Normal Range of Cardiorespiratory Fitness for Chinese Adults Established

Low levels of cardiorespiratory fitness have proven to be associated with a higher risk of premature death from all causes, specifically from cardiovascular disease. However, there has been no study conducted to describe the aerobic capacity norms in healthy Chinese. No longer the case now.

The Chinese University of Hong Kong has conducted a study to determine the normal range of cardiorespiratory fitness for Chinese adults. The study was conducted over a period of three years, with a total of 1,000 participants, including both male and female adults aged 18 to 65. The results show that the normal range of cardiorespiratory fitness varies by age group, gender, and body mass index.

The study also found that individuals with higher levels of cardiorespiratory fitness are less likely to develop cardiovascular diseases and have a lower risk of all-cause mortality. These findings highlight the importance of maintaining a healthy lifestyle through regular exercise to improve cardiovascular health.

CU Recommends New Combination Treatment for Chinese Chronic Hepatitis B Patients

Chronic Hepatitis B virus infection is the commonest cause of liver cirrhosis and liver cancer in Hong Kong. Patients with Hepatitis B are at risk of developing liver disease, and there is a higher risk of liver-related complications. Doctors often treat these patients with powerful antiviral drugs but drug-resistant viral mutants may emerge with prolonged treatment. To help prevent resistance and improve outcomes, doctors sometimes combine interferon with antiviral drugs.

The Chinese University has conducted a study to assess the benefits of combining pegylated interferon-α 2b with lamivudine. The results show that the combination treatment group had a significantly higher proportion of sustained virologic response six months after stopping treatment (80 per cent vs. 40 per cent). Adverse reactions were more common with combination therapy than lamivudine alone.

The study recommends that combining pegylated interferon with lamivudine may be considered as the first-line treatment of chronic Hepatitis B.

Opening of Chan Chun Ha Hostel in United College

The opening ceremony of Chan Chun Ha Hostel, the fourth student residence of United College, took place on 1st March 2005. The ceremony was officiated by Mr. C.P. Lin (middle), trustee of the Chan Chun Ha Charitable Trust; Prof. Lawrence Lau (left), vice-chancellor of the University; Prof. Shum Chin Sang (right), chairman of the United College Board of Trustees; Dr. Thomas H.C. Cheung (left), president of the United College Alumni Association, and Prof. K.P. Fung (right), head of United College. The ceremony was held at the Prince of Wales Hospital to see whether combining pegylated interferon-α 2b with lamivudine reduces the amount of Hepatitis B virus in the body and liver inflammation more than lamivudine alone from 2000 to 2003.

One hundred Chinese adults with chronic Hepatitis B were randomly assigned to receive pegylated interferon-α 2b for 32 weeks plus lamivudine for 52 weeks or lamivudine alone for 52 weeks. At the end of treatment, patients receiving combination therapy more often had virologic response, i.e. HBeAg seroconversion and HBV DNA suppression (60 per cent vs. 28 per cent). Adverse effects were more common with combination therapy than lamivudine alone.

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The study recommends that combining pegylated interferon with lamivudine may be considered as the first-line treatment of chronic Hepatitis B.

Run for Fun, Run for Health

The Faculty of Medicine and Chung Chi College jointly organized the annual health-promoting event Fun Run on 19th February. Two hundred and fifty participants, including students, alumni, and friends of the faculty and Chung Chi College, participated in the exercise which was kicked off by Prof. Leung Yuen Sang, head of Chung Chi College, and Prof. Fok Tai Fui, dean of medicine.

The winner took just 22 minutes 40 seconds to cross the finishing line, while other participants completed the 5-km route from the Prince of Wales Hospital to Lingnan Stadium at Chung Chi College in an hour. The Fun Run embodies the faculty's thesis of encouraging staff and students to adopt a healthy lifestyle by exercising to prevent disorders such as obesity, high blood pressure, high cholesterol, diabetes, and heart diseases.
CUBA Team Won Business Administration Paper Competition

A team of year-3 CUBA students won this year’s Business Administration Paper Competition organized by The Hong Kong Federation of Business Students. They were Catherine Chan, Ceci Yau and Steve Leung from the Department of Finance, and Christine Cheung of the BBA Programme. Their marketing objective was to convince target customers that their client insurance company was the most caring and professional global insurer to be relied on as their life partner.

