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## 講「數」助施政 數據科學與政策研究課程

# From Good Numbers to Good Governance

### The new Data Science and Policy Studies Programme

**根** 據衛生署的資料，本港2014至15學年有56.8%的中學生、26%的高小學生曾經飲酒，反映青少年飲酒情況普遍。食物及衛生局遂於本年11月30日實施新法例，禁止零售商向18歲以下人士販賣酒精飲品。

數字是社會的縮影，可以揭露隱藏的問題、呈現趨勢。我們如何解讀這些數據，將會影響我們的世界觀；為政者如何解讀這些數據，也會決定他們推出甚麼政策、塑造怎樣的社會。

數據科學並非新事物，商界和政府早已廣泛應用，大學也相繼開辦有關課程，但大多數都側重商業應用。然而，新加坡政府已計劃讓約二萬名公僕接受數據科學的正規培訓，中大同樣預見到，把數據科學應用於公共行政之上，勢必成為一門新專業；社會科學院遂於2019至20學年開辦新學士課程「數據科學與政策研究」。課程主任黃偉豪教授（上圖）說：「任何一個範疇的政策，都可應用數據科學。」

#### 預測分析助籌謀

新課程是跨學科的課程，學生將會修讀「政策研究方法」、「公共政策的數據分析」和「政策分析及設計思考」等必修科目，以及選修本科、理學院和工程學院的科目，例如「數

據科學與監管」、「大數據系統編程」和「電子商務數據採集和分析」等。課程也會涵蓋人工智能，例如怎樣運用電腦模仿人類分析數據等。

數據科學和統計學容易叫人混淆，兩者彷彿都是進行計算，然後從數字得出一些結論。黃教授說明兩者分別：「數據科學是一門跨學科，統計學是其中重要一環。」以公共醫療為例，統計學可以證明某種疾病與地區有相互關係，即是居於某些地區的人口較大機會感染該疾病，但要分析背後原因、制定預防措施，便涉及其他範疇的理論，而整個過程都屬於數據科學。

此外，數據科學是前瞻性的，以預測分析為主。外國的反恐部門會收集社交媒體用戶在網上的行為，如發布偏激言論的頻率，顯示的個人資料如就業狀況等。透過挖掘分析這些數據，評估潛在風險，預測哪些人有可能發動恐襲，採取監視行動。

#### 探討法規與道德

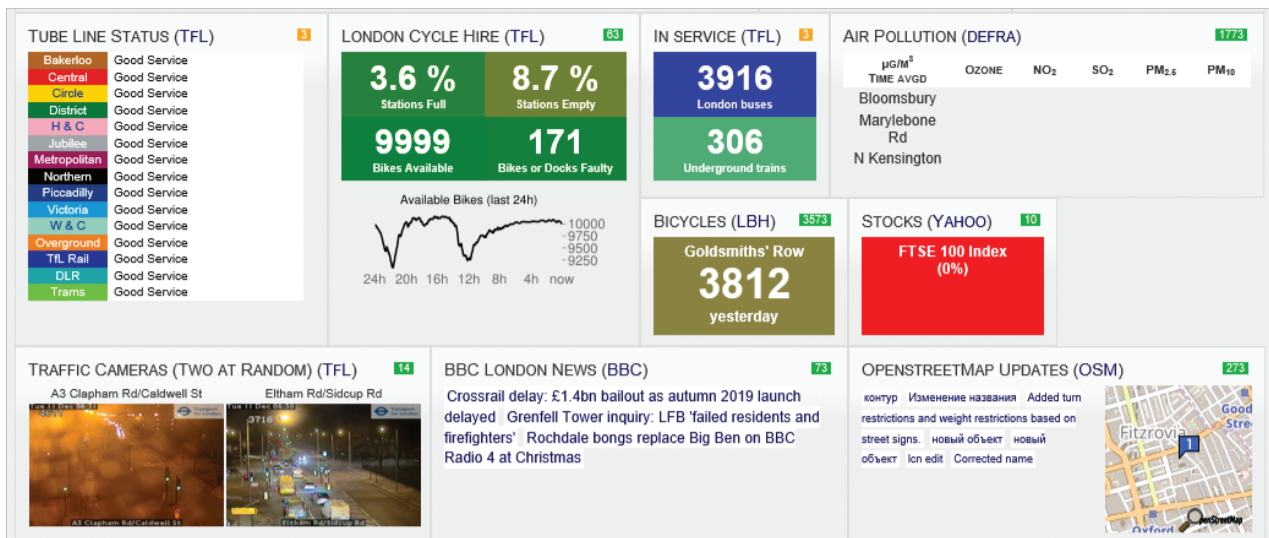
課程也會探討數據科學帶來的道德問題，數據科學發展迅速，但相關規管和法例卻見滯後。歐盟剛於5月才實施《通用數據保障條例》，當中最為人熟悉的是企業若發現有數

據外泄，須於七十二小時內呈報，香港則暫時沒有相關機制，但近期數據外泄事故頻生，促使大眾反思是否要立法堵塞漏洞。黃教授指出：「繼應用、技術開發後，立法規管將會成為第三波發展。」

黃教授舉例說明數據科學發展和道德之間的矛盾：「若將來市民的基因圖譜公開，而某人的基因圖譜顯示他將於三十歲患上慢性疾病，僱主不聘用他，或藉機削減其薪酬福利，這樣是否構成歧視？」

除了課堂理論外，學生也有機會去不同機構進行實習，包括政府部門、非政府組織和私人企業，了解業界情況和數據科學最新發展。政府除了分析數據外，日後還可能開放部分數據，這些工作都要倚靠數據科學的專才。即使是商界，企業持有很多客戶資料，近年也開始投入資源分析數據，期望提供建議回饋社會。因此，學生畢業後，可以投身不同機構，並非局限於公職。

政府坐擁最多數據，日後將會更常運用這些「資源」來協助施政，另一方面，開放公共數據也是大勢所趨，但開放哪些數據、如何開放，開放之餘如何保障市民私隱，這些工作都要用上專業知識。分析數據，制定政策，將會成為廿一世紀社會發展的新方向。

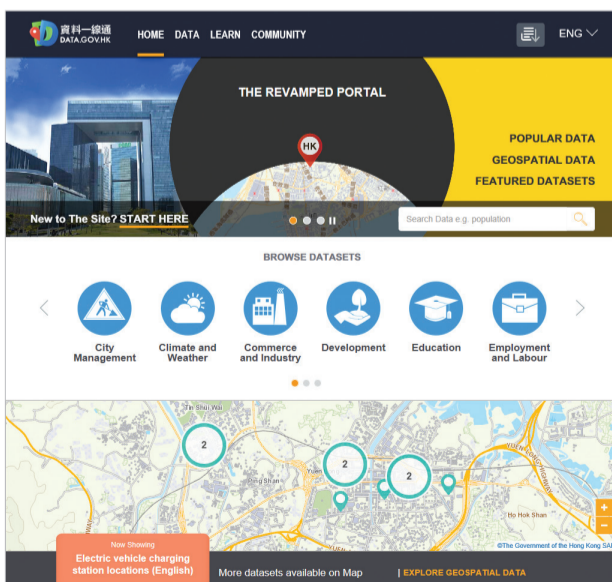


倫敦推行「儀表板計劃」，在同一網頁上載多種實時民生數據，供市民和研究人員參考（圖片來源：CityDashboard）  
Dashboard project of London displays various real-time data of the city on one single page for the use and analysis of citizens and researchers (Source: CityDashboard)

elective courses which are offered by the programme, Faculty of Science and the Faculty of Engineering, such as Data Science and Regulation, Programming Big Data Systems, E-Commerce Data Mining. The curriculum also covers artificial intelligence, specifically on how to train computers to mimic human beings to do data analysis.

Data science can easily be taken for statistics. Both involve drawing conclusions from a series of calculations. Professor Wong explained the difference between the two: 'Data science combines many disciplines including statistics which is an integral part of it.' Take public health as an example. Statistics can prove the correlation between a disease and a geographic location, i.e., the population living in a particular area are more likely to be infected. But it cannot explain why or suggest any preventive measures. Data science, on the other hand, involves considerations from many more theoretical standpoints and is therefore in a better position to attempt a total solution to the issue.

