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RESPONSE

Foreign personages hail DPRK-US Panmunjom summit

The DPRK-US summit meeting at Panmunjom provided by Supreme Leader Kim Jong Un's ennobling love for the nation and firm will to defend peace has caused a stir all around the world.

Foreign personages sent lots of congratulatory messages and letters in praise of his personality as a great man who brought about a radical turn for peace and prosperity in the Korean peninsula, region and world by holding another round of historic DPRK-US summit.

Warmly congratulating the DPRK leader on the successful holding of the meeting with the US counterpart at Panmunjom, the symbol of confrontation and conflict between the two countries, the chief of the Berlin Group for the Study of the Juche Idea in Germany said that the summit proved the wisdom and bravery of Kim Jong Un as a statesman in the eyes of the world.

"Supreme Leader Kim Jong Un displayed unprecedented insight and diplomacy. The world

is admiring his outstanding intelligence," he noted.

The general secretary of the Unified Communist Party of Italy said:

"The Panmunjom summit is of great significance as it fully displayed the vitality of the external policy of the Workers' Party of Korea and the DPRK government and the heroic struggle of the Korean people for achieving peace and stability in the peninsula.

"The summit meeting contributed to giving impetus to dialogue and achieving global peace and stability."

The chairman of the Anti-imperialist Forum of Germany said that the world's progressives and oppressed people of the five continents were greatly shocked by another round of summit between the DPRK and the US for defending global peace, adding the Korean leader's wise foreign policy is consistent with flexibility and principle.

The chief of the Izhevsk Juche pedagogy association in Belarus said that Kim Jong Un

demonstrated once again the steadfast policy and stand of the DPRK to establish a peace mechanism on the Korean peninsula and in the world.

It was very symbolic that the sitting US President crossed the demarcation line together with the Korean leader to set foot in the DPRK, recording a historic moment in the development of relations between the DPRK and the US and between the north and south of Korea, he noted.

It is a remarkable achievement that the top leaders of the two countries agreed to resume and push forward with productive dialogue to make a new breakthrough in the denuclearization of the peninsula and bilateral relations, he added.

Progressive mankind is convinced that fresh vitality will be injected into the efforts of the Korean people for establishing fair international relations in the Korean peninsula and the world, he said.

Compiled from KCNA

STATEMENT

US condemned for failing to honour its commitments

"Less than a month after the DPRK-US summit meeting at Panmunjom the US plans to resume the joint military exercise it directly promised to suspend at the highest level.

"It is an apparent violation of the main spirit of June 12 DPRK-US Joint Statement and an undisguised pressure upon us," said a spokesman for the DPRK Foreign Ministry in a statement on July 16.

The statement came as the US and south Korea have planned to stage joint military exercise Alliance 19-2 targeting the DPRK in August.

Although the US is trumpeting that this exercise is a simulation to verify the capacity of the south Korean army for taking over wartime operations control, it is obvious that it is an actual manoeuvre and a rehearsal for war aimed at militarily occupying the DPRK by surprise attack and rapid dispatch of large-scale reinforcements on the pretext of "containment" and "counter-offensive" in case of emergency, he said.

The suspension of joint military exercises, he said, is what President Trump, commander-in-chief of the US forces, personally committed to at the DPRK-US summit talks in Singapore under the eyes of the whole world and reaffirmed at the DPRK-US summit meeting at Panmunjom, where the DPRK Foreign Minister and the US Secretary of State were also present.

The DPRK's decision to discontinue nuclear and ICBM

tests and the US decision to suspend joint military exercises are, to all intents and purposes, only commitments made to improve bilateral relations, not legally binding documents, he noted.

Referring to the crucial steps the DPRK has already taken to implement the DPRK-US Joint Statement and humanitarian measures without any precondition, he reminded the US of its moves running counter to the DPRK's efforts, including the "Proliferation Security Initiative" exercise it staged with Japan, south Korea and other countries against the DPRK early in July and latest war equipment the US continues to bring into south Korea.

With the US unilaterally reneging on its promises, the justifications and obligation for the DPRK to honour its commitments are gradually fading away, he said.

On the same day, as a spokesman for the DPRK Foreign Ministry spoke to KCNA, he warned that if the US stages a joint military drill with south Korea by breaking the promise it made at the top level at a time when the DPRK-US working negotiations are high on the agenda, it would affect the bilateral working negotiations and the DPRK will have to make a decision related to the opening of working negotiations as it keeps close watch on the US moves hereafter.

Compiled from KCNA

HONOUR

Remains of martyrs buried at war cemetery

The remains of DPRK Heroes, Yang Phan Gi and Jon Ki Bong, were buried at the Fatherland Liberation War Martyrs Cemetery on the occasion of the 66th anniversary of the victory in the Fatherland Liberation War.

After volunteering for the Korean People's Army in south Korea, Yang Phan Gi distinguished himself at a battle in April 1951.

On June 29 1951, President Kim Il Sung summoned DPRK Heroes and model combatants to the Supreme Headquarters and gave a submachine gun to Yang Phan Gi in recognition of his military merit.

Yang served as a lecturer at the Victorious Fatherland Liberation War Museum under the loving care and trust of the great leaders.

Jon Ki Bong, who grew into a commanding officer of the Korean People's Army under the care of President

Kim Il Sung, led over 130 battles to victory during the Fatherland Liberation War.

Ceremonies took place on July 16 to bury their remains.

Their remains were buried together with those of their wives.

And the remains of wives of 15 martyrs already interred

there were also buried together with those of their husbands.

The participants in the ceremonies laid bouquets at the graves of the martyrs and observed a minute's silence in memory of them.

Compiled from KCNA



Bereaved families pay tribute to martyrs at an event in which a batch of remains are added to the Fatherland Liberation War Martyrs Cemetery.

GATHERING

Meeting expresses solidarity with DPRK

A European regional solidarity meeting for peace, prosperity and reunification of the Korean peninsula took place in Helsinki, Finland.

Present there were chiefs and representatives of organizations for friendship and solidarity with the Korean people in Europe.

The chairman of the Finland-Korea Society made a keynote speech.

He referred to the brisk solidarity activities conducted by the organizations for

friendship and solidarity with the Korean people in Europe in support of their just cause.

He stressed the need to bring home to broad segments of people the reality of socialist Korea and urgency of ensuring peace on the Korean peninsula and more vigorously conduct activities to demand the implementation of the inter-Korean declarations and the June 12 DPRK-US Joint Statement

SEE PAGE 3

LEAD

Defending national security and people's destiny

July 17 was the seventh anniversary of the conferring of the title of the DPRK Marshal on Kim Jong Un.

After he was given the title according to the unanimous desire of the Korean people, Supreme Leader Kim Jong Un told officials that he would devote his all to the Party, revolution, country and people, always honouring the trust and expectations of the Party, army and people.

The past seven years since he assumed the leadership of the Korean revolution were a pride-filled period when Juche Korea demonstrated its dignity and might to the full.

He made an unremitting inspection tour of all services and arms of the Korean People's Army with the firm determination to fulfil the lifetime wish of President Kim Il Sung and Chairman Kim Jong Il by putting the army forward as the mainstay and main force of the revolution.

He once inspected the headquarters of a large combined unit of the KPA in charge of the defence of the eastern part of the front.

