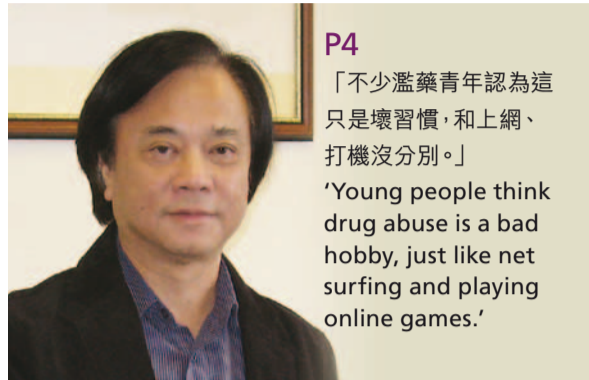
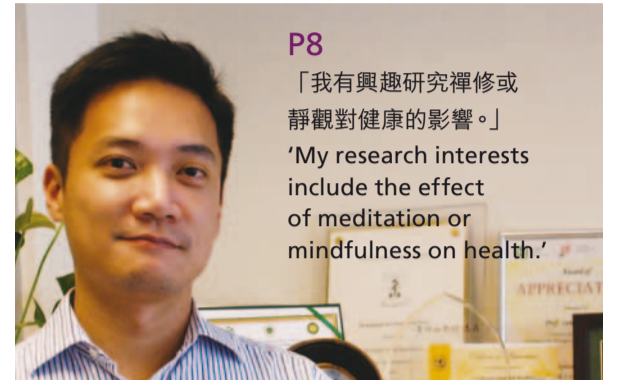


**P2**  
周保松被校長打趣：「中大搞花節？你這老師挺浪漫啊！」  
'A floral festival on our campus? Po-chung, you're quite a romantic teacher,' joked Prof. Joseph J.Y. Sung.



**P4**  
「不少濫藥青年認為這只是壞習慣，和上網、打機沒分別。」  
'Young people think drug abuse is a bad hobby, just like net surfing and playing online games.'



**P8**  
「我有興趣研究禪修或靜觀對健康的影響。」  
'My research interests include the effect of meditation or mindfulness on health.'



## 我的大學生活

首次舉辦的博群花節園遊會在3月29日傍晚曲終人未散，意猶未盡的學生依傍在舞台上的巨型座地裝飾旁，在幻變的燈光映襯下，為多姿多彩的大學生活留下美好印記。（詳見頁2）

## My University Life

The festive mood lingered on the evening of 29 March on CUHK campus despite the conclusion of the first I-CARE Floral Festival. On the lawn next to Lake Ad Excellentiam, students posed with their friends next to the stage props, their faces illuminated by colourful decorative lighting. (see p. 2)



# 只緣身在此山中

博群花節二零一二

## Just Because You Are Within It...

— I·CARE Floral Festival 2012

2012年3月29日，未圓湖畔的園遊會和藝文表演為長達一個月的博群花節寫下終結篇。4月2日早上，六位籌備花節的老師來到鋪滿落英的表演台，趁拆卸前拍照留念（見標題下圖），並說起花節的種種。

### 那要從一通夜深的電郵說起

博群大講堂委員會召集人周保松（左二）常說，三月是中大最美的時候，校園開滿杜鵑花和洋紫荊。去年，他偶然向沈祖堯校長提出辦花節，沒想到會成真。2011年博群計劃舉辦完四場博群大講堂後，不知怎的又勾起這念頭。於是，在某個深夜，他發出一通電郵給眾委員。

馬傑偉（左三）說：「一收到電郵大家便起哄。在湖邊逛逛，聽聽音樂，感覺太好了。」自稱不浪漫的吳偉賢（左一）可感到有點突然，「我一下子想到籌備這樣的戶外項目的種種困難，但想像一下那情境，雖有風險也值得一試。」

### 在乎學生，在乎社會

沈校長曾打趣周保松說：「在中大搞花節？你這老師挺浪漫的啊！」I·CARE的大方向是社會關懷和參與，怎樣與浪漫產生關係？

梁啟智（右二）說：「必先對生活有浪漫的想法，才可對社會有要求。如果大學有這種氛圍，告訴學生不一定要跟既定的框框做事，他們日後想另闢蹊徑貢獻社會，便容易得多。」馬傑偉補充：「對美好事物堅執，是關懷社會的開始，斷不能視為個人情懷的風花雪月。」

每年，陳健民（右一）總會問畢業學生有何夢想和理想？往往得不到確實答案。他感慨地說：「白先勇的講座令我感觸最深，他展示一幅黑白照，大三時代他已夠膽做夢，和朋友創辦《現代文學》，為台灣文學開闢新道路。演講廳裏李歐梵、白先勇就在我們中間，照片中他們青澀羞怯，終以夢想成就了一生事業，造就歷史。這就是浪漫。」

周保松說：「所謂浪漫，就是每天在忙於讀書、考試、兼職之外，還看到大學生活的另一種想像，並敢於去嘗試和實踐這種可能性吧。」

### 情動，方有行動

獲籌委員會成員推許為執行力特強的花節策劃朱順慈（右三）分析了感性與理性的層面。她說：「很多人生活麻木，能動情是很重要的。不少年輕人當達到了入大學的目標，便感到迷失。針對這個，花節的鋪排有清晰的思路，先由李歐梵談失敗，許鞍華接力談所謂的成功，也穿插着失敗，到白先勇是The Resilience of Youth，堅毅便是重點。最後的園遊會——『未圓湖畔，時光定格』——旨在讓大家用自己的腳、自己的眼、自己的心靈，去享受當下的感懷。」

