毒在人体和环境中的稳定性及其对加热和紫外线的敏感性。

段思敏，赵克斯，文理夫，黄J J，皮GH，张SX，韩J，毕SL，阮L，董XP；SARS研究团队

结论：SARS冠状病毒在人体标本和环境中的生存能力较强。加热和紫外线照射能有效地消除病毒的感染性。

Stability of SARS coronavirus in human specimens and environment and its sensitivity to heating and UV irradiation.

Duan SM, Zhao XS, Wen RF, Huang JJ, Pi GH, Zhang SX, Han J, Bi SL, Ruan L, Dong XP; SARS Research Team

CONCLUSION: The survival ability of SARS coronavirus in human specimens and in environments seems to be relatively strong. Heating and UV irradiation can efficiently eliminate the viral infectivity.

<https://www.ncbi.nlm.nih.gov/pubmed/14631830>

紫外C光灭活血小板浓缩物和亚甲蓝+可见光灭活血浆中的三种新型病毒——严重急性呼吸综合征冠状病毒、克里米亚-刚果出血热病毒和尼帕病毒。

Inactivation of three emerging viruses - severe acute respiratory syndrome coronavirus, Crimean-Congo hemorrhagic fever virus and Nipah virus - in platelet concentrates by ultraviolet C light and in plasma by methylene blue plus visible light.

Eickmann M, Gravemann U, Handke W, Tolksdorf F, Reichenberg S, Müller TH, Seltsam A

结论：我们的研究表明，紫外血小板（UVC）和血浆（MB/light）均能有效降低SARS-CoV、CCHFV和NiV在血小板浓缩物和血浆中的感染性。

CONCLUSION: Our study demonstrates that both THERAFLEX UV-Platelets (UVC) and THERAFLEX MB-Plasma (MB/light) effectively reduce the infectivity of SARS-CoV, CCHFV and NiV in platelet concentrates and plasma, respectively.

<https://www.ncbi.nlm.nih.gov/pubmed/31930543>

不幸的是，紫外线C不能像A和B那样深入真皮，而紫外线B最有可能引起皮肤癌。 幸运的是，与SARS，克里米亚-刚果出血热病毒和Nipah病毒相比，皮肤癌通常更易于检测和治疗。

Unfortunately, Ultraviolet C light does not penetrate the dermis as deeply as A and B and Ultraviolet B is the most likely to cause skin cancer. Fortunately, skin cancers are usually easy to detect and treat as compared to SARS, Crimean-Congo hemorrhagic fever virus and Nipah virus.

**紫外线一般分为紫外线C（200至280纳米）、紫外线B（280至320纳米）和紫外线A（320至400纳米）。在到达表面的光中，紫外线B（中波紫外线）似乎是最致癌的。**

Ultraviolet light is generally divided into ultraviolet C (200 to 280 nanometers), ultraviolet B (280 to 320 nanometers), and ultraviolet A (320 to 400 nanometers). Of the light that reaches the surface, ultraviolet B (mid-wavelength ultraviolet light) appears to be the most carcinogenic.

<https://library.med.utah.edu/kw/derm/pages/meet_2.htm>

这可能是运动期间和运动后增强血液循环可能比被动加热更有效的原因之一，因为紫外线-C穿透皮肤的深度较浅。

This may be one reason enhanced blood circulation from exercise might be more effective than passive heating, given the shallower depth of UV-C penetration into skin.

冠状病毒mRNAs的合成：紫外线灭活传染性支气管炎病毒RNA合成的动力学。

斯特恩DF，塞夫顿BM

禽冠状病毒传染性支气管炎病毒感染细胞后，产生了五种主要的亚基因组rna。这些核糖核酸和病毒基因组形成一个3'共终巢集。我们发现紫外光对rna合成的失活率是不同的，并且随着转录体长度的增加而增加。

Synthesis of coronavirus mRNAs: kinetics of inactivation of infectious bronchitis virus RNA synthesis by UV light.

Stern DF, Sefton BM

Infection of cells with the avian coronavirus infectious bronchitis virus results in the synthesis of five major subgenomic RNAs. These RNAs and the viral genome form a 3' coterminal nested set. **We found that the rates of inactivation of synthesis of the RNAs by UV light were different and increased with the length of the transcript.**

<https://www.ncbi.nlm.nih.gov/pubmed/6283182>

变形金刚和紫外线对人血浆中中东呼吸综合征冠状病毒的灭活作用。

辛达维西、哈希姆·达曼霍里·加、埃尔·卡夫拉维·萨、图拉·阿姆、哈桑·阿姆3、阿扎尔·艾

背景：中东呼吸综合征冠状病毒（MERS-CoV）是一种新型人畜共患病原体。虽然通过输血传播MERS-CoV的可能性尚不清楚，但MERS-CoV被认为是一种值得关注的致病菌，尤其是在感染者的全血、血清和血浆中检测到MERS-CoV后。本文研究了阿莫松和紫外线（UVA）对新鲜冰冻血浆（FFP）中MERS-CoV的灭活作用

结论：amotosalen/UVA治疗是一种有效的灭活FFP中MERS-CoV感染性微粒的方法，能有效地降低MERS-CoV输血传播的风险。

Inactivation of Middle East respiratory syndrome-coronavirus in human plasma using amotosalen and ultraviolet A light.

Hindawi SI, Hashem AM Damanhouri GA, El-Kafrawy SA, Tolah AM, Hassan AM3, Azhar EI

BACKGROUND: Middle East respiratory syndrome-coronavirus (MERS-CoV) is a novel zoonotic pathogen. Although the potential for MERS-CoV transmission through blood transfusion is not clear, MERS-CoV was recognized as a pathogen of concern for the safety of the blood supply especially after its detection in whole blood, serum, and plasma of infected individuals. Here we investigated the efficacy of amotosalen and ultraviolet A light (UVA) to inactivate MERS-CoV in fresh-frozen plasma (FFP)

CONCLUSION: Our data show that amotosalen/UVA treatment is a potent and effective way to inactivate MERS-CoV infectious particles in FFP to undetectable levels and to minimize the risk of any possible transfusion-related MERS-CoV transmission.

<https://www.ncbi.nlm.nih.gov/pubmed/29239484>

UV-A作为病毒杀手是个好消息，肯定比更致癌的UV-B好

UV-A as virus killer is good news, certainly better than the more carcinogenic UV-B.

维罗尔方法。2004年10月；121（1）：85-91。

导致严重急性呼吸综合征（SARS-CoV）的冠状病毒失活。

Darnell ME1，Subbarao K，Feinstone SM，Taylor博士。

摘要

严重急性呼吸综合征（SARS）是由一种新型冠状病毒SARS-CoV引起的危及生命的疾病。鉴于这种疾病的严重性，世界卫生组织（WHO）建议在3级生物安全实验室（BSL3）中操作SARS-CoV的活性病毒培养物。病毒经254nm紫外光（UV）、65℃以上热处理、碱性（pH>12）或酸性（pH<3）条件、福尔马林和戊二醛处理灭活。我们描述了这些有效的病毒灭活方法的动力学，这些方法将允许在降低安全水平的情况下对不具传染性的SARS-CoV材料进行研究。

J Virol Methods. 2004 Oct;121(1):85-91.

Inactivation of the coronavirus that induces severe acute respiratory syndrome, SARS-CoV.

Darnell ME1, Subbarao K, Feinstone SM, Taylor DR.

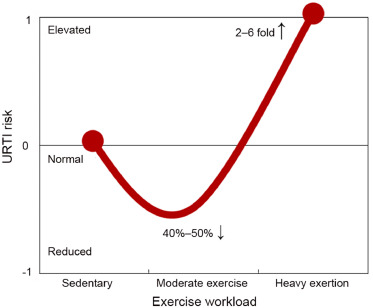
Abstract

Severe acute respiratory syndrome (SARS) is a life-threatening disease caused by a novel coronavirus termed SARS-CoV. Due to the severity of this disease, the World Health Organization (WHO) recommends that manipulation of active viral cultures of SARS-CoV be performed in containment laboratories at biosafety level 3 (BSL3). The virus was inactivated by ultraviolet light (UV) at 254 nm, heat treatment of 65 degrees C or greater, alkaline (pH > 12) or acidic (pH < 3) conditions, formalin and glutaraldehyde treatments. We describe the kinetics of these efficient viral inactivation methods, which will allow research with SARS-CoV containing materials, that are rendered non-infectious, to be conducted at reduced safety levels.

<https://www.ncbi.nlm.nih.gov/pubmed/15350737>

如果有人试图把人的血液加热到65度，他们会在血液达到这个温度之前很久杀死病人。热量不会直接杀死人体内的病毒，但从根本上增加皮肤内的血液流动，并用紫外线清洗皮肤，就可以挽救病人的生命。简单地被动加热病人并让他们暴露在紫外线下可能会有点帮助，但是做运动会大大增加血液循环，这超出了上述研究的范围。有几次我想如果我去跑步我可能会死，但是我决定如果我不去跑步我肯定会死。但获得阳光总是必不可少的。这在穆斯林国家是个问题，因为他们坚持人们总是遮住他们的上身，所以我总是找到没有人的地方，通常是在丛林深处和沙漠地区。在丛林里，我总是有很多水蛭附着在身上（脖子、肩膀和脚踝），但这比发烧、抽搐和死亡要好。山地跑步有时也可以，但我从个人经验中知道，更剧烈的运动会导致免疫抑制，使事情复杂化。适度运动是运动增强免疫系统的关键。

If someone tried to heat a human’s blood to 65⁰ they would kill their patient long before their blood ever reached that temperature. Heat isn’t directly going to kill viruses in humans, but radically increasing blood flow through the skin and washing it with UV could conceivably save a patient. Simply passively heating a patient and exposing them to UV might help a little, but doing exercise greatly increases blood circulation beyond the study referenced above. There were a few times I thought I might die if I went running, but decided I would definitely die if I didn’t go running. But getting sunshine was always essential. This was a problem in Muslim countries because they insist people always cover their upper bodies so I always found places where there were no people, usually in deep jungle and desert areas. In jungles I always got a lot of leeches attached to my body (neck, shoulders and ankles), but that was better than fevers, convulsions and death. Mountain running is sometimes OK too, but again I know from personal experience the immune depression from the more extreme exercise can complicate things. Moderate exercise is the key to immune system enhancement from exercise.



任何读到这篇文章的科学家都会提出它纯粹的猜想。那是真的。我只知道什么对我有用。

Any scientist reading this would suggest its pure conjecture. That’s true. I only know what has worked for me.

但问题仍然存在，为什么主流媒体甚至没有提到紫外线比化学和热处理更有效地杀死病毒？答案显而易见。里面没有钱。大型制药公司有答案。其他的都是假的，是骗局！甚至这里的领导层也在紧跟着他们，因为他们不想“看起来很愚蠢”

Still the question remains, why hasn’t the mainstream media even mentioned that UV light kills viruses more effectively than chemical and heat treatment? The answer is obvious. There’s no money in it. Big pharma has the answers. Anything else is fake, a fraud! And even the leadership here is following lock-step behind them because it doesn’t want to “look foolish.”

到目前为止，还没有“治愈”冠状病毒的方法。我不是说阳光能杀死它。相反，我将断言，许多因素可以降低任何个体和/或群体中出现任何病原体的可能性，许多简单的免费或廉价活动可以增强免疫系统，以将任何疾病的严重程度降到最低（取决于最初感染中的攻击浓度和患者体内的其他免疫因素，包括饮食和休息）。

As of this date there is no “cure” for coronavirus. I am not claiming that sunshine can kill it. Instead, I will assert many factors can lower the probability of any pathogen becoming manifest in any individual and/or group and many simple free or cheap activities can strengthen the immune system to minimize the severity of any disease (depending on the concentration of assault in the initial infection and other immunity factors within the patient, including diet and rest).

我以前写过关于冥想和免疫系统的科学研究，关于运动和免疫系统的科学研究，以及关于各种中草药和免疫系统的科学研究的文章。然而，这些东西都不是“解药”，没有“解药”

I’ve previously written articles on scientific research about meditation and the immune system, scientific research on exercise and the immune system, as well as scientific research on various Chinese herbal medicines and the immune system. None of these things however is a “cure.” There is no “cure.”

但是，加强免疫系统确实在病毒或细菌对人的影响有多严重的概率中起着关键作用。这是一个医学事实，美国医学会不希望每个人都知道，因为他们是由大制药公司控制！那些大公司只想赚钱。这就是他们想要的。

But, strengthening the immune system does play a critical role in in the probability of only getting a mild case of any and all diseases compared to dying of those diseases. This is a medical fact that the American Medical Association does not want everyone to know because they are controlled by big pharmaceutical corporations.

而且，不幸的是，全世界的“大老板”们都太害怕人们认为他们愚蠢，把促进健康作为一种预防方法。这里的一般健康意味着适度的锻炼、冥想和/或祈祷、食用营养丰富的新鲜水果和蔬菜、一些草药（如果需要）以及获得一些阳光。

And, unfortunately the “big bosses” around the world, are too afraid of looking foolish by promoting general health as a prevention method. General health here means moderate exercise, meditation and/or prayer, eating nutrient rich fresh fruits and vegetables, some herbal medicines if needed and getting some sunshine.

这里的领导人有一个简单的公式。检疫加戴口罩。这似乎奏效了。但是，这可能只是暂时的解决办法。就像筑坝防汛一样。不过，水还在上涨。促进健康是一个很好的主意，但是没有一个政府愿意致力于如此明显的事情。大型制药公司是所有问题的答案，除了在中国，检疫和外科口罩是答案.

The leaders here have a simple formula. Quarantine plus wearing surgical masks. This appears to have worked. But, it may be only a temporary solution. It’s like building a dam to prevent a flood. Still, the water is rising. Promoting health is a very good idea, but no government wants to commit themselves to something so obvious. Big pharma is the answer to all problems, except in China where quarantines and surgical masks are the answer.

如果一个人有一个或多个传染病症状，他们应该去看医生。但在我的情况下，在我的生活中，我很少得到保险的保障，而且医疗费用非常昂贵。因此，我总是被迫寻找更简单实用的疾病解决方案，主要是过更健康的生活方式。我几乎肯定比大多数人吃更多的新鲜水果和蔬菜，做更多的运动。

If a person has one or more symptoms of an infectious disease they should go to a doctor. In my case however I’ve rarely been covered by insurance in my life and medical care is extremely expensive. Thus, I’ve always been forced to find practical simpler solutions to disease, primarily living a healthier lifestyle.

重复：如果有人生病了，去医院，不要试着跑去晒太阳。这对我个人很有用，但我已经习惯了。对其他人来说可能很危险。在生病之前，经常锻炼，多吃新鲜的水果和蔬菜，多休息一点，但是从一开始就可以减少生病的可能性，这是最明智的选择。

To repeat: If someone is sick, go to a hospital, don’t try going running and get some sun. That has worked for me personally but I’m used to it. For others it might be dangerous. Before getting sick, doing regular exercise, eating more fresh fruits and vegetables, and a bit more rest however does reduce the probability of getting sick in the first place and is the wisest path to follow.

# 不同的暴露水平 Different exposure levels

在“遏制”这种疾病方面，中国比其他任何国家都做得更好。 但是，取消旅行限制后会发生什么？ 没有人知道。 大概有一半以上的中国人已经至少以很小的剂量接触过冠状病毒。 剂量如此之小，他们的免疫系统已经成功地将其扑灭了。 但这并不意味着危险已经过去。

China has done a better job than any other nation in “containing” this disease. But, what will happen when the travel restrictions are removed? Nobody knows for sure. Probably more than half of Chinese have already been exposed to coronavirus in at least tiny doses; doses so small their immune systems have successfully fought it off. But that doesn’t mean the danger is passed.

在北京，我看到很多人完全遮住了自己的每一英寸。 我不确定这是最好的方法。 这种冠状病毒的问题之一是不确定很多。 但是我确实知道维生素D缺乏症-例如由于缺乏阳光会降低人体的免疫反应。

Here in Beijing I’ve seen a lot people totally covering every inch of their bodies. I’m not sure that’s the best approach. One of the problems with this coronavirus is that a lot is not known for sure. But I do know that vitamin D deficiency – for example from a lack of sunshine lowers the human body’s immune response.

我相信大多数感染冠状病毒的人都不知道。他们的症状很轻微，而且会自行消失。不幸的是，他们可以在不知情的情况下感染其他很多人，其中一些人可能会生病死亡。由西村弘史教授领导的一个日本医生团队进行的一项最新研究显示，三分之一感染新型冠状病毒的人是“沉默携带者”

I’m very sure most people who get coronavirus don’t know it. Their symptoms are very mild and it goes away by itself. Unfortunately, they can infect a lot of other people without knowing it, and some of those other people could get sick and die. According to a new study by a team of Japanese doctors led by Professor Hiroshi Nishiura a third of people who have the new coronavirus are “silent carriers.”

中国和全世界的大多数人可能正在建立对非常、非常小的冠状病毒接触的免疫力。对大多数人来说，对抗“百万分之一暴露于”冠状病毒可能比大剂量暴露更容易。这是一个公平的假设。这部分是一些免疫接种的工作原理。在这种流行病开始的时候，是整个家庭都患上了这种疾病。为什么？在家中大量接触冠状病毒会大大增加患上这种高度危险疾病的可能性。这名家庭成员的免疫系统被大规模袭击所淹没。

Most people in China and worldwide are probably slowly building immunities from very tiny exposures to coronavirus. It is probably easier for most people to fight off a “one part per million exposure” to coronavirus than a massive dose exposure. That is a fair assumption. This is partly how some immunizations can work. In the beginning of this epidemic it was mostly families that got the fully manifested disease. Why? Massive exposure to coronavirus within a home vastly increases the probability of getting the full-blown highly dangerous disease. The person’s immune system is overwhelmed by the massive assault.

# 危险的地方-建筑物和公寓内The dangerous places

2020年3月17日，星期二

新型冠状病毒表面稳定数小时

SARS-CoV-2与原SARS病毒相似的稳定性

Tuesday, March 17, 2020

New coronavirus stable for hours on surfaces

SARS-CoV-2 stability similar to original SARS virus

美国国立卫生研究院、疾控中心、加州大学洛杉矶分校和普林斯顿大学科学家在《新英格兰医学杂志》上的一项新研究显示，导致2019年冠状病毒病的病毒（COVID-19）在气溶胶和表面上稳定了数小时至数天。科学家们发现，严重急性呼吸综合征冠状病毒2（SARS-CoV-2）在气溶胶中的检测时间长达3小时，在铜上的检测时间长达4小时，在纸板上的检测时间长达24小时，在塑料和不锈钢上的检测时间长达2至3天。这一结果提供了导致COVID-19病的SARS-CoV-2稳定性的关键信息，并提示人们可能通过空气和接触受污染物体后获得病毒。在过去两周内，研究人员将研究信息放在预印本服务器上，以便与同事快速共享数据，研究信息被广泛共享。

**The virus that causes coronavirus disease 2019 (COVID-19) is stable for several hours to days in aerosols and on surfaces**, according to a new study from National Institutes of Health, CDC, UCLA and Princeton University scientists in The New England Journal of Medicine. The scientists found that severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was detectable in aerosols for up to three hours, up to four hours on copper, up to 24 hours on cardboard and up to two to three days on plastic and stainless steel. The results provide key information about the stability of SARS-CoV-2, which causes COVID-19 disease, and suggests that people may acquire the virus through the air and after touching contaminated objects. The study information was widely shared during the past two weeks after the researchers placed the contents on a preprint server to quickly share their data with colleagues.

<https://www.nih.gov/news-events/news-releases/new-coronavirus-stable-hours-surfaces>

但我们还是被告知：呆在里面。但里面是最危险的地方，尤其是在一栋大公寓楼里。

But still we are all told: Stay inside, with inside being the most dangerous place of all, especially in a large apartment building.

Containment could have worked if Wuhan had been locked down as soon as this disease was identified. But it wasn’t. It’s worldwide spread rate has been greatly accelerated by Donald Trump’s attitudes. “The weak shall die!” he proudly pronounces. At this point, it’s gone too far.

这可能是最安全、最简单的治疗方法之一，就是增强人们的免疫系统。尽管研究人员正在开发免疫方法，但没有人能肯定地说这一种或那一种是100%有效的。也许永远不会有“治愈”的方法，尽管有些艾滋病药物和一些中草药有时确实有帮助。

It is possible one of the safest, and simplest remedies is to strengthen people’s immune systems. Though researchers are working on developing immunizations no one can definitely say this or that one is 100% effective. There may never be a “cure,” although some HIV/AIDS medications and some Chinese herbal medicines do help sometimes.

