



人類義無反顧發展資訊科技，其實也把自己置於更脆弱的險境，只是我們都樂於先享眼前利益，而忽略潛伏危機。信息工程學系劉永昌教授向我們概述網絡安全的攻防形勢。在慶幸有專家設法把關之餘，我們是否也要重新審視對科技的依賴？

「發展」是好是壞？「予豈好辯哉？予不得已也。」辯爭是難以避免的。中大更多的是好辯之徒，辯論傳統悠久，屢創佳績，原來有堅實後援。本期特稿細說從頭。

隊員當然知道，辯論不能抽離現實，否則只流於辯技。要深入了解我們身處的境地，需要多角度的認知和思考。社會科學院院長趙志裕教授就談到跨學科教研如何幫助解構複雜的社會現象。

「界定」是辯論技巧之一，但對某些事物的定義無需執著。蘭苑的咖喱好吃就夠了，儘管知道它的正名是「馬薩拉」，也是好的。



When humans throw themselves into developing information technology, they also expose themselves to unprecedented risks. But often we are too engrossed in the luxuries of technology to notice the dangers. Prof. Lau Wing-cheong of the Department of Information Engineering talks to us about Internet security and cyber-attacks. While congratulating ourselves on having experts to help safeguard our security, should we also reconsider our dependence on technology?

Is development a blessing or a curse? 'Am I fond of debate? But I have no choice.' As Mencius said, debate is inevitable when it comes to certain topics. CUHK, with its long history of debate, has its fair share of fans of the art. Behind the successes of its debate team is a unique tradition and its supporters. This issue of the *Newsletter* will tell you more.

Experienced debaters know that good arguments are not purely dazzling speech performances, but are grounded in reality. To understand our society and place in the world, we need to think from multiple perspectives. The new Dean of Social Science, Prof. Chiu Chi-yue, shares with us how inter-disciplinary teaching and research can help explain the complexities of different social phenomena.

Definitions are important in debates, but they are more relaxed in the kitchen. It is good to know that the curry served at Orchid Lodge is masala, but more importantly, that it's delicious.



Photo by ISO staff

趙志裕教授·新任社會科學院院長 (頁8)
Prof. Chiu Chi-yue, the new Dean of Social Science (p. 8)



Photo by Jenny Lau

文學音樂二重奏 A Harmonious Duet

1月28日，作家黃碧雲回到母校，在新亞圓形廣場伴着溫婉低沉的巴哈無伴奏大提琴組曲，朗誦其小說《陰天·間或有陽光》。當日天氣亦如是。
On 28 January, writer Ms. Wong Bik-wan returned to her alma mater and recited one of her short stories at the New Asia Amphitheatre to Bach's cello suites.

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江山代有辯才出——中大的口舌傳承

CUHK Debate Team Always Passes on the Torch



Photo by Cheung Waiok@Hiro Graphics

左起：嚴慧儀、張梓文、陳麒匡、程栢玲、吳詠恩及蕭少滔先生
From left: Yim Wai-ye Joanne, Cheung Tsz-man, Chan Ki-hong Gordon, Cheng Pak-ling Charlotte, Ng Wing-yan Yanice, and Mr. Alex Shiu

考試後，學生大都
好好享受聖誕假期，

但中大粵語辯論隊卻未言放鬆，抓緊時間，先到大嶼山塘福舉行辯論訓練營，為3月舉行的大專辯論賽熱身。學期開始後，更每星期進行訓練和模擬賽，積極備戰。訓練如此刻苦，無怪乎中大隊能在這項有三十一年歷史的賽事中，九次掄元，成為奪冠最多的隊伍，更蟬聯三屆，創最長的連勝紀錄。不過，驕人成績的背後，除了苦練，還有一股雄厚力量在支援。

「老鬼」助陣

粵辯隊隊長**陳麒匡**（哲學系三年級）指出，中大辯論隊向有一優良傳統，就是前任隊員——暱稱「老鬼」——的積極支持，「他們不吝犧牲私人時間，下班後長途跋涉來校園，幫助我們練習至深夜。比賽時又會出席捧場打氣。」

要了解這個傳統由來，由中大辯論學會顧問及辯論隊校友會會長**蕭少滔**先生（90年工管）解述最合適不過。蕭先生於1988年入隊，1989及1990年出賽大專辯論賽，奪冠而回，並於1990年的比賽中獲「最佳辯論員獎」。他整理辯論隊校友的講稿、辯論材料、歷年大專辯題、辯論技巧理論，結集成電子書《慎思明辯》，這個龐大的資料庫不時更新，供隊員參考。

且聽他細訴歷史：「據學生事務處的紀錄顯示，中大辯論隊於1972年正式建隊，初時隊員遊走於粵語和英語比賽，細分成粵語、英語及普通話隊則是後話。當年大專學界辯論的風氣也較為輕鬆。

「大專辯論賽於1984年起舉辦，但在1989年前，中大隊都無緣摘冠，『老鬼』們覺得不服氣，於是全力催谷我們，加上中國語言及文學系**陳永明**博士當上教練，教導我們邏輯思考

法，啟發多角度分析，把訓練系統化，大大提升辯論技巧。我們亦不敢怠慢，種種因素聚合下，產生了化學作用，讓我們不但一股勁兒奪冠，更創了三連冠及其後的佳績。」

蕭先生強調，「老鬼」報效校隊早有前例，因為大家在隊時曾受業於前輩，自然便有要將精神承傳下去的使命感，只是當年「老鬼」參與較為隨興。「及至2000年中大辯論學會成立，由學會聘任『老鬼』為義務顧問，參與機制正式確立。例如，之前甄選隊員由大學教職員負責，自此『老鬼』加入為遴選委員，尤其着重延聘在中大或其他院校任教的。同年辯論隊校友會亦告成立，『老鬼』更多，來自的範疇更廣，『老鬼』與現役隊員交流的層次也更深。」

他補充：「現時是有紀錄的『老鬼』已有二百多人，由80年代末至近年畢業都有，超過一半都很活躍。去年粵辯隊的春茗，便筵開十席。『老鬼』人才鼎盛，是機制成功的原因。」成功非偶然，「老鬼」當教練，不尚即興隨意。哪些活動或練習需要出席，需要多少人，都配合辯論隊的活動日程預先安排妥當。

