

資訊服務處
information services
office

佳節快樂 SEASON'S GREETINGS

編見

《聖誕頌歌》之所以歷久不衰，不只是因為狄更斯偉大，也不是十九世紀初葉聖誕逐漸發展成為我們今天熟知的文化傳統。史古基的頓悟與蛻變，跨時空跨文化都發人深省。中大也不乏發人深省的好人好事，佳節快臨，讓我們聽聽郭綺光女士的故事。她長久以來以獎學金形式支持我們的學生，今期我們見到她喜逢幾位不同年代但均受益於她設立的獎學金的同學。

親友佳節歡聚，少不免開懷大嚼，也少不免要腸胃加班。胡志遠教授領導的中大醫學研究團隊，在應用「腸道微生物移植」技術治療嚴重腸感染方面取得重大突破。一新讀者耳目的，是別人肚裡的益菌可以令我們重拾內部生態的平衡，以及胡教授他們治學及研究的嚴謹。

同樣嚴謹有方的還有保安及交通事務處處長李永光先生。他到任才半年多，已經走遍校園大部分角落幽徑，只為了更有效地令我們工作及學習其上的校園更安全、更便捷。畢業禮、校友日等大型活動剛過，李先生終於有空和我們談了一席話。

Editorially Speaking

The enduring appeal of *A Christmas Carol* cannot be explained simply by Dickens's genius or the development of Christmas by the early nineteenth century into the cultural institution as we know it today. There is something inspiringly humane in Scrooge's revelations and reformation. On our campus, there is no shortage of tales of inspiring philanthropy. In this holiday issue we meet one of our longtime benefactors Ms. Ruth Kuok who spent some merry time with three present and former students who got a little help from her scholarships.

Overburdening one's digestive system is a common side-effect of festive feasting in the developed world. At CUHK, the team of medical researchers led by Prof. Justin Wu are making significant progress in the use of Fecal Microbiota Transplantation to treat serious enteric infections. Readers are introduced to the theory of restoring the ecology within our guts with the introduction of good bacteria from others and the meticulous procedures of ensuring that happens.

Equally meticulous and organized is the person whose job it is to make sure that our campus is safe and convenient to the population thereon. Mr. Simon Lee, Director of Security and Transport, may be new in town, but within six months he has covered most corners and tracks on campus. After the busy month of congregations and alumni homecoming, Mr. Lee finally had time to speak to 'Viva Voce'.

走遍校園每個角落 (頁12)
Knowing the Campus
Inside Out (p. 12)

Photo by ISO staff

目錄 CONTENTS

2



洞明集 In Plain View

從貧瘠到肥沃——移植人體花園的土壤
May Your Flora Flourish in My Inner Garden

4



好人好事 Fine Folks Fine Deeds

有一種感染名叫善行
Fine Deeds Are Contagious

6



校園消息 Campus News

10



到任同仁 Newly Onboard

11



字裏高科 Tech Talks

11



寶健保健 Wealth In Health

12



口談實錄 Viva Voce

香港國際詩歌之夜2015 (頁10)
International Poetry Nights 2015 (p. 10)

摩洛哥詩人穆罕默德·貝尼斯朗讀其詩作
Poet Mohammed Bennis of Morocco reading

攝影：黃振強
Photo by Dennis Wong



從貧瘠到肥沃——移植人體花園的土壤

May Your Flora Flourish in My Inner Garden

許多人生氣時，總會不經意地說出和消化系統「副產品」有關的字眼。我們習慣用這些字來表達負面情緒或形容很糟的情況。但大家可曾想過人類的排泄物，是否真的一無是處？

「腸道微生物移植」(FMT) 技術的亞洲先驅

中大醫學院的團隊已開始採用嶄新的「腸道微生物移植」Fecal Microbiota Transplantation (FMT) 技術，利用健康人士的糞便，治療由難辨梭菌引起的致命腸道傳染病。醫學院內科及藥物治療學系**胡志遠**教授指出：「中大是亞洲首個利用FMT技術去醫治感染難辨梭菌患者的團隊，我們正研究這項技術能否治療代謝和自體免疫性疾病。」

體內微生物的生態平衡

每個人的腸道內都有一百兆隻細菌，是人體細胞總數的十倍。對人體有益的細菌，可保護身體免受感染，也可抗衡有害的細菌。但疾病和抗生素會抑制、甚至殺死有益的細菌，間接助長難辨梭菌等有害細菌的滋生，引發腹瀉或其他問題。傳統對付難辨梭菌的療法使用抗生素，連體內有益的微生物也一併消除，會導致疾病復發。嶄新FMT療法則將健康的腸道細菌移植給病人，幫助患者恢復體內微生物的生態平衡。

三倍療效

難辨梭菌的確診數目在全球多個國家都有上升趨勢。香港威爾斯親王醫院的難辨梭菌確診病例從2009至2013年間增加了三倍，每天約有一至兩宗新病例，平均每月就有十五至二十宗。中大醫學院腸胃科團隊今年始採用FMT技術，作為研究計劃的一部分。醫學院副教授**黃秀娟**教授表示：「在美國和歐洲，FMT已獲准用於治療抗生素療法不奏效的難辨梭菌感染或復發病例。在香港，我們的團隊正研究以此技術為首要治療手段，醫治嚴重的難辨梭菌感染病例。FMT的治癒率為85.7%，而傳統抗生素療法則只有25%。治癒的定義是讓病人停止腹瀉，並於十週內不再復發。」

難辨梭菌是最易在醫院受感染的腸道傳染病——至少七成病人是在醫院染病，而長者、慢性病患者、長期服用抗生素的病人也是高風險群。**黃曦**教授指出：「這種病菌主要是以糞口途徑傳染。難辨梭菌孢子的生命力很強、難以殲滅，其醫學名字就含拉丁文『難』的意思。它們可在缺乏食物和氧氣的環境下生存一段很長時間，一般消毒劑如酒精也對它們無效。要徹底消滅這種細菌孢子，必須用漂白水把物件表面徹底洗擦乾淨，並用抗菌洗手液及清水洗手。」

篩選捐贈者與細菌移植

中大對FMT捐贈者健康狀況的要求比捐血更嚴謹：傳染病、代謝綜合症和其他慢性病患者，或經常離開香港的人都不會接納。由於許多病人是長者，嚴格的篩選可保障受移植者的安全。另一方面，「健康特佳」的捐贈者會帶來奇效，但要找出這樣的人選需要花很長時間，還要找出他們糞便中最有效的細菌組合。「某些捐贈者的糞便的確較為有效」，**黃秀娟**教授指出：「歐洲的研究就發現一名曾醫治了十個病人的『超級捐贈者』。」中大的研究團隊主要邀請患者家屬捐贈，認為若彼此是親人，會相對容易接受捐贈或接受糞便這回事。

研究員會先向捐贈者收集五十至一百克糞便，經過生理鹽水稀釋及以濾網過濾後，剩下如淡茶一般的液體，再以內窺鏡送到病人的小腸或結腸。病徵一般在幾天、甚至二十四小時內就會消失，少數病人需要接受第二次移植。其中兩位病人



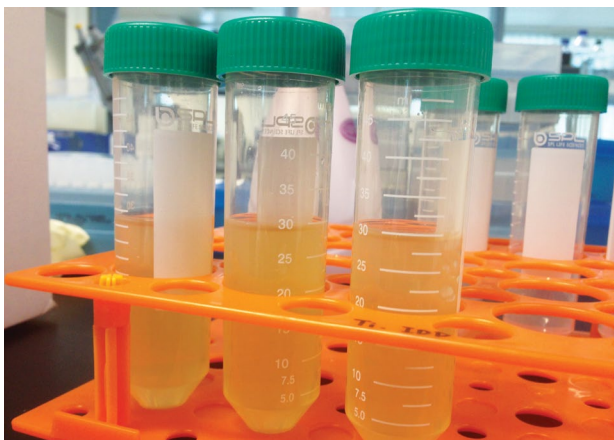
在接受移植後兩天內有輕微腹脹和便秘，但情況很快得到改善。

黃秀娟教授表示，FMT的療效較預期好，尤其是對於嚴重的病例：「我們做的是對照研究，以抽籤方式隨機決定哪些病人接受FMT，哪些接受傳統療法，病人當時也不知情。有些分配到後一組的病人認為新療法成效更佳，對於自己接受了傳統療法感到很失望。」**黃曦**教授說，新療法最大的困難是其程序複雜，但他認為只是暫時性：「FMT非常耗費人力，我們須要找出合適的捐贈者、篩檢傳染病、收集糞便、移植……將來FMT會愈來愈普及，成本效益也將提高。未來我們可能以冷藏的糞便膠囊，代替現時所用的新鮮糞便。」

用於治療其他疾病

胡志遠教授表示，他的團隊將繼續蒐集臨床資料，以測試FMT是否能用於治療其他疾病，例如過胖症、腸易激綜合症、潰瘍性結腸炎，以及是否可用來提升其他傳統療法的成效，「最終的目的是要讓病人得到更好的治療，相信不久會有更多突破。」

現在FMT技術的應用日益廣泛，人們對排泄物的觀感也可能因此改變。一位接受FMT治療後痊癒的病人說：「他們把內子的糞便注入我的體內，感覺就像喝湯一樣」。若你身體健康，又想成為FMT捐贈者，歡迎電郵至digestivehealth@cuhk.edu.hk。



Next time you want to use an expletive related to the byproducts of our digestive system, think again. Our excreta are not as devoid of substance as you may expect.

