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腸路漫漫

陳基湘上下求索腸道健康圖譜

糖尿病、肥胖症、高血壓和抑鬱症皆為都市常見病。我們自小習慣稍有不適便向藥箱求救。腸道微生物群研究中心副主任**陳基湘**教授另有高見：我們必須先向內觀，然後才向外覓良方。

陳教授是中大醫學院微生物學系系主任，專研臨床病毒學和流行病學，是腸道微生物群和腸道微生物功能方面的頂尖學者。他並不接納健康問題皆源自自身（即我們的細胞）的說法，而認為癥結在於腸道細菌失衡。都市常見病的靈丹妙藥很可能繫於平衡的腸道微生物群。

雖然健康人群的腸道細菌通常處於平衡，但證據顯示，無論精神還是身體疾病都和腸道菌群紊亂脫不了關係。陳教授在2018年的先導研究招募了逾四百位實驗對象，建立起五個腸道菌群模式。透過研究糞便細菌的組合模式，首次劃定了不同類別的腸道細菌群狀況與其相關的腸道健康概況。

腸道健康雖然肉眼難見，但它觸及我們生活面向之多遠超想像。實際年齡當然會影響腸道微生物，但那只是芸芸影響因素之一。老年人和年輕人的腸道菌群模式有異，但將差異完全歸因年齡並不穩妥——飲食、生活方式、環境和遺傳均起作用。陳教授的先導研究獲得實證，指向腸道健康與睡眠質素、心情、血壓、心理健康、抗生素使用情況以及代謝綜合症等的相關性。

還有更微妙、更令人意想不到的因素，例如婚姻狀況和出生方式（剖腹產或是順產），也影響腸道健康。獨居者相較於和伴侶同居者，腸道微生物模式截然不同。剖腹產與順產帶來的差異更是令人匪夷所思——嬰兒出世的第一步怎麼就左右了他們日後的腸道健康？

鑒於上述情況，腸道健康的理想圖譜至今未明；這是相對嶄新的研究領域。陳教授的初步觀察為預測疾病和事前干預帶來佳音。他解釋道：「未界定正常、健康的腸道微生物群模式之前，無從建議具體、個人化的治療方案。一旦建

立了這個界定，便可相應作出預測，提出建議。所以首要之務是弄清楚個人腸道的健康狀況。」

有了合理目標以後，才能進一步推廣與提高健康意識。一旦發現和確立健康腸道的典型模式，往後只需透過檢查求診者的腸道狀況，便知其身體狀況是否偏離標準。

細菌何益之有？

我們自小視細菌為大敵。我們勤洗手、不吃未煮熟肉類、餅乾掉在地上超過五秒決不能放進口。我們和細菌勢不兩立，因此毫不吝嗇使用消毒洗手液和抗生素。

陳教授正戮力為細菌除惡名：「事實已證明，細菌也有好壞之分。腸道若是缺乏有益微生物，我們根本無法存活。」

腸道運作有賴林林種種的細菌協作，當中許多細菌功能強大而不可或缺，也就是說它們是益菌。大多情況下，健康出問題並非因為我們（我們的細胞）生病，而是腸道微生物群失衡。

未病先防

隨着研究推進，發現愈來愈多病痛都跟腸道健康有關。結腸癌、精神病、糖尿病和一眾過敏症只是腸道微生物群異常或失衡引發毛病的冰山一角。為腸道健康訂定參考點可以促成預防性和個人化治療，同時減少疾病突發。

這些都會在陳教授未來的研究中繼續探討。他計劃今年5月招募三千名志願者，以建立專門針對香港的腸道微生物群數據庫。該項目取名「港人腸菌圖譜」，目標是為香港居民建立健康腸道微生物的基準。去年的先導研究已顯示，腸道微生物群受生活方式和環境影響。為求建立一套精準和可供依據的腸道衛生概況，符合地域特性，研究必須顧及人口和地域的細節，因此只聚焦香港居民。

透過描繪健康腸道的圖譜，陳教授希望為香港居民建立合適可行的健康目標。腸道健康基準的定立意味着我們離身心靈全面健康的目標又近了一步。

聽腸子的話

任何努力，均須以目標為本，方有所得。治病扶危，舉足輕重，陳教授的研究破舊立新，不可或缺。沒了這項研究，腸道治療猶如沒頭蒼蠅，失去方向。

此項研究當然也有賴公眾參與。陳教授說：「研究只針對特定人群，所以需要香港人走出來，盡一分力，為醫療的未來開路。一分付出，我們的後代就能享受醫療進步帶來的十分便利。」

由於腸道模式因人口和地域而異，因此研究對象非香港人不可，不能由其他國家的研究數據代替。北美和歐洲的研究或許可供其他醫療領域參考，但腸道健康之獨特性不容借用數據。

陳教授的研究由2019年5月1日開始。參加者將親臨威爾斯親王醫院，完成健康問卷和評核，提供皮膚抹片、口腔樣本，以及驗血。最後是提供糞便樣本作細菌分析。每位參與者將獲發交通津貼和全面的健康評估報告。

腸道健康研究目前處於起始階段，陳基湘教授正一路領進，如果進展順利，以實證為基、防範於未然的治療方案指日可待。期望在不遠的將來，癌症、糖尿病等疾病的治療將趨向以預測和預防為主，而非病發後才設法補救。

這位腸道健康專家對預防治療的前景非常樂觀：「很快，不消幾十年，幾年就夠了。一切進展得很順暢。」

健康便是財富，有人視錢財如糞土，看來，財富的確得從糞土中尋。



Diabetes, obesity, hypertension and depression persist as pervasive ailments of modern society. The health assumptions we draw seem to push us, almost instinctively, toward the pill cabinet. Prof. **Paul K.S. Chan**, Associate Director of the Centre for Gut Microbiota Research, suggests otherwise: we must first look inwards before seeking external solutions.

