Wei Lun Professor Examines Energy Production and the Environment in China

Prof. Vaclav Smil, FRSC, distinguished professor in the Department of Geography of the University of Manitoba in Canada, delivered a lecture entitled 'Long Term Perspectives on China's Energy 1950-2050' on 7th October in his capacity as Wei Lun Visiting Professor to the University.

In his lecture, Prof. Smil warned that China should pay greater attention to the impact of its energy industries, for failure to do so would have serious implications for her economic development and the global environment.

During three decades of centrally-planned development since 1949, he pointed out, the total output of coal, crude oil, and electricity in China increased rapidly, but the country's energy industries had low productivity, the level of private energy use was also very low, and energy conversions were extraordinarily inefficient — a direct cause of China's environmental degradation.

The situation improved significantly between 1980 and 1995, when the country's energy intensity fell by half. Prof. Smil believes that, in the coming generation, substantial gains in overall energy efficiency and a greater attention to protecting the environment are essential if China is to combine its much needed expansion of total energy production and per capita energy consumption with the maintenance of acceptable environmental quality.

Born in Bohemia, Prof. Smil obtained a doctorate in natural sciences from Carolinum University in Prague in 1965, and a Ph.D. from the College of Earth and Mineral Sciences of Pennsylvania State University in 1972. Since then, he has taught at the University of Manitoba where he is now a distinguished professor. He is currently a fellow of the Royal Society (Science Academy), and his research interests encompass a broad area of inter-disciplinary studies on China: economics, energy, food, population, public policy studies, and environmental affairs.

CUHK and HKUST Formalize Academic Partnership

An agreement on academic partnership was signed by vice-chancellor of The Chinese University Prof. Arthur K.C. Li, and president of the Hong Kong University of Science and Technology, Prof. Chia-wei Woo, on 28th September.

With the aim of establishing closer linkages with each other so as to be able to make greater contributions to tertiary education, the two universities formed the alliance which allows students to enrol in the other party's courses, and which encourages staff and departments to conduct joint research, organize joint seminars and conferences, and share academic resources.

What Makes Better Teaching

• Forty teaching staff participated in a teaching enhancement workshop conducted by Prof. David Cook from the Division of Studies in Medical Education, University of Alberta, from 20th to 23rd September. Topics addressed covered educational objectives, teaching progress, interaction with students, and presentation skills.

• Twenty-five teachers from different departments rediscovered and reaffirmed their capacity for humour in a teaching cells session facilitated by Prof. Chua Bee Leng of the Department of Management on 24th September. Entitled 'The Positive Use of Creativity and Humour in the Classroom', the session explored how the use of humour in teaching can bring out creativity in students and encourage them to express their views.

Fitness Programme Effective for Fat Children

The incidence of childhood obesity is on the rise in Hong Kong. The causes for childhood obesity are mostly improper diet and a sedentary lifestyle.

A Fun and Fit Weight Management Programme specially designed for obese local children aged 8 to 12 years was launched earlier this year to address such a phenomenon.

The project was organized by the Department of Sports Science and Physical Education and the Department of Paediatrics in collaboration with the Health Promotion and Education Department of the Adventist Hospital in Tsuen Wan. Supported by the Health Care and Promotion Fund of the Hospital Authority, the programme emphasized physical fitness and optimal diet rather than weight loss, and catered specifically for obese children at growing ages. It also functioned to educate parents in providing an environment conducive to a healthy lifestyle for their children.

After six months, the children in the programme demonstrated significant improvements in physical fitness and health. A seminar on Hong Kong Childhood Obesity was subsequently organized on 28th September for professionals in the field to share their findings on different aspects of weight control for children.
To Know More About
Energy Consumption and Efficiency
of Campus Buildings

Under the auspices of the Student Work Experience Scheme of Shaw College, the Department of Architecture carried out a pilot study on the energy efficiency and thermal comfort of the University Administration Building in January 1999. The study reveals that the thermal comfort needs could have been better met, and that further energy savings may be achieved by better air-conditioning (HVAC) controls, better use of natural and artificial lighting, and better housekeeping on equipment use on the part of the occupants.