He told commanding officers that he always cherishes the memory of the Chairman who had used to cross Chol Pass

in order to overcome hardship and ordeal facing the country and that he regards the front KPA service personnel defend as the garden of his home and he would frequently visit them, calling on them to make joint efforts so as not to get the pains the Chairman had made for the country to be wasted.

He directed army units in a joint strike drill in the training field clouded with powder smoke for a long time and sailed through the rough seas aboard a small wooden boat to Jangjae and Mu islands, frontline army posts, so as to train soldiers to be a-match-for-a-hundred combatants.

What we believe is not any sophisticated military equipment, but beloved soldiers, and there are officers and the Supreme Commander for the sake of soldiers, he usually says as he goes on inspection tours of army units.

It was on a July day in 2014 when the Supreme Leader visited an army unit on the front line.

He highly praised service personnel for being constantly ready for action and took warm care of their living while looking round their barracks, mess hall and daily ration store.

He said he was very happy to

see them all healthy and robust, he makes inspection tours to see such fine looks and their parents who got their children to stand guard over the front line with trust in him Supreme Commander would be pleased to see their healthy appearance.

Under his wise leadership, the KPA has developed into elite revolutionary armed forces and fulfilled its mission as the artist of great joy for the people on major fronts of socialist construction.

In the congratulatory speech he delivered at the military parade held in celebration of the 70th anniversary of the Korean People's Army, he stated that as long as we have the Korean People's Army that is unfailingly loyal to the leadership of the Workers' Party of Korea, our glorious motherland, the Democratic People's Republic of Korea, will grow more powerful and more prosperous.

As they hold Kim Jong Un in high esteem as the Marshal of the DPRK, the Korean people will achieve only victory in the buildup of military strength and the building of a powerful socialist country in the future, too.

By Pang Un Ju PT

ANNIVERSARY

DPRK, China celebrate anniv of fundamental treaty

The DPRK and China celebrated the 58th anniversary of the conclusion of the DPRK-China Treaty of Friendship, Cooperation and Mutual Assistance on July 11.

A delegation of the International Department of the Central Committee of the Workers' Party of Korea headed by Kim Song Nam, first deputy department director of the WPK Central Committee, visited China and held talks with Song Tao, head of the International Liaison Department of the Central Committee of the Communist Party of China.

Song Tao affirmed that the treaty is a cornerstone and symbol of bilateral relations and expressed his stand to propel the development of China-DPRK relations in the new era, true to the noble intention of the top leaders of the two Parties.

The DPRK and Chinese embassies in Beijing and Pyongyang arranged a reception respectively on July 11.

Invited to the reception given at the DPRK embassy were Hu Chunhua, member of the Political

Bureau of the CPC Central Committee and vice-premier of the State Council, and other officials of the State Council, Foreign Ministry, International Liaison Department of the CPC Central Committee, Ministry of Commerce, Ministry of National Defence, Chinese People's Association for Friendship with Foreign Countries, People's Daily and Xinhua News Agency. It was attended by DPRK ambassador Ji Jae Ryong and his embassy staff members.

Invited to the reception hosted by the Chinese embassy were Thae Hyong Chol, vice-president of the Presidium of the Supreme People's Assembly, Ri Chang Gun, deputy department director of the WPK Central Committee, Ri Kil Song, deputy foreign minister, Pak Kyong Il, vice-chairman of the Korean Committee for Cultural Relations with Foreign Countries who is concurrently chairman of the DPRK-China Friendship Association, and officials concerned. Present there were Chinese interim ambassador

Zhang Chenggang, his embassy staff and the visiting delegation of the Information Department of the Chinese Foreign Ministry.

Speakers said that the preceding leaders of the two countries concluded the treaty to lay a legal foundation for strengthening the bilateral friendship, adding it is the steadfast stand of the Parties and governments of the two countries to steadily develop the traditional ties.

Thanks to the deep trust and rapport established between Supreme Leader Kim Jong Un and President Xi Jinping, the DPRK-China friendship is developing invariably despite the complicated international situation, they noted. They expressed their will to strive for the development of bilateral ties.

That day the DPRK consulate general in Shenyang, its branch in Dandong and the Chinese consul general in Chongjin of the DPRK hosted receptions respectively.

Compiled from KCNA

CARE

As pillars of the country

July is the month that brings back the fond memory of Supreme Leader Kim Jong Un's visit to our school.

That day three years ago I keenly realized that the Supreme Leader who calls children the kings of the country loves orphans dearly and is very anxious to train them to be the pillars of the country.

As he looked round various places for a long time, he got familiar with the modernization level of classrooms and labs, provision of teaching aids and fixtures and the daily supply of meals.

He was greatly satisfied with the fact that all classrooms were multifunctional and IT-based, the labs were well furnished so that students could consolidate what they learnt and build up theoretical foundations and the playground covered with artificial turf and multifunctional gym were built splendidly. And he beamingly said he fulfilled his another wish in bringing up orphans as the happiest in the world.

He told the school staff to properly work to raise students as the pillars of the country and devote their all to them with a noble view of younger generations, all-consuming parental love and pure



conscience as educators.

Keeping his instructions always in our mind, we are striving to grow them as the pillars of the country.

We have introduced new teaching methods, hundreds of three-dimensional multimedia presentations and teaching aids while briskly running art and sports groups.

Particular attention is paid to teaching them various things needed for character building and ordinary life while ensuring that they grow healthy and strong.

We'll continue to do our best to bring them up as intended by the Supreme Leader.

Kim Un, principal of
Pyongyang Middle School for
Orphans

INSPECTION

Premier visits different farms

Premier Kim Jae Ryong, member of the Political Bureau of the Central Committee of the Workers' Party of Korea and member of the DPRK State Affairs Commission, inspected the agricultural sector in North and South Hwanghae provinces and Nampho City.

After looking round the Unhye Cooperative Farm in Unchon County, he stressed the need to push ahead with the work to prevent damage to crops by drought.

While learning about the water management of Lake Thaesong, he took practical measures to establish a scientific water supply system to farms in Nampho City and to prevent damage to crops by salt in the seaside areas.

He also inspected the Wonphyong Cooperative Farm in Unnyul County and the Sokjong Cooperative Farm in Hwangju County.

Compiled from KCNA



Premier Kim Jae Ryong (second from right) learns about farming at the Porim Cooperative Farm in Onchon County.

ECONOMY

Production picks up in industries

The Kim Chaek Iron and Steel Complex successfully turned out iron and steel for major construction projects in a few days.

The oxygen blast furnace workshop shortened melting time and increased the output of molten iron per charge by applying a rational desulphurization method for lowering the content of sulphur.

The branch oxygen separator factory finished the overhaul of large oxygen plant No. 2 to remarkably increase the output of oxygen as compared to previously, while the gas generator workshop carried on the management of equipment

and technology in a responsible manner to generate more gas.

Supply units tapped every possible reserve and potentiality, making it possible to increase iron and steel production.

The Songchongang Electrical Appliances Factory produced electric motors of all sizes for major construction projects.

It fulfilled the casting plan 1.2 times, scrupulously managed the intermediate frequency induction furnace and applied a new technical innovation plan to shorten the time of melting and increase the production of moulding products.

