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An interview with Prof. Nicholas Rawlins

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聚萃晨興 名士東來

晨興書院新院長汪寧笙教授跟《中大通訊》談他的專業、書院大計，以及他對中國長衫的鍾愛。

Master of Much

Prof. Nicholas Rawlins, the new Master of Morningside College, shares with *CUHK Newsletter* his views on neuroscience, his plans for the College and his taste for *cheongsam* and other niceties.



去年12月，汪寧笙教授接替已故的莫理斯教授，成為晨興書院第二任院長。他是著名腦神經學家、顯赫牛津人，歷任要職包括牛津大學發展及外務副校長。9月一個陽光燦爛的下午，筆者在晨興書院院長室中，一開始便問他如何從古城牛津，東來至中大的群山中。

原來早在東來之前，他對另一西遊故事已經耳熟能詳，皆因他父親（皇家海軍軍官、潛水醫學先驅）自小便教他讀亞瑟·偉利翻譯、中國四大奇書之一的《西遊記》。他自稱對悟空與八戒的故事「完全上了癮」。

他有一位牛津同學，甫畢業便隻身跑來香港開展事業。有一晚他到朋友家中吃飯，見朋友一襲中國長衫翩翩風度，他自此亦愛上中國傳統服裝。雖然訪問那天沒穿，現在他衣櫃內有不少中國外套及長衫。他認為長衫款式吸引、輕便舒適，而且任何場合皆宜。

2010年，汪寧笙教授出任牛津大學副校長，專責校務發展。牛津大學在香港設有辦事處，他於是每年過港三數回，對這個遠東小島逐漸認識，加上牛津與中大和多所內地院校都有合作研究計劃，正如他說：「任牛津副校長那段日子，東南亞簡直是我第二個家。」

身心同源一理

大學時代，他醉心生理心理學，那時牛津的課程亦容許他廣泛涉獵醫學、心理學、生理學、生物化學、植物學和動物學。他說：「嘗試從大腦的物理及化學結構理解外在的行為，甚至放到更高層次去研究，對我來說是無比引人入勝的探索過程。」

大腦中有個區域稱為海馬體，在患阿爾茨海默氏病的人中會出現明顯萎縮。汪寧笙教授對箇中原因及預防方法作過傑出研究。他專注大腦這小小區域，卻在另一他熟識的領域——高等教育——找到答案。他說：「一個人接受教育的時間愈長，他患阿爾茨海默氏病的機會便愈小。就算不幸患上，病徵也會延遲出現。」

他發現運動也有幫助。實驗證明，運動有助成人大腦製造新的細胞。這位著名的腦神經學家得出這樣的結論：「寂寞、壓力、焦慮以及抑鬱都會造成海馬體萎縮。相反，快樂及運動則會使它保持飽滿。人腦的秘密正一

點一滴給拆解開來，等待着腦神經學家探索的，將是一條很長很刺激的路。」

小格局 大用場

汪寧笙教授在牛津求學及任教其間，本屬堪稱牛津歷史最悠久的一所學院之一的大學學院，2007年他轉到一所研究生學院沃弗森學院。兩年後他出任大學副校長，本可返回大學學院，但他決定留在沃弗森，只為替這所小型學院籌謀。其後他協助成立了一個研究生獎學金，籌得百萬計款項，令出色的研究生可以盡展潛能。

新書院晨興也屬小書院格局，誰比汪寧笙教授更有資格為它籌謀？「小書院其實對大學相當重要，因為它可以小規模地試行一些構想。我認為晨興書院可以是大學的一個創意溫床。」晨興的通識課程令他感到自豪，因為培養了學生獨立思考及驗證數據的能力。他最希望見到的，是學生畢業之時，擁有獨立和批判思考。「我常常對學生說，要尊敬老師而不是敬畏老師。老師的意見好不好，要視乎他們的論據。我希望向學生灌輸這種態度、這種求學的方法、這種與人相處的習慣。」

當被問到晨興今後的發展路向，汪寧笙教授說他會繼續鼓勵創業、積極籌款，他也計劃增加雙向的學生交流機會。

他也有搭新橋鋪新路的計劃，包括加強書院與研究生宿舍的聯繫，因為他知道本科生與研究生不是斷層而是承傳，多接觸交流對兩者都有好處。此外，延攬更多後博士研究員及年輕專業人士到訪晨興，可以早些接通學術與專業之路。至於一路支持晨興的人士也是他的目標，可以為同學發展人脉網絡。

汪寧笙教授是飲食專家，認為舉辦如國際食品節之類的活動，必會有助凝聚國際生的歸屬感。他也開始邀請本地生的家庭成員蒞臨書院，親眼看看子女在學術之外，還在書院學到甚麼、碰到甚麼人。他自信滿滿的說：「小型書院可以是小小的達爾文進化地標。」

航向拜占庭

與汪寧笙教授一席話，筆者深深感受到他對大自然的熱愛，以及對生命中美好事物的欣賞。動的一面，他滑雪、步行、練合氣道。訪問期間他目光數度遠眺窗外群山，神馳彼巔。他也毫不掩飾對校園草木蟲鳥的唧唧，和對未能繼續打理牛津家小園圃的依依。

汪寧笙教授對五湖四海的珍肴異饌來者不拒，但對勃艮第區的黑比諾與摩澤爾區的雷司令卻情有獨鍾，笑說少有的死穴在這一紅一白兩處。

個半小時的交談，晨興書院的新院長予人學識淵博、品味超凡、談吐爾雅的印象。立而不破，風滿帆張，相信書院在他領導之下，航出流金一章指日可待。

Last December, Prof. Nicholas Rawlins succeeded the late Professor Sir James Mirrlees to become the second Master of Morningside College. A distinguished neuroscientist and Oxonian, Professor Rawlins had held many key positions including that of Pro-Vice-Chancellor for Development and External Affairs at Oxford University. So when I was heading towards the Master's Office of Morningside College one sunny September afternoon I thought a natural place to start the interview would be why he made a journey eastward from the spires in Oxford to the water towers in CUHK.

