

●每格可容中文大字(標題)6字及小字(內容)50字，  
英文字母及數字二字為中文小字一字，空格標點符號均需計算。  
※English title: 12 letter    ※English content: 120 letters

●廣告內容均由委刊者提供，本報一概不負責任。  
●廣告涉有爭議，本報保留拒絕刊登及修改廣告或暫停刊登之權利。  
●涉及法律責任廣告，需提供身份證件及當事人簽字負責，本報概不負責。  
●廣告刊出如有錯誤，請於二日內前來更正，如係本報排版錯誤，將予以免費補刊，但以二天為限。

美南新聞刊登  
注意事項



●分類廣告請預付廣告費，如中途停刊者，恕不退還費用。  
●刊登一個月以下者，廣告均不得改稿，若需改稿每次酌收費用5元  
●本報接受VISA及MASTER信用卡付費，如電話(Tel)或傳真(Fax)訂稿委刊，請告知信用卡號碼/姓名/有效期限/ CVV 號/ZIP code Address 號，其訂稿如有錯誤由客戶自行負責，恕不補登。  
●截稿時間：星期一至五 3:00pm, 平時/周六日請微信:AD7133021553  
截稿或之前訂稿，其稿將在第二天刊登。

100



Restaurant  
Hiring

餐館服務

\*麵館誠徵

女收銀服務員一名  
英語流利,有工卡  
位中國城  
意者請電:  
**713-988-8802**

\*外賣店誠請

●接電話一名  
●外送員一名  
意者請電:  
**832-798-3313**  
無接請發短信  
8126 Antoine Dr TX 77088

\*中餐館請人

誠請粵菜炒鍋  
全工/半工均可  
位敦煌廣場內  
意者請電:  
**832-512-3595**  
**713-270-0888**

\*聘請外送員

距離中國城10分鐘  
路程。小費好。  
有意者請短信:  
**713-269-3936**

\*中餐館請人

位於中國城  
請熟手點心幫工  
聯繫電話:  
**832-387-1085**

\*誠聘(中國城)

●廚房幫工/打雜  
●司機  
周一到周五  
意者請電:  
**281-781-9389**  
未接請短信稍後再覆

\*中餐館請人

位 Westheimer 近 610  
●有經驗服務生:  
能英語工作。  
●廚房炒鍋師傅一名  
以上都須有卡!  
意者請 text:必回覆  
**832 677 0288**

黃金茶寮,薪優

●樓面:請 周末帶位  
及傳餐人員  
●廚房:請 抓碼,炒鍋。  
●點心部:請  
有經驗做點心人員  
2pm 後電或親臨舊店:  
**281-495-1688**  
10600 Bellaire#105

100



Restaurant  
Hiring

餐館服務

\*麵館誠徵

女收銀服務員一名  
英語流利,有工卡  
位中國城  
意者請電:  
**713-988-8802**

\*外賣店誠請

●接電話一名  
●外送員一名  
意者請電:  
**832-798-3313**  
無接請發短信  
8126 Antoine Dr TX 77088

\*中餐館請人

誠請粵菜炒鍋  
全工/半工均可  
位敦煌廣場內  
意者請電:  
**832-512-3595**  
**713-270-0888**

\*聘請外送員

距離中國城10分鐘  
路程。小費好。  
有意者請短信:  
**713-269-3936**

\*中餐館請人

位於中國城  
請熟手點心幫工  
聯繫電話:  
**832-387-1085**

\*誠聘(中國城)

●廚房幫工/打雜  
●司機  
周一到周五  
意者請電:  
**281-781-9389**  
未接請短信稍後再覆

\*中餐館請人

位 Westheimer 近 610  
●有經驗服務生:  
能英語工作。  
●廚房炒鍋師傅一名  
以上都須有卡!  
意者請 text:必回覆  
**832 677 0288**

黃金茶寮,薪優

●樓面:請 周末帶位  
及傳餐人員  
●廚房:請 抓碼,炒鍋。  
●點心部:請  
有經驗做點心人員  
2pm 後電或親臨舊店:  
**281-495-1688**  
10600 Bellaire#105

100



Restaurant  
Hiring

餐館服務

\*珍寶海鮮城 誠聘

點心師傅、點心熟籠、點心幫手  
推車、企檯、傳餐。  
需少許英文,全工或半工均可  
做滿三個月後,公司提供 Bonus 獎勵金  
請電:**281-988-8898** 或親臨面談  
11215 Bellaire Blvd, Houston, TX 77072

\*湖南餐廳徵企檯&收銀帶位

多年老店,湖南餐廳  
位於糖城及 Katy 之間,誠請  
有經驗半工和全工企檯及收銀帶位  
生意穩,收入佳。請電洽:王小姐  
**281-804-9514**

100



Restaurant  
Hiring

餐館服務

\*麵館誠徵

女收銀服務員一名  
英語流利,有工卡  
位中國城  
意者請電:  
**713-988-8802**

\*外賣店誠請

●接電話一名  
●外送員一名  
意者請電:  
**832-798-3313**  
無接請發短信  
8126 Antoine Dr TX 77088

\*中餐館請人

誠請粵菜炒鍋  
全工/半工均可  
位敦煌廣場內  
意者請電:  
**832-512-3595**  
**713-270-0888**

\*聘請外送員

距離中國城10分鐘  
路程。小費好。  
有意者請短信:  
**713-269-3936**

\*中餐館請人

位於中國城  
請熟手點心幫工  
聯繫電話:  
**832-387-1085**

\*誠聘(中國城)

●廚房幫工/打雜  
●司機  
周一到周五  
意者請電:  
**281-781-9389**  
未接請短信稍後再覆

\*中餐館請人

位 Westheimer 近 610  
●有經驗服務生:  
能英語工作。  
●廚房炒鍋師傅一名  
以上都須有卡!  
意者請 text:必回覆  
**832 677 0288**

黃金茶寮,薪優

●樓面:請 周末帶位  
及傳餐人員  
●廚房:請 抓碼,炒鍋。  
●點心部:請  
有經驗做點心人員  
2pm 後電或親臨舊店:  
**281-495-1688**  
10600 Bellaire#105

中國城中餐館

誠請廣東炒鍋  
意者請電:  
**281-210-8392**  
黃師傅

\*餐館招收

打台,打雜,送外賣  
位 Spring,  
249 與 99 交界  
聯系人:林先生  
**832-310-0739**

SINH SINH

位中國城,中國餐廳  
誠請炒鍋、打雜  
抓碼,粉麵 及企檯  
請下午3點後電:  
**713-459-1501**

長樂活動中心

位糖城區,誠聘  
廚師及廚房助理  
工作環境及時間好  
意者請電:  
**281-208-7709**

糖城中餐館

誠請前台和外送員,  
全工或半工均可,  
需英文流利,可報稅。  
有意者請電:  
**832-866-2625**

中餐館請人

誠聘半工外送員  
有經驗,可報稅  
離中國城 15 分鐘  
4670 Beechnut  
意者請電:  
**713-307-2882**

金冠酒家誠聘

●點心幫工  
**713-474-7979**  
●廚房幫工,油爐  
**281-866-5020**

餐館誠請

近中國城,誠請  
●熟手外送員:小費好  
●熟手炒鍋:需報稅。  
意者請電:  
**713-826-2265**

\*Mall 內快餐

Houston and Dallas  
誠請以下職位  
1. 前台服務人員  
2. 經理助理  
55 歲以下,能搬運更好  
意者請電:  
**832-726 2629**