### 跨代跨界跨形式

藝術意念由籌委會共同構思，個別項目交演出同學處理。參與演出的有三十九人，包括音樂系、吐露詩社和新亞國樂會等，另義工三十多人。例如《在下臨吐露港的山上》以中英朗誦配合國樂，便是同學互動的結果。

園遊會的音樂總監是向喜扶掖後進的潘迪華女士。她在年初乍聽花節意念，便「兩眼發亮」。這位年逾八旬半生在全球各地演唱的資深藝人，在督導學生排演期間展示了她對美感的堅執和對藝術的開明。她傳授用心、投入、享受的秘訣，令學生的演出脫胎換骨。特別嘉賓林一峰是潘姐姐看準年輕人的喜好特地找來的。在園遊會當日，他倆下午二時多便到場綵排，真摯地把表演藝術與花節的意念糅合，與學生同台合演，並沒用個人的光芒搶佔表演台。潘姐姐更多番勉勵學生，「要把今天感染到的文化修養帶到社會。」

### 感召，自發凝聚

朱順慈說籌備工作的各種細節構合得自然順暢，司儀區穎琳（急急子）搬來一大袋服飾，專業化妝師用心為學生做頭髮、化妝，他們都是中大校友。場地音樂是曾在校園開咖啡室的朋友花了好幾小時選曲剪接而成的，小冊子設計

師說這事「酷」得要緊，燈光設計師極愛中大環境，場景設計師聽到園遊會構思便毛管直豎。這班子說，香港沒有其他大學有條件做這些事。

多麼詩意的活動，也有實際的憂慮。3月8日，講廳擠得水洩不通，花節短片隨第一講面世，瞬即瘋傳。朱順慈擔心人群會擠垮未圓湖，連夜失眠，趕製寫上提示語句的牌子，讓工作人員舉着巡梭，呼籲參加者體諒。在現場監察的馬傑偉擔驚受怕：地上滿布電線，踢鬆脫了供電中斷，表演便泡湯。幸好各部門落力配合，幫了一大把。

### 隨學生脈搏呼吸

吳偉賢說籌劃講座的策略是「心懷學生，面向學生，以他們的需要為重。」陳健民補充：「我們向講者表明要求，例如，林懷民不單是談藝術表演，而要講心路歷程；白先勇不集中講文學作品和崑曲藝術，而是到現在還未醒的『夢』。」宣傳方面也不沿襲電郵、通函、海報等模式，而利用成本低而效率高的面書和微博，打進學生的社群。

### 餘韻

套句陳腔濫調，花節成功舉行，圓滿結束了。吳偉賢不失冷靜本色，提醒大家博群只是起點，「以後要把方向和理念的舵把穩。」梁啟智明白單憑一股瘋勁難以為繼，「如果這些在編制外出現的是大學應該做的，是否應該讓它在編制內發生呢？」

周保松說，兩三個月內推出三個講座，宣傳、聯絡、拍片、出版，教學工作量一點沒減，真是心力俱疲。但大家把這件美好的事做出來了，這過程格外叫人珍惜。學生的反應尤其讓他驚訝。最瘋狂的是內地生，很多說中大這一年的氛圍對他們影響很大。身在內地的學生對博群放上微博的講座和照片，包括沈校長的書信，反應熱烈，因為他們看到另一種大學教育，而且是本港其他大學少見的。

杜鵑花也許已零落，洋紫荊或者已凋殘，但不用唏噓，就讓大家記住，花節是一種心境。

On 29 March 2012, the month-long I•CARE Floral Festival culminated with the cultural gala ‘Blossoms of Life Floral Festival’. On the morning of 2 April, six teachers who organized the festival gathered at the petal-covered stage to pose for photos (see p. 2, the photo under the headline) and talk about their experience in organizing the event.

### It All Starts from an e-mail

**Chow Po-chung** (2nd left), convener of the Committee on the University Lecture on Civility, says that the CUHK campus is most beautiful in March when azaleas and bauhinia are in full bloom. Last year he mentioned the idea of organizing a floral festival on campus to Prof. **Joseph J.Y. Sung**, the Vice-Chancellor, without really expecting that his whim would materialize. After the completion of four sessions of the University Lecture on Civility in 2011, the idea popped up again. One night, he sent out an e-mail to the members of the committee.

**Ma Kit-wai Eric** (3rd left) says, ‘Po-chung’s e-mail caused tremendous excitement among us right away. Enjoying music by the lake. It just sounds great.’ **Ng Wai-yin Will** (1st left), who claims not to be a romantic, says, ‘Upon reading the e-mail, I immediately worried about the difficulties in organizing such a big outdoor activity. But after imagining what it would be like, I thought it’s worth a try.’

### Caring for Students, Caring for Society

Professor Sung joked with Po-chung, ‘A floral festival on our campus? You’re quite a romantic teacher.’

The I•CARE Programme is aimed at enhancing our students’ social awareness, in what way can it be romantic?

**Leung Kai-chi** (2nd right) says, ‘You must first have a romantic view of life before you can commit yourself to social reform. University graduates are more likely to contribute to society in some unconventional ways if they’ve been encouraged by the ethos of their universities to break the mould.’ Eric adds, ‘Social concerns stem from aesthetic beliefs, which should not be seen merely as meant for personal enjoyment.’

Every year **Chan Kin-man** (1st right) asks his graduating students what they dream of doing and what their ideals are. They often fail to give an answer. He laments, ‘I was deeply impressed by **Pai Hsien-yung’s** talk when he showed the audience a black-and-white photo which captured a group of university juniors who published *Modern Literature* and blazed a trail for Taiwan’s literary circle. In the lecture theatre sat Prof. **Lee Ou-fan** and **Pai Hsien-yung**, who, as young men, dared to dream and make a difference to the world and made something of themselves. This is what I consider romantic.’