Energy is a significant controllable cost in the running of university buildings. By adopting simple and cost-effective measures, fuel bills for these buildings could be considerably reduced. Well-designed buildings with efficiently managed services will require less energy to run and provide a more comfortable working and living environment. This in turn leads to better health and increased productivity. Efficiently run buildings also require less manpower to maintain and to service complaints.

In the financial year 1998—99, the University spent HK$55 million on energy which breaks down to HK$3,200 per staff member. The energy cost rose by about eight per cent per annum over the past four years (Fig. 1).

The average energy cost per month was HK$5.47 million in the summer and HK$4.63 million in the winter, with HVAC constituting 60 per cent of the total energy used in the buildings (Fig. 2). The rise in total energy costs is expected to continue with the completion of the Mong Man Wai Building and Phase V redevelopment of Chung Chi buildings.

An Energy Task Force, chaired by Mr. Terence Chan, the University Bursar, and drawing its members from the Estates Management Office and the Department of Architecture, has recently been set up to tackle the issue of energy conservation in university buildings and the enhancement of occupants’ comfort. The action plan includes a programme to raise the awareness of students and staff of energy issues, to contract out services to achieve greater energy efficiency, and to upgrade existing services in various buildings.

Figures 1 and 2 show the energy consumption and efficiency over the years, with figures for academic years.

HK$5Mil 

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HK$/m²/yr

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Fig. 1. Electricity Cost

Equipment & others 15%

Lighting 25%

HAC 60%

Fig. 2. Breakdown of Energy Usage (1998—99)
What's STDU?

There is now a new unit to train staff in administrative skills from telephone manners to how to write a business budget. The Staff Training and Development Unit (STDU), as it is called, has recently been established under the Personnel Office to enhance and coordinate the University's staff training and development activities. It is overseen by a Staff Training and Development Committee, whose members are well versed in resource management, staff training and development, information technology, language teaching, and industrial psychology. The committee is responsible for formulating policies on staff training and development for the University, reviewing applications for training from departments and units, providing support to training activities, and handling other related matters. A Training Manager, Mr. Daniel Chow, has been recruited to run the unit with a Training Executive, Ms. Kitman Lee.

Why the Need?

Staff development services of different types have always existed at the University. The University Library System, the University Safety Office, the Computer Services Centre/Information Technology Service Unit (CSC/ITSU), the Personnel Office, for example, have been organizing workshops and training sessions for staff. So why should the University devote valuable resources to such a venture?

Prof. Liu Pak-wai, chairman of the Staff Training and Development Committee, said that the need to coordinate training activities was identified after the launch of an internal management efficiency review of administrative units in early 1997. Prior to the management review of local tertiary institutions conducted by the University Grants Committee (UGC), both reviews prescribed good management practices, one of which was targeted at staff training. Prof. Liu, himself also chairman of the University's Task Force on Management Efficiency, said, "The management of the University, its departments, and units are faced with decreasing resources and manpower, and increasing workload and accountability. Productivity will need to increase. Re-engineering is one way of achieving that. Boosting the performance of individual staff members is another and this necessitates first identifying areas in their performance that need polishing. On the other hand, staff themselves need to know how to handle increased workload and stress. Society is continuously advancing. The nature of the work may not have changed, but the best method of doing it has. Staff members should keep abreast of the latest changes. Their attitude towards the use of information technology, for example, may need to change.'

Staff training and development services, which in his view are important for improving job performance and increasing productivity, fall in line therefore with the general direction the University is moving. While previously responsibility for these services is left to individual departments and units, they are now coordinated under the STDU, rendering their provision more organized and systematic. "The problem with leaving staff development to individual units is that they may not all give it equal importance and they may not all have enough resources to do it. The unit heads themselves also need to be familiarized with things such as the operation of the one-line budget and the University's personnel policy, but familiarization work has so far been piecemeal. Centralization and coordination should have been introduced earlier but it isn't too late now," Prof. Liu said.