餐館誠請

有經驗收銀帶位,  
企檯,外送員。  
意者請電:  
**832-466-3511**

中式快餐店

位於 Dairy Ashford  
/ Westheimer  
誠 請  
●炒鍋 及 ●油爐  
意者請電:周先生  
**281-235-3531**

Katy H Mart

亞洲城,薪優。誠請  
經驗炒河粉麵炒鍋,  
(如只有什碎,外賣店,  
自助餐經驗者免問)  
須報稅,全職半職均可  
下午 2:00 至 5:00  
請電或短信:  
**408-480-6035**

中餐館請人

位 290 & Fairbanks  
招全職/兼職 炒鍋  
油鍋,打雜和前台  
意者請電:  
**832-623-4949**  
**832-773-2913**

糖城餐館誠聘

●有經驗川菜師傅  
●半工服務生。  
●懂中英文外送員  
有意者請電: Andy  
**832-380-9063**  
4526 Hwy 6  
Sugar Land, TX 77478

NOW HIRING

North China Restaurant  
I-10/Energy Corridor  
Now is hiring  
Waiter/Waitress  
Full time or Part time  
Must speak English  
**713-470-8118**

Buffet 中餐館

大機場附近布菲店  
請 ●全/半工企檯  
●Part time 經理  
意者請電:  
**832-993-0116**

\*餐館請人

路州 Shreveport  
中餐堂吃店  
誠請炒鍋和企台。  
意者請電:  
**832-819-8111**  
(無人接聽可短信)

糖城美式餐館

請全工和半工  
收銀帶位、企檯  
和外送員  
需英文流利  
意者請電:  
**281-242-7728**

高薪聘請

以下職位各多名  
●經驗炒鍋抓碼師傅  
●經驗北方面店師傅  
●經驗企檯  
有意者請電:  
**281-743-8013**

四川美食餐館

位於 Victoria  
誠請炒鍋,打雜  
可提供住宿  
有意者請電:  
**361-573-6600**  
**361-649-7476**

Cypress 休斯頓

餐館誠請  
炒鍋,炒鍋兼油鍋  
打雜,企檯  
意者請電:  
**832-929-5039**  
**832-906-6368**

中餐館請人

位中國城百家廣場,  
誠聘 企台,  
後廚打雜,洗碗工。  
意者請致電或短信:  
**832-766-2042**

中餐館請人

靠近 249 中餐館,  
誠請炒鍋,  
和全工外送員。  
意者請聯系:  
**281-966-5342**

中越餐館請人

Woodland 唯一一家  
薪優誠請炒鍋,打雜  
另 Kingwood 地區  
薪優,誠請經理  
有意者請電:  
**832-229-6421**

糖城中餐館

位糖城 Sugar Land  
請 ●熟手英文流利  
收銀接電話  
●送外賣  
以上全工/半工均可  
**832-946-0030**

中餐館請人

位 6 號/290, 中式中餐  
誠請全工炒鍋、企台、  
半工周末外送,半工炒飯  
撈面師傅,企台各一名。  
需報稅。以上不住宿  
有意者請電:  
**713-213-0086**  
**832-593-6688**

杏記甜品 Katy 店隆重開業



誠聘全工油鍋打雜

意者請電: **832-818-7818**  
**620-757-6037**

2022 年 Houston 黃頁

Free Listing

免費刊登商家電話地址

增加,修改,刪除

請電: **281-498-4310**  
微信: **AD7133021553**  
Email: **YP@scdaily.com**



2022 年休士頓黃頁 開始登記了

8/31 截稿

請電: **281-498-4310**  
微信: **AD7133021553**  
Email: **YP@scdaily.com**



中國城奶茶店

誠聘男女員工  
需有工卡,可報稅。  
全工/半工均可。  
薪優面談,意者請電:  
**713-772-7888**  
**312-479-1188**

日本餐館誠請

位 Missouri City 近糖城  
誠請 Part Time  
Sushi Helper-Cashier  
Server. 要求至少  
做事認真負責,能報稅,  
薪資面議。意者請聯系:  
**912-381-5292**  
**346-303-3218**

壽司吧&拉麵店

●糖城 壽司 Bar  
●Downtown 壽司  
拉麵店  
招工:有無經驗均可,  
可培訓。電話詳談:  
**832-520-6015**

\*路州全日餐

Lake Charles  
『高薪』誠請  
壽司師傅,學徒  
廚房師傅,油鍋打雜,  
全工企檯。  
包吃包住,意者請電:  
**832-605-2131**

\*中日餐館急招

中餐師傅及洗碗打雜  
各一名  
有身份,可報稅。  
地址:7039 FM1464  
Richmond, TX 77407  
有意者請電:  
**702-286-8363**

\*美日餐館,高薪

二家 Galleria & 1960  
誠請經理及企檯  
需英文流利,煙酒水  
全工/半工均可  
小費極佳。 聯系電話:  
**281-636-8808**

\*超市內壽司吧

『傍優』誠請  
女性人員一名  
必需有經驗  
意者請 5 點後電:  
**832-660-2521**

\*日本餐館請人

誠請企台及帶位  
全工/半工均可  
需工卡。  
意者請親臨或電:  
**713-781-6300**  
6345 Westheimer

NOW HIRING

●Sushi Chef  
●Sushi Helper  
full time, part time  
Sugar Land area  
Hwy6 & Hwy90  
inside HEB. Contact  
**713-419-0980**

\*日本餐館誠請

位 Missouri City 近糖城  
誠請 Part Time  
Sushi Helper-Cashier  
Server. 要求至少  
做事認真負責,能報稅,  
薪資面議。意者請聯系:  
**912-381-5292**  
**346-303-3218**

壽司吧&拉麵店

●糖城 壽司 Bar  
●Downtown 壽司  
拉麵店  
招工:有無經驗均可,  
可培訓。電話詳談:  
**832-520-6015**

\*路州全日餐

Lake Charles  
『高薪』誠請  
壽司師傅,學徒  
廚房師傅,油鍋打雜,  
全工企檯。  
包吃包住,意者請電:  
**832-605-2131**

\*中日餐館,薪優

位路州 Baton Rouge  
誠請 各一名  
中餐大廚及壽司師傅  
~以上提供住宿~  
工資優越,住宿環境好  
**985-634-2580**  
**225-892-0521**