It turned out he had long been familiar with a journey to the west before his own eastbound adventure. When he was a small boy his father, Sir John Rawlins, a Royal Navy officer and pioneer in diving medicine, used to read to him from a book by Arthur Waley, *Monkey*, which was an abridged translation of one of the masterworks of classical Chinese literature. He was 'completely hooked on that.'

One of his best friends at Oxford came to Hong Kong right after graduation and went on to have a very successful career in this part of the world. Professor Rawlins once went to have dinner at his house, saw the black *cheongsam* his friend wore at that time and fell in love with this traditional Chinese outfit. Today he has a whole wardrobe of *cheongsam* and Chinese jackets (though he did not wear one on the day of the interview). He was won over by their stylishness, comfort and fitness for purposes both formal and informal.

With his appointment as Pro-Vice-Chancellor of Oxford in 2010 overseeing, among other things, the development team and its strategic office in Hong Kong, he visited Hong Kong three to four times a year, and came to know the city better and better. The medical and other departments of Oxford also had research collaborations with CUHK and schools in China. His mileage quickly accrued and he fondly recalled, 'These parts of Southeast Asia were very much a part of my life as pro-vice-chancellor.'

Straddling Physiology and Psychology

As an undergraduate, he was fascinated by physiological psychology and the curriculum then at Oxford allowed him to get the most out of a broad spectrum of biological sciences—medicine, psychology, physiology, biochemistry, botany, zoology. 'To try to understand behaviour in terms of what physically and chemically happens in the brain and to make sense

of it in the larger context is to me a wonderful piece of detective work that is intrinsically interesting.'

The part of the brain known as hippocampus (which he called 'my bit of the brain') is one of the core areas that degenerates in Alzheimer's disease. Professor Rawlins had done some seminal work relating to the brain damage associated with the disease and what could help to fend it off. Training his sight on this region of the brain, he found solutions in a terrain familiar to himself—tertiary education. In his words: 'The longer you've been in education, the lesser the chance you'd get Alzheimer's or if you get it you'd get it later.'

He found physical exercise helps, too. Experiments show that exercise helps to produce new cells in an adult brain, a process called neurogenesis. The famed neuroscientist concluded, 'Loneliness, stress, anxiety and depression help to cause shrinkage in the hippocampus. Happiness and exercise, on the other hand, help keep it plump. The secrets of the brain are beginning to be unravelled little by little, which will keep neuroscientists fascinated for a long time to come.'

Do More with Small

Professor Rawlins was affiliated with University College, one of the three colleges in Oxford which can lay claim to being the oldest. He became attached to Wolfson College, a postgraduate college, in 2007. When he became pro-vice-chancellor two years later, he had the chance to move back to University College but chose not to. He decided to stay on at Wolfson as an advocate for a niche college. Subsequently, he helped set up a matching scheme for postgraduate scholarships and brought in millions of pounds to enable many brilliant students to go as far as their talents took them.

Morningside is relatively young and small, and who is more fitting to be its advocate? 'A small college does something important for the University. It provides opportunities to try out new ideas in small scale. Morningside should be an experimental hothouse for the University,' he said. In his view, Morningside is rightly proud of its general education programme which is distinctive for getting students to think independently and weigh up data. Nothing pleases him more than seeing his students leave the College as individuals with independent and critical thinking habits.



▲與晨興學生暢敘
With Morningside students



▲身穿長衫·在牛津家中花園留影
Dressed in *cheongsam* in his home garden in Oxford

'I always told my students to be respectful but not deferential to their professors, for their professors' opinions are only as good as their arguments. I'd love to export to my students this attitude, this approach to education, this engagement with another human being.'

When asked what's on his wishlist for Morningside, Professor Rawlins replied that he would continue with the promoting of entrepreneurship, fundraising ('finding the might to support worthy causes such as general education and junior fellows from abroad'), and sending more students out on exchange and bringing more students in.

There are several bridges to be built, too. First, he plans to strengthen the relationship between the College and the postgraduate hostels as much benefit would result from the interaction between the undergraduates and the postgraduates. Second, if post-docs and young professionals can be invited to the College, social and professional ties would begin to blossom at an early stage. The College's supporters and sponsors are also on his radar for creating networking opportunities for the students.

A connoisseur in the culinary art himself, Professor Rawlins thinks an international food fest would go a long way to create solidarity among the international students. He's also started to invite the families of local students to come to the College and see for themselves how college education

has given their children something extra in addition to academic training. He was brimming with confidence when he remarked, 'Small colleges can be little cells of Darwinian evolution.'

Sailing to Byzantium

In talking to Professor Rawlins, I could feel his genuine love for nature and passion for anything that's good in life. He enjoys skiing and walking and practised Aikido. When he looked out from his office window to the mountains in the distance, his mind was scaling them in appreciation and in sweet anticipation. His adoration for the birds, butterflies, insects and plants on campus is as unapologetic as his regret for not being able to do gardening here is subtle but unmistakable.

Professor Rawlins is a foodie, to use a fashionable word, who delights in cuisines ranging from Persian to Peruvian. His taste for wine is, however, more terroir-specific—Mosel Riesling and Burgundy Pinot—which he admitted to be 'one of the least defensible luxuries.'

During the 90-minute interview, the new Master of Morningside came across as a man of extensive knowledge, consummate tastes and decorous articulation. A mover rather than a shaker. With him at the helm, Morningside College will surely be steered towards plain sailing waters and virgin havens in its next chapter. 🍷

T.C.

