

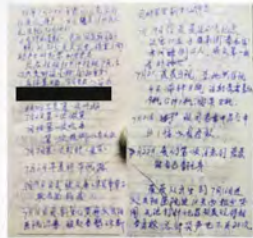


出生医学证明副页(1)		Birth Medical Certificate Supplement	
编号: 113	Number: 113		
婴儿姓名: 杨谨	Baby's name: 杨谨	Sex to 2	
出生时间: 1998年10月10日	Birth time: 1998/10/10	Timezone	
出生地点: 江苏省苏州市	Birth place: 江苏省苏州市		
母亲姓名: 杨娟	Mother's name: 杨娟	Age	
国籍: 中国	Nationality: 中国		
血型: 血型	Blood group		
父亲姓名: 杨明	Father's name: 杨明		
国籍: 中国	Nationality: 中国		
身份证号: 320501199810101010	ID number:		
家庭住址: 苏州市姑苏区	Home Address: 苏州市姑苏区		
婴儿出生医院: 苏州市立医院	State Birth Center:		
医生: 杨娟	Signature: 杨娟		
医生: 杨娟	Signature: 杨娟		
医生: 杨娟	Signature: 杨娟		

Chen Yang Medical Certificate.

9月10日我决定从今日起
起用“杨谨元年法”。
把今年(1998年)定为杨谨
元年。月份套用公历。

September 10, I decided to start from today, " Yang Chen Chronology". This year (1998) the Yang Chens first year of, according to the Gregorian calendar month.



On June 24, 1998, Xuexia returned to Shiyao and lived in Hongying, waiting to give birth. Transferred to Jingyang County People's Hospital after three days (June 28).

June 29 (Monday, May sixth days of Lunar leap) evening 21:52, the baby was born, weighing 3.2kg, the midwife called Zhao Hua, was about 40 years old.

After that, you and your mother were hospitalized for a total of seven days in the inpatient department. The attending doctor was Wen Xiaoling (about 50 years old).

After checking the calendar, the baby's date of birth and eight characters of a horoscope are:

██████████

On the morning of June 30, the first milk was given.

July 2nd, the first smile.

July 4th, first time to eat hands; first response to scratching of feet.

July 3, the first injection (vaccine).

On the morning of July 5, The umbilical cord falls away.

On July 9, the baby was officially named Yang Chen(晨) by my father (the grandfather of the baby).

On July 16, the baby with neonatal jaundice was admitted to Yunyang Hospital for treatment and was diagnosed by Zhao Chune as concurrent neonatal pneumonia.

On July 19, celebration of the baby's birthday after 20 days, with a banquet for 10 tables at the South Street "Taihexiang". During the dinner, 2 people were drunk. The father-in-law first glanced at his granddaughter.

On July 20, Chen Chen was discharged from the hospital after being hospitalised for 4 days. She has 8 bottles of needles, 9 bottles of penicillin, 1 bottle of G potassium, and 8 bottles of ampicillin.

September 10, I decided to start from today, " Yang Chen Chronology". This year (1998), the first year of Yang Chen, according to the Gregorian calendar month.

On September 11, Xuexia personally made Chen Chen's first piece of clothing, a pair of light red overalls. After ironing, she immediately put them on Chen Chen. Chen Chen's joy at the time was really cute.



Chen Chen:

Dad decided to write a letter to you today, hoping to chat with you.

When your mother was pregnant with you, your mother and I were running a store: "Auspicious Store". At that time, it was the first store on the south side of the road west of Yunyang Hospital. The geographical position is superior. It mainly deals in tobacco, alcohol, snacks, and small grocery items. The scale of business was the third strongest in Yunyang at the time. The "Xi'an Haberdashery Wholesale Department" and "Hongyun Store" are second only to your Uncle Ji Long. When your mother gave birth to you, due to lack of energy, we sold the store on June 1.

On May 1st, Dad also ran Jiang Luxiang' s "Golden Apple Karaoke", which was a pornographic venue and a special

On July 21st, Chen Chen was given traditional Chinese medicine from Lao Lei Chinese Pharmacy to stabilize the therapeutic effect.

On July 22, we noticed for the first time that Chen Chen could turn herself over.

Chen Chen seldom cried during the 16 days after her birth after leaving Yunyang Hospital on July 16. No matter how many injections or medicine, she was quite brave and cried less than 20 times in total.



