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中國近代公共衛生的開拓者--劉瑞恒醫學博士

Nanking Rotarian Dr. J. Heng Liu

China's Chief of Health Administration

By Herbert K. Lau (劉敬恒) (Rotary China Historian)

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Dr. J. Heng Liu (Dr. Liu Jui-Heng 劉瑞恒醫學博士) M.D.(*Harvard*), B.Sc.(*Harvard*), was a Charter Member of Nanking Rotary Club (南京扶輪社) in 1933 (*Classification: Public Health Service*), and later served as its Club President in 1936-1937, when he was the Director of National Health Administration, Republic of China (中華民國行政院衛生署署長). Formerly, he was a Rotarian of Peiping Rotary Club (北平扶輪社).

Dr. J. Heng Liu was born in Tientsin (*Tianjin*) (天津) of the Ch'ing Empire (大清國) on 10 June 1890. His father was a preacher of the London Mission. In 1902, his father left the Church and operated an English language primary school. So he knew well not only that they preached Christianity in China but also that they established mission schools to teach Chinese youth, male and female, and hospitals to serve the Chinese people. Naturally, such a background had an important influence on his son's education and choice of medicine as his life career. At the age of 12, Liu was admitted to the Tientsin Anglo-Chinese College (新學書院). The next year, Liu attended Imperial Tientsin University (北洋大學堂) at Tientsin in 1905-1906, and successfully passed the Government scholarship examinations to study abroad. Then he went to the United States and studied at Harvard University from which he received a Bachelor of Science degree in 1909, and a Doctor of Medicine *cum laude* at the age of 23 in 1915.

After his internship in Boston City Hospital as a house surgeon in 1913-1915, Liu returned to China, and from 1915 to 1918 he was in charge of the surgical service at the Red Cross Hospital, concurrently an associate professor at the Harvard Medical School in Shanghai (上海). The School was closed in 1916 due to financial constraints. In 1918 Liu became Professor of Surgery at the Peking Union Medical College (PUMC) (北京協和醫學院).

Liu returned to the United States in 1920-1921 to work with Dr. James B. Murphy at the Rockefeller Institute for Medical Research on cancer studies and radium therapy, and subsequently spent six months with Dr. James C. Bloodgood of the Johns Hopkins Medical School for surgical pathology.

The PUMC trustees appointed Liu an Associate Professor of Surgery beginning from 1 July 1922, before he returned to China in May. In 1923, Liu held concurrently the post of Medical Superintendent of the PUMC Hospital until 1928. During that period, Liu also served as a director of PUMC since 1929 though he was practically working in the Health Ministry in Nanking (*Nanjing*) (南京).

Liu was very much interested in public health. In the early Twenties, Liu together with 2 colleagues went to the Ming Tomb Village, north of Peking, and visited newborn babies suffering from tetanus-neonatorum. Liu also played a major part in obtaining the co-operation of the Peking Police Bureau and helped establishing the Peking First Health Station in 1925. The Station was a pilot project for the practice of public health in a Chinese community. The importance was recognized and accepted. Its pattern was followed by other medical schools in the country. The organization of health centers soon became a part of the national program in developing municipal and county health services.

In 1928, the National Government established the first Ministry of Health and sought advice from the PUMC. Liu was recommended to serve as Vice-Minister of Health. He accepted the offer and went to Nanking, the capital, to join the government service. In 1929, Liu was promoted to Minister of Health. Under his administration, greater progress was made in the development of national health services. He first established the Central Hospital in Nanking and many of the senior staff members were previously trained in the PUMC.

Other services carried by Liu were Acting Minister of Health in 1929-1930; Chairman of National Opium Suppression Commission in 1930-1935; Surgeon General of the Chinese Army (陸軍軍醫總監) in 1931; Director of Central Field Health Station, National Economic Council, since 1932; and also Chairman of the Military Medical Supervisory Commission of the Military Council since 1932.

In 1931, Liu's position was changed to Director of National Health Administration formerly under the Executive Yuan (行政院) (i.e. Prime Minister's Office) but then under the Ministry of Interior (內政部).

Almost overnight, Liu and Dr. John B. Grant of PUMC created a public health service that accomplished miracles in a vast country which then had only a handful of Western-trained physicians. Liu's special interest was the creation of nursery and midwifery schools, hospitals, and health stations which spread the benefits of modern medicine to masses of the Chinese population which otherwise could not have been reached. Through his bold, practical thinking and planning, he did more than anyone else to raise the level of health of the Chinese people,

and became a lasting inspiration for succeeding generations in all branches of medicine and public health.

