

# 疼惜臺灣 從心出發

## 臺灣環境因緣果的省思

### Treasure Taiwan from bottom of heart-- Reflection on factor-intermediate-fruit of environmental issues

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**近**來全球暖化的環境議題備受關注，台灣身為世界村的一份子，當然也無法置身事外。我們每個人都應該為居住的環境擔負起一份責任，每個人發自內心做環保，從改變日常生活習慣做起，透過行為的改變，便能減少各種污染源對環境造成的傷害。為使本署同仁進一步瞭解台灣環境的現況，本署特於本（97）年1月16日邀請「台灣阿甘」林明德先生，就「台灣環境因緣果的省思」進行專題演講，將他五度環台行腳之所見所聞及心得與同仁分享。有關演講內容摘要如下：

**R**ecently global warming has aroused universal concerns. Taiwan is certainly unable to isolate itself from the world village. Each of us is responsible for the living environment; as long as we start to change daily habits, environmental pollutions will be reduced. In order to further acknowledge the colleagues of current Taiwan environmental issues, Coast Guard Administration invited the Taiwan Agan (or Forrest Gump, referred to the famous movie character with determination) Lin-Ming de on January 16 in 2008 to share his experience and thoughts during the five island-round tours on the topic of "Reflection on factor-intermediate-fruit of Taiwan environmental issues." And the speech is summarized as follows:







### 一、台灣環境因緣果的定義

林明德先生指出，「台灣環境」是指台灣目前社會百態所呈現狀況之統稱。「因」是種子，「緣」是外力、助力、條件，「果」是結果。當第一念起，即種下種子，如斷絕外力、助力使其失去條件，種子即無法萌芽，終究無法結果。

### 二、環台行腳緣起

幾年前，林明德先生有晨間掃街的生活習慣，翌日環境卻髒亂依舊。經過長期思考，深覺一己之力有限，必須喚醒全民「打掃台灣」的意識，台灣環境才有獲得改善的一天。於是他策劃「愛護環境，保護台灣」計畫，規劃以15年的時間，區分3個階段實現「打掃台灣」、「認養台灣」、「美化台灣」之目標，期望讓台灣早日回復美麗寶島—FORMOSA的美譽，成為海上的花園國家。

林明德先生自1998年起發動「打掃台灣，環保行腳」系列活動，5年內共4度環台。第一次環台以25天的時間，率領7人小組繞行台灣一週，從台北二二八和平公園出發，一路上串連全國各地社團，沿途宣揚打掃環境的重要。首度環台之行，沿途所見垃圾遍地，令他憂心感傷，進而誓言：「願將後半生盡形壽全力投入環保義工的行列，若未見到成效，絕不離開地球」。

後來受到921集集大地震的震撼，感悟人生無常，惟恐誓言無法實現，於是再度籌劃「疼惜台灣向前行—打掃台灣，環保行腳」活動，以183天的時間二度環台，獨自行遍全國各個鄉鎮市區，呼籲全國同胞「疼惜台灣」、「打掃台灣」，宣導「掃地淨心」的理念。並特別選在2000年5月14日母親節當天出發，希望喚醒全民尊重「大地母親」，瞭解環保對延續大地生命的重要性。他

### 1. Factor-intermediate-fruit of environmental issues

The speaker generalizes the multiple social conditions to "Taiwan environment", and borrows Buddhist concepts of factor, intermediate, and fruit, in which factors are the seed, intermediates are the contribute, and fruits are the result, outcome. While there is the thought, there is a seed, which won't grow up and result in fruits without intermediates.

### 2. Origin of walk round Taiwan tour

Several years ago, Lin had a morning habit to clean streets, which were always polluted in the next morning. After had pondered over this condition for a long time, he concluded that strength of one or few people was limited, but public consensus and action of "cleaning Taiwan" would improve the environment. The awakening originated his plan "care the environment, love Taiwan", to be carried out in 15 years and by 3 stages under the objectives of "clean Taiwan", "adopt Taiwan", and "beautify Taiwan". The ultimate goal is to resume Taiwan the reputation of Formosa, a real garden island.

Since 1998, Lin launched serial campaigns of "clean Taiwan, environmental protection walking" by 4 round island tours in 5 years. In the first tour, he led 7 people to depart from Taipei 228 Peace Park, and linked local clubs and societies on the way in 25 days to promote environment cleaning. He felt depressed by witnessing trashes everywhere and made a vow to devote the rest life into environmental protection volunteers or "never leave the Earth" without any achievement.