The farm machine industry management bureau under

the Ministry of Agriculture manufactured new combine harvesters which would help mechanize farming work comprehensively.

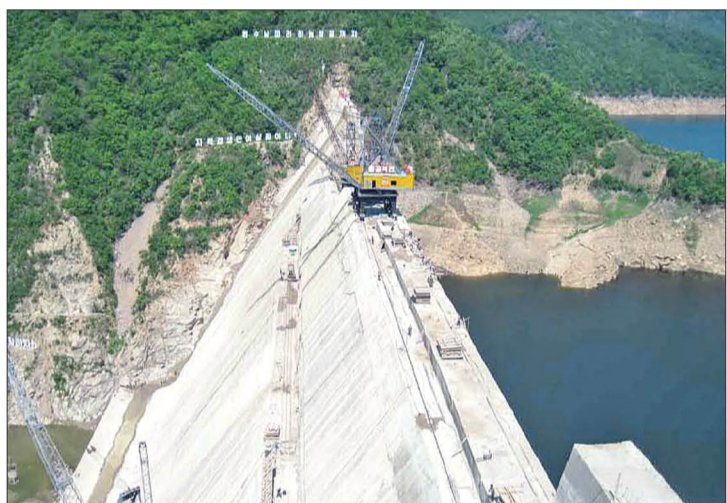
The Farm Machine Institute, Pyongyang University of Mechanical Engineering and Nampho University of Agriculture wound up developing tens of thousands of technical designs in a short time by pooling their creative wisdom and efforts.

The Haeju Farm Machine Factory made over a hundred jigs and equipment in dozens of kinds for the manufacture of farm machines.

It laid material and technical foundations for producing modern farm machines by introducing over 70 technical innovation plans. It also rounded off the manufacture, assembly and installation of all parts by keeping close ties between processes.

The Sinwon Tractor-drawn Farm Machine Factory completed devices for picking, thrashing, careful selecting and grain processing and travelling gears.

The trial operation of the new machines was conducted successfully, which made it possible to produce more efficient farm machines.



RI UN NAM / RODONG SINMUN

The project for the Phalhyang dam of the Orangchon Power Station is progressing apace.

By Ri Sang Il PT

FORESTRY

'Kumya black pine' widespread in northern Korea

A dense pine forest stretches along the sand beach of Kumya County, South Hamgyong Province.

Visitors to the pine forest feel refreshed under its shade immediately. They can also see young pines from only a few spans tall to a few metres grow competitively in the forest.

They are "Kumya black pine", or *Pinus thunbergii*, cultivated by the Korean People's Army soldiers for several years.

According to a county official, it is a variety of black pine, a species of Pinaceae, living in the country. Black pines mostly grow 50-60 cm a year, but it grows fast in the early period, 80 cm a year and 110 cm at maximum. The trees of the forest were planted only a few years ago, but now they are over 2 metres high and the number of trees so far planted reaches several thousand, he said.

The pine trees stretching their branches wide blend in so well with the constantly surging

waves and the white sand beach glittering in the sunshine that they evoke an emotion peculiar to sand beach.

The locals said the place has long been known as a wind passage since ancient times as the sea wind is particularly strong. So they dared not plant trees nor found out suitable species of trees.

"'Kumya black pine' is resistant to salinity and blights and relatively sensitive to temperature and humidity, but not so sensitive to soil. As it grows well at the seaside, it blocks sea wind, prevents sand from blowing away and helps protect farmland near the sea, especially the soil of tideland," said an official of the Ministry of Land and Environment Protection.

The soldiers planted the trees and raised the rate of their rooting while acclimatizing them despite the strong sea wind. As a result, the barren sand dune tormented by the

strong sea wind all the year round has turned into a green forest, and now pheasants and roe deer whose traces were lost long ago come to the forest to find their shelter there.

Supreme Leader Kim Jong Un saw the tree on his way of inspection tour and named it "Kumya black pine".

Scientists and technicians in the forestry sector are now working on finding out the genetic characters of this good species of tree and widely propagating it. And a campaign has been launched to plant this tree widely in the seaside areas.

Well over a million "Kumya black pine" trees have been planted this year alone in South Hamgyong Province.

In the near future "Kumya black pine" forests will appear along the east and west coastal areas, adding colour to the landscape of the country and enriching the emotional life of the people.

By Kil Chung Il PT

PRODUCTION

Factory progresses on its own

The Pyongyang Cornstarch Factory in Songyo District, Pyongyang, produces a variety of foodstuffs using corn as the main raw material.

It has carried out its annual economic plan in industrial output value in recent years.

"Supreme Leader Kim Jong Un praised our factory as an exemplary factory that holds aloft the banner of Juche orientation on his visit to it in June 2016. Keeping his trust deep in our hearts, we held higher the banner of self-reliance and worked hard last year and, as a result, we increased industrial output 1.15 times more than the previous year and hit the all-time high in the output of corn syrup, glucose and some other items since 1995," said manager Pak Hyong Ryol.

Taking it as its main business strategy to ensure overall production with locally-available raw and other materials, the factory pushes ahead with the modernization of production lines and the development of new items.

It completed and introduced the technique of producing corn syrup and *oktang* sugar using calcium hydroxide, salt and caustic soda, instead of imported sodium carbonate.

It has entirely relied on locally-available diatomite and activated charcoal in the production of corn syrup, enzyme and *oktang* sugar, thereby raising the ratio of use of local materials.

It refashioned the corn-drying process and set up a temperature sensing system at silos to ensure scientific accuracy and safety in the storage of raw materials.

According to chief engineer Ri Song Chol, the factory recently updated and extended the standards of dozens of raw materials and goods, while completing technical preparations for making aromatic drops and caramel with corn syrup and *oktang* sugar. He said it also completed standard regulations of operation for the corn-drying and corn syrup-bottling processes. "We gave technical guidance under a detailed plan to establish a technical management system for new processes so as to normalize their operation."

The factory has highly been appreciated at the sweets and cake sculpture festival every year and overfulfilled its plan for the first half of the year in gross industrial output by 9 percent.

By Yun Kyong Il PT



Cakes roll off the production line at the Pyongyang Cornstarch Factory.

Meeting: Korean people's victory certain

FROM PAGE 1

and to denounce all kinds of hostile acts of aggravating the situation on the peninsula.

Speeches were also made by the chairmen of the Sweden-Korea Friendship Association, the Denmark-DPRK Friendship Association, the Korean Friendship Association UK, the Belgium-Korea Friendship Association and the Slovenia-Korea Friendship Association, the secretary general of the France-Korea Friendship Association and others.

They expressed the conviction that the Korean people who advance holding aloft the banner

of Kimilsungism-Kimjongilism under the wise guidance of Supreme Leader Kim Jong Un would surely win a brilliant victory in socialist construction and national reunification.

The participants in the meeting sent a letter to Kim Jong Un.

In the letter they reaffirmed their full support for the principled stand clarified by the Korean leader in his policy speech at the First Session of the 14th Supreme People's Assembly of the DPRK.

It noted that they would vigorously conduct a variety of activities for supporting the struggle of the Korean people and contributing to peace, prosperity and reunification of the peninsula.

