

世衛首頒指引 營養補充劑無效 勤運動戒煙酒預防認知障礙

目前全球有多達5,000萬名認知障礙症患者，成為各地醫療體系一大負擔，世界衛生組織前日發佈首份預防認知障礙症指引，首要建議動作運動，並保持良好生活習慣，包括戒煙、健康飲食及避免酗酒等。不過報告同時指出坊間一些所謂預防認知障礙症方法並無效用，例如維他命B、E或魚肝油丸等營養補充劑，多吃反而可能有害，亦無足夠證據顯示一些認知訓練活動能延緩認知障礙症發生。

世衛助理總幹事任明輝在報告中提到，現時全球每年新增1,000萬宗認知障礙症病例，估計至2050年前將增加兩倍，到了2030年，認知障礙症患者的護理開支更將增至2萬億美元(約15.7萬億港元)。報告指出，雖然認知障礙症無法根治，但妥善管理可控風險，能延緩認知障礙症出現或惡化。

健康飲食多菜少肉

年齡的確是引起認知障礙症的最顯著病因，不過並不是隨年齡增長便一定

會自然發生。報告建議要預防認知障礙症，必須先有充足運動，保持良好生活習慣，不吸煙、不酗酒，同時維持健康飲食，如多菜少肉的地中海飲食模式等。世衛總幹事譚塞德指，對心臟健康的習慣，同樣有助保持腦部健康。

但報告亦明確提到，有很強力的研究證據證明，維他命B、E、魚肝油等聲稱能夠健腦的營養補充劑，並無預防認知障礙症效用，公眾應該透過食物攝取足夠營養，而非透過補充劑。至於認知能



■運動及良好生活習慣有助預防認知障礙症。

網上圖片

力提升訓練或其他社交活動等，報告指出並無足夠證據證明這些活動有助預防認知障礙症。雖然有些證據指出認知障礙症與污染有關，不過報告並無提及環境因素，亦沒有將睡眠品質納入建議事項中。

■路透社/美聯社/法新社

莫奈《乾草堆》系列首逾億美元成交

法國印象派大師莫奈著名《乾草堆》系列畫作中的一幅，前日在紐約蘇富比拍賣會上以1.107億美元(約8.69億港元)成交，打破莫奈作品最高成交價紀錄。

這次成交價包括手續費及佣金，比同一幅畫對上一次在1986年拍賣時高出43倍，也是莫奈作品成交價首次突破1億美元大關。

莫奈於1890年至1891年間在法國諾曼第區的家中繪製25幅

《乾草堆》系列畫，分別描繪乾草堆在不同季節、時間及天氣下，隨光線和環境改變產生的變化。今次成交的《乾草堆》是莫奈辨識度最高的作品之一，它與同系列不同之處在於用色鮮艷，還有不同方向的戲劇性斜塗筆法在中心相交，以及第一堆乾草堆僅部分出現在前景的獨特視角。

同系列另一幅畫於2016年以8,140萬美元(約6.39億港元)成交。

■法新社



■今次成交的《乾草堆》33年間升值43倍。美聯社

誤捲入機器 美農夫自斷小腿保命

真人真事改編電影《127小時》的情節再在現實中重演，不過這次故事背景並非什麼高峰峭壁，而是一望無際的農田上。美國內布拉斯加州一名農夫在收割粟米時，腿部遭農業機具捲入，他最終忍痛拿刀斷腿求生，經治療後已逐漸康復，並樂觀表示未來想繼續務農。

63歲事主卡澤爾上月從貨車上卸載剛收割的粟米時，不小心踏入敞開的穀物輸送機，裡頭的螺旋鑽將他的腳捲入並開始絞動。他說：「我踩進輸送機的小洞中，腳就這樣被吸進去，我試著拔出來，但它繼續拉扯。」當時四周沒有人