Professor Chan is Chairman of the Department of Microbiology at the Faculty of Medicine in CUHK. As an expert in clinical virology and epidemiology, he has become one of the foremost researchers in gut microbiome ('gut microbial function'). Rather than adopting the assumption that health issues invariably stem from ourselves (our own cells), Professor Chan posits that the crux is gut bacteria imbalance. Finding the panacea to our most prevalent diseases may lie in balancing our gut microbiome.

While gut bacteria of healthy populations are generally well-balanced, evidence points to a correlation between disease—both mental and physical—and a disrupted gut microbiome. Professor Chan's 2018 pilot study included over 400 subjects and established five categories for bacterial patterns. Using stool bacterial compositions, it marked the first time categorical differences in gut health emerged and gut microbial profiles were set.

Gut health lies furtive; it touches more dimensions of our lives than conjecture would lead us to believe. Chronological age influences the gut microorganism, though it is just one piece of a multifaceted puzzle. Older individuals may have different patterns than younger individuals, though to ascribe disparities entirely to age is untoward—diet, lifestyle, environment, and genetics have a say too. The pilot study found evidence suggesting a correlation between gut health and aspects such as sleep quality, mood, blood pressure, mental health, antibiotic usage, and metabolic syndrome.

Even subtle, more unassuming factors such as marital

status and mode of birth (cesarean section versus vaginal delivery) revealed correlations. A single individual living alone exhibited a disparate gut microorganism pattern compared to an intimate partnership co-inhabiting a single household. The dissimilar yet patterned characteristics that distinguish between cesarean section births and vaginal delivery births provides further intrigue—how could a baby's very first step into the world hold sway in the future of their gut health?

Given the aforementioned, an ideal portrait of gut health remains vague; this is a relatively new field of study. These preliminary observations bode well for the future of disease prediction and preemptive intervention. 'Until we can determine what a normal healthy gut microorganism pattern looks like, we cannot begin to recommend specific, individual interventions,' Professor Chan explains. 'Once we establish this, we can develop predictions and implications regarding health advice. The first step is determining where an individual stands on the map of gut microorganisms.'

An evidence-based goal is the first step towards widespread, improved health and awareness. Once a typical, healthy gut microorganism is discovered and put in place, examinations can proceed to determine whether a given individual deviates from the baseline.

What's Good About Bacteria?

We grow up viewing bacteria as the antagonist to everyday life. We wash our hands incessantly, avoid eating uncooked meat, and abide by the five-second rule when we drop a cookie on the floor. 'Bacteria is bad,' we say. We rid ourselves of bacteria with hand sanitizer and antibiotics.

Professor Chan works against this conventional stigma, 'We have learned we have good bacteria. Organisms exist in our gut that we cannot survive without.'

Our gut operates with innumerable variations of bacteria, many of which are highly functional and essential; in other words, good. Oftentimes, our health issues stem not from pathology or disease of our own cells, but rather an imbalance of our gut microbiome.

Step into the Future

More and more maladies continue to be linked to gut health as research advances. Colon cancer, mental illnesses, diabetes and a slew of allergies only scratch the surface of a laundry list of ailments stemming from abnormal or imbalanced gut microorganism compositions. Defining reference points for gut health improves the chance for anticipatory and personalized interventions while potentially limiting surprise onsets of disease.

These considerations will continue to play a role in Professor Chan's forthcoming research. In May 2019, he plans to establish a gut microbiota data bank specific to Hong Kong by recruiting 3,000 volunteer subjects. Entitled 'HKGutMicMap,' the project focuses on establishing the baseline, normal pattern of a healthy gut microorganism profile for Hong Kong people. As the 2018 pilot study revealed, lifestyle and environment both impact the gut microbiome. To establish an accurate and relevant gut microorganism profile, the study must be population- and geography-sensitive, hence the focus on Hong Kong residents.

By painting a picture of what a healthy gut looks like, Professor Chan hopes to establish an applicable, attainable health target for people living in Hong Kong.

A baseline gut pattern marks the first step towards providing a goal and strategy towards more holistic wellness.

Listen to Your Gut—Answer the Call!

As with any pursuit, having a target precedes intelligent action. In the medical field stakes are heightened, making Professor Chan's research as necessary as it is groundbreaking. Without this study, people stand without a direction to aim in to remedy their gut health.

The study, however, cannot proceed without participation from the public. 'This research is unique to each population, so we need people in Hong Kong to come out and contribute. Volunteer for this study to set the course for medicine in the future,' adds Professor Chan. 'Provide a small thing now so future generations can enjoy the progress of research.'

Because of the distinction of gut patterns between populations and geographies, there cannot be a substitute for Hong Kong people. Data from other countries' research cannot replace this study. Studies from North America and Europe can be useful for other medical fields, though the uniqueness of gut health precludes borrowing data.

Professor Chan's gut health study begins 1 May 2019. Participants will visit the Prince of Wales Hospital to complete a health questionnaire and assessment, provide skin swabs, oral samples and a blood test. The final step will be to collect stool samples for bacterial analysis. Each participant will receive a travel allowance and a comprehensive health assessment report.