Later the 921 Earthquake (in 1999) reminded Lin of human's mortality and of the possibility that he might be unable to realize the vow, hence he again organized "treasure Taiwan and move forward-clean Taiwan, environmental protection walking" and finished the round island tour alone in 183 days to appeal to the country people for "treasure Taiwan", "clean Taiwan", and "clean the environment and our hearts". The departure day of May 14, 2000, the Mother's Day, was Lin's intention to share the belief of respecting "the Mother Earth", and promoting environmental protection. His will and determination



的毅力與決心，並感動了前總統李登輝先生，於是當他行經大溪鎮，剛卸任的李前總統也一起加入掃街行動，一時傳為佳話。

第三次環台，他以59天的時間再次獨步環繞全國，宣揚「清淨國土淨人心」，為保護台灣，維護國家元首、副元首尊嚴而走。第四次環台則以89天的時間全省走透透，展開「認養台灣」的宣導活動。為加緊達成「愛護環境，保護台灣」的目標，於2004年再次展開第五度環台，發起「認養台灣，全民起動」系列活動。他由金門為起點，以2年的時間深入全國各鄉鎮市區巡迴宣講，將行腳所見所聞現身說法，期望將每一個人都變成台灣阿甘。因為他認為，當每一個人都願意無私無我的為台灣這塊土地付出，自然能達到清淨國土、淨人心之目的，使台灣環境清淨無染。

### 三、環台行腳見聞

林明德先生自1998年10月8日起至2006年10月8日止，前後整整8年時間，共五度環台，走遍全國各個鄉鎮市區、攀登高山、造訪離島，足跡最遠至東沙群島，並二度攀登玉山舉行「玉山登峰淨山活動」。由於長時間深入各個鄉鎮市，走訪河川山林之間洞察台灣環境現況，他感嘆的說：「走在台灣每一鄉鎮的街道上，更深一層體認到，身為台灣子民，我們實在愧對大地母親。」

接著，林明德先生並就台灣陸路、水路、上空、土地、社會等方面，提出行腳見聞及建言如下：

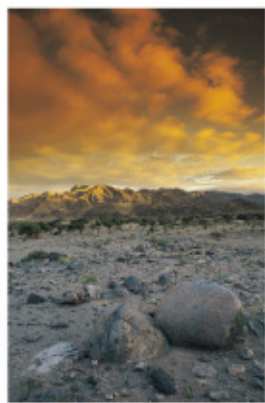
touched the former president Li Teng-hui, who just resigned and joined his street-cleaning campaign while Lin passed by Tahsi Township. The tale was much distributed about for a while.

In the third tour, he treaded over the nation by himself in 59 days to promote "clean the land, clean our hearts" to safeguard the Taiwan, the position of president and vice president. Then during the fourth tour of total 89 days, he launched "adopt Taiwan". In 2004 he started the fifth journey for the serial movements "everyone acts to adopt Taiwan". This time, he started from Kinmen and preached his ideas all over local regions in 2 years by his experience during the tours to change the audience to Taiwan Forrest Gump. The deed manifested his belief: until everyone willingly sacrifices for the land, the environment as well as the people will be cleaned.

### 3. Knowledge of walk round island tours

Lin took the entire 8 years from October 8 in 1998 to October 8 in 2006 to tour all over the cities and towns, mountains and isles, for five times. His footprint went as far as east to Dongsha Islands, and as high as up for "clean the Jade Mountains" twice. Owing to collective insight and experience into local people and natural environments, he sighed "Walking on streets and roads across the island couldn't help to make me feel how much we owe to the Mother Nature."

The next part comes to Lin's thoughts and suggestions over many aspects of land, water, air, soil and society in Taiwan:





### (一) 台灣陸路

台灣的街道四通八達，但大部份的街道是不乾淨的，亦無秩序可言。以大台北地區為例，汽、機車、柴油公車為數眾多，排放廢氣造成空氣污染，危害居民身體健康；大街小巷幾乎停滿車輛；違規招牌與攤販隨處可見。如果將公車全面改為棋盤式的行車路線，方便民眾搭乘大眾運輸交通系統，必可大量減少汽、機車的數量。此外，並應要求政府嚴格執法，取締違規招牌，輔導攤販就業，藉以暢通街道，建立富而好禮的健康社會。

為改善台灣陸路環境問題，應採取全面建立棋盤式公車行車路線；鋪設輕軌電車、行人輸送帶；車位限制購車、管制機車數量；限制上路管制；禁止在街上洗車營業；人行道鋪設空心地磚；亂丟垃圾者處罰清潔環境勞動役；交通道路垃圾清理，由環保署統籌負責規劃等相關措施。