# 冠状病毒的气溶胶传播 Aerosol Transmission of Coronavirus

冠状病毒最危险的一点是，它似乎只需要呼吸就可以把它传给其他人。它不需要有人咳嗽或打喷嚏就可以把它传给另一个人。气溶胶粒子的尺寸非常小。不幸的是，令人惊讶的是，似乎没有人在研究紫外线辐射对这种携带冠状病毒的气溶胶的影响。然而，以上报道的医学报告表明，阳光可以在减少冠状病毒传播方面发挥关键作用。

One of the most dangerous things about Coronavirus is that it appears just breathing can pass it to other people. It does not require someone to cough or sneeze to transmit it to another person. The size of the aerosol particles are extremely small. Unfortunately, and surprisingly nobody seems to be studying the effects of UV radiation on this aerosol carried form of coronavirus. However, the medical reports reported above suggest that sunshine can play a critical role in reducing transmission of coronavirus.

新的冠状病毒可能以空气悬浮物的形式传播，就像9天前Nicoletta Lanese写的SARS一样

然而，病毒不太可能以这种方式传播到医疗保健以外的地方。

编者按：这篇文章中描述的研究发表在3月17日的《新英格兰医学杂志》上。这篇文章最初发表于3月13日。

根据初步研究，新型冠状病毒SARS-CoV-2可以在空气中以被称为气溶胶的微粒存活数小时。

研究人员发现，导致呼吸道感染COVID-19的冠状病毒在雾化后3小时内可以被检测到，并能在整个时间段内感染细胞。这项研究于3月10日首次发表在预印本数据库medRxiv上，目前仍处于初步阶段，因为它没有经过广泛的同行评审。作者们确实收到了一份前瞻性科学杂志的评论，并在3月13日发布了一份反映修订内容的最新研究版本。

然而，在目前的研究中，研究人员并没有研究SARS-CoV-2能在空气中传播多远。

New coronavirus may spread as an airborne aerosol, like SARS By Nicoletta Lanese - Staff Writer 9 days ago

However, it's unlikely that the virus would spread in this way beyond health care settings.

Editor's note: The study described in this article was published in The New England Journal of Medicine on March 17. This article was originally published on March 13.

**The novel coronavirus SARS-CoV-2 can survive in the air for several hours in fine particles known as aerosols, according to preliminary research.**

The coronavirus, which causes the respiratory infection COVID-19, can be detected up to 3 hours after aerosolization and can infect cells throughout that time period, the study authors found. The study, first posted March 10 on the preprint database medRxiv, is still preliminary, because it has not undergone extensive peer-review. The authors did receive comments from one prospective scientific journal, and posted an updated version of the study on March 13 reflecting the revisions.

However, in the current study, the researchers did not examine how far SARS-CoV-2 could conceivably travel through the air.

<https://www.livescience.com/coronavirus-can-spread-as-an-aerosol.html>

在整个实验过程中（3小时），SARS-CoV-2在气溶胶中仍然存活，感染滴度从每升空气103.5 TCID50降低到102.7 TCID50。这种减少与SARS-CoV-1的观察结果相似，从每毫升104.3到103.5 TCID50（图1A）。

SARS-CoV-2 remained viable in aerosols throughout the duration of our experiment (3 hours), with a reduction in infectious titer from 103.5 to 102.7 TCID50 per liter of air. This reduction was similar to that observed with SARS-CoV-1, from 104.3 to 103.5 TCID50 per milliliter (Figure 1A).

<https://www.nejm.org/doi/10.1056/NEJMc2004973>

空气中冠状病毒颗粒物浓度越高，风险越大。例如，在一些楼梯顶部的小走廊里，空气的浓度将非常有利于感染的传播。为什么？温暖的空气上升，会聚集在一些楼梯的顶部，在一个小走廊的尽头变得死气沉沉。

The higher the concentration of coronavirus exposure in air, the greater the risk. The concentration of air in a small hallway for example, at the top of some stairs would be highly conducive to transmission of an infection. Why? Warm air rises and would collect at the top of some stairs and become stagnant at the end of a small hallway.

# 戴面具是个好主意 Wearing masks is a good idea

但是，有些口罩比其他口罩提供更多的保护. 因为人是COVID-19的主要携带者，所以在远离他人的地方（自然界中）有可能起飞并获得阳光。

But, some masks offer much more protection than others, and when alone out in nature far away from other people it might be a good idea to take if off and get some sunshine on your skin.

戴口罩的好处已成为国际争论。 在某些国家中，有可能比其他国家更有必要。

The benefits of wearing masks has become an international issue. It is possible in some countries it is more necessary than others.

每个戴着口罩的人都可以帮助我们减缓大流行吗？凯利·瑟维克（Kelly Servick），2020年3月28日  
伯明翰大学的公共卫生专家KK Cheng认为：“这实际上是一种非常好的公共卫生干预措施，没有得到利用。这不是在保护自己。这是在保护人们免受呼吸道飞沫的伤害。”  
Cheng和其他人强调，无论使用口罩，人们都必须与社会保持距离并尽量呆在家里，以防止新型冠状病毒传播。当人们冒险并进行互动时，他们可能会吐出一些唾液。他说：“我不想吓到你，但是当人们说话，呼吸和唱歌时（你不必打喷嚏或咳嗽），这些飞沫就会散发出来。”  
密歇根大学的流行病学家Arnold Monto表示，尽管有证据表明严重的急性呼吸系统综合症冠状病毒2（SARS-CoV-2）可以持续存在于气溶胶中（细小颗粒仍悬浮在空气中），但气溶胶传播却很少。安阿伯。他说，它主要是由较大的液滴散布的，“而且我们知道标准的外科口罩将对这种类型的传播产生适度的影响。” “将[遮罩]与其他方法结合使用时，它们可能会有所作为。”  
事实证明，外科口罩和防护性更强的N95呼吸器均可以预防医护人员的各种呼吸道感染。关于两者中的哪一种适合不同类型的呼吸道感染患者的护理存在争议。考林说：“想象一下……口罩对医护人员来说确实很重要，但对普通公众却根本没有用，这是没有道理的。”

Would everyone wearing face masks help us slow the pandemic? By Kelly Servick, March 28, 2020

"It's really a perfectly good public health intervention that's not used,” argues KK Cheng, a public health expert at the University of Birmingham. “It’s not to protect yourself. It’s to protect people against the droplets coming out of your respiratory tract.”

Cheng and others stress that however masks are used, people must practice social distancing and stay at home as much as possible to prevent the spread of the novel coronavirus. When people do venture out and interact, they’re likely to spew some saliva. “I don’t want to frighten you, but when people speak and breathe and sing—you don’t have to sneeze or cough—these droplets are coming out,” he says.

Although there is some evidence that severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) can persist in aerosols—fine particles that remain suspended in air—aerosol transmission is likely rare, says Arnold Monto, an epidemiologist at the University of Michigan, Ann Arbor. It’s mostly spread by larger droplets, “and we know that standard surgical face masks will have a modest effect on that kind of transmission,” he says. “When you combine [masks] with other approaches, then they may make a difference.”

Both surgical masks and the more protective N95 respirators have been shown to prevent various respiratory infections in health care workers; there’s been some debate about which of the two is appropriate for different kinds of respiratory infection patient care. “It doesn’t make sense to imagine that … surgical masks are really important for health care workers but then not useful at all for the general public,” Cowling says.

<https://www.sciencemag.org/news/2020/03/would-everyone-wearing-face-masks-help-us-slow-pandemic>

该评论文章的作者未研究其他可能重要的因素。 例如在瑞典，他们没有使用隔离区或口罩。 为什么不？

The author of that review article does not examine other possibly important factors. In Sweden for example they are not using quarantines, or masks. Why not?

瑞典拒绝检疫-这是西方最鲁莽或最相称的Covid-19反应吗？

2020年3月30日  
  由于欧洲大部分地区采取了特殊的限制措施来减缓冠状病毒的传播，因此瑞典出人意料地释放了公民。 瑞典人是为了公共健康而掷骰子，还是其他所有人反应过度？  
随着欧洲大多数国家为减缓Covid-19的传播而采取的紧缩措施，一个国家正在逆转这一趋势。 瑞典正在采取更加自由的方法来对抗这种病毒。 尽管邻近丹麦和挪威，但除基本服务外，其他所有服务都已关闭，随着严寒的斯堪的纳维亚冬天的结束，瑞典人仍然可以自由参加社交活动。 尽管大学和高中已关闭，但学前班，幼儿园，酒吧，饭店，滑雪胜地，体育俱乐部和美发店都仍然开放。

Sweden says no to quarantine – is this the most reckless or the most proportionate Covid-19 response in the West? March 30, 2020

With most of Europe imposing extraordinary restrictions to slow the spread of coronavirus, Sweden has left its citizens surprisingly free. Are Swedes rolling the dice with their public health, or is everyone else overreacting?

As most of Europe clamps down in a bid to slow the spread of Covid-19, one country is bucking the trend. Sweden is taking a markedly more liberal approach to combatting the virus. Despite its closest neighbours, Denmark and Norway, shutting down all but essential services, Swedes remain free to socialise as the harsh Scandinavian winter comes to an end. Although universities and high schools have shut, pre-schools, kindergartens, bars, restaurants, ski resorts, sports clubs and hairdressers have all remained open.

<https://www.rt.com/news/484515-sweden-covid-no-lockdown/>

有趣的是，瑞典的人口非常少，是世界上最好的医疗保健系统之一。 它的总人口为1036万，仅北京的2300万人还不到北京的一半。 瑞典当局有可能拥有照顾可能的感染所需的全部医疗资源。 毫无疑问，人们会死亡，但是他们有可能愿意为所有罹患这种致命疾病的人们提供最好的医疗服务。

It is interesting to note that Sweden has a very tiny population and one of the world’s best health care systems. It’s total population of 10.36 million is less than half of Beijing alone, which has a population of 23 million. It is possible that Swedish authorities have all the medical resources they need to care for probable infections. No doubt, people will die, however it is possible that they feel ready to offer the best possible medical care to all people who contract this deadly disease.

在美国和英国肯定不是这样 This is definitely not the case in the USA and UK.

2020年3月30日，由于Covid-19大流行导致医疗系统严重头痛，“四分之一”英国医生被迫下班  
英国的国家医疗保健系统（NHS）正努力应对约25％的因病休假或处于自我隔离状态的医生，因为Covid-19大流行病在前线服务造成严重破坏。

'ONE IN FOUR' UK doctors forced off work as Covid-19 pandemic causes severe headache for healthcare system, March 30, 2020

The UK's national healthcare system (NHS) is struggling to cope with around 25 percent of doctors who are off work sick or in self-isolation, as the Covid-19 pandemic wreaks havoc across frontline services.

<https://www.rt.com/uk/484499-doctors-coronavirus-ill-nhs/>

英国人口：6644万。The population of the UK: 66.44 million.

英国首相鲍里斯约翰逊无疑拥有最好的医疗保障。所以现在他在笑这个新的冠状病毒。然而，当这种疾病在整个人群中传播，并且他们的医疗资源不足变得更加明显时，他可能会后悔他目前的傲慢态度。

UK Prime Minister Boris Johnson no doubt has the best possible medical care. So now he is laughing about the novel coronavirus. However, when as the disease spreads throughout the entire population and the inadequacies of their medical resources become more visible, he may regret his current cavalier attitudes.

美国的人口为3.31亿，医疗保健系统处于混乱之中。 他们完全没有为致命的全球性大流行做好准备，而少数民族（由于新型冠状病毒的种族特质）和没有保险的人将为此付出代价。

The population of the USA is 331 million and the health care system is in a shambles. They are totally unprepared for a deadly global pandemic, and minorities (due to the ethnic specific qualities of novel coronavirus), and uninsured will pay the price.

因此，美国人当然应该戴口罩；最好的口罩（N95呼吸器）。Thus Americans should certainly wear masks; the best masks available (N95 respirators).

中国人口约1408526449人，显然中国也需要口罩 （N95呼吸器）。

With a population of China around 1,408,526,449, obviously masks should be required in China as well (N95 respirators).

然而，当离别人很远，很远的时候，摘下面具，脱下衬衫晒晒太阳可能是个很好的主意。

However, when far, far away from other people, taking off the mask, and taking off one’s shirt to get some sunshine might possibly be a very good idea.

标准的外科口罩不能保护人们免受气溶胶传播的病毒的侵害Standard surgical masks do not protect people from aerosol borne viruses

标准的外科口罩不能保护人们免受气溶胶传播病毒的侵害

约翰霍普金斯大学健康安全中心的埃里克·托纳（Eric Toner）也向商业内幕人士暗示，戴口罩“没什么害处”。但他补充说：“这不太可能有效地预防它。”库存的两种主要变型是标准的外科口罩和N95呼吸器。外科口罩的设计是为了阻止液滴，从而降低从另一个人身上感染病毒的机会。

Eric Toner, of the Johns Hopkins University Center for Health Security, similarly suggested to Business Insider that there's ‘little harm' in wearing face masks. But he added: ‘It's not likely to be very effective in preventing it.’ The two main variants being stockpiled are standard surgical masks and **N95 respirators**. Surgical masks are designed to block liquid droplets, thereby lowering the chances of catching the virus from another person.

Read more: <https://metro.co.uk/2020/01/29/effective-face-masks-coronavirus-12144465/?ito=cbshare>

这些“液滴”来自咳嗽和打喷嚏，而不是呼吸中的气溶胶病毒。在中国，大多数人戴的标准外科口罩并不能阻止气溶胶病毒的传播。

Those “liquid droplets” are from coughing and sneezing, and not the aerosol borne viruses from breathing. The standard surgical masks most people are wearing in China do not prevent aerosol virus transmission.

液滴感染与气溶胶传播的相对百分比尚不清楚。 这意味着最好还是安全一点，并佩戴更好的口罩N95呼吸器。

The relative percentage of people infected from liquid droplets vs. aerosol transmission is not known. This means it’s probably better to be safe and wear the better masks, N95 respirators.

# 美国也出口仇恨以提高企业利润The USA also exports hate to boost corporate profits

中情局是美国政府捏造有关中国的谎言的典当

李青青来源：《环球时报》发布：2020/4/2

彭博社周三发表文章说，美国情报界在给白宫的“机密报告”中得出结论，中国“隐瞒”了COVID-19爆发的程度，“漏报”了确诊病例和死亡。 病毒。 两名不愿透露姓名的美国官员说，报告得出的结论是“中国的数字是假的”。

美国未能在其本国的土地上抗击该流行病方面的无能为力，因此美国情报机构被派去从事肮脏的工作。 他们一直在伪造和散布虚假信息，以挽救面子。 他们根本没有声誉。 中央情报局完全是情报的耻辱。

CIA is US govt’s pawn to fabricate lies about China

By Li Qingqing Source: Global Times Published: 2020/4/2

Bloomberg published an article on Wednesday saying that the US intelligence community concluded in a "classified report" to the White House that China has "concealed" the extent of the COVID-19 outbreak, "under-reporting" the confirmed cases and deaths of the virus. Two US officials who asked not to be identified said the report concludes that "China's numbers are fake."

The US has failed to whitewash its incompetence in fighting the epidemic on its home soil, so the US intelligence agencies are dispatched to do the dirty jobs. They have been forging and disseminating false information just to save face. They have no reputation at all. The CIA is completely a shame of intelligence.

<https://www.globaltimes.cn/content/1184532.shtml>

看到《环球时报》现在更加直接，令人耳目一新。不过，上面的引文有一点误译或错误。它说：“他们一点名声也没有。”（英文）事实上，美国情报部门以虚伪、谎言、大规模谋杀、推翻政府，甚至民主国家等臭名昭著。抨击和污蔑中国只是其中一个表现。幸运的是，对于中国和全世界来说，世界上没有人真的相信中情局说的任何话，除了它自己的一队拍马屁的人。

It is refreshing to see that Global Times is being more direct now. There is a little mistranslation or error in the above quote however. It says: “The “They have no reputation at all.” (In English.) In fact, US intelligence has a notorious reputation for hypocrisy, lies, mass murder, overthrowing governments, even democracies, etc. Bashing and smearing China is just one manifestation of this. Fortunately for China and the world, nobody in the world really believes anything the CIA says, except its own chorus of paid sycophants and the occasional idiot.

我比大多数人都清楚这一点，因为我可能是中国唯一一个在美国联邦法院起诉中情局的人。

I know this better than most people as I’m probably the only person in China that sued the CIA in American Federal Court.

我很高兴《环球时报》现在采取了更直接、更自信的方式，报道了至少一些中情局针对中国活动的明显表现。

I am very happy that Global Times is now taking a more direct and assertive approach to reporting at least some of the obvious manifestations of the CIA’s activities.

最近我和我在美国的一个前学生聊天，他告诉我他从他的一个“朋友”那里学到的关于“伊斯兰教”的知识。这是一个奇怪和可怕的扭曲翻译的神圣可兰经，使伊斯兰教看起来邪恶。但美国领导人当然想让全世界都憎恨穆斯林。为什么？因为世界上四分之三的自然资源都在伊斯兰国家，所以教大家仇恨穆斯林，让杀害穆斯林看起来是一件非常好的事情，这是非常有利可图的！

Recently I was chatting with a former student of mine in the USA. He told me what he had learned about “Islam” from one of his “friends” there. It was a bizarre and horribly twisted translation of the Holy Koran that made Islam look evil. But of course, the US leaders want to make the whole world hate Muslims. Why? Because three quarters of the world’s natural resources are in Islamic countries, and so it’s very profitable to teach everyone to hate Muslims to make killing Muslims appear like a very good thing!

不仅仅是一个学生。中国学生常常觉得，如果他们加入“右派”宗教，即“道德多数派”，他们就能更好地与美国人“建立联系”。这种文化适应过程的一部分是在许多或大多数情况下学会仇恨穆斯林。恨“他们”（不同的人）会让“我们”更亲近，是吗？

It wasn’t just one student. Chinese students often feel they can “bond” better with Americans if they join the “right” religion, that of the “Moral Majority.” Part of that acculturation process is in many or most cases learning to hate Muslims. Hating “them” (people who are different) brings “us” so much closer together, eh?

有多少中国学生在美国接受过教育，然后又回到了中国，以昂贵的昂贵美国大学学位在政府，工业，教育和媒体上找到了好工作？

How many Chinese students have been educated in the USA and come back to China to get good jobs in government, industry, education and the media with their fancy expensive American university degree?

真可惜。 从历史上看，中国历来都是包容性的，是不同民族的拼图游戏，他们说总共有56个，但实际上还有很多，因为每个民族中都有不同的分支机构，有时与大多数人有很大的不同。 不久以前，在中国历史上曾经有一段时间，特别是在清朝末期，穆斯林受到了高度推崇！ 为什么？ 因为当中国所有其他团体都被清朝击败时，只有回族穆斯林继续战斗。 1868年，清朝粉碎了天国（太平天国），但回族穆斯林一直在陕甘地区战斗，直到1873年。他们被杀害的人数众多，但他们仍在战斗。

This is such a pity. Historically China always was relatively inclusive, a jigsaw puzzle of different ethnic groups, 56 in total they say, but in fact there are many more, for within each ethnic group there are different branches, sometimes very different from the majority. There was a time in Chinese history not so long ago, specifically near the end of the Qing Dynasty when Muslims were very highly respected! Why? Because when all other groups in China had been defeated by the Qing Dynasty, only the Hui Muslims kept fighting. The Heavenly Kingdom (Taiping Revolution) was crushed by 1868, by the Qing Dynasty, yet the Hui Muslims kept fighting in the Shaanxi-Gansu area until 1873. Huge numbers of them were killed, yet they kept fighting.

孙中山虽然在西方受过医学教育，但他心中仍然是中国人。不幸的是，他在溥仪皇帝退位的第二天辞职，2月15日，临时参议院选举袁世凯为共和国临时总统。

Though Sun Yat-Sen was educated in medicine in the west, he remained Chinese at heart. Unfortunately, he resigned the day after Emperor Puyi abdicated, and on February 15th the Provisional Senate Elected Yuan Shikai Provisional President of the republic.