The field of gut health research remains in its incipient stages, and Professor Chan is spearheading these next steps. If progress continues at this rate, administering health interventions on an evidence-based, preemptive basis will be within reach. Hopefully in the not-so-distant future, treatment plans for cancer, diabetes and other afflictions will trend towards the predictive and prophylactic, rather than the reactive and palliative.

The gut health expert was optimistic regarding the potential for predictive health interventions. 'This will be in the near future. Years time. Not decades. Things are moving quickly,' says Professor Chan.

To solve our most prevalent diseases we may just need a gut check. 🍌

Phil Rosen

港人腸菌圖譜
HKGutMicMap





<http://bit.ly/2Tf5cVm>
查詢熱線 Hotline: 6590 5746

四社會賢達獲頒榮譽院士 Four Distinguished Persons Conferred Honorary Fellowships

中大於5月6日舉行第十八屆榮譽院士頒授典禮，由校董會主席梁乃鵬博士主禮，頒授榮譽院士銜予以下四位與中大淵源深厚的傑出人士，以表揚他們對大學及社會建樹良多。

The University held its Eighteenth Honorary Fellowship Conferment Ceremony on 6 May. Officiating at the ceremony, Dr. Norman N.P. Leung, Council Chairman, conferred honorary fellowships on the following four distinguished persons in recognition of their remarkable contributions to the University and the community.



林高演博士
Dr. Lam Ko-yin Colin

林高演博士參與管理多家上市企業，涉足各行各業，現任恒基兆業地產有限公司副主席兼執行董事，兼任香港小輪集團有限公司主席、香港中華煤氣有限公司董事、美麗華酒店企業有限公司董事。林博士也是仁安醫院有限公司董事，主導醫院的策劃和發展。他管治的企業，在香港經濟低迷期間，屢有惠民之舉。林博士向來熱心推動教育事業，捐助內地、香港及海外多家學府。他鼎力支持中大發展，除了設立獎助學金外，亦捐助和聲書院的校園發展。

Dr. Lam Ko-yin manages a number of listed companies in various industries. He is currently Vice Chairman and Executive Director of Henderson Land Development Company Limited, Chairman of Hong Kong Ferry (Holdings), and a director of Hong Kong and China Gas Company Limited, Miramar Hotel and Investment Company Limited. As a director of Union Hospital, Dr. Lam has been responsible for the hospital's strategic planning and development. The companies under his management showed compassion for the community during the city's economic downturn. Dr. Lam has been actively promoting education and nurturing the younger generations. He has made generous donations to educational institutions all over the world. Dr. Lam is also an ardent supporter of CUHK. Apart from setting up scholarships and bursaries, he supported the campus development of Lee Woo Sing College.



李德麟先生
Mr. Lee Tak-lun William

李德麟先生乃香港證券界元老，金融業的改革先驅，大唐金融集團創辦人。李先生在任金銀業貿易場理事長期間，建立電子交易平台，實現黃金交易電子化、大幅延長每日交易時段，從九九金市場拓展至國際現貨金市場。李先生關懷貧苦學生，多次慷慨資助中大設立助學金。他出任理事長的上海總會，贊助中大醫學院香港中西醫結合醫學研究所於灣仔設立醫務中心，推動中西醫學結合發展。

A leading figure in Hong Kong's securities sector, Mr. Lee Tak-lun founded the Grand Finance Group. During his tenure as President of the Chinese Gold and Silver Exchange Society, Mr. Lee spearheaded the establishment of Hong Kong's first Electronic Trading Platform. He transformed the open outcry method into electronic trading, increased the trading hours, and turned a 99 Tael Gold trading platform to an international spot gold trading market. Mr. Lee also took care of students in need of financial assistance, setting up scholarships to support them. When Mr. Lee became President of Shanghai Fraternity Association Hong Kong Limited, the Association sponsored the establishment of a clinic of 'The Chinese University of Hong Kong-Shanghai Fraternity Association Integrative Medical Centre' in Wan Chai to promote the development of Chinese-Western integrative therapies.



李俊駒先生
Mr. Lee Chun-kee Charlie

李俊駒先生創辦均輝集團，現任總裁兼董事會主席。該集團早年進軍空運、海運，其貨運和物流業務網絡現已遍及全球。籍貫廣東省中山市的李先生飲水思源，以其父親之名捐助家鄉興建學校，並支持興辦發電站及醫院。李先生於2010年成立李俊駒慈善基金，多次慷慨捐助中大，資助多項研究。

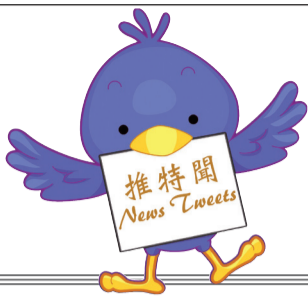
A native of Zhongshan City, Guangdong Province, Mr. Lee Chun-kee founded the Hecny Group (Hecny), currently the President and Chairman of the Board. In its early days, Hecny was dedicated to air- and sea-freight forwarding. It has developed a global network for its cargo freight and logistics businesses. Despite his successes, Mr. Lee has not forgotten his roots. His beneficence reaches back to his hometown. In his father's name, he funded the establishment of a school. Mr. Lee also sponsored the town's power station and hospital projects. In 2010, Mr. Lee set up The Charlie Lee Charitable Foundation which supported the University's research projects numerous and generously.