Leading Asia in Fecal Microbiota Transplantation

The CUHK Medical Faculty has been treating patients with severe *Clostridium difficile* (*C. difficile*), a debilitating and potentially fatal large intestine infection, with a procedure called Fecal Microbiota Transplantation (FMT), in which fecal matter is collected from a healthy donor, filtered, cleansed, and transferred to the patient. Prof. **Justin Wu** of the Department of Medicine and Therapeutics, said, 'CUHK is Asia's pioneer in the use of FMT to treat *C. difficile* patients. We are also exploring FMT's applicability to other metabolic and autoimmune diseases.'

Our Internal Ecology

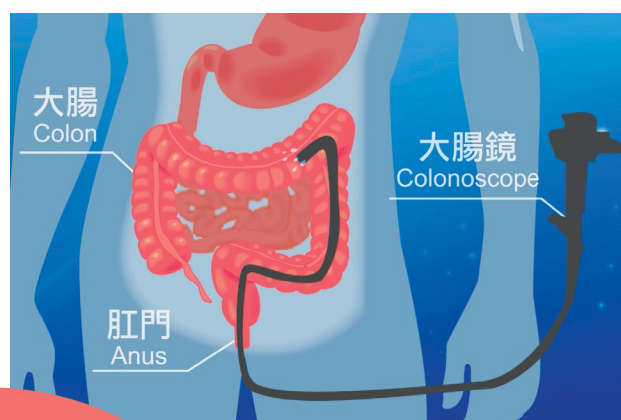
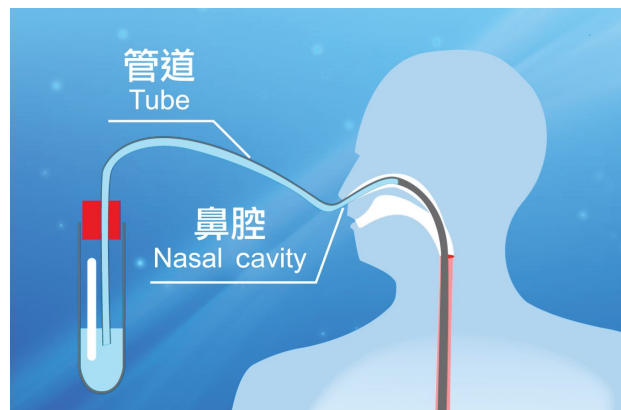
We, each of us, harbour 100 trillion bacteria in our gut, 10 times the total number of cells in our body. The good bacteria protect us from infections and keep the bad bacteria in check. But illness and antibiotics can kill or suppress these helpful microorganisms. This gives potentially harmful ones like *C. difficile*, a chance to flourish, causing diarrhea and other pathological conditions. The conventional treatment of *C. difficile* infection involves the use of antibiotics, which can kill off good bacteria, leading to recurrence. FMT, however, works by transplanting gut flora from a healthy donor into the patient's intestinal tract and restoring the ecology.

Triples Cure Rate of *C. difficile* Infection

The incidence of *C. difficile* infection is on the rise in many countries. In Hong Kong, the number of cases at the Prince of Wales Hospital jumped threefold from 2009 to 2013, with new cases every one to two days, averaging out to 15 to 20 cases per month. The CUHK gastroenterology team has been treating severe *C. difficile* patients with



左起：黃曦教授、胡志遠教授、黃秀娟教授
From left: Prof. Sunny Wong, Prof. Justin Wu, Prof. Siew Ng



FMT since the beginning of this year, as part of a research study. Prof. **Siew Ng** said, 'In the US and Europe, FMT has been approved for the treatment of recurrent *C. difficile* or *C. difficile* infection that fails to respond to traditional antibiotics. Here at CUHK, we are conducting a study to evaluate its use as first-line treatment for patients with a severe infection. These subjects are sick and generally have a high death rate. So far, we have treated 23 patients. The cure rate is 85.7% in the FMT arm compared to 25% in the conventional antibiotic treatment group. Cure means the resolution of diarrhea without recurrence over a 10-week post-treatment period.'

C. difficile infection is the most common hospital acquired enteric infection—at least 70% of the cases originated through contact in hospitals. Old age, chronic illness, and antibiotic use are some of the other risk factors. Prof. **Sunny Wong** pointed out, 'The main transmission route is fecal-oral. *C. difficile* spores are extremely hardy, hence the name "difficile", Latin for "difficult". They can survive for extended periods without food and oxygen, and are resistant to many disinfectants including alcohol. To kill the spores, you need to wipe surfaces with bleach, and wash your hands thoroughly with antimicrobial soap and water.'

Screening and Transfusion

The screening of donor health in FMT is more stringent than that for blood donors. In the CUHK study, those with transmittable diseases, metabolic syndromes and other chronic diseases are excluded. People who have frequent travels out of Hong Kong are also ineligible. Safety is of primary importance as many patients are elderly. On the other hand, a particularly 'healthy' donor can work wonders, but finding one takes effort, especially to identify which bacterial component in their stool is the most effective. 'Some donors are more effective than others,' observed Professor Ng. 'In a study from Europe, a "super donor" cured over 10 patients.' The CUHK study uses relatives of the patients as donors because the researchers believe that it would make the idea of donating or receiving fecal matter easier to swallow, so to speak.

The researchers collect 50 to 100g of stool from a donor. This is diluted with sterile saline and filtered, and the remaining solution, resembling weak tea, is infused into

有些網站載有猶如特色食譜的詳細指示，教你如何在家中自行嘗試FMT，並聲稱有「奇跡般的療效」，但中大的研究團隊警告切勿擅自模仿，因為這樣做受感染的風險很大。

切勿在家中嘗試 Don't Try This At Home

There are websites with detailed instructions, similar to fancy recipes, that show you how to DIY FMT at home, with—some have claimed—'miraculous results'. But our researchers warn against this practice as the risk of infection is too high.

constipation in the first two days, which resolved shortly after.

Professor Ng said the response to FMT has been better than the team had anticipated especially in the severe cases. 'As this is a controlled study, we drew lots randomly and blindly to decide which patients would receive FMT, and which, conventional treatment. Some patients who were allocated to receive the latter expressed great disappointment as they believe that FMT could be a better treatment.' Professor Wong remarked that the main challenge is logistics, but this is only temporary: 'FMT is very labour-intensive—we need to do donor identification, infection screening, stool collection, infusion.... In time, the use of FMT will be more prevalent and it will become more cost-effective. Also we may replace fresh stool with frozen stool capsules in the future.'

Researching Applicability to Other Diseases

Prof. Justin Wu said the team will continue to collect further clinical data to test the applicability of FMT in other diseases such as obesity, irritable bowel syndrome and ulcerative colitis, and its potential to improve on other standard treatments. 'The aim is to provide patients with better therapies. I believe there will be many more breakthroughs in the near future,' he remarked.

As FMT becomes more widely used, perception of excreta may change. A patient who recovered after FMT remarked, 'I was infused with my wife's stool. It is just like drinking soup.' Healthy persons interested in becoming a FMT donor can email digestivehealth@cuhk.edu.hk.

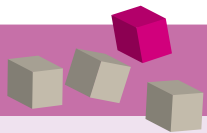
服用益生菌不就能解決問題嗎？

一般人認為益生菌可改善腸道健康，但益生菌大多只含有一或幾種微生物，而糞便則有至少幾百種細菌。中大的研究顯示，到目前為止，益生菌對難辨梭菌復發性感染的療效，不如FMT理想。

Can't They Just Take Probiotics?