孝

中自有黃金屋

科大衛析論孝道與商業的關係

Filial Piety Pays

David Faure tells you why being good to your parents makes perfect commercial sense

孝是傳統美德，一般人談論孝，多會着眼其道德內涵和教化社會的作用。中大偉倫歷史學研究教授科大衛卻憑歷史學家的銳眼，揪出孝道與明清中國經濟密不可分的關係。他細閱文獻族譜、考察宗族祠堂，終還原歷史和古人生活的鮮活面貌。在9月9日第六場「智慧的探索」公開講座上，科教授以「孝道與產業：為甚麼『孝』有助商業發展？」為題分享研究結果和心得，吸引近二百名師生和公眾人士入場。一個半小時的演講和問答環節反應熱烈，教授妙語如珠、三言兩語拆解複雜問題的功力，令人拍案叫絕。

有子考無咎——孝為「存款保障」

為論證孝道推動商業發展，科教授在講座中提出兩點。開首他引用研究中國商業史的重要典籍、明人汪道昆所著《太函集》一篇關於「休寧程長公」的墓誌銘，敘述長公父親往揚州販鹽途中客死異鄉，他奉母命奔喪，到步後卻無法收回父親借出的貸款，回鄉復給鄉人追討其父之債的事跡。堅持為父還債的他鬻田賣簪還清貸款，守喪三年後向十位鄉間宗賢共借三千緡到新市鎮經營貸款業務，因利息低廉，其門若市。

這個故事，和孝道推動商業有甚麼關係？「這表面上是長公盡孝的故事，實際是銀行廣告。」教授打趣道。「長公是做銀行業務的，開銀行的人強調自己孝順，是要令人安心存款。他堅持為父還債，就說明錢存在他們那處是安全的，因為依此邏輯，他死了，兒子會負責。」他續說：「做生意必然牽涉借貸，要借貸就要確保債務能超越一代人的生命周期。明清時代沒有公司法，『孝』就發揮這作用，相當於將生意變成一獨立法人，不論管理者存歿，也要向債主負責。由此可見，孝與經濟活動關係密切。」

祖先為「法人」

接着，科大衛教授延伸孝道可令債務跨代的觀點，述說古人如何巧用孝的道德力量，以先祖為核心建構宗族，並以後者名義管

理財富、開展商業合作和鼓勵子孫生產。教授強調，古人壽命平均三十上下，子女與父母相處的時光不過十年左右，由是孝的傳統理論主要關乎父母死後——而非生前——如何表示孝心。關於死後盡孝，宋代以前，長子會在父母墳邊搭建茅寮，守孝三年。其後經宋儒提倡，人們以神主牌敬奉祖先，牌位容許子孫安置家中供奉，同時建構宗族網絡和歷史敘述。到明朝嘉靖年間，高級官員開始興建祠堂，民間漸漸普及，拜祭祖先成為宗族生活的重心。

「在中國，為『私』賺錢是壞事，但若然如此，為何明清時代這樣繁榮？」教授謂，這一切歸功朱熹的說法：累積田地、考取功名並無不妥，因這皆為祖先而做。他續稱：「把宗族這個理念推廣普及的理學家朱熹，就等同中國的孟德維爾（Bernard Mandeville）：宗族的自私自利，能夠為國家與社會帶來公益。」孝在中國是一種宗教的感召，祠堂就如西方的法人，負責管理財富。當中饒有興味的，便是明人霍韜在家訓提及的年度「報功最」儀式：祖先的牌位被移至中堂（正廳），家長側立，眾兒子依長幼站立兩旁，順序稟報該年賺得的田產和銀貨，再由長輩論功行賞。這辦法後來被賬簿取代，然而祠堂仍是財富管理或投資的核心：祠堂負責分賬、投資買地；投資做生意，人們多尋找宗親合資，每年拜祖先時輪流管理。

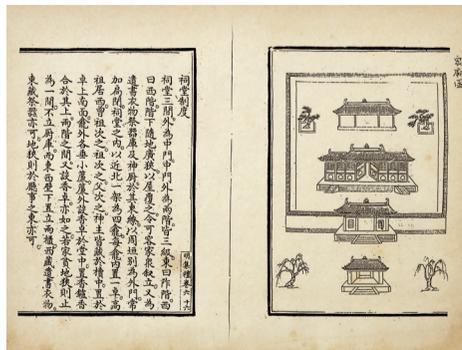


祖先牌位和畫像。專門懸掛畫像的廳堂名曰「影堂」 Ancestral tablets and portrait. Living halls displaying the portraits were called 'Ying Tang' (image hall)

西風東漸

祖先在華南充當法人角色，主要發生在明中葉至清中葉，即十六至十八世紀。科教授意味深長指出：「在西方社會，法律為社會核心，法律定下社會運作的規則；在中國，禮儀則是核心，叩頭後做甚麼也沒大關係。」孝作為禮儀，隨着社會發展，演變成有利營商的載體，而西風東漸，亦意味着孝的商業意涵步入夕陽。1865年，英國殖民統治下的香港引入公司法，至1903年清政府頒布此法，自此家族財產多用公司法管理。「時至今日，宗族仍存在，祠堂亦到處可見，只是它們已變為禮儀形式，不再主導家族共產，」教授道，「至此孝道與商業的故事，基本上已成過去。」

Filial piety is a key Confucian virtue but its discussions mostly centre around its moral content and ideological functions. With the historian's eagle eye, Prof. David Faure saw its close ties to the economy in the Ming-Qing period. From studying the literature and genealogical records to making field trips to ancestral halls, he reconstructed history and ancient life in all their vividness. At the sixth instalment of 'The Pursuit of Wisdom' public lecture series held on 9 September, the Wei Lun Research Professor of History shared his research findings and insights under the title of 'Filial Piety and Business



祠堂示意圖（左）和祠堂（右）。在明代，只有官宦人家後代才能建宗祠 Sketch of an ancestral hall (left) and an ancestral hall (right). In the Ming dynasty, only the descendants of high-ranking officials were allowed to build ancestral halls

Enterprise: Why is Filial Piety Good for Business?'. During the one-and-a-half-hour lecture cum Q&A, he held the audience of 200 faculty members, students and members of the public spellbound with dexterous treatment of some weighty matters.

