

Editorial

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🏠 Welcome to Issue 122 of the *Journal of Chinese Medicine* and – as our cover celebrates – happy new year of the white rat! As the first animal in the twelve year cycle of the Chinese zodiac, the rat represents the beginning of a new era. In resonance with this, after celebrating our fortieth birthday in our last issue (121), the *Journal of Chinese Medicine* has used this auspicious moment to make a quantum leap to a digital platform. Soon you will be able to read the journal - both in its entirety or just specific individual articles - on your mobile, tablet or PC. Our new app will mean the *JCM* archives will be easily searchable, and subscribers will be able to annotate and bookmark pages. We hope it will make the material more accessible, particularly in practitioners' clinics where the articles we publish are intended to make a difference. The digital platform will also facilitate a multi-media experience, in which video demonstrations and interviews will be embedded in the articles to further clarify the information presented. Look out for the announcement through our usual networks. However, such modernisation does not mean we have lost sight of our roots – for those who prefer to retain an 'analogue' reading experience, the paper version (on Forestry Stewardship Council accredited paper, mailed in a fully compostable postal bag) will continue to be available.

This issue – as with the huge repository of articles on our website – is bursting with high quality information from expert authors, curated to be genuinely useful for clinical practice. Our opening article by Whitfield Reaves explains a pragmatic - and above all effective - approach to the treatment of low back pain. Andrew Nugent-Head clarifies how the foundational concepts of Chinese medicine – yin and yang – have become confused since the Song dynasty. In *The Channel Less Treated*, Philip Suger describes the often-overlooked clinical utility of same-movement organ pairs in acupuncture treatment. Conny Cooper provides a crash-course in use of herbal foot and hand soaks for the treatment of musculoskeletal conditions. For herbalists, William Ceurvels drills down in the actions of Da Zao (Jujubae Fructus) in a lively and erudite exposition. Alice Douglas presents her findings on the therapeutic mechanism of moxa and James H. Bae relates a case study on the integrated treatment of Bell's Palsy. Finally, Natalie Saunders and Katherine Berry document the current state of the evidence base for paediatric acupuncture.

As well the advent of our digital platform, February

2020 is also momentous as after five years of writing and editing, the *JCM* is proudly publishing *Female Infertility & Reproductive Gynaecology: A Comprehensive Clinical Manual of Integrated Chinese Medicine and Biomedicine* by Yuning Wu and Celine Leonard with Michael Haeberle. This book represents the life's work of one of China's pre-eminent clinicians in the field of infertility and gynaecology, and will be clinical gold for those working in this area. You can read a review later in this issue.

Of course this year has not started easily for all – at the time of writing Wuhan is being ravaged by the 'damp plague' of the coronavirus. Whilst the headlines focus on the biomedical response to this brutal pathogen, the Chinese medicine community – primed by the SARS epidemic in 2003 (see our article on this at <https://tinyurl.com/r8sju6o>) – is playing its part in saving lives and relieving the suffering of those affected. Meanwhile, we all continue to do what we can to bring this precious medicine forward. 🏠

