

# Dr. Lin Ming-Nan's Eco-friendly Life Practices and Green Lifestyle

By Yen Kuang-Sheng



**Vice Superintendent Lin and his wife Chu Chiu-Hua are both environmental protection practitioners.**

When discussions at Dalin Tzu Chi Hospital touch upon green hospital concepts, sustainability, or environmental issues, Vice Superintendent Lin Ming-Nan's name is sure to come up. He has made a long-term commitment to advocating green hospital concepts and bringing the hospital in line with the standards of international environmental organizations. He has participated in

numerous policy deliberations on public issues. In this article, I will share his personal tidbits and practical experiences in the clothing, food, accommodation, and transportation dimensions associated with eco-friendly life practices and green lifestyle.

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## First Dimension of Eco-friendly Life Practices

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### Vegetarianism

Dr. Lin Ming-Nan espouses vegetarianism as the first step of environmental protection, energy conservation, and carbon reduction.

Both his mom and older sister are devout Buddhists and long-term vegetarians. While serving at other hospitals, his diet was composed of both vegetarian and non-vegetarian foods and he had no predilection for vegetarian diets. After assuming his post at Dalin Tzu Chi Hospital in 2005, he often listened to the elucidations of the Dharma Master



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who frequently urges people to adopt vegetarian diets. In 2009, the year of foundation of Taiwan Vegetarian Nutrition Society (TWVNS), he joined the ranks of vegetarians. By practicing what he preaches, he gained more credibility. After holding the position of TWVNS Chairperson for two consecutive terms, Dr. Lin Chin-Lon, CEO of Buddhist Tzu Chi Medical Foundation, handed over the baton to Dr. Lin Ming-Nan.

## **Second Dimension of Eco-friendly Life Practices**

### **Use of Eco-friendly Technology Products**

Superintendent Lin shares that “I always bring an eco-cup when I’m away from home. That’s part of my routine!” This is one of the daily habits that Dr.

Lin Ming-Nan has maintained for a long time. What’s special about his cup is that it was produced by DA AI Technology Co., Ltd. All products manufactured by this company are made from recycled materials, which is why Dr. Lin favors their products in his daily life. He points to his upper garments, pants, necktie, shoes, and bag which are all eco-friendly technology products.

There is a deeper cause why Dr. Lin favors the products of DA.AI Technology Co., Ltd. In the year following assumption of his duties at Dalin Tzu Chi Hospital in 2005, Dr. Lin met a local Tzu Chi volunteer, a successful entrepreneur named Kuo Tsai-Yuan, during disaster relief operations in Indonesia. Mr. Kuo told him that “I was always bothered about what to wear for banquets so I would look stylish and fashionable in the past. After switching to

DA.AI Technology's eco-friendly collections of clothing and neckties that offer suitable outfits for every occasion, I had one less thing to worry about..." These few words completely transformed his concept of clothing and he started wearing eco-friendly apparel exclusively. His new simple clothing style ensured that, from then on, he could venture outdoors in a carefree manner.

### Third Dimension of Eco-friendly Life Practices

#### Switching to Hybrid Vehicles

Dr. Lin shares that he bought a hybrid car in early 2012 to save money on gasoline. A generic gasoline-powered car can travel 12 to 16 kilometers on one liter of gasoline, while



**Dr. Lin Ming-Nan, Vice Superintendent of Dalin Tzu Chi Hospital, is used to wearing eco-friendly apparel manufactured by DA.AI Technology Co., Ltd. As one of the featured speakers at the World Climate Summit, he sported an eco-friendly outfit, which turned him into a perfect endorser of environmental protection.**



hybrid cars can run 25-28 kilometers. He was willing to wait for months for his new hybrid vehicle. He recalls that “a 1,500CC hybrid car cost over 800,000 NT dollars back then, which was over 200,000 NT dollars more expensive than a generic car, but after careful calculation, I realized that the savings generated by the additional 200,000 kilometers the car would travel on the

same quantity of gasoline were roughly equivalent to the extra money I would spend on the car.”

Dr. Lin still has a fresh memory of a course titled “Environmental and Occupational Medicine “ taught by Professor Chang-Chuan Chan, Dean of the College of Public Health, NTU, who had gained prominence for his vocal concern for air pollution, in his second

year at NTU Medical College. Professor Chan pointed out in this course that “once you are doctors, you will be able to afford any car ranging from 3,000CC to 1,600CC to get to your desired destinations.” He quickly added that we should keep in mind that “the exhaust gas volume emitted by a large vehicle has an enormous impact on air pollution.” He still recalls Professor Chan mentioning



**Ms. Chu Chiu-Hua commutes by bicycle whenever possible to make a valid contribution to energy conservation and carbon reduction.**



that he always rides his bicycle to work to cut down on pollution. The fact that he tried to set an example to inspire his medical students left a deep impression on him.

Dr. Lin was deeply influenced by Professor Chan Chang-Chuan. None of the engines of the four cars he has bought so far exceeded 2,000 CC. His first car was stolen after seven years. His second car lasted 12 years and 240,000 km. With a view to making a contribution to energy conservation and carbon reduction, he switched to hybrids for his third and fourth cars.

Are hybrid vehicles really more eco-friendly? Dr. Lin has done his homework on hybrids. Detailed calculations of fuel and energy consumption and selection of the right clean energy sources represent a valid contribution to global sustainability. He points out that hybrid cars emerge clearly victorious in a comparison of the fuel consumption of hybrids and traditional gasoline-powered vehicles over the same time and distance.

The principle behind gasoline-powered vehicles is "chemical propulsion". Gasoline is chemical energy transformed into propulsion through an internal combustion engine with a conversion efficiency of around 20%. Dr. Lin cites the example of power plants which

convert chemical energy into electrical energy through combustion of oil or natural gas with an efficiency of 40-50% for comparison purposes. Through the storage of electricity in hybrid vehicles, the conversion rate can be increased to 80-90%.

### **Meticulous Implementation of Eco-friendly Life Practices at Home**

Dr. Lin points out that "The fellow female disciple in my home sorts our garbage even more rigorously than I do." This so-called disciple is his wife Chiu-Hua who sorts their garbage in a thorough and meticulous manner. He mentions with a slightly embarrassed tone in his voice that when he sometimes throws things away carelessly, his wife immediately stops him and reminds him that "You have to sort this properly. You are such a strong advocate of environmental protection! How can you neglect sorting your waste..." Ms. Chiu-Hua has even set up recycling bins in her home. Her level of dedication is truly admirable!

Dr. Lin gives his wife a big thumbs up for her unrelenting commitment to environmental protection. She commutes to her workplace in Douliu City in Yunlin County by public transportation. She has

even placed bicycles at Dalin and Douliu stations for the final leg of her commute to practice energy conservation and carbon protection in her daily life.

While Dr. Lin Ming-Nan is an expert in

public environmental policy advocacy, his wife Chiu-Hua is a master of environmental protection at home. Both of them practice environmental protection both at home and at their workplaces.



**Vice Superintendent Lin and his wife Chu Chiu-Hua share their vegetarian experiences with Tzu Chi volunteers in North America.**