Po-chung says, ‘I guess it’s the ability to imagine something else in university life other than academic results, exams and part-time jobs, and having the courage to turn these possibilities into reality.’

### Moved to Act

**Chu Shun-chi Donna** (3rd right), director of the floral festival, says, ‘Many people are emotionally numbed by everyday life. It’s important to touch them deeply inside. Many young people become disoriented after they have achieved the goal of entering university. The festival was structured to

address this issue. It began with Lee Ou-fan’s talk on the nobility of failure, which was followed by **Ann Hui’s** one on the humility of success, and **Pai Hsien-yung’s** talk on the resilience of youth concluded the lecture series. Persistence is the main emphasis. The whole event was crowned by the cultural gala ‘Blossoms of Life Floral Festival’, which gave students an opportunity to live in the moment with their feet, their eyes and their hearts.’

### A Mosaic of Art Forms and of People

The conceptual framework of the festival was drawn up by the collective effort of the organizing committee members. Performing students were given free rein in the design of the programmes they were responsible for. Thirty-nine students, including those from the Department of Music, the Tolo Poet Association, and the Chinese Music Society of New Asia College, took part in the performances and some 30 volunteers from various departments helped with the event.

Ms. **Rebecca Pan** was the music director of the festival. When she first heard about the idea, her eyes ‘were alight with excitement’. The renowned veteran singer repeatedly taught the students at rehearsals, demonstrating by example her insistence on aesthetics and beauty, and her open-mindedness about art. She encouraged students to spread the cultural and artistic qualities they had shown to society. **Chet Lam**, folk singer and song-writer popular among the young, was invited by Ms. Pan as guest of honour.

### Rallying to the Cause

Donna says that everything fell in place smoothly. The master of ceremonies **Amber Au** brought a large bag of clothes, and the makeup artists hauled a case of cosmetics to the campus to do hair and makeup for the students. The background music for the event was edited by a friend who used to run a café on CUHK campus. The graphic designer of the event brochure said that producing it was the ‘coolest’ job. The lighting designer loved the environment of the CUHK campus. The set designer said that the idea of the floral festival gave him goose bumps. This production team agreed on one thing: ‘This

is something that no other universities in Hong Kong can do.’

The activity was as nerve-racking as it was poetic. Donna worried about crowd control. Eric feared that the performances would be ruined if any of the electricity cables sprawling on the ground was detached, resulting in an interruption to power supply. Thanks to the help of various units of the University, everything went well.

### The Pulse of Students

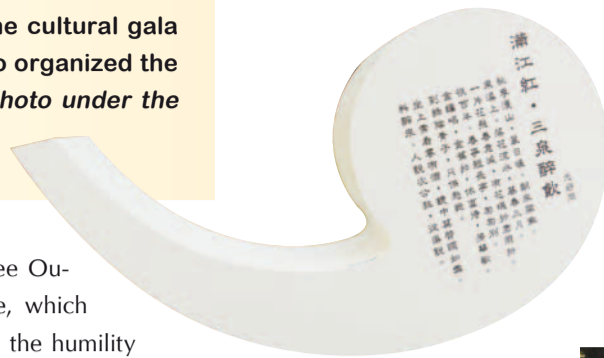
Will says that the lectures were intended for addressing the needs of students. Kin-man adds: ‘We’ve made it clear to the speakers. For example, we asked **Lin Hwai-min** to talk about his psychological struggles, in addition to dancing. We asked **Pai Hsien-yung** to talk about his “dreams”, besides literature and *kunqu*.’ To target the young student population, they used Facebook and Weibo to promote the event.

### After the Curtain Falls

The floral festival was held with great success. Po-chung says that it was really exhausting to organize three lectures, to coordinate promotion, liaison, shooting of the promo video, and publication of the brochure, given that no teaching load was exempted.

But this was a precious experience because everyone worked hard to turn a great idea into reality. He was heartened by the feedback of students. The most enthusiastic ones were mainland students who come here to study the one-year master’s programmes. Many of them said that the year at CUHK left its mark on them.

Now most of the azalea and bauhinia blossoms may have withered and gone. But there’s no need to lament the end of their flowering season because the floral festival is really a state of mind. 🌸



# 青少年濫藥與解窘

## Adolescent Drug Abuse and the Way Out

報載北區醫院去年處理了一百二十六宗濫藥個案，發現四成四人膀胱過度活躍，有四人更情況嚴重，其中一名只有十四歲的少年因為長期濫用俗稱K仔的氯胺酮，刺激膀胱壁增厚，膀胱容量減少至只有九十毫升，即少於一瓶益力多，需要頻密如廁，苦不堪言。少年戒掉惡習後，膀胱功能才有少許改善。

類似個案對中大社會學系系主任張越華教授一點不陌生。他專研犯罪與越軌、藥物濫用及醫療社會學，一直關注酗酒和吸毒問題，剛完成了一項由禁毒基金資助的香港青少年濫用精神藥物的研究。研究採用縱貫性問卷調查，以七百多名濫藥青少年為對象，每半年訪問一次，在2009至2011年間內共進行了六次。此外，該研究亦組織多個濫藥青少年焦點小組，探究他們的濫藥經驗。最令張越華難忘的是一名二十八歲的青年，濫用K仔等已十年，時常滔滔不絕談論自己的經歷。他現在最大的煩惱是每十分鐘便要上洗手間，乘搭交通工具已不可能。他希望能以過來人身分到學校勸誡中學生不要濫藥。

過去十五年，張教授進行了多項香港藥物濫用及藥物政策的研究，他說：「濫用K仔，最先及最容易受損的器官是胃，其他如心、肝、腎和膀胱也陸續受影響。家長如果發覺孩子時常無緣無故胃痛，很可能是一個警號。如果小便亦見頻繁，更不容忽視。」