How Does It Work?

However, certain types of training, especially those requiring specific or context sensitive knowledge, will still be carried out by the units that can best do the job. For example, training related to the mastery of information technology remains under the domain of the CSC/ITSU, while that related to library skills remains under the domain of the University Library System. In other specialty areas, STDU's role is to help source appropriate training programmes, trainers, or materials for departments or units. Information on selected external programmes will be published on the web-page of the Personnel Office.

The STDU's services are mainly for non-teaching staff but opportunities for managerial development for department chairs are also provided. Teacher training, however, does not come under the jurisdiction of STDU. No charges are levied for STDU's services as long as they are prescribed by the University. Advisory services are also provided free of charge. But courses tailored for the specific needs of departments and units at the latter's request are offered at a fee.

Who Will Benefit First?

The STDU Committee has identified four focus areas to be given priority for the 1999-2000 academic year. They are performance management, customer service, communication/interpersonal skills, and staff induction. Training courses begin in October with induction for department chairpersons. This will be followed by induction for newly appointed staff members of other ranks, workshops for middle-level management, for frontline staff, for administrative and professional staff, and finally executive assistants.

Cultivating A New Culture

Attendance of the training courses is largely voluntary and needs the prior endorsement of the supervisor of the staff member in question. Prof. Liu said that though staff training may be recommended by the supervisor in his/her appraisal of a staff member, he hopes that in most cases, it is the staff member who proactively recognizes his/her needs and puts in a request for training. He also hopes that both the staff and their supervisors will be supportive of staff training and development. He is slightly worried that "when there is a lot of work to be done, supervisors may be unwilling to let their staff take time off for training and, on the other hand, staff members themselves may not be able to see why they need training', especially since, he says, the culture of staff training and development is not as prevalent at the University as, say, certain commercial firms. Therefore he urges all to see such activities as a key to enhancing productivity and cost-efficiency, and a factor affecting their career prospects.

Feedback in the form of descriptive assessments will be solicited from the participants some time after their training about the applicability of the programmes to day-to-day work. Post-training performance will be observed to see if C.U.H.K. staff have benefited from the training and become better mannered, better skilled, and more productive.
宣布事項

ANNOUNCEMENTS

新任講座教授

Professorial Appointments

兒科講座教授

Professor of Paediatrics

大学宣布委任霍泰輝教授為兒科講座教授，任期由一九九九年十月一日起生效。

霍教授在香港大學醫學院講學，一九九五年獲授內科學士學位，一九九七年起出任中國大學醫學院講座教授。霍教授在伊利沙伯醫院和瑪麗醫院工作，加入嬰兒院醫和服務，十八年受聘為講座教授，四十八年轉到中國大學醫學院，十八年受聘為教授，五九年任教授及研究講座教授。

霍教授為董事會和學術委員會的成員，兼任總護理和兒科有關的職務達數年，並為香港內地兩所大學的編輯或編委。

Prof. Fok Tai-tai has been appointed professor of paediatrics from 1st October 1999.

Prof. Fok obtained his MB BS from the University of Hong Kong in 1975 and his MD from CUHK in 1997.

他於中國大學醫學院於1984年，他教兒科六年的學年度。他於香港大學醫學院就職時，他就進入了CBHEA教授講座教授為兒科講座教授。講學，一九九二年以客座高級講師身份加入中大服務，九三年受聘為高級講師，九六年晉升教授。他於九七年至八零年任內科及藥物治療學講座教授，任期由一九九九年十月一日起生效。

Prof. Chi Wu has been appointed professor of chemistry from 1st October 1999.

Prof. Chi obtained his BS from the University of Hong Kong in 1964, and his Ph.D. four years later from the University of Michigan. He joined The Chinese University as lecturer in chemistry in 1968, becoming senior lecturer in 1976, and reader in 1987. He is a visiting research professor to Brock University in Canada from 1977 to 1978.