\*日本餐館請人

有經驗 經理、企檯  
壽司師傅、炒鍋。  
需有工卡,薪水面談。  
有意者請電:  
**281-398-8885**  
**832-715-4753**

\*日本餐館請人

●休斯頓區誠請  
廚房師傅&帶位企台。  
電:**832-230-9405**  
●新奧爾良區請日餐  
Sushi 師傅(包吃住)  
電:**832-962-2555**

\*休士頓高級日餐

近 Galleria 區  
誠聘壽司師傅  
需有經驗,懂英文。  
有意者請電: Teddy or Angie  
**713-961-9566**

\*Sushi 餐館

位 Heights 地區  
610/Ella, 誠請  
Waiter/Waitress  
Must speak English  
薪優。意者請電:  
**346-406-3932**

超市內壽司吧

誠請 Part time  
女性幫手一名,  
需有些經驗  
位 610/290,在 43 街上  
意者請 5 點後電:  
**832-660-2521**

日餐店請人

誠招小榮師傅  
有相關經驗優先,  
不會可教。  
聯系人: Vincent  
**408-901-9571**

KATY 日餐

誠請 ●洗碗  
Sushi Man  
二到四中午半天企台  
意者請電或  
短訊(無人接聽時)  
**713-820-7402**

中日餐館,薪優

位路州 Baton Rouge  
誠請 各一名  
中餐大廚及壽司師傅  
~以上提供住宿~  
工資優越,住宿環境好  
**985-634-2580**  
**225-892-0521**

\*日本拉麵店

45 號南,27 號出口  
日本拉麵店,誠請  
壽司師傅、廚房幫手  
意者請電:  
**713-516-2344**

糖城壽司 BAR

招 工  
有無經驗均可,  
可培訓,電話詳談。  
**832-520-6015**  
**832-841-5399**

路州日餐,高薪

離休士頓 2 小時,包食宿  
高薪 聘炒鍋,壽司幫手  
鐵板,企台,洗碗,打雜,  
以上無需經驗,可培訓。  
午休 2 小時。  
●另請住家保姆,帶 4 歲  
小女孩。意者請電:  
**337-764-7736**

Restaurant  
For Sale



餐館出售

\*奶茶冰淇淋店

出售(含設備)  
簡單易做,不會可以培訓  
Dairy Ashford/Briar Forest  
歡迎看店議價  
意者請電:  
**347-580-9341**  
來電如未接可發短信

中餐快餐店出售

1700 呎,獨立建築  
有 Drive-Thru,  
租金 \$3200(加 NNN)  
或生意和地產一起賣  
價錢面議,離休士頓 1 個  
半小時 Bay City  
意者請電: 非誠勿擾  
**713-569-2628**

賺錢餐館退休售

位 610 東, Pasadena  
外賣店,生意好  
1800 呎,獨立建築  
附近工廠林立,  
價格面議。請電:  
**281-476-5598(W)**  
**469-789-6628(C)**

\*糖城餐館出售

含設備,若您想用最低  
的成本,自己當老板,  
這是一個絕佳的機會  
1900 呎,剩 4 年租約,  
加上 5 年續簽選擇。  
**832-755-8921** Sandra  
**713-261-8255** Suzie

堂吃外賣店出售

也可做 Buffet,  
設備齊全,接手即可  
賺錢。離休士頓 4.5 英里  
小時車距。房租便宜  
獨立 Building。  
意者請聯繫:  
**210-380-2645**

德州南奧斯汀

中餐堂食外賣店轉讓  
2400 多呎,營業中,  
生意好,設備全,  
接手馬上做生意  
有意請電: 黎生  
**737-202-6166**

外賣中餐館出售

立 North Eldridge Pkwy  
Houston, TX 77041  
售價 一萬八  
房租很低,外賣生意很好  
適家庭經營。誠心買店  
請下午 2 點後電: Jason  
**832-573-4862**

\*好生意海鮮餐館出售

Seafood Restaurant For Sale  
月入 1 萬 2, 售 18 萬,易經營,即使疫情期間生意  
持續增長。 Sale price \$180,000, Income \$12,000  
Established in 2016. Easy to manage  
Located next to high traffic trampoline park  
Consistent increase in sale volume even during covid.  
Cypress TX. 繁忙地段,位置極佳,生意好。  
Call: **281-605-0487** (English only)

壽司吧 收入好,價格好,容易經營

Kroger 超市內壽司吧! 機會難得。  
每周收入 \$2700-\$3000  
Kroger Sushi Bar for Sale  
Spring, TX 77386. Easy To Manage!  
Good area, Good Price, Good Income!  
Selling at a decent price!  
Please call: **936-828-9110**  
**936-521-9698** **936-525-8387**

堂吃外賣中餐

出售。位 45 號南  
生意好。價錢面議  
意者請電:  
**713-614-3873**  
無誠勿擾

合法主道店面

住家地產退休售  
學區好,家庭事業兼顧  
經營 10 年,網評 4.5 顆星  
家庭餐館,月入萬元  
東主急欲退休,出價合理即售  
**1607 N Travis Ave**  
Cameron, TX 76520  
**254-697-6869** 林

中國城賺錢餐館

轉讓。面積適中,  
房租低,設備齊全,  
本店生意不錯,  
很適合做面食店,  
早餐店。  
誠心買店者請聯系  
**346-397-6982**

賺錢中餐館出售

位 Rosenberg Kroger  
Center, 老板退休出售  
生意 18 萬,房租 6500  
包管理費。  
想買便宜請勿打擾。  
有意者請發信息:  
**626-757-8603**

















If you would like to share news or information with our readers, please send the unique stories, business

news organization events, and school news to us including your name and phone number in case more information is needed.

For news and information consideration, please send to News@scdaily.com or contact  
**John Robbins 281-965-6390**  
**Jun Gai 281-498-4310**

**Publisher:** Wea H. Lee  
**President:** Catherine Lee  
**Editor:** John Robbins

**Address:** 11122 Bellaire Blvd., Houston, TX 77072  
**E-mail:** News@scdaily.com



Inside C2

# Southern DAILY

Make Today Different

Southern Daily News is published by Southern News Group Daily

Wednesday, July 14 2021|

## U.S warns Cubans away from sea crossings amid protests, but most cross on land

NEW YORK, July 13 (Reuters) - U.S. Secretary of the Department of Homeland Security Alejandro Mayorkas on Monday told any migrants fleeing unrest in Cuba: “Let me be clear: If you take to the sea, you will not come to the United States.”

But Cuban migrants are largely flocking to the U.S.-Mexico land border, not the U.S. coast. And in a sharp break from his predecessor Donald Trump, President Joe Biden has been letting most in pending the outcome of their asylum applications, according to government data. Since Biden took office in late January, the number of Cubans arriving at the U.S.-Mexico border has risen sharply. This fiscal year through May, which began in October, border officials encountered more than 22,000 Cubans, the highest level in more than a decade.

U.S. Customs and Border Protection data shows vividly the sharp contrast between the approaches of the Trump and Biden administration toward Cuban migrants.