能幫忙，卡澤爾也知道短時間內都不會有人來，也找不到手機求救，正當絕望之際，他靈機一動想到口袋內的小刀，於是毅然掏出刀鋸掉左膝以下的腿部。

「我砍末梢神經時，我能感覺到，就像每次我鋸水管那樣，突然之間就鋸開了，它放開我了，我就馬上離開那裡。」重獲自由後，卡澤爾馬上爬到45米外最近的電話旁，接着被送往醫院，其間一直保持意識。他留醫多日後於上周五出院，但仍要等待傷口完全癒合才能裝上義肢。

■綜合報導

fb限制直播防散播暴力

3月新西蘭基督城清真寺恐襲引起全球關注網上極端主義散播問題，來自新西蘭、英國、加拿大、挪威、約旦及塞內加爾的領袖昨日雲集法國巴黎，與法國總統馬克龍召開峰會並發表「基督城呼籲」，要求各大社交媒體加強打擊平台上的仇恨及恐怖主義內容。在峰會舉行前，社交網站facebook宣佈採取新措施限制直播權限，以防基督城恐襲兇手在fb直播行兇過程的狀況重演。今後一些違反個別規定的用家，例如

涉及危險組織或個人者，將被禁止使用直播功能。

fb表示，任何用戶只要嚴重違反規定一次，就會被限制使用直播功能，初犯者將被禁止進行直播一段時間。fb沒有透露將涉及哪些規定，亦未知每次禁令會維持多久，但發言人表示在新措施下，基督城槍手將不可能使用直播功能。fb亦計劃在未來數周將類似措施擴展至其他功能，包括禁止違規者在fb賣廣告。

■法新社/美聯社

座頭鯨躍出海面 壯麗一刻



美國加州蒙特雷海岸對開海面近日出現一幕「鯨船會」，一頭座頭鯨在一艘小艇後一躍而起，翻身背落，珍貴一刻被攝影師與鯨魚觀察員合力拍下，在社交網廣為流傳。

60歲的攝影師克羅夫特表示，現場海域正迎來三文魚潮，附近有數百艘類似的釣魚船，碰巧一頭座頭鯨路過。座頭鯨在躍起前曾數度浮出水面呼吸，克羅夫特續稱，為求提高照片震撼力，他特意走到甲板下方拍照，讓鏡頭盡量靠近海面，仰望鯨魚。鯨魚觀察員卡明斯則稱，觀察了鯨魚數次露出水面的情形後，她估計鯨魚將在小艇後跳起，但沒想過兩者會形成完美一直線。

■綜合報導

HAINAN AIRLINES HOLDING COMPANY LIMITED

ANNOUNCEMENT ON MAIN OPERATION DATA HAINAN AIRLINES HOLDING COMPANY LIMITED

The board of directors of the Hainan Airlines Holding Company Limited and its entire directors guarantee that there is no significant omission, fictitious description or serious misleading of information in this announcement and they will take both individual and joint responsibilities for the truthfulness, accuracy and completeness of the content.

Following is the consolidated main operation data of the Hainan Airlines Holding Company Limited (hereinafter referred to as the Company) and its subsidiaries (hereinafter referred to as the Group) in April of 2019:

Transport Volume	April of 2019			Accumulated Amount in 2019	
	Data	Chain Relative Ratio (%)	Month-on-Month Ratio (%)	Data	Increase/Decrease over the Same Period (%)
Revenue Passenger-flow Kilometer/RPK (Unit: In Kilometer*person time)					
Domestic	9,326,200,000	-3.25	4.23	39,233,890,000	7.79
Regional	51,570,000	7.45	14.71	187,100,000	10.30
International	2,792,470,000	14.26	14.82	10,279,650,000	16.33
Total	12,170,240,000	0.32	6.52	49,700,640,000	9.46
Revenue Tonne Kilometer/RTK (Unit: In Kilometer*ton)					
Domestic	890,860,000	-3.68	4.11	3,693,790,000	7.45
Regional	4,770,000	5.87	13.09	17,170,000	9.62
International	332,270,000	7.02	11.88	1,221,600,000	16.58
Total	1,227,890,000	-0.97	6.14	4,932,560,000	9.59
Revenue Freight Tonne Kilometer/RTK (Unit: In Kilometer*ton)					
Domestic	63,180,000	-6.93	2.98	252,120,000	5.43
Regional	190,000	-19.94	-16.51	800,000	-2.17
International	86,110,000	-8.59	4.64	321,080,000	17.60
Total	149,480,000	-7.91	3.90	574,010,000	11.89
Seating Capacity (In 1,000 person times)					
Domestic	6,358.93	-3.22	2.22	26,502.19	6.78
Regional	31.21	3.35	21.30	117.20	19.89
International	461.40	6.52	21.34	1,742.24	22.46
Total	6,851.55	-2.59	3.39	28,361.63	7.67
Freight Transportation Volume (Unit: In 1,000 tons)					
Domestic	36.52	-5.82	2.86	144.39	4.12
Regional	0.11	-20.53	-20.63	0.46	-4.37
International	9.15	-7.71	3.24	33.97	15.99
Total	45.78	-6.25	2.86	178.82	6.16