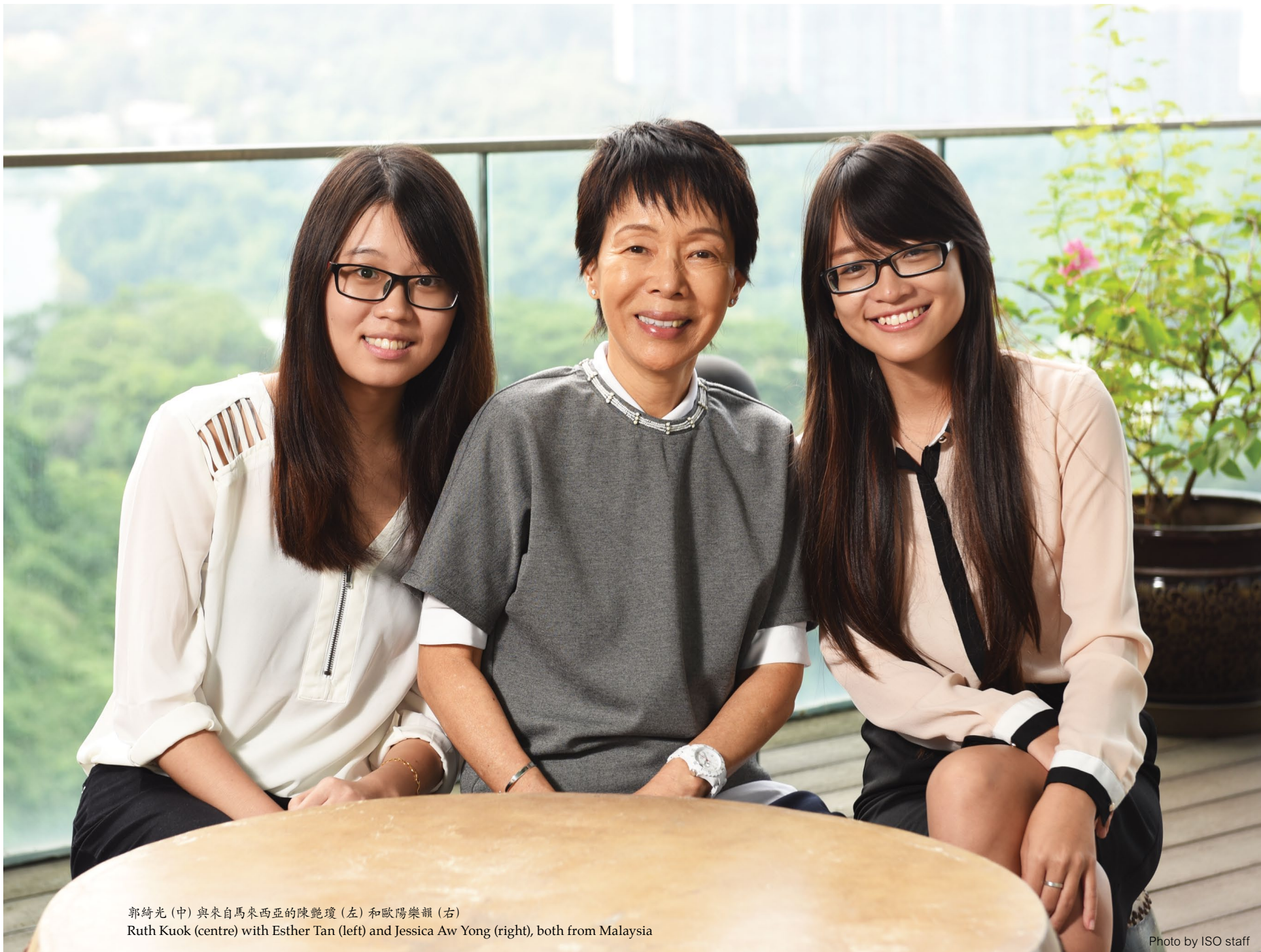
Probiotics often claim to enhance gut flora, yet most may have one or a few microbes, while feces have at least a few hundred types of bacteria. Our researchers say that at present, probiotics cannot achieve the efficacy of FMT for recurrent *C. difficile* infection.

patients—either to the small bowel or to the colon using an endoscope. The symptoms stopped within a few days for most patients; in some it is as rapid as 24 hours, while a few needed a second dose. Two patients reported mild bloating and



有一種感染名叫善行

Fine Deeds Are Contagious



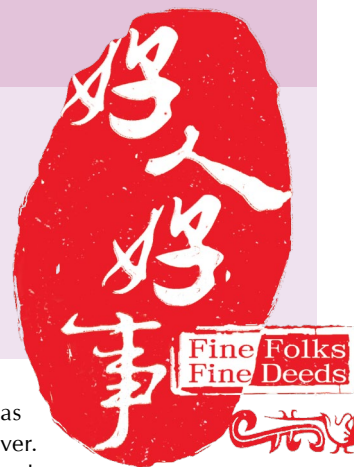
郭綺光 (中) 與來自馬來西亞的陳艷瓊 (左) 和歐陽樂韻 (右)
Ruth Kuok (centre) with Esther Tan (left) and Jessica Aw Yong (right), both from Malaysia

Photo by ISO staff

在2014至2015年度，中大本科生有16,379人。同年發放的獎學金總額超過一億三千四百萬港元，共計6,655項，即每五名學生有兩名受惠。大部分的獎學金都承蒙善長仁翁捐贈，他們不少數十年來不離不棄支持中大，**郭綺光**女士便是一例。她打理以其先母命名的郭謝碧蓉基金，在1987年首次捐資中大，成立郭謝碧蓉基金獎學金。

In the year 2014–2015, there were 16,379 undergraduates studying at CUHK. In the same period, a total value of more than HK\$134 million was given out in 6,655 scholarships, benefitting about two in five students.

The majority of scholarships are established with the good will of philanthropists, many of them staunch supporters of the University for decades. One of them is Ms. **Ruth Kuok** who manages the Joyce M Kuok Foundation named after her late mother. The foundation made its first donation to CUHK in 1987 to establish the Joyce M Kuok Foundation Scholarships.



文／資訊處盧惠玉
By Sandra Lo, ISO

為甚麼選擇中大？郭女士說：「那時候中大已是首屈一指的優秀學府，予以支持，是理所當然的。」

其後，郭氏集團續給中大數筆餽贈，最近一次是2011年郭氏基金海外有限公司為馬來西亞學生設的獎學金。歷年來，郭女士的善舉惠及學生達325人。

大學拓展及籌募處處長**周瑤慧**女士也是早期受惠學生。數年前，某部門邀請她出席午宴，跟一位捐款人見面，那名字似曾相識，回家一翻舊文件，她赫然發覺那與自己讀大學時兩度接受的獎學金有關。二十多年了，她從沒想過會見到捐贈獎學金給她的人，又高興又緊張。「我預備了花束，心情就像小說裏要與長腿叔叔見面的女孩一樣。」她禁不住好奇，這位捐款人會是甚麼模樣呢？結果，她見到的是一位溫文爾雅的中年女士。

周瑤慧回想當年，「一萬三千塊一年，對普通家庭的學生是很實在的支持了。有了獎學金，我不用汲汲於多找幾份兼職，也可以自給自足，減輕家裏負擔。儘管我和她素未謀面，但知道有人在我求學路上無私支持，總是萬分鼓舞。」與郭女士的會面令周瑤慧如沐春風，她往後一直盡量安排捐款人和受惠者見面，分享人生經驗。

世界變得全球化，學生愈加渴望有機會到外地的知名學府學習，增進知識，也增廣見聞。中大立根中國傳統而放眼國際，是不少海外學生的留學首選。

2011年，**陳艷瓊**在中大校園與四百二十位非本地生一同展開探新歷程。艷瓊在馬來西亞土生土長，畢業於波德申中華中學，成績斐然，年輕的心一直嚮往離開安舒區，看看外面的世界。可是，家裏還有三位妹妹，出國留學的夢似乎遙不可及。特為馬來西亞學生而設的獎學金正好助她夢想成真，來香港修讀生命科學課程。

回顧過去幾年，艷瓊滿心喜悅與感激。她把握在每個暑期到外地交流的機會，領略不同地方的風土文化。最教她珍惜的是在這兒建立的友誼。「沉重的課業，不斷的考試，確實很磨人。幸而我交到一群能共樂共憂的朋友，每當我需要他們時，他們一定在我身邊。」

新生**歐陽樂韻**同樣來自馬來西亞，也獲發同一項獎學金。到埗後，學業和書院活動把她的時間表填得滿滿的，加上現代通訊科技發達，所以「還好，不會太思鄉」。

獎學金基本上足夠全數資助她倆完成整個本科課程用，條件是每年平均積分要起碼達到3.0。兩人都覺得合情合理。艷瓊說：「獎學金本身就是推動力，敦促我要以優異成績完成學業。」她說得出做得到，現在已更上層樓，獲得聯合書院的四年獎學金，修讀食物與營養科學的博士學位了。主修心理學的樂韻說：「老遠來到這兒，本就是要增進知識和擴闊視野，不努力讀書根本就說不過去嘛，3.0絕對不苛求。」

郭氏集團的另一個基金——鄭格如基金——也捐資成立了中大的數學科學研究所。郭綺光是資深的藝術鑑賞家，常為全球各地的香格里拉酒店搜羅藝術品。為何鍾情數學？她有這樣的見解：「無論是哪門學科，推動學習和提升學術研究水平的努力都值得支持。『大學』一詞於我就像是意味人類探索的廣大無邊，兼容並蓄。一位數學家會欣賞美術，而一位藝術家也必精於衡值：當中的意念是相通的。」

郭綺光喜歡與獎學金得主會面。在11月與瑤慧、艷瓊和樂韻的飯局上，她總是專注地聽兩位女孩談她們的經歷和感受，鼓勵她們勇於發言。飯後她說：「Esther滿懷信心，對自己的工作充滿熱情，給我很深印象。幾年下來，她已長大成熟不少。」在她眼中，三個不同年代的學生並沒有太大分別，「都是一樣的熱誠活潑」。

獎學金捐贈人對學生有甚麼忠告和期望？郭綺光謙遜說忠告都是愛說多於愛聽。「若說有甚麼話要對學生說，那就是：現在你們已得到所需的了，要心存感恩，與人分享所有，這才是快樂的真諦。」她對獲頒獎學金的學生只有一個期望，就是他們能在自己選的路上做得精彩，並以自己的方式，貢獻社會，讓別人的生命更加美好。

善行是會感染的，艷瓊曾說：「郭女士的慷慨給我很大啓發，我希望也能回饋社會，有朝一日能夠像她幫助我一樣，幫助其他學生達成目標和夢想。」郭綺光與其他捐贈獎學金的有心人聽到這番話，想必大感欣慰。

When asked how the decision was made to give to CUHK, Ms. Kuok said, 'At that time CUHK was already known as an unparalleled institution committed to excellence. It was no surprise that we decided to give it our full support.'