On the afternoon of July 22, I, Xuexia, Linggu, my mother, and Tingting sat idle in the courtyard, placing my daughter on my lap. To prevent mosquito bites, I took a bottle of perfume and sprayed it on Chen Chen's body. I suddenly felt hot and humid on my thighs. This is the first time my daughter urinated on me.

On July 31st, Brother Ming, Xuexia and I sent Chen Chen to Beishiyao. This was my daughter's first visit to grandma's house. At this time, she was 32 days old.

On July 29, Shi Jun and Wang Ting brought Nana to the home to attend Chen Chen's full moon banquet. It was the first time my daughter saw her uncle.

industry. For many reasons, I failed to go all out. It lasted three months and finally admitted defeat on August 8 and lost about 10,000 yuan.

Now your grandfather is still teaching in Central Elementary School. He has been teaching for more than 20 years. Your uncle, Dongdong, Tingting and I all came from this school. Dongdong and Tingting have not graduated yet, they are in fourth and fifth grades. It has been 76 days since you were born today.

This year, the whole country suffered from severe floods, and many cities and villages in the south were flooded. The leaders of the central government attached great importance to it and rushed to the disaster area to give command. The newspaper said that the disaster was quite serious, which was the first time since the founding of the People's Republic of China.

Jiang Zemin is now the chairman of the state, the chairman of the military commission, and the general secretary of the Communist Party Central Committee. The Premier of the State Council is called Zhu Rongji.

Okay, let's stop here!

September 12th of the first year of Yang Chen
Father



Chen Chen

Today is October 8th the first year of Yang Chen. The day before yesterday was one hundred days after you were born. We did not hold any special celebrations for you. I went to buy a roll of new Lucky film, today's price is 12 yuan. I borrowed Wang Huanying's camera and took dozens of photos for you. Some of you laughing and some where you were annoyed. Waiting for you to laugh once is really not easy, sometimes I just saw you smile, and when I bring the camera, you stop smiling. Relatively speaking, it's much easier to take a shot in which you are angry. Because you are not as well-behaved as you used to be. If you feel unhappy, you will cry and make a lot of noise. As long as we don't take care of you for a while, we will see you pouting. Now it costs 0.5 yuan to print a color photo. I don't know how much it will cost when you grow up. The market price of wheat this year is 0.58 yuan a catty.



Chen Chen, to be honest, compared with your parents, your generation is very happy. There is no need to worry about food and clothes. Because of the national family planning program, there are fewer children, and every family treat's children as precious. Unlike when we were young, we didn' t wear a new dress before the age of fifteen. After the age of sixteen, it was hard to wear clothes that our parents made specifically for ourselves. A piece of clothing will need to be worn for several years (so it shouldn' t be smaller when we wear it next year).

It suddenly occurred to me that I often regret that I don't know my family history, so I will keep a record of the general situation of our family as far as I know.



Baby:

Today is December 14th of the first year of Yang Chen. Sorry, I don' t know why I interrupted it last time.

Among my great-grandfather generations, there are Yang Xiangwen and Yang Xiangwu. The two moved from Qingliang Temple (under the temple) under the Kouzhen River to Yunyang Town and gave birth to many brothers and sisters. My father can only recall his grandfather Yang Xiqing (the fifth), Yang Xiangwen's sons, Yang Ruiqing (the fourth) and Yang Rongqing (the eighth). As for the other grandparents, I can't remember anymore.

Yang Xiqing is the first batch of national commendations for model workers and combat heroes. He once took a group photo with Chairman Mao, Premier Zhou, Liu Shaoqi and the Ten Marshals, and attended a state banquet in the Great Hall of the People. He brought back the gold medal and the 12-inch large photos of the founding fathers (I saw it with my

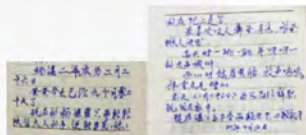
own eyes when I was a child), which was very honorable.

My grandfather's name is Yangkegong, his children are your grandfather Yang yuemin and your two aunts Yang Guiru and Yang Fangcun. Yang Guiru is the oldest. She worked in Qinghai and married Zhang Zhicheng and gave birth to Zhang Feng; her daughter was Zhang Yang, The children settled in Shanghai and Xining respectively. Yang Fangcun married in Zhaojia Village in Zhongzhang and gave birth to a daughter Yin Juling, who remarried after the death of her husband and gave birth to a son Lei Jufeng; and gave birth to a daughter named "Girl".