更不幸的是，袁世凯是帝国主义势力的代理人，支持了大地主和买办阶级。 然后自然而然地是血腥灾难性的北洋战争时期（1916-1928年）。 大多数军阀都有不同的外国帝国主义力量支持。  
1928年，大部分嵩山少林被烧成灰烬。 许多僧侣被杀。 图书馆被毁了。

Even more unfortunately Yuan was an agent of the imperialist powers, and supported the big landlords and comprador class. This then naturally was followed by the bloody disastrous Beiyang War-Lord period (1916–1928). Most of the warlords were backed by different foreign imperial powers.

It was in 1928 that most of the Songshan Shaolin was burned to the ground. Many monks were killed. The library was destroyed.

少林寺一直是中国的道德中心和强大的捍卫者。 这不是少林第一次或最后一次遭到袭击。 最近，它受到一位西方作家的袭击，作者是米尔·沙哈（Meir Shahar），题为《少林寺：历史，宗教和中国武术》。 （2008）作者从北京大学和其他著名大学的教授那里获得翻译帮助。 但是，作者在书中提出的某些结论极具诽谤性，声称少林只对金钱和权力感兴趣。 攻击一个国家的道德中心就是对该国家的攻击。

The Shaolin Monastery has always been the moral center and strong defender of China. That was not the first or last time the Shaolin has been attacked. Most recently it came under attack from a western writer in a book titled: The Shaolin Monastery: History, Religion, and the Chinese Martial Arts, by Meir Shahar. (2008) The writer got professors from Beijing University and other prestigious universities to help with translations. But some of the conclusions the writer put into the book were highly defamatory, claiming that Shaolin was only interested in money and power. Attacking the moral center of a nation is an attack on that nation.

美国的基础是建立在仇恨之上，并将仇恨从一个群体转移到另一个群体，以促进美国的扩张。

The foundation of the United States is built on hatred, and the transfer of that hatred from one group of another to facilitate the expansion of the United States.

“总统权力与国家暴力：詹姆斯·K·波尔克对野蛮的修辞转换

“Presidential Power and National Violence: James K. Polk's Rhetorical Transfer of Savagery

“詹姆斯·诺克斯·波尔克总统经常因其作为总统的成就而受到赞扬，其中包括对该国西部地区的领土征用。对这一遗产的批评主要集中在他对墨西哥发动战争的修辞策略上。迄今为止，还没有研究集中在波尔克结束战争的修辞策略上。在这篇文章中，我考察了波尔克的战争结束论调，关注他退出战争的合理化，他与墨西哥恢复外交关系的理由，以及他对一个需要总统和国家关注的新敌人的识别。我认为，波尔克从墨西哥人到印度人的支点，在修辞上把野蛮的比喻转移到了印度人身上，使针对印度人的暴力行为重新活跃起来，并通过成立内政部促进了印度事务管理的制度化。我的结论是，修辞批评家应密切关注战争结束的言论如何使总统能够从一个敌人过渡到另一个敌人，同时获得体制利益。”

“Presidential Power and National Violence: James K. Polk's Rhetorical Transfer of Savagery

“President James Knox Polk is often lauded for his achievements as president, including the territorial acquisition of the western portion of the nation. Critical attention to this legacy mostly focuses on his rhetorical strategy for putting the nation into war with Mexico. To date, no studies focus on Polk’s rhetorical strategy for ending the war. In this article, I examine Polk’s end-of war rhetoric, attending to his rationalizations for exiting the war, his justification for resuming diplomatic relations with Mexico, and his identification of a new enemy requiring presidential and national attention. I argue that Polk’s pivot from Mexicans to Indians rhetorically transferred tropes of savagery to Indians, reenergized violence against Indians, and facilitated the institutionalization of management of Indian affairs via the creation of the Department of the Interior. I conclude that rhetorical critics should closely attend to the way end-of-war rhetoric enables presidents to transition from one enemy to another while reaping institutional benefits.”

*Rhetoric & Public Affairs*, Vol. 19, Number 3, Fall 2016, pp. 365-396

(Can be downloaded from JSTOR and Academia.edu)

考虑到美国联邦政府许多非常重要的政策背后的经济利益动机，甚至认为过上更健康的生活是件好事也可能引起争议。

Given the profit motive behind many very important policies within the US federal government, even suggesting that living a healthier life is a good thing can be controversial or even dangerous.

特朗普总统大声谴责中国造成了新型冠状病毒。 这是这种转移仇恨的长期策略的一部分。 在这种情况下，它会将仇恨从所谓的“伊斯兰恐怖分子”转移到仇恨中国。 他称这种致命病毒为“中国病毒”。 他指责并指责中国隐藏有关这种疾病的信息，等等。

President Trump is loudly blaming China for the novel coronavirus. It’s part of this long-term strategy of transferring hate. In this case it’s transferring hate from so-called “Islamic terrorists” to hating China. He refers to this deadly virus as the “Chinese virus.” He blames and accuses China of hiding information on this disease, and so on.

美国政府正试图通过指责中国来掩盖自己的病毒失败

US government's China bashing a cover-up for virus failures, Global Times Published: 2020/3/25 <https://www.globaltimes.cn/content/1183776.shtml>

特朗普承诺不使用“中国病毒”一词不太可能阻止美国的“种族诽谤”

Trump’s promise not to use ‘Chinese virus’ unlikely to stop US’ ethnic slander

Global Times, 2020/3/25 <https://www.globaltimes.cn/content/1183750.shtml>

# 自由资本主义是一种疾病吗？Is unrestrained capitalism a disease?

也许有人会这么认为。以美国为首的资本主义国家攻击并企图摧毁所有的社会主义国家。资本主义有一种不可否认的寄生性。富人以穷人为生，就像寄生虫以寄主生物为生一样。

One might think so. Capitalist nations led by the USA have attacked and attempted to destroy every and all socialist nations. There is a parasitic nature to capitalism that cannot be denied. The wealthy feed off the poor just the same as parasites live off the host organism.

作家威廉·布鲁姆出版了几本关于美国对外“干预”的书，其中包括一份众所周知的自二战以来美国“国防部”试图推翻的外国政府名单。

Writer William Blum published several books on American foreign “interventions” including a well-known very long list of foreign governments that the US “Department of Defense” attempted to overthrow since WWII.

第二次世界大战以来美国推翻或企图推翻外国政府的事例。（\*表示成功驱逐政府）

Instances of the United States overthrowing, or attempting to overthrow, a foreign government since the Second World War. (\* indicates successful ouster of a government)

* 年代初的中国 1949-60 - China 1949 to early 1960s
* 阿尔巴尼亚1949-53 - Albania 1949-53
* 东德50年代East Germany 1950s
* 伊朗1953\* Iran 1953 \*
* 危地马拉1954年\* Guatemala 1954 \*
* 哥斯达黎加50年代中期 Costa Rica mid-1950s
* 叙利亚1956-1957 Syria 1956-7
* 埃及1957 Egypt 1957
* 印度尼西亚1957-1958 Indonesia 1957-8
* 英属圭亚那\* British Guiana 1953-64 \*
* 伊拉克1963\* Iraq 1963 \*
* 北越1945-73 North Vietnam 1945-73
* 柬埔寨1955-1970\* Cambodia 1955-70 \*
* 老挝1958\*，1959\*，1960\* Laos 1958 \*, 1959 \*, 1960 \*
* 厄瓜多尔1960-63\* Ecuador 1960-63 \*
* 刚果1960\* Congo 1960 \*
* 法国1965 France 1965
* 巴西1962-64\* Brazil 1962-64 \*
* 多米尼加共和国1963\* Dominican Republic 1963 \*
* 古巴1959年至今 Cuba 1959 to present
* 玻利维亚1964\* Bolivia 1964 \*
* 印度尼西亚1965\* Indonesia 1965 \*
* 加纳1966\* Ghana 1966 \*
* 智利1964-1973\* Chile 1964-73 \*
* 希腊1967\* Greece 1967 \*
* 哥斯达黎加1970-71 Costa Rica 1970-71
* 玻利维亚1971\* Bolivia 1971 \*
* 澳大利亚1973-75\* Australia 1973-75 \*
* 安哥拉1975、80年代 Angola 1975, 1980s
* 扎伊尔1975 Zaire 1975
* Portugal 1974-76 \* Portugal 1974-76 \*
* 牙买加1976-80\* Jamaica 1976-80 \*
* 牙买加1976-80\* Seychelles 1979-81
* 乍得1981-82\* Chad 1981-82 \*
* 格林纳达1983\* Grenada 1983 \*
* 南也门1982-84 South Yemen 1982-84
* 苏里南1982-84 Suriname 1982-84
* 斐济1987\* Fiji 1987 \*
* 利比亚1980年代 Libya 1980s
* 尼加拉瓜1981-1990\* Nicaragua 1981-90 \*
* 巴拿马1989\* Panama 1989 \*
* 保加利亚1990\* Bulgaria 1990 \*
* 阿尔巴尼亚1991\* Albania 1991 \*
* 伊拉克1991 Iraq 1991
* 阿富汗1980年代\* Afghanistan 1980s \*
* 索马里1993 Somalia 1993
* 南斯拉夫1999-2000\* Yugoslavia 1999-2000 \*
* 厄瓜多尔2000\* Ecuador 2000 \*
* 阿富汗2001\* Afghanistan 2001 \*
* 委内瑞拉2002\* Venezuela 2002 \*
* 伊拉克2003\* Iraq 2003 \*
* 海地2004\* Haiti 2004 \*
* 索马里2007年至今 Somalia 2007 to present
* 洪都拉斯2009\* Honduras 2009 \*
* 2011年利比亚\* Libya 2011 \*
* 叙利亚2012 Syria 2012
* 乌克兰2014\* Ukraine 2014 \*

<https://williamblum.org/essays/read/overthrowing-other-peoples-governments-the-master-list>

自2014年以来，我们需要补充：Since 2014 one needs to add:

土耳其2016 Turkey 2016

委内瑞拉2019 Venezuela 2019

玻利维亚2019\* Bolivia 2019 \*

伊朗2019 Iran 2019 to present

中国2019年至今 China 2019 to present

上述清单不包括美国国防部利用外国代理人试图推翻政府的案例，如1980-1988年的两伊战争。当时萨达姆·侯赛因是美国国防部的一个快乐仆人。美国人给了他美国制造的武器、资金和后勤支援。不幸的是，在8年和100万人死亡后，他失败了。这是他在弗吉尼亚州兰利市和华盛顿特区受欢迎程度结束的开始。顺便说一句，在那场毁灭性的战争中，两国的基础设施都被摧毁了。两边都挨饿了。

The above list does not include cases where the USA DoD used a foreign proxy to try to overthrow a government, as it the Iran – Iraq War 1980 – 1988. At that time Saddam Hussein was a happy servant of the American DoD who gave him American made weapons, finance and logistic support. Unfortunately for him, after eight years and a million deaths, he failed. This was the beginning of the end of his popularity in Langley Virginia and Washington D.C. Incidentally the infrastructure of both nations was destroyed in that devastating war. Starvation was experienced on both sides.

此外，上述名单不包括附带的政治暗杀、美国付费和武装狂热分子领导的内战、煽动者和叛徒（如苏丹）等。

Also, the above list does not include incidental political assassinations, civil wars led by American paid and armed zealots, provocateurs and traitors (e.g. Sudan) and so on.

上述名单也不包括死于美国独裁者监狱的人数。这当然不包括被美国战争和独裁者折磨或永久致残的人数。这还不包括有多少妇女和儿童为了在美国战争期间和之后生存而不得不出卖自己的身体。在大多数情况下，这些孩子并不像杰弗里·爱泼斯坦（Jeffrey Epstein）的受害儿童那样被“麻醉”，他们迎合了那些负担得起的美国超级富豪。不，他们必须完全感受到痛苦；在过去、今天、明天、下周和明年，直到美国种族主义地改变其外交政策。

Nor does the above list include the number of humans that died in the prisons of the American imposed dictators. It certainly does not include the number of people tortured, or permanently maimed by America’s wars and dictators. It doesn’t include how many women and children had to sell their bodies to survive during and after American wars either. Those children were in most cases not “drugged up” like Jeffrey Epstein’s child victims that catered to the ultra-rich Americans that could afford it. No, they had to feel the pain fully; in the past and today, and tomorrow, and next week, and next year, until the USA racially changes its foreign policy.

上面的名单不包括百万人，至少他们宁愿自杀也不愿没有家人，或者只是因为无法估量的痛苦而放弃了生命。在人类历史上，从来没有像美利坚合众国这样虐待儿童的人。这是二战以来美国在拉丁美洲、亚洲和非洲创造并继续创造的遗产。

The above list doesn’t include the million people at least that preferred suicide to living without their families, or just gave up on life from the immeasurable agony. There has never been a child abuser in history like the United States of America. This is the legacy that that the United States has created and continues to create in Latin America, Asia and Africa just since WWII.

他们怎么能不负后果地犯下这些可怕的罪行？很简单。没人举报。有时人权观察组织或联合国可能会发布一份报告，但他们却迷失了方向。而且，美国人用他们的税收为所有这些反人类罪行买单。然后，由企业控制的媒体告诉美国人，他们应该投谁的票，才能让这一无限残酷的循环永远持续下去。

How do they get away with it? Very simple. Nobody reports it. Sometimes Human Rights Watch or the UN might issue a report, but they are lost. And, Americans pay for it all with their tax dollars and obediently vote for whoever the corporate controlled media tells them really will best represent their interests.

与此同时，美国的“少数民族新闻界”被他们自己遭受的来自大资本种族主义的苦难所淹没，甚至无法思考或写下他们兄弟姐妹在祖先的故乡所遭受的苦难。

Meanwhile America’s “minority press” is too overwhelmed with their own suffering from Big Capital’s racism to even think or write about the suffering of their brothers and sisters in their ancestors’ native lands.

自第二次世界大战以来，无节制的资本主义已经导致至少一亿人死亡，尽管实际数字可能是这一数字的两到三倍。美国无节制的资本主义和军事工业的复杂性给人类带来了难以理解的痛苦。除此之外，随之而来的还有环境和经济的破坏。在美国外国冒险主义中丧生的儿童人数？两千万？五千万？可能是一亿或更多？没人算数，没人知道。

Unrestrained capitalism has resulted in uncountable millions of human deaths, and human suffering beyond human comprehension, not to mention the environmental and economic devastation that follows. The number of children killed in American foreign adventurism? Twenty million? Fifty million? Maybe a hundred million or more? Nobody counts; nobody knows.

现在，从美国开始，这种寄生虫可能正在杀死它的宿主。

Now it has happened that the parasite may be in the process of killing off its host, starting in the USA.

# 另类新闻媒体 “The alternative news media”

所有来自美国和欧洲的新闻媒体都没有被企业利益所腐蚀。另类媒体呈现出一些有趣而现实的观点。

All news media coming from the US and Europe is not corrupted by corporate interests. The Alternative media presents some interesting and realistic perspectives.

晚期帝王全知危机：病毒死亡与内部矛盾

Late-Stage Imperial Omni-Crisis: Death by Virus and Internal Contradictions

<https://blackagendareport.com/late-stage-imperial-omni-crisis-death-virus-and-internal-contradictions>

Covid-19拿走了面包和马戏团，暴露了真正的美国帝国

Covid-19 has taken away bread and circuses, laying bare the true American empire

Michael McCaffrey lives in Los Angeles PDF 21 Mar, 2020 14:28

<https://www.rt.com/op-ed/483675-coronavirus-america-bread-circuses-illusions/>

荒谬的偏执幻想！正确的？也许不是。他们的推理很好，但情况比他们想象的更糟。

Ridiculous paranoid fantasy! Right? Maybe not. Around the world and in the USA in particular things are going to get worse before they better. Much worse.

瘟疫和崩溃的时代：企业双头垄断的大规模谋杀

Time of Plague and Meltdown: Mass Murder by Corporate Duopoly

- Glen Ford, BAR Executive Editor

公共卫生部门的萎缩是一种资本主义犯罪，受到两个公司政党的怂恿。

“由于缺乏设备、床位和医疗保健人员，现在不可能避免数万人死亡。”

The shrinking of the public health sector is a capitalist crime, abetted by the two corporate parties.

“There is now no possibility of avoiding many tens of thousands of deaths due to a shortage of equipment, beds and health care personnel.”

在未来几周和几个月，数万人，不成比例的黑人和棕色，被冠状病毒标记为死亡，因为美国的政治制度只允许企业党执政。通过确保资本专政不受有效选举挑战的影响，双寡头体制使美国人民的健康状况不如其他发达国家，更容易受到各种流行病的影响。作为首都的忠实仆人，民主党和共和党40多年来一直在推动一场向底层（紧缩）的竞赛，这场竞赛稳步降低了劳动人民的生活水平，削减了社会服务支持。这项紧缩计划还减少了医院的病床数量，自1975年以来，尽管人口增加了1.14亿，病床数量却减少了50多万张。

Tens of thousands of people, disproportionately Black and brown, are marked for death by coronavirus in the coming weeks and months because the United States political system allows only corporate parties to govern. By ensuring that the Dictatorship of Capital is immune to effective electoral challenge, the duopoly system has made the people of the United States less healthy than the rest of the developed world, and far more vulnerable to epidemics of all types. As dutiful servants of Capital, the Democratic and Republican parties have for more than 40 years facilitated a Race to the Bottom (austerity) that has steadily lowered working people’s living standards and slashed social service supports, including the number of hospital beds, which have declined by more than half a million since 1975 despite a population increase of 114 million.

<https://blackagendareport.com/time-plague-and-meltdown-mass-murder-corporate-duopoly>

以上整个文章非常值得一读。

The above entire article is well worth reading in its entirely.

# 新型冠状病毒的种族特异性Ethnic specificity of the novel coronavirus

## 非裔美国人 African Americans

根据费城市卫生官员本周发布的一份报告，黑人男性的预期寿命是费城所有种族或族裔中最低的。

根据这份名为“兄弟之爱：费城黑人男性和男孩的健康”的报告，黑人男性平均寿命为69.1岁，比其他男性平均寿命低5岁，比其他女性平均寿命低10岁

Black men have the lowest life expectancy of any racial or ethnic group in Philadelphia, according to a report released by city health officials this week.

On average, Black men live 69.1 years, which is five years less than the average of other men and 10 years less than the average of other women, according to the report called “Brotherly Love: Health of Black Men and Boys in Philadelphia.”

<https://www.phillytrib.com/news/health/report-life-expectancy-for-black-men-lower-than-any-other/article_c99d33c3-a53b-5006-975d-d6e6ec7bce99.html>

那是在新型冠状病毒发作之前。不幸的是，对于非裔美国人来说，情况将会很快恶化。与美国其他人群相比，非裔美国人的“合并症”因素（例如高血压和成年糖尿病）的水平要高得多。

And that was before the novel coronavirus struck. Unfortunately, things are going to get worse for especially African American men quickly. African American men have much higher levels of “comorbidity” factors like hypertension and adult onset diabetes than other populations in the USA.

新型冠状病毒似乎具有种族特异性。

The novel coronavirus certainly appears ethnic specific.

“在目前的工作中，我们调查了中国西北人群中ACE2基因多态性与EH的关联。 在本工作中，我们还研究了这两个人群中ACE基因多态性在EH中的作用。 ACE通过血管紧张素II的形成和缓激肽的失活在心血管稳态中发挥重要作用。 （21）ACE插入/缺失（I / D）多态性在非洲裔美国人中与高血压相关，而在欧洲人中则不存在，（22-25），不同族裔研究的有争议结果似乎表明ACEI / D多态性 与EH相关的疾病可能取决于人口或具有种族倾向。” （24 – 27）

“In the present work we investigated the association of ACE2 gene polymorphism with EH in north-west Chinese populations. In the present work we also studied the role of polymorphism of ACE gene in EH in these two populations. ACE plays an important role in cardiovascular homeostasis through the formation of angiotensin II and the inactivation of bradykinin. (21) **ACE insertion/deletion (I/D) polymorphism showed an association with hypertension in African-Americans but not in Europeans, (22–25) and controversial results from studies on different ethnic groups seem to suggest that the ACEI/D polymorphism associated with EH might be population dependent or have a racial predisposition.”** (24 – 27)

L Yi, YH Gu, XL Wang et al, *The Journal of International Medical Research*, 2006; 34: 272 – 283

<https://journals.sagepub.com/doi/pdf/10.1177/147323000603400306>

李伟光，胡荣光，张欣.ACEI / ARB对COVID-19并发高血压的患者进行降压治疗。  
ACEI / ARB对COVID-19并发高血压的患者进行降压治疗  
目前，COVID-19的发病机理尚未阐明[1]。 然而，一项初步研究推测它可能通过II型肺泡细胞表面的血管紧张素转化酶2（ACE2）进入人体[2]。 对COVID-19患者的临床特征的分析表明，高血压患者占所有患者的20–30％，重症监护病房中高达58.3％的患者，并且由COVID-19导致的死亡占60.9％ 。

Antihypertensive treatment with ACEI/ARB of patients with COVID-19 complicated by hypertension, Li, G., Hu, R. & Zhang, X.