受益無窮

對於「老鬼」鼎力支援，麒匡和隊員**吳詠恩**（中國語文教育課程一年級）、**程栢玲**（食品及營養科學三年級）、**張梓文**（中國語言及文學系一年級）及**嚴慧儀**（中國語言及文學系二年級）同聲讚好，他們認為前輩不但有助提升辯論技巧，對做人、處事和思考方法也有莫大裨益。

麒匡坦言：「『老鬼』來自不同專業範疇，有醫生、律師、電子傳媒主播、政府要員、教授……，初入隊時，面對這樣龐大的網絡，有點不習慣，也感到壓力。經過他們傾囊相授蒐集數據、後續調查、分析資料，以至多角度的思考後，我已把他們當成楷模，也是努力的目標，希望日後能像他們般回來指導學弟學妹。奇妙的是『老鬼』雖然都經歷同一學習和訓練模式，卻會靈活轉化為各自獨有的演說和作辯風格：有的風趣幽默，有的愛以數據佐證，也有偏重邏輯分析。原來辯論有很多值得學習的地方，也有很多樂趣，所以壓力也變成動力，推動自己向前輩多學習。」

詠恩說：「對於我這個新手，『老鬼』們的指引非常有幫助，也讓我增廣見聞。我們的關係密切，就像一家人。」栢玲則表示，「老鬼」一開始便告訴她遇有疑難，隨時可以找他們。她起初有點不好意思，更怕會妨礙在學中的「老鬼」學習。熟悉後，發現甚麼問題都可以問，而各人都有出人意表的答案，大概這是好辯者的特性。

梓文的體會是：「『老鬼』不時分享在其行業的所見所聞所得，又指出要避免哪些毛病，給我上了最好的『人生課』。」慧儀附和道：「我說話急速，中間又沒有停頓，有時結構亦不完整，讓人難明和混亂，過去自己未有為意。在辯論訓練營，『老鬼』一下子便點出我的缺點。我正努力改進，以期在下次的模擬比賽中表現出色，贏取『老鬼』的稱許。」

看着學弟學妹大談得着，蕭先生以過來人的身分笑說：「他們就像當年的我。也是因為自己曾受惠，回饋是自然之事。」歲月悄然過了四分之一世紀，人和事都在變，但辯論隊的傳承精神不變。

When the majority of CUHK students were enjoying the Christmas holidays after their exams, the CUHK Cantonese Debate Team took no rest as they warmed up for the Inter-varsity Debate Competition in March 2015. The team held a training camp in Tong Fuk, Lantau Island. When the classes resumed, training sessions and moot contests are held every week. They are going through the same hardship that makes the CUHK team outdo their counterparts throughout the 31 years of the competition by capturing nine championships—the highest to date, and three victories in a row—the longest winning streak. These outstanding achievements owe themselves not only to their hard work, but the staunch support they have received.



蕭少滔先生(箭咀所示)和隊友於1990年獲勝後與教練陳永明博士(後排左一)留影
Mr. Alex Shiu (see arrow) and his team members, and Dr. Chan Wing-ming (1st left, back row) after capturing the trophies in 1990

Veterans' Support

Chan Ki-hong Gordon (Year 3, Department of Philosophy), captain of the Cantonese team, pointed out that the CUHK Debate Team has a tradition in which the former members of team lend a hand to the current members. 'These veterans make a special effort to come to the campus after work to help with the training, sometimes till midnight. They also show up at the contests to boost morale.'

To understand more about the tradition, there is no better person to ask than Mr. **Alex Shiu**, adviser of the CUHK Debate Society and president of CUHK Debate Team Alumni Association. Mr. Shiu joined the team in 1988 and was one of the members who won the Inter-varsity Debate Competition in 1989 and 1990. He was awarded 'Best Speaker' in 1990. He also took the time to edit and compile veterans' speeches, debate materials, the Inter-varsity Debate Competition topics, theories of debate skills into an e-book—*Critical Thinking, Judicious Debating*—which is updated regularly for team members' reference.

He recalled, 'According to the record of the Office of Student Affairs, the CUHK Debate Team was formally established in 1972. In the early years, team members participated in both Cantonese and English debate contests. Splitting into Cantonese, English and Putonghua teams was a later story. In those years, the competition between tertiary institutions was not as keen as it is now.'



2013年第九次奪得大專辯論賽冠軍
Capturing the championship for the ninth time in the Inter-varsity Debate Competition

'The Inter-varsity Debate Competition was first held in 1984. But the CUHK team walked away without a trophy until 1989. The veterans felt frustrated so they did all they could to make us win. In the meantime, our coach, Dr. **Chan Wing-ming** of the Department of Chinese Language and Literature, reformed the training to make it more systematic and to ensure that it emphasized logical thinking and analysis from different perspectives. This helped to improve our debating skills significantly. We, on our part, spared no effort. A wonderful "chemical reaction" was triggered. We finally captured the trophy, won our third successive championship, as well as outstanding achievements later on.'

Mr. Shiu emphasized that veterans lending a hand to current members is nothing new. As team members all learn from veterans, it is natural for them to inherit the tradition. But in the early years, the veterans acted on impulse. 'With the establishment of the CUHK Debate Society in 2000, former members were appointed as voluntary advisers. The mechanism of their involvement was thus formalized. For instance, debate teams were selected by a panel of teachers and staff. From then on, veterans were included on the panel, especially those teaching at CUHK or other universities. In the same year, the CUHK Debate Team Alumni Association was established. More veterans with a diverse range of expertise joined thereby deepening the exchange with current team members.'

He said, 'We now have over 200 veterans, just from official records. Their years of graduation range from the late 1980s to the recent years. More than half are very active. The Chinese New Year gathering of the Cantonese team held last year was attended by some 120 veterans and current team members. The large



辯論訓練營
Debate training camp

and strong veteran base contributes to the success of the mechanism.' Success is by no means fortuitous. Veterans no longer coach on impulse. The schedule for various activities and training is fixed for easy reference of former members to attend as needed.

Rewarding Experiences

Gordon and his team members, **Ng Wing-yan Yanice** (Year 1, Chinese Language Education Programme), **Cheng Pak-ling Charlotte** (Year 3, Food and Nutritional Sciences Programme), **Cheung Tsz-man** (Year 1, Department of Chinese Language and Literature), and **Yim Wai-ye Joanne** (Year 2, Department of Chinese Language and Literature) praised the veterans' contribution to the improvement of their debating skills, as well as personal development and way of thinking.