Transport Capacity	April of 2019			Accumulated Amount in 2019	
	Data	Chain Relative Ratio (%)	Month-on-Month Ratio (%)	Data	Increase/Decrease over the Same Period (%)
Available Seat-flow Kilometer/ASK (Unit: In Kilometers*seat)					
Domestic	10,706,270,000	-1.96	7.74	44,311,440,000	8.76
Regional	65,710,000	17.11	15.29	232,970,000	0.87
International	4,035,540,000	9.99	20.70	14,625,500,000	23.21
Total	14,807,520,000	1.11	11.02	59,169,920,000	11.97
Available Tonne-Kilometer/ATK (Unit: In Kilometers*ton)					
Domestic	1,104,360,000	10.11	16.57	4,232,550,000	8.79
Regional	6,350,000	26.36	25.56	21,030,000	6.67
International	454,000,000	15.36	15.91	1,610,890,000	14.91
Total	1,564,710,000	11.64	16.41	5,864,470,000	10.40
Available Freight Tonne-Kilometer (Unit: In Kilometers*ton)					
Domestic	276,680,000	89.55	80.80	790,880,000	14.26
Regional	1,770,000	133.59	65.80	4,670,000	-4.31
International	207,840,000	17.24	17.43	710,370,000	13.29
Total	486,300,000	50.09	46.88	1,505,920,000	13.73

Transport Rate	April of 2019			Accumulated Amount in 2019	
	Data (%)	Chain Relative Ratio (%)	Month-on-Month Ratio (%)	Data (%)	Increase/Decrease over the Same Period (%)
Load Factor (RPK/ASK)					
Domestic	87.11	-1.16	-2.94	88.54	-0.80
Regional	78.48	-7.06	-0.39	80.31	6.87
International	69.20	2.59	-3.54	70.29	-4.15
Total	82.19	-0.64	-3.47	84.00	-1.93
Freight Load Factor					
Domestic	22.84	-23.67	-17.26	31.88	-2.67
Regional	10.79	-20.70	-10.64	17.19	0.38
International	41.43	-11.70	-5.06	45.20	1.65
Total	30.74	-19.36	-12.72	38.12	-0.63
Total Load Factor (RTK/ATK)					
Domestic	80.67	-11.54	-9.65	87.27	-1.09
Regional	75.12	-14.54	-8.29	81.63	2.20
International	73.19	-5.70	-2.63	75.83	1.08
Total	78.47	-9.99	-7.60	84.11	-0.62