During most of the World War II era, Liu was in Washington, U.S.A., as Medical Director of the Chinese Defense Supplies Commission. It was during these years that he associated himself with American Bureau for Medical Aid to China (ABMAC), an association which has lasted to the present. After the War Victory, Liu returned to China to supervise the large scale medical aid program conducted under the auspices of the United Nations Relief and Rehabilitation Administration (UNRRA), working through its Chinese counterpart, the Chinese National Relief and Rehabilitation Administration (CNRRA) (行政院善後救濟總署).

Soon afterwards, Liu became ABMAC's Field Director with an office in Shanghai. The shift from a war-time relief work to a peace-time medical education and reconstruction program, which ABMAC adopted in 1946, owed its origin and planning to Liu's wisdom and tireless efforts. Liu's energy was indefatigable. His first and last thought was always the welfare of the people, regardless of rank. Doctors and nurses from one end of China to the other claimed how much Liu had influenced them to devote their lives to public service.

Liu moved to Taiwan in 1949 when Taipei became the seat of the Republican China's capital. Under his guidance, with support from foreign organizations such as Sino-American Joint Commission for Rural Reconstruction, American Economic Co-operation Administration, United Nations Children's Fund, World Health Organization, Medical Board of the Rockefeller Foundation, Liu moved the China ABMAC office to Taipei. He had the foresight to hold together a nucleus of medically trained personnel who became the backbone of the medical and health services in Taiwan. This took personal courage and vision, and a faith in the future which has been amply justified. ABMAC elected Liu Vice-President in charge of its field work in Taiwan.

Liu was concurrently the President of the National Red Cross Society of China (中華民國紅十字會總會會長) from 1950 until 1961 he died in office, a job which could be very exacting during such times of emergency. During the evacuation of the Tachen (大陳島) in 1955 and later the artillery attacks by the Communist Army to the Quemoy (金門) and Matsu (媽祖) islands in 1958, his leadership made possible the most effective use of the very substantial amounts of gifts in cash and in medical supplies which were sent from America through the efforts of ABMAC.

In 1960 the Government awarded Liu the "Order of the Brilliant Star" (景星勳章) in recognition of his contributions to public health in China

For several years Liu's medical advisor had been warning him that the heavy and complex burdens he has continued to carry were seriously overtaxing his heart and undermining his health. Early in 1959 Liu yielded to the insistence of his friends and went to the United States for prolonged rest and treatment. While some months of care and relaxation have improved his general health he has had to give up many of his heavy duties. Unfortunately, Dr. J. Heng Liu passed away on 28 August 1961 in New York, U.S.A., at the age of 71.





1927年，北京協和醫院劉瑞恒院長（穿著唐裝）與全體住院醫師合影。
 1927 - Medical Superintendent Dr. J. Heng Liu (in Mandarin dress) takes a group photo with all the resident doctors of Union Medical College Hospital, Peking.