### (二) 台灣水路

台灣的河川短窄，水資源儲存不易，水庫及河川優氧化日益嚴重，政府雖採取封溪護魚措施，但由於執法鬆散或缺乏決心，民眾濫捕魚類或濫倒垃圾及工業廢棄物時有所見，嚴重污染河川。他認為，水資源是台灣居民賴以為生的重要命脈，政府應該嚴格把關及維護，禁止民眾任意接近河川生火烤肉、露營、濫捕魚類，並建立「釣魚執照」制度，教導民眾愛惜天然資源，以使河川清流魚類生機盎然。

為改善台灣水路環境問題，應採取建立釣魚執照；水域禁止烤肉、洗車、洗寵物；亂倒廢棄物扣押或沒收車輛；全面建立下水道污水處理排放系統；裝設監視錄影，嚴格取締吉普車衝撞溪流河床；嚴格取締盜採河川沙石及廢棄物填充掩埋；強制卡車裝設衛星定位系統及行車紀錄器等相關措施。

### (三) 台灣空域

台灣的空域有限，工業化造成的空氣污

### (1) The land

Land transport network is closely spread out in all directions, but in an unclean and untidy way. Take Taipei for example; it houses a great numbers of automobiles, motorcycles, and locomotive buses, which discharge waste gas to cause air pollution detrimental to public health; vehicles park across streets and lanes; illegal sign boards and vendors are witnessed everywhere. At the best convenience for the public, an organized checkerboard public transport network is suggested to reduce numbers of cars and motorbikes. In addition, law enforcement to crack down sign boards and to reemploy vendor keepers must be done in a stricter way, in order to smooth traffic flow and establish a rich yet well-maintained society.

There are many policies in need to improve land transport, such as a comprehensive checkerboard public bus network, a light track tramcar system and pedestrian belt conveyers, berth limit buys the vehicle, motorcycle quantity control, vehicle on-road control, no vehicle-washing business on the sidewalks, hollow-brick sidewalk paving improvement, environment cleaning work service punishment on those who litter garbage, road trash cleaning up and so on. All above request the Environmental Protection Bureau to organize an overall plan and related measures.

### (2) The water

Rivers and streams in Taiwan are too short and narrow to reserve water resource, while superior oxidation of reservoirs and rivers gets severer day after day. Governmental measures such as sealing brooks for fish protection are executed without determination or serious enforcement do not prevent people from excessively trapping fish, littering garbage or wastes. Those acts damage water quality. According to Lin, water resource is the life of Taiwan residents and its quality depends largely on the government; the public shall be banned from willful barbecue,





染及汽、機車排放廢氣的情形日益惡化，使我們的生活空間籠罩在灰濛濛的天空之下。民衆出門應儘量搭乘大眾運輸交通工具，積極協助政府進行垃圾分類、資源回收，減少垃圾燃燒量。政府與民間並應發動長期造林運動，積極發展利用大自然的能源發電，以降低對大氣層的危害。

為改善台灣空域環境問題，應採取工廠空污管制、取締；公共場所禁煙等相關措施。

#### (四) 台灣土地

台灣的農地已被大量農藥毒害，土地漸漸鹽化，農作物危害人民的健康。養殖業抽取地下水，造成地層下陷，最後將導致土地無法耕種。他認為政府應積極推廣有機農業，加強民衆愛護鄉土的觀念，為後代子孫留下一片可耕可種，生機盎然的人間淨土。

為改善台灣土地環境問題，應採取管制除草劑、農藥之使用或禁用；參訪里仁事業；積極推廣有機農業等相關措施。

#### (五) 台灣社會

台灣的政治生態不佳，是影響台灣外在環境清淨或污染的重要因素。他認為政治

camping, excessively fishing in or nearby the rivers. Establishment of "fishing license" is helpful in public education to treasure natural resources, purify rivers and bring lives back.

To ameliorate water environment, measures to be taken are establishment of fishing license; no barbecue, vehicle and pets washing; no waste litter and bury, or the transport tools shall be detained. Suggestions also include a comprehensive sewage system, surveillance video recording equipments over jeeps dashing on river beds, strict bans on illegal river sand and rock mining, imposed satellite positioning system installation and driving recorders on trucks, and so on.

#### (3) The air

Air pollution, caused by industrialization and waste gas discharged by automobiles and motorcycles, deteriorates the sky as well as our living space. Thus, people are encouraged to travel by public transport vehicles, and engage in trash classification, resources recycling, wastes reducing whenever possible. A long-term forestation movement and using natural resources for power supply, both valuable in enhancing air quality and reduces the atmosphere harm, are supposed to receive supports both from the government and the folks.