Since then, the Kuok Group's other foundations have made substantial gifts. The latest was for the establishment of the Kuok Foundation Overseas Limited Scholarship for a Malaysian Student in 2011. Over the years, 325 students have benefitted from the foundations' generosity.

Ms. **Janet Chow**, Director of Institutional Advancement at CUHK, belongs to one of the early cohorts of beneficiaries. A few years ago, she was invited by a department to have lunch with a scholarship donor whose name rang a bell. When she flipped through old documents at home, she found the name was related to a scholarship she had received twice in her college days. The unexpected encounter, after more than 20 years, kept her busy and excited. 'I prepared a bouquet and felt like the young girl meeting Daddy-Long-Legs.' She couldn't help imagining what the donor would look like. It turned out that she met an elegant and gentle middle-aged lady.



郭綺光（右二）與三代獎學金受益人：（右起）周瑤慧、陳艷瓊和歐陽樂韻 Ruth (2nd right) with three generations of scholarship recipients: (from right) Janet, Esther and Jessica

Janet recalled, '\$13,000 a year was substantial support for a student from an average-income family like mine. It freed me from the stress of getting more part-time jobs to make myself financially independent. And knowing that there's someone out there—though we didn't know each other—supporting me in my course of studies was most encouraging.' The cordial meeting with Ruth was so pleasant that Janet now tries her best to arrange donors and beneficiaries to meet so the former could share life experiences with the latter.

As the world becomes increasingly globalized, students seek opportunities to sharpen their academic skills and broaden their horizons at prestigious institutions in foreign lands. For many, CUHK, with its combination of a Chinese heritage and a modern international outlook, is a perfect choice.

In 2011, **Esther Tan** started her overseas exploration on the CUHK campus with some 420 non-local students. Born and raised in Malaysia, Esther graduated from Chung Hua High

School Port Dickson and has been an academic high-achiever. The young Esther yearned to leave her comfort zone to see the world. Being the eldest of four sisters with the responsibilities that come with that, overseas studies seemed like a remote dream. The 'Scholarship for a Malaysian Student' made her dream come true and enabled her to pursue studies in life sciences here.

Esther recalled her years at CUHK with joy and gratitude. She enjoyed the opportunity to visit and experience different cultures through joining exchange programmes during the summer. What she treasured most were the friends she made. 'I was pretty stressed with the heavy workload and non-stop examinations. Fortunately, I met friends with whom I could share my feelings. They were always by my side when I needed them.'

Jessica Aw Yong is a freshman from Malaysia and on the same scholarship as Esther's. Thanks to school work, College activities, and modern communication technology, she finds homesickness 'manageable'.

The scholarship is offered for four years for the completion of an undergraduate programme, on condition that a GPA of 3.0 or above is maintained—a requirement considered by both Esther and Jessica as 'reasonable and achievable'. To Esther, being awarded a scholarship is itself motivation for her to work hard and 'complete my studies with flying colours'. And she definitely lives up to her words. Esther is now pursuing a doctoral degree in food and nutritional sciences on another four-year scholarship offered by United College.

Jessica, who majors in psychology, said, 'Given that the ultimate goals for us to come all the way here are to better equip ourselves with knowledge and broaden our vision, I don't see why we should not apply ourselves seriously to our studies. 3.0 is not harsh at all.'

Another foundation in the Kuok Group, the Zheng Ge Ru Foundation, also supports the establishment of the Institute of Mathematical Sciences at CUHK. Ruth, a seasoned fine art connoisseur who sources artworks for Shangri-La hotels around the world, explained this 'favouritism' toward mathematics. 'All efforts to promote learning and raise the level of academic enquiry into any subject are worth supporting. The word "University" seems to me to celebrate the universality of human endeavour. A mathematician appreciates fine arts; an artist is a keen mathematician: It's the same consciousness.'

Ruth takes delight in meeting the scholarship holders. At the lunch table in November with Janet, Esther and Jessica, she did not lead the conversation or talk much, but encouraged the young girls to express their views by attentively listening. 'I was especially impressed by Esther's confidence and her enthusiasm for her work. What a remarkable young adult she has become!' she later said. To her, there is not much difference in the three generations of students. 'The enthusiasm and energy are the same.'

When asked what advice she would give to students, she replied modestly that advice is the one thing which is most given and least taken. 'But if I had something to say to students, it would be: You have everything you need; you just have to be aware of it, be grateful, share what you have with others: it is the only true source of joy.' The only expectation she has for the scholarship recipients is that they succeed in their chosen paths, and that they contribute, in their own ways, to improving the lives of others.

Fine deeds are contagious. Ruth and other scholarship donors will find comfort when they hear what Esther says. 'Ms. Kuok's generosity has inspired me to help others and give back to the community. I hope one day I will be able to help students achieve their goals and dreams, just as she did me.' 🌟

第七十九屆大會 79th Congregation for the Conferment of Degrees



香港中文大學於12月3日舉行第七十九屆大會，典禮由校長沈祖堯教授主持。五位傑出人士獲頒授榮譽博士學位，以表彰他們對促進教育、科研及文化發展、增進人民福祉的傑出貢獻，他們分別為：白春禮教授、劉明康教授、Leo Rafael Reif 博士（未克出席）、吳為山教授及山中伸彌教授。大會同時頒授372個博士學位，包括4名醫學博士、345名哲學博士、13名教育博士、3名音樂博士、5名護理博士，以及2名心理學博士。

CUHK held its 79th Congregation for the Conferment of Degrees on 3 December. Prof. Joseph J.Y. Sung, Vice-Chancellor and President, presided at the congregation. Five distinguished persons were conferred honorary degrees in recognition of their outstanding contributions to educational, academic and cultural progress, and the promotion of community welfare: Prof. Bai Chunli, Prof. Liu Mingkang, Dr. Leo Rafael Reif, Prof. Wu Weishan, and Prof. Shinya Yamanaka. A total of 372 doctoral degrees were also conferred on the occasion. These included four Doctors of Medicine, 345 Doctors of Philosophy, 13 Doctors of Education, three Doctors of Music, five Doctors of Nursing, and two Doctors of Psychology.

白春禮教授是世界知名的納米科技專家，現為中國科學院院長、發展中國家科學院院長及中國國家納米科學中心理事會理事長。他是中國首位致力研究納米技術的科學家，並帶領團隊成功研製出中國第一台超高真空掃描隧道顯微鏡，以及第一台鐳射原子力顯微鏡。白教授積極推動中國的納米科研發展。白教授的非凡成就深受各界肯定，榮獲十多個國家科學院或工程院的院士銜、世界各地大學的榮譽博士銜、國際化學協會「國際獎章」、聯合國教科文組織首屆「納米科學和納米技術發展貢獻」獎章。中大頒授榮譽理學博士學位予白教授，以表揚他對中國科技發展的巨大貢獻。

Prof. **Bai Chunli**, a renowned expert in nanoscience, is President of the Chinese Academy of Sciences, The World Academy of Sciences, and the Board of China's National Centre for Nanoscience and Technology. As the first Chinese scientist to actively engage in research in nanotechnology, he led his team to develop China's first ultrahigh vacuum scanning tunneling microscope and the first laser atomic force microscope. Professor Bai has been instrumental in furthering China's nanoscience and nanotechnology research. He has received the International Medal from the Society of Chemical Industry, the Medal for 'contributions to the development of nanoscience and nanotechnologies' from the United Nations Educational, Scientific and Cultural Organization. In recognition of his exemplary contributions to China's scientific and technological development, the University conferred upon Professor Bai the degree of Doctor of Science, *honoris causa*.



劉明康教授為資深金融學家及中國銀監會前主席，現為中山大學嶺南學院名譽院長、香港銀行學會資深會士、中大全球經濟及金融研究所BCT銀聯集團傑出研究員及商學院榮譽教授。劉教授歷任多間銀行及政府部門要職，被譽為解決國內銀行系統問題的專家。在2003年劉教授臨危受命出任首屆中國銀監會主席，監管當時存在大量不良貸款的中國銀行業。劉教授曾獲全球風險管理學會授予全球風險管理大獎，以及《亞洲銀行家》雜誌授予終身成就獎。中大頒授榮譽社會科學博士學位予劉明康教授，以表彰他對銀行業發展的卓著貢獻。

Prof. **Liu Mingkang** is a financial expert and former Chairman of the China Banking Regulatory Commission. He is currently Honorary Dean of Lingnan College at Sun Yat-sen University, Senior Fellow of the Hong Kong Institute of Bankers, BCT Distinguished Research Fellow of the Institute of Global Economics and Finance, and Honorary Professor of the Faculty of Business Administration at CUHK. In 2003, Professor Liu was appointed as the first Chairman of the China Banking Regulatory Commission, to regulate China's troubled banking industry. The University conferred upon Professor Liu the degree of Doctor of Social Science, *honoris causa*, in recognition of his significant contributions to the banking industry.