Gordon said, 'These former members come from different walks of life. There are doctors, lawyers, electronic media anchors, government officials, professors.... When I first encountered such a large network, I felt uneasy. But after learning from veterans on collecting data, follow-up research, analyzing, and thinking from multiple perspectives, I now see them as my role models. My goal is to give back to the next generation. The most amazing thing is though veterans have gone through the same training, they are able to turn what they learnt into their unique styles of debating. Some are humorous while others emphasize data or logical analysis. There is a lot to learn in debate; there is also a lot of fun. So pressure is turned into power which motivates me to learn more from them.'

Yanice said, 'The instructions of the old members are very helpful to newcomers like me. They help to widen my vision. We are like family.' Charlotte said that veterans told her to consult them whenever she had questions. She felt embarrassed and scared of bothering them, who were still in school. As they became familiar with each other, she found out that she could ask them anything and they would give a fascinating answer. Perhaps this is a typical trait of champion debaters.

Tsz-man remarked, 'Veterans share what they saw and learnt in their fields, and remind us of what mistakes to avoid. I had the most valuable "life lessons".' Joanne agreed, 'I speak very fast with no break. Sometimes the structure of my speech is incomplete, making it hard to comprehend. I was never aware of it. But veterans pointed out my weakness instantly in the debate training camp. I am trying hard to correct it and hope to do a great job in the coming training session and win their approval.'

After listening to current members talk about what they have gained, Mr. Shiu who has gone through the process, said, 'They are just like me in those days. I was once the beneficiary, so giving back is natural.' Twenty-five years has passed since Mr. Shiu graduated from CUHK. While people and things keep on changing, the pass-it-on tradition of the debate team never changes. 📱



網絡攻防戰

DDoS Attacks: A Powerful Cyber-war Tool

在 2014年12月25日，Sony PSN 及 Xbox Live 這兩大網路遊戲平台同時遭受攻擊，服務被癱瘓，令打算趁聖誕假期在家玩遊戲的玩家敗興不已。黑客攻擊的模式，是所謂分散式阻斷服務攻擊 (DDoS)。

信息工程學系劉永昌教授解釋：「顧名思義，這種攻擊的目的，是令某個網站或伺服器無法正常為用戶提供服務；所謂分散式，表示攻擊者並非以一部電腦發動攻擊，而是控制世界各地數以百萬甚至千萬計的電腦或其他互聯網終端機，同時向受襲目標發放大量資訊或服務要求，使之招架不住而癱瘓。」

香港人對於DDoS攻擊並不陌生，去年就有香港公投網站受到流量超過每秒二十萬兆位 (200Gbps) 的DDoS攻擊而無法運作。劉教授說：「如果你的電腦、手機甚至機頂盒感染了病毒，或被安裝惡意軟件，黑客除了可盜取你的個人資料，還可以遙遠控制這些你所擁有的互聯網終端來作惡，包括發放垃圾郵件和實施DDoS攻擊。這些被控制的電腦稱為殭屍電腦 (Bot)。」

DDoS攻擊除了被人用來在網上惡意破壞，還被歹徒用來敲詐勒索。劉教授舉例：「國外有些賭博網站，在世界盃決賽前夕等日子，一定有很多人下注，這時歹徒就可以要脅這些網站，如不付錢，就攻擊網站，令它二十四小時完全癱瘓。」此外，DDoS攻擊還可以用來建構更複雜的攻擊，比如先用這種手段癱瘓某些伺服器，然後冒充那伺服器發放虛假、誤導的信息以達至其他目的。

劉教授說，現時要防禦DDoS攻擊並不容易，釜底抽薪的方法是將現有互聯網的基礎結構和通訊協定推倒重來，引入全新設計，即所謂「從新開始方案」。世界各國已有未來互聯網架構設計的研究，但要達到廣泛應用，還是很遙遠的事。

DDoS攻擊的主要對象是提供服務的機構，而非個人，但這並不等於個別用户可以安枕。劉教授指出，雲端服務、流動裝置應用程式對於個人的影響更大。他說：「現在智能手機盛行，不少手機應用程式可能是一、兩個學生寫出來，在有限的資源和認知下，這些應用程式在資訊保安方面未必很完善。」

劉教授說，網絡安全正是信息工程學系近年重點發展方向之一。除了科研方面，課程也加入了一系列相關的元素，旨在培養學生在這方面的專業知識和警覺性。例如一般人在設計系統或編寫程式時，通常會偏重於考慮正常情況下的流程和效率，往往忽略了由主動、有系統攻擊而引發的最極端情況。但黑客正正是會鑿而不捨地尋找程式的漏洞和系統的瓶頸，不斷觸發極端情況，令程式、系統一下子被拖慢一百倍甚至一千倍。

未來的物聯網 (Internet of Things) 也是網絡保安的新挑戰，因為愈來愈多智能家居設備如室內監察、燈光和溫度控制裝置都有上網功能，惡意攻擊者已把目標延伸至電腦以外的這些新裝置。因此，網絡保安也是劉教授領導的移動通訊科技中心近年的研究重點之一。

這個中心主力研究流動通訊科技和應用，其他研究重點還有無線射頻辨識 (RFID)、雲端系統、分散式社交網絡等。劉教授說：「我們研究了一些軟件，可以用來掃描和監察流動應用程式或社交平台的漏洞，業界對這種偵測技術很有興趣，希望可以幫助他們找出應用程式的問題。」

劉教授補充：「研發成果如能藉技術轉移來解決業界的問題，為社會帶來影響，對於我們中大人來說，這樣是最有意義的。」

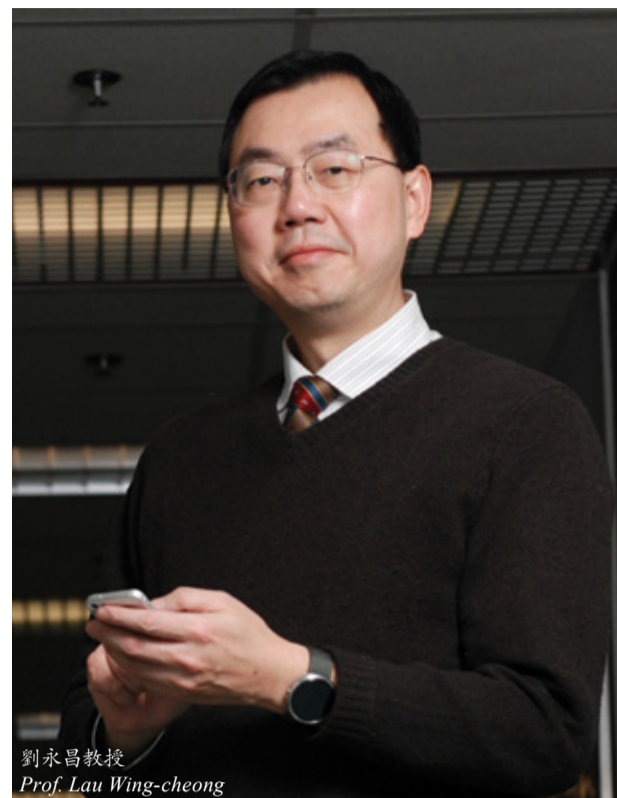
When services were taken down on Sony's PlayStation network and Microsoft's Xbox Live network on 25 December 2014, the mood of many gamers who intended to spend their Christmas holidays playing online games was spoiled. The reason for the stoppage was overloading by a 'distributed denial of service attack', aka a DDoS attack.