他解釋，二次大戰後到九十年代中肆虐香港的毒品是俗稱「白粉」的海洛英，九十年代中開始，毒品種類多樣化，青少年使用精神藥物人數大幅上升，政府除了禁制，亦開始着重預防教育及康復服務，對毒品問題的研究也愈來愈多。「上世紀末，全球青少年濫藥問題突趨嚴重，歐美尤其厲害。1998年，英國社會學家霍華德·帕克教授發表了研究報告，主題是頗為震撼的『消遣性濫藥的正常化』，指出在的士高或派對上，服用精神藥物變得普遍，愈來愈多青少年以這種方法消遣。香港今天正正是這個樣子。」

據張教授的研究，現時香港的濫藥者已經不限於邊緣青年或者讀書不成的學生，不少是普通學生和有正當工作的年輕一代。令人擔憂的是不少濫用精神藥物的青少年，認為這只是一種壞習慣，和吸煙、上網、打機、賭博沒有甚麼分別。「他們不覺得是吸毒，沒有危險意識。現在的濫藥者主要『索K』，表面上與常人無異。而且『濫藥』和『吸毒』在詞義上有輕重之分。因此，現時政府宣傳上多用了『吸毒』一詞，提醒青少年不要輕視服用違禁藥物的嚴重後果。」

張教授接觸的濫藥青少年都說，在家索K父母不易察覺，在學校洗手間或課節交替時在課室內索K亦易如反掌。張教授稱，現在已進入「毒品新時代」，鑑於本地戒毒服務一向針對海洛英毒癮，要轉為治療濫用精神藥物人士，是急需深入探討和評估的。此外，濫用精神藥物的青少年成長後，生活方式轉變，未必能像昔日一樣參加K仔派對。踏入人生下一階段，索K一族會不會轉而吸食白粉，也是有必要研究及監察的問題。

身為現任香港社會學會會長，以及亞洲犯罪學會創會會員的張教授指出，「過去十年社會發展急遽，競爭愈來愈大，青少年對未來感到天地茫茫，無所適從，索K是某些人在面對艱難的社會現實時的反應。」他說：「濫藥是青少年問題，也是社會問題。我們營造了怎樣的社會，便有怎樣的青少年問題。要有效防止毒品或者其他危險的成癮行為侵害，最好還是從研究青少年文化上着手，才會事半功倍。」

It was reported in the newspaper that the Northern Hospital received 126 drug abuse cases last year, and 44% of the patients were found to have hyperactive bladders. Four were seriously ill, and among them a 14-year-old boy suffered severe reduction of urinary bladder capacity to just 90 ml, i.e., less than a tiny Yakult drink. The shrunk bladder is caused by cystitis, a condition commonly seen after prolonged abuse of ketamine, a psychoactive drug. Patients are toilet-bound and life becomes a nightmare. Fortunately, some patients were able to recover part of their bladder function when they stopped abusing drugs.



These stories are all too familiar to Prof. **Cheung Yuet-wah**, chairman of the Department of Sociology, CUHK, whose research interests are in crime and deviance, substance abuse, and medical sociology, including alcoholism and drug abuse. He had just finished a research project on adolescent abuse of psychoactive drugs in Hong Kong sponsored by the Beat Drugs Fund. The research employed a longitudinal research design to survey more than 700 young drug abusers. Each of them was interviewed once every six months, and altogether six rounds of interviews were conducted from 2009 to 2011. Also, focus groups comprising young drug abusers were formed to collect in-depth information on their drug taking habits. Professor Cheung remembered a 28-year-old long-term ketamine abuser who used to describe his experience in great detail. Now regretful of his behaviour, he volunteered to share his story with secondary school students. His greatest trouble is he needs to go to toilet every 10 minutes or so. That means going out or taking the bus or MTR, etc., is not possible at all.

In the past 15 years, Professor Cheung has conducted extensive research on substance abuse and drug policy in Hong Kong. 'The stomach will get into trouble first, followed by the heart, liver, kidneys and bladder. If parents found their children suffer from stomach-aches for no obvious reason, this could be a sign. If this is accompanied by frequent urges to urinate, it's something worth noticing,' he said.

From the end of WWII to the 1990s, the main drug problem in Hong Kong was heroin. From the mid-1990s onwards, the types of drugs abused diversified, and an upsurge in psychoactive drug abuse was recorded, said Professor Cheung. Besides trying to curb the supply and

consumption of psychoactive drugs, the government also stressed prevention and rehabilitation. During that time, more research on drug abuse was conducted. 'By the end of the 20th century, drug abuse among young people worsened and it became a global issue, especially in Europe. In 1998, a British sociologist **Howard Parker** in his research used 'normalization of recreational drug use' to describe this stunning phenomenon. Drug-taking in discos and parties is common, and more young people see it as a way to spend their leisure time. The same is occurring in Hong Kong now.'

Findings from Professor Cheung's research reveal that drug abuse in Hong Kong is not limited to marginal youths or those who do poorly in school, but also found in ordinary students or young people with decent jobs. The biggest worry is young people tend to think taking psychoactive drugs is a bad hobby, just like smoking, Internet surfing, playing online games and gambling. 'They do not see taking psychoactive drugs as "drug abuse", and thus become insensitive to the danger. Ketamine is now the most popular drug, and ketamine users look normal just like anyone else. Semantically, "drug abuse" is less severe than "drug addiction". Therefore, the government now uses "drug addiction" more often in public campaigns, to remind young people not to overlook the serious consequences of drug abuse.'