Over 140 teams with more than 500 business students from the eight local institutions joined the competition, which has already become an annual event widely supported by the commercial sector and the government. Participants had to submit a three-year marketing plan for the life insurance division of an insurance company. Each institution selected a representative team to participate in the semi-final on 4th February. The CU students, together with the Baptist, UST and PolyU teams, entered the final round. The four Hong Kong finalists would be joined by an invited team from Beijing’s Tsinghua University.

To prepare for the final round on 19th February, which consisted of an oral presentation, a question-and-answer session and a debate between two final contestants, Prof. Stella So and Prof. Gordon Cheung were invited to coach the team in presentation skills. Chaired by legislator the Honourable Bernard Chan, JP, the evaluation committee short-listed the CU and Baptist teams for the debate. The two were well-matched and it took the committee much time deliberating before they could decide to grant the championship as well as the cash prize of HK$8,000 and diamond pearl pendants worth HK$5,000 to the CU team.

Service to the Community and International Organizations

• Prof. Tung Ho Suk Ching, professor in the Department of Marketing, has been appointed by the Secretary for Health, Welfare and Food as a member of the Marketing Advisory Board for one year from 15th February 2005.

• Prof. Kwok Siu Tong, professor in the Department of History, has been appointed as a member of the Committee on Museums (博物館委員會) for two years from 1st November 2004. He has also been appointed as a member of the Stamp Advisory Committee (郵票咨询委員會) for two years from 2005.

• Prof. Yue On Ching, visiting professor in the Department of Information Engineering, has been invited by the Hong Kong Police Force as a member of the Advisory Panel on Future Communication Strategy.

• Prof. Diana T.F. Lee, professor in the Nethersole School of Nursing, has been re-appointed by the Nursing Council of Hong Kong as a co-opted member of the Accreditation Committee for two years from 1st March 2005.

• Prof. Wong Tsz-wai, professor in the Department of Community and Family Medicine, has been appointed as an honorary research fellow of Croucher Institute for Environmental Science (SCI) of Hong Kong Baptist University for one year from 1st March 2005.

Award

• Prof. Paul K.S. Chan, professor in the Department of Microbiology, has been admitted as Fellow of The Royal Society (英國皇家學會) and is scheduled to be admitted as Fellow of the Royal Society of Medicine (英國醫學會) from 1st March 2005.

• Prof. Stella So and Prof. Gordon Cheung were invited to coach the team in presentation skills. They were also invited to attend the final round.

• Prof. Yue On Ching, visiting professor in the Department of Information Engineering, has been invited by the Hong Kong Police Force as a member of the Advisory Panel on Future Communication Strategy.

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Announcements

Extension of One-way West-bound Traffic at Central Avenue and Relocation of Parking Spaces

The government has decided to extend the one-way traffic on Central Avenue and relocate the parking spaces. The proposal is expected to be completed within the third quarter of 2005.

During the said construction, some parking spaces in the area will be cancelled. To provide sufficient spaces for parking in the central campus during this period, AAC has decided to implement the following measures:

(i) With effect from Sunday, 27th March 2005, the one-way west-bound traffic for Central Avenue will be extended up to the entrance to the car park behind the University Library, and thus allocating one lane for parking.

(ii) As a result of the above change, the section of Central Avenue from Village Path up to the car park behind the University Library will become one-way west-bound only.

(iii) The part of Central Avenue to be designated for parking will be properly marked for the convenience of campus drivers.

(iv) Existing waiting site for the university staff's after-work city-bound buses on Central Avenue will be relocated to the John Fulton car park from 29th March 2005.

(v) AAC will review the above measures shortly before the redevelopment project's completion in 2008.

Microsoft FacET Seminar

The Information Technology Services Centre (ITSC) will organize a seminar on “Microsoft FacET’ on 23rd March to update the latest technology and development in Internet security, enterprise application and system management. There will also be an open forum for staff to discuss with the experts from Microsoft about the IT industry and possible career paths. The seminar will be held at the Lecture Theatre 6, Lady Shaw Building. The morning session (9.30 a.m. – noon, mainly for staff, students are also welcome) will focus on:

1. Security@Microsoft
   - Introduction of how Microsoft IT protects Microsoft internally by using various technology and processes. It will cover wireless, PKI, remote access, trustworthy messaging, etc.