Compiled from KCNA

VILLAGE

Farmers enjoy fruits of their labour

Taechong-ri is known as a booming village in Unpha County, North Hwanghae Province.

In the village, the ri people's hospital, schools, kindergarten and welfare service amenities stand in rows together with modern cottages at the foot of a mountain.

Renowned for big and tasty dates, the village is dotted with date trees.

The trees are seen everywhere—even along the road to farm fields and in the courtyards of the ri seat, workteam offices and dwelling houses.

Flocks of ducks and geese swim in the waterway from Lake Sohung and the Unpha Stream. Different kinds of fruit trees are growing on hillocks.

The village boasts a beautiful landscape, but farmers take greater pride in good farming.

It has increased crop and vegetable yields by introducing scientific farming methods and technologies including the water-saving farming and the combination of crop farming and animal husbandry and by planting good seed species.

This spring, too, it finished rice-transplanting ahead of others in the county.

Coops and pens of workteams and cottages are teeming with pigs, goats, rabbits and fowl, and dozens of tons of vegetables are

produced every year at sunny greenhouses.

Over 40 tons of fruits are annually picked at the orchard which stretches along the foot of the mountain.

The village has a large deposit of ultraanthracite which is enough to meet the villagers' demand for fuel.

As they become prosperous, farmers spruce up their native village in a more cultured way.

Last year they pulled down old dwellings, built more than 130 blocks of modern houses and refurbished the shop and public service amenities.

The kindergarten is so smart that it reminds viewers a fairyland.

After rebuilding the kindergarten, farmers built a new senior middle school building with an area of 6 000 square metres and the total floor space of 4 100 square metres. It has multifunctional classrooms, labs, a gym and a swimming pool.

"Every inch of our village is permeated with the sweat of honest farmers," said Ri Yong Guk, chairman of the management board of the ri cooperative farm. "Today's prosperity is attributable to their love for their home village and efforts to spruce it up on their own."

By Pak Song Min PT

PHARMACY

Jongsong puts fluid solution production on the increase

On a visit to the Jongsong General Pharmaceutical Factory last January, the WHO representative lauded it for the world level of GMP standard, especially at the fluid solution factory, saying that medicines manufactured in other countries will probably have to be inspected there.

In recent years the Jongsong General Pharmaceutical Factory has put its overall production lines on a high GMP level.

Its major business strategy is to make products by relying on domestic raw materials and techniques.

To this end, the factory channelled special efforts into putting production lines on GMP standards.

It built up the capacity

of scientific and technical personnel and encouraged all employees to take an active part in technological development.

In the course of this, it refashioned lots of facilities in line with its specific conditions, including automatic loader and feeder and digital control board, and automated and put on assembly line all the production processes ranging from production processes of such medicines as tablets, capsules and biological medicaments to packaging processes. It also established an integrated manufacturing and management system which monitors production, management and environment in real time.

In addition, it increased its

competitive power in medicines, facilities and inspection system.

Zolpidem can be cited as an example.

It is very difficult to synthesize the intermediate of zolpidem and its production accompanies serious risk. It is produced by only one country at present and only a few countries have succeeded in the synthesis of its intermediate.

The factory developed a release-modulated zolpidem by using locally available materials, techniques and facilities in a little over a year, thereby boosting good prospects of its production.

It is equipped with the fluid solution production process with an annual capacity of tens of millions of polyethylene bags. And most recently, it automated the loading of fluid solution.

Fully equipped with such sophisticated inspection facilities like the insoluble fine particle measuring instrument and amino acid analyser, the factory guarantees the quality of medicines at a high level based on a strict inspection system covering all processes from checking of raw materials to packaging.

Over the past four years the factory developed nearly a hundred kinds of new products and remarkably increased the kinds of officinal.

By Jong Sun Bok PT



HAN KWANG MYONG / RODONG SINMUN

A worker monitors the production process of fluid solution at the Jongsong General Pharmaceutical Factory.

EXHIBITION

Commodity show draws more chic home-made products

The 11th Pyongyang Department Store No. 1 commodity exhibition ran between July 10 and 19.

It brought together more than 1 915 000 goods in over 2 300 kinds presented by hundreds of units across the country.

According to an official of the Ministry of Commerce, the exhibition was held with an eye to encouraging factories to competitively improve the quality of products and produce more goods that meet consumers' taste and demand.

The spacious hall on each floor of the five-storey building was filled with various commodities including foodstuff, clothing, hosiery, footwear, bags, furniture and electronic goods.

Such cosmetic producers as Sinuiju and Pyongyang cosmetics factories put on display lots of functional cosmetics made of natural materials including the facial mask which helps retard aging and is effective for whitening and supplementing

vitamins, and various curative cosmetics and toilet sets.

The Mindulle Notebook Factory and Pyongyang Bag Factory presented notebooks for each school subject and satchels in different forms and colours for each age.

Other draws included

excellent materials for quilts and suits and seasonal quilts and blankets which were exhibited by the Pyongyang Kim Jong Suk Textile Mill and Nyongbyon and Pakchon silk mills, Maebongsan-brand leather shoes by the Wonsan Leather Shoes Factory and



RYU KWANG HYOK / THE PYONGYANG TIMES

Women show keen interest in traditional Korean costume at the 11th Pyongyang Department Store No. 1 commodity show.

Choljjuk-brand hosiery by the Pyongyang Hosiery Factory.

Especially, the one-piece dress stand was a crowd-puller as the exhibits were made to add beauty to women's figures and meet their convenience in the hot season.

There were also health-promoting goods to which

advanced technology was applied.

Visitors were very pleased to say that home-made products which filled the whole department store were the reminder of the power of the independent national economy.

By Jong Hwa Sun PT

INJECTION

Natural amino sugar proves highly efficacious

"Pongmyong", a natural amino sugar composite injection developed by the Cholgon Trading Company, is drawing the attention of consumers.

According to key developer Rim Chun Mok, the injection is made of natural amino sugar extracted from the shell of red *Chinoecetes opilio*.

Researchers worked hard to extract the natural amino sugar from chitin which is richly contained in the shell of red *Chinoecetes opilio*.

They succeeded in extracting high-purity glucosamine and N-acetylglucosamine in

three years and developed the injection "Pongmyong-1" by relying on them.

Hundreds of clinical tests showed that the injection can be used in the treatment of hyperlipemia, cerebral thrombosis and other diseases.

The natural amino sugar can be used to make various medicines for curing cardiovascular disorders, liver diseases, diabetes and nervous system disorders, health foods and cosmetics.

The company also developed various products.

By Chae Hyang Ok PT

ROLE MODEL

Health worker wins heart and respect

Kim Myong Wol (pictured) is a chief ophthalmologist at the North Hwanghae Provincial People's Hospital who is well known as a "sight-restoring doctor" and is now under media limelight.

"Kim Myong Wol excels in the operation on the eye. Any difficult eye diseases are cured once she treats them. So our hospital treasures her dexterous hands," said director Kim Song Chol.

The 56-year-old is an authority on ophthalmology who is proficient in any kinds of operations on the eye.

Colleagues attribute it partly to her family background, as well as her painstaking efforts.

Born into a doctor's family, she graduated from the then Pyongyang Medical College and got married to a fellow health worker whose family members were also doctors.

No sooner had she started her career at the hospital than she distinguished herself with extraordinary ability.