Leo Rafael Reif 博士是美國麻省理工學院（學院）校長、美國國家先進製造夥伴督導委員會聯席主席及美國電子電機學會院士。Reif博士對學院及教育界貢獻重大，包括制訂讓學院抵禦環球金融危機的策略、推廣由教員主導以解決種族和多元化問題的政策等。他認為高等教育應公平和普及，因此積極推動將大學課程內容免費上載到互聯網，及後促成學院與哈佛大學共同推出網絡教學平台edX，讓全球人士可享有豐富的學習資源。Reif博士曾獲頒美國總統青年科學家獎、美國半導體研究公司的亞里士多德獎、美國翠貝卡顛覆性創新獎，以及美國2015年 Frank E. Taplin, Jr. 公共知識份子獎等多項殊榮。中大頒授榮譽法學博士學位予 Reif 博士，以表揚他對高等教育的傑出貢獻。

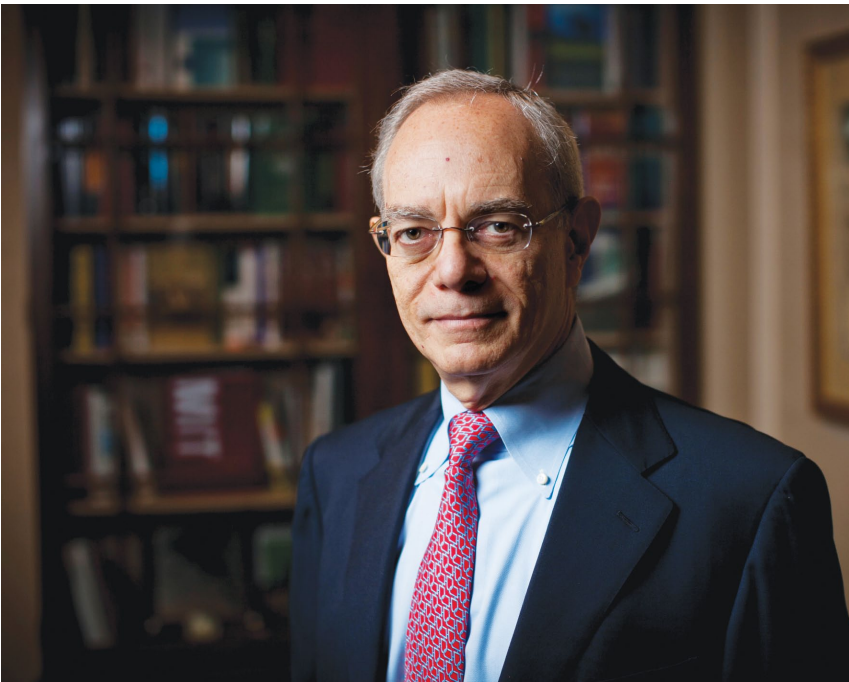
Dr. **Leo Rafael Reif** is President of the Massachusetts Institute of Technology (MIT), Co-Chairman of the Steering Committee of the National Advanced Manufacturing Partnership in the US, and a Fellow of the Institute of Electrical and Electronics Engineers. Dr. Reif has made important contributions to MIT and the education sector. He led the design and implementation of the strategy that allowed MIT to weather the global financial crisis, and promoted a major faculty-led effort to address challenges around race and diversity. Dr. Reif also spearheaded the formation of edX with Harvard University that brings free online learning resources to people around the world. Dr. Reif has received a number of honours in the US, include the Presidential Young Investigator Award, the Aristotle Award of Semiconductor Research Corporation, the Tribeca Disruptive Innovation Award, and the 2015 Frank E. Taplin, Jr. Public Intellectual Award. The University conferred upon Dr. Reif, in absentia, the degree of Doctor of Laws, *honoris causa*, for his remarkable contributions to higher education.

吳為山教授是蜚聲國際的中國當代雕塑大師，現任中國美術館館長、中國美術家協會副主席及中國雕塑院院長。吳教授首創中國現代寫意雕塑之風，致力在作品中融滲及展現中國文化精神，對中國當代雕塑創作的發展貢獻良多。他致力將當代中國藝術推向國際，組織與參與國際展覽並屢獲大獎，包括英國格林獎、法國羅浮宮國際美術展金獎等。吳教授與中大淵源深厚，現為中大榮譽院士及藝術系客座教授。為表揚吳教授在弘揚中國藝術與文化的貢獻，大學頒授榮譽文學博士學位予吳為山教授。

Eminent sculptor Prof. **Wu Weishan** is Director of the National Art Museum of China, Vice-President of the China Artists Association and President of the China Academy of Sculpture of the Chinese National Academy of Arts. Professor Wu pioneered a new style of Expressive Sculpture, which seeks to integrate traditional Chinese philosophy with aesthetics, blazing a new trail in contemporary Chinese sculpture. He is also committed to promoting Chinese art in the international arena and has won numerous awards overseas, including the Pangolin Award of the Society of Portrait Sculptors in the UK and gold medal of the Louvre International Art Exhibition in France. Professor Wu is an Honorary Fellow at CUHK and an Adjunct Professor of the Faculty of Fine Arts. The University conferred upon Professor Wu the degree of Doctor of Literature, *honoris causa*, for his contributions to Chinese art and culture.

日本醫學家山中伸彌教授現為京都大學iPS細胞研究與應用中心主任，亦是三藩市格拉德斯通研究所高級研究員，以研發誘導性多功能幹細胞（iPS細胞）而聞名，2012年與英國發育生物學家Sir John Bertrand Gurdon獲得諾貝爾生理學或醫學獎。山中教授同時也致力於科普推廣工作，鼓勵普羅大眾認識科學，其卓越成就為他帶來無數獎項及榮譽，包括邵逸夫獎、美國阿爾拔·拉斯克基礎醫學研究獎。中大頒授榮譽理學博士學位予山中教授，以表揚他對醫學科研的傑出貢獻。

Prof. **Shinya Yamanaka** is Director of the Centre for iPS Cell Research and Application at Kyoto University. He also serves as a senior investigator at the Gladstone Institutes in San Francisco. One of the world's leading stem cell researchers, he pioneered the iPS (induced pluripotent stem) cell technology and received a Nobel Prize in Physiology or Medicine in 2012 with the British developmental biologist Sir John Bertrand Gurdon. Professor Yamanaka has also been active in promoting science among the general public. Professor Yamanaka has received the Shaw Prize and the Albert Lasker Basic Medical Research Award. The University conferred upon Professor Yamanaka the degree of Doctor of Science, *honoris causa*, for his phenomenal achievements in medical research.



生命科學學院本科生當選2016年度羅德學人 Life Sciences Student Named 2016 Rhodes Scholar

香港中文大學生命科學學院戴漪晨同學獲選為2016年度港區羅德學人，獲逾港幣一百萬元獎學金前赴英國深造。羅德學人獎學金在香港設立三十年來，中大共有十四名學生榮膺羅德學人，數目為全港大專院校之冠。

漪晨是中大聯合書院的學生，今年升讀分子生物技術學課程四年級，計劃明年畢業後赴牛津大學修讀動物學哲學博士課程。她的博士課題是胰腺發育與糖尿病之間的關係。完成博士課程後，她希望成為生物學家，繼續從事基因和遺傳領域的研究工作。



對於獲得羅德獎學金，漪晨感謝父母，以及中大的師友和聯合書院一直給予的支持。

Serena Yichen Dai, a Year 4 student of the University's Molecular Biotechnology Programme of the School of Life Sciences and an affiliate of United College, has become Rhodes Scholar 2016 from Hong Kong. She is eligible for a scholarship of over a million Hong Kong dollars to further her studies in the UK. Since the scholarship was introduced to Hong Kong three decades ago, CUHK has produced 14 Rhodes Scholars, the most among all local tertiary institutions.

Serena plans to study the Doctor of Philosophy in Zoology programme at the University of Oxford starting in October 2016. Her research will focus on the link between pancreas development and diabetes. After completing the programme, she hopes to become a biologist and devote herself to research in genes and genetic inheritance.

Serena is grateful to her parents, as well as all the support from her teachers and schoolmates in the University and United College.

2015中大校友日 Alumni Homecoming Day 2015

香港中文大學年度盛事「2015中大校友日」11月28日於大學校園舉行，參與人數逾五千，場面熱鬧。開幕禮上，中大校長沈祖堯教授代表大學從「香港中文大學校友傳承基金」應屆籌款委員會代表手中，接過本年度一百二十二萬港元的籌款支票。此為基金自去年成立以來第二次的鉅額支票致贈儀式，籌得之款項累積至今已達近港幣二百九十萬元。

中大校友日是大學一年一度的盛事，今年大會以「十年・重聚」為主題，除了一貫的大型嘉年華、開篷巴士遊校園、校園主題參觀、書院/研究院院長宴請校友外，亦新增多項精彩節目，如新書院專人導賞、中大校友聚腳點「中大Café」、校友新書介紹講座等。



Over 5,000 CUHK alumni and their loved ones returned to campus to participate in Alumni Homecoming Day, one of the University's highlight alumni events of the year, on 28 November. At the opening ceremony, the fundraising committee of the CUHK Alumni Torch Fund presented a donation cheque of HK\$1.22 million to Vice-Chancellor, Prof. Joseph J.Y. Sung. Some HK\$2.9 million has been raised since the fund's establishment last year.