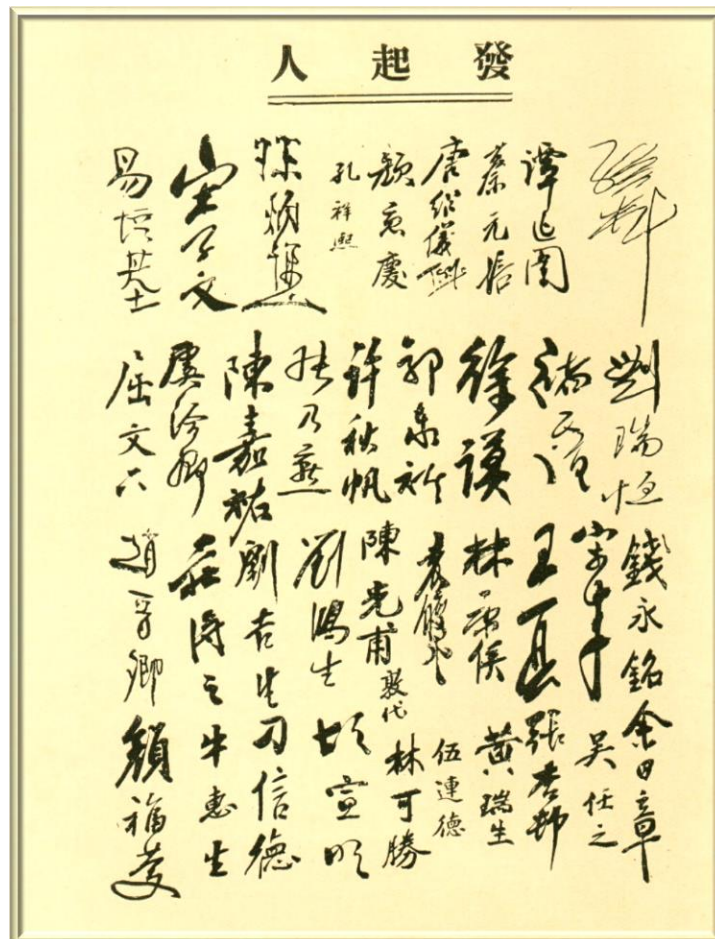
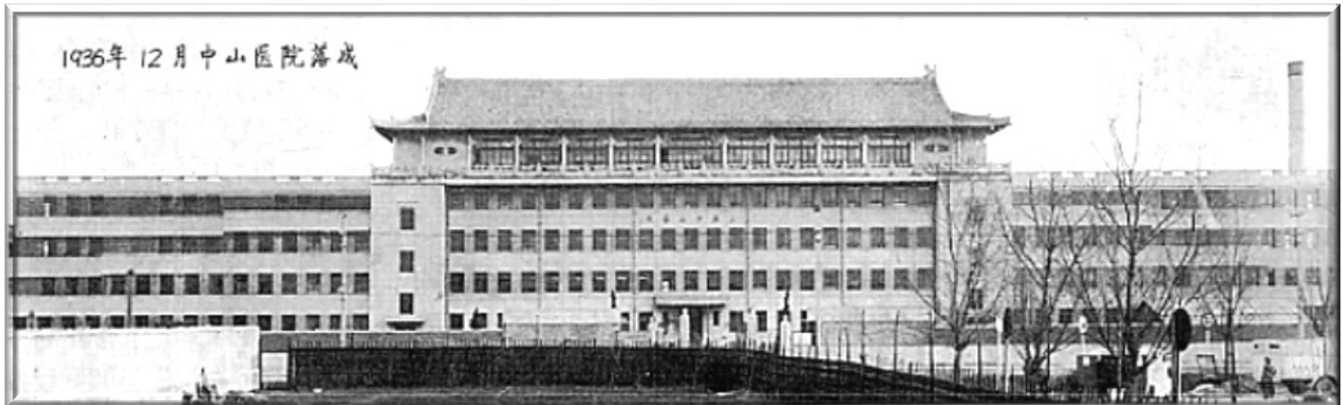


美國醫藥援華會（ABMAC）（American Bureau for Medical Aid to China），成立於1937年11月，由華僑在中華民國駐美國紐約總領事于俊吉的辦公室成立，對國軍提供所需醫藥物資。該會以「人道至上 Humanity above All」為信條，獲得許多華人及美國友好人士的支持，包括著名學者林語堂、前駐美大使胡適、前外交部長王正廷及旅美北平協和醫學院教職員與校友；更隨著《讀者文摘》的報導和賽珍珠女士(Pearl Sydenstricker Buck)撰寫《希望之書》提出呼籲，來自各方的援助源源不斷。

ABMAC China Committee, Chungking. Back row, from left: Dr. Berislav Borcic, Dr. James K. Shen (沈克非), Dr. C. K. Chu, Mrs. Eleanor Brown, Dr. Hsu Su-En. Front row, from left: Dr. Sah Pen-Tung, Lt. Gen. Robert K. S. Lim (林可勝), Dr. Han Li-Wu, Dr. P. Z. King (Chin Pao-Shan), Dr. J. Heng Liu (劉瑞恒).

倡議建立上海「中山醫院、醫學院」發起人簽名，其中一位是劉瑞恒。簽名者還有上海扶輪社的牛惠生、陳光甫、劉鴻生；南京扶輪社的徐謨。中山醫院創建時是隸屬於國立上海醫學院的教學醫院，1937年4月1日正式開業，為紀念中國民主革命的先驅孫文而命名為「孫中山紀念醫院」。1949年後曾在不同的時期命名上海第一醫學院附屬第二醫院、上海第一醫學院附屬中山醫院、上海醫科大學附屬中山醫院；2001年隨著上海醫科大學併入復旦大學而改用現名「復旦大學附屬中山醫院」。

To establish the Dr. Sun Yat-Sen Memorial Hospital and Medical Faculty in Shanghai, 1937 – one of the signature proposers was J. Heng Liu. There were also several Shanghai and Nanking Rotarians.