王文彥先生
Mr. Wong Man-yin Denny

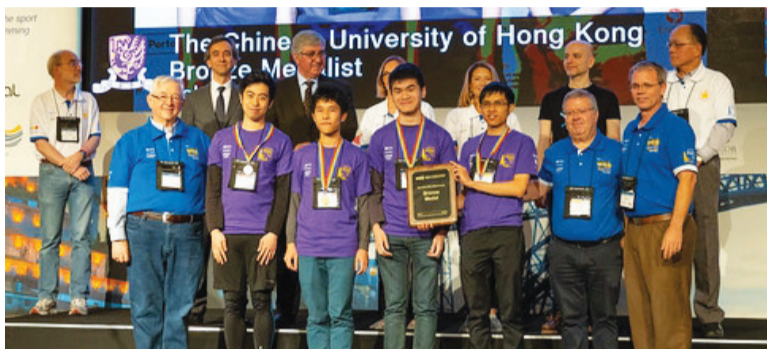
王文彥先生畢業於中大新亞書院經濟系，是中原地產代理有限公司創辦人之一。王先生致力追求完善企業管理，提倡專業操守，認為地產代理公司應履行社會責任，於1996年聯同多家地產代理公司創立「香港專業地產顧問商會」。王先生不忘回饋社會，每年平均捐出旗下怡居地產逾半純利，歷年捐款設立多項獎學金，鼓勵學生擴闊視野、上進自強。他現任新亞書院校董。

Mr. Wong Man-yin graduated from New Asia College of CUHK with a major in Economics. As a co-founder of the Centaline Property Agency, Mr. Wong has advocated professional ethics, services, and an operable management system. Further, he suggested that a property agency should practise social responsibility. In 1996, he established the Hong Kong Chamber of Professional Property Consultants Limited with other captains of the industry. Mr. Wong has not neglected his role in community service. Every year on average, he donates half of his company's net profit to charity. He has also donated significantly to establish scholarships that encourage students to further themselves and broaden their horizons. He is now a member of the Board of Trustees of New Asia College.



國際程式設計比賽摘銅

Wins Bronze Medal in the International Collegiate Programming Contest



一隊中大學生日前遠赴葡萄牙波圖，出戰第四十三屆「國際大學程式設計比賽 (ICPC)」世界總決賽，在一百三十五隊決賽隊伍中脫穎而出，勇奪銅獎。隊伍成員包括數學系何雁行、計量金融學系潘力行，以及計算機科學系易維濱。參賽隊伍須於五小時內編寫程式解決十一道涉及不同演算法、資料結構、博弈論等問題。ICPC是全球規模最大的電腦程式比賽，分地區賽和世界賽，吸引逾五萬名來自一百一十個國家及地區約三千所大學參加。

The programming team at CUHK won a bronze medal at the 43rd Annual World Finals of the International Collegiate Programming Contest (ICPC) held in Porto, Portugal, among 135 teams. The team included three undergraduate students: Yik Wai-pan, a Computer Science major, Ho Ngan-hang, a Mathematics major, and Poon Lik-hang, a Quantitative Finance major. They were required to solve 11 computer programming problems involving algorithm, data structure and game theory, etc., in five hours. The ICPC, the largest programming contest in the world, is a multi-tier competition with local, national, and regional contests leading to the world finals. This year over 50,000 contestants from over 3,000 universities in 110 countries took part in the competition.

本港首個兒童及青少年精神健康研究

Hong Kong's First Child and Adolescent Mental Health Study Kicks Off

中大精神科學系及心理學系合作開展全港首個針對兒童及青少年精神健康的大型研究「界心機」，將隨機選出一百多家中小學，再從同意參與的學校中隨機邀請八千名六至十七歲的學生或/及其父母，接受有診斷標準的訪談，了解現時本港中小學生的精神健康狀況和各種心理因素，之後進一步邀請其中一千人深入研究，找出影響本地兒童及青少年成長的風險及保護因素，以建立完善支援系統。這項研究為期約兩年半，由政府成立的精神健康諮詢委員會委託中大進行。



The Department of Psychiatry and the Department of Psychology at CUHK have launched Hong Kong's first child and adolescent mental health study, 'WORK HEART'. The inter-disciplinary team is now recruiting local students aged from six to 17 to participate in the study. Random sampling will be adopted to choose 8,000 students from over 100 primary and secondary schools. The selected students and/or their parents will participate in a detailed interview covering mental health diagnoses and other biopsychosocial factors. A sub-group of 1,000 students will be invited to participate in an intensive study where further health indicators will be measured. The study will help identify the risk and protective factors influencing child and adolescent development so that a support system can be developed. The study initiated by the Advisory Committee on Mental Health will complete in two-and-a-half years.