Young abusers always tell Professor Cheung that it is easy to take drugs at home without parents knowing. Taking drugs in school toilets and classrooms during breaks are also easy. Professor Cheung said we have entered a new drug era. Since the conventional treatment programmes are mainly targeted at heroin addicts, if we use them to treat psychoactive drug abusers, detailed investigation and assessment are urgently required. Besides, as young abusers grow older, they would take up different roles and cultivate different lifestyles, and might not participate in doping parties as often as they usually did. What would happen if they move on and face the next stage in life? Would ketamine abusers later shift to heroin? This requires more research and monitoring.

'Society has changed a lot in the past decade and competition is growing fierce. Young people feel helpless and lack direction. Some numb their senses through drug abuse in order to cope with harsh reality,' observed Professor Cheung, who is the current president of the Hong Kong Sociological Association and a founding member of the Asian Criminological Society. 'Drug abuse is a youth problem, as well as a social problem. The society is our own making, and so is the kind of youth problem we have. In order to prevent young people from abusing illicit drugs or indulge in other risky behaviour, we need to do more research to understand adolescents' subculture and penetrate into the core of the problem,' he commented. 📖



《安得樂土避世鄉》

入學及學生資助處助理主任陳敬航攝影作品

**A Perfect Hideaway from the Secular World**

Photo by Chan King-hong,

Executive Officer I, Office of Admissions and Financial Aid

**The school defeated the bank**

Any writer of English should know better than to use more words than are necessary to express one idea or thought at a time. But to avoid prolixity is one thing, to be able to combine economy with style is another. Tom Adams, in an exemplary piece of sport journalism, describes the outcome of the clash between FC Barcelona and Real Madrid CF with a one-liner:

*The school defeated the bank.*<sup>1</sup>

The subject of the sentence refers to the fact that the majority of Barcelona's brilliant young players come from its own academy, whereas Real Madrid's business model, to use a fashionable word, is to pay hefty sums to attract world-famous footballers, hence *bank*. Adams has used five simple English words to not only deliver the result of *El Clásico* but also pass judgment on the two footballing philosophies.

The first person to propose the Big Bang theory of the origin of the universe is the Belgium Catholic priest Georges Lemaître (1894–1966), who later became president of the Pontifical Academy of Sciences. Roger G. Newton, in reviewing John D. Barrow's *The Book of Universes* for *TLS*, comments on the appointment:

*Rome was not always hostile to science.*<sup>2</sup>

These are not topic sentences, which are found at the beginning of paragraphs to adumbrate the ensuing arguments. They are verbal dessert that completes and relishes the previous serving.

Editor

<sup>1</sup> Tom Adams, 'Barca simply the best after Real rout', ESPNsoccer.com, 29 November 2010.

<sup>2</sup> Roger G. Newton, 'Reconciles', *TLS*, 24 June 2011, p. 32.



中大六科研項目榮獲教育部獎項

CUHK Receives Six Awards from Ministry of Education

中大於國家教育部頒發的2011年度高等學校科學研究優秀成果獎(科學技術)中,共獲六項殊榮,包括三項自然科學獎一等獎、兩項科技進步獎一等獎及一項科技進步獎二等獎,獲獎數目為全港之冠。頒獎典禮於3月29日假逸夫書院大講堂舉行,國家教育部科技發展中心副主任周靜博士(右)親臨向中大頒贈證書,由沈祖堯校長(左)代表接受。得獎名單及研究項目如下:



The Chinese University received six Higher Education Outstanding Scientific Research Output Awards (Science and Technology) from the Ministry of Education (MoE) in 2011, including three first-class awards in natural sciences, two first-class awards and one second-class award in technology advancement, making it the institution that received the highest number of awards in the local tertiary sector. The award presentation ceremony was held on 29 March at the lecture

Pathogenesis, Imaging and Treatment'; Prof. Wang Jun—'Neurodynamic Optimization Model Design and Applications'; Prof. Chan Hon-fu Raymond—'Iterative Solvers for Toeplitz Systems and their Applications'

- First-class award in technology advancement: Prof. Yu Cheuk-man, Dr. Chan Yat-sun Joseph, Prof. Lam Yat-yin, Prof. Lee Pui-wai Alex, Dr. Zhang Qing and Dr. Fang Fang—'Novel Echocardiographic Applications for Heart Failure—From Prevention to Treatment'; Prof. Wang Yixiang and Prof. Leung Cham-fai Ken—'Study and Application of Magnetic Resonance Molecular Imaging and Functional Imaging'

- 自然科學獎一等獎:黃家星教授(左一)、莫仲棠教授(右二)、梁慧康教授、陳向燕博士(右一)和余俊豪教授(左二)——「顱內大動脈病變腦卒中的流行病學、診斷、發病機制、影像學和治療」;王鈞教授——「神經動力學優化模型及應用」;以及陳漢夫教授——「解Toeplitz系統的迭代法及其應用」
- 科技進步獎一等獎:余卓文教授、陳日新醫生、林逸賢教授、李沛威教授、張慶教授和房芳教授——「超聲心動圖技術在心力衰竭預防、診斷、治療、預後中的創新應用」;以及王毅翔教授、梁湛輝教授——「磁共振分子影像和功能影像研究和應用」
- 科技進步獎二等獎:陳家亮教授、劉潤皇教授、沈祖堯校長和趙偉仁教授——「消化性潰瘍出血防治的療法創新和技術改革」。

theatre of Shaw College. Dr. Zhou Jing (right), deputy director-general of the Centre for Science and Technology Development of the MoE, was invited to Hong Kong as the prize presenter. Prof. Joseph J.Y. Sung (left), Vice-Chancellor of CUHK, represented the University to receive the award certificate from Dr. Zhou. The award-receiving professors and their projects are:

- First-class award in natural sciences: Prof. Wong Ka-sing Lawrence (1st left), Prof. Mok Chung-tong Vincent (2nd right), Prof. Leung Wai-hong Thomas, Dr. Chen Xiangyan (1st right) and Prof. Yu Chun-ho Simon (2nd left)—'Intracranial Large Artery Atherosclerotic Stroke: Epidemiology, Diagnosis,

- Second-class award in technology advancement: Prof. Chan Ka-leung Francis, Prof. Lau Yun-wong James, Prof. Joseph J.Y. Sung and Prof. Chiu Wai-yan Philip—'Innovations and Technological Advancement in Preventing Peptic Ulcer Bleeding'.