Later she made a dramatic leap forward with her skills, which is ascribed to her great national pride and her self-esteem as a health worker as well. One day she saw a foreign medical delegation who were on a visit to her hospital for cooperation, but were reluctant to transfer medical technology.

It was an occasion that



hardened her determination to surpass them in technology.

She synthesized and analysed what she had learned and experienced and avidly read foreign books on advanced techniques as she carried on simulation operations on hundreds of occasions, thereby succeeding in such difficult operations as artificial lens transplant.

In the period she wrote treatises and essays and came up with inventions and rational proposals, totalling over 60.

She has so far helped over 9 500 patients regain their sight.

Over a decade ago, a man who was seriously injured by accident was driven to the hospital.

He was in a coma with almost no blood pressure and pulse due to cerebral contusion, and lost his eyesight accordingly.

Over a 10-day intensive care brought him back to consciousness, but he was still unable to see. The only way to bring back sight to him was the transplantation of conjunctiva. So Kim decided to donate some of her conjunctiva to him.

Three rounds of operations in more than 150 days enabled the patient to recover his sight.

And in November last year a woman who had suffered intractable keratitis was driven to the hospital with her eyes burst due to injury.

"It was unbearable to think about her loss of eyesight, her husband's anxiety and her children's misery," recalled Kim.

After several rounds of operations, only the conjunctiva transplant was left to be done. The doctor donated hers once again.

Her colleagues and patients call her a "person who regards patients as her own flesh and blood and shares pain with them" and an "incarnation of noble view of life that takes self-devotion as a duty of health workers and the greatest virtue".

She was highly praised by Chairman Kim Jong Il and Supreme Leader Kim Jong Un and has been put forward as a model of health workers.

By Kwon Hyo Song PT

SPRING WATER

Bottled water factory gets into operation

The Taesongsan Spring Water Factory has been built at the foot of Mt Taesong, one of the eight scenic spots in Pyongyang.

The factory consists of a production building and auxiliary buildings, and goes so well with the surrounding scenery to unfold a picture.

According to manageress Sin Chun Bok, the factory was named by Supreme Leader Kim Jong Un.

The production building comprises the sections of main production, water filtering and disinfecting, container washing and container production and analysis and general control rooms. Each process is equipped with modern facilities.

The general control room commands an overall view of the production sites. Here, workers monitor and control by dint of computer the speed of conveyors

as well as the interchangeability between machines in different processes ranging from that for pumping source water to those for filtering and disinfecting, washing, injecting, labelling and packaging.

All the production processes are automated, germ-free, dust-free and put on assembly line and products come in 0.5- and 18.9-litre plastic bottles.

Analyses show that the spring water tastes good and is of high quality. It is rich in essential mineral substances like calcium and magnesium that are good for teeth and bones. Especially, the high concentration of sodium bicarbonate ion helps digestion and is efficacious for the prevention of cardiovascular diseases, senile arteriosclerosis and osteoporosis and for the treatment of chronic gastritis, colitis, arthritis and women's diseases.

The factory is already a favourite with many. It offers delivery service to order.

"We are working to improve hygienic safety and quality of spring water and boost production so as to satisfy citizens' demand," said the manageress.

By Kim Kum Myong PT



A section of the production process at the Taesongsan Spring Water Factory.

SWINE FEVER

Strong anti-epizootic measures needed

African swine fever (ASF) is widespread in the world.

As to this, **The Pyongyang Times** reporter Ri Sung Ik recently interviewed Ri Kang Chol, section chief of the Central Anti-epizootic Centre.

The international veterinary organization continues to give a warning of ASF. Will you tell me about the current situation?

ASF is now prevalent even in Asia.

The epidemic broke out in more than ten Chinese provinces including Anhui, Heilongjiang, Jiangsu and Lying-in and such major cities as Beijing, Tianjin and Shanghai, as well as Mongolia, inflicting great damage on livestock farming.

What measures have been taken in our country?

An emergency anti-epizootic alarm was raised across the country, inspection of pigs conducted, entrance to group breeding grounds forbidden and circulation of livestock

products prohibited.

Is there any means to cure ASF?

Any effective vaccine or therapy has not yet been developed for the plague.

So, the best way for the present is to take hygienic and anti-epizootic measures.

In order to prevent the infection, it is essential to take such hygienic and anti-epizootic measures as the establishment of reliable information system, strict examination and quarantine measures and the complete incineration of uncertain individuals and media.

The role of pig breeders and field veterinary surgeons is very important in this regard.

Have you anything to say more as an expert?

Prevention is the best way to fight the disease.

Now that ASF is sweeping the whole world, international joint efforts and cooperation are needed in intercepting its transmission routes, I think.

DISABILITY CARE

Steady investment in care of the disabled

Disability care homes have recently been reconstructed or newly built with state investment in the DPRK.

Among them is the South Phyongan Provincial Disability Care Home newly built last June.

Located in a place of scenic beauty in Unsan County, the care home is equipped with all facilities needed for the cultural and emotional life, medical treatment and physical exercise of the residents.

With a total floor space of 3 975 square metres, it has a two-storey building furnished with bedrooms, rooms for exercise, medical treatment and children's amusement, rest hall, dining room, bathrooms and dressing rooms, and outdoor resting places and others.

Flowering shrubs and fruit trees growing around add to the beautiful scenery of the care home.

"The government provides the residents with everything they need for their life, ranging from seasonal underwear and outerwear to consumer goods. They number nearly 100 in kind," said Hong Chol Man, head of the care home.

According to Sin Yong Sun, a 48-year-old cook, great attention is being

paid to cooking meals for the residents so that they are fully provided with foodstuffs supplied by the government.

Each room is equipped with an underfloor heating system or beds and the dining room has also short-legged dining tables to the convenience of the residents.

Nurse stations have been set on every floor and doctors and nurses take care of their health all the time.

Young residents especially like to play in the children's amusement room which reminds every one of the mini-amusement park for kids in illustrated fairy tale books.

"Parents are more concerned about sick children. The government looks after the residents in all sincerity though they can do little for society. Every day I see it and feel that our system is excellent. I will look after them well so that government care really benefits them and they always brim with smile," said Rim Jong Sil, a care worker.

Now there are over 40 residents in the care home and some 50 employees take care of them.

By Kim Il Jin PT

VIRTUE

Workplace brimming with warm affection

Kim Chol Jin, a worker at the Pyongyang General Printing Plant, got married on May 1, the holiday of all the working people around the world, amid the blessings of his workteam members.

That day, he looked back upon his past. After losing his parents in his early years, he studied at a middle school for orphans under the warm care of the country before he served in the army. After his demob he started his career at the factory.

Officials and workers of the factory took warm care of his life, treating him as their own family member.

His workteam leader and other seniors taught him technical knowledge and skills in detail and workteam members visited him with tonics and delicious foods when he was sick.

After the marriage, the factory provided him with a home.

The same is the case with Won Jin Hyok, who studied at the middle school for orphans and entered the factory together with Chol Jin after military service.

“Officials and employees of the factory showed close concern for us parentless

couple. They provided us with baby clothes as well as tonics for my wife when she gave birth to a baby, regarding it as a happy event as their own. The factory is part of my life and it seems to me that I can't live apart from the collective,” said Jin Hyok.