Antihypertensive treatment with ACEI/ARB of patients with COVID-19 complicated by hypertension

At present, the pathogenesis of COVID-19 has not been elucidated [1]. However, a preliminary study speculated that it might enter the human body via angiotensin-converting enzyme 2 (ACE2) on the surfaces of type II alveolar cells [2]. Analysis of the clinical characteristics of patients with COVID-19 suggested that patients with hypertension comprised 20–30% of all patients and up to 58.3% of patients in the intensive care unit and have been responsible for 60.9% of deaths caused by COVID-19.

Hypertens Res (2020) <https://doi.org/10.1038/s41440-020-0433-1>

<https://www.nature.com/articles/s41440-020-0433-1#citeas>

即使只有五分之一的美国白人男性是真正的种族主义者，白人种族主义者在政府、大学、法律和其他在美国很有影响力的职位上的比例也严重过高。

Even if only one in five American white men really are racist, white racists are heavily overrepresented in government, universities, law, and other very influential positions within the USA.

“目前的数据清楚地表明，具有潜在健康状况的人患上更严重的COVID-19病例的风险更高，包括住院，通气或死亡。 总体而言，根据对中国1,590例COVID-19患者的研究得出的估计结果表明，患有一种基本健康状况（例如高血压）的严重病例的可能性高1.79倍，而具有两种基本健康状况的可能性高2.59倍。 [4]。  
世界卫生组织（WHO）指出，高血压患者是COVID-19较严重的病例或死亡的高危人群之一[5]。 确诊病例的死亡率为8.4％，所有病例的死亡率为6.0％。 相比之下，无病者的死亡率为0.9％。 此外，一项研究中的ICU患者患高血压的可能性是其两倍以上（58.3％对21.6％）。”

“Current data make it clear that people with underlying health conditions are at higher risk for developing more serious cases of COVID-19, including hospitalizations, the need for ventilation, or death. Overall, an estimate based on a study of 1,590 COVID-19 patients in China found that serious cases were 1.79 more likely for patients with one underlying health condition, such as hypertension, and 2.59 times more likely with 2 underlying health conditions. [4].

The World Health Organization (WHO) says people with hypertension are among the highest-risk groups for more serious cases of, and death from, COVID-19 [5]. The death rate 8.4% among confirmed cases and 6.0% among all cases. In comparison, the death rate among those with no-preexisting conditions was 0.9%. In addition, ICU patients in one study were more than twice as likely to have hypertension (58.3% versus 21.6%).”

<https://www.lark.com/blog/coronavirus-and-hypertension>

非裔美国人高血压与肾素-血管紧张素系统

非裔美国人高血压和高血压相关并发症的发生率极高。

African Americans, hypertension and the renin angiotensin system

African Americans have exceptionally high rates of hypertension and hypertension related complications.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4176798/>

难治高血压人群：关注非裔美国人和2型糖尿病患者。

Difficult-to-treat hypertensive populations: focus on African-Americans and people with type 2 diabetes.

<https://www.ncbi.nlm.nih.gov/pubmed/10340840>

因此，我们所拥有的是

1） 非裔美国人的高血压很高（同时缺乏保险）

2） 新型冠状病毒对高血压患者尤其致命

3） 特朗普总统，一个著名的种族主义者故意减缓了美国对冠状病毒疫情的医疗反应。

Thus, what we have is

1. Hypertension very high in the African American community (along with a lack of insurance)
2. Novel Coronavirus is especially deadly to those with hypertension
3. President Trump, a known racist intentionally slowed down the American medical response to the coronavirus epidemic.

随着COVID-19流行病的流行，缺乏通风机将成为主要问题。 当不成比例的非裔美国人死于此时，这将成为一个主要问题。这是可能导致暴力革命的问题，而不仅仅是背后的非裔美国人。

拉丁美洲人的未保险人群比例最高，约为20％。

As the COVID-19 epidemic hits the streets, the lack of ventilators will become the major issue of the day. When a disproportionate number of African Americans die due to the lack of medical resources, this is going to become a major issue.

This is the kind of issue that can lead to a violent revolution and it won’t be just African Americans behind it.

## 拉丁美洲人民 Latin Americans

找到居住在美国的拉丁美洲人的医疗统计数据并不容易。同样，南美洲和中美洲也很少有医疗报告。不过，有几篇文章做得很好。

Finding medical statistics on Latin Americans living in the USA was not easy. Likewise, there is little medical reporting from South and Central America. A few articles however were well done.

六个拉丁美洲和加勒比国家的初级保健和多种健康风险因素

Primary care and multimorbidity in six Latin American and Caribbean countries

多种健康危险因素的患病率从哥伦比亚的17.5%到牙买加的37.3%不等。大多数被检查的疾病与其他疾病一起发生，糖尿病和心脏病是与其他疾病最相关的两个问题。在多发病率更高、初级保健经验更差的人群中，自付费用高、支付医疗费用有问题、看了多个医生、健康状况良好/较差的成年人比例更高。

The prevalence of multimorbidity ranged from 17.5% in Colombia to 37.3% in Jamaica. Most of the examined conditions occur along with others, with diabetes and heart disease being the two problems most associated with other conditions. The proportions of adults with high out-of-pocket payments, problems paying their medical bills, seeing multiple doctors, and being in only fair/poor health were higher among those with greater levels of multimorbidity and poorer primary care experiences.

自我报告的多发病率（定义为有两种或两种以上的慢性病）从哥伦比亚的12.4%到牙买加的25.1%不等，而墨西哥（14.4%）、萨尔瓦多（15.5%）、巴西（16.8%）和巴拿马（18.3%）的调查对象报告的患病率为中等（可根据要求提供数据）。所有被调查者的平均年龄为40.3岁（标准差为0.2），但随着合并症数量的增加而上升（表1）。尽管女性约占总样本的一半，但女性受访者在列出更多合并症的总样本中所占比例更高。总的来说，教育水平相对较低，40%的样本受过中等教育或以下。受教育程度较低的人有更多的合并症。

Self-reported multimorbidity (defined as having 2 or more chronic conditions) ranged from 12.4% in Colombia to 25.1% in Jamaica, whereas the prevalence reported by respondents in Mexico (14.4%), El Salvador (15.5%), Brazil (16.8%), and Panama (18.3%) was intermediate (data available upon request). The mean age among all respondents was 40.3 years (SD 0.2) but rose as the number of comorbid conditions increased (Table 1). Although women made up about half of the total sample, female respondents comprised higher proportions of the total who listed a greater number of comorbidities. Educational levels were relatively low overall, with 40% of the sample having attained a secondary education or less. People with less education had more comorbid conditions.

<https://www.scielosp.org/article/rpsp/2019.v43/e8/>

使用这种新型冠状病毒，只需要一个危险因素，高血压，心脏，肺，肾等问题就可以杀死一个人。

With the novel coronavirus, all it takes is one risk factor, hypertension, heart, lung, kidney issues, etc. to kill a person.

墨西哥和墨西哥裔老年人的合并症和残疾：来自墨西哥和美国西南部的发现

Comorbidity and Disability in Elderly Mexican and Mexican American Adults: Findings From Mexico and the Southwestern United States

Kushang V. Patel, M. Kristen Peek, Rebeca Wong, Kyriakos S. Markides

与居住在墨西哥的老年人相比，墨西哥裔美国人的关节炎，癌症，糖尿病，心脏病发作和中风的患病率显着更高。 糖尿病，中风和心脏病发作是合并症，在患有其他疾病的受试者中，这两个人群的残疾可能性均增加。

Prevalence of arthritis, cancer, diabetes, heart attack, and stroke were substantially higher in Mexican Americans than in older adults living in Mexico. Diabetes, stroke, and heart attack were comorbid conditions that raised the likelihood of disability in both populations among subjects with other medical conditions.

<https://journals.sagepub.com/doi/10.1177/0898264305285653>

在美国，拉丁美洲人的未投保比例最高，约为20%。

Latin Americans in the USA have the highest percentage of uninsured people at around 20%.

## 亚裔美国人Asian Americans

当我第一次开始研究COVID-19的科学文献时，我发现一些文章表明这种疾病确实特别针对亚洲人。其中一些文章之所以不可信，或许是因为方法上的原因。后来，出现了其他一些文章，在一定程度上证实了一些早期的论断。

When I first started studying the scientific literature on COVID-19 I found articles suggesting this disease does target Asians in particular. Some of those articles were discredited perhaps for methodological reasons. Later, other articles appeared which to some extent confirmed some of those early assertions.

“对八个样本的比较表明，亚洲男性样本的肺中有大量ACE2表达细胞。”

“A comparison between eight individual samples demonstrated that the Asian male one has an extremely large number of ACE2-expressing cells in the lung.”

<https://www.biorxiv.org/content/10.1101/2020.01.26.919985v1> (2020.01.26)

但是，以上文章是预印本，尚无出版，并且由于样本量很小，其结果非常具有试验性。 我发现有关该主题的下一篇文章大约一个月后发布，涉及的是更大，更具代表性的样本。

The above article however was a preprint, meaning not yet published, and its results highly tentative due to a very small sample size. The next article I found on this subject published about a month later worked with a larger, more representative sample.

不同人群中新型冠状病毒（2019-nCoV / SARS-CoV-2）受体ACE2的比较遗传分析

Comparative genetic analysis of the novel coronavirus (2019-nCoV/SARS-CoV-2) receptor ACE2 in different populations

Yanan Cao, Lin Li, Zhimin Feng, Shengqing Wan, Peide Huang, Xiaohui Sun, Fang Wen, Xuanlin Huang, Guang Ning & Weiqing Wang, February 24, 2020

“这些发现表明，ACE2基因多态性的基因型可能与EAS（东亚）人群中ACE2的较高表达水平有关。”

“These findings suggested the genotypes of ACE2 gene polymorphism may be associated higher expression levels of ACE2 in EAS (East Asian) population.”

<https://www.nature.com/articles/s41421-020-0147-1>

但是，在上述研究的最终结论中，作者建议COVID-19在某些方面似乎以东亚为目标，而在某些方面则不以欧洲为目标。 他们还发现南亚和东亚人之间存在中等差异，表明“ ACE2表达在亚洲不同人群和种族中的潜在差异。” 看来东亚人可能具有更高密度的ACE2受体，并且对某些COVID-19菌株的敏感性更高。 进行这项研究的问题之一是，不管主流媒体报道什么，这种病毒都在突变，因此跨文化研究变得更加复杂，疫苗的治疗和生产也变得如此。

However, in the final conclusions of the above research study the writers suggest that in some ways COVID-19 appears to target East Asians and, in some ways, not, compared to Europeans. They also found a moderate difference between South and East Asians suggesting “the potential difference of ACE2 expression in different populations and ethnics in Asia.” It appears possible East Asians may have a higher density of ACE2 receptors and greater susceptibility to some strains of COVID-19. One of the problems in doing this research is that this virus is mutating, regardless as to what the mainstream media is reporting, and thus cross-cultural research becomes more complex, as does treatment and production of vaccines.

为了公平对待COVID-19病毒，北京的研究人员发表了另一篇“预印本”文章，指出这种病毒绝对不是种族特异性的。

In all fairness to the COVID-19 viruses, another “preprint” article was published by researchers in Beijing stating that this virus is definitively not ethnic specific.

亚洲人和其他种族表达相似水平的SARS-CoV-2细胞进入受体，并具有相同的遗传多态性

Asians and other races express similar levels of and share the same genetic polymorphisms of the SARS-CoV-2 cell-entry receptor

Ying Chen, Kejia Shan, and Wenfeng Qian, February 18, 2020

此外，亚洲人中ACE2等位基因的频率与其他种族的频率没有明显偏离。 这些观察结果表明，所有种族的个人都需要相同水平的个人防护，以抵御SARS-CoV-2。

Furthermore, the frequencies of ACE2 alleles in Asians are not significantly deviated from those in other races. These observations indicate that individuals of all races need the same level of personal protection against SARS-CoV-2.

<https://www.preprints.org>

然而，有一项研究却“证明”不了什么，尽管这是事实，每个人可能都需要同样程度的人免受SARS-CoV-2的伤害。

One study however “proves” nothing, though it is true everyone probably needs the same levels of person protection from SARS-CoV-2.

这种新型冠状病毒病已经被重新命名了好几次，最近的名字是SARS-CoV-2。最后一个医学上批准的名字是COVID-19，但截至2月底/3月初，这个名字已经改成了更准确的SARS-CoV-2。SARS-CoV-2强调SARS的系统发生根源和疾病的染色体相似性。

The novel coronavirus disease has been renamed several times with the most recent name being SARS-CoV-2. The last medically approved name was COVID-19, but that as of late February/early March has been changed in favor of the more accurate SARS-CoV-2 name. SARS-CoV-2 emphasizes the SARS phylogenetic roots and chromosomal similarities of the diseases.

“因此，在所有这些病毒名称中对SARS的引用（结合在公共数据库中使用特定的前缀，后缀和/或基因组序列ID的使用）都确认了相应病毒在系统发育上（而非基于临床疾病）分组。 该物种的原型病毒（SARS-CoV）。CSG根据已建立的对该物种中病毒的命名惯例以及该病毒与树种中SARS-CoV原型的相对较远的关系，选择了SARS-CoV-2这个名称。

"Thus, the reference to SARS in all these virus names (combined with the use of specific prefixes, suffixes and/or genome sequence IDs in public databases) acknowledges the phylogenetic (rather than clinical disease-based) grouping of the respective virus with the prototypic virus in that species (SARS-CoV). The CSG chose the name SARS-CoV-2 based on the established practice for naming viruses in this species and the relatively distant relationship of this virus to the prototype SARS-CoV in a species tree and the distance space (Fig. 2b and the figure in Box 4)."

<https://www.nature.com/articles/s41564-020-0695-z>

SARS-CoV incidentally is the virus, and SARS is the disease. SARS-CoV-2 is the new strain.

来自中国、日本和吉尔吉斯斯坦等多个国家的研究发现，非典型肺炎有选择地针对亚洲人，在一些研究中，还针对非洲人后裔。SARS和SARS-CoV-2的一个区别是血管紧张素转换酶（ACE）基因转化为ACE2。它们相似，但不同。

Studies from several countries, including China, Japan and Kyrgyzstan have found SARS to selectively target Asians and, in some studies, those of African descent. One difference between SARS and SARS-CoV-2 is a conversion of the angiotensin converting enzyme [ACE] gene to ACE2. They are similar, but distinct.

吉尔吉斯斯坦人群原发性高血压患者血管紧张素转换酶（ACE）基因I/D多态性作为缺血性卒中的危险因素。

“在对亚洲人和黑人的研究中报告了积极的联系，但对白种人没有。我们的研究是在属于亚洲人种的吉尔吉斯男性中相对同质的人群中进行的，为ACE基因I/D多态性与高血压发病之间存在关联的种族差异概率提供了佐证。”

“The I/D polymorphism of the angiotensin converting enzyme [ACE] gene as a risk factor for ischemic stroke in patients with essential hypertension in Kyrgyz population.

“Positive associations have been reported in studies of Asians and blacks but not Caucasians. Our study was conducted in a relatively homogeneous population of Kyrgyz men belonging to the Asian race and provided corroboration for the probability of race differences for the presence of an association between the I/D polymorphism of the ACE gene and the development of hypertension.”

Andrey Polupanov, M.D., Abdimutalip Halmatov, M.D., Oleg Pak, M.D., Tatyana Romanova, M.D., Elena Kim, M.D., Natalia Cheskidova, M.D., Almaz Aldashev, M.D., Ainagul Dzhumagulova, M.D. *Türk Kardiyol Dern Arfl - Arch Turk Soc Cardiol* 2007; 35(6):347-35 <https://www.journalagent.com/tkd/pdfs/TKDA_35_6_347_353.pdf>

日本高血压病患者缺血性卒中与血管紧张素转换酶基因

“Ischemic Stroke and the Gene for Angiotensin-Converting Enzyme [ACE] in Japanese Hypertensives

Kazuomi Kario, Nobuyuki Kanai, Ken Saito, Naoki Nago, Takefumi Matsuo, and Kazuyuki Shimada Originally published1 May 1996

<https://www.ahajournals.org/doi/full/10.1161/01.CIR.93.9.1630>

上面的文章声称日本高血压患者比白人更容易中风，因为ACE是这一连串事件的一部分。

The above article asserts Japanese hypertensives appear to be more vulnerable to strokes than whites with ACE being part of that chain of events.

尽管非裔美国人和拉丁美洲人的比例很高，特别是在穷人中的比例过高，但贫穷白人的数量几乎相等。穷人在接受救生和稀缺药物及呼吸机方面将没有优先权。特朗普总统在应对新型冠状病毒疫情方面已经尽可能缓慢地采取了人道行动。为什么？

Though African Americans and Latin Americans are on a percentage basis, disproportionately over-represented among the poor, there are an almost equal number of poor whites. The poor will not have priority when it comes to receiving lifesaving and scarce medications and ventilators. President Trump has gone as slowly as humanly possible in responding to the novel coronavirus epidemic. Why?

高血压和冠状病毒之间的关系在流行病开始的时候就已经知道了，同时非裔美国人与共病因素的比例也高得不成比例.

The relationship between hypertension and coronavirus was known right at the beginning of the epidemic, as was the disproportionately high percentage of African Americans with comorbidity factors.

换句话说，特朗普总统特意作出的缓慢反应可以解释为种族灭绝的蓄意形式。

In other words, President Trumps intentionally slow response could be interpreted as a deliberate form of genocide of ethnic minorities.

# 意大利和不寻常的相关性Italy and unusual correlations

威胁某人的一个问题是，如果威胁的目标发生了不好的事情，调查人员会非常仔细地检查做出这些威胁的人。

One of the problems with threatening someone is that if something bad happens to the target of that threat, most people and investigators will, or in a normal world, should examine very carefully the person who made those threats.

特朗普总统养成了威胁许多国家的习惯。

President Trump has made quite a habit of threatening entire nations.

如果他们使用华为5-G服务，将受到惩罚。 如果他们加入中国的“一带一路”倡议，将受到惩罚。 等等。

If they use Huawei 5-G services they will be punished. If they joint China’s Belt and Road Initiative, they will be punished. And so on.

2019年3月，意大利成为第一个加入中国``一带一路''倡议的七国集团国家。

In March 2019 Italy became the first G7 Nation to join China's Belt and Road Initiative.

2019年3月6日-美国担心意大利将支持北京的``一带一路''...中国的``一带一路''倡议旨在建立新的全球贸易路线，而...唐纳德·特朗普的白宫已警告意大利不要支持....。

Mar 6, 2019 - China WARNING: US worried as Italy set to SUPPORT Beijing's Belt and Road ... China's Belt and Road Initiative aims to build new global trade routes and ... Donald Trump's White House has warned Italy against backing ...

<https://www.express.co.uk/news/world/1096547/China-news-italy-belt-and-road-investment-white-house-eu-donald-trump>

2019年3月23日-特朗普政府已警告[意大利]反对该伙伴关系...

Mar 23, 2019 - The Trump administration has warned [Italy] against the partnership...

<https://www.washingtonpost.com/world/europe/defiant-italy-becomes-the-first-g7-country-to-sign-on-to-chinas-belt-and-road-initiative/2019/03/22/54a732d4-4bdf-11e9-8cfc-2c5d0999c21e_story.html>

中国的“一带一路”计划被冠状病毒所破坏

China's Belt and Road Plan Is Getting Lashed by Coronavirus, By Iain Marlow, Karlis Salna, Anusha Ondaatjie, and Dandan Li, March 5, 2020

<https://www.bloomberg.com/news/articles/2020-03-04/china-s-grand-belt-and-road-plan-is-being-lashed-by-coronavirus>

上面的彭博新闻报道提到“一带一路”倡议（BRI）在印度尼西亚的55亿美元高速铁路项目，在马来西亚的另一个铁路项目，在斯里兰卡和巴基斯坦的建筑项目。

The above Bloomberg news report mention the Belt and Road Initiative’s (BRI) $5.5 billion high-speed railway project in Indonesia, another railway project in Malaysia, construction projects in Sri Lanka and Pakistan.