Besides, data science is prognostic. For instance, overseas counter-terrorism authorities would monitor and analyse social media users' backgrounds and behaviours such as the frequency of posting hateful comments, with the aims to identify high-risk suspects and put them under closer surveillance.



各地政府都設有「data.gov」的網站共享數據，香港的網站顯示了近年登革熱個案、東江水水質和罪案數目等多種數據  
All major governments now have a 'data.gov' website sharing government data with the public. Hong Kong's displays various data such as the statistics on dengue fever, Dongjiang water quality and crime counts in recent years

### How to Sit Well With Laws and Ethics

The programme will also examine the ethical issues that arise from the rapid development of data science which exposes the inadequacies of current laws and regulations. This May, the European Union has just implemented the new General Data Protection Regulation, under which a company is required to report any data leakage within 72 hours. Hong Kong does not have similar regulations but the recent high-profile cases of data breaches should make us think again. Professor Wong said, 'Introducing legislation is the third stage in the life of data science, after application and technical development.'

Professor Wong gave an example to illustrate the dilemma between data science development and ethics: 'Suppose a government makes public the citizens' genetic maps. If the genetic map of a citizen shows that he will develop a chronic disease in his thirties, and an employer decides not to hire him or cut his salary or welfare benefits, will this be considered discrimination?'

In addition to classroom learning, students in the data science programme will have opportunities of internship in government departments, non-governmental organizations and private enterprises to learn about the latest industry developments. Governments are expected to open up some of the data in their possession. On the other hand, the businesses have gathered massive customer data and will not be shy in analysing these data. All these require data science experts. As such, the graduates from the new programme can find themselves in high demand for a wide spectrum of jobs in the private and the public sectors.

The Government is sitting on a large amount of data which will be valuable to its agenda setting and policy implementation. Besides, open-access to public data is a trend that cannot be reversed. But what types of data should be made accessible, how, and how to ensure privacy will not be adversely affected require disciplinary training and knowledge. The use of data analysis in policy formulation will be a pillar of governance in the 21st century.

M. Mak

According to the Department of Health's statistics, 56.8% of secondary school students and 26% of upper primary school pupils had taken alcoholic drinks in 2014/15, indicating that alcohol consumption is common among youngsters. A new law has come into effect on 30 November to prohibit the sale of alcoholic beverages to under-18s.

Numbers can tell the stories of our society, unveiling social problems and highlighting trends. How we interpret data shapes how we view our world. How the government interprets data shapes its policies and thus formulates the future of our society.

Data science is not new. It has been widely used by governments and businesses. Many universities overseas have offered data science programmes with emphasis on commercial applications. Singapore is planning to offer formal training in data science to around 20,000 of its civil servants. Seeing the potential of the application of data science in public administration, the Faculty of Social Science is offering a new undergraduate programme—'Data Science and Policy Studies'—in 2019. The Director of the programme, Prof. **Wilson Wong** (photo), said, 'Data science can be applied to any policy area.'

### A Good Analytic Tool for Planning

The new interdisciplinary programme requires its students to take required courses such as Research Methods for Policy Studies, Data Analytics for Public Policy, and Policy Analysis and Design Thinking, and

# 第八十六屆大會

## 86th Congregation for the Conferment of Degrees

# 香

港中文大學於11月29日舉行第八十六屆大會，由大學監督林鄭月娥女士大紫荊勳賢主禮。中大向三位傑出人士頒授榮譽博士學位，以表揚他們對公益事業、科研發展、教育及金融事務的貢獻，他們分別為：葉錫安博士、邱勇教授及任志剛教授大紫荊勳賢。大會同時頒授451個博士學位，包括3名醫學博士、429名哲學博士、10名教育博士、6名護理博士及3名心理學博士。



CUHK held its 86th Congregation for the Conferment of Degrees on 29 November. The Honourable Mrs. **Carrie Lam Cheng Yuet-ngor**, Chancellor of CUHK, presided at the congregation. Three distinguished persons were conferred honorary degrees in recognition of their outstanding contributions to community welfare, scientific research, and the promotion of educational and financial affairs: Dr. Ip Sik-on Simon, Prof. Qiu Yong and Professor the Honourable Yam Chi-kwong Joseph. A total of 451 doctoral degrees were conferred on the occasion. These included three Doctors of Medicine, 429 Doctors of Philosophy, 10 Doctors of Education, six Doctors of Nursing, and three Doctors of Psychology.



**葉錫安**博士貢獻法律界和教育界多年，曾任香港律師會會長及立法會法律界功能組別議員，並於1994年至2003年間出任香港教育學院的創校校董會主席。葉博士亦積極貢獻香港慈善事業，於2014年至2018年出任香港賽馬會（馬會）主席期間，帶領馬會改革旗下慈善信託基金的慈善

贊助機制，採取更主動的贊助策略，造福社會。中大多年來厚蒙馬會慷慨捐獻，包括於2014年獲得馬會一筆十三億港元的資助，成立全新教學醫院「香港中文大學醫院」。葉博士憑藉出眾的公益服務贏得無數榮譽，包括獲委任太平紳士、獲頒金紫荊星章，並獲多所本地大學頒授榮譽博士學位。中大授以榮譽社會科學博士銜，以表彰他對香港公益事業的卓越領導和非凡貢獻。

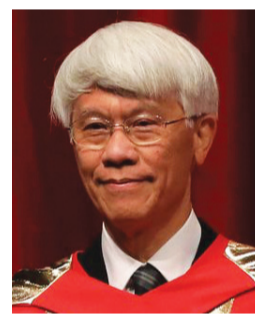
Dr. **Ip Sik-on Simon** was the former President of the Law Society of Hong Kong and a member of the Legislative Council representing the Legal Functional Constituency. He served as the Founding Chairman of the Council of the Hong Kong Institute of Education from 1994 to 2003. Apart from his remarkable contribution to the law and education fields, Dr. Ip demonstrated his charitable endeavours through his work with the Hong Kong Jockey Club, where he served as the Chairman from 2014 to 2018. Under his leadership, the Club's Charities Trust adopted a more proactive approach to its role in the betterment of society. CUHK has also been a major beneficiary of the Club, with donations including the \$1.3 billion gifted in 2014 to support the establishment of the University's new teaching hospital, the CUHK Medical Centre. In light of his outstanding public service, Dr. Ip has received honours and awards over the years, including Justice of the Peace, the Gold Bauhinia Star, and honorary degrees from several universities in Hong Kong. The University confers upon Dr. Ip the degree of Doctor of Social Science, *honoris causa* for his outstanding contribution to and leadership in the Hong Kong community.



**邱勇**教授為清華大學校長，是有機光電材料與器件研究專家，研究重點包括有機半導體材料、有機電子學基礎理論、有機發光顯示材料和器件，其科研成就令他享譽全國，獲獎無數，包括國家傑出青年科學基金、教育部「長江學者獎勵計劃」特聘教授、教育部全國模範教師、國家技術發明獎一等獎及中國科學院院士等。邱教授是第十三屆全國人大常務委員會委員、第十三屆全國人大教育科學文化衛生委員會副主任委員及第十三屆全國人大代表。他出掌清華大學以來，先後兩次率團來訪中大，延續及推動兩校合作不遺餘力，包括共建中國經濟聯合研究中心。邱教授於2017年應邀出任理學院榮譽教授。為表揚他在學界和社會的卓越成就，中大授以榮譽理學博士銜。

Prof. **Qiu Yong** is an expert on optoelectronic materials and devices and currently the President of Tsinghua University. His main research interests focus on organic semiconductors, fundamental theories of organic electronics, and organic light-emitting materials and devices. He has won countless accolades for his scientific innovations, including Distinguished Young Scholar by the National Natural Science Foundation of China, the Ministry of Education Changjiang Scholar, the National Model Teacher, the State Technological Invention Award—First Prize, and was elected a member of the Chinese Academy of Sciences. He is a member of the Standing Committee of the 13th National People's Congress, Vice-Chairman of the Education, Science, Culture and Public Health Committee of the 13th National People's Congress, and a deputy to the 13th National People's Congress. Since he took office as the President of Tsinghua University, Professor Qiu has led two delegations to visit CUHK to enhance academic collaboration, including the opening of the Joint Research Centre for Chinese Economy. In 2017, CUHK appointed him to be Honorary Professor of the Faculty of Science. CUHK confers upon him the degree of Doctor of Science, *honoris causa* in recognition of his exceptional contributions to academia and society.