南京扶輪社 1936-1937 年度社長 -- 劉瑞恒博士
Dr. J. Heng Liu, President 1936-1937 Nanking Rotary Club



中華民國行政院衛生署署長劉瑞恒博士 -- 在電台廣播中向聽眾講解霍亂病的預防。
Dr. J. Heng Liu, Director of National Health Administration
at a radio broadcast told the audience about cholera prevention.



劉瑞恒（前排左7）中華民國行政院衛生署署長（1931年4月-1937年8月）

1935年9月1日，南京，劉瑞恒參觀訪問國立中央助產學校（位於中央醫院）時與師生合影。

Dr. J. Heng Liu, (front row L-7), Director of National Health Administration, visited the National Central Midwifery School of the Central Hospital at Nanking on 1 September 1935.



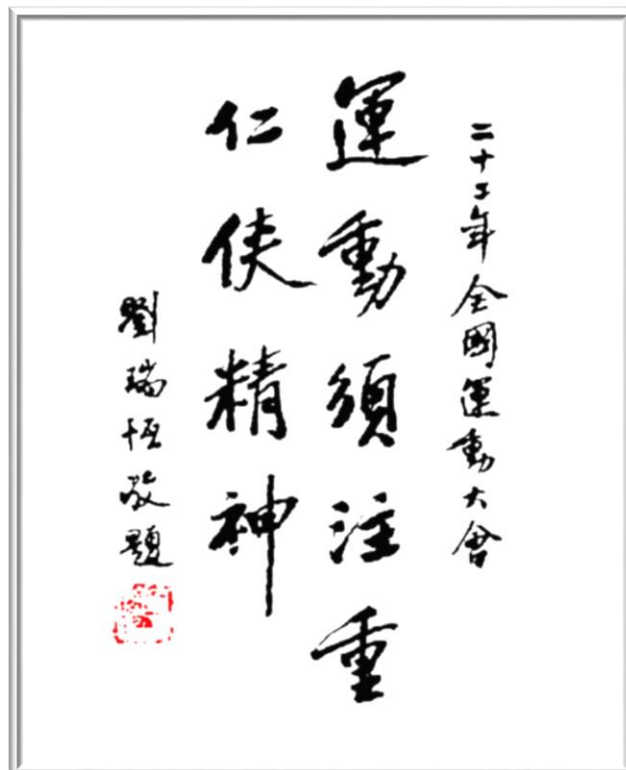
聯合國善後救濟總署中國辦公室副主任

向中華民國行政院善後救濟總署衛生委員會主任劉瑞恒博士贈送兩台珍貴的顯微鏡（1948年）

Brig Frank Field, UNRRA China Office Deputy Director in charge of supplies, presented two valuable microscopes to Dr. J. Heng Liu, director of the CNRRA Health Commission (1948)



1958年紅十字會會長劉瑞恒博士視察八二三砲戰中的金門
1958 – Red Cross Chief Dr. J. Heng Liu and General Yang Wen-Tah inspecting the Quemoy Islands under the artillery attacks by the Communist Army from the Chinese Mainland.



劉瑞恒博士墨寶
Calligraphy by Dr. J. Heng Liu

扶輪社員劉瑞恒 -- 抗戰期間主持衛生部



劉瑞恆醫學博士(Dr. J. Heng Liu, M.D.(Harvard), B.Sc.(Harvard))(1890-1961)早年任職北京協和醫學院期間參加了北平扶輪社(Peiping Rotary Club)。1933年劉瑞恆在南京任職內政部衛生署署長，遂聚集了一群共同理想的好朋友，組織了南京扶輪社(Nanking Rotary Club)，創社社員的職業分類：「公共衛生服務」。後來，1936-1937年度擔任了社長。

劉瑞恆是中國近代醫學史上的一位風雲人物，一生筆路藍縷。他是中國近代公共衛生事業的創建者，對於中國近代實驗醫學的建設，做出了重要貢獻。他熱心醫學教育事業，培養人才，提携後進，積極推進現代醫學科學在中國的引進吸收。雖歷經挫折而始終矢志不渝，無愧為近代中國醫學發展之階段性傑出代表。他的生命篇章，正是近代中國醫學發展之艱辛歷程的生動反映。