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中大人於2019香港資訊及通訊科技獎奪三獎

CUHK Members Receive Hong Kong ICT Awards 2019

中大教授及校友領導及參與的三個創新資訊及通訊科技應用方案，在「2019香港資訊及通訊科技獎」中奪得三獎。兩位物理系校友黃偉健先生及胡宏俊先生為香港天文台研發的「小渦旋」預報系統，奪得商業方案獎。該系統可於數小時前預報降雨和閃電的區域、時間和強度，以支援天文台的暴雨預警服務。

由醫學院眼科及視覺科學學系梁啟信教授（前排左二）創辦的艾斯數碼有限公司奪得智慧生活獎。該公司的虛擬實境頭戴式裝置，讓醫生和專業人員可以評估眼疾病人的視力障礙，以及體會病人日常遇到的困難，如模擬超市購物、白天及夜間上落樓梯等。中大亞洲供應鏈及物流研究所網際物流研究中心、香港機場管理局和啟悟合作研發的物聯網強化飛行區管理系統，獲得智慧出行獎。該系統能夠實時監察停機坪上航班和設備的狀況，協助管理航班抵達和離境期間的工作，如行李和航餐處理等。

Three innovative Information and Communications Technology solutions led or developed by the professors and alumni of CUHK have won top awards in the Hong Kong ICT Awards 2019. Two alumni from the Department of Physics, Mr. Wong Wai-kin and Mr. Woo Wang-chun, developed an urban-scale nowcasting system, Short-range Warning of Intense Rainstorms in Localised Systems (SWIRLS), for the Hong Kong Observatory. The system won Smart Business Grand Award. SWIRLS, which provides forecasts of location, timing and intensity of rainfall and lightning hours ahead, can support operation of rainstorm forecasting and warning services.

ACE VR Ltd, founded by Prof. Christopher Leung (2nd from left, front row), the Department of Ophthalmology and Visual Sciences, won Smart Living Grand Award with its virtual reality headset which simulates day-to-day activities, e.g., supermarket shopping, stair navigation in daytime and nighttime, and visualises difficulties experienced by visually-impaired patients. The system thus allows clinical assessment of vision-related disability. Hong Kong Airport Authority, Center of Cyber Logistics, AISCL, CUHK and ubiZense Ltd developed the IoT-Augmented Airfield Service System which won Smart Mobility Grand Award. The system can monitor the real-time operations of flights and facilities and support managing preparatory tasks between arrivals and departures of flights, e.g., baggage handling and catering.



政策模擬比賽列亞洲地區三甲

CUHK Team Becomes Top 3 in Policy Simulation Competition in Asia

難民問題引起全球關注。五名公共政策社會科學碩士課程的學生組隊遠赴韓國世宗市，參加2月23日的NASPAA-Batten模擬比賽亞洲地區選拔，就難民問題建議政策，與十一隊亞洲區頂尖大學競逐。經過一輪舌戰，中大與韓國發展研究所公共政策與管理學院和新加坡國立大學列地區三甲。

中大隊伍成員（左起）楊苑詩、甘瑩、孫研智、趙熾鎔和譚婧珊，在課程主任黃偉豪教授和課程副主任朱涓指導下備戰兩月。整日的比賽分為多個回合，每隊扮演一個國家制定政策，並且要在短時間內與其他參賽隊伍達成共識，達致雙贏。



Refugees have been one of the pressing global issues arousing concerns from every country. Five students of the MSc Programme in Public Policy (MPUP) formed a team to come up with policy recommendations for refugees' issues at the NASPAA-Batten Student Simulation Competition (Site Competition) on 23 February in Sejong, South Korea. The team competed head-to-head with eleven teams from other top Asian universities. CUHK, together with KDI School of Public Policy and Management in South Korea and National University of Singapore, became the top three in the competition.

The CUHK team, formed by (from left) Violet Leong, Harper Gan, Stella Son, Eunice Chiu and Retam Tam, spent two months preparing for the competition with support and guidance from Prof. Wilson Wong, Programme Director of MPUP, and Prof. May Chu, Assistant Programme Director of MPUP. The day-long competition was divided into rounds of simulation games. Each team represented a country making policy decisions and was required to collaborate strategically with the other teams within limited time to achieve 'win-win' outcomes.

交流社創經驗

Regional Forum on Inclusive Social Innovation

中大尤努斯社會事業中心—賽馬會青年計劃於4月5至7日舉辦了「社會事業區域論壇 2019: 包容性社會創新與大學社會責任」, 邀請兩岸三地大學的師生和青年團體參加。為期三天的論壇分為青年工作坊及研討會兩部分。在工作坊, 青年團隊學到社會創新的知識和技巧, 例如運用社會行銷促進社會改變、如何以商業模式延續社會影響力等。在研討會, 所有參加者代表其所屬院校或團體, 分享與社會包容相關的創新方案, 以及實踐大學社會責任的經驗。

The Yunus Social Business Centre-Jockey Club Youth Programme organized the Social Business Regional Forum 2019: Inclusive Social Innovation and University Social Responsibility on 5-7 April at CUHK. The scholars and students of universities and a youth group from the mainland, Taiwan and Hong Kong were invited to the forum comprising a workshop for the youth and a symposium for all participants. In the workshop, the youth learned more about social innovation and its strategies, e.g., how to use societal marketing to advocate social changes and make the social impacts sustainable using business model. In the symposium, all participants, on behalf of their units, shared innovative solutions for social inclusion and their experience in fulfilling university social responsibility.



奠定手語地位

Promotes Sign and Speech

中大手語及聾人研究中心與英國愛丁堡大學合作, 於4月18日成立亞洲首個「雙語時務」分會。香港分會將在本港以至亞洲推廣手語口語雙渠道雙語學習, 首個項目是推動學前教育「雙語樂」計劃, 讓本港兒童在早期學習階段接觸最少兩種語言, 其中包括手語, 以提升他們的語言及認知發展。「雙語時務」由歐美二十五所高等院校組成跨院校網絡, 共同推動雙語學習, 以及研究語言學習方法對個人語言及認知發展的影響。



The Centre for Sign Linguistics and Deaf Studies of CUHK and Bilingualism Matters of The University of Edinburgh have set up the first Asia Branch of Bilingualism Matters at CUHK on 18 April. The branch will promote bimodal bilingual education and research in the region. It will first promote the Fun with Sign and Speech, a project encouraging local children to have early exposure to at least two languages, including sign language. This aims to foster child speech and cognitive development. Bilingualism Matters is a network of twenty five higher institutions across Europe and the US, promoting bilingualism education and the study of its effect on speech and cognitive development.