In December 2020 - the last full month of Trump’s presidency - nearly two-thirds of all Cubans caught crossing the border were expelled to Mexico under a pandemic-related health order known as Title 42. By May of this year, the last month data is available, around 96% of Cubans

only for unaccompanied minors and most families.

The U.S. Department of Homeland Security did not immediately respond to a request for comment.



Cuba in 2016 because of his involvement in an opposition political party, encountered the stark difference between Trump and Biden policies on his journey to the United States.

Ruiz first escaped to Brazil, then discovered he could try for U.S. asylum and headed to the U.S.-Mexico border in 2019. But when he tried to cross, border agents sent him back to Mexico under a different Trump-era policy, known as the Migrant Protection Protocols, that forced migrants to wait in Mexico for U.S. court hearings.

Ruiz was stuck in a shelter in the northern Mexican city of Ciudad Juarez for two years until Biden reversed the policy soon after he took office this year. Ruiz was finally allowed across the border in March to start a new life with his family in Miami while pursuing his asylum case.

“The only thing that Biden did was restore internationally protected asylum laws that Trump had violated,” said Ruiz in a phone interview. “That was the only change.”

In Cuba, thousands have joined recent protests in cities across the nation amid frustrations with widespread shortages of basic goods including medicine, power outages, rising prices and a surge in COVID-19 cases. Some demonstrators also called for a change in political change. The Cuban government has blamed the shortages on U.S. sanctions and says the United States has backed the opposition. [read more](#)

It is not yet clear whether the unrest could lead to even more people trying to flee the island.



U.S. Republican Senator Marco Rubio voiced concerns this week an explosion in anti-government protests in Cuba could spark a return to the era of massive boatlifts of Cubans seeking refuge

at U.S. shores. Rubio, a Cuban-American representing Florida, raised the specter of the iconic Mariel boatlift in the 1980s and a 1994 surge in rafts leaving the island, saying on Twitter that the Cuban government could use the protests as an excuse to lift travel restrictions and spark another crisis at sea.

Pedro Ruiz, 51, who said he had to flee

were allowed into the United States to reunite with U.S.-based family members and seek legal status in immigration court.

The majority of Cuban migrants being allowed in are single adults, a notable development because Biden has continued to expel the vast majority of individual adults arriving from Central America and Mexico. He has made exceptions

## 敬請關注我們的新媒體賬號

### Follow us on social media



Southern News  
美南新聞



公共頁  
美南網



今日頭條  
美國美南網



抖音  
美國美南網



西瓜視頻

美國美南網



Facebook Page:  
Southern News  
美南新聞



Tik Tok ID:  
Southern News  
Group



Instagram ID:  
Southern News



# WEA LEE'S GLOBAL NOTES

## CORONAVIRUS DIARY

07/13/2021



**Wea H. Lee**  
**Wealee@scdaily.com**

Chairman of International District Houston Texas

**Publisher Southern Daily Wea H. Lee**

Southern News Group Chairman / CEO  
Chairman of International Trade & Culture Center  
Republic of Guiana Honorary consul at Houston Texas



## Delta Variant Outbreak Around The World

Six fully vaccinated people who attended a wedding party in Houston, Texas, came down with COVID-19. The study said it was suspected that the Delta variant was introduced at the wedding party by two people who had traveled from India and tested negative before their flight, but later developed symptoms in the U.S.

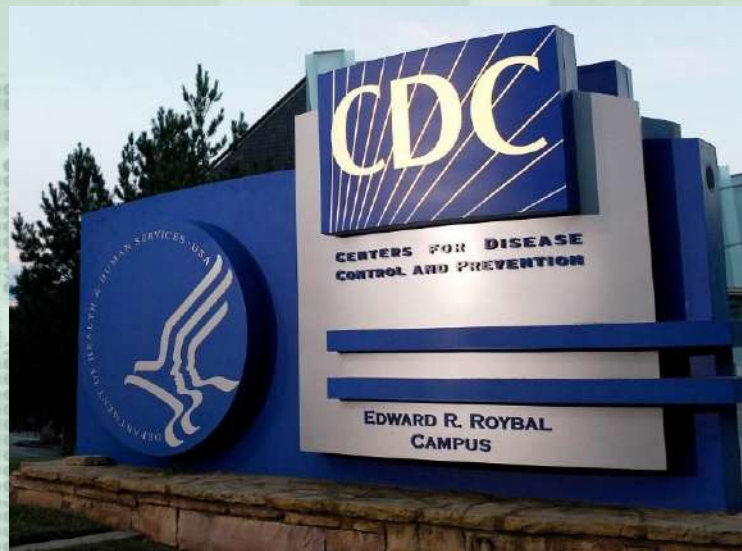
While in Australia, the COVID-19 cases have been surging in recent weeks. The government has tightened up

the largest cities with a no-touch rule, limiting of outdoor gatherings, exercise and shopping.

As the Delta variant rapidly spreads, an expert warns that a surprising amount of death from the COVID-19 could soon follow. The United States is averaging about 19,000 new cases in the past week, a 47% increase from the week before. These came mostly from Florida, Louisiana, Arkansas, Missouri and Nevada.

Pfizer's scientists met with top U.S. health officials on Monday to discuss the drug maker's request for federal authorization of third doses of its COVID-19 vaccines saying that booster shots will be needed.

Dr. Antony Fauci didn't rule out the possibility, but said it was too soon for the government to recommend



another shot.

Just as millions of us begin to feel life is coming back to normal, this Delta variant emergence has put us back in the struggle against the pandemic.

We are urging all the people to be vaccinated, not just to protect yourself, but also to protect others.

We really cannot understand

why the people don't believe in the science and want to risk their lives to not vaccinate.

The world has become more chaotic. Because of what happened in Haiti, the conflict in the Asia Pacific region, the political situation in Afghanistan and all the other unstable situations around the globe—we all have reason to worry.



**Southern DAILY** Make Today Different

## Editor's Choice



U.S. Vice President Kamala Harris attends a vaccine mobilization event at TCF center in Detroit, Michigan. REUTERS/Rebecca Cook



The Italy team drive through Rome on a open top bus tour after they won Euro 2020. REUTERS/Yara Nardi



Members of the military patrol past looted shops as the country deploys army to quell unrest linked to jailing of former President Jacob Zuma, in Soweto, South Africa. REUTERS/Siphiwe Sibeko



A guest poses at the screening of the film "BAC Nord" Out of Competition in Cannes. REUTERS/Reinhard Krause



People make their way on a flooded street as Tropical Storm Elsa passes through Hoboken, New Jersey. REUTERS/Eduardo Munoz



A Miami-Dade County police boat sits at anchor as emergency workers conduct search and rescue efforts at the site of a partially collapsed residential building in Surfside, near Miami Beach, Florida, June 30. REUTERS/Joe Skipper



## World Economic Forum Launches Coalition To Tackle Harmful Online Content



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

The World Economic Forum has announced that it is launching a Global Coalition for Digital Safety which will accelerate public-private cooperation to tackle harmful content online.