Kim Hyang Sim, a skilled worker who has been working at the factory for nearly 20 years, also expressed her heartfelt thanks to the collective and other colleagues.

When she was hospitalized due to a sudden illness, the factory manager, workshop manager and workteam members waited for hours outside an operating room to learn about her health and took good care of her after the operation so that she could recover from her illness as soon as possible.

Similar stories are told in every workplace of the factory.

When colleagues' children are enrolled at a school of higher grade or win a school contest, workers celebrate it together, regarding it as a matter for joint congratulation.

They share weal and woe as their own flesh and blood do.

By Ri Sung Ik PT

EDUCATION

District focuses on improving educational environment

Amid a nationwide campaign to make rapid progress in education sweeping the country, marked successes have also been made in Samsok District of Pyongyang.

“Our goal is to put educational conditions and environment of schools in our district on a par with those in downtown districts,” said Pak Jong Chol, director of the education department of the Samsok District People's Committee.

The district set up the headquarters for the reconstruction of schools and directed primary efforts to their renovation and repair, thus repairing many school buildings in recent years and building new outdoor and geography study sites and teaching gardens so that students could concentrate on study without any inconvenience.

It turned all classrooms into multifunctional ones and furnished labs with enough experimental apparatuses as part of the effort to introduce IT into educational facilities.

A special attention was paid to improving the qualifications of teachers and inventing

and applying new teaching methods.

The district organized in-service training and short course for teachers to make them well versed in teaching materials in keeping with the universal 12-year compulsory education system, and saw that teachers competitively invented new teaching methods and aids so as to help students study proactively.

As a result, more than 1 000 multimedia presentations, 2 000 pieces of visual and display means and well over 1 000 teaching aids have been developed, together with the preparation and introduction of thousands of e-teaching plans. And many teachers have acquired ample knowledge of a higher degree and won the title of model teacher.

Thanks to the devotion of district officials and teachers, lots of students enrolled at schools of higher grade and some students proved triumphant at school contests in Pyongyang. Most recently, the district was awarded the title of Model Education District.

By Ko Kwang Yon PT

PROFILE

86-year-old painter still a cut above the rest

An eye-catcher among many exhibits at the Songhwa fine art exhibition held in celebration of the Day of the Sun last April was Korean painting “Fish farm in spring”.

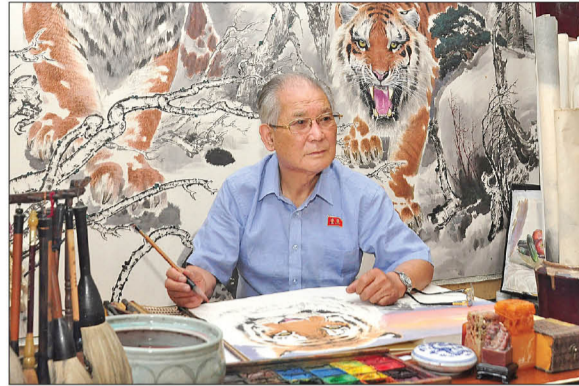
The art work shows the landscape of a fish farm with delicate brushstrokes in various colours that go well refreshingly. The pond teems with big carps and the apricot trees are covered with light pink blossoms, fully expressive of vernal atmosphere.

It was created by Ri Ryul Son, People's Artist and Associate Professor.

Born into a poor peasant's family in Paechon-ri of Anak County in South Hwanghae Province before Korea's liberation, the only son of the family was fond of drawing in his childhood. Every moment of drawing was joyful and interesting to the boy. When young villagers prepared for staging a play which was adapted from classical novel “Tale of Sim Chong”, he vividly depicted a Buddha on the backdrop of the stage.

He became well known to the county as a “young artist”.

But it was from 1952 that he could cultivate his talent to his heart's content. During the Fatherland Liberation War (June 1950-July 1953), he joined the Korean People's Army and lost a leg in a battle.



That year he was enrolled at the painting faculty of Pyongyang University of Fine Arts which reopened even in the thick of the war.

The student with natural aptitude polished his skill and in his final year at the university he presented Korean painting “Farmer Pak Je Gun saves a soldier of the Chinese People's Volunteers” to the 6th World Festival of Youth and Students in Moscow, Russia.

Already in his university days, he cut a conspicuous figure in the creation of figure painting.

After graduation he consecutively held the posts of lecturer, department chief and dean of the Korean painting faculty of the university for over 40 years. As he refined his brushwork in Korean painting, he broke new ground in the traditional genre.

Previously, people thought Korean painting was able to portray only landscape. But he broke away from the stereotyped conception and represented figures in “Tideland

reclamation” that reflected the stirring time. The work is still rated as a masterpiece of Korean paintings produced in the 1960s.

He also produced a dozen of works representing the great leaders including Korean paintings “Supreme Commander Kim

Il Sung taking warm care of soldiers' life” and “Chairman Kim Jong Il inspecting the construction site of Changgwang Street”. They are appreciated as masterpieces of national treasure value.

While teaching students and writing valuable reference books, he created classical Korean painting pieces. In recognition of his devoted service, he was conferred the titles of People's Artist and Associate Professor.

It is nearly two decades since he stepped down from the platform, but the veteran artist continues to rack his brains to develop Korean painting.

“The target of life should always be set high and we should have a firm will to achieve it and our hearts should pulse with the vigour of youth. Only then can we retain rich ideological and artistic sentiments, come up with novel ideas and cultivate a vigorous style of painting and then the brush does not get old,” says Ri Ryul Son.

By Kim Ryong Jin PT

BOOK

Mind Map likely to unlock door of brain

Mind Map—Treasure of Brain is winning growing popularity among locals.

Mind Map that shows the process of human thinking like in a geographical map is a key and tool for giving free rein to the mystical power of the brain.

The inventor of this map is an Englishman Tony Buzan.

Since he published it after analysing the process of thinking and brain activities of humans, it has widely been applied to education and other fields.

Kim Jong Sun, PhD, associate professor and chief of the super speed reading (SSR) research centre at Pyongyang Middle School No. 1, says she authored the book to help those who want to be talents. She wrote several books about SSR for students such as *SSR for Brain Development* and *Manual of SSR*.

Her latest book explains in a kind and detailed way the role of Mind Map in making the brain display its ability to the full and the concept, the principles of drawing and the development of the map. According to the book, the application of Mind Map might be greatly beneficial in study, improvement of memory and creative thinking faculty, planning and formulation of management strategy.

It also asserts that human Mind Map, when combined with software, will develop the brain to an infinite extent.

“I recommend Mind Map to everyone regardless of occupation or age,” says Kim. “Mind Map will greatly change the life and work of people and my book will hopefully be a guide to those who want that change.”

The book was a best seller at the 22nd Pyongyang Spring International Trade Fair last May.

By Kim Rye Yong PT



RYANG KUM CHOL / THE PYONGYANG TIMES

Mind Map—Treasure of Brain.

RUSSIA

With an eye to regaining world power status

Russia is directing considerable efforts to social security, economic modernization and defence buildup among others.

It aims to be one of the top five economies of the world.

Despite the intensifying sanctions by outside forces, its GDP rose by 1.7 percent in ten months last year.