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**任志剛**教授大紫荊勳賢是香港金融管理局首任總裁，現任香港行政會議非官守成員及中國金融學會執行副會長。任教授曾參與制訂聯繫匯率制度，協助香港發展成為國際金融中心。1998年亞洲金融風暴期間，成功擊退國際炒家，捍衛港元及股票市場，被Asiamoney譽為「1998年最佳

中央銀行家」。任教授屢獲殊榮，包括金紫荊星章、大紫荊勳章、香港銀行學會年度銀行家獎，歷年獲多所本地大學頒授榮譽博士學位。任教授與中大關係尤其密切，自2006年起擔任中大工商管理學院榮譽教授，並自2010年起出任劉佐德全球經濟及金融研究所傑出研究員。中大向任教授頒授榮譽社會科學博士銜，以表彰他對香港貨幣及金融事務的貢獻。

Professor the Honourable **Yam Chi-kwong Joseph** was the first Chief Executive of the Hong Kong Monetary Authority. He is currently a non-official member of the Executive Council, HKSAR and Executive Vice-President of the China Society for Finance and Banking. He helped develop the linked exchange rate system and implemented other reform measures, contributing to Hong Kong's development into an international financial centre. During the Asian financial turmoil in 1998, Professor Yam successfully defeated international speculators and defended Hong Kong's currency and stocks. He was named the 'Central Bank Governor of the Year' in 1998 by Asiamoney. Professor Yam has been honoured with many awards, including the Gold Bauhinia Star, the Grand Bauhinia Medal, and the Hong Kong Institute of Bankers' The Banker of the Year Award. He has also received many honorary doctorates from various local universities. He has been especially close to CUHK, where he has served as an Honorary Professor of the Faculty of Business Administration since 2006, and a Distinguished Research Fellow of the Lau Chor Tak Institute of Global Economics and Finance since 2010. CUHK confers upon him the degree of Doctor of Social Science, *honoris causa*, in recognition of his contribution to Hong Kong's monetary and financial development.

J. Lau

**強** 颱風「山竹」於9月16日呼嘯而至，吹得全港高樓震顫，樹折枝摧，演示了全球氣候變化下天氣可以如何極端。中大依山而建，樹木茂密，風暴過後同樣滿目瘡痍。中大校方為了師生安全，決定9月17日停工停課，但原來物業管理處有一隊自願入伍的「颱風候命小組」，早於颱風肆虐前啟動應變機制。

在八號風球懸掛前的星期六傍晚，物業管理處二十七名員工已經開始留守指揮中心，其中負責總機的職員接聽大學各方的求助電話，並密切留意風暴期間的校園狀況。駐守員工由星期六晚（9月15日）留守至星期一早上，連續工作三十四小時，共收到九十多個修繕破損門窗的要求。星期日深夜時分，小組指揮有見風勢稍為減弱，立即與組員出來巡視，發現遍地盡是吹斷的枝桠和樹幹，幾乎堵塞所有主要道路。



林耀華先生  
Mr. Edmond Lam

處長林耀華先生說：「當務之急是開通主要道路，小組組員一致希望能讓大學職員及學生盡快復工復課，各人在池旁路、車站路馬不停蹄地鋸斷倒樹，不少組員疲憊不堪，鏈鋸亦壞了三四把，這情況真是前所未見。」園藝組未雨綢繆，早於風暴肆虐前兩天預約了夾車及高台車，故此能在風暴過後迅速移除堵塞道路的

倒樹。其他善後的工作量亦十分龐大，包括陸續清理搖搖欲墜的樹枝，以免危害途人。

物業管理處有員工四百多人，停課當日，超過三分二排除萬難跨越路上重重障礙回校工作，有庶務及樓宇管理組員工甚至由馬鞍山走路返中大。校園得以於復課日順利運作，物業管理處的預防措施不可或缺，風暴來臨前，屋宇及戶外維修組已提醒工程判頭加固外牆棚架，並加派人手清理淤塞的渠道，屋宇設備組也加緊檢查冷氣系統和機電設施等。中大人互相守望的精神同樣重要：交通組司機協力清理校巴士，保安組職員也有清理主要道路，引領緊急車輛幫助有需要人士，更有學生於風暴過後自發清理校園。

地球溫度急升，引發漸趨頻密的極端天氣，除了提升災害應變意識，我們該如何履行環保生活，令地球邁向可持續發展？

**W**ith its skyscraper-shaking and tree-felling blasts, super-typhoon Mangkhut taught Hong Kong a lesson on how extreme weathers could get in the age of climate change. The University suspended class and work on the next school day (17 September) after the storm. But the Estates Management Office (EMO) staff who voluntarily enlisted in the Typhoon Squad did not cease on the day but had actually begun well before the typhoon struck.

On Saturday evening (15 September) before typhoon signal number 8 was hoisted, 27 staff members were at the command centre of EMO. They were monitoring the typhoon situation on campus and attending to calls from campus residents for help. The standby staff had been on duty for 34 hours from late Saturday to Monday morning and received over 90 requests, mostly for repairing shattered glasses and broken doors. Late on Sunday, the squad began campus inspection as soon as the storm had subsided and found broken branches and trunks everywhere, clogging the major roads on campus.

Mr. Edmond Lam, Director of EMO, said, 'Clearing the major roads was top priority under the circumstances. Our aim was to restore our campus to normal for our staff and students to work and study. Many of our colleagues spent hours and hours on sawing and removing felled trees. Several chain saws had to be discarded from



# 急當務之急 風眼中候命三十四小時

## Duty Always Comes First

### EMO's 34 hours in the eye of the storm

overuse. I have never seen this before.' The Landscaping Section had booked a grab-mounted truck and a crane a few days earlier for removing fell and hanging branches which could be dangerous to passers-by. Their prescience proved to be critical to the team's speedy follow-up work as such vehicles were in short supply from a territory-wide surge in demand after the storm.

While other staff and students stayed home on 17 September, over two thirds of EMO's 400-strong staff overcame great obstacles to come back to campus. Some had to walk from Ma On Shan to campus. EMO's preventative measures also played a part in the campus's speedy return to normal. Before the storm, more manpower was deployed to clear the ditches and examine the air-conditioning and electrical systems, and contractors were reminded to reinforce the scaffoldings. Credit must also go to other conscientious colleagues: drivers of the Transport Office helped to restore the bus stops; security officers of the Security Office cleared the major roads and directed traffic especially for the emergency vehicles; some students even volunteered their service in clearing the debris.

Global warming will make extreme weather conditions more frequent in the foreseeable future. In addition to relying upon the dedication and professionalism of EMO and other colleagues, we must also adapt to a sustainable way of life for the sustenance of the Earth. 🌱

J. Lau

編按：為了讓物業管理處職員專注處理「山竹」後遺，《中大通訊》延至近期才邀約訪問。

Editors' Note: As EMO colleagues had still been heavily occupied for some time with follow-up actions in the Mangkhut aftermath, CUHK Newsletter had been putting off asking for their stories until recently.



吹斷的樹幹堵塞主要道路  
Broken trunks blocking the main road



加緊清理現場  
Clearing the road



連夜趕工讓師生順利復課  
Working in the dark to help CUHK smoothly resume its operation



## 中國文化研究所海外影響力獲肯定 Winning the Overseas Impactful Award for Sinology

中大中國文化研究所深耕細作半世紀，讓華人學者了解世界最新研究方法與學術理念，與海外同道分享中國人文傳統與思想智慧，於「致敬國學：第三屆全球華人國學大典」榮獲年度海外影響力大獎，成為首家獲頒此國學界權威獎項的香港機構。

The Institute of Chinese Studies of CUHK has won the Overseas Impactful Award for Sinology in the 'Tribute to Sinology: The 3rd Sinology Ceremony for Global Chinese' for its contributions to helping the Chinese scholars gain the cutting-edge research methods and academic ideology and sharing Chinese humanistic tradition and wisdom with its overseas counterparts over the past half-century. The Institute is the first Hong Kong institution receiving the prestigious award in sinology.