It will serve to exchange best practices for new online safety regulations, take coordinated action to reduce the risk of online harms, and drive collaboration on programs to enhance digital media literacy

With the growing challenge of health misinformation, violent extremist and terrorist content, and the exploitation and abuse of children online, there is an urgent need for more deliberate global coordination to improve digital safety.

“The Forum recognizes this problem is only growing in size and complexity. This Coalition serves to bring together leaders in the public and private sector to cooperate globally on solutions that will ultimately reduce the consumption and distribution of material that is causing harm – especially to vulnerable members of our population,” said Cathy Li, Head of Media, Entertainment, and Sport Industries at the Forum.

**Coalition members highlighted the need to act more proactively when it comes to digital safety and the importance of further cooperation:**

“All the processes of the modern world are connected to the internet and information technologies. But at the same time, when we speak about high-tech processes, ‘digitalization’, we always know about the main goal – to create a safe online environment for our citizens. Therefore, the global initiative to create purposeful cooperation between states, organizations and businesses

is extremely relevant.” H.E. Mykhailo Fedorov, Deputy Prime Minister and Minister of Digital Transformation, Ukraine

Illegal*	Harmful
<ul style="list-style-type: none"><li>• Pornography</li><li>• Child Pornography</li><li>• Copyright infringement</li><li>• Defamation</li><li>• Grooming</li><li>• Sexual exploitation</li></ul>	<ul style="list-style-type: none"><li>• Violence</li><li>• Online harassment / bullying</li><li>• Hate speech</li><li>• Racism</li><li>• Bestiality</li><li>• Menacing / offensive</li></ul>

\*The Conceptions of illegality may vary depending on national legislations

“In order to improve digital safety, it is imperative that we accelerate public-private cooperation. This is an area that the World Economic Forum’s Global Coalition for Digital Safety, as an impartial platform, can look into.”

H.E. Johnny G. Plate, Minister of Communications and Informatics, Indonesia “The significance of national and international collaboration, multistakeholder engagement and investment in holistic solutions to address the proliferation of global online harms has never been more important. I am so pleased to be part of the World Economic Forum’s Digital Content Safety initiative and to have an opportunity to raise awareness about eSafety’s multifaceted approach to helping our citizens have safer, more positive experiences online. Securing harmonization across jurisdictions to avoid a patchwork and fragmentation of online safety legislation, governance arrangements and national online safety measures should be a priority for us all.”

Julie Inman Grant, eSafety Commissioner, Australia, “Global online safety is a collective goal that must be addressed by working across borders as well as

by individual nations. We look forward to collaborating with international Coalition members to reduce the risk of on-line harms and build a safer life online for everyone.” Dame Melanie Dawes, Chief Executive, Ofcom, UK

“We believe that everyone should be free to share without harassment or abuse.” Chris Priebe, Executive Chairman, Two Hat Security



“Technology offers tools to learn, play, connect, and contribute to solving some of the world’s greatest challenges. But digital safety harms remain a threat to these possibilities. As the World Economic Forum is uniquely positioned to accelerate the public-private collaboration needed to advance digital safety globally, Microsoft is eager to participate and help build whole-of-society solutions to this whole-of-society problem.”

Courtney Gregoire, Chief Digital Safety Officer, Microsoft. A framework proposed in the new report, Advancing Digital Safety, will serve to better protect users online. It is centered on industry standards, which establish a safety baseline, together with regulation to govern enforcement. Coalition members are committed to charting a course that will resolve key tensions in privacy, safety, expression, business incentives and corporate versus public responsibility to effectively minimize the risk of harms encountered online. (Courtesy weforum.org)

Related

### Advancing Global Digital Content Safety Through A Global Coalition

The Global Coalition for Digital Safety aims to accelerate public-private cooperation to tackle harmful content online and will serve to exchange best practices for new online safety regulation, take coordinated action to reduce the risk of online harms, and drive forward collaboration on programs to enhance digital media literacy.

#### Our Approach To The Problem

Advancing Global Digital Content Safety is an initiative focusing on solutions to tackle the spread of harmful content online. Online content has the power to influence minds, incite action, and shape the fabric of society. What is posted and shared on the internet has proliferated substantially, leading to questions on how to reduce the spread of harmful content, particularly across social networks, search engines, streaming services, and others within a layered internet ecosystem.



This initiative aims to explore solutions to advance industry and regulatory progress in the area of digital content safety. Taking into account and developing further the outcomes of the previous and current initiatives on the topic, the analysis will be centered around three main workstreams:

**1. Content Moderation:** This workstream will look at current practices used by platforms to define harmful content and take action on such content, highlighting best practices for processes of categorizing, detecting, reporting, and governing content, as follows:

- What practices are currently in place to moderate content on major platforms?
- What is the current balance between safety and free expression implied or stated based on content moderation decisions we have seen to date?
- What are the best practices for developing and executing on the necessary tools, processes, governance, and reporting to moderate content effectively?
- For harmful content with a clear definition, how can detection and removal be improved?
- For content with a less clear definition of harm, how can decisions be made more transparently?

What independent auditing may be needed and how would this function?

What metrics, if any, should be used to assess performance of content moderation practices?

How can content moderation best practices be harmonized across the media ecosystem to enhance public accountability?

**2. Regulation and Liability:** This workstream will look at current regulation of platforms globally, highlighting various approaches to assigning responsibility / liability for third party content across social networks, search engines, and other internet companies

- What is the responsibility for addressing harmful content across the internet stack?
- How do current liability laws (e-Commerce directive, section 230 of CDA) impact content on platforms?
- How should social platforms be treated when it comes to content liability (on the spectrum of publisher to distributor)?
- Is a two-tiered regulatory approach needed, and how would this function effectively if so?
- Should concept of fiduciary duty be regulated upon platforms?
- Should specific measures / targets (e.g. exposure) be enforced with regulation?
- What are the most effective remedies to

put in place if a company has violated regulations related to content on its platforms?



What should be self-governed vs regulated? Given regulations that improve safety for consumers may sometimes be in conflict with regulation that improve privacy, how should regulation be effectively coordinated to optimize for consumer well-being?

**3. Business Model and Competition:** This workstream will analyze the impact of an engagement-driven business model as well as the role of competition in addressing exposure to harmful content while considering impacts to innovation and growth

What is the role of increased competition in addressing exposure to harmful content?

Would increased competition be effective in reducing (in part) the average exposure to harmful content – how could this be modelled?

How do various consumer well-being goals (price, security, safety from harmful content, choice, privacy, etc.) need to be balanced here?

How do current business model practices – focused on maximizing user engagement to drive advertising revenue - impact the type of content that users see?

Are current business model practices incompatible with long-term goals of gaining user trust and avoiding engaging in controversial content governance decisions? If so, what long-term strategic shifts could be taken by platforms to maintain or grow profits whilst reducing dependence on advertising revenues (reference to Value in Media insights)?