年齡友善之影

Snapshot of Age-friendly Campus

賽馬會老年學研究所於2月至3月期間舉辦「帶我遊·中大」攝影比賽, 讓中大學生走遍校園, 發掘大學年齡友善的一面, 並以相片呈現。比賽已經順利完成, 就讀藝術文學碩士的黎玉琮憑一幅 After Lunch 奪冠, 一條不顯眼的行人斜道, 一位打傘的老人, 在細微之處顯出細密心思。各得獎作品和得獎者的感受可於研究所網頁瀏覽 (www.ioa.cuhk.edu.hk/afc)。



Jockey Club Institute of Ageing organized 'Show Me Around! CUHK' Photo Competition in February and March which provides CUHK students an opportunity to explore the campus and snapshot the age-friendly aspects of the University. The competition was successfully completed. The *After Lunch*, taken by Lai Yuk-king Lorita, a student of the MA Programme in Fine Arts, won the first prize. A pedestrian ramp and a senior holding an umbrella depict an age-friendly environment. The winning photos and the awardees' sharing are shown in the Institute's website (www.ioa.cuhk.edu.hk/afc).

宣布事項 / ANNOUNCEMENT



續任校董

Reappointed Council Member

李君豪先生續任大學校董, 任期三年, 由2019年6月1日起生效。

Mr. Vincent M.K.H. Lee has been appointed as a Member of the Council for a further period of three years with effect from 1 June 2019.

到任同仁 / NEWLY ONBOARD



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雅共賞 / ARTICULATION



讓時尚女王神魂顛倒的屏風

Coromandel Screen Defines Space and Beauty

時尚界傳奇人物 Coco Chanel 的傳記中有這樣的記述：

「我十八歲就迷上了中國屏風……當我走進一間中國商店，第一次看到克羅曼多屏風的時候，我興奮得幾乎昏倒。」

「克羅曼多」一詞無疑充滿異域風情，到底它為甚麼會出現在中國商店？又是怎樣

的藝術品，可以深深迷住二十世紀的時尚女王呢？

所謂克羅曼多 (Coromandel) 漆器，其實就是十六世紀盛行於中國的款彩漆雕，其造法是以磚粉、灰、混和豬血等塗於木板上成漆胎，再於表面罩黑漆，繼而在黑漆地上刻花紋，但只保留輪廓線，剔去輪廓內的漆，再於

其中填上混合了漆或油的彩料。是以款彩又稱「刻灰」或「大雕填」。屏風之外，這種工藝也多應用於插屏、箱匣等大型家具。

克羅曼多其實是個位於印度東南沿岸的貿易港的地名。十六世紀正值明代漆器工藝自由貿易的黃金時代，在供應本土所需之外更大量出口。克羅曼多是歐洲和遠東之間海事貿易的中轉站，就成為了外國人認識這種華美漆器的途徑，也變成了他們常用的稱呼。

文物館所藏的這件款彩壽慶人物六曲漆屏風共十二牒，以鉸鏈扣連，正背兩面分別刻男女壽慶場景，四周圍以博古、花鳥、瑞獸圖案。屏風以黑色為底色，賦色的油彩有藍、

綠、紅、淡紅、淺藍和白色。其構圖繁密，黑漆輪廓刻劃細勻，填色富麗，為清初康熙時期款彩漆器的典型特色。首尾兩牒兩面本均有題識，但原有的年款被改動為乾隆年款，推斷此屏於乾隆時期再次用作賀壽禮品，款識遭塗改，以致未能考證確切製造年月。

這類型的大屏風原常豎於大堂入口，或作為房間的間隔，亦用作庭園或涼臺的擋風屏。不過，香港寸金尺土，要在家放一套六米多寬、兩米多高的屏風相信並不容易。如果大家想近觀這種讓時尚女王「興奮得幾乎昏倒」的工藝品，不妨多留意文物館的展覽消息！

Heidi Wong



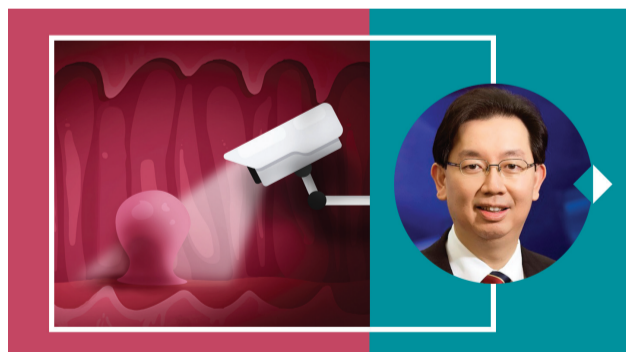
款彩壽慶人物六曲漆屏風 | 清康熙·十七世紀晚期 | 高257、廣615厘米 | 文物館館友會惠贈