该文章的作者暗示与中国做生意可能会招致风险。 但是，该文章可能在某些方面夸大其词。 由于一个或另一个原因，许多或大多数的BRI项目因不同的时间长度而被延迟。 对美国外交政策的批评者指出，美国使用秘密手段造成了这些拖延，COVID-19的可疑来源也不例外。 作家们也没有认识到亚洲的伟大美德：耐心。

The writers of that article imply doing business with China may incur risks. However the article may in some ways be overstating its case. Many or most of the BRI projects have been delayed for varying lengths of time for one reason or another. Critics of American foreign policy point out that the US uses covert means to cause those delays, and the very suspicious origins of COVID-19 are no exception. The writers also failed to recognize the great virtue of Asia: Patience.

尽管美国的业务方法几乎总是非常短期的，会闯入，杀人并迅速撤离，但中国的观点则以数百年和几千年来衡量时间。

Whereas American business approaches are almost always very short-term, run in, make a killing and get out quickly, China’s perspective counts time in centuries and millennia.

本文的标题使用的短语是：“被冠状病毒鞭打”，这是事实。 但是，这不太可能阻止“一带一路”倡议，而且意大利人也不是傻子。 的确，根据新闻媒体的政治取向，他们的媒体被归咎于中国和美国。 但是，我怀疑大多数意大利人都是骄傲的人，不会屈服于美国霸权主义的利益，尤其是鉴于现在看来是“美国病毒”。

The title of the article uses the phrase: “Getting Lashed by Coronavirus,” which is true. However, that is unlikely to stop the BRI, and Italians are not fools. True, their media is divided between blaming China and the USA, depending on the political orientation of the news media. However, I suspect the majority of Italian people are proud people and will not bow down to American hegemonic interests especially now in view of what appears to be the “American virus.”

如果新型冠状病毒的来源被证明是在美国，将会对美国管理人员提出“危害人类罪”的指控。

Should the origin of the novel coronavirus be proven to be in the USA, charges of “Crimes Against Humanity” will be made against US administrators.

伊朗领导人毫不避讳直接将矛头指向庞培。The Iranian leadership is not shy about pointing the finger directly at Pompeo.

国与日冕病毒爆发的斗争，这次展示了不错的照片编辑能力。

外交部在推特上发布的这张图片呼吁“停止助长战争罪行”，并“遵守不道德和非法的美国制裁”，呼应该国最高外交官爪哇·扎里夫（Javad Zarif）早些时候的评论。

图片的中心是大写的“制裁”字样，其字母“ O”被程式化为冠状病毒，背后是半透明的美国国务卿迈克·庞培。在背景中可以看到较小的冠状病毒，可能代表遵守反伊朗制裁或表示对该国爆发规模表示赞同的那些州。

伊朗是受冠状病毒影响最严重的州之一-确诊病例超过41,000，死亡人数超过2,700。除了对伊朗整体经济造成损害外，美国的制裁还阻碍了德黑兰获得毒品和重要设备的能力。

Pompeo behind corona? Iran’s foreign ministry employs PHOTOSHOP to take a not-so-subtle jab at US sanctions (PHOTO)

Iranian diplomats have yet again taken aim at ongoing US sanctions which are hampering the country’s efforts to battle the coronavirus outbreak, this time showing off decent photo-editing skills.

The image, posted by the ministry on Twitter, is a call to “stop aiding war crimes” and “obeying immoral and illegal US sanctions,” echoing earlier comments by the country’s top diplomat Javad Zarif.

The picture features “sanction” written in large right in the center, its letter “O” stylized as coronavirus with a translucent US Secretary of State Mike Pompeo lurking behind it. Smaller coronaviruses can be seen in the background, possibly representing those states that abide by the anti-Iranian sanctions, or a nod to the scale of the outbreak in the country.

Iran is among the states worst affected by coronavirus — it has more than 41,000 confirmed cases and over 2,700 deaths. Apart from damaging the Iranian economy as a whole, the US sanctions have been hindering Tehran’s ability to procure both drugs and crucial equipment.

<https://www.rt.com/news/484509-iran-pompeo-coronavirus-us-sanctions/>



(GettyImages, 2020)

然而，在特朗普总统威胁发布后的一年，意大利的死亡率是世界上最高的。

The death rate for Italy however is by far the highest in the world as of one year following President Trump’s threats.

<https://www.statista.com/statistics/1105914/coronavirus-death-rates-worldwide/>



截至3月31日，意大利的死亡率为11.39，远高于其他任何国家。 怎么解释呢？

As of March 31, the death rate in Italy is 11.39, far higher than any other nation. How to explain that?

国家Nation 死亡率Death Rate 死亡人数Deaths

意大利Italy 11.39 11,591

西班牙Spain 8.77 7,716

印度尼西亚Indonesia 8.63 122

荷兰Netherlands 7.21 864

法国France 6.79 3,024

伊朗Iran 6.64 2,757

为什么意大利的死亡率如此之高？Why is the Italian death rate so astronomically high?

初步搜索显示，意大利的欧洲老年人口数量最多，而COVID-19则有选择地攻击大多数老年人，主要是男性。 但是，与其他欧洲国家相比，意大利的老年人比例并没有那么高。 因此，问题仍然存在，为什么？ 意大利北部伦巴第的一份报告中最近提出了一个答案。

Initial searches suggest that Italy has the oldest population in Europe, and COVID-19 selectively attacks a preponderance of older people, primarily men. However, the percentage of older people in Italy is not that disproportionate compared to other European countries. Thus, the question remains, why? One answer was recently floated in a report from Lombardy in Northern Italy.



在意大利北部的伦巴第大区的新型冠状病毒【COVID19 / 2019nCoV / SARSCoV2】显示出与SARS一致的致死率。 为什么？

The novel Coronavirus in N. Italy, Lombardia 【 COVID19 / 2019nCoV / SARSCoV2 】 shows a fatality rate compatible with SARS. Why??

新型冠状病毒在意大利北部的伦巴第大区的流行/扩散【COVID19 / 2019nCoV /＃SARSCoV2】显示的死亡或死亡率与原始COVID19不兼容，但可与SARS / MERS媲美。 为什么在伦巴第大区进行这种局部演变？  
| -1- | 伦巴第州（COVID19）的毒力和/或细胞内生物学特性发生了根本性突变（比原始COVID19更具侵略性2-3倍；  
| -2- | 与COVID19关联，在伦巴第州存在第二种病原体或传染病，其疾病影响增加2-3倍（例如：来自中东或来自家畜（如猪，牛，大鼠，小鼠的第二种冠状病毒）；其他病毒-细菌多 -））；  
| -3- | 当地的动物（猫，狗，牛，猪，大鼠，小鼠，Myocastor，兔等）的种群会意外地极大地放大了受灾最严重的伦巴底亚省的病毒载量（已发现所有物种的跳跃 或几乎所有人类冠状病毒）。

The epidemic/diffusion of the novel Coronavirus in N. Italy, Lombardia 【 COVID19 / 2019nCoV / #SARSCoV2 】 shows a death or fatality rate NOT compatible with the original COVID19 but comparable with SARS/MERS. Why this local evolution in Lombardia??

|-1-| COVID19 Lombardia shows a radical mutations of its virulence and/or endo-cellular biology traits (2-3X more aggressive than original COVID19;

|-2-| Associated to COVID19, in Lombardia there is a second pathogens or infectious agent with 2-3X increase of disease effects (es: a second Coronavirus from Middle East, or from domestic animals as pig, bovine, rats, mice; others virus - bacteria multi-resistant);

|-3-| local population of animals (cats, dogs, bovines, pigs, rats, mice, Myocastor, rabbits, ...) would have accidentally amplified enormously the viral load of the most affected provinces of Lombardia (the species-jump has been detected for all or almost all human Coronavirus).

<https://www.researchgate.net/post/The_novel_Coronavirus_in_N_Italy_Lombardia_COVID19_2019nCoV_SARSCoV2_shows_a_fatality_rate_compatible_with_SARS_Why2>

这种系统发育显示了新的冠状病毒（nCoV）爆发后病毒的进化关系。所有样本都与一个共同祖先相关的最多7个突变高度相关，这表明在2019年11月至12月的某个时候存在一个共同祖先。这表明，在2019年11月至12月，最初是人感染，随后是人与人之间的持续传播，导致抽样感染。”

“This phylogeny shows evolutionary relationships of viruses from the novel coronavirus (nCoV) outbreak. All samples are highly related with at most seven mutations relative to a common ancestor, suggesting a shared common ancestor some time in Nov-Dec 2019. This indicates an initial human infection in Nov-Dec 2019 followed by sustained human-to-human transmission leading to sampled infections.” (Downloaded Feb. 4, 2020)

<https://www.gisaid.org/>

不幸的是，“显示高突变率的病毒往往更有效地逃避免疫。”

And unfortunately, “viruses showing high mutation rates tend to evade immunity more efficiently.” <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5075021/>

然而，这种突变的时间和位置似乎与其他间接证据一致，表明这种疾病传播的非随机性。However, the time and location of this mutation appear consistent with other circumstantial evidence suggesting the non-random nature of this disease spread.

在世界上195个左右的国家中，从统计学上看，意大利不应该受到冠状病毒的重击。 发现特别有毒的突变往往会强调数据的统计可能性。

Of the 195 or so countries in the world, it seems statistically unlikely that Italy should be hit so hard by Coronavirus. Finding particularly virulent mutations tends to emphasize the statistical improbability of the data being random.

尤其是考虑到特朗普总统的威胁，这非常奇怪。It is very strange especially in view of President Trump’s threats.

从概率模型的角度来看，国防部有可能对意大利进行报复，因为它是第一个与“一带一路”倡议签约的欧洲国家。

From a probability modeling perspective, it is possible the DoD is exacting revenge on Italy for being the first European country to sign on with the BRI.

但是，对于意大利的天文数字很高的死亡率，还有其他可能的解释。However, there are other possible explanations for the astronomically high death rate in Italy.

罗马帝国曾经统治着世界。 存在着巨大的遗传混合。 伊朗位于丝绸之路的中心，并且有很多遗传融合。

The Roman Empire once ruled the world. There was enormous genetic mixing. The same can be said of Iran, placed in the center of the Silk Roads as it always has been.

同样，荷兰是大约1800年至1945年统治印度尼西亚的殖民大国。荷兰和印度尼西亚在世界上最高死亡率中排名第三和第四。

Similarly, the Netherlands were the colonial power ruling Indonesia from about 1800 to 1945. The Netherlands and Indonesia are numbers three and four on the list of the highest death rates in the world.

荷兰在世界排名前四位中排名的另一个可能原因是（按COVID-19的死亡率衡量）：Another possible causative factor for the Netherlands ranking in the top four in the world (as measured by death rate from COVID-19) could be the following:

荷兰已与中国签署协议，根据``一带一路''倡议（BRI）探索第三市场的机会，2019年4月25日

The Netherlands has signed an agreement with China to explore opportunities in third markets under the Belt and Road Initiative (BRI), April 25, 2019 By Wang Cong and Li Xuanmin

<https://www.globaltimes.cn/content/1147489.shtml>

按总COVID-19病例数衡量，法国排名世界第六。 法国还是一个主要的殖民大国，其军队在某种程度上是独一无二的，因为它允许与土著居民通婚。 历史上的英国军队不允许异族通婚。

France is number six in the world as measured by total COVID-19 cases. France was also a major colonial power, and its military was somewhat unique in that it permitted intermarriage with indigenous populations, unlike the British military for example.

法国也吃了“禁果”。 禁果？ 是的，迈克尔·庞培（Michael Pompeo）领导的美国政府禁止所有人与中国做生意。 那禁果。

France also ate the “forbidden fruit.” Forbidden fruit? Yes, the American administration led by Michael Pompeo has forbidden everyone from doing business with China. That forbidden fruit.

法国与中国达成数十亿美元的交易，但对“一带一路”项目提出质疑

France seals multi-billion dollar deals with China, but questions Belt and Road project

<https://www.reuters.com/article/us-france-china/france-seals-multi-billion-dollar-deals-with-china-but-questions-belt-and-road-project-idUSKCN1R61NF>

幸运的是，他们质疑“一带一路”项目。 如果他们不这样做，兰利的众神会给他们带来更严重的灾难。

Lucky for them they had questions, or their plague from the self-appointed gods of Langley could have been much worse.

与上述所有国家相比，美国的遗传组合水平最高。 他们争先恐后进入COVID-19感染榜首。 只能希望遗传多样性不是新型冠状病毒易感性的真正因素。

Compared to all the above nations however the USA probably has the highest levels of genetic mix. Their rush to the top of the COVID-19 infections list was a fast one. One can only hope genetic diversity is not a real factor in the vulnerability to the novel coronavirus.

如果有人想知道为什么西班牙在该榜单上排名如此之高，那可能是因为西班牙自1990年代以来就拥有一个主要的社会主义政府。 美国的资本主义统治者绝对讨厌一切形式的社会主义。 另一方面，从718年到1492年，西班牙是一个伊斯兰国家，已有近800年的历史。 因此，西班牙基因库有明显的中东染色体含量是合理的可能性。

If anyone is wondering why Spain ranks so high on that list it could be because Spain has had a primarily socialist government since the 1990s. The capitalist rulers of the USA absolutely hates socialism in all of its forms. On the other hand, Spain was an Islamic country from the year 718 to 1492, that is for almost 800 years. Thus, there is a reasonable probability the Spanish gene pool has significant Middle Eastern chromosomal content.

MERS是中东呼吸综合症MERS is Middle East Respiratory Syndrome

COVID-19与相关病毒的相似性和进化关系Similarities and Evolutionary Relationships of COVID-19 and Related Viruses

Yanni Li, Bing Liu, Jiangtao Cui, Zhi Wang, Yulong Shen, Yueshen Xu, Kaicheng Yao, Yuanfang Guan

可以看出，SARS与COVID-19的相似性更高，其次是MERS。

It can be observed that SARS have higher similarities with COVID-19, followed by MERS.

<https://arxiv.org/ftp/arxiv/papers/2003/2003.05580.pdf>

西班牙的covid-19昨晚死亡人数增加了创纪录的849人。 COVID案件几乎达到95,000

Spain’s covid-19 sees record death toll rise by 849 overnight as cases almost reach 95,000 - 31 Mar, 2020

<https://www.rt.com/news/484562-spains-covid-19-sees-record/?utm_source=browser&utm_medium=push_notifications&utm_campaign=push_notifications>

尽管许多科学报告绝对肯定地认为COVID-19不可能在实验室中诞生，但很难设想出更好的杀手来代表对优生学充满热情的新纳粹议程。Though numerous scientific reports assert with absolute certainty that COVID-19 could not have been born in laboratory, it is difficult to conceive of a better killer to represent a neo-Nazi agenda with a passion for eugenics.

从整个COVID统计图表来看，除那些参加“一带一路”倡议的国家外，经度和COVID-19严重程度之间存在松散的相关性（当死亡率和死亡人数相加时）。 通常，似乎越远的北方国家死亡人数就越少。

Looking at the entire COVID statistical chart it appears there is a loose correlation between longitude and COVID-19 severity (when death rate and number of deaths are combined) except for those nations that participate in the Belt and Road Initiative. Generally, it appears the farther northern countries have lower numbers of deaths and lower death rates.

特朗普总统“警告”（威胁）的国家死亡率更高。Nations “warned” (threatened) by President Trump have higher death rates.

其他国家/地区统计表可在以下位置找到：Other country-by-country statistical tables can be found at:

<https://virusncov.com/>

<https://www.worldometers.info/coronavirus/>

对于美国人来说不幸的是，在过去的一周中，新型冠状病毒现在在全国范围内广泛传播。 目前，美国（2020年3月31日）在大多数指标中均排名世界最高，但总死亡人数和死亡率除外。 当然，这将在不久的将来发生巨大变化。

Unfortunately for the American people, during the past week novel coronavirus is now spreading wildly around the country. The USA now (March 31, 2020) ranks the highest in the world in most measures, except number of total deaths and death rates. This of course will probably in the near future.

案件总数Total cases 164,248

新案New cases 18,706

死亡总数Total deaths 3,164

每日新死亡New daily deaths: 548

活动案例Active cases 155,578

<https://virusncov.com/>

**是否以及何时有人开始按种族统计美国的死亡人数，目前还不得而知。如果数字证明少数民族死亡人数增加，这样的汇编在政治上将不受欢迎。因此，不太可能报告准确的统计数字。**

**If and when someone will start compiling the number of deaths and death rates by ethnicity in the USA, is unknown. Such a compilation will be politically unpopular should the numbers prove significantly higher numbers and percentages of victims are minorities. Thus, accurate statistics are very unlikely to be reported.**

因此，为了保护执政的资本家阶级，真理的光可能会再次被遮蔽。

Thus, the light of truth is likely to be obscured again to protect the ruling capitalist class.

矛盾的是，鲍里斯·约翰逊（Boris Johnson），唐纳德·特朗普（Donald Trump）和纳伦德拉·莫迪（Narendra Modi）的人气都在激增。

Paradoxically, Boris Johnson, Donald Trump and Narendra Modi are all experiencing surges in popularity. <https://www.rt.com/op-ed/484514-trump-johnson-modi-coronavirus/>

接下来的几周和几个月里，看看这些评级是如何生存下去的，这将是一件有趣的事情。诚然，当新闻媒体是由企业/政治控制的时候，人们的态度很容易被塑造成符合统治阶级的任何叙述。

It will be interesting to see how those ratings survive in coming weeks and months. It is true that when the news media is corporate/politically controlled, people’s attitudes are easily shaped to fit whatever narrative is spun by the ruling capitalist class.

至于非裔美国人、拉丁美洲人、亚裔美国人、意大利人、伊朗人、印尼人和荷兰人，我个人不希望他们都对我大发雷霆。美国、英国和印度的民粹主义领导人和他们的“情报”头目现在可能在微笑，但如果当前的趋势继续下去，他们可能不会微笑很长时间。

As for African Americans, Latin Americans, and Asian Americans, Italians and Iranians, Indonesians and the Dutch, I personally would not want them all filled with rage at me. The populist leaders in the US, UK and India and their “intelligence” chiefs may be smiling now, but if current trends continue they may not be smiling for very long.

**历史上真理之光曾多次被遮蔽，但从未完全熄灭。真相迟早会找到通向光明的道路。**

**The light of truth has been obscured in history many times before, but it has never yet been totally extinguished. Sooner or later the truth somehow finds its way to the light.**

# 美国企业反应新冠状病毒American corporate response to novel coronavirus

现在，通用汽车和福特正在推迟制造救生呼吸机。

Now GM and Ford are delaying manufacturing lifesaving ventilators.

特朗普援引《国防生产法》，指控通用汽车“浪费时间”生产救生呼吸机.

Trump invokes Defense Production Act, accusing General Motors of ‘wasting time’ on producing ventilators

27 Mar, 2020

……此前，特朗普曾吹捧通用汽车承诺与Ventec Life Systems合作生产4万台呼吸机，但在通用汽车将这一数字调低至6000台后，特朗普周五指责他们“浪费时间”

…Previously, Trump had touted GM’s commitment to producing 40,000 ventilators in partnership with Ventec Life Systems, but after GM supposedly revised that number down to 6,000, Trump accused them on Friday of “wasting time.”

<https://www.rt.com/usa/484326-trump-defense-production-act-gm-ventilators/>

通用汽车将这个数字降低到了6,000？ 6000大大少于40,000。 那里很奇怪。

GM revised the number down to 6,000? Six thousand is substantially less than 40,000. Something is very odd there.

有人可以说，“自由”之光在美国内部一直是非常有选择性的。

One can argue that the light of “liberty” has always been very selectively shone within the USA.

例如，《排华法案》是美国总统切斯特·阿瑟（Chester A. Arthur）于1882年5月6日签署的一项美国联邦法律，禁止所有华工移民，并对已经在美国的华人施加其他繁重的限制。 中国人是联邦政府在其历史上有选择地禁止的唯一种族，尽管有些人可能暗示特朗普总统的“穆斯林禁令”紧随其后。

For example the Chinese Exclusion Act was a United States federal law signed by President Chester A. Arthur on May 6, 1882, prohibiting all immigration of Chinese laborers and putting other onerous restrictions on Chinese already in the US. Chinese are the only ethnic group the federal government selectively banned in its history, though some might suggest that President Trump’s “Muslim ban” comes in a close second.