2. Enterprise Application@Microsoft
   - Discussion on how Microsoft IT developed and deployed an internal Web Services solution to provide an enterprise infrastructure for managing Web services across line-of-business applications at Microsoft. Also a few examples like how Microsoft uses the web to deliver training and online assessment.

3. System Management@Microsoft
   - Overview of Microsoft’s use of Microsoft Operations Manager (MOM) in the Microsoft IT data centre as its key enterprise infrastructure and applications monitoring tool. It will also cover how Microsoft IT deployed SMS 2003 in its desktop environment. Microsoft IT turned to SMS 2003 to manage the application deployment process, improve hardware and software asset management, and to manage the deployment of security and software updates across the enterprise.

The afternoon session (2.30 p.m. – 3.30 p.m., mainly for students, staff are also welcome) will discuss about:

1. Security@Microsoft
2. Open Forum
   - General discussion of IT industry as a whole and sharing of the speakers’ career path.

To reserve a seat, please register now at ITSC Training Programmes, http://www.cuhk.edu.hk/itsc/training.

Notice of Office Move

CUBA Team Won Business Administration Paper Competition

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Notice of Office Move

The Publication Office has been relocated to G/F, South Wing, University Administration Building from 9th March 2005. Telephone and fax numbers remain unchanged.

US Consul General Speaks on WTO and Hong Kong’s Strengths

Mr. James Keith, Consul General of the United States of America in Hong Kong, believed that Hong Kong should continue to build on its strengths with the recovery of its economy. Mr. Keith was invited by the Chinese University to give a lecture titled ‘The WTO and Beyond: Building on Hong Kong’s Strengths’ at Cho Yiu Hall on 7th March. He talked about the prospects of the 6th Ministerial Conference of the World Trade Organization in Hong Kong in the coming December and the future of US-HK bilateral trade agenda. He also emphasized that the real strengths of the Hong Kong economy ‘continues to be its commitment to the rule of law and civil society; the free flow of information; and an accomplished work force with superior language skills and professional credentials.’
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。
前大學教務長何文匯教授

在中大，一晃就是二十五年了。

還記得我的第一個辦公室是在當時剛建好的碧秋樓。碧秋樓的大門對著一個廣大的、三級梯田一般的露天停車場。找車位並不困難，有幾位不懂泊車的同事常常在露天停車場一輛車佔用兩個車位也沒有人投訴。

二十五年來，中大內外改變了不少。主要因為樓房多了，那廣大的停車場上面已經蓋了遠遠夫婦樓。校園的建築物多了，當然空間就少了。很多不懂泊車的同事常常在露天停車場一輛車佔用兩個車位也沒有人投訴。

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學生事務處雷莫雪梅女士
歲月飛逝，轉眼間在學生事務處獎學金組已經默默地工作了四分之一個世紀，期間雖然經歷了人事不斷的變遷，工作及壓力亦日漸增加，但每年看見一班優秀的同學開開心心的前來領獎，心中即感到無限欣慰，一切煩惱亦拋諸腦後。盼望在未來的日子裡，仍然能夠為這個大家庭工作，與時並進。更借此衷心祝願中大揚名世界，騰飛萬里。

保安組關禮泉先生
轉眼間在中文大學已工作了二十五年。現在能取得一面金牌，真的很開心。我十分感謝中文大學多年來的栽培和同事的支持、合作，令我能快樂地度過這二十五年。

物業管理處羅素珍女士

大學圖書館李植楝先生
這是多年前我（後排右五）與同事的合照。相片中大部分同事已退休、移民，或離開中大。時間愈長，愈顯聚散無常。在繁忙生活中，每當翻開相簿，便會憶起昔日的情景。
本書的結構從事先界定基督教與中國文化的相關概念開始，探討基督教與中國文化的相異之處，再繼續討論兩者的相容之處，最後再討論基督教對中國文化交流的貢獻。基督教與中國文化的相關性，本是與中國文化本身的發展密切相關的，因此本書從中國文化發展的角度著手，以中國文化本身的發展為紐帶，探討兩者的相關性。

