

Tibet reports first H7N9 case

A human infection of H7N9 bird flu has been reported in southwest China's Tibet Autonomous Region, the local health authority said Saturday.

The patient, a 41-year-old migrant worker from neighboring Sichuan Province, was diagnosed on April 3 and is in quarantine at Tibet's Third People's Hospital in Lhasa, the regional health and family planning commission said on its website.

The man had been involved in the trade of live poultry since arriving in Lhasa in February.

His symptoms were reported to the regional disease prevention and control center on April 2, and his condition was confirmed on April 3. He is the first human infection of H7N9 bird flu in Tibet.

Following the diagnosis, live poultry trading has been suspended across the region. All those who had been in close contact with the patient are under medical observation.

H7N9 is a bird flu strain first reported to have infected humans in China in March 2013. Infections are most likely to strike in winter and spring.

West End Community Council – next meeting

The next West End Community Council is next Tuesday – details and agenda below – all welcome!



**WEST END COMMUNITY COUNCIL MEETING
TUESDAY 11TH APRIL 2017 AT 7.00PM
IN LOGIE AND ST JOHN'S (CROSS) PARISH CHURCH HALLS
(ENTER FROM SHAFTESBURY TERRACE – OFF BLACKNESS AVENUE)**

1. WELCOME AND INTRODUCTION
2. APOLOGIES

3. MINUTE OF MEETING OF 14TH MARCH AND MATTERS ARISING
4. POLICE SCOTLAND UPDATE
5. PLANNING UPDATE
6. CORRESPONDENCE
7. OTHER MEETINGS ATTENDED ON BEHALF OF WECC
8. AOCB – MEMBERS OF THE PUBLIC INPUT
9. DATE OF NEXT MEETING – Tuesday 9th May 2017

Light refreshments will be provided.

[Five seized in cross-border heroin trafficking](#)

Police in southwest China's Yunnan Province have arrested five suspects and seized 41 kg of heroin in the latest crackdown on drug trafficking.

The men and drug were seized in Ruili City in Dai-Jingpo Autonomous Prefecture of Dehong on March 31, the public security bureau of Longling County said in a statement Saturday.

The bureau received reports in February that an overseas drug trafficking ring were planning to ship narcotics to China.

Police detected the two suspects from Myanmar as soon as they crossed the border into China at 4 p.m. on March 31. They then followed them to a hotel in Ruili City, where the suspects met their three Chinese collaborators. All five were arrested.

From the trunk of their SUV, police found 120 blocks of heroin, which weighed 41.785 kg.

The two suspects from Myanmar said they had been promised 5,000 yuan (725 U.S. dollars).

The investigation continues.

Dehong prefecture is close to the opium-growing Golden Triangle. Last year, border police in Dehong seized 1.6 tonnes of narcotics, completed investigations into 668 drug-related crimes and arrested 662 suspects.

Rail capacity

The modern railway is based on a cruel paradox. Some of its routes into the main cities are too popular at peak times, with overcrowding. The commuters are made to pay premium prices for what can be an inferior service. Many other routes have too few passengers, and those who do travel often benefit from heavily discounted or off peak prices well below the costs of running those trains.

We need to solve the problem of too little capacity for some, and too much capacity and too little revenue from others. What should be done? Commuters naturally think it unfair that they have to provide a disproportionate part of the fare revenue in what remains overall a heavily loss making or subsidised business. Other travellers often do not appreciate just how large a gap there is between what they pay to travel and the costs of providing the train they use.

The problem of capacity may be easier to solve than many think. According to the railway management they can typically only run 20 mainline trains an hour on any given line. At peaks there are still large gaps between trains on uni direction track. Poor signals, poor brakes and heavy trains mean the safety margin required to stop a train in time leaves much of the track empty. Modern digital signalling could alter that. If a train is equipped with on board signals and sensors, and automatic braking where needed, it is possible according to railway experts to run 30 trains a hour safely. That is a massive increase of 50% in capacity. It also means a service which at best is one train every three minutes becomes one train every two minutes, more like the tube. If new trains are built out of lighter though strong materials, and equipped with better brakes, there could be further improvements.

I have been urging the government and railway to get on with digital signal investment. They have now established a larger fund to tackle the five most overcrowded routes into London. I am asking them to do more, as so many commuter routes into major cities are afflicted.

Getting more people to use the trains off peak and on longer routes does not have such an easy fix. There needs to be more analysis of why people travel and what they want to get out of it. We need timetables that offer good services more geared to the pattern of passenger needs, and sensible pricing which offers a discount for off peak but does not simply dump seats at prices well below marginal costs.

More seeking help for mental illnesses

The number of registered patients with serious mental disorders in China reached 5.4 million last year, with three-quarters of them suffering schizophrenia, China's top health authority said on Friday.

Of the patients, 88.7 percent are under the management of health authorities, and receive public services such as medical care and living subsidies, Wang Bin, deputy chief for disease control and prevention at the National Health and Family Planning Commission, said at a news conference on Friday, which coincided with World Health Day.

Previous figures released by the commission showed the number of such registered patients was 4.3 million by the end of 2014, with 73.2 percent managed by health authorities.

China has been improving mental health services, with the number of institutions that offer such services reaching nearly 3,000 by the end of 2015, compared with 1,650 in 2010, Wang said.

Last year, the number of certified psychiatrists in China exceeded 27,700, and the number of psychotherapists in China exceeded 5,000, she added.

Patients with serious mental disorders have been receiving improved services throughout China with multi-departmental cooperation such as regular follow-up diagnosis and treatment.

In places such as Beijing and Shanghai they also enjoy favorable insurance policies, which provide free medication and more reimbursement for medical bills, according to her.

In Beijing, guardians are eligible for a 2,400 yuan (\$370) annual subsidy from the municipal government if they deliver proper care, according to the city's health and family planning commission.

China faces challenges in improving mental health, due to rising incidences of mental disorders caused by depression, tension, alcohol and dementia, she said.

A survey conducted by professionals from more than 40 psychiatric hospitals and universities in China between 2012 and 2014 found nearly 3.6 percent of Chinese suffer depression-related mental disorders.

Although the rate is lower than countries such as the United States, Australia and South Africa, it saw an increase compared with previous surveys, which may be attributed to increasing psychological pressure on the public due to rapid economic and social development, she said.

The World Health Organization estimates that more than 54 million people in China suffer from depression, and is estimated to cost the nation \$7.8 billion every year from lost work days, medical expenses and funeral

expenses, it said in a statement on Friday.

According to Yu Xin, a professor in psychiatry at Peking University Sixth Hospital, said a major obstacle to prevention and treatment in China is the lack of importance paid to the issue by the public and patients.

“This means only a small portion of people with mental diseases are actually diagnosed and treated,” Yu said.

Lack of facilities and talent at community-level medical institutions are also major obstacles, he added.

“In many other countries, patients with mental disorders first seek treatment at community health centers or their family doctors,” he said. “But in China, most patients go to big comprehensive hospitals first, as other institutes may lack qualified psychiatrists.”

Wang said health authorities will improve capabilities of grassroots hospitals to offer mental health services, such as encouraging top public hospitals to provide training to medical staff.