The most noticeable is the rapid development of the Far East which is noted for abundant resources and enormous potential for development.

Last year the country that holds 10 percent of the world's energy production registered a black figure in that field in seven years, and this year it started the development of a large-scale gas field in the Yamal peninsula in the northern part of the country. Gas extraction is estimated to begin in 2023.

At present it plans to ensure an economic growth rate of over 3 percent, bring down inflation by more than 4 percent and surpass the world's economic growth rate from 2021.

Russia is putting spurs to

boosting military capability.

Its target in the field is presumably to regain the status and role it had in the period of the USSR.

Addressing a party for military academy graduates held in the Kremlin on June 27, President Putin referred to a grand project which is underway for equipping the Russian armed forces with advanced military hardware and stressed that the defence buildup and qualitative development of military, judicial and special organs hinge on the officers.

According to data available, the ratios of modern military equipment in the Russian armed forces are 82 percent in the strategic nuclear force, 74 in the aerospace force, over 60 percent in the airborne force and the navy and nearly 50 percent in the land force.

Between 2014 and last June, six submarines, 23 warships and ten supply vessels were commissioned to strengthen the Black Sea Fleet, and within this year three more vessels are scheduled to go into commission.

Russia also pursues an ambitious objective of becoming one of the world's top five in scientific research and development.

To this end, the government approved a national programme and appropriated a large sum of money. It is trying to complete the infrastructure by establishing modern scientific research centres in 15 regions in three years.

As the country puts forward social stability as the foundation of a powerful state building, the recent enlarged council meeting of the supreme prosecutor's office attended by Putin discussed the issue of guaranteeing civil rights as a major agenda item and put forward social protection of citizens' life by law as a primary task. And the meeting of the Russian league of independent trade unions on May 22 underlined the need to create new jobs and change labour relations in a far-sighted way.

Russia is also striving to build up other fields of social life as befitting a powerful state.

By Min Chol PT

VIEW

New era name lays bare Japan's sinister intention

Japan began to use the name of era "Reiwa" on May 1.

Prime Minister Abe pledged to "shape a bright future for Japan in the Reiwa era which succeeded Heisei".

Why then did the Japanese authorities choose "Reiwa" as the new era name?

The Japanese authorities advertise the new era name as they use uncommonly flowery language, saying "Reiwa" means "beautiful harmony".

Abe officially announced it means that "culture is born and grows as people live and help each other with a beautiful mind" and the foreign ministry gave a briefing on it, saying it means "beautiful harmony". Apparently, they are trying to give an "amicable and florid impression" to people at home and abroad.

The publication that the new era name was copied from an old Japanese collection of poems and songs printed in around 760, in particular, seems to be aimed at evoking the pride of the citizens in the "long history and national culture".

But actually, it mirrors the authorities' intention to ingratiate themselves with the public with such political rhetoric that the 30-year-long Heisei era of stagnation marked by tremendous natural disasters, "lost 20-years" in economic progress and widening socio-economic gap is over finally and a balmy spring has come.

In the name of the new era "Reiwa", "rei" carries the meaning of "nobility" and "wa" is much used in the meaning of "Japan" as it was derived from Yamato.

Therefore, "Reiwa" is naturally interpreted as "noble Japan". Abe in his book "To a beautiful country" published in 2006 argued for pilgrimage to the Yasukuni Shrine and denied Japan's war crimes and Tokyo military tribunal to preach chauvinism, saying that "patriotism directly means loving the king of Japan and respecting and worshipping those people who sacrificed their lives for the country". In this sense, preaching a "noble Japan" is consistent with the praise of extreme nationalism.

In other words, Japan has selected the new era name in

order to incite nationalism by stimulating "national pride" of the local people.

However, Japan's new era name is construed otherwise in the world.

China said that "Chinese character of 'rei' originally means 'order', so 'Reiwa' means 'forcing peace' and it can be thought only by Japan which forgot the history of its aggression". BBC, *The Washington Post* and media of other countries reported that "Reiwa" means "to order peace, or command peace".

Why "Reiwa" was selected as the era name has so far been unknown, but the reason may be uncovered if it is considered in connection with how Heisei, which has been used since 1989, was instituted. The course of its institution was closed to public for 20 years.

It has recently been disclosed that "Heisei" had already been prepared by the conservative forces over two decades before it was published and the initiator was Yasuoka Masahiro (1898-1983). He was active as a rightist thinker from the period of Japan's invasion of the Asian continent and known as a behind-the-scenes figure of the political circle. He is said to have revised the surrender address of the "emperor" so craftily as not to include such words as "surrender" or "defeat" and polished the policy speeches of the successive prime ministers after Japan's defeat. He died in 1983, but a meeting of erudite people held to change era name in 1987 reportedly announced his sealed proposal as if it reflected the general will of the public.

All in all, underlying "Heisei" was the strong ambition of Japan to achieve the dream of "oriental peace" or overseas territorial expansion it had failed to do in the past.

In this context, "Reiwa" means "peace controlled by order of Japan" as commented by foreign media. In other words, Japan wants to become a country which orders and controls the world by reviving as the "leader" of Northeast Asia and the world.

Jang Chol, fellow at the Institute of International Studies of the DPRK

COMMENT

No future without settlement of sinful past

It has been 112 years since Japan fabricated the aggressive "Jongmi seven-point treaty".

By concocting the treaty on July 24 1907, Japan totally deprived the Korean feudal government of its right of home administration including judicature, legislative power, executive power and appointment of government officials.

Already in 1905 it had fabricated the "Ulsa five-point treaty" to seize the diplomatic right of the government, and cooked up the Jongmi treaty to weaken the growing anti-Japanese sentiment of the Koreans and annex Korea as its full colony.

The treaty is a fake that was cooked up without going through legal formalities.

Above all, it failed to gain any form of approval of Emperor Kojong, sovereign of the then Korean government.

At the time, Kojong resolutely refused to grant royal sanction, signature and royal sealing when prime minister Ri Wan Yong and some other stooges, instigated by the Japanese imperialists, demanded he ratify a draft of the treaty.

Japan made public the treaty in the name of "Korea-Japan agreement" by stamping the seal of Ri Wan Yong.

Under the illegal document, Japan invoked government and

military power to enforce colonial rule over Korea.

Japan's colonial rule was the brutal one unprecedented in history. It forcibly drafted over 8.4 million Koreans to send them to battlefields and sites of back-breaking labour, killing more than a million of them. It committed a heinous unethical crime of reducing over 200 000 Korean women to sexual slaves for its army. It attempted to obliterate the Korean language and names, and destroyed and plundered the cultural assets and natural resources of Korea.

Though over 70 years have passed since the Second World War, it stubbornly distorts and denies its past wrongdoings.