(圖片來源：第三屆全球華人國學大典組委會)

## 「節約能源獎勵計劃」初見碩果 The First Fruit of Energy Conservation Incentive Scheme



大學於2014年推出香港院校首個「節約能源獎勵計劃」，旨在降低校園的能源消耗和碳排放，嘉許禮於本年十二月初舉行，共有二十七個部門獲頒證書。計劃將校園建築物分A、B組，當中A組的建築物於四年間合共減少消耗約一千六百萬度電，相等於三千三百三十三個香港家庭一整年的用電，成績令人鼓舞。

In 2014, the University launched the first Energy Conservation Incentive Scheme among the Hong Kong institutions to reduce energy consumption and carbon emission on campus. Twenty-seven units were recognized in the ceremony held in early December. The Scheme divided the campus buildings into Groups A and B. The Group A buildings have encouragingly reduced 16,000,000 kWh, which is equivalent to the annual energy consumption of 3,333 local families.

## 中英高等學府雲集中大 Sino-British University Partnership Deepened at CUHK



中大於12月5至7日舉辦中英高等教育人文峰會，為「中英高等教育人文聯盟」（聯盟）的年度活動，加深大學與內地及英國夥伴大學的關係。峰會以「中國與人文」為主題，集結約八十位來自中英兩國十八所高校的學者和代表，就推動跨學科、跨地域和跨文化的互動交流慧見。開幕儀式於12月6日在中大舉行，主禮嘉賓包括校長段崇智教授（前排左四）、香港特區政府行政長官林鄭月娥女士（前排中央）、中聯辦副主任譚鐵牛院士（前排左三）、英國文化協會香港總監施捷先生（前排右三），以及清華大學校務委員會主任兼聯盟主席陳旭教授（前排右四）。該聯盟在2016年成立，中大是五所中方成員院校中唯一的香港院校。

CUHK hosted the China-UK Humanities Annual Forum from 5 to 7 December. As the annual event of the China-UK Humanities Alliance for Higher Education in 2018, the Forum enhanced the University's closer partnership with both Chinese and British partner institutions in the humanities. With a theme of China and The Humanities, the Forum gathered about 80 delegates comprising government officials, university leaders and academic members from 18 institutions of mainland China and the UK. The meeting served as a platform for sharing views and experiences of mutual interest, for cross-cultural and transnational dialogue and cooperation in the field of the humanities and for deepening exchanges of the participating Sino-British universities. The opening ceremony was held on 6 December on CUHK campus, with the officiating guests including Vice-Chancellor and President Prof. Rocky S. Tuan (front row, 4th left); Mrs. Carrie Lam Cheng Yuet-ngor (first row, centre), Chief Executive of the HKSAR; Prof. Tan Tieniu (first row, 3rd left), Vice Minister of the Central People's Government's Liaison Office in the HKSAR; Mr. Jeff Streever (first row, 3rd right), Director of British Council Hong Kong; and Prof. Chen Xu (front row, 4th right), Alliance Chair and Chairperson of the University Council, Tsinghua University. The Alliance was initiated in 2016 with founding members from five Chinese universities, among which CUHK is the only participating university from Hong Kong.

## 校長率團訪美加學府 Vice-Chancellor Visits Institutions in the US and Canada

校長段崇智教授（左六）於本年10月率團出訪美加多所知名學府，加強交流合作。訪問團成員包括副校長霍泰輝教授（左五）及陳偉儀教授（左八）、副校長（行政）及秘書長吳樹培先生（左四），以及工程學院、醫學院、社會學系及地理與資源管理學系代表。是次出訪，除了鞏固大學與耶魯大學及雅禮協會的長期夥伴關係，更開啟了大學與約翰·霍普金斯大學、波士頓兒童醫院及麻省理工學院等機構的科研合作之門。



A high-level delegation led by Prof. Rocky S. Tuan (6th left), Vice-Chancellor and President of CUHK, visited a number of renowned institutions in the US and Canada in October 2018. The delegation comprised Pro-Vice-Chancellors Prof. Fok Tai-fai (5th left) and Prof. Chan Wai-yee (8th left), Vice-President (Administration) and University Secretary Mr. Eric Ng (4th left), and representatives from engineering, medicine, sociology, and geography and resource management. The visits reaffirmed the University's partnerships with long time partners such as Yale University and the Yale-China Association, and paved way for future collaborations with institutions at the forefront of research, including Johns Hopkins University, Boston Children's Hospital and the Massachusetts Institute of Technology.

## 中大九位「全球最廣獲徵引研究人員」 Nine 'Most Highly Cited Researchers' at CUHK

中大九位教授獲 Clarivate Analytics 譽為「2018年最廣獲徵引研究人員」，以表彰他們的研究工作獲全球學者廣泛引用，在各自研究範疇影響舉足輕重。

Nine CUHK professors have been named by Clarivate Analytics in the list of 'Highly Cited Researchers 2018' among the world's top researchers whose work has been highly cited by fellow scholars. They are making a significant impact in their respective fields of study.

類別 Category	教授 Professors
臨床醫學 Clinical Medicine	<ul style="list-style-type: none"> <li>腫瘤學系系主任莫樹錦教授 Prof. Tony Mok, Chairman of the Department of Clinical Oncology</li> </ul>
跨領域 Cross-Field	<ul style="list-style-type: none"> <li>醫學院副院長（外務）陳力元教授 Prof. Chan Lik-yuen Henry, Associate Dean (Global Engagement), Faculty of Medicine</li> <li>莫慶堯醫學講座教授沈祖堯教授 Prof. Joseph J.Y. Sung, Mok Hing Yiu Professor of Medicine</li> <li>物理系王建方教授 Prof. Wang Jianfang, Department of Physics</li> <li>電子工程學系榮休教授汪正平教授 Prof. Wong Ching-ping, Emeritus Professor, Department of Electronic Engineering</li> <li>電子工程學系趙銳教授 Prof. Zhao Ni, Department of Electronic Engineering</li> <li>化學系余濟美教授 Prof. Jimmy Yu, Department of Chemistry</li> </ul>
經濟及商業 Economic & Business	<ul style="list-style-type: none"> <li>管理學系區大衛教授 Prof. David Ahlstrom, Department of Management</li> </ul>
精神科/心理學 Psychiatry/ Psychology	<ul style="list-style-type: none"> <li>精神科學系李誠教授 Prof. Lee Sing, Department of Psychiatry</li> </ul>



## 亞洲首個「三維骨質量標準值」誕生 Setting Asia's First Three-dimensional Bone Density Standard



中大醫學院矯形外科及創傷學系使用提供「高解像度肢體骨定量電腦掃描」儀器，結合多年臨床研究，訂立亞洲首個「三維骨質量標準值」，釐定華人男性和女性於不同年齡組別的骨質密度標準，有助及早診斷骨質疏鬆問題及評估骨折風險。

Based on years of clinical researches, the Department of Orthopaedics and Traumatology of the Faculty of Medicine at CUHK has set the first three-dimensional Bone Density Standard in Asia using high-resolution peripheral quantitative computed tomography. The standard helps set bone density references for Chinese men and women of different age groups, thereby developing early diagnosis of osteoporosis and assessment of fracture risk.