Filial Piety as Safety Deposit

Professor Faure put forward two points to argue for the facilitating role played by filial piety in economic activities. He started off with a tomb epitaph from *The Collected Works of Taihan*, a seminal work on Chinese mercantile history by the Ming dynasty scholar-official Wang Daokun. The epitaph narrates how Cheng Changgong's father, a salt merchant, had died during a business trip to Yangzhou and how Changgong, upon getting to where his father died to take care of his funeral, discovered that he was unable to retrieve the debts owed to the deceased. Worse still, upon returning to the hometown he found he was held liable for the debts his father owed to the folks back home. Selling his land and valuables, Changgong managed to settle the debts. After the three-year mourning period, he borrowed money from 10 village elders and set off to a new town to set up a money-lending business. Thanks to the low interest rate he charged for his loans, his business thrived.

What does filial piety have to do with business in the story? 'On the surface, it seems to be a tale of filial responsibilities. But in fact, it works rather like a bank advertisement,' quipped Professor Faure. 'What Changgong operated was a banking business. A banker famed for his filial piety will keep his customers reassured. By insisting he would pay off his deceased father's debts, he's in fact making a statement that the cash deposits his customers placed with him were safe. By the same reasoning, if Changgong died himself, his son would honour his financial obligation.' He continued, 'Taking out loans is part of running a business. In order to be able to borrow, a borrower must convince the lender that his debt liability does not stop at his death. As there was no company law during the Ming and Qing periods, filial piety filled the gap nicely. It was like giving the status of a legal person to one's business. Dead or alive, one is liable to one's creditors. The close tie between filial piety and economic activities cannot be missed.'



Ancestors as Legal Persons

Professor Faure then went on to elaborate on his viewpoint that filial piety carries debt obligation across generations and explained how the ancients used filial piety as a moral force to establish clans with the ancestors at the core. Assets and estates were managed in the name of the ancestors, business partnerships forged, and clan members exhorted to accrue wealth for the clans. The average life expectancy at the time was around 30 years and the period shared by parents and their offspring was only about a decade. Thus filial piety was more about paying respects to deceased than to living parents. Prior to the Song dynasty, the eldest son would build a thatched hut next to his parents' grave and keep vigil there for three years. Subsequently, as advocated by the neo-Confucians, the descendants could place ancestral tablets at home and pay their respects thereat. Clan networks and family histories developed from there. By the time of Emperor Jiajing's reign in the Ming dynasty, it became fashionable for high-ranking officials to erect ancestral halls. Gradually, ancestral worship spread to the common people and became an important part of the clan system.

'In China, making money for "private" gains was held in contempt. If this was so,

how do you explain the prosperity enjoyed in the Ming and Qing periods?' asked Professor Faure. The great neo-Confucian Zhu Xi held that the pursuit of fame and fortune was perfectly legitimate since it was done for the sake of the ancestors. Professor Faure continued, 'Zhu Xi is like China's Bernard Mandeville. The pursuit of a clan's own interest would end up bringing benefits to the country and society.' Filial piety in ancient China was a religious calling, and ancestral halls were like legal persons in the West which were tasked with the management of wealth.

An interesting example of this union between the sacred and the secular was the annual ritual highlighted in the family instructions of the Ming scholar Huo Tao. During the ritual, the ancestral tablets were moved to the central hall, with the elders standing aside and the male children queuing on both sides to report, in descending order of age, on the lands and monies earned for the year. The elders would then mete out rewards. Although this ritual was later replaced by the ledger system, ancestral halls remained at the heart of wealth management. They were places where investment decisions were made and dividends distributed. To invest, clansmen formed partnerships with fellow clansmen, and took turns to manage the business at annual ancestral worships.



清末以降，祭祖焚香被視為封建迷信，祠堂紛紛改為圖書館，內裏仍有族譜等資料
In the waning years of the Qing dynasty, ancestral worship and joss burning were viewed as superstitious and ancestral halls were converted to libraries where genealogical records could be found

The Coming of the West

Ancestors were legal persons in southern China from the 16th to 18th centuries. Professor Faure observed, 'Western society was built upon law which laid down the rules and regulations for its operation. But in China, rites and rituals were all that matters. People had much leeway to do what they wanted after the bowing was done.' As a ritual, filial piety evolved with the times to become a vehicle conducive to business. But with the coming of the West to China, this vehicle

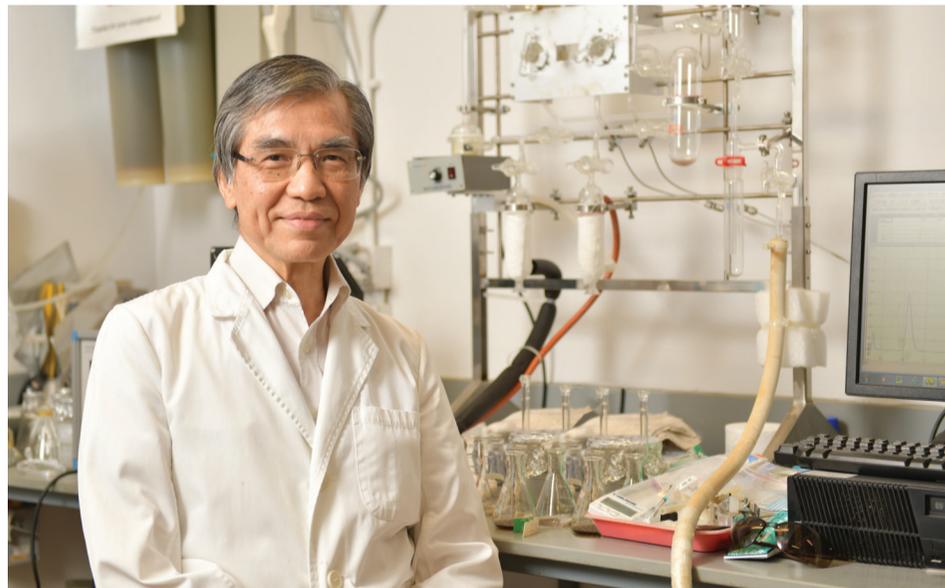
became obsolete itself. Company law was introduced into the British colony of Hong Kong in 1865. Decades later in 1903, the Qing government promulgated the company law and since then, most family assets have been governed by it. 'Up till today, clans are still around and so are the ancestral halls, only that they exist purely for ceremonial purposes and no longer manage the communal assets.' Professor Faure concluded, 'The story of filial piety and business has become a tale.'