Properties: Kaixin has some 120 publications under his name and his recent research focus is computational chemistry.

Committee on Academic Links

The Committee on Academic Links has recently been reconstituted as follows:

Chairman: Prof. Kenneth Young

Members: Dr. Chen Feng-chang Prof. Ambrose V.C. King

Prof. H.C. Kuan

Prof. C.Y. Lee

Prof. Lee Kam-lon

Mr. Jacob Leung

Registrar

University Dean of Students

Senior Executive for Programme Development (China Link)

Academic Links Officer, Office of Academic Links (China)

Director, Hong Kong Institute of Asia-Pacific Studies

Director, Office of International Studies Programs

Director, New Asia — Yale-in-China Chinese Language Centre

Member and Secretary: Director, Office of Academic Links (International)

(Term: until 31st July 2000)

預防流感

Influenza Vaccination

流行性感冒於冬季及春季為猖獗，故一般體質良好的人士，在患病期間，只可預防流感所引致的併發症。保建處備有預防疫苗，供員生注射，只收回成本價。

Influenza is an acute febrile illness mainly affecting the respiratory tract. It is present in Hong Kong all year round and is especially common in the spring and winter months. The vaccinations are now available at cost price at the University Health Centre. The weekend vaccination is also available at the Ma On Shan Health Centre from 10-12 and 2-4.

預防流感最有效的方法是增強個人抵抗力，實踐健康生活模式，也可注射流感預防疫苗。霍教授取得博士學位後留港，並於香港大學醫學院就職，一九九二年起出任中國大學醫學院講座教授。霍教授為董事會和學術委員會的成員，兼任總護理和兒科有關的職務達數年，並為香港內地兩所大學的編輯或編委。

Professor of Chemistry

Professor of Medicine and Therapeutics

大學宣布委任李國謙教授為化學講座教授，任期由一九九九年十月一日起生效。

李教授在伊利沙伯醫院和瑪麗醫院工作，加入嬰兒院醫和服務，十八年受聘為講座教授，四十八年轉到中國大學醫學院，十八年受聘為教授，五九年任教授及研究講座教授。

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Prof. J.E. Sanderson has been appointed professor of medicine and therapeutics from 1st October 1999.

Prof. Sanderson obtained his BA from Cambridge University in 1970, his MB B.Chir. from the University of Cambridge in 1973, his MA in 1974, and his MD in 1981.

He is a member or fellow of many societies including the British Cardiac Society, the British Medical Association, the Royal Society of Tropical Medicine, the Royal College of Physicians, the Hong Kong College of Cardiology, and the Hong Kong Academy of Medical Sciences, the Travel Industry Council of Hong Kong, the Advisory Committee on Travel Agents, and the Air Transport Licensing Authority.

Financial adviser to Messr. Herbert Tsoi & Partners, solicitors, Mr. Li obtained his MBA from the University of Pennsylvania. He is a fellow of both the Institute of Chartered Accountants in England and Wales and the Hong Kong Society of Accountants. He is a keen supporter of education and serves many public bodies, including the United Christian Medical Services, the Travel Industry Council of Hong Kong, the Advisory Committee on Travel Agents, and the Air Transport Licensing Authority.

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李教授在伊利沙伯醫院和瑪麗醫院工作，加入婴兒院医和服务，十八年受聘为讲座教授，四十八年转到中国大学医学院，其后到香港大学医学系进修，先后于五六及六八年获授理科学士及哲学硕士学位。

李教授为董事委员会和学术委员会的成员，兼任总护士长和儿童有关的职务超过十数年，并为香港内地两所大学的编辑或编辑。

Prof. Li obtained his BS from the University of Illinois in 1964, and his Ph.D. four years later from the University of Michigan. He joined The Chinese University as lecturer in chemistry in 1968, becoming senior lecturer in 1976, and reader in 1987. He is a visiting research professor to Brock University in Canada from 1977 to 1978.