Prof. Lau Wing-cheong of the Department of Information Engineering explains, 'A DDoS attack is meant to interrupt or suspend the services of a server or website. It's called "distributed" because the incoming traffic flooding the victim originates not from one source, but hundreds of thousands of different sources.'

Hong Kong people are no strangers to DDoS attacks. Last year a popular voting website in the city was crippled by a massive 200Gbps DDoS attack. Professor Lau says, 'If your computer, smartphone or TV box is infected with a computer virus or malware, hackers can not only steal your personal information, but can also remotely control such an Internet endpoint to do something harmful, such as sending out junk mail and launching DDoS attacks. The computers under their control are called Bots.'

In addition to cyber mischief, DDoS attacks have been used for extortion. Professor Lau explains, 'There are betting sites overseas where gamblers may try their luck before a competition such as a World Cup match. People could blackmail these websites, threatening attack and prolonged paralysis.' DDoS attacks can also be used to launch more sophisticated attacks, such as taking down a certain website and making a fake one to spread misleading or false messages or to achieve other purposes.

Professor Lau says that defending a site against DDoS attacks is not an easy task. The so-called 'clean slate approach', which means replacing the current internet infrastructure



劉永昌教授
Prof. Lau Wing-cheong

Photo by ISO staff

and protocol with new ones, is one of the more ideal solutions. Research on the future architecture of the internet has been conducted around the world. But the widespread adoption of a new internet architecture is not something that will happen in the near future.

The chief targets of DDoS attacks are service providers rather than individuals. But that doesn't mean that individual users are immune. Professor Lau points out that cloud services and mobile apps have more serious implications for individual users. He explains, 'Now almost everyone has a smartphone. But some mobile apps may be written by one or two students. Because of limited resources and awareness, these apps may not be very safe in terms of cybersecurity.'

Professor Lau says that cybersecurity is one of the recent focuses of the Department of Information Engineering. The department not only makes this a main area of research, but also sees it as a key element of its curricula, with an aim to improving students' technical know-how and awareness about this subject. When programmers design a system or write a programme, they normally attach the greatest importance to its efficiency and its ability to run smoothly. They may not prepare it well enough for a worst-case scenario brought about by active and systematic attacks. And hackers will constantly look for the vulnerabilities of a programme and bottlenecks of a system to trigger corner cases, causing the programme to run a hundred or a thousand times slower than normal.

The future Internet of Things also presents a new challenge to cybersecurity. It's because more and more household devices such as home monitors, lighting systems, and thermostats are connected to the Internet. Malicious actors are shifting their focus to devices beyond the commonly-targeted personal computers. In view of this trend, mobile security is one of the recent research interests of the Mobile Technologies Centre led by Professor Lau.

This centre focuses on the research of mobile technologies and its applications. Other research interests include cloud services, radio-frequency identification, decentralized social network. Professor Lau says, 'We've developed some programmes that can scan and detect vulnerabilities of mobile apps and social networks. The industry is interested in this technology and hope that we can help them to identify problems of their apps.'

He adds, 'The most rewarding thing for us as members of the Chinese University is to see that our research results can solve problems for the industry through knowledge transfer and make an impact on society.'



Selfie世代及演化

The Selfie Era and More

英文「selfie」（自拍）一詞初見於2004年相片分享網站Flickr，只是短短十年間，自拍潮流席捲全球，已成我們日常生活的一部分。

自拍風靡一時，始於智能電話的普及，特別是具前置鏡頭的iPhone 4於2010年面世後，每天都有數以千萬計的自拍照上載至臉書、Twitter及Instagram等社交媒體。2012年底《時代》週刊便選出「selfie」為年度十大流行語之一。

隨之而來的，是各種關於自拍的研究，範疇涵蓋自拍人士的個人背景、姿勢及表情等。一群來自不同國家及地區的學者更組成「自拍研究網絡」，研究自拍背後的社會及文化含義。《時代》週刊的調查發現，原來菲律賓馬卡蒂是全球最愛自拍的城市，這個人口五十萬的地方，人均自拍照上載數量在調查的四百五十九座城市中高踞榜首。

「selfie」以大熱當選為牛津詞典2013年度詞彙，毫不出奇。今天，「selfie」不只是流行語，還轉化為新興商機。英國City Lit College將於3月起開設首個自拍造像藝術課程，為期一個月，收費132英鎊。在眾多自拍周邊商品中，「自拍神器」應是最為火熱的，在剛過去的聖誕節前一週，美國便售出超過十萬支。休士敦四季酒店於1月起亦常備「自拍神器」，供客人像借雨傘般借用。《時代》週刊選出「自拍神器」為2014年最佳發明之一。諷刺的是有網民在日本於1995年出版的《無用發明》大全中，重新發掘出一款「自拍相機棒」，竟與自拍神器驚人類似。

不過，不是所有人都喜歡「神器」，有人認為自拍是自戀的表現，謔稱此物為「自戀神器」。東京迪士尼樂園、新加坡一些旅遊景點、英超球會阿仙奴和熱刺的首長球場及白鹿徑球場看台，便予禁用。南韓最近亦禁售具藍芽遙控功能而未經驗證的「自拍神器」，違例者最高罰款三千萬韓圓及監禁三年。

不管如何，自拍神器仍會繼續受追捧，剛剛就有另一款改良版的「自拍神器」面世，挑戰大家的接受能力！這款稱為「belfie stick」的神器，焦點不在臉孔，而是閣下的臀部，真的是全面關顧！這「影後神器」可不便宜，盛惠79.99美元，據說迅即售罄，向隅者還得預訂呢。

The term 'selfie' began appearing on the photo-sharing website Flickr as early as 2004 and is now by all accounts more popular than ever and fully integrated into our daily lives.