Harms with a clear definition (e.g., child sexual exploitation)

Harms with a less clear definition (e.g., disinformation)

In light of COVID-19, we will specifically focus on health-related misinformation. The report culminating the findings of this work can be found here: <https://www.weforum.org/whitepapers/advancing-digital-safety-a-framework-to-align-global-action>

This initiative is now focused on driving forward solutions through the work of the Global Coalition for Digital Safety which can be found here: <https://www.weforum.org/global-coalition-for-digital-safety/home> (Courtesy weforum.org)

## Pandemic Brain: Half Of Americans Fear They’ll Never Fully Recover From COVID Pandemic Stress



Illustration by John S. Dykes

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

In record numbers, Americans are anxious, worried, sleep-deprived, distracted, and depressed. The Covid-19 pandemic’s triple whammy of an invisible and omnipresent threat (coronavirus infection), profound disruptions in daily life, and uncertainty for the future has thrust many people into a chronic, high-stress state that is, let’s just say, less than optimal for rational thinking or any other sort of higher-order cognitive functioning.

While the Covid-19 pandemic rages on worldwide, the immediate mental health impact of this collective trauma is coming into focus even as the outlook for long-term psychological effects remains considerably fuzzier.

Are we experiencing a pandemic of mental illness? Much has been reported about the ill-termed “mental health pandemic” that seems to be surging through the U.S. and other countries in lockstep with lockdowns and the death, societal disruption, and economic devastation of the viral pandemic. Many experts have sounded the alarm for an approaching tsunami of psychological maladies that could sink an already overburdened mental healthcare system.

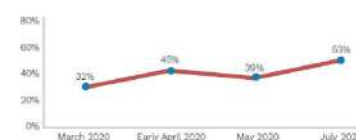


A growing cache of data seems to bear out those fears. One of the most recent, a population survey conducted in April and May, found a three-fold increase in depression since the pandemic began. The researchers examined mental health problems relative to 13 pandemic-specific stressors, including loss of a job, death of someone close to you due to Covid-19, and financial problems (see box for full list). The more stressors people reported, the more likely they were to also report symptoms of anxiety and depression.

Other studies show similar rises. From April to June, the Census Bureau tracked anxiety and depression symptoms among Americans in weekly emergency surveys, finding a sharp rise in both. In a Kaiser Family Foundation Health Tracking Survey conducted in July, more than half of U.S. adults (53 percent) said worry and stress related to coronavirus has had a negative impact on their mental health, up from 39 per-

cent in May.

Percentage of Adults Who Report That Worry and Stress Related to Coronavirus Has Had a Negative Impact on Their Mental Health



SOURCE: KAISER FAMILY FOUNDATION HEALTH TRACKING POLLS

Half of Americans say that the COVID-19 pandemic has been so stressful they worry they’ll never fully be able to de-stress, even after it’s all over.

A survey of 2,000 Americans finds stress levels have been so bad since 2020 that 25 percent would go as far as escaping to a cabin in the woods by themselves in order to get away from the daily stresses of life. Another 15 percent would need to be even more remote, choosing a desert island as their de-stressing sanctuary. Crucially, respondents add they’d have to be totally alone to truly be able to de-stress. The study, conducted by OnePoll and commissioned by CBDistillery, also finds that for many, getting rid of stress is all about the finer things in life. In fact, 35 percent of respondents think a trip to a luxury resort would do the trick.



### De-stressing still takes work

The average American feels they would need 10 days in their ideal location to completely de-stress. This is borne out by the numbers, too; 55 percent admit their current stress levels have left them feeling burnt out.

Researchers also discovered that stress has a major impact on personal relationships. Seven out of 10 Americans say they get upset or frustrated with someone in their household for no reason at least once a week. These spats aren’t surprising though, as 51 percent admit they find it difficult to de-stress because they live with others.

“Sometimes it’s the smallest things that can trigger stress,” says a spokesperson for CBDistillery in a statement. “Our

results found 45 percent of respondents admitted their coping mechanisms for dealing with stress aren’t the healthiest – which can then create a cycle of stress, making these issues worse.”



With all of this in mind, it’s no wonder 46 percent say they’re desperate for a more effective way to handle stress. Nearly three in five respondents believe just having one extra hour of free time to do nothing every day would help their stress levels immensely.

### Entertainment is the top coping mechanism for pandemic stress

In attempts to find their happy place and find peace, some of the top coping mechanisms Americans use include listening to music (45%), taking a walk (38%), binge-watching TV (33%), and exercising (29%). Other common coping mechanisms include cuddling with a pet, taking deep breaths (both 29%), eating a snack (28%), reading a book (26%), and playing video games (24%).

“It’s clear Americans are desperate to find a solution for their stress,” the spokesperson adds. “Whether it’s grabbing your favorite snack, taking a walk – there are so many things you can try until you find what works for you.”

Related

### From The CDC: Coping With Stress

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

**Stress can cause the following:**

Feelings of fear, anger, sadness, worry, numbness, or frustration. Changes in appetite, energy, desires, and interests. Difficulty concentrating and making decisions. Difficulty sleeping or nightmares. Physical reactions, such as headaches, body pains, stomach problems, and skin rashes. Worsening of chronic health problems. Worsening of mental health conditions. Increased use of tobacco, alcohol, and other substances

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.



### Healthy Ways to Cope with Stress

**Take breaks from watching, reading, or listening to news stories,** including those on social media. It’s good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

**Take care of your body.**

Take deep breaths, stretch, or . Meditate. Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep. Avoid excessive alcohol, tobacco, and substance use. Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider. Get vaccinated with a COVID-19 vaccine when available.

**Make time to unwind.** Try to do some other activities you enjoy.

**Connect with others.** Talk with people you trust about your concerns and how you are feeling.

**Connect with your community- or faith-based organizations.** While social distancing measures are in place, try connecting online, through social media, or by phone or mail. (Courtesy <https://www.studyfinds.org/> and [www.cdc.gov/](https://www.cdc.gov/))



美南國際電視15.3《美南時事通》

《李恕信談美國》開播-----

前總統川普失去言論自由了嗎？你我在美國真自由嗎？



（本報記者黃梅子）《美南時事通》開播一年多了，每天邀請全美國的著名華裔學者、評論家、社會活動家以及知名人士針砭時事，抓住社會熱點，進行深度剖析。《美南時事通》的常任評論員全美政治領袖基金會主席李恕信博士應美南傳媒集團李蔚華董事長的邀請，從本月起開辦《李恕信談美國》節目。第一期內容是：前總統川普失去言論

維持在國會暴力事件發生的當天將川普總統的賬戶短暫凍結了12個小時，理由是特朗普“不斷嚴重違反”維持平臺的公民誠信政策（Civic Integrity Policy）。維持公司要求川特朗普刪除當天早些時候的三條推文並警告，如果未來有進一步違反平臺規則的情況發生，包括暴力威脅政策等，將會導致賬號被永久移除。