## 創造均健社會 Fair Society, Healthy Lives

國際公共衛生權威米高·馬莫教授11月30日親臨中大，以「健康公平與可持續發展」為主題講首屆「可持續發展傑出講座」，剖析個人健康和社會狀況的關係，並提出政策建議，紓緩社會傾側帶來的健康懸殊。講座由聯合國可持續發展解決方案網絡香港地區分會及賽馬會老年學研究所合辦，並由段崇智校長和張妙清副校長致辭，吸引一百五十名學者、學生、校友和公眾人士出席。

Internationally renowned public health authority Prof. Sir Michael Marmot came to CUHK on 30 November to deliver the first Distinguished Lecture on Sustainable Development titled 'Health Equity and Sustainable Development', in which he illuminated the relationship between social circumstances and health and made policy recommendations that ameliorate health inequities. Co-hosted by the Hong Kong Chapter of the United Nations' Sustainable Development Solutions Network and Jockey Club Institute of Ageing, the Lecture was officiated by Vice-Chancellor Prof. Rocky S. Tuan and Pro-Vice-Chancellor Prof. Fanny M.C. Cheung, and drew over 150 scholars, students, alumni and members of the public.



## 中大生獲半數領展獎學金 CUHK Students Clinch Half of Link Scholarships



本年度九十七位中大生獲「領展第一代大學獎學金」，佔得獎總人數過半。得獎者將參與領展的師友計劃、就業輔導及義工活動等。該獎學金得獎者必須為家庭三代中首位入讀本地大學的學生，學業成績優秀，並積極參與活動及服務社會。

This year, 97 of the 190 students receiving The Link First Generation University Student Scholarship are CUHK students. They will be admitted to the Link Scholars Alumni, through which Link will provide opportunities such as career development and volunteer work. The scholarship recipients should be the first in three generations of their families admitted to a local university, who have performed well in their undergraduate studies and are active in extra-curricular activities and community service.

## 重臨母校

### Welcome Home, Alumni!

「中大校友日」於11月24日舉行，逾五千二百位校友及親屬參與年度盛事，節目包括健康講座、大型嘉年華、手作市集、校園主題參觀、書院/研究院院長宴請校友等。今年「校友傳承基金」籌得一百萬港元，連同本年的籌款，基金已累積超過六百二十萬港元，主要用作支持中大年青校友創業與事業發展。

CUHK Homecoming Day was held on 24 November, drawing over 5,200 alumni and relatives to attend the annual flagship event. In addition to health talks, the programmes included the grand carnival, handicraft market, thematic visits, and college/graduate school dinners. The fund raising committee raised HK\$1 million for 'CUHK Alumni Torch Fund' this year. Adding the amount, the Fund, which aims at supporting young alumni in their entrepreneurial efforts and career development, has accumulated over HK\$6.2 million.





## 遊刃於代碼世界

### Navigating in the House of Codes

為協助大學各部門網站管理員提升網站內容，資訊處與資訊科技服務處於12月6日舉行的「網站及數碼內容開發論壇」講解相關實務應用，並邀得業界人士分享，約有一百五十人出席論壇。在副校長吳基培教授致歡迎辭後，資訊處助理處長許永恒先生講解製作優質、高效網站的十個訣竅；資訊科技服務處阮家和先生介紹嶄新的內容管理平台雲端服務，並介紹處理改善網絡保安的技巧；theOrigo的高樹豐先生解釋提升網站自然排名及製作優質網站內容的要素；最後，資訊處處長曹永強先生闡述如何巧用圖像與標題令內容妙趣橫生。



The Forum on Development of Websites and Digital Contents co-presented by the Information Services Office (ISO) and the Information Technology Services Centre (ITSC) took place on 6 December, where 150 participants learned how to enhance the website content. Following welcoming remarks by Pro-Vice-Chancellor Prof. Dennis Ng, Mr. Danny Hui, assistant director of ISO, gave 10 tips for great and effective website development. The second talk was delivered by Mr. George Yuen of ITSC on content management system with cloud service and solutions to some security issues. Mr. Alvis Ko of theOrigo unravelled the secrets of organic search ranking and the key factors of quality website content. Last but not least, Mr. Tommy Cho, director of ISO, expounded on the art and craft of using photos and headlines to create captivating content.

簡報檔案載於

Presentation materials could be found at <https://bit.ly/cuhkwebforum2018>

## 靜觀改善更年期徵狀

### Mindfulness Practice Relieves Menopausal Symptoms



中大研究團隊發現坐禪冥想、站立冥想、靜觀瑜伽及身體掃描練習等靜觀減壓課程有助緩解婦女更年期徵狀，特別是排解焦慮及抑鬱徵狀。中大醫學院同時宣布成立「香港中文大學敬靈靜觀研究與培訓中心」，這是全亞洲首間由大學醫學院籌辦、集「靜觀」研究及培訓於一身的機構，旨在推廣靜觀治療，提升大眾身心健康。

A study conducted by a CUHK research team reveals that mindfulness exercises including sitting and walking meditation, mindful yoga and a somatically focused skill are effective in reducing menopausal symptoms, especially anxiety and depressive symptoms. CUHK's Faculty of Medicine also announced the establishment of the CUHK Thomas Jing Centre for Mindfulness Research and Training, the first mindfulness centre in Asia founded by a university medical school for research and training purposes, to promote health and well-being by fostering mindfulness-based therapies.

## 中大（深圳）唱響大灣區

### CUHK (SZ) Sings for the Greater Bay Area

11月25日晚，中大（深圳）在深圳音樂廳舉行音樂會，與海外校友、特邀嘉賓、師生及家長一同感受古典樂與現代流行樂的融匯之美，同時表達對粵港澳大灣區的嚮往。香港中文大學合唱團及音樂系師生亦參與演出。



The 2018 Concert of CUHK (SZ) was held in the Shenzhen Concert Hall on 25 November. The concert showcased the fusion of classical and modern pop music. The performers also sang for a better tomorrow for the Greater Bay Area. CU Chorus and members of CUHK's Department of Music also took part in the concert.

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若要瀏覽本部分的資料，請須輸入**中大校園電子郵件密碼**。



宣布事項 / ANNOUNCEMENTS



校董會人事任命

Council Appointments

新任 New Appointment	姓名 Name	任期 Appointment Period
大學校董 Council Member	林偉雄先生 Mr. Enders W.H. Lam	4.8.2018 – 31.8.2020

續任 Re-appointment	姓名 Name	任期 Appointment Period
大學校董 Council Member	黃聿教授 Prof. Huang Yu	5.9.2018 – 4.9.2021
大學校董 Council Member	阮德添先生 Mr. Anthony T.T. Yuen	4.8.2018 – 3.8.2021
大學校董 Council Member	孔美琪博士 Dr. Maggie M.K. Koong	27.11.2018 – 26.11.2021
大學校董 Council Member	利乾博士 Dr. Chien Lee	16.12.2018 – 15.12.2021

以上之校董會成員委任宣布取代上期相關宣布。  
The above announcement on Council member appointments supersedes that of the previous issue.



榮休教授  
Emeritus Professor

數學系講座教授陳漢夫教授獲頒榮休教授名銜，由2019年1月15日起生效。

Prof. Chan Hon-fu, Raymond, Professor of Mathematics in the Department of Mathematics, has been awarded the title of Emeritus Professor, with effect from 15 January 2019.

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請須輸入中大校園電子郵件密碼。

於中大操作無人駕駛飛機系統指引

Guidelines on Operation of Unmanned Aerial Systems at CUHK

大學的行政與計劃委員會已通過「於中大操作無人駕駛飛機系統指引」，以確保在校園內的無人駕駛飛機系統在安全及有秩序的情況下操作。詳情請參閱 <https://www.cuhk.edu.hk/oths/uas/guide.pdf> 及 <https://www.cuhk.edu.hk/oths/uas/form.pdf>。

The University's Administrative and Planning Committee has approved the 'Guidelines on Operation of Unmanned Aerial Systems (UAS) at CUHK' in order to maintain UAS operations safe and orderly on campus. For details, please refer to <https://www.cuhk.edu.hk/oths/uas/guide.pdf> and <https://www.cuhk.edu.hk/oths/uas/form.pdf>.