早年經歷 任職北京協和醫學院

劉瑞恆，字月如，直隸南宮人，1890年6月10日出生於大清國天津市。其父原在河北鄉下務農，因生計所迫入天津的一座教堂做傳教工作，後在當地創辦了一所英語小學校。劉瑞恆自小就有很好的英文功底，10歲時被送進英國人在當地創辦的「新學書院」(Tientsin Anglo-Chinese College)讀書。他於1905年考入北洋大學堂(今日天津大學前身)。未畢業，1906年直隸總督袁世凱下令選派一批青年到美國留學。經學校保送，獲得了公費留學美國的資格，入哈佛大學(Harvard University)讀書，是哈佛大學首批華裔留學生之一。

1909年劉瑞恆獲得理學士學位，因對醫學發生了濃厚的興趣，決定入哈佛大學醫學院學醫，專攻外科。1913年，23歲的劉瑞恆以優異成績獲得醫學博士學位。1913-1915年，在美國波士頓市立醫院任實習醫師。1915年，劉瑞恆回國，先在上海紅十字會醫院(即華山醫院)外科工作暨中國哈佛醫學院外科副教授之職三年。1918年，經由伍連德博士(醫學家、公共衛生學家)推薦，他來到北京協和醫學院任外科醫師。

劉瑞恆在協和附屬醫院外科行醫期間，努力提倡屍體解剖。病理學是現代醫學科學的基礎學科，而屍體檢驗對於病理學研究是非常重要的。但由於受到傳統社會舊習俗的影響，當時中國的屍體檢驗工作面臨很多困難。為了增加屍檢的數量，劉瑞恆費了一番心思。他曾提議由協和醫院贈送棺材的辦法，醫院對癒後不佳的患者贈給一口棺材。如果患者對這口棺材滿意，患者及家才會同意患者死後進行屍檢。

1922年，北京協和醫學院派劉瑞恒到美國洛克菲勒醫學研究所(Rockefeller Institute for Medical Research)進修，主修腫瘤外科和鐳射治療。在這裡，劉瑞恒表現出了超群的能力。研究所負責人對劉瑞恒的工作表現，評價很高。隨後六個月，到約翰霍普金斯醫學院(Johns Hopkins Medical School)進修外科病理學。

1923年回國，1924-1926年，劉瑞恒任北京協和醫院代理院長。他在協和醫院任職期間，非常重視提高醫院行政效率。事無巨細，都要親加督察，並開展了影響醫學院未來發展的兩件大事。

一是：全力支持中國公共衛生事業，幫助協和醫學院公共衛生系主任蘭安生教授(Dr. John B. Grant)創立了北京市第一衛生事務所。當時中國公共衛生事業剛剛起步，劉瑞恒將協和的財力與人才資源應用於公共衛生的創立工作。開展生命統計、傳染病管理、婦幼保健、學校衛生、工廠衛生等項工作，對北京城市人口疾病種類、死亡原因、出生和死亡率等方面做初步統計，以此作為公共衛生建設的基礎。他對於農村醫療也相當的關注。例如，1924年北京通州附近的農村，幾百戶村民的新生兒都在數日內死亡，死因不明，村民們陷入痛苦和恐怖之中。他們派出代表進城求醫，找到了協和醫院。劉瑞恒得知此事，立即與協和醫學院公共衛生系教授蘭安生研究，認為很可能是嬰兒破傷風所致。劉瑞恒立即派楊崇瑞醫師帶領醫務人員赴當地調查，證明判斷屬實。於是，由協和醫院派醫生到村裡訓練產婆，教授她們如何正確消毒、洗手、剪指甲和剪臍帶等，很快就使情況得到了控制。

這些事件深深觸動了他，劉瑞恒認為，醫學應該為更廣大的民眾服務。因此他決定放棄自己的外科本行，轉而從事公共衛生事業。次年，他與協和公共衛生教授蘭安生一道在北京建立了第一衛生事務所，開創了中國公共衛生事業的先河。劉瑞恒對協和醫院學生影響最深的是，鼓勵他們學成後為祖國服務，而不是趨向於私人開業。因此，那個時期，由協和醫院出身而專心醫學研究或服務醫療衛生機關者很多。

