

Review of: "A Study from the Perspective of Chinese Traditional Culture, Social Medicine, and the Healthy China Strategy: The Imperative Revival of Chinese Shoulder-Carrying Culture - A Solution to China's Dilemma of Aging Load-Bearing Laborers"

Daniela Onofrejova¹

¹ Technical University in Kosice

Potential competing interests: No potential competing interests to declare.

This contribution is not typical research paper, it has form of monography. Author declares that the traditional Chinese shoulder-carrying culture encompasses various disciplines such as physical culture and human life science. It serves as a valuable part of national culture, representing the rich knowledge within the medical field, including the study of human body structure, physiology, and mechanics. It can ignite the enthusiasm and self-confidence of future generations in learning Chinese traditions and contribute to the reinforcement of "humanistic education" among the Chinese people. The Chinese shoulder-carrying and shoulder-pole culture constitute valuable intangible heritage not only for China but also for the world, and it is the responsibility of the present generation to safeguard, restore, and study this world heritage. This revival will allow the spine to regain its instinctive load-bearing ability, resist spinal diseases, promote physical fitness, and prevent mental disorders.

Next, I would suggest to author some comments, as at first I expected traditional research paper. Here are some of my notes: in Keywords: usually 4-6 keywords are used in a study, I suggest the author to focus on the most important goals/ideas of the study.

In chapter Background: CVD risk factors – please explain abbreviation when firstly used in the paper. I found this chapter inconsistent, mix of historical data and existing diseases in China among children and working population, opinions from TV. It is confusing whether Chinese shoulder-carrying culture is only problem of rural agriculture workers, or even urban load-bearing industry laborers, and why this phenomenon has effect on younger population health and their back disorders, when it is evident that children cannot work and carry heavy loads as employees. As author claims, it is not difficult to propose solutions to discussed problem, but it is difficult to propose the right solution. Author believes in legacy of strenuous work of China's shoulder-carrying culture, that it could create most responsible, hardworking, dedicated, healthy and open-minded generation in China. There is open conclusion about the way how to achieve that.

In my opinion, this contribution has strong meaning and every society shall reflect to and adopt real values, which support the reason for human existence.