The selfie went viral because of the introduction of smartphones, most crucially the iPhone 4, which came along in 2010 with a front-facing camera. Thousands and thousands of selfies were posted on Facebook, Twitter and Instagram every day. By the end of 2012, *Time* magazine considered 'selfie' one of the Top 10 Buzzwords of that year.

There is related research on every aspect of the selfie, including the demographics of people taking selfies, their poses and expressions. The Selfies Research Network, comprising an international group of academics, studies the social and cultural implications of the selfie. *Time* reveals that Makati City in the Philippines is the world's selfie city. The city, home to 500,000 people, produces more selfies per capita than all of the 459 cities being ranked.

It is not surprising that 'selfie' was chosen as the Oxford Dictionaries Word of the Year for 2013. Today, it's not just a buzzword, but an emerging economy. Starting from March



2015, City Lit College, UK, will offer a first ever month-long selfie course—'The Art of Photographic Self Portraiture'—for £132. The latest craze of the selfie economy is definitely the fast-selling selfie stick. More than 100,000 selfie sticks were sold in the week before last Christmas in the US. The Four Seasons Hotel in Houston started making them available to guests, similar to providing umbrellas, in January. *Time* also declares it one of the best inventions in 2014. Ironically, Redditors rediscovered a device published in a 1995 Japanese catalogue of useless inventions that looks awfully similar to the selfie stick.

But the stick is not welcome by all. Some consider it narcissistic and dub it the *narcissistick*. It is banned in Tokyo Disneyland, certain attractions in Singapore, and the Emirates Stadium and White Hart Lane, home of Arsenal and Tottenham Hotspur Football Club, respectively. The South Korean government has recently banned sale of uncertified Bluetooth-equipped selfie sticks citing that the devices caused other electronics to malfunction. Retailers who are caught can be fined up to 30 million won and face up to a three-year jail term.

Anyway, selfie stick sales will likely soar across the world. A new kind of selfie-enhancing technology has just appeared in the market—the *belfie* stick. The device is designed to take a picture of your behind, instead of your face. An all-round view! Though belfie sticks are sold at US\$79.99 each, it is said that they are quickly snapped up and shops are taking pre-orders.



咖喱的魔力

Curry Power

信不信由你，印度其實是沒有「咖喱」這道菜的，有的只是五花八門的辛辣菜式：korma、rogan josh、vindaloo、dopiaza等。十七世紀歐洲商人被這些紛繁複雜的名字弄得一頭霧水，於是籠而統之一律稱作「咖喱」。這個代號沿用至今，咖喱也傳播到世界各地，衍生出豐富變奏。

蘭苑主廚關少貞說，她的咖喱準確應叫作「馬薩拉」，屬於南印度派，煮法是她早年在國際學校工作時跟印度廚師學來的，絕對有資格稱得上正宗。廚房每天要購入十八種新鮮蔬菜，包括甘筍、洋葱、青椒、番茄、薑黃、西芹、指天椒、薄荷葉、芫荽等，剁碎後加入咖喱粉炒香，再慢煮四小時，才製作出有蔬菜味道的咖喱汁。

這種馬薩拉嚐起來香味層次豐富，辣味重，足以令舌頭麻痺，蔓延到肚子也開始發熱，關小姐說是新鮮指天椒的效果。東南亞咖喱帶甜，是因為加了椰漿；而印度咖喱放的是乳酪，所以濃郁且辣度強烈。



咖喱除了醒胃提神的功效之外，最新研究發現，當中的薑黃素有助對抗腦退化症。咖喱迷在滿足口腹之餘，原來腦筋還會有得着呢！

Strictly speaking, there is no such thing as a 'curry' dish in India, but spicy dishes by their specific names: *korma*, *rogan josh*, *vindaloo*, *dopiaza*, etc. Perplexed by the mass of unfamiliar words, 17th-century European traders simply grouped them all under the term 'curry'. It has been in use ever since, and curry has become a global dish that continues to evolve.

Ms. **Frances Kwan**, head chef of Orchid Lodge, said the proper name of their 'curry' should be masala, which is made in a South-Indian style. She learnt the authentic recipe from an Indian cook when she was working in an international school. Every day the kitchen acquires 18 types of vegetable, that include carrot, onion, green pepper, tomato, turmeric, celery, Facing Heaven chilli, peppermint leaves, and coriander. They finely chop the ingredients, mix them with curry powder and stir-fry until the mixture is aromatic, then simmer for four hours until it becomes a pot of curry flavoured by vegetables.

The taste of the masala was pleasantly complex, and strong enough to numb the tongue and bring a burning sensation in the stomach. Ms. Kwan said it was the fresh Facing Heaven chilli doing the trick. Curry from South East Asia has a bit of sweetness, for it uses coconut milk, while Indian curry requires yoghurt which gives it a creamy texture and retains the intense flavour.

On top of the various benefits of curry, recent studies have suggested turmeric—a spicy ingredient of many curries—is an effective treatment for Alzheimer's disease. If you're a big fan of curry, you may be delighted to know that when you are satisfying your appetite, you are also doing your brain a great favour.

辨識及預防前期衰老

Identification and Prevention of Pre-frailty

中大及賽馬會流金匯於2014年4至10月期間聯合進行了社區衰老狀況篩查，結果發現六十五歲或以上的社區人口中，超過半數已踏入前期衰老，平均每八人便有一位出現衰老問題，高運動量的長者則較少出現衰老。研究又顯示，長者的衰老狀況與所患的慢性疾病及用藥數量有關。及早辨識社區整體衰老狀況，有助社福機構提供針對性的醫護服務，以減慢甚至逆轉社區衰老。

中大內科及藥物治療學系系主任兼何善衡老年學及老年病學研究中心總監胡令芳教授(中)指出：「隨着人口老化，預計社區整體衰老情況漸趨普遍，令醫療及社會服務設施的需求大增，對社會構成沉重負擔。然而，衰老並非老化過程的必然結果。只要長者持之以恆參與運動及腦力訓練活動，也能夠保持健康及獨立的生活。」

CUHK and Jockey Club Cadenza Hub jointly conducted a screening for frailty in the community in 2014, revealing that more than half of the community-dwelling population aged 65 or above are pre-frail and about one in eight are frail. It also reveals the correlation of frailty with the number of chronic diseases and medications. Those who have higher physical activity levels show fewer signs of frailty. Timely identification of frailty in the community can facilitate healthcare services provider to offer proper intervention.

