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Contaminants in Fish & Seafood	鱼和海鲜里的污染物质
A Guide to Safe Consumption for Illinois Consumers	伊利诺依州消费者食用指南
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Fish are an excellent source of proteins, minerals and vitamins.	鱼含有丰富的蛋白质，矿物质和维生素。
Fish are an excellent source of protein and other nutrients that play a role in maintaining a healthy, well-balanced diet.	鱼含有丰富的蛋白质和其他营养成分，有助于保持健康和均衡的饮食。
However, did you know that some fish can contain harmful contaminants? This is of special concern if you are pregnant, nursing a baby, or have a young child.	然而，您知道有些鱼可能包含有害的污染物吗？如在妊娠期及哺乳期，或家里有儿童时，更应注意。
Contaminated fish may not look, smell, or taste different. But they can still harm you and your child.	受了污染的鱼可能外观，气味和味道都和一般的鱼无异，但是它们仍然会有害于您和您的孩子。
You can still get the benefits of eating fish by wisely choosing: <ul style="list-style-type: none"> <li>• safer types of fish</li> <li>• safer ways to prepare fish</li> <li>• how often you eat fish</li> </ul>	您仍然能得到吃鱼的好处，只要您善于选择： <ul style="list-style-type: none"> <li>● 较为安全的鱼类</li> <li>● 较为安全的清理和烹饪方法</li> <li>● 食鱼的次数</li> </ul>
This publication includes more information about these recommendations. However, you should also discuss fish consumption with your healthcare provider.	这本册子包括更多有关的信息。然而，您还应该与您的医生讨论食用鱼的问题。
Comparison of Food Composition	食物成分的比较

Beef burger	牛肉汉堡包
Chicken roasted	烤鸡
Egg	鸡蛋
Halibut	大比目鱼
Herring	鲱鱼
Ocean Perch	海鲈鱼
<b>Amount</b>	<b>数量</b>
3.5 oz.	3.5 盎司
3.5 oz.	3.5 盎司
1 large	1 只大号
3.5 oz.	3.5 盎司
3.5 oz.	3.5 盎司
3.5 oz.	3.5 盎司
<b>Calories</b>	<b>卡路里</b>
219	219
166	166
82	82
171	171
98	98
227	227
<b>Protein (gr.)</b>	<b>蛋白质 (克)</b>
27.4	27.4
31.6	31.6
6.5	6.5
25.2	25.2
17.5	17.5
19	19
<b>Fat (gr.)</b>	<b>脂肪 (克)</b>
11.3	11.3
3.4	3.4
5.8	5.8
7.0	7.0
2.6	2.6
13.3	13.3

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<b>Mercury, PCBs and Chlordane: Chemicals Affecting Babies and Young Children</b>	水银，多氯联苯，氯丹：化学产品对婴儿和儿童的影响
Exposure to low levels of some contaminants may have long lasting health effects on your body. Mercury, polychlorinated biphenyls (PCBs) and chlordane are among the major contaminants found in Illinois fish.	接触少量的某些污染物可能对您的身体健康有长期的影响。水银，多氯联苯和氯丹是在伊利诺依州的鱼类中发现的主要污染物。
Harmful levels of PCBs, chlordane and mercury can build up in your body without you even being aware of it. These contaminants can be especially harmful to your developing child during pregnancy because you can pass the contaminants directly to your baby.	有害数量的多氯联苯，氯丹和水银甚至会不知不觉中在您的身体里积累起来。在您怀孕期间，这些污染物对发育中的胎儿尤其有害，因为您会把它们直接传给孩子。
Above certain levels, mercury can damage the nervous system, particularly in developing children. Low amounts of mercury may cause subtle effects on the central nervous system, such as learning deficits. PCBs have also been linked to learning deficits in children. Behavioral problems in children exposed prenatally or during nursing to PCBs and/or chlordane have also been documented.	水银超过了一定水平会损害神经系统，特别是对正在发育的儿童。低量的水银可能对中央神经系统造成细微影响，比如导致学习能力迟钝。多氯联苯也与孩子学习能力迟钝有关。也有资料证明孩子的行为问题与妊娠期或哺乳期接触多氯联苯及/或氯丹有关系。
Your exposure to these contaminants before pregnancy matters too, because traces of these contaminants may	怀孕前接触这些污染物也是有害的，因为那些有害元素在摄取后会有少量存留在您的身体里一段时间。虽然在较长时