Amy L.

學術探奇 / SCHOLARLY PURSUITS

磁力排污

A Magnetic Solution



你敢不敢喝廢水？微生物學家王保強運用天然的磁性物料處理廢水，殺菌並去除雜質。也許有天，廢水經處理後，我們可以一口喝下。

王教授發現，硫化鋅等天然礦物是理想媒介，能透過光催化作用降解水中有機物，並減少無機化合物，成本效益極佳。開採得來的硫化鋅，以天然閃鋅礦的形態存在，可以由光激活，氧化各種有機化合物。

經處理的天然閃鋅礦能以磁場輕易收集活性劑，將之從水中抽離。將電磁鐵置於水底，一經啟動，礦物便會沉底，屆時無菌的水便可從水面輕易抽走。

王教授現與廣東工業大學的研究團隊合作，這跨院校團隊亦與一家廣州公司展開合作，實測上述廢水淨化系統。



掃描閱讀全文

Would you drink waste water? Thanks to the work of microbiologist **Wong Po-keung**, such an advance would be possible, by treating outflow with natural but magnetic materials to kill bacteria and remove impurities.

Natural materials such as mined zinc sulphide, in the form of natural sphalerite, are cost-effective agents which photocatalytically degrade organic

material in water and reduce the amount of inorganic compounds in it. It can be activated by light, and oxidize any organic compound.

The magnetic natural material, once appropriated, can collect the active agent easily with its electromagnetic field and remove it from the water. Once an electromagnet at the bottom of the water container is activated, the materials settle to the bottom of the vessel, and the treated water can easily be drained from

the surface, bacteria-free.

Professor Wong and his team, together with a research team at the Guangdong University of Technology, have now started work with a Guangzhou-based company to test the waste-water purification system on site, to see how well it works in the real world.

Alex Frew McMillan



Scan to read the full story





宣布事項 / ANNOUNCEMENTS



一億贊建文物館新翼

Maecenas's Gift

中大蒙羅桂祥基金慷慨捐贈一億港元，為文物館擴建新大樓，支票捐贈儀式於早前舉行。新大樓以羅桂祥博士嘉名命名為「香港中文大學文物館—羅桂祥閣」，將進一步糅合藝術創作、策展與教學，推動大學增加相關課程，培養師生及公眾對藝術的欣賞。大樓預計於2023年竣工，標誌着2021年誌慶金禧的文物館踏入新里程。

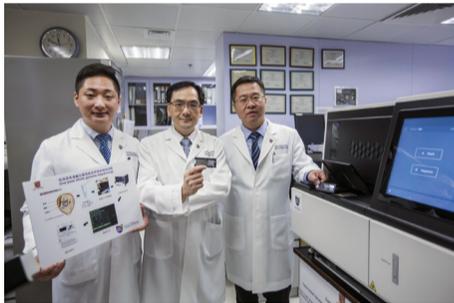


CUHK received a HK\$100 million donation from Lo Kwee Seong Foundation to construct an extension to the Art Museum. Named Art Museum of The Chinese University of Hong Kong—Lo Kwee Seong Pavilion, the extension would foster creation, curation and teaching of art, allowing the University to augment art-related courses and programmes and cultivating appreciation of art among students, faculty members and members of the public. The infrastructure, to be completed in 2023, would mark a milestone of the Art Museum succeeding its golden anniversary in 2021.

胎兒檢測新技術

State-of-the-art Screening for Babies-to-be

醫學院婦產科學系引入全基因組測序技術，以作遺傳學入侵性產前診斷。傳統的胎兒染色體核型分析難以測出微細基因異常，此類個案佔檢測結果正常的胎兒至少一成；而進行染色體微陣列分析的基因芯片技術受制於探針的密度，覆蓋範圍亦有限。全基因組測序提供全基因組序列信息，能更精準檢測胎兒是否患有嚴重先天疾病。過去五年，團隊開發測序平台，檢驗胎兒重複或遺漏的基因和基因組，單次檢測的樣本高達四十八個。研究證實新技術比基因芯片技術提供更多和更精準的遺傳信息，結果已詳刊於《醫學遺傳學》。



The Department of Obstetrics and Gynaecology of the Faculty of Medicine pioneered fetal DNA sequencing at genome-wide resolution for prenatal invasive genetic diagnosis, which offers more precise diagnostics of congenital disorders compared to traditional methods. While conventional karyotyping is missing out submicroscopic chromosomal abnormalities that account for 10% of fetuses with normal karyotype results, fetal DNA chip testing making use of chromosomal microarray analysis is highly reliant on the probe density of the target region. With whole genome sequencing, it provides genome-wide sequence information, and over the past five years, the CUHK team has developed and optimized whole genome analysis of micro-deletions and -duplications in fetus with an in-house analytic pipeline. With a throughput as high as 48 samples per run, the new technique was proven to be more precise than fetal DNA chip testing and the results were published in *Genetics in Medicine*.