This year's Homecoming Day was themed '10 years Reunion'. Apart from the grand carnival, the campus bus tour, various thematic visits and College/Graduate School banquets, the event also included new features, such as guided tours of the five new Colleges, an alumni gathering corner, CU Café, and talks by alumni authors.

中大奪「挑戰杯」全國優勝杯 CUHK Receives Winners' Cup at National Challenge Cup



中國學界兩年一度的盛事——第十四屆「挑戰杯」全國大學生課外學術科技作品競賽（挑戰杯），日前在廣東工業大學舉行。香港中文大學（中大）再創佳績，在超過三百多所院校、七百多件作品中，以優異的團體成績贏得「全國優勝杯」。「全國優勝杯」是授予繼第一名的最高榮譽「挑戰杯」之後，取得最佳團體總分的二十所院校。中大是唯一獲此成績的香港院校，也是香港自1997年參加「挑戰杯」競賽以來，首次有院校奪得此項榮譽。

中大今屆參賽學生來自生命科學學院、工程學院和醫學院。作為兩年一度的盛事，「挑戰杯」被譽為中國當代大學生科技創新的奧林匹克盛會，由國家多個部委主辦，全國各地兩百多萬名大學生參加。過往中大已連續六屆贏得「港澳優勝杯」。

CUHK defeated over 300 universities and over 780 projects from mainland China, Hong Kong and Macau to win the Winners' Cup, the second top prize, in the 14th Challenge Cup held at Guangdong University of Technology. The Winners' Cup is the highest award received by a Hong Kong institution since the competition accepted the participation of Hong Kong tertiary institutions in 1997.

The honour was won by eight teams comprising 20 students from the University. They came from the School of Life Sciences, the Faculty of Engineering, and the Faculty of Medicine. Known as the 'Olympics' of innovation in social science, science and technology, the Challenge Cup is a bi-annual national technology innovation competition for university students in China. In the past, CUHK had won the Hong Kong and Macau Cup six consecutive times.

教育學院金禧院慶 50th Anniversary of Faculty of Education

為慶祝成立五十周年，教育學院於11月7及28日舉行校友日及五十周年晚宴。

校友日於嶺南運動場及何添樓舉辦，由常務副校長華雲生教授主禮，出席之校友、職員、學生及其親友逾六百人。是日活動多姿多彩，有「情懷中大教院五十載樂步行」、「中大教院知多少」和嘉年華及師生足球賽。



五十周年晚宴假沙田麗豪酒店聚賢廳舉行，逾三百多位學院學生、教職員、校友和友好共聚一堂，由教育局常務秘書長黎陳芷娟女士及校長沈祖堯教授擔任主禮嘉賓。當晚的二胡表演、和聲合唱團及學院教職員歌唱表演更是精彩萬分。

The Faculty of Education organized its Homecoming Day on 7 November and a banquet on 28 November to celebrate its 50th anniversary.

Homecoming Day was officiated by Prof. Benjamin W. Wah, Provost, at Lingnan Stadium and Ho Tim Building. Over 600 alumni, staff and friends reunited with their teachers and fellow classmates on this special occasion. There were also activities, including a walkathon, an exhibition, a carnival and a staff-student football match.

Over 300 staff, alumni and friends of the Faculty attended the 50th anniversary banquet held at the Regal Riverside Hotel. Mrs. Marion Lai Chan Chi-kuen, Permanent Secretary for Education, and Prof. Joseph J.Y. Sung, Vice-Chancellor, addressed the attendees. Highlights of the event included singing and Erhu performances by staff, students and the Woo Shing Choir.

聯合書院六十周年院慶啟動典禮 United College 60th Anniversary Kick-off Ceremony

聯合書院六十周年院慶活動啟動典禮已於11月30日假大學展覽廳舉行，邀請校長沈祖堯教授、聯合書院校董會主席張煊昌博士、聯合書院校董會副主席暨書院校友會會長殷巧兒女士、聯合書院院長余濟美教授、聯合書院教職員聯誼會主席劉行榕教授、聯合書院學生會會長王立欣同學及聯合書院學生會監議會主席鍾皓然同學蒞臨主禮。沈校長、張博士及余院長更於典禮致辭。



2016年是書院首個創校甲子年，書院將於今年開始舉辦一連串以「務實創新，聯合邁進」為主題的院慶活動。詳情請瀏覽 <http://uc60.uc.cuhk.edu.hk/>

The United College 60th Anniversary Activities Kick-off Ceremony was held on 30 November in the University Gallery. It was officiated by Prof. Joseph J.Y. Sung, Vice-Chancellor, Dr. Thomas H.C. Cheung, chairman of the College Board of Trustees, and Ms. Lina H.Y. Yan, vice-chairperson of the College Board of Trustees and president of the Alumni Association,

Prof. Jimmy C.M. Yu, Head of United College, Ms. Michelle Wong, President of the College Student Union, Mr. Edwin Chung, Chairperson of the College Student Union Council. Professor Sung, Dr. Cheung and Prof. Yu delivered speeches.

United College will celebrate its 60th birthday in 2016. A series of exciting events will be launched starting this year under the anniversary slogan 'Together We Advance, United We Innovate'. For details, visit <http://uc60.uc.cuhk.edu.hk/>.

首屆中大紀律部隊職工子弟獎學金頒獎典禮 Debut Presentation of CUHK Scholarship for Children of the Disciplined Services

中大於11月30日舉行首屆「紀律部隊職工子弟獎學金頒獎典禮」，主禮嘉賓包括香港特別行政區政府保安局局長黎棟國先生、紀律部隊職工子弟獎學金捐贈人黃宜弘博士（中）、中大和聲書院院監會主席梁鳳儀博士（右）、中大副校長霍泰輝教授（左）以及中大和聲書院院長劉允怡教授。



霍教授感謝黃宜弘博士慷慨捐贈一百萬港元成立獎學金，開放給在職或已退休紀律部隊職員就讀中大全日制本科課程的之子女申請。每年由獎學金委員會選出五名品學兼優的得獎生。新亞書院醫學院三年級生馮冬怡同學代表所有得獎同學在典禮上致謝辭。

The first presentation ceremony of the CUHK Scholarship for Children of the Disciplined Services was held on 30 November. It was officiated by The Honourable Lai Tung-kwok, Secretary of Security of the Government of the HKSAR; Dr. Wong Yu-hong, Philip (*centre*), donor of the Scholarship; Dr. Leung Fung-ye, Anita (*right*), chairman of the Committee of Overseers of Lee Woo Sing College; Prof. Fok Tai-fai (*left*), Pro-Vice-Chancellor of CUHK; and Prof. Lau Wan-ye, Joseph, Master of Lee Woo Sing College.

Professor Fok expressed his gratitude to Dr. Wong for his generous donation of HK\$1 million to the University for establishing a new scholarship scheme for outstanding full-time undergraduates whose parents are current or retired employees of disciplinary forces in Hong Kong. A committee will select five students with excellent academic performance to receive this award each year. On behalf of the recipients, Fung Tung-ye, Winter, a Year 3 medical student from New Asia College, expressed her gratitude to the donor and supporters.

個人化輔導療程證實有效減輕「睡眠窒息症」病情 Personalized Modification Programme Effective for Obstructive Sleep Apnea

中大醫學院於2011至2013年間進行研究，證實為個別病人規劃生活模式及飲食輔導療程，能有效減輕阻塞性睡眠窒息症的病情。有關研究結果已於國際期刊《CHEST》的最新一期發表。

醫護人員一般建議肥胖患者減重，藉以減少積聚於咽喉等位置的脂肪，改善睡眠窒息。然而，過往有關減重對睡眠窒息症影響的研究，都是透過手術或非常低卡路里攝取量的飲食達至減肥效果。中大內科及藥物治療學系呼吸系統科聯同中大營養研究中心，進行亞洲首個研究以驗證生活模式輔導療程減輕睡眠窒息症病情的研究。

參與研究的中度至嚴重睡眠窒息症患者共一百零四人，身體質量指數（BMI）均達肥胖水平。參加者被隨機分成兩組，其中一組四十三人為對照組，接受常規治療如簡單生活模式建議，其餘六十一人則接受以營養師主導的生活模式輔導，他們於研究首四個月內每周見營養師，隨後改為每月一次。營養師因應個別患者的生活環境習慣，為其設計體重控制計劃，透過均衡飲食、多吃蔬果、低脂及低熱量食品，配合適量運動，以達到減低每日熱量攝取一至兩成的目標，此目標亦會隨參加者體重變化而調整。

經過十二個月評估，生活模式輔導較常規治療有效減輕睡眠窒息症病情。接受生活模式輔導的病人中，21.3%的睡眠窒息病情由嚴重減輕至中度或輕微，6.6%更是由嚴重轉為輕微。他們的飲食習慣都有所改善，減少脂肪攝取及增加纖維攝取。中大醫學院內科及藥物治療學系名譽臨床助理教授吳素珊醫生表示：「透過輔導，病人日間嗜睡的病徵也有較明顯改善。這些改善不止在最初四個月的密集輔導後出現，更能維持達十二個月。」

Research conducted by CUHK between 2011 and 2013 has shown that a personalized lifestyle modification programme with a dietary approach is effective in reducing the severity of Obstructive Sleep Apnea (OSA). The findings have been published in the latest issue of the leading international journal *CHEST*. This is the first research of its kind in Asia.