<p>remain in your body for a period of time after ingestion. Over time, your body can rid itself of some contaminants, however you can reduce your risk of exposure as well as your future child's risk by consulting your healthcare provider and following the advice in this brochure..</p>	<p>间后您的身体会排除掉有些有害物质，然而，为了减轻您和未来孩子接触有害物质的危险，您还是应该咨询您的医生，并遵循这本册子中的建议。</p>
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<p><b>Reduce Your Exposure to Mercury, PCBs and Chlordane</b></p>	<p><b>减少接触水银，多氯联苯及氯丹</b></p>
<p>The Type of Fish</p>	<p>鱼的种类</p>
<ul style="list-style-type: none"> <li>Always remember to eat a variety of fish. Fish with more fatty flesh tend to accumulate contaminants such as PCBs and chlordane (PCBs and chlordane have an affinity to collect in the fat). Fish that tend to be fatty are the salmonids (e.g., coho and steelhead).</li> </ul>	<p>切记要吃各种各样的鱼。含脂肪多的鱼容易累积污染物，比如多氯联苯和氯丹(多氯联苯和氯丹容易在脂肪里存留)。鲑类鱼(比如银鲑和钢头鲑)含脂肪较多。</p>
<ul style="list-style-type: none"> <li>Predatory fish that eat other fish also build up contaminants. Largemouth bass, as an example tend to have higher levels of mercury. Mercury binds to the muscle and is not removed during cooking.</li> </ul>	<p>吃其它鱼类为生的掠食性鱼也会累积污染物。比如说，大嘴鲈鱼就往往有高含量的水银。水银驻留在肌肉内并且不会在烹饪时被去掉。</p>
<ul style="list-style-type: none"> <li>Eat smaller fish (within state size regulations). Fish build up contaminants from the water they live in and the food they eat. Larger and or older fish tend to build up contaminants in their bodies.</li> </ul>	<p>食用较小的鱼(以州里规定的尺寸为据)。鱼从它们生活的水域和他们所吃的食物存积污染物质。比较大和/或较老的鱼往往在它们的身体里面存积起污染物质。</p>
<ul style="list-style-type: none"> <li>Fish that feed along the bottom of lakes, streams and rivers ingest more contaminants than those swimming in the water column (contaminants tend to settle to the</li> </ul>	<p>那些靠在湖底，溪底和河底觅食的鱼摄取的污染物比那些游在水流中的鱼要多(污染物容易沉淀到底部)</p>