醫醫筆寫 / DOCTORS' NOTES



姑「瘻」足以養癌？

Polyps, the Root of Colorectal Cancer



瘻肉是腸癌的元兇，當中腺性瘻肉的致癌風險最高。外科學系結直腸外科教授吳兆文說：「若腸道有三粒或以上腺性瘻肉，或其中一粒達一厘米，都屬高危。腺性瘻肉也有不同種類，若是絨毛狀結構，演變為腸癌的風險更高。」醫生一般會寧枉毋縱，進行大腸鏡檢查時，若發現瘻肉，不分種類即時切除。瘻肉轉癌，需時五

至十年，若腸鏡檢查沒有發現瘻肉，可於十年後才再作檢查。

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年齡、煙酒、低纖多紅肉的飲食習慣和肥胖等，都是可引發腸癌的因素。家族中曾有人患上大腸癌或遺傳性腸癌者，亦會增加風險。近年，另一致癌因素浮現，便是潰瘍性結腸炎。「患者因自身免疫系統問題，腸道持續發炎，若不處理，可能演變為腸癌，潰瘍性結腸炎的發病率在過去三十年急升六倍。」

中大研發出大腸癌風險評估指數，只要填寫問卷，便可就上述因素計算自己患有高危瘻肉的機會。「經評估高風險人士可考慮直接

進行腸鏡檢查，一般人只要接受大便隱血測試便足夠。」

實施大腸癌篩查計劃，短期內可能發現更多腸癌個案，但病人能及早發現，去除瘻肉，便可杜絕日後患癌的機會。吳教授預言：「十年後，腸癌的發病率會遞減。」

Colorectal cancer is the most common cancer in Hong Kong. In 2016, the age-standardized incidence rates were 50.6 for male and 31.4 for female per 100,000 standard population. These figures are comparable to those in Western countries.

Colorectal cancer may occur in the colon or rectum. Most colorectal cancer cases are diagnosed at stage two or three. To reduce the chance of relapse, these patients are required to receive chemotherapy after having their tumours removed. The Faculty of Medicine of CUHK conducted researches on colorectal cancer screening which aims at early detection and treatment, leading to the initiation of the Government's Pilot Programme. The second phase of the programme has been rolled out; Hong Kong residents aged 56 to 75 are subsidized to take a faecal occult blood test. If blood is found, colonoscopic check-ups will be arranged for further assessment.

Polyps are the culprit of colorectal cancer. The risk of developing into cancer for the adenomatous polyp is the highest. 'If three or more polyps are found, or one is 1cm or larger, the person is considered at high risk. Among different types of adenomatous polyp, the villous adenoma has even higher risk of

progression to cancer,' said Prof. **Simon Ng** of the Department of Surgery. It takes five to 10 years for a polyp to turn into cancer. If no polyps are found in the colonoscopic check-up, patients are advised to have the check-up again after 10 years.

Age, smoking and alcohol consumption, low fibre intake, high consumption of red meat and obesity are risk factors for colorectal cancer. Family history of bowel cancer or hereditary bowel diseases also lead to higher risk. In recent years, another risk factor, ulcerative colitis, has been spotted. 'Due to immune system dysfunction, patients who suffer from continuous bowel inflammation have a higher risk of progressing to colorectal cancer. The incidence rate of ulcerative colitis has increased six-fold in the past 30 years.'

Based on the above factors, CUHK developed the Colorectal-polyp Prediction Index, which allows the public to assess their chances of developing a high-risk polyp by completing a questionnaire. 'Those classified as high-risk may consider having a colonoscopic check-up while others may simply have a faecal occult blood test.'

Thanks to the implementation of the Colorectal Cancer Screening Programme, a larger number of colorectal cancer cases can be detected early. Timely detection and removal of polyps could minimize the risk of developing cancer. 'After 10 years, the incidence rate of the cancer will drop gradually,' Professor Ng explained.

M. Mak

賴漢榮博士

Dr. John Lai

◆
管理學系

Department of Management

◆

管理學理學碩士課程聯席主任
Co-director of Master of Science in
Management programme

你的教學深受學生歡迎，可否談談最注重培養學生甚麼態度？

我認為出來做事講求的專業精神和良好工作態度需要在學校培養起來。其中一樣是守時，因為這是對人基本的尊重。對自己的學習負責也是我所重視的。我要求他們上課專心致志、全情投入，用心聆聽且不斷反思所學。沒有比在進入職場前培養好專業精神和良好習慣更重要的事情了。

為何如此熱衷教育？

一切源自十七歲那年。一晚我躺在床上，仰望天花，突然意識到自己的夢想是在大學教書，向學生言傳身教。我希望能與人真切交流、建立深厚真摯的關係，互相啟發，相得益彰。最近，一位交流生傳來一句名人傳語：「庸師說教、良師解惑、明師演示、大師啟發。」這正是我一直以來追求的目標——導引和啟發學生，繼而點亮他們的人生，這給我最大不過的滿足感。

教育上有哪位楷模？

我的兩位同事——兩年前榮休的**范建強**教授，以及**牧野成史**教授引領我涉足教育行政，在制度上推陳出新。范教授親身演繹優秀的行政離不開信任和自主；牧野教授則鼓勵我放懷跨步，懷着雄豪之志「開創新局」。

如何做到與學生和校友均保持緊密聯繫？

廣結善緣、與人建立誠摯關係需付出時間和心力，但一切都值得。我身處多至數不清的WhatsApp群組，藉此與學生和舊生們保持聯繫。我也常與他們暢敘，互道工作和生活近況。他們給我的靈感和啟發，我也會在上課時提及，讓學生參詳汲養。