## 利國偉心血管治療中心開幕

### Lee Quo Wei Cardiovascular Centre Opens

香港中文大學威爾斯親王醫院利國偉心血管治療中心於4月2日舉行開幕典禮，主禮嘉賓包括偉倫基金有限公司主席暨中大校董會前任主席兼終身校董利國偉博士、大紫荊勳賢伉儷（右五及四）、醫院管理局胡定旭主席（右三）、中大校董會鄭海泉主席（左四）、沈祖堯校長（左三）、威爾斯親王醫院管治委員會何承天主席（右二）、新界東醫院聯網總監馮康醫生（左二）、中大醫學院霍泰輝院長（右一）和內科及藥物治療學系系主任暨利國偉心血管治療中心主任余卓文教授（左一）。

這個由跨界別團隊組成的中心於2010年成立，每年進行逾二千五百宗微創心血管手術，不僅服務新界東一百三十萬人口，亦是全港心血管病轉介中心之一。沈校長致謝辭時感謝利國偉博士及其家族高瞻遠矚，成立設施先進的心血管治療中心，為患者提供迅速而適切的診斷和治療。

Located at the Prince of Wales Hospital (PWH), the CUHK-PWH Lee Quo Wei Cardiovascular Intervention Centre officially opened on 2 April. Officiating guests included Dr. the Honorable Lee Quo-wei (5th right), chairman of the Wei Lun Foundation Ltd. and former chairman and life member of the Council,



CUHK, and Mrs. Lee (4th right); Mr. Anthony Wu (3rd right), chairman of the Hospital Authority; Dr. Vincent H.C. Cheng (4th left), Chairman of the Council, CUHK; Prof. Joseph J.Y. Sung (3rd left), Vice-Chancellor, CUHK; Mr. Edward Ho (2nd right), chairman of the Hospital Governing Committee, PWH; Dr. Fung Hong (2nd left), cluster chief executive, New Territories East Cluster; Prof. Fok Tai-fai (1st right), dean of the Faculty of Medicine, CUHK; and Prof. Yu Cheuk-man (1st left), chairman of the Department of Medicine and Therapeutics, Faculty of Medicine, CUHK and director of the Lee Quo Wei Cardiovascular Intervention Centre.

Established in 2010, the centre comprises a multidisciplinary team and performs more than 2,500 invasive cardiovascular procedures every year. It serves a population of 1.3 million living in eastern New Territories, and acts as a referral centre for cardiovascular diseases in Hong Kong. At the opening ceremony, Professor Sung expressed his gratitude to the Lee family and the foundation for their generous and continual support. Their far-sighted vision not only allowed the centre to come into existence, but has also benefited patients by providing early diagnosis and proper treatment with cutting-edge technologies. 📷

## 互聯網速度提升萬倍現突破

### Ultra High-speed Internet on the Horizon

物理系劉仁保教授在超高速光學通信研究取得突破，可望將互聯網速度提升上萬倍。研究成果於新一期權威學術期刊《自然》發表。

劉教授與加州大學聖芭芭拉分校Mark Sherwin教授及博士研究生Ben Zaks合作，利用自由電子激光器照射半導體裝置，成功觀測到「光梳」現象，為邁向高達每秒萬億位 (Tb/s) 計的高速光學通信技術奠定了重要基礎。



若有關技術應用於現實，傳輸一張四層的藍光碟或一個包含百萬冊圖書的電子圖書館只需一秒，較現時互聯網廣泛採用的銅纜傳輸技術快上萬倍。中大將以物理系光學科學中心為基地，與加州大學繼續合作該項研究。

Prof. Liu Renbao of the Department of Physics made a key breakthrough towards ultra high-speed optical communication that has potential to speed up the current Internet by 10,000 times. The research findings have been recently published in the prestigious journal *Nature*.

Professor Liu and researchers Ben Zaks and Mark Sherwin at the University of California, Santa Barbara (UCSB) used free electron lasers to irradiate a semiconductor device,

and observed THz frequency comb, i.e., modulation of light at one trillion times per second (Tb/s). The observed THz frequency comb is a key element in future optical communication at Tb/s rate.

'If such high-speed communication comes into being, one could transfer a whole quadruple-layer blue-ray disc or an electronic library of one million books in only one second,' Professor Liu commented. This new technology has the potential to transfer data 10,000 times faster than copper cables, on which the current Internet is widely based. Researchers at the Centre of Optical Sciences of CUHK will continue to work with its collaborators at UCSB to conduct research. 📷



## 欖球比賽男女子隊報捷

### Victory for Rugby Teams

中大男子欖球隊衛冕成功，今年再次贏得香港大專體育協會欖球比賽冠軍。女子隊亦成績驕人，贏得亞軍。比賽於3月18日在沙灣徑球場舉行，中大隊員均訓練有素，英姿颯颯，比拼體育技巧與合作精神。

The CUHK Men's Rugby Team clinched the championship again this year in the University Sports Federation of Hong Kong Rugby Competition. The CUHK Women's Team also performed outstandingly and was the first runner-up in the competition. The finals were held at Sandy Bay Sports Ground on 18 March. 📷

Kenyon 攝影  
Photo by Kenyon



### 詩人蓋瑞·施耐德訪港

#### Poet Gary Snyder Visits Hong Kong

由中文大學東亞研究中心主辦的「國際詩人在香港」於4月22至24日舉行，第四位應邀訪港的是美國當代最重要詩人之一蓋瑞·施耐德。歡迎公眾人士參加，查詢請致電何小姐 (3943 6548) 或張小姐 (3943 6546)。

Organized by the Centre for East Asian Studies at CUHK, 'International Poets in Hong Kong' will take place from 22 to 24 April. Its fourth guest, Gary Snyder, is one of the most important contemporary American poets. All are welcome. For details, please contact Miss Ho (3943 6548) or Miss Cheung (3943 6546).