Your grandfather's children are your first uncle Yang Ming; second uncle Yang Liang; third uncle Yang Gao; me, Yang Xin. Your second uncle went to Jiang's house to be the door-to-door son-in-law and they gave birth to the daughter of Jiang Ting—the tenth day of the twelfth lunar month, the zodiac tiger. Your third uncle was given away when he was a child and changed his surname to Zhang Hui (nickname Zhang Mao) and married Ma Yan and gave birth to Zhang Ben. Your first uncle married Liu Lin from Shiqiao, Zhaizigou who gave birth to Yang Dong, also known as Yang Di—born in the 22nd winter moon, zodiac snake.

You are five months old today, and you don't know people when you meet. Your body is very healthy. When you were five months and 14 days old, you weighed 11 kilograms.

Dad now sells feed at the Fubang Animal Husbandry Company in Zhao Shengli on Dingzi Road, earning 600 yuan a month. It will be two months from October 17 to today.



It's the second year of Yang Chen, the 16th day of the second lunar month. Baby today is nine months and twelve days. Now Yang Chen can walk slowly on the ground as long as she is gently supported by an adult's hand. You like to bite people's nose, ears, cheeks, and pull people's hair. Jump and jump when you are happy, and babble loudly. When you are sad, you frown and whine loudly. No increase in weight. The day before yesterday (February 23) Dad had resigned and is now at home. Now Chen Chen has two teeth on each side, a total of four deciduous teeth.

April 12, 1999



Yang Chen:

Dad has been unmotivated lately, and seems to have no interest in a career, but life still needs financial resources, so I must get out of this depression, and I must cheer up for my family. After analyzing, the reason for my depression is that I have put in considerable effort but still have no sense of accomplishment, and I am still in debt. The biggest pressure lies in debt, which makes me feel dark and boundless. The road is too long. It should have been sunny, but now it is thick and cloudy. If I want to overcome this psychological barrier, first, I should have confidence in myself. But where does faith come from? Recalling the time (before marriage)

1. Thinking about life after marriage is too simple. It turns out that the two-person world is also very complicated. I should have got married after paying off my debts.
2. Single thinking. Did not face issues, often asking for help.



After marriage

1. [REDACTED]

[REDACTED]

[REDACTED]

At the beginning, I should have taken measures by borrowing cheques instead of borrowing cash directly.

2. My mental state is still not strong enough, my vision is a little short-sighted, and several fines made me lose confidence in business.

3. My self-control is weak but the feelings are rich and self-confidence is blindly self-confident.

4. Superficial disposition, too easy to satisfy, lack of ambition.

[REDACTED]

[REDACTED]

I have started talking nonsense, so I will stop talking.

April 27th, Yang Chen's second year.



Chen:

Today I came back from Jingyang and passed by Jinghui Canal, and the water was muddy yellow. I remember that I have only seen the water clear once in my life, that is before and after you were born. In those few months, the Jing River, Wei River, and Jinghui Canals were all clear and green. It's a pity the good times don't last long.

On May 8 this year, another thing happened worth telling you. NATO, led by the United States, bombed the Chinese Embassy in Yugoslavia with four missiles. This incident has caused a huge reaction all over the world, and it has created a global anti-American trend. There have been demonstrations by citizens and students in several cities in China. Anti-American slogans can be seen everywhere in the city these days.

May 16, the second year of Yang Chen
(The second day of the fourth lunar month)



Yang Chen:

Today is the second day of February in the second year of Yang Chen. Since I started work at the Jingyang Hongda Feed Factory on the ninth day of May, I have been so busy that I didn't write to you on your first birthday. Please forgive me.

Now you can walk forty to fifty meters on a flat road alone. Today, you are one year old, one month and four days old. You are healthy now. You can drink about three bottles of wahhaha AD calcium milk, half a bottle of fresh goat milk, and eat a pack of steamed buns, shrimp crackers and the like every day.

Now you like mom and grandma most, which makes dad very jealous. And dad likes you best, which makes your mom jealous. But you are very happy-go-lucky and muddled all day.