環保先鋒赴英深造

Green Champion Heads for Oxford

地理與資源管理學系應屆畢業生鍾芯豫獲頒約一百萬港元利黃瑤璧千禧獎學金，負笈牛津大學攻讀環境變化與管理碩士課程，並冀學成後投身環保政策研究。就讀中大期間，芯豫積極參與環保活動，如創辦V'air環境教育組織，推廣低碳本地遊，紓緩氣候變化。她亦曾到世界銀行等國際組織實習和參與義務工作，體會本港作為發達城市，應為下一代的未來付出更多。去年芯豫加入可持續發展委員會，為香港永續發展出謀獻策。



Geography and Resource Management graduand Natalie Chung won the Esther Yewpick Lee Millennium Scholarship totalling around HK\$1 million to read a master's in environmental change and management at the University of Oxford. A staunch green campaigner on and off campus, Natalie founded V'air, an environmental education organization for local travel to reduce carbon emission associated with travelling abroad. Her experience at the World Bank also imparted to her the belief that Hong Kong, a well-developed city, has the obligation to go one step ahead in environmental protection. Last year, she recommended herself and eventually joined the Council for Sustainable Development to bring youth voices into environmental policymaking. Upon finishing her study at Oxford, she hopes to become an environmental leader and researcher.



榮休教授
Emeritus Professor

哲學系王慶節教授獲頒榮休教授名銜，由2019年8月16日起生效。

Prof. Wang Qingjie of the Department of Philosophy has been awarded the title of Emeritus Professor with effect from 16 August 2019.

公積金計劃投資回報成績

Investment Returns of Staff Superannuation Scheme

基金 Fund	8.2019		1.9.2018 – 31.8.2019	
	未經審核數據 Unaudited	指標回報 Benchmark Return	未經審核數據 Unaudited	指標回報 Benchmark Return
增長 Growth	-2.76%	-2.99%	-1.29%	-0.44%
平衡 Balanced	-0.74%	-1.57%	1.52%	1.81%
穩定 Stable	0.36%	0.84%	3.44%	5.56%
香港股票 HK Equity	-6.29%	-6.46%	-5.41%	-4.73%
香港指數 HK Index-linked	-7.05%	-7.05%	-4.62%	-4.44%
A50中國指數 A50 China Tracker	-4.06%	-4.10%	15.53%	17.33%
港元銀行存款 HKD Bank Deposit	0.19%	0.09%	2.12%	0.94%
美元銀行存款 USD Bank Deposit*	0.30%	0.19%	2.58%	1.00%
澳元銀行存款 AUD Bank Deposit*	-2.02%	-2.11%	-5.01%	-6.27%
歐元銀行存款 EUR Bank Deposit*	-1.00%	-1.00%	-5.56%	-5.51%
人民幣銀行存款 RMB Bank Deposit*	-3.42%	-3.42%	-2.52%	-3.19%

強積金數據請參閱：

www.cuhk.edu.hk/fno/chi/public/payroll_benefits/mpf.html

For MPF Scheme performance, please refer to:

www.cuhk.edu.hk/fno/eng/public/payroll_benefits/mpf.html

* 實際與指標回報已包括有關期間內之匯率變動

Both actual and benchmark returns include foreign currency exchange difference for the month

教職員公積金計劃 (1995) 投資簡報會

Staff Superannuation Scheme (1995) Investment Forum

財務處將於10月18日(星期五)下午十二時三十分至二時在李兆基樓二號演講廳舉行投資簡報會。會上薄備簡餐，請成員踴躍出席。參加表格可於財務處網頁 (www.cuhk.edu.hk/fno/eng/index.html) 下載。查詢請致電薪津及公積金組，電話3943 7236 / 7251。

An investment forum is scheduled on 18 October (Friday) from 12:30 pm to 2:00 pm at LT2, Lee Shau Kee Building. Light lunch will be provided. Your attendance at the forum is highly recommended. The enrolment form can be downloaded from the Finance Office's website (www.cuhk.edu.hk/fno/eng/index.html). For enquiries, please contact the Payroll and Superannuation Unit at 3943 7236 / 7251.

校園第七間哺乳室啟用

The Opening of the Seventh Nursing Room on Campus

第七間哺乳室已於9月23日投入服務，位置為第三十九區賽馬會研究生宿舍(二座及三座)側多用途禮堂一樓。為配合大學支援母乳餵哺的政策，女性及家庭友善政策小組於校園推動設立哺乳室，各間哺乳室的使用詳情可瀏覽www.wffp.cuhk.edu.hk/family-friendly-facilities/location-of-the-nursing-rooms。有關母乳餵哺友善工作間指引及政策小組的資料，請瀏覽www.wffp.cuhk.edu.hk。

The nursing room on 1/F, Amenity Hall, Jockey Club Postgraduate Halls 2 & 3, Area 39 has been put into service since 23 September. Tying in with the University's pledge to promote a breastfeeding-friendly workplace, the Task Force on Women and Family-Friendly Policies facilitates the setting up of nursing rooms on campus. Details of each nursing room are available at www.wffp.cuhk.edu.hk/family-friendly-facilities/location-of-the-nursing-rooms, and information regarding the lactation break policy and the Task Force at www.wffp.cuhk.edu.hk.