bottom with the sediments).	
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Choosing Where To Fish	选择捕鱼的地方
<ul style="list-style-type: none"> <li>• Protect yourself and your family by knowing where fish have been caught. If you have that knowledge, then use the "Illinois Fish Consumption Advisory" booklet to determine the recommended rate of consumption.</li> </ul>	了解鱼是从哪里捕获的可以保护您自己和您的家庭。如果您了解鱼的来源,可以参考使用 "伊利诺依州鱼类食用警告" 小册子以查找所推荐的食用量。
<ul style="list-style-type: none"> <li>• If you are uncertain about the waterbody from which the fish have been caught, then eat no more than one meal (up to 6 ounces) of fish per week.</li> </ul>	如果你不能确定鱼是从哪片水域被捕捉的,那么每星期食鱼不要超过一餐(最多6盎司)。
Follow Consumption Advice	遵循食用建议。
Illinois and neighboring states sharing water bodies have tested several fish species from a variety of lakes, rivers and streams and developed fish consumption advisories where needed. In several instances, fish migratory patterns and feeding habits have resulted in statewide advisories. For a listing of specific water bodies and corresponding fish species please visit <a href="http://www.iisgcp.org">www.iisgcp.org</a> or call (217) 782-5830 for a copy of Illinois' Fish Consumption Advisory.	伊利诺依州和相邻共用水域的各州已经测试了来自不同的湖,河,小溪的几类鱼,并按需要制定了鱼类食用警告。有几次,由于鱼的迁徙规律和觅食习惯,我们发出了全州警告。如果需要特定水域中特定鱼种的列表,请参看 <a href="http://www.iisgcp.org">www.iisgcp.org</a> 网站 或打电话给 (217) 782-5830 索取一份伊利诺依州鱼类食用警告。
If you are given a recreationally-caught fish, ask what species of fish it is, where it was caught, and check the advisory guide to see if a health advisory exists for that fish.	如果您得到一条个人钓来的鱼,弄清它是什么种类,在哪里捕捉到的,查一查食用警告指南是否有关于这种鱼的健康警告。
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Choose How Much Fish You Should Eat and How Often?	选择食鱼的数量，以及食用的次数
Illinois has issued fish advisories for certain bodies of water in the state. Fish from areas with suspected or known contamination and from areas with no suspected contamination have been analyzed for chemicals that are known to have an adverse impact on human health. The advisory is created after analysis of the fish tissue. The advisory is based on the following:	伊利诺依州已经为州内某些特定的水域发布了食用鱼警告。报告研究了来自各种水域的鱼，包括已知被污染或有污染嫌疑的水域，以及没有污染嫌疑的水域，以化验其中对人体健康有害的化学成分，经过分析鱼细胞后制定了警告。这个报告包括以下方面：
<ul style="list-style-type: none"> <li>✓ which fish are unsafe to eat,</li> <li>✓ which fish should be eaten in limited quantities, and</li> <li>✓ which fish can be eaten in unlimited amounts.</li> </ul>	<ul style="list-style-type: none"> <li>✓ 哪类鱼食用 不安全，</li> <li>✓ 哪类鱼应该限量食用，</li> <li>✓ 哪类鱼不必限量。</li> </ul>
The current <i>Illinois Fish Consumption Advisories</i> are directed towards fish found to have higher levels of mercury, (PCBs) polychlorinated biphenyls and chlordane.	目前的《伊利诺依鱼类食用警报》针对水银，多氯联苯和氯丹含量较高的那些鱼类。
Who Should Follow Illinois' Fish Consumption Advisory Guidelines?	哪些人应该遵循伊利诺依鱼类食用警告指南？
Eating contaminated fish does not necessarily mean that adverse health effects will occur. However, there are public health concerns about the long-term, low-level exposure to the chemicals found in the fish listed in the advisories.	食用含有污染物质的鱼并不表示必然会导致有损健康的后果。然而，长期微量接触警告中列举的鱼类中所含有的污染化学物质，还是对公众健康有害。
The fish advisories are intended to primarily protect sensitive populations such as pregnant or nursing women, women of childbearing age, and children less than 15 years old. Women who eat highly-contaminated fish for many years prior to becoming pregnant may have children who are slower to develop and learn. Adults	鱼类警报旨在保护那些易受伤害的群体，如孕妇或哺乳期的女性，育龄妇女，和十五岁以下的孩子。生育前长年食用严重污染鱼类的女性，可能会产下发育缓慢和学习迟钝的孩子。成年人接触同样微量的污染物不像孩子那么容易有健康问题，因此警告里的食用建议对于育龄期以上的女性和十五岁以上的男

<p>are less likely to have health problems at the same low levels of exposure that impact children's health, so the meal advice contained in the advisory may be overprotective for women beyond child bearing years and males older than 15 years of age.</p>	<p>性可能过于谨慎。</p>
<p>Are Store-Bought Fish Safe?</p>	<p>商店买来的鱼保险吗?</p>
<p>Consumption advice is usually not necessary for many of the popular seafood species, such as flounder, pollock, cod, salmon, canned light tuna, clams and scallops, which have relatively low levels of mercury and are low in fat content.</p>	<p>食用许多常见的海鲜类 通常不必参考食用指南, 如 比目鱼, 鳕鱼, 鲑鱼 (三文鱼), 罐装淡金枪鱼, 蛤蜊和扇贝, 它们水银和脂肪含量都相对很低。</p>
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<p>The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are advising pregnant women, nursing mothers, women of childbearing age who may become pregnant and children on the hazard of consuming certain kinds of fish that may contain high levels of methyl mercury. Due to high levels of mercurio, the FDA/EPA is advising women not to eat tuna steaks, orange roughy, grouper, tilefish (golden snapper and golden bass), etc. For more information see Table.</p>	<p>食物药品管理局 (FDA) 和环境保护署 (EPA)向 孕妇, 哺乳期的母亲, 可能怀孕的育龄女性和儿童发出警告, 食用某些可能含高度甲基水银的鱼类有危险。由于其中含有高度的水银, 食品药物管理局/ 环保署劝告女性不要吃金枪鱼排, 新西兰红鱼, 石斑鱼, 瓦鱼 (金鲷鱼或金鲈鱼) 等等。详情见表。</p>
<p>The FDA advisory board and EPA acknowledge that seafood is an important part of a balanced diet for pregnant women, those of childbearing age who become pregnant, nursing mothers and young children. EPA and FDA advise women to select a variety of fish, including shellfish, canned fish, smaller ocean fish and farm raised fish. Based on these recommendations,</p>	<p>食品药物管理局顾问委员会和环保署承认海鲜水产是孕妇, 育龄女性, 哺乳期母亲和儿童均衡饮食的一个重要部分。环保署和食品药物管理局建议女性选择多种鱼类, 包括贝类, 罐头鱼, 较小的海鱼和人工饲养鱼。基于这些推荐, 女性及儿童一星期可安全食用食用<b>12 盎司</b> (平均两餐)经过烹调的鱼 (一份大约<b>3 到 6 盎司</b>)。</p>