Other deeds to improve air environment are plant air pollution control and prohibition, no smoking in public place and so on.

#### (4) The soils

Agricultural soils in Taiwan have been poisoned and salt affected by abuse of agricultural chemicals; its vegetation inevitably does harm to the people. Cultivator's ground water extraction and consequent land subsidence ultimately make the land infertile. According to Lin, the government is obliged to promote organic agriculture and country land love, so to leave behind a piece of living soils for the later generations.

A better environment for Taiwan agriculture depends on control and prohibition of weed killer



人物應守法守份，良心問政，建立廉能的政府與有建樹的民意機構，共創祥和的康樂社會。

為改善台灣社會環境問題，應採取廢除或限制立法委員言論免責權之範圍；研議各級政府首長與民意代表任期以一任為限之可行性等相關措施。

#### (六) 環保假期

台灣有3個環保假期，其一是選舉，台灣的選舉頻繁，候選人於競選期間製作的宣傳旗幟、文宣品，污染路樹、電線桿，破壞街景美觀。他認為政府應嚴格執法，候選人應遵守選罷法及環保法等相關法規。

其二是迎神賽會，受台灣民間宗教信仰習俗影響，燃放鞭炮、燃燒金紙，迎神陣頭撒冥紙、丟煙蒂、飲料瓶罐、吐檳榔汁，均造成環境髒亂不堪。建議應召開宗教會議，共同制定規範約束，並由政府依環保法規嚴格執法。

其三是過年節慶，每逢過年春節，到處張貼「恭賀新禧」春聯，破壞市容美觀。建議應由內政部行文各縣市政府及民意機構，制定相關規範並依環保法規嚴格執法。

#### (七) 飲食文化

病從口入，應建立國人正確的飲食習慣，減少疾病纏身。並積極宣導三餐的菜譜份量、用餐方式及宵夜飲食對身體健康之影響。為改善台灣飲食文化產生的問題，他建議主管食品衛生單位應向餐飲業者加強宣導，並利用文宣或傳播媒體教導民眾正確的飲食與養生之道。

#### (八) 醫療行為

醫生必須崇尚醫德與醫術，避免製造醫療糾紛，不濫開處方，不給病人服用不必要的藥物及手術，減少醫療資源浪費，降低醫療保險負擔。

#### (九) 居住品質

竊盜猖獗無所不偷的囂張行徑，造成居民缺乏住的安全感，因此住家加裝鐵窗之情

and agricultural chemicals, visits the countryside agriculture enterprise, promotion of organic agriculture and other related measures.

#### (5) The society

The terrible political ecology is the major factor to undermine mental conditions and environmental quality in Taiwan. Therefore, Lin relies on the conscience and law obedience deeds by political figures to create an anti-corruption and capable government, accomplished legislative organizations, which altogether create an auspicious, peaceful and happy society.

In order to improve Taiwan social environment, legislative immunities are suggested to be abolished or limited, tenures of governmental chiefs and public representatives of all levels limited or put into discussion.

#### (6) Periods free of environmental protection

There are 3 periods in Taiwan free of environmental protection. The first period is election; the frequent election in Taiwan seriously damages the vista beauty by candidate's propaganda flags, banners, and brochures hanging on roadside trees and telephone poles or on the ground. In Lin's opinion, a severer restriction is expected on candidates by acts such as Enforcement Rules of Public Service Election and Recall Law, Basic Environment Act or others.

The traditional religious activity and festivals altogether compose the second period, during which terrible environmental pollutions occur under the cover of Taiwan folk religious customs by setting off firecrackers, burning ghost paper money, and releasing people from scattering ghost paper money, cigarette butts, beverage bottles, spitting betel nut juice, and others misdeeds. A traditional religious conference is proposed to formulate a stricter standard on religious performance, and Basic Environment Act to be enforced in a more rigorous manner by the government.

The third no environmental-protection period is the Chinese lunar New Year, during which spring festival couplets are posted everywhere and





形處處可見，不但破壞建築外觀與美感，如發生火災，更造成無法逃生的危險。

為改善台灣的居住品質，他建議司法單位，應以竊盜財物價值總額，除以最低工資換算竊盜犯之刑期，並且不得假釋，以達嚇阻之功效。當居民得以安居樂業，便不再需要鐵窗，如能將窗戶美化為空中花園，讓往來行人賞心悅目，亦可提昇居住品質。

#### (十) 旅遊走向

針對台灣的旅遊產業，應提倡定點生態知性之旅，鼓勵國人走向大自然，認識生活周遭環境之動、植物生態，進而宣導生態保護的重要性。

destroy cityscape. The responsibility may go to the Ministry of Interior to regulate the related customs over municipal governments and legislative organizations of all levels and to enforce Basic Environment Act in a stricter way.