平安夜燭光崇拜：我們多麼需要星星

Christmas Eve Candle Light Service: Oh, the Star is There

日期 Date	24.12.2018
時間 Time	9:00 pm – 11:00 pm
地點 Venue	崇基禮拜堂 Chung Chi College Chapel
講員 Speaker	鄧瑞強博士 (崇基學院榮譽助理校牧) Dr. Tang Sui-keung (Honorary Assistant Chaplain, Chung Chi College)
獻唱 Choir	崇基學院禮拜堂詩班 Chung Chi College Chapel Choir
查詢 Enquiries	崇基學院校牧室 Chaplain's Office, Chung Chi College chaplaincy@cuhk.edu.hk

Greater China Legal History Seminar Series 2018–19

Date/Time	Details
11.1.2019 12:30 pm – 2:00 pm	The Currency of China Trade in Asia from the 15th Century Speaker: Prof. Judith Sihombing, Adjunct Associate Professor, Faculty of Law, CUHK
22.2.2019 12:30 pm – 2:00 pm	Chinese Shipwrecks, Treasure Hunters and the History of Underwater Cultural Heritage Regimes Speaker: Prof. Steven Gallagher, Associate Professor of Practice & Associate Dean (Academic Affairs), Faculty of Law, CUHK
8.3.2019 12:30 pm – 2:00 pm	The Development of Legal Compliance—the Hong Kong Perspective Speaker: Prof. Douglas Arner, Kerry Holdings Professor in Law, HKU

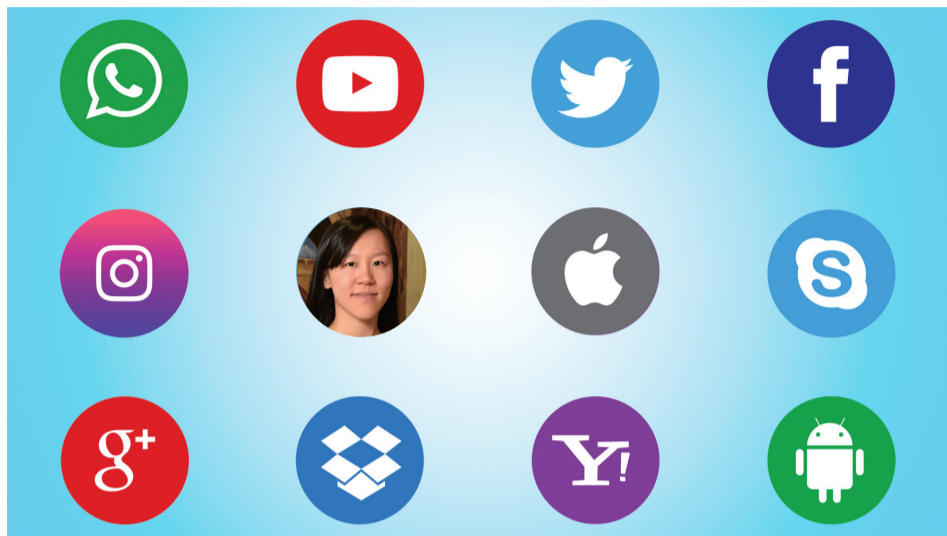
All seminars are open to the public and will be held at the CUHK Graduate Law Centre, 2/F, Bank of America Tower, Central.

所有研討會均向公眾開放，於中環美國銀行大廈二樓中大法律學院研究生部舉行。



## 剪刀霍霍向基因

## Scissors for a Lock of Genes?



在科學圈子裏，人類基因組編輯的技術已經不是甚麼新鮮事，但基因給改造以致不受愛滋病毒感染的孖生女嬰出世的消息，仍然轟動全世界。

事件雖然稍為平息下來，但由相關技術引發的道德爭議相信仍會繼續，而且肯定會加入更多政策制定者、社會科學家 and 人文學者。英文系**陳紫茵**教授認為人文學科的論述有助釐清爭議焦點，而正因為二十一世紀科技發展日新月異，後果禍福難料，人文學科的思維更形重要。

在陳教授眼中，科學發現應用到現實世界，大大改善了人們的物質生活狀況，尤其在疾病管理及診斷方面，而社會亦已成熟到有條件開始討論基因工程。

但她亦不忘提醒我們不要忘記關注科技發展引發的道德問題，以免淪為科技的奴隸。這些問題歷來不少哲學家及小說家已經探討過，就是基因工程會對人類的個體性造成甚麼影響。

她說：「科技帶給我們很多好處，但大家應該不想見到如赫胥黎《美麗新世界》中描述的人類將來吧？」加拿大小說家**Margaret Atwood**有小說**Oryx and Crake** (2003)，說的是一個由基因工程技術主宰，但卻只用來鞏固資本主義消費模式的未來世界。這部小說發人深省，如果我們不思考人性本質，以及生命深層的意義和目的，未來社會不堪想像。

但道德討論會否帶來社會所需要的睿智，又或是被認為妨礙科技進步和浪費時間？陳教授這樣說：「要保證人類享受到科技進步的成果而不是承受其苦果，我們只有不斷從道德層面詰問。」

The technology of human genome editing is no news, at least among the scientific circles. But the news of the birth of the twin girls whose genes have been altered to exclude the possibility of HIV infection has caused widespread outrage in and out of the scientific communities.

The ensuing debates will surely raise many more questions and engage lawmakers, social scientists and humanists alike. Prof. **Evelyn Chan** of the English Department thinks that these are the kinds of questions the humanities concern itself with, which is why the humanities are so important as we forge on with technological innovations of all kinds in the twenty-first century.

Professor Chan views technology as comprising real-world applications from scientific developments that lead to improvement in the material conditions of human life. She recognizes that currently very specific technologies in disease management and detection that have already done much to improve our lives will continue to develop to the extent where we will be able to start talking about genetic engineering on a much larger social scale.

She, however, cautions that technology makes our lives better only if we continue to ask deeper questions about the ethics and desirability of technological developments, so that technology does not become our master and we the slaves. These include questions that philosophers and novelists alike have asked on what such technological applications as genetic engineering would mean for ideas of human agency, individuality and uniqueness.

She said, 'We have all benefitted immensely from technology, but surely we do not want to end up like the world depicted in Aldous Huxley's *Brave New World*. A glimpse of a world dominated by genetic engineering (albeit of the kind we are not currently yet capable of) geared solely towards capitalist consumerism is given in **Margaret Atwood's** dystopian novel *Oryx and Crake* (2003). The novel is a sobering reflection on what human society would look like where we stopped asking questions about the nature of humanity and the deeper meaning of and purpose to human life.

Will moral questioning give us the guidance we need or will it be swept aside as irrelevant to technological progress and a waste of time? Professor Chan's answer: 'Continuing to explore the ethics of technological progress is the only way we can ensure that what we are doing truly benefits humanity.'

T.C.



## 親撫歷史痕跡

## Scaling Heights and Fathoming Depths

自從中大人類學系於2016年設立全港首個考古副修課程，本地學生也有機會接受系統性學術及考察訓練。早前有學生到四川三星堆及江口古戰場實習，也有學生在南海I號沉船遺址考察，回港後把學習成果展示於大學圖書館，與公眾分享「上山下海」的體驗。

2018年暑假，人類學系、歷史系與文化研究系有九位副修考古的學生前往四川實習，其間操作嶄新的實時動態測量技術 (RTK)、清理墓葬、拼對陶片，也嘗試修復和拓片等考古工作。人類學四年級生**鍾禮筠**說：「可以觸摸幾百年前的手製器物，觀察前人留下的生活軌跡，意義深遠。」負責四川實習的**林永昌**教授認為田野考察能讓人了解物質文化遺產，解釋為何我們要在乎過去的盆罐磚瓦。

南海I號是南宋時期的沉船，當時載運大量陶瓷、金銀銅器等，包括手工精美的銅鑲金腰帶，是迄今發現年代最早、體積最大的沉船。2017年適逢南海I號發現三十周年，人類學畢業生**馮樂山**和三年級生**鄧曉懿**親赴廣東陽江考察南海I號，了解水下文化遺產。馮樂山認同把沉船置於博物館的做法，公眾可以在特定範圍觀察工作人員發掘和清理文物，有助普及考古學。

展板設計簡潔，讓參觀者在短短十多分鐘穿梭四川三星堆的古蜀文明、明末農民武裝事件及南宋的盛世面貌。其實考古現場不限於國內和海外，香港亦有二百零八個具考古價值的地點，例如早前在西貢糧船灣便撈出宋代船錨，證明香港是宋元時期海上絲綢之路的重要中轉港。

**黃慧怡**教授是水下考古組的負責老師，她說：「香港人習慣向前看，其實考古和文物保育很重要，不鑑古何以知今？」

CUHK's Department of Anthropology launched Hong Kong's first minor programme in Archaeology in 2016. Since then, local students have been able to receive systematic academic and fieldwork training in archaeology. Those who returned from internships at the Sanxingdui site and the Jiangkou Battlefield in Sichuan as well as the Nanhai No.1 shipwreck site in Guangdong shared their scaling and fathoming experiences at an exhibition at the University Library.