22.4.2012 4:00 – 6:00 pm	與讀者見面—詩朗誦、問答及簽名會 尖沙咀美麗華商場商務印書館 Meeting the readers (symposium, sharing and autograph session) Tsimshatsui Book Centre – The Commercial Press, Miramar Shopping Centre, Tsim Sha Tsui
24.4.2012 4:00 – 5:30 pm	詩朗誦會 (著名古琴演奏家姚公白先生同場演奏) 香港中文大學鄭裕彤樓一號演講廳 Poetry recitation (Mr. Yao Gongbai will perform <i>Guqin</i> ) Lecture Theatre 1, Cheng Yu Tung Building, CUHK

# 人事動態

### 2010–11教學人員年度考績

#### 2010–11 Annual Appraisal Exercise for Teaching Staff

人事處已就教學人員評審事宜發出通函 (編號: GC10/2011)，有關教學人員2010–11年度考績安排 (編號: GC03/2012) 亦已公布。詳情可瀏覽人事處網頁 [www.per.cuhk.edu.hk/PersonnelAnnouncements/tabid/72/Default.aspx](http://www.per.cuhk.edu.hk/PersonnelAnnouncements/tabid/72/Default.aspx)。

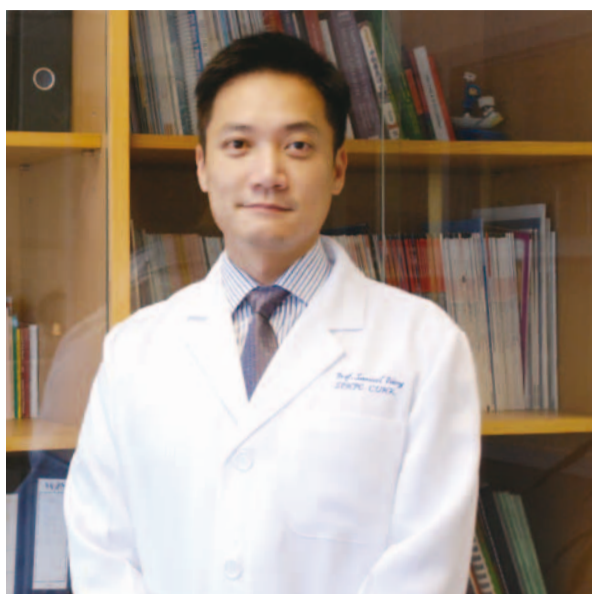
Further to the general circular on the annual staff review exercise for teaching staff (No.: GC10/2011), details on the annual appraisal exercise for 2010–11 (No.: GC03/2012) are now available. For details, please refer to the Personnel Office website: [www.per.cuhk.edu.hk/PersonnelAnnouncements/tabid/72/Default.aspx](http://www.per.cuhk.edu.hk/PersonnelAnnouncements/tabid/72/Default.aspx).



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## 黃仰山教授 Prof. Samuel Y.S. Wong

### 日趨流行的家庭醫學究竟是甚麼？

家庭醫學屬於醫學專科中的其中一門，在世界多個地方包括香港，都可以修讀和執業。理念是病人為本，以期及早診斷病患，並提供全面和延續的醫療護理。人生病了，第一個要找的通常是家庭醫生，醫生與病人會保持長久的關係，為病人的健康統籌各種所需要的服務。家庭醫生不僅治療身體的毛病，還會為病人的飲食和心理健康提供輔導建議，以收預防、檢測和治理之效。

### 為何選擇家庭醫學？

我的興趣一向很廣泛，不想太專注於哪門醫學專科。家庭醫學令我有機會接觸各色病人，認識林林總總的疾患、症狀和病案。醫治過程中要兼顧病人的精神或心理是否安康，這方面能夠滿足我對人的興趣和好奇心。

### 賽馬會公共衛生及基層醫療學院成立家庭醫學及基層醫療學部，目的是甚麼？

在家庭醫學領域提供卓越的教學、研究和服務，着重對個別病人的護理，而非全民醫護。我們的最新動向是開展一個獲香港賽馬會資助的項目，從生理、心理和社會三方面入手，為弱勢社群病人提供跨學科的全人健康服務。一些常見疾患若由跨學科的基層醫療團隊處理，會控制得比較好。除醫生外，護士、物理治療師和社工都會參與。

### 你怎樣看身與心的關係？

身體的生理變化會影響心理和精神，反過來說，情緒的波動也會影響身體機能。我感興趣的研究是禪修或靜觀對健康的影響，已知道它對癌症或抑鬱症病人有正面療效，我想更深入知道它對舒緩痛症、焦慮和長期緊張的功效，以及對肥胖症和失眠等熱門公共衛生課題的作用。