Properties: Li has some 120 publications under his name and his recent research focus is computational chemistry.

內科及療效講座教授

Professor of Internal Medicine and Therapeutics

大學宣布委任李國謙教授為化學講座教授，任期由一九九九年十月一日起生效。

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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。
改用全新大學身分證

中大通 向資訊科技新世紀

資訊科技的概念近半年備受全城關注，從企業投資計劃、股票價格，以至預科生選讀大學學科的決定，皆受影響。

在這個熱潮出現以前，中大已一直推動和支持資訊科技在香港的發展，電腦中心的同仁亦致力推動資訊科技在全校的應用，本學年更先後推出「數碼證書」和「中大通」，協助學生邁向廿一世紀的資訊科技世界。

胡運驥博士（左）
梁光漢先生（右）

一卡兼多種功能

電腦設備服務處資深資訊科技服務處處長胡運驥博士表示，新的大學身分證名為「中大通」，內置智能卡，可儲存學生名牌、學位證書、住校學生的宿舍特權以及各種銀行資料，如同持卡人在銀行關係的各種帳戶，包括銀行結算帳戶及信用卡帳戶等，所有資料可供使用「中大通」的讀卡機隨時讀取。

胡博士指出，「中大通」現時已整合於大學內的多種系統，包括自動櫃員機系統及大學內部的各種交易系統。「中大通」使用方便，可作電子現金支付交易及銀行帳戶交易用途，同時亦可作身份證明用途。

使用「中大通」時，須先於自動櫃員機上輸入密碼，系統便會將學生的銀行資料及電子現金儲值金額顯示出來，供學生選擇使用。

「中大通」的發行，發起於本學年，中大電腦中心於今年初已經開始籌備。最初使用的是簡單的電子現金系統，當時的智能卡只用於電子現金支付交易，而銀行帳戶交易則使用一般的銀行卡。

學生可以將「中大通」與銀行帳戶及電子現金帳戶關聯，以電子現金支付交易。學生可在銀行櫃員機上直接取出電子現金，亦可在自動櫃員機上轉賬到銀行帳戶。

在大學內，學生亦可使用「中大通」來購物，包括食堂、書店等。學生亦可使用「中大通」來節約時間，因為使用電子現金支付交易時，學生不需要取現金，可直接使用「中大通」上的電子現金。

中大通訊 3 第一五二期 一九九九年十月十九日

改變大學身分證

中大通

中大通

改用全新大學身分證

中大通

向資訊科技新世紀

資訊科技的概念近半年備受全城關注，從企業投資計劃、股票價格，以至預科生選讀大學學科的決定，皆受影響。

在這個熱潮出現以前，中大已一直推動和支持資訊科技在香港的發展，電腦中心的同仁亦致力推動資訊科技在全校的應用，本學年更先後推出「數碼證書」和「中大通」，協助學生邁向廿一世紀的資訊科技世界。

胡運驥博士（左）
梁光漢先生（右）

一卡兼多種功能

電腦設備服務處資深資訊科技服務處處長胡運驥博士表示，新的大學身分證名為「中大通」，內置智能卡，可儲存學生名牌、學位證書、住校學生的宿舍特權以及各種銀行資料，如同持卡人在銀行關係的各種帳戶，包括銀行結算帳戶及信用卡帳戶等，所有資料可供使用「中大通」的讀卡機隨時讀取。

胡博士指出，「中大通」現時已整合於大學內的多種系統，包括自動櫃員機系統及大學內部的各種交易系統。「中大通」使用方便，可作電子現金支付交易及銀行帳戶交易用途，同時亦可作身份證明用途。