当我第一次开始研究有关COVID-19的科学文献时，我发现有文章暗示这种疾病确实特别针对亚洲人。 其中一些文章可能由于方法论原因而被抹黑。 后来，出现了其他文章，这些文章在某种程度上证实了这些早期主张。

# 新型冠状病毒的遗传学非常奇怪 The genetic strangeness of the novel coronavirus

与这种新型冠状病毒有关的非常奇怪的事情有很多。

The list of very strange things associated with the novel coronavirus is long.

## 在中国出现的地点和时间 Location and time of appearance in China

* •COVID在中国最大的BSL-4实验室所在地武汉的出现很奇怪。 这也是世界上监视程度最高的实验室。 同样令人难以想象的是，中国病毒学家会制造出针对亚洲人，拉丁美洲和非裔美国人以及中东人的病毒

COVID’s emergence in Wuhan, location of China’s largest BSL-4 lab is odd. This is also the most highly monitored lab in the world. It is also inconceivable that Chinese virologists would create a virus that targets Asians, Latin and African Americans, and Middle Easterners

<https://www.vox.com/2020/3/4/21156607/how-did-the-coronavirus-get-started-china-wuhan-lab>

* 它出现在农历新年假期之前，通常是世界上人口最多的大众运输活动

It appeared just before the Chinese New Year’s holiday which typically has the largest mass-transit movement of people in the world

## Incubation period

* 新型冠状病毒的潜伏期比大多数疾病更长。 由于某些人在很长一段时间内没有症状，因此可以快速，轻松地传播疾病。  
  公开报道的确诊病例中冠状病毒病2019（COVID-19）的潜伏期：估计和应用。

The novel coronavirus has a longer incubation period than most disease. This allows for rapid and easy spread of the disease because some people have no symptoms for an unusually long time.

The Incubation Period of Coronavirus Disease 2019 (COVID-19) From Publicly Reported Confirmed Cases: Estimation and Application.

Lauer SA, Grantz KH, Bi Q, Jones FK, Zheng , Meredith HR, Azman AS, Reich NG, Lessler J.

结果：有181例确诊病例具有可识别的暴露和症状发作窗口，以估计COVID-19的潜伏期。 中位潜伏期估计为5.1天（95％CI，4.5至5.8天），而有症状的人中有97.5％会在感染的11.5天（CI，8.2至15.6天）内这样做。 这些估计值表明，在保守的假设下，每10 000例病例中就有101例（第99个百分位数，482例）在积极监测或隔离14天后会出现症状。

Results: There were 181 confirmed cases with identifiable exposure and symptom onset windows to estimate the incubation period of COVID-19. The median incubation period was estimated to be 5.1 days (95% CI, 4.5 to 5.8 days), and 97.5% of those who develop symptoms will do so within 11.5 days (CI, 8.2 to 15.6 days) of infection. These estimates imply that, under conservative assumptions, 101 out of every 10 000 cases (99th percentile, 482) will develop symptoms after 14 days of active monitoring or quarantine.

<https://www.ncbi.nlm.nih.gov/pubmed/32150748>

大多数疾病的潜伏期为2至3天。 新型冠状病毒平均需要5.1天才能大大促进其快速传播。 当人们将疾病传播给所有朋友，工作中的人们，公共汽车，聚会等时，人们会说：“我感觉很好。”

The incubation period of most diseases is 2 – 3 days. The average of 5.1 days for the novel coronavirus significantly contributes to its rapid spread rate. “I feel fine,” people will say as they spread the disease to all their friends, people at work, on busses, at parties and so on.

2.5％的人口潜伏期可能超过11.5天，这一点尤其令人不安。 这些人可以在非常长的时间内充当“超级传播者”。

That 2.5% of the population can have an incubation period of more than 11.5 days is especially disturbing. Such individuals can act as “super-spreaders” for an unusually long time.

其他研究发现平均潜伏期约为6.4天。Other studies have found the average incubation period to be around 6.4 days. <https://www.ncbi.nlm.nih.gov/pubmed/32134116>

## 变异Mutations

有关新型冠状病毒病因的早期理论包括以下内容：  
流行的叙述是COVID-19在蝙蝠中孵化并突变，从动物跳到人类，然后再次突变以允许在人与人之间传播。 该病毒在许多方面都是非典型的。 例如，自首次发现以来，它已经变异了七次。

Early theories regarding the etiology of the novel coronavirus include the following:

The prevailing narrative is that COVID-19 incubated and mutated in bats, jumped from animals to humans and then mutated again to permit transmissions between humans. This virus is atypical in a number of ways. For example it has mutated seven times since it was first discovered.

“这一系统发育史显示了新型冠状病毒（nCoV）爆发所致病毒的进化关系。 相对于一个共同祖先，所有样品都与最多七个突变高度相关，这表明在一个共同的祖先是在2019年11月至12月的某个时间。这表明在2019年11月至12月初次人类感染，随后持续的人对人传播导致 抽样感染。” （2020年2月4日下载）

“This phylogeny shows evolutionary relationships of viruses from the novel coronavirus (nCoV) outbreak. All samples are highly related with at most seven mutations relative to a common ancestor, suggesting a shared common ancestor some time in Nov-Dec 2019. This indicates an initial human infection in Nov-Dec 2019 followed by sustained human-to-human transmission leading to sampled infections.” (Downloaded Feb. 4, 2020)

<https://www.gisaid.org/>

## 蝙蝠汤和美国主流媒体 Bat soup and the American mainstream media

美国最早的关于COVID-19的媒体报道，录像带中国人高高兴兴地喝着蝙蝠汤，上面还放着怪诞的蝙蝠照片，以增加这些报道所产生的令人反感的整体印象。 随后的研究强烈表明，吃蝙蝠汤不是COVID-19的可能来源。  
然而，那些极具误导性和毫无根据的新闻报道确实对中国人民做了有效的“涂片工作”。

The first American media reports about COVID-19 had lurid videos of Chinese people happily slurping up bat soup with rather grotesque photos of bats to add to the overall nauseating impression created by those reports. Subsequent research strongly suggests eating bat soup was not the probable origin of COVID-19.

Those highly misleading and unfounded news reports did however did do an effective “smear job” on Chinese people.

# COVID-19基因组的多样性The remarkably diverse nature of COVID-19’s genome

大多数研究表明，COVID 19的遗传结构是蝙蝠起源的。Most research indicates COVID 19’s genetic structure is of bat origin.

严重急性呼吸系统综合症冠状病毒2（SARS-CoV-2）和冠状病毒病-2019（COVID-19）：流行病和挑战，赖CC，Shi TP，Ko WC，Tang HJ，Hsueh PR（2020年3月）  
系统发育分析表明，SARS-CoV-2与两种蝙蝠来源的SARS样冠状病毒，即bat-SL-CoVZC45（GenBank登录号MG772933.1）和bat-SL-CoVZXC21密切相关（88-89％相似） （GenBank登录号MG772934.1），但与SARS-CoV（〜79％相似度）和中东呼吸综合征冠状病毒（MERS-CoV）（〜50％相似度）距离较远[23,25,26]。

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and coronavirus disease-2019 (COVID-19): The epidemic and the challenges, by Lai CC, Shih TP, Ko WC, Tang HJ, Hsueh PR (March 2020)

Phylogenetic analysis revealed that SARS-CoV-2 is closely related (88–89% similarity) to two bat-derived SARS-like coronaviruses, namely bat-SL-CoVZC45 (GenBank accession no. MG772933.1) and bat-SL-CoVZXC21 (GenBank accession no. MG772934.1), but it is more distant from SARS-CoV (~79% similarity) and Middle East respiratory syndrome coronavirus (MERS-CoV) (~50% similarity) [23,25,26]...

系统发育分析表明，SARS-CoV-2与在犀牛（马蹄蝠）中循环的冠状病毒相似，与蝙蝠冠状病毒菌株BtCoV / 4991（GenBank KP876546）的部分RNA依赖性RNA聚合酶（RdRp）基因有98.7％的核苷酸相似性。 ，RdRp的370 bp序列）与蝙蝠冠状病毒bat-SL-CoVZC45和bat-SL-CoVZXC21的核苷酸相似性为87.9％。 基于ORF1a / 1b，S和N基因的进化分析表明，SARS-CoV-2更有可能是一种新型的冠状病毒，它是从动物身上独立引入人类的[27]。  
国际抗菌剂杂志第55卷，第3期，2020年3月，10592

Phylogenetic analysis indicates that SARS-CoV-2 is similar to the coronavirus circulating in Rhinolophus (horseshoe bats), with 98.7% nucleotide similarity to the partial RNA-dependent RNA polymerase (RdRp) gene of the bat coronavirus strain BtCoV/4991 (GenBank KP876546, 370 bp sequence of RdRp) and 87.9% nucleotide similarity to bat coronavirus strain bat-SL-CoVZC45 and bat-SL-CoVZXC21. Evolutionary analysis based on ORF1a/1b, S and N genes suggests that SARS-CoV-2 is more likely a novel coronavirus that was independently introduced from animals to humans [27].

International Journal of Antimicrobial Agents Volume 55, Issue 3, March 2020, 10592 <https://www.sciencedirect.com/science/article/pii/S0924857920300674?via%3Dihub>

2019年冠状病毒病（COVID-19）爆发的起源，传播和临床治疗-现状更新  
郭彦荣，曹庆东，洪中思，谭元阳，陈守登，金洪军，谭开森，王德云，通讯作者，严彦  
同时，几个独立的研究小组已经确定SARS-CoV-2属于β-冠状病毒，其基因组与蝙蝠冠状病毒高度相同，并指出蝙蝠是自然宿主。  
病毒基因组测序后，对整个基因组与蝙蝠冠状病毒RaTG13进行了COVID-19分析，显示出96.2％的整体基因组序列同一性[8]，这表明蝙蝠冠状病毒和人类SARS-CoV-2可能具有相同的祖先，尽管蝙蝠是在该海鲜市场上不可用[14]。此外，蛋白质序列比对和系统发育分析[15]表明，在许多物种中都观察到相似的受体残基，这为其他中间宿主提供了更多的可能性，例如乌龟，穿山甲和零食。

The origin, transmission and clinical therapies on coronavirus disease 2019 (COVID-19) outbreak – an update on the status

Yan-Rong Guo, Qing-Dong Cao, Zhong-Si Hong, Yuan-Yang Tan, Shou-Deng Chen, Hong-Jun Jin, Kai-Sen Tan, De-Yun Wang, corresponding author and Yan Yan

Meanwhile, several independent research groups have identified that SARS-CoV-2 belongs to β-coronavirus, with highly identical genome to bat coronavirus, pointing to bat as the natural host.

Upon virus genome sequencing, the COVID-19 was analyzed throughout the genome to Bat CoV RaTG13 and showed 96.2% overall genome sequence identity [8], suggesting that bat CoV and human SARS-CoV-2 might share the same ancestor, although bats are not available for sale in this seafood market [14]. Besides, protein sequences alignment and phylogenetic analysis [15] showed that similar residues of receptor were observed in many species, which provided more possibility of alternative intermediate hosts, such as turtles, pangolin and snacks.

Mil Med Res. 2020; Published online 2020 Mar 13

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7068984/>

（顺便说一下，蝙蝠是夜行性的；它们避开了光线。以某种方式这并不奇怪。）**(*Bats incidentally are nocturnal; they shun the light. Somehow this is not surprising.*)**

在这里，这种独特的奇怪疾病开始变得比平常更加陌生。  
穿山甲是马来西亚的鳞状食蚁兽。 如果您访问https://www.ncbi.nlm.nih.gov（世界上最大的医学数据库），并使用COVID-19和Pangolin的关键字进行了高级搜索，则只会出现9篇文章。 其中两个来自2月中旬，其余来自3月中旬。  
我发现的第一项研究表明，马来西亚穿山甲可以作为COVID-19的潜在孵化宿主，时间是2020年2月13日。

Here is where things start to get even stranger than usual for this uniquely strange disease.

The Pangolin is a Malaysian scaly ant-eater. If one goes to <https://www.ncbi.nlm.nih.gov> the world’s largest medical database, does an advanced search using the key words of COVID-19 and Pangolin, only nine articles appear. Two are from mid-February, and the rest from mid-March.

The first study I could find indicating the Malaysian Pangolin as a potential incubation host for COVID-19 was from February 13, 2020.

<https://www.biorxiv.org/content/10.1101/2020.02.13.945485v1>



但是，那是“预印本”，该文章最终在3月26日的《自然》杂志上发表。

That however was a "preprint" and the article was finally published in Nature, March 26th.

鉴定马来亚穿山甲中与SARS-CoV-2相关的冠状病毒

Identifying SARS-CoV-2 related coronaviruses in Malayan pangolins

Tommy Tsan-Yuk Lam, Marcus Ho-Hin Shum, Hua-Chen Zhu, Yi-Gang Tong, Xue-Bing Ni, Yun-Shi Liao, Wei Wei, William Yiu-Man Cheung, Wen-Juan Li, Lian-Feng Li, Gabriel M. Leung, Edward C. Holmes, Yan-Ling Hu & Yi Guan

在这里，我们报告了在中国南部的反走私行动中查获的马来穿山甲（Manis javanica）中与SARS-CoV-2相关的冠状病毒的鉴定。 元基因组测序鉴定出了与穿山甲相关的冠状病毒，它们属于SARS-CoV-2相关冠状病毒的两个子谱系，包括在受体结合域中与SARS-CoV-2表现出强烈相似性的一个。

*Here, we report the identification of SARS-CoV-2-related coronaviruses in Malayan pangolins (Manis javanica) seized in anti-smuggling operations in southern China.* Metagenomic sequencing identified pangolin-associated coronaviruses that belong to two sub-lineages of SARS-CoV-2-related coronaviruses, including one that exhibits strong similarity to SARS-CoV-2 in the receptor-binding domain.

<https://www.nature.com/articles/s41586-020-2169-0>

（顺便说一句，大多数穿山甲都是夜行性的；它们避开了光线。以某种方式，这并不奇怪。）**(*Most Pangolin incidentally are nocturnal; they shun the light. Somehow this is not surprising.*)**

<https://www.worldwildlife.org/species/pangolin>

在这里，事情变得更加陌生。 如果有人重读赖等。 以上引用的所有研究（此部分中的第一部分，日期为2020年3月）都注意到COVID-19的遗传相似性：

•马蹄蝠：98.7%相似性

•SARS-COVID相似性79%

•中东呼吸综合征（MERS）~50%相似性

Here is where things get very strange. If one rereads the Lai et. all study quoted above (the first in this section, dated March, 2020) one notices the genetic similarities of COVID-19 to:

* Horseshoe bats: 98.7% similarity
* SARS-COVID 79% similarity
* Middle Eastern Respiratory Syndrome (MERS) ~50% similarity

想一想：随着3月份的过去，马来西亚穿山甲成为中介的证据越来越多。

And think: As the month of March went by evidence of the Malaysian Pangolin being an intermediary host became stronger and stronger.

SARS-CoV-2可能是穿山甲的起源与COVID-19爆发有关

张天，吴群，张忠

我们发现在死亡的马来亚穿山甲中存在SARS-CoV-2样冠状病毒（称为穿山甲-冠状病毒）的基因组和进化证据。 在全基因组水平上，Pangolin-CoV与SARS-CoV-2和BatCoV RaTG13分别相同，分别为91.02％和90.55％。 除RaTG13外，穿山甲CoV与SARS-CoV-2最紧密相关

Probable Pangolin Origin of SARS-CoV-2 Associated with the COVID-19 Outbreak

Zhang T, Wu Q, Zhang Z

We found genomic and evolutionary evidence of the occurrence of a SARS-CoV-2-like CoV (named Pangolin-CoV) in dead Malayan pangolins. Pangolin-CoV is 91.02% and 90.55% identical to SARS-CoV-2 and BatCoV RaTG13, respectively, at the whole-genome level. Aside from RaTG13, Pangolin-CoV is the most closely related CoV to SARS-CoV-2.

Curr Biol. 2020 Mar 19. pii: S0960-9822(20)30360-2. doi: 10.1016/j.cub.2020.03.022. [Epub ahead of print]

<https://www.ncbi.nlm.nih.gov/pubmed/32197085>

<https://www.cell.com/current-biology/pdf/S0960-9822(20)30360-2.pdf?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS0960982220303602%3Fshowall%3Dtrue>

请再次阅读该引语的最后一句话：“除RaTG13之外，穿山甲CoV是与SARS-CoV-2关系最密切的CoV。”

Please read the last sentence of that quote again: “Aside from RaTG13, Pangolin-CoV is the most closely related CoV to SARS-CoV-2.”

因此，我们有：

•马蹄蝠：98.7%相似性

•马来西亚穿山甲：91%相似

•SARS-COVID相似性79%

•中东呼吸综合征（MERS）~50%相似性

Thus we have:

* Horseshoe bats: 98.7% similarity
* Malaysian Pangolin: 91% similarity
* SARS-COVID 79% similarity
* Middle Eastern Respiratory Syndrome (MERS) ~50% similarity

然后再考虑其他一些不太可能发生的事件：And then consider just some of the other unlikely events together:

* 尤其是武汉地区的突然扩散（是中国最大的BSL-4实验室所在地，尽管它来自该实验室的可能性为0％）。
* 春节假期临近前，突然的群众传播
* 异常长的潜伏期。
* 来自SARS（中国），MERS（中东）和Pangolin（马来西亚）的遗传基础。
* The sudden mass spread in Wuhan in particular (being the location of China’s largest BSL-4 laboratory, even though there is 0% probability it came from that laboratory).
* The sudden mass spread just before Chinese New Year’s holiday
* The unusually long incubation period.
* A genetic base that comes from SARS (China), MERS (the Middle East) and Pangolin (Malaysia).

这些事件是随机的概率接近零。The probability of these events being random approaches zero.

其他奇怪的事情包括：

考虑到死亡率从加拿大的1.13％到意大利的11.9％不等。

Other strange things include the following:

Consider that the death rates vary from 1.13% in Canada to 11.9% in Italy.

<https://www.statista.com/statistics/1105914/coronavirus-death-rates-worldwide/> (Data downloaded April 4, 2020)

考虑意大利和加拿大可能的年龄段：  
•加拿大的预期寿命为82.30岁（2016年）  
•意大利的预期寿命为82.54岁（2016年）  
在这两个国家中，老年人的数量可能大致相同。 因此，死亡率的巨大差异也很奇怪。

And consider the probable age groups in Italy and Canada:

* Life expectancy in Canada is 82.30 years (2016)
* Life expectancy in Italy is 82.54 years (2016)

The numbers of older people are likely to be about the same in both countries. Thus, the very wide discrepancy in death rates is also quite odd.

美国的死亡率仍然相对较低，只有2.2。但是这种疾病在美国还没有机会传播，因为在美国每百万人中只有650例，在意大利每百万人中有1829例。另外，请回顾一下两国的相对人口差异：

6048万意大利

3.272亿美国

美国的人口是意大利的五倍多。因此，我们可以假设意大利的医疗服务已经被这种疾病的迅速传播所克服。随着疾病在美国的蔓延和美国医疗设施的不堪重负，美国的死亡率很可能会迅速上升。

The death rate in the USA is still comparatively low, only 2.2. However this disease hasn’t had a chance to get around much in the USA yet, as there are only 650 cases per million people in the USA. In Italy there are 1,829 cases per million people. And, please recall the relative population differences between the two countries:

60.48 million Italy

327.2 million USA

The USA has more than five times the population of Italy. Thus, one can assume whereas the Italian medical services were already overcome by the rapid spread of this disease, it is likely to be much worse in the USA as the disease spreads around the country.

毫无疑问，美国的医疗设施不堪重负，医疗设备和药物的缺乏将大大导致灾难性的高死亡率。

There is no doubt overwhelmed medical facilities and a lack of medical equipment and medication in the USA will greatly contribute to a catastrophically high death rate.