臉書和Instagram當天也決定將川普的賬戶封鎖24小時。臉書創始人兼CEO 扎克伯格當時在自己的賬號上發出一則聲明，指出臉書將無限期凍結川普在臉書和Instagram的賬號，直到總統交接和平過渡完成為止。他的理由是“讓總統在此期間繼續使用我們服務的風險實在是太大了。”



自由了嗎？你我在美國真自由嗎？美國前總統川普的衆多支持者1月6日“攻占”國會山後，包括維持（Twitter）、臉書（Facebook）和YouTube等在內的衆多社交媒體平臺先後宣布限製或永久封禁特朗普總統的賬號。以“維持治國”聞名的川普被騷聲引發了一連串的疑問，總統的言論自由到底有沒有受到侵犯？科技公司禁言總統是否違反了美國憲法第一修正案？美國科技巨頭的權力是否過大？誰又來限製它們的權力？

1月8日，維持公司也在一份聲明中宣布，由於存在進一步煽動暴力的風險，已“永久封禁”川普總統的賬號。維持是川普主要的言論平臺，他的個人維持賬號有8,800多萬關注者。在維持上，川普推動政策日程，宣布內閣成員解職的消息，甚至將它當作一件外交工具，對伊朗總統發出“戰爭威脅”，並為來自極端陰謀論狂熱“沼澤”的信息提供了一只強大的麥克風。他的做法被戲稱為“維持治國”。

川普被社交媒體巨頭集體“騷聲”



的消息引發了美國乃至全球的關注和嘩然。有人認為，總統被禁言來的太遲了，甚至還不夠充分，而另一些人，則怒斥總統的言論自由被侵犯。

川普本人怒斥維持“禁止言論自由”，美國共和黨聯邦參議員泰德•克羅茲（Ted Cruz）則說，“大型科技公司的清洗、審查和濫用權力是荒謬和極其危險的。”

中國也借此抨擊和嘲諷美國的民主以及言論自由：總統川普在社交平臺上說不了話了，失去了普通美國公民的這

一權利，不啻是對美式‘言論自由’的莫大諷刺”。

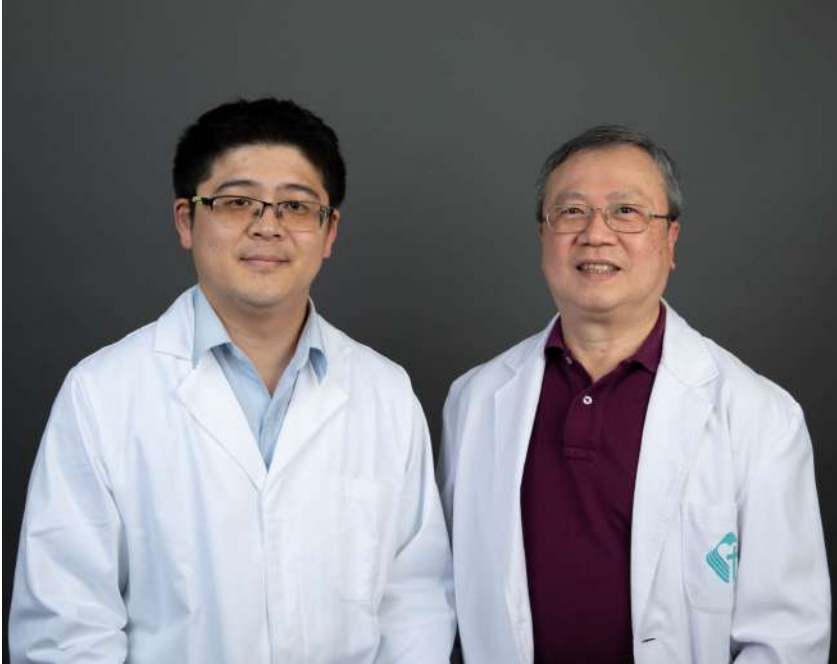
然而美國的憲法學者以及分析人士指出，總統被禁言恰恰體現了美國民主體系中的權力製衡和言論自由。專家認為，“這實際上表明，政府官員，甚至美國總統也不能強迫私營企業發布他想發表的內容。從許多方面來看，它實際顯示了美國（民主）系統的良好運作，即便是美國總統也無法強推維持和YouTube等企業發布他認為公眾應該聽到的內容。

請看《美南時事通》之《李恕信談美國》，主持人Vivan與李恕信博士談前總統川普失去言論自由了嗎？你我在美國真自由嗎？

請關注美南國際電視15.3頻道《美南時事通》，也可以通過iTalkBB平臺收看。美南新聞網站scdaily.com，也可以在youtube上搜索Stv15.3 Houston，訂閱美南新聞頻道，隨時收看美南國際電視的節目。



【醫藥專欄】逆流而上——談胃食道逆流



作者:符永豐(美福保健藥局經理)、呂岳勳(美福保健藥局家庭藥師)

「逆流而上」意謂著逆水前進，比喻不管面臨多困難的事情，或環境而奮力克服。這句成語讓我們看見鮭魚「力爭上游」的畫面，回到自己的家鄉產卵，是多麼激勵人心的故事。然而，「胃食道逆流」或「胃酸逆流」，事實却相反。輕微時，會有食道發炎、紅腫現象。嚴重時，食道被腐蝕、甚至肺部受損。因此，患有「胃食道逆流」的患者不得不好好正視。

蛋白酶作進一步的分解。值得注意的是，肉類食品在胃酸分解游離出的維他命B12、需要胃裡分泌一種內在的因子，協助維他命B12的吸收。因此，長期服用胃藥或制酸劑，吃素者必須定期補充維他命B12。當胃酸分泌旺盛時，防禦因子（胃黏液）與攻擊因子（如胃酸）失去平衡，導致胃部糜爛或潰瘍，其症狀包括上腹痛、消化不良或胃灼熱感、噁心和嘔吐。

微酸性	中酸性	強酸性
Neutral/Mildly Acidic	Moderately Acidic	Highly Acidic
Black Beans Chickpeas/Garbanzo Kidney Beans Soybeans Custards Fresh Dates Honeydew Plums Sweet Cherry Watermelon Apples Millet Oats/Oatmeal Squash Soybeans Miso/Soybean Protein Fried/Sautéed Wild Fish Rice & Soy Milk Brazil Nuts Peanut Butter Honey Nuts Safflower Oil Cruciferous Veg	Fresh Natural Juices Apples Apricots Bananas Butter Eggs Apples Blackberries Cranberries Grapes Kiwi Pineapple Pumpkin Peach Pears Pineapple Pineapples Riverside Rice Rice Bread Rhubarb Whitehead Bread Wild Rice Whitehead Nuts Soybean Fish	Alcohol Coffee & Black Tea Pear Juice (Unsweetened) Cereals Honey Jam Milk Mustard Rice Rice Syrup Soy Sauce Vinegar Yeast Soybean Paste Beef Chicken Eggs Fried Fish Pork Pork Cheese Cottage Soy Artificial Sweeteners Syrup Buttercream