你強調學習旨趣在於順性和發現自我，而非名利和權力的追逐。這好像與大眾眼中的商學教育背道而馳？

商學教育以至教育本身的精神是鼓勵學生反思和明瞭自己的人生志向。名、利、權有份定義我們的人生，但自我發現卻是無比珍貴的歷練過程——它讓我們在生命各方面都有所長進，穩步邁向成功。說到底，做自己熱愛的事相當重要，這樣我們才可每日愉悅起床，迎接新挑戰，從中學習和成長。

你對滿有潛力成為未來企業家的學生有何寄語？

世途多艱，並不會對人有所遷就或憐憫。但「踏出舒適區，生命才真正開始」，勇於適應、變通和接受挑戰，人生才更見精采。失敗乃常事，但只要記取教訓，愈挫愈強，自能坐看雲起，收獲豐盛。肯德基創辦人哈蘭·桑德斯和特斯拉之父伊隆·馬斯克都是經歷無數挫敗才成功的。

你書架上有全套邱吉爾的《第二次世界大戰回憶錄》，你愛讀政治書籍嗎？

我熱愛閱讀，對各種科目和題材都有興趣。政治與商業密不可分，與我任教的國際和亞洲商業更是關係千絲萬縷。我仰慕政治家的才識和手腕，探求他們使國家走向強大之道。他們的領導才能和感召眾人的的人格魅力很值得領袖和教育家借鏡學習。當然，他們雄辯滔滔、文采風流，讀來已滋味無窮。

賴漢榮博士於馬來西亞土生土長，曾在亞洲和美國等地留學，來港於大學講授國際與亞洲商業和管理，至今近廿載。2018年，他獲頒博文教學獎，為從教以來第九個教學獎譽。今期《中大通訊》邀得這位學生眼中的「良師益友」暢談對教育的熱愛、廣結人脈的訣竅，以及鍾情邱吉爾的原因。

Born and raised in Malaysia, Dr. **John Lai** began teaching international and Asian business and management in Hong Kong after years of study in Asia and the US. On being awarded the University Education Award in 2018—the ninth accolade in his two-decade teaching career, he spoke with *CUHK Newsletter* about his passion for teaching, the importance of networking—and his particular fondness for Winston Churchill.

Appreciation for your teaching is well captured in the minds and hearts of students. What are some of the principles you preach?

I believe in reinforcing workplace professionalism and developing good work attitude. One thing that springs to mind is my insistence in inspiring habits of punctuality, which translate as an outward representation of respect for others. Taking responsibility for their own learning is another of my core values. Students should be focused and engaged in class, ready to listen and constantly reflect on the knowledge that is imparted. It is of utmost importance to develop good workplace habits and professionalism before entering the workforce.

Why are you so passionate about education?

My passion was ignited when I was around 17. I was lying in bed, looking up at the ceiling when I realized I wanted to teach in university and impart my knowledge to students. I wish to inspire and be inspired through the meaningful conversations I have and relationships I develop with people. Recently, an exchange student sent me a quote, 'The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.' This quote aligns with what I've always aimed to do. To me there is no greater satisfaction than to teach, inspire and make a difference in someone's life.

Do you have any role models in education?

My two colleagues, Prof. **Dennis Fan** who retired two years ago, and Prof. **Shige Makino** have inspired my move from teaching to administration. Dennis exemplifies how the core values of trust and autonomy are the soul of good administration, while Shige emboldened me to step forward and 'make a difference'.

You have close ties with students and alumni. Can you share some of the keys to success in this area?

I believe in developing meaningful relationships and close acquaintances. With that in mind, I try to stay in close touch with alumni and current students even if it means having many WhatsApp contacts and groups. I truly treasure these relationships and try to get together with them once in a while to see how they are doing at work and in life. I often receive a great deal of inspiration from them and channel that inspiration to my students in the classroom.

Your emphasis on interest and the process of self-discovery rather than money, power and fame deviates from the supposed values of business education?

The essence of business education and education in general is to encourage students to critically reflect and develop a better understanding of what they would like to do in life. Money, power and fame are not unimportant, as they define us to a certain extent. But the process of self-discovery is much more invaluable as it drives our constant improvement in any aspect of life, and success will follow. At the end of the day, following your passion is important as it makes us wake up every single day and throw ourselves at the different fun challenges ahead of us, while learning and growing in the process.

Any advice for your students, the entrepreneurs-to-be?

The world is full of challenges and will not make it comfortable for you. However, 'Life starts at the end of your comfort zone'. Learning to adapt and taking on challenges will make your life more meaningful. Failing will likely be a norm, but it is learning to fail forward that is the key to a better life. Failures are merely lessons that teach us to come back stronger after every hit we take and to move forward in overcoming the challenges. Think about KFC founder Harland Sanders and Tesla's Elon Musk. Success only emerges after repeated 'lessons'.

You have a whole set of Churchill's *The Second World War* on your shelf. Are you a fan of political books?

I am an avid reader and take an interest in a wide range of disciplines. Politics and business are closely intertwined, and the former relates to the subjects I teach—international and Asian business. I admire politicians' tact and study how they make their countries great. Their leadership and ability to inspire people to work towards a common goal are examples we can all learn from to become leaders and educators. Their rhetoric, of course, is a pure joy to read. 📖

Amy L.

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