

Chinese Bar Physicist from Bush Dinner

When Chinese authorities last week blocked the country's most well-known dissident, scientist Fang Lizhi, from attending a dinner hosted by President Bush in Beijing, the act represented the most recent and blatant form of government repression against Fang and other Chinese dissidents.

Fang, 53, an astrophysicist, has also been barred by Chinese officials from traveling abroad. He had been invited to lecture this spring semester at five American universities.

Fang's outspoken criticism of socialism and advocacy of democratic reforms and human rights have incensed Chinese officialdom. His vociferousness got him ousted 2 years ago from both his post as vice president of the Chinese University of Science and Technology in Anhui province and from the Communist Party. He was then transferred to the Chinese Academy of Science's Institute of Astrophysics in Beijing where he currently conducts research.

Until fairly recently, Chinese authorities have allowed Fang to travel overseas and even granted him permission last May to teach in the United States this spring. But in a society where overseas travel is considered a real plum, Fang said something while abroad that apparently was the last straw for Chinese officials. At a meeting last year in Australia, Fang, in response to a question, quoted wall posters at Beijing University which charged that some children of high-ranking Chinese officials were profiting from illegal business transactions. In November, the government withdrew its approval for Fang to lecture in the United States.

President of the U.S. National Academy of Science Frank Press sent a telegram in November to Chinese Academy of Sciences president Zhou Guangzhao, "expressing concern" about the prohibition and reiterated the mutual goal of collaboration between the two countries, says Robert Geyer of the U.S. Academy. Zhou has not replied.

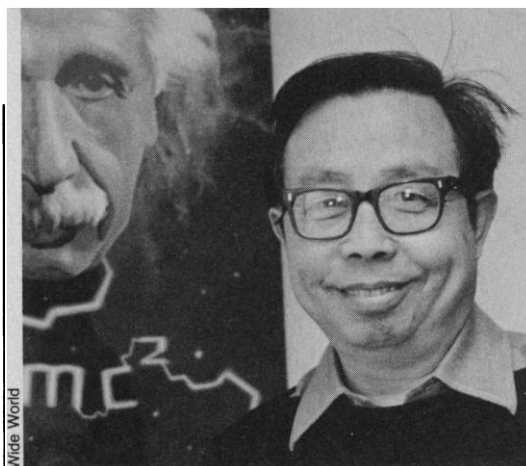
Fang is managing to get his message out overseas. He is allowed to meet with Western journalists in China. The *New York Review of Books* solicited an essay from him that ran in the 2 February issue in which Fang challenges Party arguments against democracy. He writes, "Logic allows only one conclusion: that the disappointments of the past 40 years must be attributed to the [socialist] system itself" in China.

But Fang's views are not being heard in China itself. The government has forbidden him from returning to Anhui where he has

hero status, an American expert contacted in Beijing said. The Chinese are allowing publication of his scientific work, but not his political writings.

Last week, Chinese authorities went to great lengths to prohibit Fang from attending the Bush dinner. Fang, his wife, Li Shuxian, a Party member who is also a harsh critic of the government, Perry Link, the U.S. National Academy of Science's Beijing representative, and his wife, were in an Academy car when Chinese police stopped them a couple of blocks from the hotel where the event was held. Chinese authorities issued a traffic violation to the driver, stopped a taxi that the four subsequently hailed, waved city buses past the group, and at times surrounded them with more than a dozen police as they tried to make their way to the hotel, then to the American Embassy, and to the U.S. Ambassador's residence.

Bush's bland reaction to the incident has drawn criticism that the U.S. government has a double standard in dealing with repression of dissidents in China and the Soviet Union. A White House spokesman reportedly said that Bush expressed "regret" to Chinese officials shortly after the incident. Harvard graduate student Pei Minxin, a



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Chinese citizen, wrote in the *New York Times* on 28 February, "For the past 14 years, the United States has been an acquiescent spectator to human rights violations in China—an attitude markedly different from the one it displays toward the Soviet Union." The Reagan Administration publicly denounced the Soviet Union for barring Andrei Sakharov from traveling overseas, Pei noted, but there was "no condemnation" by Bush officials of Fang's treatment. "This unprecedented event—preventing a guest of a United States President to meet with him at his invitation—is only the most dramatic example of the persistent abuse of human rights in China."

■ MARJORIE SUN

NAS Weighs in with 7-Lb Diet Guide

Three years ago, the National Academy of Sciences convened a panel of 19 researchers to review the world's scientific literature on diet and health in order to come up with the definitive word on what we should and should not eat. More than 5000 papers—some of them better than others—were subjected to scrutiny and last week the results were released.

In "Diet and Health"*, a 1000-plus-page report that resembles the Manhattan telephone book, the Academy's National Research Council told people to:

Reduce total fat consumption to 30% or less of total calories every day.

Reduce cholesterol to less than 300 milligrams a day. (One egg has 274 milligram; one pat of butter has 11 milligrams.)

Eat five or more servings a day of vegetables and fruit, especially green and yellow vegetables and citrus fruit.

Eat six or more servings of starches and other complex carbohydrates.

Don't eat more than 6 ounces of protein a day. (One hamburger and you're done.)

Don't drink if you can help it. If you must, stick to two beers, two glasses of wine, or two cocktails a day.

Don't eat more than 6 grams of salt a day—that's one teaspoon total, including salt in prepared foods.

Stick with fluoridated water.

And forget about that daily vitamin pill. Just one a day won't do you any good. An excess might make you sick.

Anyone who figures out how to follow this good—if familiar—advice might hope to prevent the following chronic diseases: heart disease; cancer of the colon, prostate, and breast; stroke and diseases of the peripheral arteries; hypertension; obesity; osteoporosis; diabetes; gallbladder and liver disease; and rotten teeth. However, the Academy does not promise eternal life.

And it does state quite clearly that although diet counts, genes do too. In fact, "most chronic diseases in which nutritional

*Food and Nutrition Board, National Research Council, "Diet and Health: Implications for Reducing Chronic Disease Risk." Copies at \$45 each are available from the National Academy Press, 2101 Constitution Avenue, NW, Washington, D.C. 20418.