五角大楼寻求100,000个尸体袋，因为美国还看到了另一项每日Covid-19每日死亡人数记录和25,000多个新病例，2020年4月2日  
由于医院和太平间因冠状病毒致死人数过多，五角大楼正计划发放约10万个尸体袋，而美国又一次打破了其每日死亡人数记录。  
五角大楼官员在周三对多家媒体表示，国防部将首先从50,000单位库存中向军方分发“军用储物袋”，然后再寻求购买更多。  
FEMA发出这一要求之际，美国看到其Covid-19疫情在所有50个州加速发展，周三又有884人死亡，并打破了24小时前创下的全国死亡人数记录。 约翰·霍普金斯大学（Johns Hopkins University）称，美国当天还确认了25,000例新疾病病例，使全国总数超过215,000例。

Pentagon seeks 100,000 body bags as US sees yet ANOTHER daily Covid-19 death toll record & 25,000+ new cases, 2 Apr, 2020

The Pentagon is looking to hand out some 100,000 body bags as hospitals and morgues are overrun with coronavirus fatalities, with the US breaking its daily death toll record yet again.

The Defense Department will first distribute military-style “Human Remains Pouches” from a stockpile of 50,000 units to the Federal Emergency Management Agency (FEMA), and will later seek to purchase more, Pentagon officials told several media outlets on Wednesday.

The request from FEMA comes as the US sees its Covid-19 outbreak accelerate across all 50 states, counting another 884 deaths on Wednesday and breaking a nationwide death toll record set just 24 hours prior. The US also confirmed 25,000 new cases of the illness on the same day, bringing the national total to over 215,000, according to Johns Hopkins University.

<https://www.rt.com/usa/484739-pentagon-coronavirus-body-bags/?utm_source=browser&utm_medium=push_notifications&utm_campaign=push_notifications>

在这一点上，人们可能会想起：At this point one might recall:

Feierstein的新闻媒体比率：“ 80％的意识形态和观点，10％的谎言和言论以及10％的事实”，这表明美国政府可能以非常具有欺骗性的统计数据（谎言）掩盖该病的严重性。

Feierstein’s news media ratio: “80 percent ideology and opinion, 10 percent lies and spin, and 10 percent fact,” which suggests the US government may well hide the severity of the disease in the US with very deceptive statistics (lies).

他们将能够摆脱多久将是有趣的（也是悲惨的）。  
几乎所有媒体都同意，不可能在实验室中创建COVID-19。 他们可能是正确的。 但是，是否有可能在体内的连续步骤中故意孵育混合基因（如COVID-19）？ 蝙蝠将是对大多数已知病毒具有免疫力的理想孵化器。 不需要CRISPR技术，只需具有恶意，并具有微生物学，遗传学和生理学的基本知识即可。  
顺便说一句，如果有人想要一种非常强大的病毒，那就不会使用CRISPR技术，

It will be interesting (and tragic) to how long they will be able to get away with that.

Virtually all media agree that it would be impossible to create COVID-19 in a laboratory. They may be right. However, would it be possible to intentionally incubate a mixed gene like COVID-19 in sequential steps *in-vivo*? Bats would be the ideal incubators having immunities to most known viruses. CRISPR technology would not be required, just malicious intent, and a basic knowledge of microbiology, genetics and physiology.

Incidentally, if someone wanted a very robust virus, one would not use CRISPR technology,

对“ CRISPR婴儿”的基因编辑可能缩短了他们的预期寿命  
  2019年6月3日  
对近一百万人的研究将防止艾滋病毒感染的突变与更早死亡联系起来。

Gene edits to ‘CRISPR babies’ might have shortened their life expectancy

03 June 2019

Study of almost half a million people links mutation that protects against HIV infection to an earlier death.

<https://www.nature.com/articles/d41586-019-01739-w>

因此，这又是一个问题：是否有可能在连续的步骤中有意识地在各种动物体内对混合基因如COVID-19进行孵育？ 据我所知，没有人回答过这个问题。 当然，它应该给阴谋理论家一些值得思考的东西。  
无论该问题的答案是什么，COVID-19都是一种非常不寻常的病毒。

Thus, again the question: would it be possible to intentionally incubate a mixed gene like COVID-19 in sequential steps *in-vivo*? No one has addressed this question to my knowledge. It certainly should give conspiracy theorists something to ponder on.

Whatever the answer to that question may be, COVID-19 is a very unusual virus.

# 承担责任 Taking Responsibility

当美国的少数民族意识到，由于政府中的种族主义，少数民族正以不成比例的数量死去时，将会出现的愤怒可能是无法估量和无法阻止的。美国国内的超级富豪资本家不会承认自己对美国国内的暴力内爆负有责任，直到一切都太晚了。（例如，对穷人的医疗保健不足，特朗普总统的冰川缓慢正在解决COVID-19，该病毒对高血压患者的特殊亲和力等）

There is zero percent chance that the ultra-rich capitalists within the USA will take responsibility for what could be a violent implosion within the USA when minorities realize that they are dying in disproportionately numbers due to what appears to be racism in government. The anger that will emerge may be immeasurable and unstoppable. (For example, inadequate health care for the poor, President Trump’s glacial slowness is addressing COVID-19, the virus’s special affinity for those with hypertension, etc.)

鉴于COVID-19确实有可能“瞄准”美国境内的某些少数群体，例如非裔美国人和潜在的亚裔美国人，而且拉丁语在未投保的人群中人数可能过多，因此看来应该成立少数群体联盟来解决 共同关心的问题.

Given the possibility – however great or small - that COVID-19 does “target” certain minority populations within the USA, like African Americans, and potentially Asian Americans, and the fact that Latin may be over-represented among the uninsured, it appears a minority coalition should form to address issues of mutual concern.

关于COVID-19的起源，各种猜测层出不穷。在这种疾病最初的传播过程中，中国当局强调它是自然起源的。然而，最近几个月有人认为它可能在美国发展，特别是在德特里克堡，他们在那里研究生物武器。据我所知，中国当局似乎没有说这是故意的。（顺便提一句，DARPA将他们的一些生物武器研究转包给了德特里克堡等地）据美国媒体报道，德特里克堡在生物污染泄漏问题上有“躲躲闪闪”的记录，并关闭了一段时间。中国当局要求美国当局提供参加2019年10月18日至27日在中国湖北武汉举行的世界军事运动会的美国运动员的医疗记录。病毒有可能从德特里克堡泄漏，感染当地居民，包括可能参加过世界军事运动会的军人。鉴于国防指导计划授权防止潜在的经济和政治竞争对手，这也有可能是一次生物武器攻击，如果确实发生了犯罪，这将为此类犯罪确立动机。有些事情可能永远无法确定。

In regards to the origin of COVID-19, speculation abounds. During the initial spread of this disease Chinese authorities stated emphatically it was of natural origin. However in recent months there have been suggestions that it could have developed in the USA, specifically at Fort Detrick where they do research on bioweapons. As far as I known, Chinese authorities appear to stop short of saying it was intentional. (Incidentally, DARPA subcontracts some of their bioweapons research to Fort Detrick among other places.) Fort Detrick has a “dodgy” record when it comes to biocontainment leaks, according to US media and was closed for some time. Chinese authorities have asked US authorities for medical records of the American athletes who attended the World Military Games October 18–27, 2019 in Wuhan, Hubei, China. It is possible the virus leaked out of Fort Detrick and infected the local population including military personnel who may have attended the World Military Games. It is also possible that it was a biological weapons attack, given the Defense Guidance Planning mandates to prevent potential economic and political competitors, which would establish motivation for such a crime, if indeed a crime was committed. Some things may never be known for sure.

尽管可能性很小，但COVID-19的流行确实有可能是对中国的生物武器攻击，并假设种族特异性是一个促成因素。这种可能性不可否认或忽视。

In spite of known caveats, there does exist the possibility – however small - that the COVID-19 epidemic was a bioweapon attack on China, with a supposition of ethnic specificity as a contributing motivational factor. This possibility cannot be disproven or ignored.

鉴于非裔美国男性高血压患者的比例在统计学上非常显著，COVID-19无疑是种族特异性的，无论亚洲肺组织中ACE2受体的相对密度如何。

Given the statistically significant disproportionately large percentage of African American men with hypertension, COVID-19 is unquestionably ethnic specific, regardless as to the relative density of ACE2 receptors in Asian lung tissue.

鉴于上述情况，非裔美国人、拉丁美洲人、亚裔美国人、意大利人和西班牙人，以及所有其他族裔群体、公民自由和宗教团体，有责任要求国会、参议院和最高法院撤销、撤销和撕毁国防规划指导文件。

Given all the above it is incumbent upon African Americans, Latino Americans, Asian Americans, Italian and Spanish Americans, along with all other ethnic subgroups and civil liberty and religious groups - to demand Congress, the Senate and Supreme Court strike down, rescind, and shred the Defense Planning Guidance (DPG) document.

至少，尤其是美国经济、政治和军事霸权的永久性授权，因为这些授权肯定为生物武器攻击中国和第三次世界大战确立了理性/动机，但不排除使用核武器和化学武器，美国也拥有丰富的核武器和化学武器。

At least and especially the mandates of American economic, political and military supremacy in perpetuity (DPG), as those mandates most certainly establish rational/motivation for a bioweapons attack on China and WWIII as well, not excluding the use of nuclear and chemical weapons, which the USA also has in abundance.

应该允许国家以合法的方式（按照国际法的定义）发展，而不受（甚至是恐惧）美国国防部的破坏。任何国家都有权永远坚持自己的霸权吗? 任何国家都有权攻击和摧毁任何一个甚至渴望自然发展的国家吗？经济和政治发展是不是应该以大规模谋杀来惩罚的犯罪？国际法毫无意义吗？

Nations should be allowed to develop in legal ways (as defined by international law) free of (even the fear) sabotage by the American Department of Defense. Does any nation have a right to insist on its own hegemony in perpetuity. Does any nation have right to attack and destroy any nation that even aspires to develop naturally? Is economic and political development a crime that should be punished with mass murder? Does international law mean nothing?

2019年11月中旬，巴勒斯坦高级官员塞布·埃雷卡特（Saeb Erekat）指责特朗普总统选择“丛林法则”而不是国际法，因为美国在约旦河西岸的以色列定居点政策出现逆转。

In mid-November 2019 senior Palestinian official Saeb Erekat accused President Donald Trump of choosing "the law of the jungle" over international law in regards to the American reversal of policy regarding Israeli settlements in the West Bank.

当然，大多数穆斯林都将2020年1月3日伊朗少将Qasem Soleimani与伊拉克政客和军事指挥官Abu Mahdi al-Muhandis一起“法外暗杀”视为美国国防部利用丛林法的一个例子。

Certainly, most Muslims consider the January 3, 2020 “extrajudicial assassination” of Iranian Major General Qasem Soleimani along with Iraqi politician and military commander Abu Mahdi al-Muhandis and eight others an example of the American Department of Defense use of the Law of the Jungle.

所有这些活动都不具有遵守国际法的特点。它们都违反了国际法。美国的遗产将永远是一个“流氓国家”无情地谋杀和掠夺有色人种的国家吗？或者说，美国最大的少数民族群体会在历史上第一次聚集在一起，要求美国绝对无情的外交政策承担责任吗？

All of these kinds of activities are not characteristic of obedience to international law. They are all violations of international law. Will the legacy of the United States forever remain that of a “rogue state” ruthlessly murdering and pillaging the nations of the people of color? Or will the largest of America’s minority groups come together and demand accountability from America’s absolutely ruthless foreign policies for the first time in history?

**唯一真正的问题是，在美国少数族裔领导人开始共同努力以要求结束美国的外国侵略和它将永远引起的反冲之前，美国和全世界有多少有色人种必须丧生？**

**The only real question is, how many people of color in the United States and worldwide have to die before the leadership of the minority communities in the United States start to work together to demand an end American foreign aggression and the blowback it will always engender?**

有人可能会问，为什么尚未成立统一的美国少数族裔和平联盟。 我不知道，也许是这样，但是任务失败了。 也许“第三方”成功地破坏了它。

One might ask why a unified American Minority Alliance for Peace hasn’t already been formed. I don’t know, maybe it has, but failed in its mission. Maybe a “third party” successfully sabotaged it.

我在一家非裔美国人报纸上工作了几年。 我曾经问过总编辑，为什么报纸没有载有非洲暴行的故事。 他的回答是，非洲裔美国人本质上被美国内部的问题所困扰。 他们无力参与国际事务。 此外，我们还为“社区”报纸工作。 他还隐约提到利比里亚。

I worked at an African American newspaper for several years. I asked the Editor-in-Chief once why the paper didn’t carry stories about atrocities in Africa. His answer was that African Americans were essentially besieged with issues within the United States. They couldn’t afford to get involved with international issues. Also there is the fact it was and is a “community” newspaper. He also vaguely mentioned Liberia.

例如，那家报纸也从未发表过“犯罪故事”。 为什么不？ 他们想集中精力建设社区的积极方面。 我必须同意，这是市场上的一个合理的利基市场。

That newspaper also for example never published “crime stories.” Why not? They wanted to focus on building the positive aspects of the community. I have to agree that is a reasonable niche in the marketplace.

同时，我被派去研究该市的新纳粹组织。 我还被指派负责动荡的杰弗里·达默（Jeffrey Dahmer）系列谋杀案审判。 因此，有时报纸确实报道了这座城市中一些更为残酷的事实。 在傍晚的长时间审判中，我参加了受害者家庭支持会议。 那里有极大的愤怒，主要是因为警察没有及早发现谋杀案。 街头满是愤怒。 我在1992年不久后离开美国。据我所知，现在对许多问题的愤怒更大。 我能理解为什么编辑会全力以赴处理本地问题，并努力将重点放在积极方面。 种族主义在美国已经失控，而且每年都在恶化。

Simultaneously I got assigned to researching neo-Nazi organizations in the city. I also was assigned to covering the volatile Jeffrey Dahmer serial murder trial. So, sometimes the newspaper did cover some of the more brutal truths in the city. During the long trial in the evenings I attended the victim family support meetings. There was immense anger there, mainly at the police for not catching the murder sooner. There was anger in the streets. I left the United States shortly after in 1992. From what I’ve heard, the anger is much greater now about many issues. I can understand why the Editor had his hands full with local issues, and tried to focus on the positive. Racism is out of control in the USA and gets worse every year.

毫无疑问，进入国际舞台会带来潜在的危险；更高级别的捕食者主要来自弗吉尼亚州的兰利、白厅和巴黎的莫蒂埃大道。此外，世界各地也有“本地玩家”——无情的独裁者会嫉妒地守护他们的西方殖民主人的“贵族权利”留给他们的王国。最后我理解了编辑和出版商的观点。

There is no doubt entering into an international arena carries with it potential dangers; a higher level of predators principally emanating from Langley Virginia, Whitehall, and Boulevard Mortier in Paris. And also there are “local players” around the world – ruthless dictators who will jealously guard the kingdoms bequeathed to them by the “noblesse oblige” of their western colonial masters. In the end I understand the editor’s and publisher’s perspective.

但是现在情况可能已经改变。 COVID-19改变了一切。 这种微小的病毒将最严重地打击高血压患者，而非洲裔美国人的高血压水平明显更高。 有证据表明它也针对亚洲人口，特别是那些具有东亚遗传学的人口。 而且，拉丁美洲人似乎是美国保险不足的少数族裔。 这种病毒将对穷人造成最沉重的打击。

But things may have changed now. COVID-19 has changed things. This tiny virus will hit those with hypertension the hardest and African Americans have significantly higher levels of hypertension. There is evidence it also targets Asian populations, particularly those with East Asian genetics. And, Latin Americans appear to be the most underinsured minority in the USA. This virus will hit the poor the hardest.

统一的呼吁可能是特朗普总统对这种疾病的危险的嘲弄，直到它已经在全国范围内根深蒂固。 他的顾问知道上面列出的所有详细信息。 他无视他们。

The unifying call can be President Trump’s mockery of the dangers of this disease until it was already well entrenched around the country. He had advisors who knew all the details listed above. He ignored them.

除了上述少数族裔外，还有意大利裔美国人，西班牙裔美国人，印度尼西亚裔美国人，伊朗裔美国人，法国裔美国人，所有穆斯林裔美国人，好基督徒以及许多很多其他团体，这些团体应该完全感到愤怒，因为他们当选的代表没有采取任何行动。 保护人民直到为时已晚。 这个少数族裔联盟可以包括所有美国人。 新纳粹分子可能不希望加入。 尽管如此，门还是应该打开的。

In addition to the minorities mentioned above there are also Italian Americans, Spanish Americans, Indonesian Americans, Iranian Americans, French Americans, all Muslim Americans, good Christians and many, many more groups who should all be totally outraged that their elected representatives did nothing to protect the people until too late. This minority alliance can include all Americans. Neo-Nazis may not wish to join. Still, the doors should be open.

尽管没有人能证明这种疾病的根源来自DARPA或Fort Detrick，但美国每个人都知道美国外交政策的绝对掠夺性。 美国每个人都知道，将国家预算的一半用于国防部只会使恐怖主义恶化，并使全世界人民成为敌人。

Certainly Cuban and Iranian Americans should be taking a lead within the American minority coalition to demand an end to the DPG. The USA is actively engaged in genocides in those countries by denying them access to desperately needed medicines to fight COVID-19.

<https://theintercept.com/2020/03/17/coronavirus-iran-sanctions/>

<https://www.rt.com/news/484743-cuba-covid19-us-blockade/>

<https://www.thenation.com/article/world/coronavirus-cuba-sanctions-aid/>

尽管没有人能证明这种疾病的根源来自DARPA或Fort Detrick，但美国每个人都知道美国外交政策的绝对掠夺性。 美国每个人都知道，将国家预算的一半用于国防部只会使恐怖主义恶化，并使全世界人民成为敌人。

Though no one can prove the source of this disease was from DARPA, or Fort Detrick, everyone in the USA knows the absolutely predatory nature of American foreign policy. Everyone in the USA knows that spending half of the national budget on the Department of Defense has only made terrorism worse and made enemies of people all around the world.

同时，它使美国人民陷入贫困。 美国的医疗保健很糟糕。 每天美国的教育越来越落后于世界水平。 美国借了这么多钱，经济随时可能崩溃。 这都是由于民选官员的虚伪行为和控制他们的“隐形政府”（机构，部门，基金会，智囊团和公司）所致。

Simultaneously it has impoverished the people of the United States. American health care is abysmal. American education falls further and further behind world standards every day. The United States has borrowed so much money the economy could collapse at any moment. This is all because of the hypocrisies of elected officials and the “invisible government” (“Deep State”) that controls them.

议程上的第一件事应该是取消国防计划指导（DPG）政策，该政策要求国防部确保任何其他国家或地区甚至都无法渴望与美国竞争。 每个国家都应有权以自己的自然速度发展。 DPG是COVID-19全球大流行的最可能原因。

One of the first things on the agenda should be the dissolution of the Defense Planning Guidance (DPG) policies that mandates the DoD to ensure no other nation or region can even aspire to compete with the USA. Every nation should have a right to develop at its own natural speed. If anything is the cause of the COVID-19 epidemic, it is the DPG.

DPG无疑是每年有900万人饿死的原因。 DPG绝对是我们生活在无休止战争中的原因。

The DPG is certainly the reason nine million people starve to death every year. The DPG is definitely the reason we live in a world of endless wars.

归根结底，美国政府的外交政策应该由美国人来改变。单是9/11袭击就证明了美国对外侵略的极端回击是可能发生的。

In the final analysis, it is up to Americans to change the American government’s foreign policies. The 9/11 attack alone proves that extreme blow-back from American foreign aggression can happen.

不管COVID-19是来自德特里克堡的意外泄漏，还是有意的生物武器攻击，发展这种病原体显然违反了许多美国和国际生物武器发展法律。

Regardless as to whether COVID-19 came about as an accidental leak from Fort Detrick, or an intentional bioweapon attack, developing that kind of pathogen is a clear violation of many American and international laws on the development of biological weapons.