Now our family has a contradiction. Your mother can't be idle at home, and Dad can't find a suitable job for her, so she wants to go out to be a waitress. I was very angry and had nothing to do

with her. I was very troubled by it for some days.

Since more than half a month the radio and newspapers have criticized Li Hongzhi's "Falungong" every day. The specific situation is probably: a man named Li Hongzhi founded an organization in the name of qigong, used feudal superstition to do some things that are not conducive to the country's political stability, so he is wanted by the state.

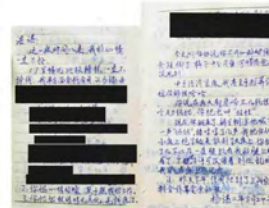
Now, I feel more and more that there are two prerequisites for success in life that cannot be ignored.

1. Dare to behave, evaluate yourself objectively, and correct mistakes.
2. Maintain a healthy body and a clear mind. Start by eliminating every small problem or idea that is harmful to physical and mental health.

In fact, this is not only a prerequisite for success, but more importantly, the improvement of self-cultivation. People must cultivate some spiritual capital for themselves to avoid being unable to face society directly in the future.

The reason why I named you "湛" later was because of the meaning of "湛". I hope you will create an image of "honest and trustworthy" for yourself in this society. This will be your greatest wealth in this life.

Your father
August 2, 1999



Chen Chen:

I have been in a bad mood for a while.

1. The situation in the factory is rather bad, and there has been no money. I unilaterally analyzed the reasons and believed that the

[Redacted text]

1. [Redacted text]

2. [Redacted text]

2. [Redacted text]

3. [Redacted text]

4. [Redacted text]

2. Your mother is upset and eager to find a job.

3. Your grandma's eyes have deteriorated and there is no money for treatment.

4. [Redacted text]



I seem to be lazy, a little self-deceptive, and stubborn. Looking at the world, it seems that the world is very picturesque and misty. I am far away, and I can't feel a little bit of excitement and prosperity. I have been unable to persuade myself to cheer up and do things well in the recent period, but in fact, I have a little anxiety inside.

Although my talent for sales promotion has not received professional training, it should be outstanding among amateurs. I have never yet had the opportunity to use my skills electrical engineering profession

I don't know in this life whether my little cleverness will bring me good luck or help me seize opportunities.

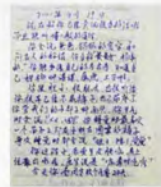
My house is getting old, my children are getting older, and my parents are getting old. Can I still keep a calm mood ? !

The road is underfoot, but where is the goal?

It's not that I have nowhere to go, but that I don't think the road is wide enough. Besides, I know that I can only complete two of the triathlons. If I only rely on courage, I am afraid that I will be drowned.

This is why I have been so slow to start.

I have read several psychology books, and I always feel that they are very unrealistic. Where can I find a few books on actual management rules and techniques?



April 19, 2000

Now you can speak a lot, understand the general truth.

You can say the names of mom and dad and the titles of everyone.

You call yourself "Baby Girl, Yang Xin's".

You can distinguish between your left and right hands. You know that your surname is Yang, your name is Chen Chen, your zodiac is a tiger, and you are three years old.

You are very timid, very smart, and very obedient. You stopped wetting your pants and bed-wetting long ago. You call our little shop Nantou. When you are angry, you will say: "XX, back!".

When you sleep, your favorite mattress is printed with a child's pattern. Every time you go to bed, you will say "Sister, sister, sleep."

You often have skin rashes and chickenpox on your body these days. The doctor said it is "viral herpes"

Today, you are one year old, nine months and 20 days old.



July 11, 2001,

(Yang Chen four years)

Today you are already a sensible little child.

You have a few interesting words, excerpted as follows:

1. Grandma: "Yang Chen chen is beautiful, clean, and obedient..."

You: "It's just that she won't be able to coax it well when she is wayward."

2. Me: "Who does Yang Chen love?"

You: "love you"

Me: "Who do I love?"

You: "Baby girl!"

Me: "Who is my baby girl?"

You: "It's me"

Me: "Who does Grandpa love?"

You: "Grandpa loves grandma"

Me: "Who does grandma love?"

You: "Grandma loves Teacher Yang!" (Your grandpa)

You don't sleep with your parents anymore, you pester your grandma to sleep there every day.

A few months ago, your second uncle gave birth to a younger brother named Jiang Fan. He is only a few months old now. He can't walk or talk.