2.胃食物逆流的發生胃食道逆流是一種常見與胃酸相關胃腸道疾病，伴隨有多種症狀，常見症狀有胃部有灼熱感和胃酸倒流。實際上，大多數正常人都會有胃液逆流的現象。然而，在食道逆流患者中，逆流的液

體中含有更多的胃酸，且胃酸在食道中的滯留時間更長更久。

身體本身自有保護機制，免受胃液逆流和胃酸損傷食道，例如:1.當直立時，由於重力（地心引力）的作用，逆流的液體會順流回胃裏。2.當醒著時，我們都會反復吞嚥的動作，這動作有助於減少逆流的發生。3.口腔中的唾液，含有碳酸氫鹽，可中和部分胃酸。

重力，吞嚥和唾液這三個因素，是保護食道免受胃酸逆流侵襲的重要機制。相對的，在晚上的睡眠時，由於重力作用消失，吞嚥次數減少或停止，加上熟睡時，唾液分泌也相對減少。

因此，在夜間較常發生逆流現象，導致胃酸在食道中的停留時間更長，並對食道造成更大的損害。此外，懷孕期間，懷孕激素濃度上升，可降低食道下括約肌的壓力。同時，胎兒漸漸的成長也增加腹部的壓力，這兩種加成作用增加胃酸逆流的現象。同樣地，患有食道蠕動障礙患者，更容易有食道逆流的發生。

3.病因所在:A、下食道括約肌的短暫鬆弛(LES)——當吞嚥食物或唾液時，LES會鬆弛數秒鐘，好讓食物或唾液從食道進入胃中，然後再次關閉。患有食道逆流者，其LES功能減弱或異常鬆弛，導致胃酸逆流的發生。

B、食道胃酸清除和緩衝能力——食道蠕動是去除胃酸逆流的主要機制。此外，唾液中和食道內的胃酸中也扮起重要的角色。超過50%被診斷患有嚴重食管炎的患者發現食道胃酸清除能力下降。

C、胃排空現象——胃排空延遲增加胃液滯留在胃中，提升胃酸逆流的風險。如果關係尚未確定。胃輕癱的糖尿病患者也有食道逆流現象，因此不能忽視胃排空延遲與食道之間的關聯性。

D、粘膜防禦力——食道會分泌具有

保護性的粘液和碳酸氫鹽。當胃酸和胃蛋白酶的濃度遠遠超過粘膜提供保護的防禦機制時，食道會遭受破壞。

4.臨床症狀有哪些? 包括: 胃部灼熱感、胃酸倒流、吞嚥困難、喉嚨痛、反酸、咳嗽、胸痛、喘息

5.注意這些危險因子: 飲食過量、體重過胖、抽煙、飯後劇烈運動、飯後即刻睡覺或躺著、焦慮、壓迫感、刺激性飲料、刺激性食物（如圖二）、藥物

6.併發症: 哮喘惡化、食道內壁的變化增加罹患食道癌症的風險（巴雷特食道）、支氣管痙攣、慢性咳嗽或聲音嘶啞、牙齒問題、食道潰瘍、食道狹窄

7.治療A、生活作息的調整: 少量多餐、避免暴飲暴食、勿狼吞虎嚥、飯後3小時才可躺下、睡前勿吃零食、避免某些有刺激性食物和飲料、保持體重、勿吸煙、床頭抬高（如圖三）、睡覺時避免身體彎曲或彎腰的姿勢、左側臥躺（如圖四）、嚼口香糖增加唾液的分泌

B、藥物方式

1) 制酸劑: 優點是藥效迅速，缺點是藥效短。中和胃酸的能力與服用劑量多寡有關。最好是飯後一小時服用，藥效可維持3小時左右。需注意含鋁制酸劑會導致便秘，含鎂制酸劑會導致腹瀉，而含碳酸鈣制酸劑，會刺激胃酸分泌，導致胃酸分泌過多而有「反」的效果。另外，同時服用制酸劑與其他藥物會降低或是增加該藥的療效。如您有服用其他藥物，與您的家庭藥師商討如何服用最為適宜。

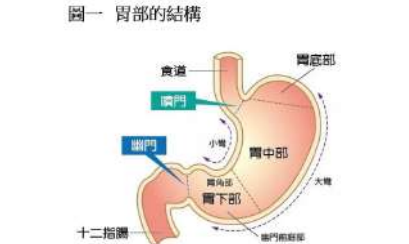
2) H2接受器拮抗劑: 作用主要是阻斷與胃酸分泌有關的胃壁細胞的H2接受器，大大地降低胃酸的分泌。H2拮抗劑最好在飯前30分鐘服用，理由是在飯後大量分泌胃酸時，H2拮抗劑濃度此時在

體內達顛峰值。此外，此類藥品在睡前服用，對夜間產生酸胃也有不錯的效果。在美國有4種藥物上市為非處方藥，但劑量較低。

3) 質子幫浦抑制劑（proton pump inhibitors簡稱PPI）PPI是前驅藥，需在酸性環境才能轉化為活性。這種轉化需要質子幫浦的分泌。因此，這些藥物在餐前30至60分鐘空腹服用時最為有效。常見的副作用有胃腸道不適（噁心、腹瀉、腹痛）、中樞神經系統（頭痛、頭暈）和罕見的反應（皮疹、肝酶指數升高）。服用此類藥物後，會降低酸的濃度，可能會增加某些口服藥物的濃度或降低其療效。服此類藥物時，與家庭醫師及藥師詢問。此外，由於有些微生物在弱酸性環境中生存，PPI增加感染（肺炎、腸道感染）的風險有關。老年患者長期使用高劑量PPI也與髖部骨折風險增加有關。維他命B12的吸收需要胃酸，長期使用PPI可能會導致不足。對老年人、素食者和長期飲酒的患者是一個隱憂。

結論人在享受美食時需要二個「ㄨㄣˇ」，就是食物的美「味」、及健康的「胃」。即使美味當前，如有「反胃」的現象，美味也變成沒口味。因此，在享受美食時，這二個「ㄨㄣˇ」缺一不可。患有食道逆流者，可藉著飲食習慣的改變、心情放鬆、睡姿調整、或床頭貼高，大可降低食道逆流的現象。如沒有藥物在身邊時，藉著口香糖，增加唾液的分泌，也是中和胃酸及防止胃酸逆流的一個緊急應變方法。

美福藥局藥物諮詢專線：281-506-2453。地址：6918 Corporate Drive, Suite B5, Houston, TX77036(中國城敦煌廣場旁)。



1.胃部結構及胃酸介紹(圖一)如果用汽車解體工廠形容胃也不為過。汽車在解體時，首先送到解體車體、輪胎、座椅等零件部門，然後輸送到解體電儀表、手方向盤、電瓶及其他零組件的部門。胃部也正如此，當食物從口腔、食道、然後輸送到胃裡，首先由胃酸分解食物，而蛋白質部分由專責胃