Weight reduction has been advocated for OSA patients who are overweight in order to



reduce the amount of fatty tissue in the airway which may reduce OSA severity. Existing studies of weight loss focus on very-low-calorie diets or surgically induced weight loss programmes. None apply a lifestyle modification programme (LMP) stressing long-term lifestyle and behavioural change in Asians. This study by the Division of Respiratory Medicine of the Department of Medicine and Therapeutics and the Centre for Nutritional Studies show how LMP can reduce the severity of OSA.

The researchers conducted a randomized controlled trial. From 104 obese patients with moderate to severe OSA, 61 were chosen at random to receive dietician-led LMP while the other 43 were put in the control group and received usual care such as simple lifestyle advice.

Patients in the LMP group had to attend a dietary consultation weekly in the first four months and then monthly. A customized weight management plan was made according to an individual patient's lifestyle with an emphasis on fruit, vegetables, low-fat and low caloric products, and regular exercise. A caloric reduction of 10% to 20% in daily energy intake from the patient's usual diet was set as the initial goal with subsequent adjustment based on the change in body weight. At 12 months, LMP was more effective in reducing the severity of OSA. 13 subjects (21.3%) in the LMP group have the disease improved from severe OSA to moderate or mild and of these, 6.6% have the disease improved from severe to mild. Eating behaviour improved as well by increased intake of fibre and reduced intake of fat.

詩人穿洲越洋參與「香港國際詩歌之夜2015」

Poets from Hong Kong to Palestine Read at International Poetry Nights 2015

由中大主辦、為期四天的「香港國際詩歌之夜」已於11月29日圓滿結束，二十位來自亞洲、非洲、歐洲、中東和北美洲的國際詩人和漢語詩人共聚香港，參與這詩歌盛會。「香港國際詩歌之夜2015」的主題為「詩歌與衝突」，二十位詩人分別就這主題於討論會上分享其看法。大會更特別將11月28日晚的朗誦會定為「香港之夜」，十位本地詩人於朗誦會上朗讀其詩作，並於席間跟國際詩人交流。

參與詩人包括穆罕默德·貝尼斯（摩洛哥）、陳黎（台灣）、彼得·科爾（美國）、納捷宛·達爾維什（巴勒斯坦）、揚·米歇爾·埃斯比達列（法國）、詹瑪·歌爾伽（西班牙）、金惠順（韓國）、科科瑟（緬甸）、衣田·拉朗德（加拿大）、飲江（香港）、尼古拉·馬茲洛夫（馬其頓）、艾棘·米索（以色列）、水田宗子（日本）、費平樂（葡萄牙）、格列勃·舒爾比亞科夫（俄羅斯）、宋琳（中國）、多和田葉子（日本）、安妮·華曼（美國）、王小妮（中國）、加桑·扎克坦（巴勒斯坦）。



攝影：黃振強
Photo by Dennis Wong

Organized by the Faculty of Arts, International Poetry Nights in Hong Kong 2015, a biennial gala in celebration of poetry and poets, ended its four-day run on 29 November. The theme for this year's event was 'Poetry and Conflict', and some 20 poets from Asia, Africa, Europe, the Middle East, and North America took part in the event. A special recitation, named 'Hong Kong Night', took place on 28 November, featuring 10 local poets reading their poems and exchanging views on poetry and literature with the international poets.

Participating poets included: Mohammed Bennis, Morocco; Chen Li, Taiwan; Peter Cole, USA; Najwan Darwish, Palestine; Jean-Michel Espitallier, France; Gemma Gorga, Spain; Kim Hyesoon, Korea; ko ko thett, Burma; Étienne Lalonde, Canada; Lau Yee-ching, Hong Kong; Nikola Madzirov, Macedonia; Agi Mishol, Israel; Noriko Mizuta, Japan; Fernando Pinto do Amaral, Portugal; Gleb Shulpyakov, Russia; Song Lin, China; Yoko Tawada, Japan; Anne Waldman, USA; Wang Xiaoni, China; and Ghassan Zaqtan, Palestine.



到任同仁 Newly Onboard

Information in this section can only be accessed with **CWEM password**.

若要瀏覽本部分的資料，
請須輸入**中大校園電子郵件密碼**。



電子支付系統面面觀

Paying Your Bills Electronically

內地和一些國家流行以手機和互聯網即時支付，在香港則並不普及。從過去觀察所得，一套支付體系的成功與否，主要視乎它的推行會令哪些人受惠——消費者、零售商、銀行，還是電訊商、手機生產商、電子商貿平台營運商？誰的利益愈大，他推動的誘因就愈大，接受程度也愈高。

站在消費者的角度，即時電子支付的最大優點是不需要攜帶大量現金，尤其是沉重的輔幣。從零售商的角度，處理現金的一切相關成本，如找零錢、儲存和保安等，都可免除。而電子支付平台供應商卻覬覦整套系統的現金流。至於這塊餡餅將由銀行、虛擬貨幣營運商，或是電貿平台，甚或移動通訊營運商奪得，將取決於各地法規和市場的角力了。

中大在1999至2002年期間，曾經跟本地銀行合作，將Mondex電子現金功能引入中大通校園卡，讓師生可以在全港六千多家商店即時支付。時值香港輔幣短缺，加上Mondex的一項獨有功能（兩名客戶可離線轉帳而無需銀行核實），電子錢曾經一度風行。「八達通」後來從金融管理局取得相關經營權，藉著其龐大的用戶群，把服務擴展至交通以外，扼殺了其他電子錢的發展空間，則是後話了。

在內地，龐大的網上購物平台，逐步發展成涵蓋物流以至金融支付的企業集團。由於這些企業的購物平台幾乎包羅萬有，從消費者角度，它所使用的虛擬貨幣也就跟實體貨幣的功能很接近了。在香港，以八達通支付小額購物極為普及；加上非常樂意為你墊付，甚至給你各種優惠的信用卡公司；以及新近推出的電子支票，都分別著眼於財務收益，和免除人手處理的成本和錯誤。但消費者得明白，提供這些系統和基建的成本，最終都必會由消費者承擔。



Consumers in mainland China and some other countries could pay by mobile phone and via the Internet. These practices are not popular in Hong Kong, thus attracting criticism that our payment systems are outdated. Perhaps it would only be fair to first examine the incentives for using electronic money. So, whom will electronic payment benefit—consumer, merchant, bank, network operator, mobile phone manufacturer, or online shop operator? Needless to say, whoever benefits more will be a more ardent advocate as well as user.

The consumers seem to be the beneficiaries in that they don't need to carry any cash with them. But let's not forget the merchants who now can eliminate a lot of costs

in handling cash: safekeeping, handling small changes, depositing, etc. And the online shop operators have eyes on the huge cash flow generated by consumers depositing their monies into electronic cash. How this big piece of meat would end up on the platter of the bank, electronic cash operator, telecom operator or e-shopping operator really depends on the local regulations and the market.

Between 1999–2002, our University worked with a local bank to incorporate Mondex, an approved electronic cash scheme, into our CU Link Card. It facilitated our students and staff to pay at 6,000 shops in Hong Kong. The shortage of coins at the time and the unique feature of offline transactions between two cardholders made Mondex popular. But that didn't last long, and breathed its last breath when the Octopus card was authorized to extend its scope of service from transportation-only to other small retail transactions.

In mainland China, we witnessed the spectacular growth and expansion of online shopping platforms into cyber conglomerates covering logistics and financial services. From the perspective of consumers, the cyber money thus created for shopping is no different from real money since these platforms are selling nearly all kinds of products and services. In Hong Kong, we have the extremely popular Octopus for all small payments, numerous credit card operators standing by to give you credit in spending, and the recently launched e-cheque to pay through Internet. These mechanisms are either interested in the cash flow or in cutting operation costs. But no matter what, the consumer would need to foot the bill at the end.