Note:
The above listed data includes the production and transportation statistics of the Hainan Airlines Holding Co., Ltd., the China Xinhua Airlines Company Limited, the Chang'an Airlines Company Limited, the Shanxi Airlines Company Limited, the Yunnan Xiangpeng Airlines Company Limited, the Fuzhou Airlines Company Limited, the Urumqi Airlines Company Limited, the Tianjin Airlines Company Limited and the Guangxi Beibuwang Airlines Company Limited.
1. Revenue Passenger-flow Kilometer/RPK means that the flying kilometer times the charged passenger number.
2. Revenue Tonne Kilometer/RTK means that the flying kilometer times the charged loading tonnage (passenger & cargo).
3. Available Seat-flow Kilometer means that the flying kilometer times the seat available for sale.
4. Available Tonne-Kilometer means that the flying kilometer times the tonnage available for load.
5. Available Freight Tonne-Kilometer means that the flying kilometer times the tonnage for loading cargo & mail.
6. Load Factor means the ratio that the Revenue Passenger-flow Kilometer is divided by the Available Seat-flow Kilometer.
7. Freight Load Factor means the ratio that the Revenue Freight Tonne Kilometer is divided by the Available Freight Tonne Kilometer.
8. Total Load Factor (RTK/ATK) means the ratio that the Revenue Tonne Kilometer is divided by the Available Tonne Kilometer.
9. In April of 2019, the Group introduced two new A320 aircraft and retired one B737-800 aircraft. As the end of April, the Group operates 475 aircraft in total.
We would like to remind investors that above data is from the internal statistics of the Company which has not been audited and might be adjusted. Above operation data might be different from the data disclosed in the related periodical report. We reserve the right of adjustment to above operation data according to the audit results and actual situation. The monthly operation data disclosed above is for preliminary and phased reference to investors only. Investors shall pay attention to the investment risks caused by improper trust or use of above information.

Board of Directors
Hainan Airlines Holding Company Limited
May 16, 2019

ANNOUNCEMENT ON PAYMENT OF BOND INTEREST HAINAN AIRLINES HOLDING COMPANY LIMITED

The board of directors (BoD) of the Hainan Airlines Holding Company Limited and its entire members hereby guarantee that there is no significant omission, fictitious description or serious misleading of information in this announcement and they will take both individual and joint responsibilities for the truthfulness, accuracy and completeness of the content.

Important Notice:
●● Registration date of creditor's rights: May 23, 2019
●● Interest payment date: May 24, 2019
The Hainan Airlines Holding Company Limited (hereinafter referred to as the Company) issued the corporate bond in type I and type II on May 24 of 2011. The term of type I (abbreviated as 11Haihag01, 122070) is for 5 years and type II (abbreviated as 11Haihag02, 122071) for 10 years. The bond of type I matured on May 24 of 2016 and was delisted then. The interest payment of the corporate bond (type II) (for the period of May 24 of 2018 to May 23 of 2019) shall start on May 24 of 2019. Following is the details listed subject to the Bond Prospectus of the Company.
1. Basic Information of the Bond
1.1 Bond name: 2011 Corporate Bond of the Hainan Airlines Company Limited
1.2 Abbreviation and code of the bond: 11Haihag02 (122071)
1.3 Bond issuer: The Hainan Airlines Holding Company Limited (Former Company Name is the Hainan Airlines Company Limited, which was revised on May 16, 2017)

1.4 Term and scale of the bond: The corporate bond of 11Haihag02 (122071) is a 10-years corporate bond with fixed interests. Its issuing scale accounts for RMB1.44 billion yuan.

1.5 Bond interest: The coupon rate of the 10-years bond is of 6.20%. The bond interest is calculated upon simple interest per year, which shall be paid annually. The last installment of the bond interest shall be paid together with the principals upon its maturity.

1.6 Listing time and location: The corporate bond was issued at the SSE on June 14 of 2011.

1.7 Bond starting date: on May 24 of 2011.

1.8 Interest payment date: The interest of the corporate bond shall be paid annually since the starting date. Each May 24 of 2012-2021 shall be the payment date of last year's bond interest. The interest payment date shall be postponed to the next first working day in case it happens to be the statutory or government designated holiday or rest day.

1.9 Bond payment date: The payment date is on May 24 of 2021. The bond payment date shall be postponed to the next first working day in case it happens to be the statutory or government designated holiday or rest day.

1.10 Guarantor and guarantee mode: The HNA Group Company Limited provides the full-amount unconditional irrevocable guarantee of joint-responsibilities for above stated corporate bond.

2. Interest Payment Plan
According to the announcement on the coupon interest rate of 2011 corporate bond, the coupon rate of the 11Haihag02 is of 6.20%. The dividends to be distributed per 10 bonds (Par value is of RMB 1,000 yuan) shall account for RMB 62.00 yuan (tax included).