women, including young children can safely eat 12 ounces per week (2 average meals) of cooked fish (a typical serving is 3 to 6 ounces).	
Level of Mercury	水银的含量
High	高
Moderate	中
Low	低
Lowest	最低
Maximum Amount to Eat	最大食用量
Never	永远不要
4 ounces per week (1 meal/2 weeks)	每星期四盎司 (每两星期一餐)
8 ounce per week (1 meal/week)	每星期八盎司 (每星期一餐)
12 ounces per week (2 meals/week)	每星期十二盎司 (每星期两餐)
Commercial Fish Species	商品鱼种类
tilefish (golden bass or golden snapper – Gulf of Mexico), swordfish, shark and king mackerel, tuna (fresh or frozen), orange roughy, Spanish mackerel(Gulf of Mexico), marlin, grouper	瓦鱼 (金鲈鱼或金鲷鱼-产于墨西哥海湾), 剑鱼, 鲨鱼和青花鱼, 金枪鱼 (新鲜的或冷冻的), 新西兰红鱼, 西班牙鲭鱼 (墨西哥湾), 马林鱼, 石斑鱼
albacore/white tuna (canned), halibut, snapper, saltwater bass, bluefish, buffalo fish, white croaker (Pacific), sea trout (weakfish), northern lobster, sablefish, scorpion fish.	长鳍/白色金枪鱼 (罐装), 大比目鱼, 鲷鱼, 海鲈, 蓝鱼, 大口胭脂鱼, 白花鱼 (太平洋), 海鳟 (犬牙石首鱼), 北方龙虾, 银鳕, 蝎鱼.
canned light tuna, mahi mahi, carp, freshwater perch, skate, Spanish mackerel (S. Atlantic), monkfish, tilefish(Atlantic), sheephead.	罐装淡金枪鱼, 鲛鱼, 鲤鱼, 淡水河鲈, 鳕鱼, 西班牙鲭鱼 (南大西洋), 安康鱼, 瓦鱼 (大西洋), 绵羊头。
shrimp, salmon, Pollock, farm- raised catfish, cod, crab (Blue, King and Snow), clams, tilapia, flatfish(Flounder, Plaice, Sole), scallops, haddock, farm-raised rainbow trout, herring, crayfish or crawfish, mackerel (Atlantic, Jack), mullet, oysters, croaker (Atlantic), ocean perch, pickerel, hake, sardines, squid, shad (American), whiting,	虾, 鲑鱼, 鳕鱼, 人工饲养鲶鱼, 鳕鱼, 螃蟹 (青蟹, 帝王蟹和雪蟹), 蛤蜊, 罗非鱼, 比目鱼 (龙利鱼, 欧鲽, 鲽鱼), 扇贝, 黑斑鳕, 人工饲养虹鳟鱼, 鲱鱼, 小龙虾, 鲭鱼 (大西洋鲭, 智利竹鱼), 鳐鱼, 牡蛎, 黄花鱼 (大西洋), 海鲈鱼, 梭子鱼, 无须鳕, 沙丁鱼, 鱿鱼, 美洲河鲱, 牙鳕, 白鱼, 凤尾鱼,