梁光漢 Philip Leung



「自拍」診症法

Selfie Diagnosis

「自拍」這「潮語」，據說最早出現於2002年澳洲的網上討論區。在短短十多年間，手機自拍愈趨普遍，「自拍」更被牛津英文字典選為2013年度風雲單字。然而現時的手機功能，又豈止拍照和聽電話那麼簡單？

耶路撒冷希伯來大學的Boris Rubinsky教授率先研發透過手機傳送醫學影像的技術。這項技術無疑會為缺乏先進醫療影像儀器，也沒有足夠受過相關操作訓練人員的地區，在醫護上帶來極大的便利和好處。

美國和澳洲的科學家也致力研發手機軟件，可根據咳嗽的聲音和長短等，來分析致病原因是細菌感染，還是由過濾性病毒引起。當你開始有感冒症狀，只需要對著手機咳嗽幾下，就能即時獲得診斷結果，無須親自跑一趟診所。

沒有手機的年代，從畫像也可斷出不少症狀。著名荷蘭畫家林布蘭六十三歲時畫了一幅自畫像，從他臉頰的紅點與右眼下方擴張的血管，有經驗的醫生會看出他患了玫瑰痤瘡，其他患有此病的著名人物包括克林頓和費格遜爵士。

另一個例子，收藏於倫敦國家美術館第五號展廳。昆丁·馬西斯的〈老女人〉（或稱為「醜陋女公爵」）一直被視為是在嘲諷老貴婦對逝去青春的病態依戀。但英國著名癌症專家兼藝術評論家Michael Baum教授卻認為畫中老婦的奇特面相，證明她患上罕見的骨科病——柏哲德氏症。

若那位女公爵活在今天，「自拍」後看看照片，應該第一時間去找專科醫生問個究竟。



Selfie is reputed to have first appeared in an Australian online forum in 2002. By 2013, the act of taking self-portraits with one's cell phone had become so ubiquitous that the word referring to it was named the Word of the Year by the Oxford English Dictionary. However, our cell phone does more than receiving calls and taking pictures.

Prof. Boris Rubinsky of the Hebrew University of Jerusalem

is a pioneer in developing cell phone gadgets to transmit medical images for diagnosis and treatment. This gives tremendous health benefits to people in off-the-track places where sophisticated scanning and imaging devices and the expertise of trained personnel are not readily available.

Scientists in the US and in Australia have been developing softwares that could analyze the sounds of a cough, its duration, etc., to determine if it's bacterial or viral infection. When you begin to have symptoms of the common flu, you can just cough into your cell phone, get a diagnosis and save a trip to your doctor's.

Health conditions are readily diagnosable in paintings, too. Rembrandt painted a self-portrait at the age of 63. The red spots on his cheeks and the dilated blood vessels under his right eye show that he was suffering from rosacea, a chronic reddening of the face. Other famous sufferers of rosacea include Bill Clinton and Sir Alex Ferguson.

Prof. Michael Baum, UK cancer expert and art critic, saw no want of forensic possibilities in the National Gallery in London. Quinten Massys's 'An Old Woman' (more famously known as 'The Ugly Duchess') hangs in Room 5. It had long been thought to be a mockery of an old aristocrat clinging helplessly and ridiculously onto bygone youth. But the painting is in fact a truthful rendering of a woman suffering from a rare bone disorder called the Paget's disease.

Should the Duchess live today, she should be heading straight to the specialist's office after seeing her selfie photo.

李永光先生 Mr. Simon Lee

保安及交通事務處處長

Director of Security and Transport

加入中大六個月了，適應得怎樣？

我在5月到任，學生已開始放假，校園相對清靜，我可以較輕鬆地安頓下來，在與大學行政單位及書院聯絡，了解相關工作範疇之餘，細閱部門的檔案，在開學之前有一段密集充實的學習期。雖然我不曾在院校工作，可幸以前在警區工作的管理、策劃、行動等知識和經驗，都有用得着的地方。

是性格造就職業，還是職業造就了性格？

我警覺性高，好奇心重，喜歡尋根究柢。我是仔細規劃旅行日程，按步完成行程的那類人。我喜歡親自在前線體驗，這樣，下屬呈遞的行事方案是否實際可行，心裏便有譜，自己也可以提出新觀點，完善方案。對現有行事方式，我會嘗試了解背後理據，尋找改善空間。

偌大的中大校園，你走遍每個角落沒有？會觀察些甚麼？

基本上都走遍了。我常利用午飯時間，逐間書院、每一個建築群去看，除了開車，也會徒步，還坐遍所有線路的校巴。龐萬倫學生中心旁的捷徑、李兆基大樓怎樣與聯合書院連貫等，我都摸熟了。我會注意每個地點的交通網絡，站牌、指示是否清晰，也會留意不同設施及樓宇的保安措施等等。

上任後有甚麼新猷？

我不刻意求新，但外在環境不斷改變，給校園工作帶來新挑戰，我們必須與時並進。改變辦事模式不容易，要靠同事認同決策的理念和參與。我相信從根源、程序、制度、系統入手，善用現有資源，提高服務素質，用者欣賞，投訴減少，部門上下都會感到滿足，工作起來也更起勁。

那麼就談談交通管理的挑戰和應對措施吧。

這兒一百六十多幢建築物，每日接近三萬人及三千多至四千車次出入，有泊車證的車輛達三千一百多，十二條路線的校巴共三四十部，人人都在趕時間上班、上課、開會。校園面積縱是全港最大，路面也接近飽和。巴士服務編排要做得非常精細，還要預留彈性。我花了點時間整理校巴和轉堂巴的路線、編號、標示顏色，加上命名，如本部線、新聯線……，很微細的調整，但校內外人士都能一目了然。又清楚標示車種、行李大小上限，並重新調配車輛，使每條穿梭校巴路線都有可容納較大型行李的車種運作。此外，又收集乘客量數據，處理夜班校巴不足。

保安方面又如何？

上任之時，四年制實施三年了，因應校園人口驟增而實行的保安政策，也應適時檢討。我在檢討報告建議重整架構，在調配內部人力之餘增加適量人手，在原有的三個巡邏小隊加行政支援上，增加一個約十人的行動支援小隊，加強校園的巡邏、交通及人群管理，以及罪案防範措施等工作，最終目的是要提升我們的能力、專業和主動性，務求令校園更加安全。

運動是你閒時的唯一消遣嗎？

除了跑步、踏單車，還有玩音響，研究怎樣組件，配合家裏的環境，達到更理想聲效。我喜歡用人聲小品歌曲來試機，也愛聽敲擊，喜歡它刺激振奮。這個玩意兒頗為花費，不過，窩在家裏聽音響，太太當然不反對的。



Photo by ISO staff

You've been at CUHK for six months. How are you adjusting to the new environment?

I joined CUHK in May this year. During the summer holidays, the campus was relatively quiet and I was able to take my time settling down, touching base with the University's administrative departments and the Colleges, reading the files and picking up my duties before the start of a new school year. Though I have never worked in a tertiary institution, I can apply my previous experience and knowledge of working at police districts in areas of security management, planning and operation to my new role here.

Does personality affect career choice, or vice versa?

I am a very curious person who is always alert and likes to get to the bottom of things. I like to plan my travel itinerary in great detail, and follow it step by step. I also enjoy having frontline experience, so that I will have an idea whether proposals submitted by my colleagues are practical or not and can come up with alternatives. As for established policies, I tend to find out the underlying rationale and seek room for improvement.

Have you visited every corner of the vast CUHK campus? What do you usually observe?

I have been to almost everywhere. I often spend my lunch hour driving or walking through every College and cluster of buildings. I even tried all bus routes. Now, I am familiar with the detour next to the Pommerenke Student Centre and how the Lee Shau Kee Building connects to United College. Wherever I go, I would observe the transportation network, whether signages and directions are clear enough, and pay attention to security measures of various facilities and buildings.

Any new initiative after assuming your new position?

I don't want to make changes just for the sake of it. Nevertheless, it's necessary to keep up with external changes that pose new challenges to work on campus. To make new initiatives successful, we need the participation of our colleagues and their identification with the objectives. I believe if we start tackling the problems at their roots, and then revise procedures and systems of established policies and optimize the use of existing resources to enhance the quality of our services, we will receive more appreciation and fewer complaints from our

end-users. Job satisfaction will boost team morale and we will be even more zealous about our work.

Can you tell us about the challenges of traffic management and its related measures?

Here at CUHK, we have more than 160 buildings with nearly 30,000 people and 3,500 to 4,000 vehicles coming in and out of campus every day. There are more than 3,100 vehicles with parking permits and 30 to 40 shuttle and meet-class buses serving 12 routes. Everyone is in a hurry to go to class, work or meetings. We have the largest campus in Hong Kong and our traffic flow is nearly saturated. We need a sophisticated and flexible system for campus transportation. For this, I re-arranged bus routes, giving them numbers, colours and names such as 'Main Campus Line', 'NA-UC Line', etc. Luggage size guidelines and vehicle types are now clearly indicated on all buses, and luggage-allowed vehicles are now arranged to run for all shuttle routes on campus. Last but not least, data on the number of passengers are collected for planning shuttle bus services at night.

How about security?

When I joined CUHK, the four-year undergraduate curriculum had been implemented for three years. It was time to evaluate the security policy in response to the increased population on campus. I suggested re-structuring the security forces through internal transfer and carefully calculated manpower increase. In addition to the three patrol teams and one administrative support team, a new operational support team of about 10 members has been added to strengthen campus patrol, transportation and crowd management, and crime prevention, etc. The ultimate objective is to enhance the readiness, ability, as well as professionalism and proactiveness within our office, in order to make the campus a safer place.

Is exercising the only hobby you have?

I jog, I cycle, and I am also a hi-fi fanatic. I enjoy assembling audio components to improve the sound effects at home. I like to test the sound effects with vocals and percussion music, as the latter is usually rousing with a propensity for low pitches. This hobby costs money, but since I'm enjoying it at home, my wife no doubt supports me. 🎧