使用「中大通」時，須先於自動櫃員機上輸入密碼，系統便會將學生的銀行資料及電子現金儲值金額顯示出來，供學生選擇使用。

「中大通」由中大與恆生銀行聯合推出，學生可以在恆生銀行帳戶裡存取電子現金，也可以使用「中大通」作為提款卡。學生亦可使用「中大通」來支付大學內的消费，包括食堂、書店等。

在大學內，學生亦可使用「中大通」來購物，包括食堂、書店等。學生亦可使用「中大通」來節約時間，因為使用電子現金支付交易時，學生不需要取現金，可直接使用「中大通」上的電子現金。

中大通訊 3 第一五二期 一九九九年十月十九日
大學生自我定位不高

根據社會科學院的調查顯示，大學新生之中，認同大學生是社會精英和社會良心者，比率並不高。社會科學院每年都向該院新生進行問卷調查，了解他們的背景及價值取向。今年共發出問卷五百五十多份，回應率為七成六。調查顯示，大學新生之中，認同大學生是社會精英者僅三成，與否認者比例相若，另有四成多學生對此無所為然。大學生的自我定位感，不同有四成多學生對此無所為然，社會科學院認為調查結果意味大學新生中大學生是「社會精英」的定位已趨模糊，大學應深入探討學生的自我形象偏低，須深入探討。

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中國就業發展獎勵計劃

「中國就業發展獎勵計劃」結業典禮

第三屆「中國就業發展獎勵計劃」結業典禮——三月廿三日假百樂酒店牡丹閣舉行，出席嘉賓包括香港教育讓學生接受工作培訓，以提高他們的就業機會。學生可藉此機會培養他們的職業技能，同時也可為社會作出貢獻。計劃的成績令人鼓舞，參加計劃的學生普遍表示他們的就業前景有所改善。

職員培訓新氣象

起步始遲

經濟好景時，沒多少人理會「活到老，學到老」這句諺語蘊含的做人態度；經歷了金融風暴之後，「再培訓」、「終身學習」等口號或提議卻響徹整個香港社會。

中大行政與計劃委員會本年決定成立員工培訓及發展委員會，並在人事處設立員工培訓及發展組，設計和策劃培訓課程，供員工選修，並協調有關大學員工的培訓及發展事宜。此舉雖與社會的大氣候吻合，但比政府和私營企業有系統的員工培訓計劃，起步遲了至少十年。

社會科學院表示，調查結果反映大學須思考如何鼓勵學生反省「社會良心」這課題。
新亞金禧講座
李遠哲談中國文化與教育

諾貝爾化學獎得獎人、台灣中央研究院院長李遠哲教授上月廿四日蒞校主持首個新亞金禧講座，講題為“中國文化與教育”。

李教授在講座上指出，文化傳承是人類能在地球上生存、社會得以發展和繁榮的重要因素。但隨著時代的變遷，許多良好的傳統習俗卻因不適合現代社會的需求而遭棄置，例如儒家“有教無類”及“因材施教”的教育理念。他批評現今的教育制度只重成績，並以行政效率和方便管制等原因，推行劃一的課程，追求標準化的教學進度，缺乏彈性，把本性並不迎合現行教育制度的學生淘汰，扼殺他們發展才華的機會，亦由此而引致許多社會問題。

李教授希望儒家教育的理念能夠重新落實，使年青人可以享受“成人”亦“成才”的教育。

他進一步指出，如果我們“只能培養一群總是跟在別人後面或只學會在“已知”的世界裡轉圈，而無法勇敢地走入“未知”的世界而發現“新天地””的人，我們只能繼續落後於西方國家。

李教授希望見到中國教育的重建，讓學生得以在追求知識與探求真理的過程中，維持高度的興趣和熱誠，培養追根究底的精神，也讓他們與老師建立“亦師亦友”的平等關係，討論問題時不須顧慮會“犯上”，能勇於挑戰權威，這樣社會才會有進步。