whitefish, anchovies, jacksmelt, spiny lobster, chub mackerel (Pacific), butterfish	银汉鱼，刺龙虾，白鲑鲑(太平洋)，银鲑鱼。
<p><b>Consuming 6 ounces of these fish every week will provide the suggested amount of the omega-3 fatty acids, EPA and DHA.</b></p> <p>The above table is located at:  <a href="http://fn.cfs.purdue.edu/anglingindiana/">http://fn.cfs.purdue.edu/anglingindiana/</a></p>	<p>每个星期食用6盎司这类鱼，将会提供建议所需的欧米茄-3脂肪酸，二十碳五稀酸和二十二碳六烯酸的数量。上述的表格可在</p> <p><a href="http://fn.cfs.purdue.edu/anglingindiana/">http://fn.cfs.purdue.edu/anglingindiana/</a>找到</p>
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<b>Preparation and Cooking Guidelines for Fish Under Advisories</b>	警告范围内鱼的食用准备和烹饪指南
PCBs and chlordane are stored in the fat of fish whereas mercury is stored in the muscle of the fish. You can reduce the level of PCBs and chlordane (but not mercury) by properly cleaning, skinning, and trimming the species and by following the cooking recommendations.	多氯联苯和氯丹含在鱼的脂肪里，而水银储存在鱼的肌肉中。通过正确的清理，去皮，剔除，并遵照下列的烹调建议，可以减少多氯联苯和氯丹(但不能减少水银)的含量。
<ul style="list-style-type: none"> <li>• Before cooking, remove and do not eat the organs, head, skin and the dark fatty tissue along the lateral line, backbone and belly.</li> </ul>	烹饪前，剔除内脏器官，头，皮，从嘴部到尾部两侧发暗的高脂肪组织，脊骨，和腹部，不要食用。
<ul style="list-style-type: none"> <li>• Bake or broil the fish on an elevated rack that allows fats to drain to the pan below; do not fry in collected fats.</li> </ul>	把鱼放在加高的烤架上烘焙或烧烤，使溶化的脂肪滴落在下面的容器里；不要用收集起的脂肪油炒菜。
<ul style="list-style-type: none"> <li>• After cooking, discard all liquids. Do not reuse for soups or sauces.</li> </ul>	烹饪完了以后，扔掉所有的油汁，不要用来煮汤或做调料。
PCBs and chlordane are stored in fat and can be removed prior to cooking and during the cooking process.	多氯联苯和氯丹储存在脂肪中，可以在烹调前及烹调的过程中除掉。
Mercury is stored in muscle tissue and cannot be removed by cooking the fish.	水银是储藏在肌肉组织中的，不能在烹调的过程中去除。

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<b>How to Protect Your Baby or Young Child and Still Enjoy Fish</b>	<b>如何在享用鱼的同时保护您的婴儿和儿童。</b>
<ul style="list-style-type: none"> <li>Remember to consider all sources of fish you eat when making choices.</li> </ul>	在选择鱼的时候，记住考虑所有您食用鱼的来源。
<ul style="list-style-type: none"> <li>Discuss the fish you eat with your healthcare provider.</li> </ul>	同您的医生讨论您所食用的鱼。
<ul style="list-style-type: none"> <li>Carefully choose the fish you eat prior to becoming pregnant, during pregnancy and while nursing.</li> </ul>	在怀孕前，妊娠中和哺乳期间慎重选择食用鱼。
<ul style="list-style-type: none"> <li>Consider making changes in how you eat fish: the kind of fish you eat; the source of the fish; how much you eat; how often and; how you prepare the fish.</li> </ul>	考虑改变您食用鱼的方式：食用鱼的种类，鱼的来源，鱼的食用量，食鱼的次数，鱼的清理和烹调方式。。
<ul style="list-style-type: none"> <li>Eat a variety of foods, including fish.</li> </ul>	饮食多样化，包括鱼类。
The American Heart Association recommends at least 6 ounces/week for adults (3 ounces of fish is about the size of a deck of cards). Children from 2-6 years of age should eat at least 2 ounces/week. Include those fish that contain more of the healthy omega-3 fatty acids (EPA and DHA). The mother provides EPA and DHA to the unborn child or nursing infant.	美国心脏协会推荐成人每星期至少食用6盎司的鱼(3盎司鱼大约相当于一副扑克牌的大小)。2-6岁的孩子每星期应该吃至少两盎司鱼。选用有益于健康的欧米加-3脂肪酸(二十碳五稀酸和二十二碳六烯酸)含量较丰富的那些鱼。未出生的胎儿和乳婴靠母亲提供二十碳五稀酸和二十二碳六烯酸。
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For More Information About Illinois' Fish Advisories contact: Illinois Department of Public Health (217) 782-5830	关于伊利诺依州鱼类警告的更为详细的信息，请联系伊利诺依州公共健康部 (217) 782-5830
Illinois Department of Natural	伊利诺依州自然资源部 (217) 782-6424

Resources (217) 782-6424	
TTY (hearing impaired use only) (800) 547-0466	TTY (仅供弱听者使用) (800) 547-0466
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sub-agencies.	
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