### 香港正在和將會面對甚麼公共衛生課題？

香港人口日趨老化，老年醫療無可避免是大問題——應該提供哪種可以永續的老年醫療服務？本地空氣質素也每下愈況，貽害不淺。老年醫療和空氣污染乃當務之急。但我相信，如能實事求是，定會找到解決辦法。我們需要更多能夠通盤考慮，並具備生物社會學識見的醫務人員和決策者。

### 你從小就立志行醫？

我一向對文理科都有興趣，尤其是生物學。在加拿大唸大學時，修讀人類生物學和心理學，畢業後想找一門結合個人興趣和所受訓練的學科，發現醫學正好合適。如果我不讀醫科，可能會當實驗心理學家，因為我有一年暑假時在

加拿大一所心理學實驗室當實習生，那是難忘的經驗，它也是研究人的精神和行為。

### 你愛看哪種書籍？

心理學，乃至與宗教或靈性有關的。大學時代讀社會心理學，我眼界大開，它把我從書本讀到的科學知識與所接觸的社會現實接通了。最近，健康或正向心理學的書令我興致盎然，因為與公共衛生很有關係。它不把疾病孤立看待，而是從全人健康角度衡量有哪些方面可以增進安康。目前，醫學仍然是以個別疾病為主導的學科，我們要摒棄固有思維，才可以為現代人的奇難雜症找出睿智的解答。

### 除了教學及研究，你還擔任甚麼公職？

我參加動物權益組織的活動。我養了許多寵物，有三隻貓、兩隻狗和八隻鸚鵡，我必須為牠們發聲。我也是香港家庭醫學學院會董，積極參加學院的研究計劃，且是《香港家庭醫學學院季刊》總編輯。

### 這麼年輕便當教授，對教學生或醫治病人有影響嗎？

也許我對學生的了解會多一點，因為我明白他們的用語，熟悉他們社交和表達看法的方式。但歸根結底，這關乎你是否用心去了解和跟學生溝通，視他們為有血有肉的人。跟病人相處也一樣。

### Family medicine has been very much in vogue. Can you explain what it is?

Family medicine is a medical specialty that can be studied and practised in many parts of the world, including Hong Kong. It is patient-centred and provides patients with early, comprehensive and continuous medical care. A family doctor is usually the first medical professional that a patient sees. He/she often maintains a long-term relationship with the patient and coordinates various services for the patient's health. He/she does not only fix the biological disorders but also advises on prevention, early detection and management of illness by means of dietary and psychological counselling.

### What made you want to study family medicine?

I had a wide spectrum of interests and I did not want to become too specialized in just one aspect of medicine. Family medicine would enable me to come into contact with a wide spectrum of patients and understand a greater range of diseases, symptoms and cases. In the course of rendering health services to these patients I would have to look at their mental or psychological well-being as well. This satisfies my interest in and curiosity about human beings.

### What does the Division of Family Medicine and Primary Health Care at the Jockey Club School of Public Health and Primary Care at CUHK set out to achieve?

This division aims to achieve excellence in teaching, research and service in family medicine. Our emphasis is on personal patient care rather than population health care issues. Our new initiatives include a programme funded by the Hong Kong Jockey Club to take a multidisciplinary and biopsychosocial approach to rendering holistic health care to disadvantaged patients. Some common forms of illness can be more effectively managed with the involvement of a multidisciplinary primary care team. As a result, not only doctors but nurses, physiotherapists and social workers are also involved.

### How do you see the relationship between body and mind?

What happens physically in the body may affect the psychology, the mind; and one's emotions may in turn affect bodily functions. My research interests include the

effect of meditation or mindfulness on health. Positive results have been found in patients suffering from cancer or depression, and I am interested to know more about the effects of mindfulness on reducing pain, anxiety and chronic stress, and in addressing present-day public health issues such as obesity and insomnia.

### What public health issue(s) is(are) Hong Kong facing or will be facing?

An aging population like that in Hong Kong will inevitably face health care issues for the elderly, such as how we should provide for the elderly in terms of medical services and whether it is sustainable. The quality of air seems to be on constant decline too, which would have serious implications on our health. I see care for the elderly and air pollution as the over-arching problems. But I also believe that by approaching these problems in a realistic and pragmatic manner we can arrive at solutions. We need more medical professionals and policy-makers with a holistic and bio-social orientation.

### Did you know that you'd become a medical doctor when you were little?

I always had great interest in various subjects in the arts and sciences, in particular biology. When I was in university in Canada, I studied human biology and psychology. After my undergraduate studies, I looked for a discipline that would integrate my various interests and training, and the medical profession appeared to suit my appetite. If I had not gone into medicine, I might have become an experimental psychologist, as I quite relished my experience as an intern in a psychological laboratory one summer in Canada. Again, it's not far from the study of the mind and the behaviour of human beings.

### What kind of books do you read?

I like reading books on psychology, and religion or spiritual matters. Social psychology was an eye-opener to me as a university student. It closed the gap between the scientific knowledge I gleaned from books and the social reality that stared me in the face. Recently, I've been fascinated by health or positive psychology as it is related closely to public health. It does not look at disease in isolation but at the whole concept of wellness and how well-being can be improved. Medicine is still very much a disease-focused discipline. We need to think out of the box to truly derive intelligent answers to the health issues around us.

### What do you do besides teaching and research?

I have participated in activities of animal rights groups. I love pets and I have three cats, two dogs and eight parrots. I must therefore speak for them. I am a council member of the Hong Kong College of Family Physicians and take an active part in its research activities. I am also the chief editor of the College's official journal, *The Hong Kong Practitioner*.

### You are young for a professor. What effect does that have on your teaching of medical students or treating of patients?

I might know the students a little better because I understand the language they speak and the media they use to socialize and express their views. But it really comes down to whether you make an effort to understand and communicate with them and relate to them as real persons. It's the same with patients. 📷

#### 下期預告 Coming

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