Prof. Jean Woo (centre), chairman of the Department of Medicine and Therapeutics and director of the S.H. Ho Centre for Gerontology and Geriatrics at CUHK, explained, 'As the population ages, the number of people with frailty is expected to increase, adding burden to the healthcare and social service system. However, frailty is not an inevitable consequence of ageing. Older people who maintain regular physical exercise and cognitive training are more likely to remain healthy and live independently.'



丘成桐談數理與人文

Yau Shing-tung on Science and Humanity



中大博文講座教授、數學科學研究所所長丘成桐教授於1月9日主持講座，以「數理與人文」為題，分析科學與人文的關係，講解人文訓練對於優秀科學家的重要意義。

丘教授以古今中外的文藝及科學創作為例，指出數理與人文有着微妙的共通點。他認為，現代科學的基礎是公理與哲學，無論在西方或中國，科學突變或革命都以哲學思想為背景。透過比較蘇軾的文學創作和愛因斯坦的廣義相對論，丘教授巧妙揭示了文藝創作與科學創作的共通之處。

Prof. Yau Shing-tung, Distinguished Professor-at-Large and director of the Institute of Mathematical Sciences at CUHK, gave a talk titled 'Science and Humanity' on 9 January. He shared his insights on the relationship between science and humanity and the importance of humanitarian qualities to excellent scientists.

With examples from the history of arts creation and science research of both China and the West, Professor Yau pointed out that science and humanity are common in certain ways. He believes that axioms and philosophy are the foundations of modern science and any revolutions and developments of science are supported by philosophical ideas. By comparing poem creation by Su Shi, one of the famous Chinese poets, and the study on general relativity by Albert Einstein, he demonstrated the similarities between arts and science.

划艇錦標賽九院爭霸

Nine Colleges Compete in Rowing Championships

第十一屆香港中文大學划艇錦標賽在1月10及11日於沙田城門河舉行，九所書院近二百名學生參加。比賽項目包括男女子單人雙槳艇、雙人雙槳艇、四人單槳有舵手艇、八人單槳有舵手艇、校友賽和友校邀請賽。新亞書院院長黃乃正教授、晨興書院院長莫理斯教授、和聲書院院長劉允怡教授、敬文書院院長楊綱凱教授、善衡書院院長辛世文教授、逸夫書院副院長陳活彝教授、各書院輔導長及體育部講師到場為參賽者打氣。最終逸夫書院勇奪全場總冠軍及女子組全場冠軍，新亞書院獲男子組全場冠軍。

On 10 and 11 January, nearly 200 athletes from nine Colleges took part in the 11th CUHK Rowing Championships on Shing Mun River, Shatin. Competition events included Men's and Women's Single Scull, Double Scull, Coxed Four and Coxed Eight, Alumni Race and Invitation Race. Prof. Henry Wong, Head of New Asia College; Prof. Sir James Mirrlees, Master of Morningside College; Prof. Joseph Lau, Master of Lee Woo Sing College; Prof. Kenneth Young, Master of C.W. Chu College; Prof. Samuel Sun, Master of S.H. Ho College; Prof. Woody Chan, Associate Head of Shaw College; the Colleges' Deans of Students and PEU lecturers went to hearten up the players. The Overall Champion and the Women's Overall Champion went to Shaw College, while New Asia College bagged the Men's Overall Champion.



公積金計劃投資回報成績

Investment Returns of Staff Superannuation Scheme

基金 Fund	12.2014		1.1.2014–31.12.2014	
	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	-0.87%	-1.51%	4.82%	4.43%
平衡 Balanced	-0.26%	-1.35%	3.63%	3.36%
穩定 Stable	-0.83%	-0.94%	2.46%	1.22%
香港股票 HK Equity	-0.81%	-1.04%	3.84%	4.91%
香港指數 HK Index-linked	-1.17%	-1.58%	4.97%	5.48%
A50中國指數 ^Δ A50 China Tracker ^Δ	31.24%	34.68%	50.28%	64.76%
港元銀行存款 HKD Bank Deposit	0.10%	0.001%	1.37%	0.01%
美元銀行存款* USD Bank Deposit*	0.09%	0.01%	1.30%	0.11%
澳元銀行存款* AUD Bank Deposit*	-3.94%	-4.09%	-5.85%	-7.97%
歐元銀行存款* EUR Bank Deposit*	-2.91%	-2.93%	-11.97%	-12.16%

強積金數據請參閱：www.cuhk.edu.hk/bursary/chi/public/payroll_benefits/mpf.html

For MPF Scheme performance, please refer to:

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

Δ 根據受託人最近的決定，現時A50中國指數基金當中的投資組合，將由並非直接持有「A股」的「安碩A50」〔股份代號：2823〕轉到另一隻同樣追蹤「富時A50中國指數」但持有實股的「南方A50」〔股份代號：2822〕。財務處將會通過基金經理，由2014年5月開始，逐步將投資組合由「安碩A50」轉到「南方A50」，並於2014年12月完成。

累積回報是由2014年1月1日之後的十二個月之回報。實際投資回報數值包含由iShares安碩富時A50中國指數ETF (2823) 的市場價格及單位資產淨值的差異而產生的溢價或折讓。在2014年12月該溢價增加了7.59%，而2014年1月至2014年12月之十二個月期間溢價的累計增加為12.52%。

Pursuant to the recent decision of the Board of Trustees, the existing A50 China Tracker Fund will be enhanced by switching the underlying investment from synthetic Exchanged Traded Fund (ETF) 2823.HK to physical ETF 2822.HK. The switching will be gradually performed by the Bursary through investment manager starting from May 2014 and will be completed in December 2014.

Cumulative returns are for the past twelve months from 1 January 2014. The return data include a premium or a discount between the Market Price and the Net Asset Value of iShares FTSE A50 China Index ETF (2823). In July, there was an increase in premium of 7.59% and for the twelve months from January 2014 to December 2014, the premium increased by 12.52%.

* 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.