3. Registration Date of Creditor's Right and Interest Payment Date
3.1 Creditor's rights registration date: May 23, 2019
3.2 Interest payment date: May 24, 2019
3.3 Object of Interest Payment

The interest payment object is the entire bond-holders of the corporate bond 11Haihag02 registered at the China Securities Depository and Clearing Corporation Limited (Shanghai Branch) after the closing of the SSE on May 23 of 2019.

5. Payment Method
5.1 The Company has signed the Entrusted Payment Agreement with the China Securities Depository and Clearing Corporation Limited (Shanghai Branch). The Company will transfer the full amount of the payable bond interest to the designated bank account of the China Securities Depository and Clearing Corporation Limited (Shanghai Branch) 2 trading days before the bond interest payment date of this year. In case the Company fails to pay the interest as contracted, the China Securities Depository and Clearing Corporation Limited (Shanghai Branch) would cancel the entrusted payment and related services. Then the Company shall be responsible for the continuous payment itself. The relevant performance shall be subject to the announcement of the Company.

5.2 The China Securities Depository and Clearing Corporation Limited (Shanghai Branch) would transfer the interest payment to the related payment institutes (security enterprises or other institutes recognized by the China Securities Depository and Clearing Corporation Limited, Shanghai Branch). The investors shall withdraw the bond interest at the payment institutes.

6. Specifications on Income Tax
6.1 According to the regulations of the Income Tax Law and other rules and regulations, the individual investors of the corporate bond shall be charged of income tax from the bond interest at the rate of 20%. The individual income tax on the corporate bond would be withheld and paid directly to the relevant tax bureau by the entrusted payment institutes. If interest payment institutes failed to perform above stated responsibilities of withholding the individual income tax, the legal responsibilities shall be borne by themselves.

6.2 The resident enterprises holding the corporate bond shall pay the income tax by themselves subject to the Law on Enterprise Income Tax and other related rules and regulations.

6.3 According to the regulations of the Law on Enterprise Income Tax and Regulations on the Implementation of Enterprise Income Tax Law, the Interim Measures for the Income Tax Withholding for Non-resident Enterprise, the Notice on Income Tax Withholding (Dividend, Bonus, Interest) of the Resident Enterprises for the QFII investors, and the Notice on Enterprise Income Tax/Value Added Tax of Overseas Institutions Invested in Domestic Bond Market Enterprises, the bond interest of the overseas institutions invested in domestic bond market enterprises shall be temporarily exempted from enterprise income tax and value-added tax. The non-resident enterprises, who do not meet above conditions for temporary exemption from enterprise income tax, shall pay 10% enterprise income tax for the earned bond interest. The China Securities Depository and Clearing Corporation Limited Shanghai Branch would firstly withhold the income tax on non-resident enterprises at the rate of 10% and then pay the bond interest (after tax). The withheld tax would be transferred back to the bond issuer who shall be responsible for the tax payment to the local tax bureau.

7.1 Bond Issuer: The Hainan Airlines Holding Company Limited
Address: FL5, Haihang Mansion, No. 7 Guoxing Avenue, Haikou
Contacts: Li Xiaofeng Zhang Dawei
Tel: 0898-6673 9961 Fax: 0898-6673 9960
E-mail: hnhg@hainanair.com
Post Code: 570203

7.2 Sponsor/Main underwriter: The Guangfa Securities Company Limited
Address: Guangfa Securities Building, No. 26 Machang Road, Tianhe District, Guangzhou, Guangdong Province
Contacts: Dai Siqin He Jinxing
Tel: 020-8755 5888 Fax: 020-8755 3600
Post Code: 510627

7.3 Trustee: The China Securities Depository and Clearing Corporation Limited (Shanghai Branch)
Address: FL3, China Insurance Mansion, No.166 East Lujiazui Road, Shanghai
Contact: Xu Ying
Tel: 021-6887 0114 Fax: 021-6887 5802
Post code: 200120

Board of Directors
Hainan Airlines Holding Company Limited
May 16, 2019