服務時段 (工作日) Opening Hours (Weekdays)	9:00 am – 5:30 pm
查詢 Enquiries	電話 Tel: 3943 9504 / 3943 9898 電郵 E-mail: wffp@cuhk.edu.hk
網上預約系統 (敬請預約) Online Booking System (Online Booking Required)	booking.cuhk.edu.hk

雅共賞 / ARTICULATION



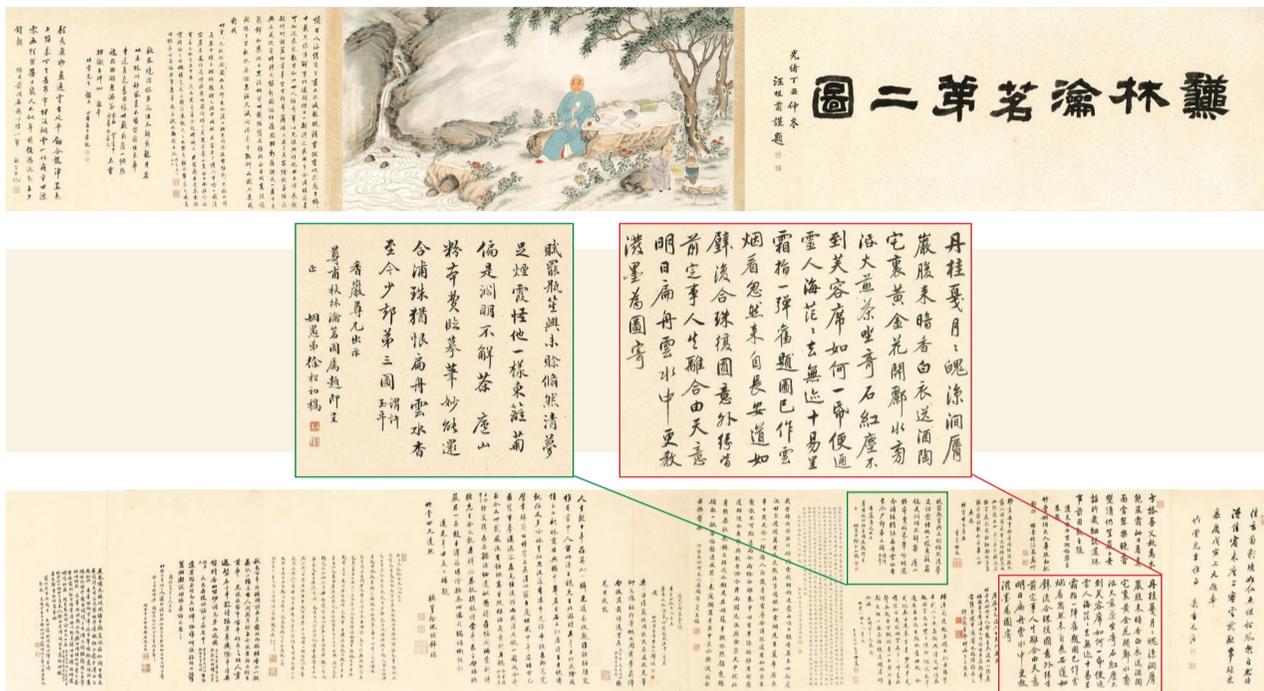
三十年挑戰

Thirty Year Challenge

中國傳統繪畫除了圖像之外，經常也有很多文字，不僅寫在畫心，也寫在透過裝裱開拓出來的書寫空間上。這些稱為「題跋」的留言有些是畫家所寫，有些卻出自畫家或藏家的同代相識或異代知己。有些題跋會記述題字者與作品的淵源，有些則傾向抒發其對作品的感受等。作為作品的一部分，它們讓畫作在畫家手中完成後，繼續在不同時空、不同人的筆下生長得更加豐滿，有更厚重的歷史文化內涵。

這片書寫空間熱鬧得很，就像現代人社交平台照片下的留言欄。文物館即將展出的《秋林滄茗圖》就是這樣一個奇妙的社交平台。畫中的伯伯名叫方沆，是清朝時浙江仁（今杭州）人。之前Facebook不是很流行分享自己十年前後的照片嗎？沈颺的題跋告訴我們，《秋林滄茗圖》本來是方沆的一個「三十年挑戰」！

原來方沆有一幅三十年前請人畫的肖像曾經遺失，最後卻奇跡地在京師找了回來。已經變成老伯伯的方沆再請人仿照舊畫畫下他年老的樣子，在背景加上花和石，然後把兩幅相隔三十年的畫裝裱在一起，邀請親朋給他題字留言。留言的人中，有壞壞取笑的，說「畫猶然舊日裝，人不似年前俊」；但也有人說方沆「風流有餘映」、「昔顏依舊如故」。到底方沆老了之後有多走樣呢？因為舊圖已經散佚，我們就只能發揮想像力了。



看不到的除了再次湮沒的舊圖，還有沒機會面世的第三幅圖。許玉年的留言道出方沆曾叫這位晚輩幫他畫第三幅像，但因為許第二天要出門，便答應帶去旅途中畫好寄回來（「明日扁舟雲水中，更教潑墨為圖寄」）。後來他大概沒有守諾，因為有一位徐松留言，說「猶恨扁舟雲水杳，至今少卻第三圖」，末了還怕不清楚，下面標上小字「謂許五年」，tag了人家一下！

這幅畫的有趣留言還有很多，文物館開了一個Facebook專頁「方伯的世界」，來給大家深入淺出地介紹。除了題跋之外，也會介紹其他與中國繪畫有關的知識，歡迎讚好及追蹤！

Heidi Wong

康健型格 / HEALTH MATTERS



晨型人生

Don't Seize the Day—Seize the Morning

Graduations, job promotions, running a marathon—milestones provide us with points of pride, achievements that reveal our intellect, grit and work ethic. Reflecting upon a span of time usually rouses these milestones, these 'big moments'. Goals we reach and associated celebratory emotions rise above other memories, stealing our attention like highlighted passages in a book. We fail to discern the small, quiet hours resting between these milestones. In reality, those mundane sticking points and times of friction hold a much larger stake in our lives than times of achievement.

While tempting, to use milestones as our barometer for success reflects a suspect truth. Bending reality around our proudest moments creates a skewed narrative. No matter how much they stand out amidst our reveries, it isn't what we do every 'sometimes' that defines us. But every day? A far more honest depiction.

The routines and habits constituting our days form the bedrock upon which we stand. Creating a durable foundation is the springboard for our proudest moments to soar.