選擇轉換大學強積金計劃安排

Election for Change of MPF Scheme

現時大學提供兩個強積金集成信託計劃（即「富達退休集成信託計劃」及「德盛安聯強積金計劃」）予強積金計劃成員選擇。根據大學安排，強積金計劃成員可於每曆年選擇轉換強積金計劃一次，生效日期指定為4月1日或10月1日。有關兩個強積金計劃的基金資料及投資表現，可瀏覽大學強積金網頁、富達網頁或德盛安聯網頁。

成員如欲選擇於2015年4月1日轉換計劃，須填妥轉換強積金計劃申請表格及新選擇的強積金計劃成員登記表格，於2015年2月26日或之前郵寄或遞交至薪津及公積金組。表格可於大學強積金網頁下載 (www.cuhk.edu.hk/bursary/eng/public/payroll_benefits/mpf/change_of_mpf_scheme.html) 或致電該組 (電話：3943 7246) 索取。

The University has subscribed two MPF master trusts, viz., Fidelity Retirement Master Trust and Allianz Global Investors MPF Plan, for choice of MPF members. Under the existing arrangement, members may switch between the two MPF Schemes once every calendar year, on either 1 April or 1 October. Members may visit the University's MPF website or the respective MPF service providers' websites for information about the investment funds and performance of the two MPF service providers.

Members who want to switch MPF Scheme on 1 April 2015 should complete the Election Form for Change of MPF Scheme and Membership Enrolment Form for the new scheme, and submit them to the Payroll and Superannuation Unit of the Bursary on or before 26 February 2015. The forms can be downloaded from the University's MPF website (http://www.cuhk.edu.hk/bursary/eng/public/payroll_benefits/mpf/change_of_mpf_scheme.html) or obtained from the unit (Tel: 3943 7246).

校園性騷擾問卷調查

Survey on Sexual Harassment on Campus

大學防止性騷擾委員會正進行校園性騷擾網上問卷調查 (policy-harass.cuhk.edu.hk)。調查結果將有助大學防止性騷擾的宣傳及教育工作，以期共建性別友善校園。所收集資料絕對保密，只供統計分析之用。

完成問卷後可選擇填上中大電郵地址，參加抽獎，獎品為書券一張，共八十份，最高價值港幣三百元。抽獎結果將於3月以電郵通知各得獎者。

The University's Committee Against Sexual Harassment is conducting an online survey on sexual harassment on campus (policy-harass.cuhk.edu.hk). The result of the survey will be used to assist the University in its continuous promotion and education for the prevention of sexual harassment and the development of a gender-friendly campus. Information collected will be kept in strict confidence and be used for statistical purposes only.

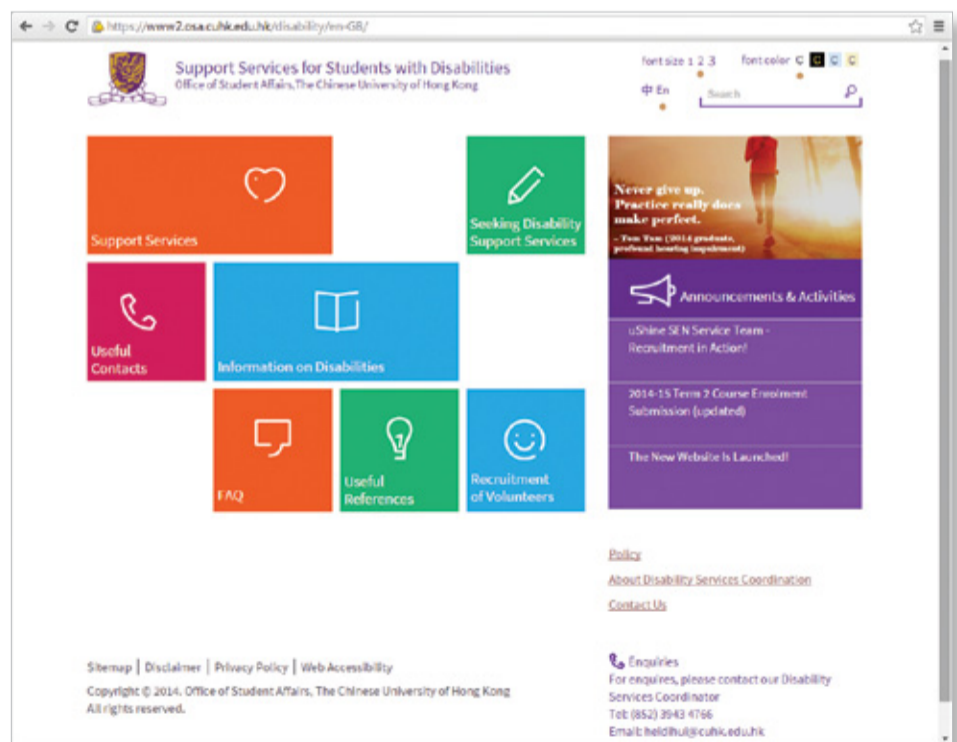
When you complete the survey, you may choose to submit your CUHK e-mail account for a lucky draw to win a book coupon worth at most \$300 (a total of 80 prizes). Winners will be notified of the results of the lucky draw through e-mail in March.

殘疾學生支援服務新網頁

New Website on Support Services for Students with Disabilities

全新的殘疾學生支援服務網頁 (www.cuhk.edu.hk/osa/disability) 現正啟用，提供有關殘疾學生的支援服務、校園的無障礙設施和活動等資訊。網頁設計以方便殘疾人士瀏覽為主。如對新網頁有任何意見，歡迎聯絡殘疾事務統籌主任許小姐 (電郵：heidihui@cuhk.edu.hk)。

A new website on support services for students with disabilities (www.cuhk.edu.hk/osa/disability) is launched to provide information on support services, accessibility on campus, and educational activities. The website also caters to the needs of users with various disabilities. If you have any comment or suggestion on the website, please contact disability services coordinator Miss Heidi Hui via heidihui@cuhk.edu.hk.



農曆新年發放薪金日期

Chinese New Year Pay Date

2015年2月份之薪金將提前於2月17日發放。如有查詢可聯絡薪津及公積金組3943 7246或3943 7240。

The salary payment date for February 2015 will be advanced to 17 February. For enquiries, please contact the Payroll and Superannuation Unit at 3943 7246 or 3943 7240.