Nine students from Anthropology, History and Cultural and Religious Studies interned in Sichuan in the past summer, engaging in archaeological work—operating the RTK (Real-time kinematic) technology, excavating tombs, refitting ceramic sherds, and transferring the artifacts' pattern to paper. 'It means a lot to me to be able to observe up close how our ancestors lived by taking into my hands artifacts from those times,' said Year 4 anthropology student **Chung Lai-kwan**. Prof. **Lam Weng-cheong** who took charge of the Sichuan internship finds fieldwork studies instrumental to helping the interns understand the value of material cultural heritage and the reason to care about the relics.

Nanhai No.1 is a sunken ship from the Southern Song era. With its large amount of ceramics and gold, silver and bronze artefacts, it is the earliest and largest find of its kind. 2017 marked the 30th anniversary of the unearthing of Nanhai No.1. Anthropology graduate **Sonia Fung** and Year 3 student **Deng Xiaoyi** visited the archaeological site in Yangjiang, Guangdong to learn about the underwater cultural heritage. The sunken ship display in the museum allows visitors to observe the process from excavation to cleanup. Sonia thought it helps to bring archaeology to the wider public.

The display has reconstructed for the visitors the ancient Shu culture in Sichuan, the peasant unrest in late Ming and the prosperous Southern Song. But one doesn't have to look far for archaeological sites. There are 208 sites of archaeological interest in Hong Kong. For instance, a team of diver-archaeologists recovered an anchor stock of Song off High Island in Sai Kung, proving Hong Kong an important entrepot on the Maritime Silk Route back then.

Prof. **Sharon Wong**, who's in charge of the underwater archaeological stream, said, 'Hongkongers are used to looking forward. But if we do not examine the past, as archaeology and conservation teach us to, how can we understand the present?'

J. Lau



## 江南才子的旅行 Sojourns of the Literati

現代人旅遊後喜歡在社交平台分享打卡照和各種hashtags，讓親友讚好和留言。其實古人也有類似的行為，不過他們沒有互聯網，分享的也不是照片，而是一種相當有趣的藝術品類：紀遊圖。

紀遊圖可說是濫觴於南朝人宗炳。這位宗炳先生有旅遊癖，但老病後無法出門，於是把以往遊歷所見的名山大川繪於房間的牆壁之上，躺在床上用眼睛旅行。宗炳這個創意滿分的行動為後代文人津津樂道，使「臥遊」成為中國山水畫論中一個重要概念。

明清時期，隨着經濟與交通的發展，旅遊業前所未有地蓬勃，紀遊文學和紀遊圖也隨之達到頂峰。物阜民豐又詩情畫意的蘇州就養出了一群熱愛旅遊的古代文藝老中青。江南才子旅行的意義當然不是買土特產，他們玩賞過明山秀水之後帶回家的，往往是滿滿的藝術衝動。

能詩擅畫者如文徵明、沈周、唐寅可以透過詩畫記下旅途風光和遊歷過程；不善畫事者如王世貞也可以把紀遊詩文交給畫家朋友如陸治、錢穀，配合文字繪成紀遊圖。畫成之後，曾經同遊的友人，甚至其他不在場的人都可以在卷後題跋，抒發感受、發表意見，就像社交平台的留言欄一樣熱鬧！

文物館也藏了一幅署名「萬里歸人黃向堅」的紀遊圖。黃向堅是明末清初的蘇州人。到底這位江南文青去了哪個萬里之外的地方旅行？又為何而去呢？話說黃向堅的爸爸黃孔昭崇禎年間在雲南當官，改朝換代之際，雙方受戰火阻隔。當時三十出頭的黃向堅不顧妻兒勸阻，決意徒步前往雲南尋親。幾經波折，約兩年後才成功把家人接回蘇州。這件作品就描寫了三人（應是代表黃父、黃向堅和童子）在雲南遊覽雞足山的經歷。

一如大部分的紀遊圖，這幅超過五米長的畫卷也有一條明顯的遊覽路徑，上面用文字標出景點名稱。兩個文士打扮的人和挑着行李的童子在長卷不同部分重復出現，讓觀者在左舒右卷之間跟隨三人走到洗心橋、龍潭等不同名勝，用眼睛來一趟旅行。更有趣的是，根據當代學者 Elizabeth Kindall 的實地研究，雖然洱海到雞足山腳以及洗心橋到山頂的部分各約佔全畫一半，但兩段路程的實際距離其實並不一致，只是因地勢不同以致步行時間相若。換言之，這幅畫是依據行走時間而非實際距離的比例而構圖，而只有去過當地的人才能讀出畫家的巧思。Kindall 認為這幅作品是黃向堅送給父親的重陽節禮物，果是，這對黃爸爸來說，應該是世上最有心思的旅遊紀念品。

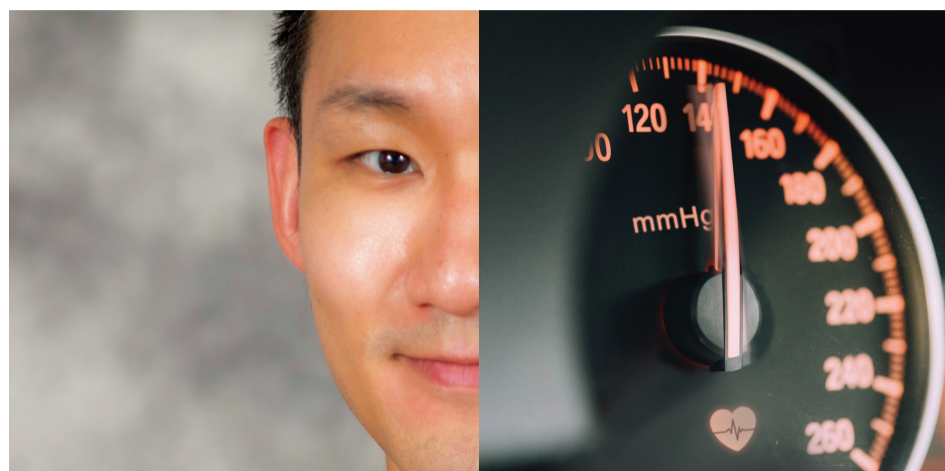


以上部分內容曾於王劍凡博士「UGED2892旅行哲學」課堂上分享，謹此致謝。

Heidi Wong



## 高血壓 心藥醫 Take the Pressure off Blood Pressure



根據世衛2013年的報告，2008年全球二十五歲以上的成人，每一百人便有四十人患上高血壓。飲食清淡、少鹽，不酗酒，勤做運動，都可有效預防高血壓，即使確診，也能服藥控制。既然如此，為何高血壓仍能肆虐？政府報告指出，有一半高血壓患者不知道自己患有血壓問題；知道的，也有一半人接受治療；治療的，只有一半病情受控。

高血壓能夠興風作浪，很大程度與病人心態有關。中大賽馬會公共衛生及基層醫療學院的李錦培教授發現，部分病人受到傳統中國觀念影響，覺得藥物「傷身」，於是抗拒服藥。誠然，降血壓藥有其副作用，例如利尿藥（俗稱「去水丸」）可致尿頻，鬆弛血管的藥物可致腳腫。然而，這些徵狀在部分病人身上會隨身體適應而逐漸減退；即使情況沒有改善，病人也可考慮轉藥。

再者，部分降血壓藥可同時醫治其他病症，例如患上心臟衰竭的病人可能出現四肢水腫和肺積水，服用「去水丸」便可一石二鳥。李教授說：「外國也有研究指出，藥丸數目會影響病人心態，有藥廠便把藥丸三合一，病人的心理壓力便會少一點，更容易做到依時服藥。」

去年美國心臟協會把原本140（收縮壓，俗稱「上壓」）/90（舒張壓，俗稱「下壓」）的高血壓標準調整至130/80，儘管香港仍未跟隨，但大家也不應掉以輕心。血壓就像一個警報系統，高血壓只要控制得宜，便可預防多種嚴重併發症。也許，對於高血壓人士，首要調整的不是藥物份量，也不是生活習慣，而是自己對藥物和治療的心態。

According to a WHO report released in 2013, 40 out of every 100 persons aged 25 or above have hypertension. It is known that reducing intake of salt in daily diet, avoiding alcohol and keeping physically active could help prevent hypertension. And there are well-tested medicines for diagnosed hypertension. Then why are so many people still struggling with their blood pressure? According to a government report, half of the people with hypertension are undiagnosed. Among those diagnosed, only half receive treatment. Among those receiving treatment, only half are able to put their blood pressure under control.