二是：把臨床工作與軍事醫學結合起來。時值直奉戰爭期間，劉瑞恒組織學校三、四年級學生到馮玉祥將軍的戰地醫院做實地診療工作。在這裡，學生可以體驗戰地醫療與生活環境。接觸到學校裡難以看到的戰地創傷，了解軍隊中易於發生的傳染病流行情況。對於增加他們的醫療與疾病預防經驗，促進了很大的作用。

1926年，劉瑞恒升任協和醫院院長，在中國醫學界聲望日隆。1926-1928年，劉瑞恒被選為中華醫學會會長。

抗戰期間主持衛生部工作

1926年，中華民國成立中央衛生委員會、中央衛生試驗所和衛生行政人員訓練所。並在各省、市縣陸續設立衛生行政保健機構，初步建立了國家衛生行政體系。1928年10月，衛生部於南京成立，中國政府的醫療和公共衛生事業便以此為開端。劉瑞恒被任命為衛生部次長，主持常務。1929-1930年，劉瑞恒代理衛生部部长。1931年政府將衛生部縮編為內政部衛生署，劉瑞恒改任衛生署署長，直至抗戰，同時兼任中央禁烟委員會主任委員和軍醫署署長。

當時中華民國政府基本上完成了統一，劉瑞恒依靠協和醫學院專家作為顧問，事實上擔當了衛生部的主管工作，開始推進全民健康工作。他着手建立全國衛生設施，督促各省市建立衛生局。在衛生署領導下，成立中央衛生設施實驗處(後改稱中央衛生實驗院)。

在劉瑞恒領導下，網羅各科專家，籌設了中央醫院。該醫院是當時中國人自辦的大型綜合醫院，引入了先進的醫學科技和管理技術，對於中國醫學發展起到了促進作用。

1931年「九一八事變」後，主持抗戰衛生勤務工作。劉瑞恒還爭取到當時主持全國經濟委員會的宋子文的幫助，在中央衛生實驗處下建立專門的公共衛生部門。設法將北平第一衛生事務所和河北定縣鄉村衛生實驗區所獲經驗，向全國推廣。從1932年起，衛生署和中央衛生實驗處先後開辦了各類培訓班，以滿足公共衛生建設的需要。分別為：公共衛生醫師訓練班、公共衛生護士訓練班、衛生工程師訓練班、衛生稽查訓練班、陸軍衛生隊訓練班。

在推進現代化醫學教育方面，劉瑞恒協助教育部設立醫學教育委員會、護士教育委員會和助產教育委員會；並創辦國立牙醫專科學校、國立藥學專科學校、中央護士學校、中央助產學校、北平第一助產學校、中央大學醫學院、中央大學衛生教育系；此外尚有中央衛生人員訓練所，包括醫師、護士、助產士之公共衛生進修訓練，以及衛生工程人員、環境衛生稽查訓練等。

在軍事醫學方面，劉瑞恒以軍事委員會監理設計委員會主持人身份，兼任軍醫署長。利用北京協和醫學院的人才資源，計劃於十年內奠定軍醫基礎。但在他倡導公醫和革新軍醫時，受到了部分朝野人士的圍攻，各項措施難以實行。1937年4月，不堪政府內部的無聊人事困擾，劉瑞恒辭去此職。

劉瑞恒認為，撲滅急性傳染病及建立公共衛生網是當務之急，同時還要注重發展學校衛生及衛生教育工作。既有助於下一代的健康，也能提高國民對於健康的認識，有助於公共衛生事業的發展建設。他在衛生部(署)任職期間，非常重視中央衛生防疫體系的建設。

海港檢疫是國家衛生防疫工作的重要組成部分，而當時的中國海港檢疫一直為外國在華勢力所控制。1930年，政府經過與國際聯盟(League of Nations)交涉，將海港檢疫事務收回自辦。劉瑞恒將這項任務交由伍連德負責，以兩年為期，把全國各海港檢疫業務次第收回。1930年6月公佈海港檢疫章程，設海港檢疫總管理處於上海。1933年劉瑞恒奉命設立軍醫總監部，任總監，負責監理全國軍醫衛生，兼領陸軍醫學校校長，為嗣後加強軍醫教育及衛生勤務建立基礎。1934年，還積極爭取《中華醫學雜誌》復刊，並擔任總編輯。