1925年6月17日在日内瓦签署的《禁止在战争中使用窒息性、有毒或其他气体和细菌作战方法议定书》，

1938年国际法协会保护平民免遭新的战争引擎伤害公约草案第6条和第9条

1972/1975年《生物武器公约》，

美国空军手册（1976年）指出：

国际法禁止生物武器或战争方法，不论它们是针对人、动物或植物的。生物武器的完全不分青红皂白和无法控制的性质导致国际社会谴责生物武器，各国在战争中不使用生物武器的做法也证实了这一规则。《生物武器公约》还禁止发展、准备、储存和向其他方面供应此类武器。

美利坚合众国——美国空军司令手册（1980年）指出：“美国已经放弃在任何情况下使用细菌武器，1972年的一项条约禁止拥有细菌武器。”

美国海军手册（1995）规定：

美国认为，禁止在武装冲突期间使用生物武器是习惯国际法的一部分，因此对所有国家都具有约束力，无论它们是否是1925年《日内瓦气体议定书》或1972年《生物武器公约》的缔约国。

因此，美国已正式宣布在任何情况下放弃使用生物武器。根据其条约义务，美国销毁了其所有生物和毒素武器，并将其研究活动限于发展防御能力。

1999年联合国秘书长公报第6.2节规定：联合国部队应遵守国际人道主义法有关文书规定的禁止或限制使用某些武器和作战方法的规则。其中特别包括禁止使用……生物作战方法。

Protocol for the Prohibition of the Use in War of Asphyxiating, Poisonous or Other Gases and of Bacteriological Methods of Warfare, signed at Geneva on 17 June 1925,

Articles 6 and 9 of the 1938 ILA Draft Convention for the Protection of Civilian Populations against New Engines of War

The 1972/1975 Biological Weapons Convention (BWC),

The US Air Force Pamphlet (1976) states:

International law prohibits biological weapons or methods of warfare whether they are directed against persons, animals or plants. The wholly indiscriminate and uncontrollable nature of biological weapons has resulted in the condemnation of biological weapons by the international community, and the practice of states in refraining from their use in warfare has confirmed this rule. The Biological Weapons Convention prohibits also the development, preparation, stockpiling and supply to others of such weapons.

United States of America - The US Air Force Commander’s Handbook (1980) states: “The United States has renounced the use of bacteriological weapons under all circumstances, and their possession is forbidden by a 1972 Treaty.”

The US Naval Handbook (1995) states:

The United States considers the prohibition against the use of biological weapons during armed conflict to be part of customary international law and thereby binding on all nations whether or not they are parties to the 1925 [Geneva] Gas Protocol or the 1972 Biological Weapons Convention.

The United States has, therefore, formally renounced the use of biological weapons under any circumstance. Pursuant to its treaty obligations, the United States has destroyed all its biological and toxin weapons and restricts its research activities to development of defensive capabilities.

Section 6.2 of the 1999 UN Secretary-General’s Bulletin states: The United Nations force shall respect the rules prohibiting or restricting the use of certain weapons and methods of combat under the relevant instruments of international humanitarian law. These include, in particular, the prohibition on the use of … biological methods of warfare.

<https://ihl-databases.icrc.org/customary-ihl/eng/docs/v2_rul_rule73>

一页又一页。And on and on for several more pages.

然而，DARPA在其网站上吹嘘说，他们研究了哪些显然是非法的病原体，特别是冠状病毒和运送这些生物武器的方法。

And yet on its website DARPA boasts of research on what are clearly illegal pathogens including specifically corona virus and the methods of delivering those bioweapons.

考虑到COVID 19可能是美国生物武器研究的产物，美国人有责任站出来确保停止这项研究。美国人也有责任阻止美国对外国的侵略，因为他们的无辜活动是：1）拥有美国想要的自然资源；2）社会主义政府；3）穆斯林政府；4）在自然条件下，经济增长可能会超过美国的国民经济。

Given the possibility, however remote that COVID 19 is a product of American research on bioweapons it is incumbent on Americans to come forward and ensure that this research is stopped, along with aggression against foreign nations for the non-criminal activities of having 1) natural resources the USA wants, 2) a socialist government, 3) a Muslim government, 4) an economy which under natural conditions would probably grow larger than the American national economy.

如果不付出这种努力，美国人将会因美国的外国侵略而自残身亡和痛苦的水平越来越高。 这不过是自然法则。 历史上的每一个主要哲学都可以找到它。 一个暴力的人将死于暴力死亡。 靠剑而活的人必死于刀下。 这些确切的短语可以在圣经中找到； 和中国的道德经

Failing that effort, Americans can expect ever increasing levels of blowback from American foreign aggression.

鉴于目前的COVID-19流行病对非裔美国人来说肯定是种族特异性的，对亚裔美国人来说很可能是种族特异性的，而且拉丁美洲人在未参保人群中的代表性似乎过高，美国少数群体将不得不在这一努力中发挥领导作用。似乎美国所有的宗教组织和公民自由团体都需要加入这个少数民族联盟。

Given that the current COVID-19 epidemic is most certainly ethnic-specific in regards to African Americans, may well be ethnic specific in regards to Asian Americans, and Latin Americans appear to be over-represented among the uninsured, American minority groups will have to take the leadership role in this effort. It also appears that all religious organizations and civil liberty groups in the US need to join this national minority alliance.

在非裔美国人社区，这可能是由“黑人生命问题”带头的。我不熟悉最大的亚洲和拉丁美洲宣传团体，但我确信他们存在，需要所有人共同努力，1）粉碎民进党，2）确保迅速，对美国生物和化学武器的发展和研究的决定性和安全的结束。

In the African American community this could be spearheaded by “Black Lives Matter.” I am not familiar with the largest Asian and Latin American advocacy groups but am certain they exist and need to all work together to 1) shred the DPG, and 2) ensure a swift, conclusive and safe end to American development of and research on biological and chemical weapons.

一场大流行需要激励这些组织共同努力，要求美国国防部承担责任，这是不可估量的悲剧。也许对某些人来说，时机还不成熟。

It is immeasurably tragic that a pandemic was required to motivate these groups to work together to demand accountability from the US Department of Defense. Perhaps the time is not yet “right” for some.

然而，根据目前的趋势，如果现在不合作、不主动地工作，那么在美国少数民族死亡人数超过多数群体的情况下，后果将更为严重。这些较大的死亡人数可能是由于新型冠状病毒的种族特异性，或者仅仅是因为没有足够的机会获得有效的医疗保健，或者很可能是两者兼而有之。

However, failing to work cooperative and proactively now will - according to current trends - have vastly more terrible consequences later when minorities in the USA start dying in disproportionately larger numbers than the majority group. These larger death tolls could be from either the ethnic specificity of the novel coronavirus, or simply insufficient access to effective health care, or most likely, both.

在这一点上，向这种疾病投入的联邦资金再多也改变不了当前的趋势。特朗普总统等得太久了。他一直忙于嘲笑中国控制一种致命病毒的努力，这种病毒以某种方式来自美国。无论如何，穷人将不可避免地像往常一样遭受最大的痛苦。

No amount of (borrowed) federal money thrown at this disease at this point to going to change the current trends. President Trump waited far too long while ridiculing China’s efforts to contain a deadly virus that one way or another came from the United States. In any case it will inevitably be the poor that will suffer the most, as usual.

有几十亿人在美国资本主义的残酷枷锁下过着绝望的生活？

他们生活在美国强加的独裁者、总统和总理的统治之下。有多少强盗傀儡领袖是通过腐败的选举而掌权的？几十亿。事实上，世界人口的一半以上。现在有多少人因为敢于与美国资本主义的残酷压迫作斗争而被关进监狱？数以百万计的！每年有九百万人饿死意味着什么。他们都是有色人种。几乎所有美国领导的无限资本主义贪婪的受害者都是美国以外的有色人种，现在是时候让美国少数民族聚在一起，挑战这个世界上大多数地区残酷邪恶的奴隶制了。

How many billions of people live lives of hopeless desperation under the cruel yoke of American capitalist-imposed dictators, and presidents and prime ministers put in power by corrupted elections? Billions. More than half the world’s population in fact. How many people are right not in prisons for daring to struggle against the ruthless oppression of American capitalism? Millions! Nine million people starving to death every year means something. They are all people of color. Almost all of the victims of American led infinite capitalist greed are people of color, outside the USA. It is about time American minorities get together and challenge this cruel and evil slavery of most of the world.

这取决于美国人民的决定，似乎大公司不太可能在这方面起带头作用。同时，它们就像一种寄生虫，杀死了它们长期赖以生存的宿主。

It is up to the American people to decide and it seems unlikely the big corporations will take the lead on this, despite the fact that they are very close to killing the host upon which they have fed for so long.

五百年来，自由、真理和正义之光一直被西方资本主义扼杀在发展中国家。如果美国的少数民族、宗教团体和公民自由组织不能控制这个嗜血的怪物，那么美国和全球和平的希望就破灭了。

For five hundred years the light of liberty, truth and justice has been smothered in the developing world by western capitalism. If the minorities, religious groups and civil liberty organizations in the USA cannot control this blood-drunk monster, then all hope for the USA and global peace is finished.

# 进一步研究的建议 Suggestions for further research

需要设计一项研究来研究阳光对气溶胶携带冠状病毒的影响。很简单就能知道气溶胶伯恩冠状病毒在阳光直射下能存活多久。阳光的强度因一天中的不同时间而不同，因此一项研究必须测量病毒在一天中不同时间暴露在阳光下的寿命。

A study needs to be designed studying the effects of sunshine on aerosol carried coronavirus. It would be really simple to find out how long aerosol bourn coronavirus can survive when exposed to direct sunlight. The strength of sunshine varies depending on the time of day, so a study would have to measure the life of viruses at different times of day when exposed to sunshine.

为什么太阳光，相比于某些“特殊频率”的紫外线？阳光有很宽的光频范围。非典在南亚并没有引起流行病，那里的阳光比北方的气候要多得多。阳光是自由的，很容易接近。（现在除了我之外的所有人。中国人可以得到阳光，但我不能。我被官员“指认”了。我的生活现在将更仔细地观察。为什么？也许是种族歧视，也许是另一种偏见。我不知道。我只知道我现在是目标。我被有偏见的人追捕。）

Why sunlight, as compared to some “special frequency” of UV light? Sunshine has a very wide range of light frequencies. SARS did not cause an epidemic in South Asia where they get a lot more sunshine than in northern climates. Sunshine is free and easily accessible. (For everyone except me now. Chinese can get sunshine, but I cannot. I have been “identified” by officials. My life will be even more carefully watched now. Why? Maybe racism, maybe another kind of prejudice. I have no way of knowing. I just know I have a target on me now.)

上述研究项目可能应该在离人类几百公里远的沙漠地区进行。所有的研究人员都必须佩戴BSL-4安全设备。

The above-mentioned research project probably should be done in a desert area hundreds of kilometers away from people. All the researchers would have to wear BSL-4 safety equipment.

不做这项研究的成本可能比做这项研究要高很多。

The cost of not doing this research will be vastly higher than doing it.

为什么还没做完？很简单很明显。答案呢？大型制药公司不会从中赚钱。

Why hasn’t it been done already? It’s so simple and obvious. The answer? Big pharmaceutical companies will make no money from it.

我希望有人能忙起来，开始对阳光和它已经证明的杀灭病毒的能力做更多的研究。人们可以从阳光中免费获得的维生素D对免疫系统的反应至关重要。

I hope someone gets busy and starts doing more research on sunshine and its already proven ability to kill viruses. Vitamin D, which people can get from sunshine for free is critical to immune system response.

在某些人拥有对他人权力的所有政府和组织中，应设计对其员工的测试，以根据种族，宗教，性取向，身体吸引力，智商或任何其他定义的人类素质来判断他们是否受到偏见。 这些偏见给每个组织都蒙上了残酷和刺耳的阴影，并可能导致他们服务的国家垮台。

All governments and organizations where some selected people have power over other people, should devise tests of their employees to find out if they are prejudiced based on race, religion, sexual orientation, physical attractiveness, IQ or any other defining human quality. These kinds of prejudices cast a harsh and cutting shadow over every organization and can lead to the downfall of the nation they supposedly serve.

中国14%的冠状病毒康复患者再次检测出致命病毒呈阳性

14% of recovered coronavirus patients in China are now testing POSITIVE again for deadly virus

By Samantha Day, 26 March 2020

医学专家证实，在中国恢复的冠状病毒患者中，有14%再次检测出这种致命病毒呈阳性。

研究表明，3%到14%的冠状病毒患者以前都给出了明确的答案，现在又检测出阳性。

这一消息传出之际，专家担心，由于这些“沉默的携带者”没有任何症状，而且进口病例数量增加，中国可能面临第二轮疫情爆发。

在官方解除为期两个月的封锁以防止疫情蔓延后，居住在大流行中心湖北省的数百万居民被告知他们现在可以离开。

武汉通二医院院长王伟证实，147名患者中有5名在康复后再次检测呈阳性。

在武汉医学院进行的研究中，恢复的患者在再次检测阳性后没有任何症状。研究人员没有发现任何证据表明他们在康复后变得有传染性，因为他们的家人都对这种疾病呈阴性。

主治医生说，对康复的病人进行密切监测，并在出院后将他们隔离两周是至关重要的。

其他报告显示，感染冠状病毒且没有或延迟症状的人数可能高达病毒阳性者的三分之一。

科学家们目前无法就无症状传播在疾病传播中的作用以及无症状人群的传染性达成一致。

14 PER CENT of the recovered coronavirus patients in China have tested positive again for the deadly virus, medical experts have confirmed.

Research shows that 3 per cent to 14 per cent of coronavirus patients that were previously give the all clear, are now testing positive again.

The news came as experts fear China may be facing a second wave of the outbreak, due to the ‘silent carriers’ who don’t show any symptoms and an increase in the numbers of imported cases.

Millions of residents that live in the Hubei province, the centre of the pandemic, have been told they can now leave after officials lifted a two-month lockdown to prevent the spread.

Wang Wei, director of Wuhan Tongii Hospital, confirmed that five out of 147 patients tested positive again after their recovery.

In the study conducted by the Wuhan medics, the recovered patients showed no symptoms after testing positive again. The researchers found no evidence that they became infectious after recovery as their family members all tested negative to the disease.

The chief doctor said it was crucial to closely monitor recovered patients and put them under two-week quarantine after discharge.

Other reports suggest that the number of people who were infected with coronavirus and show no or delaying symptoms could be as high as one-third of those who test positive to the virus.

Scientists are currently unable to agree on what role asymptomatic transmission plays in spreading the disease and how infectious people with no symptoms are.

<https://www.euroweeklynews.com/2020/03/26/14-of-recovered-coronavirus-patients-in-china-are-now-testing-positive-again-for-deadly-virus/>

**隧道尽头的灯可能仍然很远。**

**The light at the end of the tunnel may still be a long distance away.**

**因此，最好今天就开始漫长的步行。**

**So it’s best to begin that long walk today.**

∞

不要温柔地走进那晚安Do not go gentle into that good night

诗人迪伦·托马斯-1914-1953 Dylan Thomas - 1914-1953

不要温柔地走进那晚安，

老年人应该在一天结束时燃烧和狂欢；

愤怒，与光之死战斗

Do not go gentle into that good night,

Old age should burn and rave at close of day;

Rage, rage against the dying of the light.

你，我的父亲，在那悲伤的高处，

诅咒，祝福，我现在用你的眼泪，我祈祷。

不要温柔地走进那晚安。

与光之死战斗。

And you, my father, there on that sad height,

Curse, bless, me now with your fierce tears, I pray.

Do not go gentle into that good night.

Rage, rage against the dying of the light.

Dylan Thomas

# 关于作者 About the author

我是否要在美国发起一场革命？  
是。 一场旨在防止暴力并促进各族人民之间更大平等的和平积极革命。  
北美有色人种协进会（NAACP）的任务失败，非常需要立即重新定义自身，以防止在美国境内发生潜在的极端暴力。  
我认为现在和平的希望革命比以后的暴力革命要好。

Am I trying to start a revolution in the USA?

Yes. A peaceful proactive revolution designed to prevent violence and promote greater equality between all groups of people.

The NAACP has failed in its mission and desperately needs to redefine itself now very quickly to prevent potential extreme violence within the USA.

I think a peaceful hopeful revolution now, is better than a violent revolution later.

一些麻烦制造者可能会指责我受中国政府的影响。 那是不正确的。 到目前为止，他们都忽略了我，而我也忽略了它们。 我遵守有关戴口罩和隔离的规定。 够好了。

Some trouble-makers may accuse me of being influenced by the Chinese government. That is untrue. Thus far, they have ignored me and I have ignored them. I follow the rules about wearing a facemask and quarantine. Good enough.

Chinese culture and law from the Ming Dynasty until today has been very strict: They forbid interfering in the affairs of other nations.

从明代到今天的中国文化和法律一直非常严格：它们禁止干涉其他国家的事务。  
作为北京一所非常昂贵的私立学校的高中老师，十年来，我知道大多数学生（90％）和管理人员完全崇拜美国。 许多或大多数（50％-80％）公开批评中国政府，反映出美国主流新闻的宣传。

As a high school teacher at a very expensive private school here in Beijing for 10 years I know most of the students (90%) and administrators totally worship the USA. Many or most (50%- 80%) openly criticize the Chinese government, mirroring American mainstream news propaganda.

我认为犬儒主义也是世界性的流行病。  
自去年七月以来，我继续住在北京。 我在这里经历了最初的COVID-19暴风雪，甚至环游了中国。 我密切监视着写在人民行动以及中国和世界媒体上的舆论。

Cynicism is a world-wide pandemic also in my opinion.

Since last July I continue to live in Beijing. I went through the initial COVID-19 blizzard here and even traveled a bit around China. I closely monitor public opinion which is written both in the actions of people, and the Chinese and world media.

但是，只要有人给我任何信息，或影响我从中国政府的观点？ 零。

But as far as anyone giving me any information, or influencing my opinions from the Chinese government? Zero.

这些天我受到了骚扰。 该地区的一些穆斯林仇恨组织（与外国有联系）几年前就认出了我，并针对我进行了不懈的骚扰。 最近几周骚扰也升级了。 例如，昨天我跑步时，有人让自行车轮胎漏气了。这意味着我跑步11公里后又走了3公里。回家后，有人关闭了我公寓的电源，没有了 这些东西虽然很烦人，但我在其他国家/地区受到的骚扰却更加严重。 最糟糕的是美国

I am being harassed these days however. Some Muslim hating organization (with foreign connections) in this district identified me a few years ago and has had a relentless harassment campaign targeting me. Harassment has escalated in recent weeks as well. (For example, while I was running yesterday someone let the air out of my bike tires. That meant an additional 3 km walk after my 11 km. run. When I got home someone had turned off the electricity in my apartment and there was no hot water. I turned it back on.) As annoying as these things are, there are much worse harassments I have experienced in other countries, especially the USA

所以我仍然更喜欢美国。 绝大多数（99％）的中国人思想开明，而不是种族主义。 这里的绝大多数人都有幽默感和善良的心。 促进和谐在他们的语言中根深蒂固，我甚至相信他们的DNA。

So I still prefer here to the United States. The vast majority (99%) of Chinese are very open-minded and not racist. The vast majority here have a sense of humor and kinds hearts. Promoting harmony is deeply ingrained in their language and I believe even in their DNA.

我于1963年首次离开美国一年多。从那时起，我就生活在大约40个国家/地区并旅行。 我的父亲和祖父是大学教授。 我五岁时获得了第一张大学图书馆卡。 我从1973年到1988年都是大学生。 那是15年。 我在1970年代和1980年代从事武术比赛已有15年之久。

I first left the USA for more than a year in 1963. Since then I’ve lived in and traveled through some 40 nations. My father and grandfather were university professors. I got my first university library card when I was five years old. I was a university student from 1973 to 1988 non-stop. That’s 15 years. I was a martial arts competition fighter for 15 years in the 1970s and 1980s.

1987年我皈依伊斯兰教结婚。I converted to Islam in 1987 to get married.

我已经19年没去过美国了。 我无意返回美国，除非是在被邀请协助美国交战各派之间和平谈判的极端情况下。

1988年至1992年，我是非裔美国报社的一名新闻记者。我1992年离开美国

I was a reporter for the Black press from 1988 to 1992 when I left the USA.

I haven’t been to the USA in 19 years. I have no intention of returning to the USA except perhaps in the extreme situation of being invited to help in peace negotiations between warring factions within the USA.

我的积蓄快没了。

至于得到中国政府的帮助？我希望他们能给我一张永久居民卡，这样至少我能工作。

My savings are nearly gone.

As far as being helped by the Chinese government? I wish they would give me a Permanent Resident card so at least I can work.

为什么我还关心美国的少数民族？我几乎一辈子都是少数派。我现在63岁了。美国的少数民族曾经是，现在仍然是我最好的朋友和家人。这意味着对我很重要。 永远都会。

最后，我的一些其他出版物可以在：

Why do I still care about minorities in the USA? I’ve been a minority almost my entire life. I’m 63 now. Minorities in the USA were and still are my best friends and family. That means a lot to me. It always will.

Finally, some of my other publications can be found on:

<https://www.academia.edu/>

<https://www.silkroadvirtualuniversity.org/>