#### (7) Diet culture

Illness finds its way in by the mouth. The public are to be encouraged to form correct diet behaviors for a healthy life, such as appropriate instructions of three meals, including food quantity, dining manner, and no night diet. Regarding this issue, Lin suggests the authorities responsible for food health to strengthen guidance and propaganda to the dining industry, and disseminate healthy diet by brochures or the mass media.

#### (8) Medical behavior

Physicians and doctors are supposed to advocate medical ethics and treatment in order to avoid medical disputes, excessive prescription and needless medicine and surgery to the patients. As a result, medical resources will be preserved, as well as medical insurance amount.

#### (9) Residential quality

Rampant burglary and robbery have made people living in fear and threat; it is evidenced by customary installation of iron bars all over household windows, which influenced not only architectural appearance but escape access in fire alarm.

The solution, according to Lin, counts largely on the judicial units. The prison term should be based on a division of the values of burglary and robbery belongings into minimum wages, and no parole allowed for effective crime deterrence. Until people enjoy a good and prosperous life, they may create a better living environment such as balcony gardens instead of window iron bars.

#### (10) Tourism

Travel industry in Taiwan is expected to promote fixed-point ecological tours and encourage people to move towards the nature, to acknowledge the creatures around us, and the significance of ecology protection.





#### 四、結語

林明德先生認為，萬法惟心造，宇宙萬物萬象皆由心念造成；善因善果，惡因惡果，任何現象的呈現必事出有因。要改變現況，惟有從改變思想觀念著手；凡事先檢討自己，不要去責怪別人，從自我潔淨做起，培養正確的宇宙觀、生命觀與人生觀。例如，我們從外在的身體狀況就可以檢視自己的內心，當身體有哪個部位不舒服的時候，心理一定出了問題，心理的問題解決了，身體就會逐漸恢復健康。台灣的环境也是如此，當一個地方行政區域環境髒亂，則意味地方組織出了問題，當大多數的地方組織都有不良狀況，則表示整個國家出了狀況而且病的不能輕。這時只要中央及地方首長下定決心，從改變思想觀念著手，從自我潔淨做起，當身語意都清淨了，人間淨土自然顯現。

最後，林明德先生呼籲，民衆亂丟垃圾破壞生態環境美觀造成的「因」，如果政府相關權責單位能善盡職責，認真執法，成就改善環境的「緣」，則台灣陸路、水路、空域、土地、各風景區及大街小巷的髒亂現象便能獲得改善。他認為個人力量固然微不足道，但結合每一個單一個體，便可發揮無限的力量。地球只有一個，台灣也沒有第二個，不為自己打算，也必須為千千萬萬的後代子孫著想。他殷切的期盼大家能跟他一起，掃地掃心地，種田種福田，以台灣的守護者自詡，這樣不但能改善台灣的环境，更能提高國家競爭力，使台灣回復「福爾摩沙」的美譽。🌱

#### 4. Conclusion

Lin Ming-de believes that universal creatures are made by the heart, and cosmic phenomena by the intention; good deeds result in good outcomes while it remains the same in the other way around; everything has its own cause. To change present situations only takes to change your mind. Before you blame on someone else, examine yourself; purify yourself first and cultivate a correct viewpoint of the universe, the life and the living philosophy. For example, we may see through our hearts by examining external bodies; while body has something wrong, the mind is likewise. A mental wellness is resulted from a healthy body. The environment in Taiwan is the same; an untidy zone indicates a problematic local administration, and most of local regions in a mass indicate a rather sick country. By now, so long as the central government and local chiefs are determined to initiate a change from their thoughts, and then a beautiful land naturally appears.

At the end, Lin appeals to the responsibility and diligent law enforcement of the authorities to correct the "factor", the misdeed made by the public, such as trash littering, and then a better environment of land, water, air, soils, landscapes in Taiwan are to be looked forwarded to. Individual strength is no doubt trivial, but a joint force is powerful. There is only one Earth and one Taiwan only; we must bear in mind to leave a livable environment to the descendants, even if we ignore our living quality. Lin sends earnest invitation to everybody to join the campaign: to clean the environment and mind, to cultivate crops and luck, in the honor of guardians of Taiwan. In this way, the environment as well as the national competitive advantage can be enhanced to win Taiwan again the reputation of "Formosa".