本書分別從基督教信仰、基督教教義、基督教文化和基督教文學四個方面，探討基督教與中國文化的相關性。其中，基督教信仰部分，探討基督教信仰在中國的傳播和影響；基督教教義部分，探討基督教教義在中國的轉化和適應；基督教文化和基督教文學部分，探討基督教文化和基督教文學在中國的影響和傳播。

本書的最後一部分，探討基督教對中國文化交流的貢獻。基督教的傳播和影響，不僅在於其自身的信仰和教義，更在於其對中國文化的影響和貢獻。基督教文化的傳播，不僅促進了中國文化的多元化，也對中國文化的發展產生了積極的影響。基督教對中國文化的貢獻，已經成為中國文化發展中的重要部分。

總之，本書從基督教信仰、基督教教義、基督教文化和基督教文學四個方面，探討基督教與中國文化的相關性。本書的最後一部分，探討基督教對中國文化交流的貢獻。相信本書的出版，將對進一步探討基督教與中國文化的相關性，產生重要的推動作用。
香港華裔成年人
心肺健康有待改善

心肺健康比較差的人士有較高危機早逝，主因是心血管疾病。但香港人的帶氧能力指標至今仍闕如。醫學院上學年开展了第一個華人心肺健康概況研究，結果顯示，不論男女，最大心跳率、最高換氣及攝氧能力均會隨年齡增長而下降，但身體脂肪比例則上升。帶氧能力的轉變，受年齡增長及體質影響，最高的年齡組別是二十五至三十四歲，其次是三十五至四十四歲。研究亦發現，不論男女，香港人的帶氧能力遠低於美國人。

研究人員指出，此項研究的華人帶氧能力指標，可供評估華人的健康和體質。研究結果亦肯定了帶氧能力下降的重要因素。公共衛生學院於是推出「健康生活模式工作坊」，旨在提升香港人的體質和整體健康水平。有興趣參加者，可致電二二五二八七六六、二二五二八七六五或二二五二八八三一查詢。
陳震夏宿舍正式啟用

聯合書院第四座學生宿舍「陳震夏宿舍」，於二月二十一日正式啟用，揭幕儀式由陳震夏慈善信託基金信託人盧志明律師（左一）、職業門診所聯會主席李文生醫生（左二）、校友會暨校友會董事局主席黃偉基博士（左三）及校董會主席岑才生先生（右一）主持，出席的書院校董、校友、教職員、學生等近百人。

陳震夏宿舍獲陳震夏慈善信託基金資助逾二千萬港元興建，樓高十層，有三百個宿位。大樓背倚鄭棟材樓，前眺吐露港，正門位於十樓，有電梯及行人天橋與聯合書院校園連接，毗連另三幢聯合學生宿舍。

陳震夏宿舍全部為雙人房，設備齊全，其中四間特別為殘障學生而設。一樓及九樓分別設有平台及天台花園，十樓更設有展覽廳，供圖書館及文娛活動使用，為學生提供高質素的生活環境。

商學生勇奪商業策略比賽冠軍

由計量財務學三年級學生邱詩詩、梁兆豐和陳鳳婷，以及工商管理學士綜合課程三年級學生何浚文及羅錦銘組成的隊伍，以提交保險公司為目地而顧客信心的終身夥伴為市場策略，奪得本年度香港大學商學比賽最佳工商論文獎的商業策略比賽冠軍。

這項廣受商界和政府機關支持的商業策略比賽，本屆有五百多名來自八大院校的商學生，合共超過一百四十支隊伍參加，經積累資格後於六月二十一日舉行，各自選出一支代表隊伍，參加決賽。

決賽在二月一日舉行，八校代表各自提交市場建議書，參加及評時享二十支隊伍參加，評時享二十四支隊伍參加，評時享二十四支隊伍參加，評時享二十四支隊伍參加。決賽在二月二十一日的決賽，各校均表現出佳，中大代表勇奪一等獎冠軍，並獲八千元獎金和鑽石青鮮珠寶。