One combats hypertension not in the blood but in the mind. Prof. Eric Lee of The Jockey Club School of Public Health and Primary Care observed that some patients resist taking medicines out of the traditional Chinese belief that any medication is harmful. Anti-hypertensive medicines certainly have their side effects. For example, taking diuretics may result in frequent urination while vasodilators may cause swollen feet. These side effects, however, may subside in some patients and alternative medicines are available.

But some medicines for hypertension have turned out to be effective for treating other diseases as well. For example, diuretics not only can treat hypertension but also relieve limb edema and pleural effusion arising from heart failure. Professor Lee said, 'Other studies have revealed that the number of pills or tablets taken has an effect on medication adherence. As such, some drug companies have manufactured 3-in-1 drugs so as to put the patients at ease and encourage them to take their medicines as instructed by physicians.'

The American Heart Association adjusted the definition of high blood pressure from 140 (systolic pressure)/90 (diastolic pressure) to 130/80 last year. Although Hong Kong has not followed suit yet, we should not let down our guards against hypertension. Blood pressure is an important barometers of our health. Proper management of hypertension can prevent many complications. Hypertensive patients should therefore discipline their mind rather than the dosage or their daily habits.

M. Mak

# Prof. Adam Kielman

## 喬曼教授

The recipient of the Early Career Award from the Research Grants Council shares with us his musical experience back in the US and in China during the past decade or so, and his award-winning project on popular music and new mobilities in Southern China. 研究資助局「傑出青年學者獎」的得主與我們分享他早年在美國和近十多年在中國的音樂經驗，以及他的獲獎研究「中國南方的流行音樂與新流動性」。



Department of Music 音樂系



Photo by ISO Staff

### How would you define 'popular music'?

While 'pop music' is often used to refer to a specific genre or style (like Cantopop), the phrase 'popular music' can be used more broadly to refer to music that appeals to a wide audience, is recorded and produced in recording studios, and reaches its audience through mediums like radio, recordings, or streaming services. But it's actually quite hard to provide a precise definition, and it's also something scholars have grappled with.

### What kind of popular music did you grow up with?

When I was a teenager, the music that all my peers were listening to was the grunge rock of the 1990s—Nirvana, Green Day, Pearl Jam—as well as hip hop. Looking back, a lot of this was great music. But I guess I was a bit of a music snob, and only listened to jazz. It's only when I got to college that my music tastes expanded, and I started to listen to all sorts of music—electronic, hip hop, reggae, rock, among others—and expand what I thought of as 'good' music.

### Which is your favourite popular piece?

Oh, it's impossible to choose only one! But *Pressure Drop* by Toots and the Maytals is a song that has meant a lot of different things to me at different points in my life, and whenever I hear it, it makes me feel again the feelings I had during some of those times.

### What drew you to Hong Kong and CUHK?

My research is based in Guangzhou, where I lived for about six years before starting my PhD studies at Columbia. Since ethnomusicology is a fieldwork-based discipline, it's fantastic to be so close, so I can continue my research and maintain connections to the musicians and other people I work with. At the same time, CUHK is a great place to be teaching and doing this research, and has a lot of people working on contemporary China in different disciplines and from different approaches that inspire me. And, of course, I love living in Hong Kong!

### How are popular music and mobilities connected?

In the past few decades, the massive economic, social, political and cultural changes in China have meant that people are not only moving around more and in new ways, but they are also thinking differently about their relationships to places. At the same time, music and ideas about it travel faster than ever before, and represent another form of mobility—in this case, of sound, rather than of people. In my research, I explore how musicians in Southern China draw on global popular musics as well as regional traditions and ideas, and how they create music reflective of their own lives and their own mobilities.

### When did you first encounter popular music in Southern China?

I first came to Guangzhou in 2005 after graduating from college, and worked in a media and IT company, running a small recording studio. In my time off, I started becoming friends with many musicians in the *minyao* (folk) circle, and then started playing music with them. They opened my eyes to so much great music.

### How alien was it to you?

Well, it was alien in a way, but also very familiar. Music allowed me to understand and connect to people in a way that nothing else could, and by understanding people, you can start to understand the music.

### Did you play any instrument?

I play the saxophone. I started playing when I was ten years old, when everyone had to choose an instrument to play in the elementary school band. I immediately fell in love with playing music, and music has been central to my life ever since. It's opened up so many worlds and experiences for me—I couldn't imagine life without it.

### 你怎樣界定「流行音樂」?

「流行音樂」很多時候是指某一類型或風格的音樂（如粵語流行音樂），但更廣義是指受廣大聽眾歡迎的音樂，在錄音室錄製和生產，且通過電臺、唱片或串流服務等媒介到達聽眾。事實上不少學者就此爭論不休，頗難準確定論。

### 說說陪你長大的流行音樂。

十多歲時同輩都是聽九十年代的油漬搖滾——Nirvana、Green Day、Pearl Jam——還有嘻哈音樂。現在回看，不少都是偉大的音樂。不過我在音樂上是有點挑剔的，只聽爵士樂。要到進了大學我才擴闊品味，開始甚麼都聽，包括電子、嘻哈、reggae、搖滾，「好」音樂在我心目中的範圍也擴大了。

### 哪首流行音樂是你的至愛？

噢，不可能只揀一首吧。不過我的確喜歡 Toots and the Maytals 的 *Pressure Drop*。這首歌在我生命不同的階段有着不同的意義，每次聽到，某些時刻的感覺便會再次湧現。

### 怎麼會來到香港和中文大學？

我的研究以廣州為基，在哥倫比亞大學唸博士之前我在那兒住了六年。由於民族音樂學以田野工作為本，在香港非常有利於聯繫跟我合作的音樂家等人。中大有不少學者都在做研究當代中國的工作，範疇手法各異，能給我不少衝擊，所以這兒也是教研的好地方。當然，我喜歡香港的生活也是原因。

### 流行音樂與流動性兩者有何關連？

過去數十年，中國經歷巨大的經濟、社會、政治和文化變遷，不單意味着人民流動的頻率和方式都多了，也意味他們對一己與地方的關係的看法有所改變。同時，音樂和思想的流播也比以前更快；那是聲音而非人的流動。我的研究就是探討中國南部的音樂家如何從全球不同的流行音樂和地區傳統與思想汲取素材，還有他們怎樣創作反映其生活和流徙的音樂。

### 最初接觸中國南部的流行音樂是幾時？

2005年大學畢業後我初到廣州，在一間媒體和資訊科技公司工作，打理一個小型錄音室，公餘便和民謠圈的音樂家交上朋友，一起玩音樂。他們令我眼界大開，認識了不少了不起的音樂。

### 這些音樂對你有多陌生？

可以說是既陌生又熟悉。音樂讓我了解人，產生聯繫，沒有別的東西可及得上。既了解人，便可開始了解音樂。

### 可有玩甚麼樂器？

我玩色士風，十歲那年，人人都要選一件樂器，加入小學樂隊，自此我便與音樂結下不解緣，音樂也成了我生命的中心。音樂為我開拓的世界和經驗無與倫比，我難以想像沒有音樂的生活。

S. Lo