社會科學院院長 趙志裕教授 Prof. Chiu Chi-yue Dean of Social Science

出任社會科學院院長有甚麼大計？

長遠目標是讓學院成為不同學派、有志奠立和發展一門綜合社會科學的環球人才的首選學府，以及成為社科學生的學術搖籃。

我們致力啟蒙與啟迪，嚴謹治學，致力創造可傳達、創新、貼近社會的知識，提升個人和社會福祉的知識，授諸四海皆可的知識，以及輔助政策制定、轉化社會的知識。

是甚麼令中大社會科學院有別於香港其他同類學院？你會怎樣承襲這些優勢？

和本地同儕相比，中大社會科學院擁有最多的社科研究員和教師，學者的基礎學科背景多元（經濟、地理、心理、社會學及政治學），專業百花齊放（建築、新聞及社工）。我為學院深厚的人文傳統和國際視野感到自豪，正如林語堂一副對聯所言：「雙腳踏東西文化，一心評宇宙文章。」我們會承襲着光輝傳統前行，透過跨學科、多層次研究，解構複雜的社會現象。

可以透露一二嗎？

學院好幾個精彩項目正在開花結果。其中有一隊研究員正在綜合地理、經濟、心理、建築和新聞學科的意念，集思廣益，設計未來城市，不僅要效率更高、環境更綠化，還要更加以人為本。還有一些項目處於萌芽階段，包括為提高環球意識和多元文化素養而設的跨學科教研項目。

宗教文化差異往往會釀成暴力與悲劇。社會科學教育如何利於理解別的文化？

文化必定有異。處理得宜的話，文化差異能促進跨文化學習，催生新思想，激發創新和文化變革。處理不當的話，差異就會加劇文化之間的衝突、仇視甚至恐怖主義。社會學家費孝通設想的和諧社會是「各美其美，美人之美，美美與共，天下大同」。要實現這遠景，社會科學研究和教育能發揮很大功用。

你在南洋理工大學（南大）有哪些經驗可以帶來中大？

南大是亞洲快速崛起的大學，教授相對年輕和精力充沛，主張大學漸進式改革。我欣賞南大躋身世界級大學的堅定決心，佩服他們依靠硬數據指導政策和決策。而中大的優勢是其傳統和豐富的經驗和智慧，決策過程民主且以教授為中心。大學之間總有可供借鑑之處的。

在外國進修和教學多年後回到香港，感覺如何？

我在回歸五年後的2002年離港，之前在香港大學教書，太太則在科技大學，我倆都有研究九七前後香港人的身分認同，察覺到香港人對中國人身分的認同感越來越強。我去年回港，正值佔中運動如火如荼。社科教研對香港未來的價值不容低估。

你為何會讀心理學？美國和亞洲在心理學的實踐和教學上可有文化差異？

我年輕時曾想當小說家。當時導師說，好作家需要了解人。在讀了弗洛伊德和勞倫斯的著作後，我被心理學深深吸引。我現時從事的心理學是個嚴肅科學，但我仍是個文學迷，偶爾會寫寫詩。

西方心理學源自哲學，為哲學基本問題尋求科學答案，例如：甚麼是人類意識的本質？肉體和心靈有甚麼關係？還有人類社會性由甚麼構成？亞洲心理學較注重解決實際問題，很多亞洲學生都關注心理學在臨床、教育和商業環境的實際應用。



Photo by ISO staff

What plans do you have for the Faculty of Social Science?

Our long-term goals are for the Faculty to be a top choice for global talent from diverse intellectual traditions who aspire to seed and grow an integrated social science, and to be a nurturing academic community for social science students.

We strive to enlighten and inspire. We strive to create social knowledge that is communicable, innovative, rigorous and socially relevant; knowledge that improves the well-being of the individual and that of society; knowledge that will be taught globally; and knowledge that will inform policies and transform societies.

What distinguishes this Faculty from other social science faculties in Hong Kong and how could you build on that?

Among our local peers, CUHK's Social Science Faculty is home to the biggest number of devoted social science researchers and educators, featuring scholars from diverse basic disciplines (economics, geography, psychology, sociology, and political science) and professions (architecture, journalism, and social work). I am proud of our strong humanist tradition and our global perspectives, which remind me of a couplet written by Lin Yutang: '雙腳踏東西文化，一心評宇宙文章' (be well-versed in Asian and Western cultures; be conversant with the great writings of the world). We will move forward with this glorious tradition to decipher complex social phenomena through cross-disciplinary, multi-level research.

Any projects you could share with us?

Many exciting projects are flowering and blossoming in the Faculty. For example, a team of researchers are putting together ideas from geography, economics, psychology, architecture and journalism to design future cities that are not only more efficient, greener but also more humanized. Other projects are at the seeding stage, including cross-disciplinary teaching and research programmes designed to promote global awareness and multicultural competence.

Religio-cultural differences sometimes express themselves in tragic forms. How could education in the social sciences contribute to an understanding of other cultures?

Cultures differ. Cultural differences, if managed properly, can motivate intercultural learning, inspire ideas, and lead to innovation and cultural change. If managed badly, cultural differences can fuel intercultural conflicts, animosity and even terrorism. Sociologist Fei Xiaotong envisioned that harmonious societies will develop if social groups are empowered to develop its unique strengths, and

to appreciate and harmonize the unique strengths of all groups for the society's well-being (各美其美，美人之美，美美與共，天下大同). Social science research and education can make important contributions to this vision.

What have you learnt at Nanyang Technological University (NTU) in Singapore that you could bring to CUHK?

NTU is a rapidly rising university in Asia. It has relatively young and highly energetic professors who champion progressive reforms in the University. I admire NTU's unwavering determination to turn itself into a world-class university. I am impressed by their reliance on hard data to inform policies and decision-making. At CUHK, we benefit from our tradition and a wealth of experience and wisdom. Our decision-making process is democratic and centred on the professoriate staff. There is always something universities can learn from each other.

How do you feel about returning to Hong Kong after spending a considerable length of time overseas studying and teaching?

I left Hong Kong in 2002, five years after the handover. Prior to my departure, I taught at HKU and my wife at UST. We studied Hong Kong's social identities before and after 1997 and observed increasingly stronger identification with being Chinese during the transition. I returned last year, only to find Hong Kong in the middle of the Occupy Central Movement. The value of social science education and research cannot be overstated for the future of Hong Kong.

Why did you take up psychology? Have you observed any cultural differences in the discipline as practised or taught in the US and in Asia?

I wanted to be a novelist when I was young. Then I learned from my mentor that a good writer needs to understand people. After reading the works of Freud and D.H. Lawrence, I was attracted to psychology. The psychology I practise now is a serious science, but I am still a literature fan and an occasional poet.

Psychology in the West grew out from philosophy and seeks to offer scientific answers to foundational problems in philosophy, such as 'What is the nature of human consciousness?', 'What is the relationship between body and mind?', and 'What constitutes human sociality?' Psychology in Asia is more concerned with solving practical problems, and many Asian students are curious about the practical applications of psychology in clinical, educational and business settings. ■



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