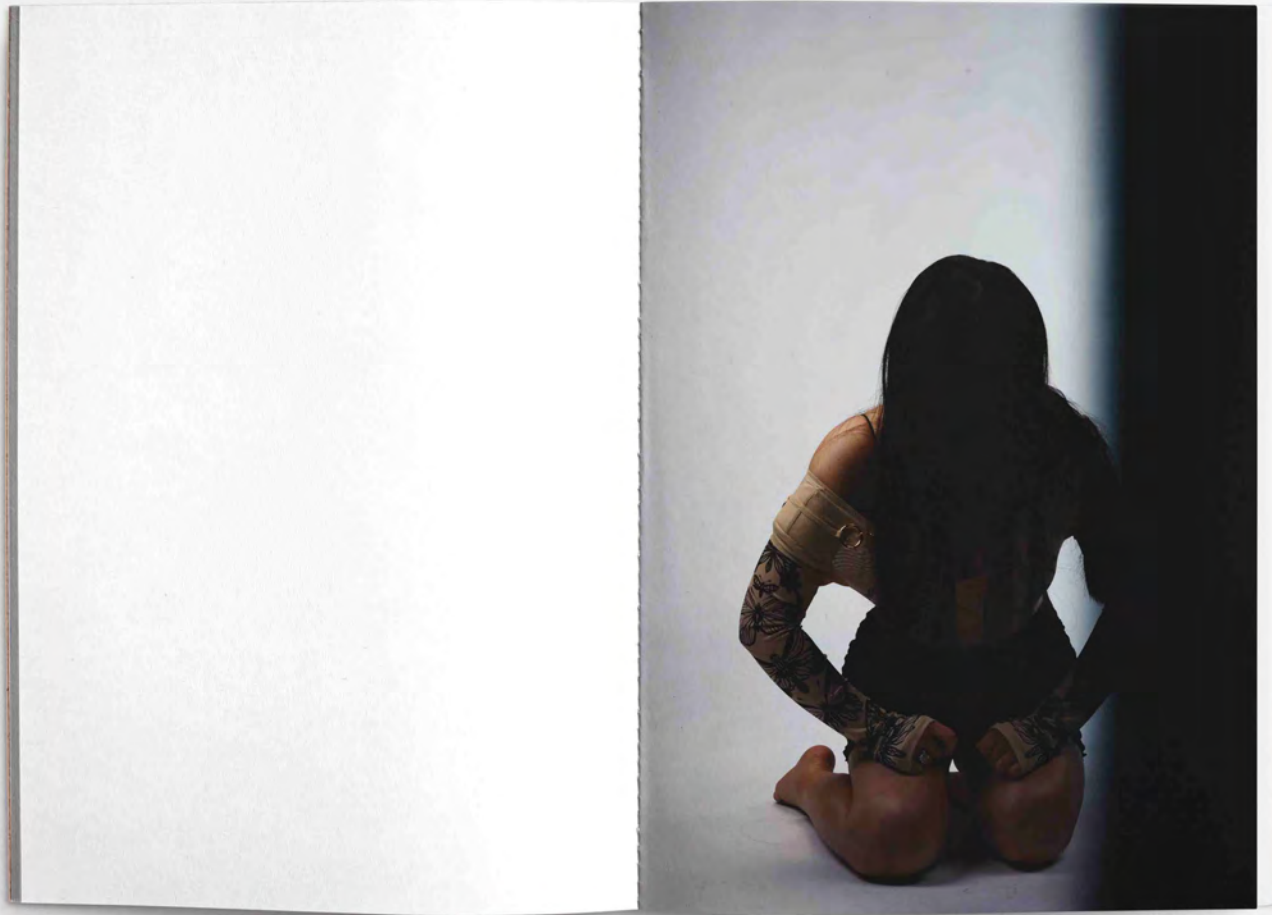
You love grandma the most now.

Your greatest advantage now is that you don't curse.

Your biggest shortcoming is that you are not careful when listening to people, your mouth is very greedy, and you are particularly picky about eating.

A while ago, you asked me: "When will Dad build us a "beautiful" house?". At that time, I felt sorry for your grandparents, and felt very uncomfortable!

A while ago, you once scolded me: "Dad, you are choking people by smoking, come on, I will throw the cigarettes out."





My Father's Diary

Chen Yang