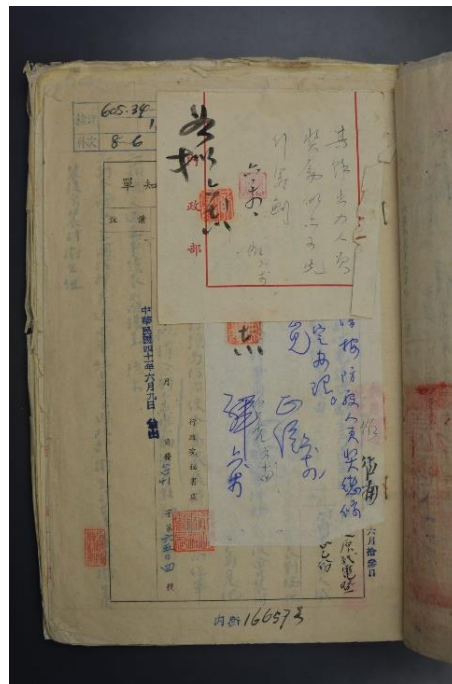
1937年淞滬抗戰，政府任命劉瑞恒為後方軍事委員會衛生勤務部部長，負責管理軍醫業務。當時後方急需藥品，受政府派遣，於1939年在香港組建協和藥品有限公司，並擔任總經理。主持製造各種西藥，由香港經廣州灣運供藥物至後方。

1941年太平洋戰爭爆發後，香港很快淪陷。劉瑞恒又轉道至美國華盛頓(Washington, USA)，在1942-1945年間，任中國駐美國華盛頓物資採購團代表，設法獲得了美國方面提供的價值六、七千萬美元的醫藥器材援助。劉瑞恒還與「美國醫藥援華會」(American Bureau for Medical Aids to China, ABMAC)建立聯繫。這個組織是當時美國一些關心中國抗戰的友好人士建立的，其中包括曾經在北京協和醫學院工作過的教授。他們為中國爭取醫葯方面的國際援助，設法募集到了巨額捐款、醫葯器材；並派遣醫護人員來華協助，大力幫助了中國人民的抗戰事業。勝利後，劉瑞恒於1946年任美國醫藥援華會主任，兼任行政院善後救濟總署衛生委員會主任，辦理戰後全國各地衛生機構、醫院和醫學校等方面的恢復工作。在他幫助之下，衛生部防癆委員會相繼在北平、天津、南京、上海、廣州、重慶、青島、臺灣等地建立起了結核病防治中心。

晚年在臺灣繼續貢獻醫療衛生事業

1949 年後，劉瑞恆到了臺灣，繼續積極開展工作，把發展醫學與促進公共衛生工作相互配合，成果卓著。他主持「臺灣地區醫療衛生委員會」、擔任美國醫藥援華會副會長兼駐華代表、防癆協會常務理事、臺灣省血清疫苗製造所審議委員會、環境衛生指導委員會主任委員。他又爭得美國醫學界的支持，資助本地醫學教育機構和公共衛生工作人員赴美國深造。1950 年開始擔任中華民國紅十字會總會會長，直到 1961 年他在任內去世。1959 年因病赴美國就醫；1960 年中華民國總統府頒授「景星勳章」表揚對國家政務的勳勞；1961 年 8 月 28 日劉瑞恆在紐約逝世，壽享 71 歲。

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1952 年（民國 41 年）6 月 13 日的〈行政院交議案件通知單〉，其中包括〈金門區鼠疫防治有功人員事蹟表〉，收錄於《金門鼠疫防治檔案》，由國史館收藏，入藏登錄號 028000001973A。檔案事由為：「金門防衛司令部代電請獎勵金門區鼠疫防治有功人員劉瑞恆等四員由。」院長諭：「交國防內政兩部會同核復」等因除分行外相應通知內政部。

〈金門區鼠疫防治有功人員事蹟表〉中，有功人員為 4 人，分別是中華民國紅十字會總會會長劉瑞恆、內政部衛生司司長王祖祥、臺灣省政府衛生處處長顏春輝及農復會農村衛生組組長許世鉅。劉瑞恆事蹟為：「對金門鼠疫不辭勞至金門實地考察謀設防治對策暨籌備金門鼠疫防治處頗具功績。」王祖祥事蹟為：「對金門鼠疫之防治不辭辛勞，親至實地考察並協助成立金門鼠疫防治處頗具功績。」顏春暉事蹟為：「對金門鼠疫之防治不辭辛勞，親自實地考察並如期撥助預防藥材頗見成效。」許世鉅事蹟為：「建議農復會儘速撥助鼠疫預防藥材，對金門鼠疫得以預先普遍實施防制頗著成效。」