講座假邵逸夫堂舉行，出席者包括新亞校董、校友、中大師生、政府官員以及二十多所中學的師生，共二千多人。

新亞書院為慶祝創校五十周年，特舉辦四個金禧講座，從不同角度探討中國文化。次講將於本月廿九日上午十一時半在邵逸夫堂舉行，由新加坡貿工部楊榮文部長主講“中國文化與政治”。

本校委託北京大學及復旦大學招收的第二批內地本科生上月杪抵港，展開在中大的大學生活。李國章校長和教務長何文匯教授於九月廿七日跟他們在大學賓館會面，而去年入讀中大的首批內地生亦獲邀出席，並由兩名代表以粵語介紹他們在過去一年的收穫，又獻唱“朋友”一曲歡迎新生。

第二批新生共卅二名，十八名來自北大，十四名來自復旦；女生較多，共廿五人。工商管理學院仍是最多內地生選擇入讀的學院，共十一名，其次為應用科學學院、資訊科技學院、社會科學學院及理學院，各有八名。理學院今年首次收錄內地本科生共五人；首次收錄他們的學科或課程包括生物化學學科、化學學科、分子生物技術學課程、資訊工程學課程、系統工程與工程管理學系、政治與行政學系、新聞與傳播學院及心理學系。

每名內地生的每年資助額為十萬港元，首年經費由校方籌募的私人捐款支助，往後三年則由香港賽馬會贊助。

三名中大學生表現超卓　當選香港學界運動領袖

本校三名學生的運動表現超卓，獲選為“香港學界運動領袖”。

中國科學院暨香港中文大學地球信息科學聯合實驗室去年利用雷達遙感技術觀測香港，今年又會在香港進行多種遙感試驗，為香港的防震抗滑研究提供新資料，並可作為政府決策的新依據。

雷達遙感具有全天候、全天時對地觀測的能力，對某些“地物”還有穿透的能力。雷達遙感通過主動發射電磁波觀測地物，對地表粗糙度和介電性質十分敏感，並具有多極化散射特性及干涉測量的成像方式，這些特性使雷達遙感成為最重要的對地觀測技術。

雷達遙感技術所提供的大範圍構造信息、微地貌信息，以及後期、覆蓋物下的基礎信息，都是研究地表穩定性的重要資料。利用雷達干涉技術可以測量到地表四毫米的位移，對研究地震及滑坡都至關重要。

附圖是新界的航空雷達圖像，研究人員利用線性構造增強提取技術和低次序構造組合分析方法，再結合野外地質調查，確定城門水塘北側和城門水塘東側為坡積物重力滑坡部位，具有強應變帶構造背景；新近一次的破損滑坡位於城門水塘東側，是構造拉張部位，與低序轉換拉分作用有關。

肥胖兒童健康之道

節制飲食多做運動

香港兒童肥胖問題日趨嚴重，根據九三年的調查，六至十八歲的兒童之中有一成至一成三的體重是超過中位體重兩成，並有越來越多兒童因為一些與肥胖有關的疾病如糖尿病，而要接受治療。

兒童肥胖的主要原因是缺乏運動和不適當的飲食。本校兒科學系和體育運動科學系獲健康護理及促進基金撥款，與荃灣港安醫院健康教育部合作展開一項以運動及控制飲食為重點的兒童體重控制計劃。

參與計劃的肥胖兒童共一百名，年齡介乎八至十二歲。在計劃完結時，他們在身體脂肪比率、體重、體形指數、心肺功能、肌肉強度（握力）及肌肉耐力（彎身）及身體柔軟度都有明顯的改進。其中脂肪比率平均下降了百分之六點四。血液分析亦顯示他們血中含膽固醇的水平下降百分之六，而對人體不良的膽固醇（即LDL膽固醇）的水平更下降了一成一。

研究人員指出，以往不少控制體重的計劃都不成功，原因是這些計劃只針對問題的一面。由他們特別設計的體重控制計劃，則強調體適能鍛鍊及健康的飲食，而非以減輕體重為主要手段，故能周全解決肥胖問題。

1  第一五二期  一九九九年十月十九日