Waking Up for a Better Life

Everyone and his uncle has read articles about morning routines. But morning routines aren't just reserved for health enthusiasts that swear by veganism, or those hyper-productive-types who listen to podcasts while reading while shaving while driving to work (we've all seen them). Some of the world's highest achievers wake up before dawn. (Both Apple CEO Tim Cook and Disney CEO Bob Iger reportedly rise before 4:30 am to exercise.)

A morning routine doesn't necessitate setting an alarm at some ungodly hour—that's exactly how to not start a morning routine. A morning routine you dread will not

last. Rather, habits you are proud to complete should constitute each day, things such as exercise or reading or meditation.

A balanced morning routine sets the tone, but so does getting to sleep. Too often, students roll out of their dorm at the eleventh hour, drag their lethargy with them to class and proceed to struggle against the increased gravity on their eyelids—not exactly optimal for learning. How would students feel—and perform—if they woke up earlier to exercise at the recreation centre on campus? Or if they read in the library rather than staying in bed scrolling through social media?

Each day, I wake up early to exercise and read before going to work. I've continued this for many years and it's helped provide stability and fitness in my life. By accomplishing something for my body and mind first thing in the morning, I can better focus on the awaiting tasks in my day. I have no decisions to make each morning; my routine automates everything. I've minimized uncertainty; autopilot guides my decisions. This affords me a greater capacity for reflection and mental clarity.

These first tasks are the first victories of the day. Implement positive habits that can snowball beyond the morning to precipitate a healthier, more productive day.

Me, Me, Me

Morning routines are highly individualized. The goal shouldn't be to emulate someone else, but instead to find what works and what doesn't. For someone who spends a significant time reading each day, she shouldn't add in an hour of reading to her morning routine. Or, someone who

works a late-night shift would be ill-advised to try and wake up at 4:30 am. The objective is simple: find what works best for you.

Recently, I've been experimenting with the 'Do Not Disturb' feature on iPhone, leaving it on until 9:00 am to minimize morning distractions. By no means have I perfected this habit, though it provides another opportunity for improvement—an added victory for the morning. I'm still testing whether to keep my phone on silent until after exercising or until I arrive to work. I'm seeking what works best for me.

A morning routine creates space and time for you to focus on yourself before the day commences. Work, school, relationships—our schedules are rarely empty, making it easy for poor habits to derail our health. By starting each day with designated 'me-time', you are reminding yourself you are a priority in your own life. A morning routine allows you to frame each morning as a victory. That sense of accomplishment imbues you with confidence to catalyze the rest of the day.

'Big moments' don't define you. Achievements stem from what transpires on a daily basis. Measure yourself with the disciplines of your daily, quiet hours. Not the stage-ready moments that define your 'sometimes'. Consider the habits that would make you proud to accomplish each morning; then, seize them.

Phil Rosen





「《粵港澳大灣區發展規劃綱要》
等於把矽谷與華爾街集中於港深
一身，大灣區將成為中國經濟發
展的新引擎。」



藍鏡富暨藍凱麗經濟學講座教授
劉遵義教授
（「中國經濟改革沒有輸家」，
《中國新聞網》，2019年9月14日）

‘When we have a clear and
comprehensive standard about
how prices are set, insurers can
be more certain in designing
insurance products. I’ve
reached out to the insurance
sector and they were positive
about our plan.’

Dr. Fung Hong,
Executive Director and Chief Executive Officer
of CUHK Medical Centre
（‘CUHK hospital to open next year’,
Hong Kong Standard, 17 September 2019）



‘To try to understand behaviour in terms of what
physically and chemically happens in the brain
and to make sense of it in the larger context is
to me a wonderful piece of detective work that is
intrinsically interesting.’

Prof. Nicholas Rawlins,
Master of Morningside College

p.02

‘Microbial contamination
is very serious. We can
sometimes inactivate the
bacteria, meaning they
won’t multiply, or even kill
them, and they really won’t
come back again.’



Prof. Wong Po-keung
of the School of Life Sciences,
a microbiologist treating contaminated water

p.05

「如果在產前診斷中發現胎兒患
有臨床顯著的基因組失衡，就能
為孕婦及其家人提供更多資訊，
以助他們作出相應決定，並檢視
日後的生育計劃。」

醫學院婦產科學系系主任
梁德楊教授
（「香港中大成功引入全基因組測序技術作胎兒產前診斷」，
《香港中國通訊社》，2019年9月18日）

‘Under certain circumstances,
an explosion could spread the
virus. Part of the wave of
the force of the explosion
would carry it away from the
site when it was first stored.’

Dr. Joseph Kam
of the Stanley Ho Centre for Emerging Infectious Diseases
（‘Explosion and fire break out at Russian lab known for
housing deadly smallpox virus’, CNN.com,
17 September 2019）

「如中醫醫療資訊系統引入《國際疾病與相關問題健康分類》中醫部分，
並與西醫CMS互通，或可嘗試從臨床實踐中歸納結果，在傳承學術思想
之餘，亦可為將來研究開發中醫藥治療香港常見疾病的新方藥組合、療
效、中西藥共用安全性等方面踏出關鍵的第一步。」

中醫學院官可祈博士
（「從病歷數據探索中醫藥傳承」，《信報財經新聞》，2019年9月20日）

「現今核心家庭數目增，跨代關係
趨薄弱，相信計劃可讓學生藉
照顧長者，了解公共醫療政策的可
行性及局限，加強面對社會老齡
化挑戰的應對能力。」



醫學院院長陳家亮教授
（「跨代共融計劃 學生變長者『同伴』」，
《香港經濟日報》，2019年9月20日）



‘When kids feel like their privacy is really
being invaded, what they tend to do is fortify
the boundaries they perceive as around their
personal stuff or personal information.’

Prof. Skyler Hawk
of the Department of Educational Psychology
（‘The Case Against Spying on Your Kids With Apps’, One Zero, 19 September 2019）