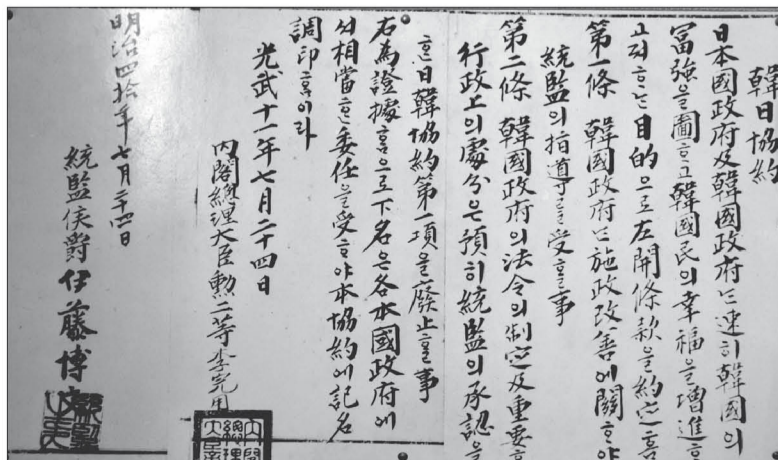
The denial of past means the revival of past.

This is evidenced by its reckless military buildup, extremist revision of the constitution and political climate in which chauvinism is rampant. They arouse the serious concern and apprehension of the international community.

Japan could never become a normal state recognized by the world unless it settles the sinful past.

The settlement of sinful past will only help Japan clear itself of the infamy as an enemy state and become a full member of the international community, and herein lies its future.

By Om Ryong PT



A copy of the "Jongmi seven-point treaty".

MEDALS

Athletes successful at international events

DPRK wrestlers proved successful in the 2019 Asia Junior Wrestling Championship held in Thailand from July 9 to 14.

It brought together more than 350 men and women wrestlers from 18 countries and regions, including the DPRK, China and India.

Yun Hyon Ju won the female 55kg title.

Won Myong Gyong and

Kim Song Ok came third in the female 50kg and 53kg categories respectively.

DPRK women football players came first at the 30th Summer Universiad which is now going on in Italy.

Women's football games were held between July 2 and 12 local time, drawing 12 teams from the DPRK, China, Russia, Brazil, Mexico and

other countries and regions.

The Korean women's team overpowered the Canadian and South African opponents in the group league matches, defeated Italy 4-1 in the quarterfinals and Ireland 5-0 in the semifinals.

In the final on July 12 local time it beat Japanese team 2-1 to lift the trophy.

Compiled from KCNA

DANCE

Korean folk dance movements of antiquity

Korean folk dance reflects the Koreans' work, hunting, human relations and customs.

Among folk dances that mirror their working life are the peasant dance and farming songs and dances representing farmers' joy for good harvest and their wish for better harvest, Pongjuknori and Fishermen's Dance depicting fishing activities and Weaving

Dance and Smithery Dance showing manual trade.

Korean folk dance is also unique in technique and thick with national colouring.

Dancers gracefully whirl around, moving their shoulders and feet up and down and swinging their arms, which constitutes a dancing technique peculiar to Korean folk dance.

It is also featured by absorbing interest and charm as dance movements are accompanied by various tunes. Dances are performed to the tune of such percussion instruments as drum, *janggo* (hourglass drum) and small gongs and such household utensils as gourd.

Typical of them are Janggo Dance, Sword Dance and Dance Turning round Decorative Tassels on Cap, which are widely known.

Korean folk dance is also strong in local features.

Among them are Tondollari, Nilliri Dance, Kanggangsullae and Pongsan Mask Dance. And peasant and mask dances vary in rhythm and makeup according to localities.

The folk dance of Korea also occupies its distinctive niche in the ongoing grand mass gymnastics and artistic performance "The Land of the People", winning warm applause of the audiences.



RI MYONG GUK / PICTORIAL KOREA

A scene from a folk dance in the grand mass gymnastics and artistic performance "The Land of the People".

By Jong Chol PT

HEALTH

Dietary cure based on traditional medicine

Koryo medicinal dietary cure is drawing public interest as it is the secret of health and longevity.

The remedy is diet made by properly combining Koryo medicines with food materials.

Koryo medicinal food varies according to medicines and making methods and has a wide application.

According to the classification of medicinal materials, it is divided into grains, vegetables, meat, fish, flowers and fruits and classified into boiled rice, rice cake and gruel by cooking

methods.

For example, there are dozens of kinds of gruel.

As Koryo medicinal food, which tastes sweet and has mild character, strengthens the spleen and stomach and promotes digestion, it is used as a substitute for a meal or to prevent and cure diseases.

Treatment proves effective when appropriate Koryo medicinal food is selected.

Application method needs to be differentiated by seasons and regions since treatment effects differ in accordance with the

eating period and time.

It is good to have parsley, *Codonopsis lanceolata* and aralia shoots which stimulate appetite, help the body more resistive and protect the liver in spring, astragalus, insam (ginseng) and fruit of *Schizandra chinensis* conducive to protecting the heart which is vulnerable to hot weather in summer, yam, carrot and chives for strengthening respiratory organs in autumn, and matrimony vine, dried mushrooms, tangle and duck nourishing the kidney in

DIVING

Promising diver in the making



world diving competition.

Besides, she showed off her credentials at the 18th Asian Games and other regional competitions.

"Mi Rae has a natural gift for sports. What is more important is that she is exceptionally tenacious and faithful in training. Though slim, she cherishes high aims in her heart," said her coach Choe Song Hui.

"My daughter took up gymnastics at Juvenile Sports School in Sosong District when she was six years old. In a month she skilfully did a somersault on the trampoline and after half a year she could perform all the movements executed by elders who had taken up the sport two or three years earlier than her. All viewers called her a child prodigy," said Mi Rae's mother Kim Hye Ran who changed her occupation into a keeper at the sports school for her daughter.

Afterwards, she trained with Choe Song Hui, diving coach at the Ryongnamsan Sports Club, and worked hard to improve her diving skills.

One-odd year later she was chosen by the national team.

She trained so hard that her fellows and coaches would call her an energetic performer as she came to the training ground first and left it later than others and made painstaking efforts to attain the goal she set herself higher than that of her coach.

"When I was young, I trained hard and bagged medals out of a desire to give pleasure to my mother who spared no pains for me," said Mi Rae. "But since I started professional training, a number of coaches have sacrificed themselves for my success and showed maternal affection. What they expect from me is to snatch gold medals dedicated to the country. I will do my best to this end."

By Jong Tang Song PT

The 2019 FINA world diving competition was held in Japan, China, Canada, the UK and Russia between March and May.

In the competition, Kim Mi Rae (pictured) from the Ryongnamsan Sports Club of the DPRK came first in total rankings by winning a gold and two bronze medals at the women's 10m individual platform diving. She also obtained a gold and four silver medals at the women's synchronized 10m platform, thus snatching a total of eight medals in the event.

Such a success is further consolidating her position as the "dark horse" in the Korean team.

She already achieved notable successes in international tournaments.

Making her international debut at the 2015 FINA Grand Prix diving competition, she bagged a silver medal at the women's synchronized 10m platform and went on winning two silver and one bronze medals respectively at the women's synchronized 10m platform and the individual event in the 2017 FINA world diving competition. She secured five medals at the same events of the 2018 FINA

winter.

According to recent information released by a research institution, the Koryo medicinal food is good for improving the health of smokers

and drinkers.

The dietary cure was listed as a national intangible cultural heritage element last year.

By Kwon Hyo Song PT



PHOTOS BY PAK CHANG BOK / THE PYONGYANG TIMES

Yakpap (sweet rice dish) and steamed medicinal pumpkin stuffed with seafood.

