

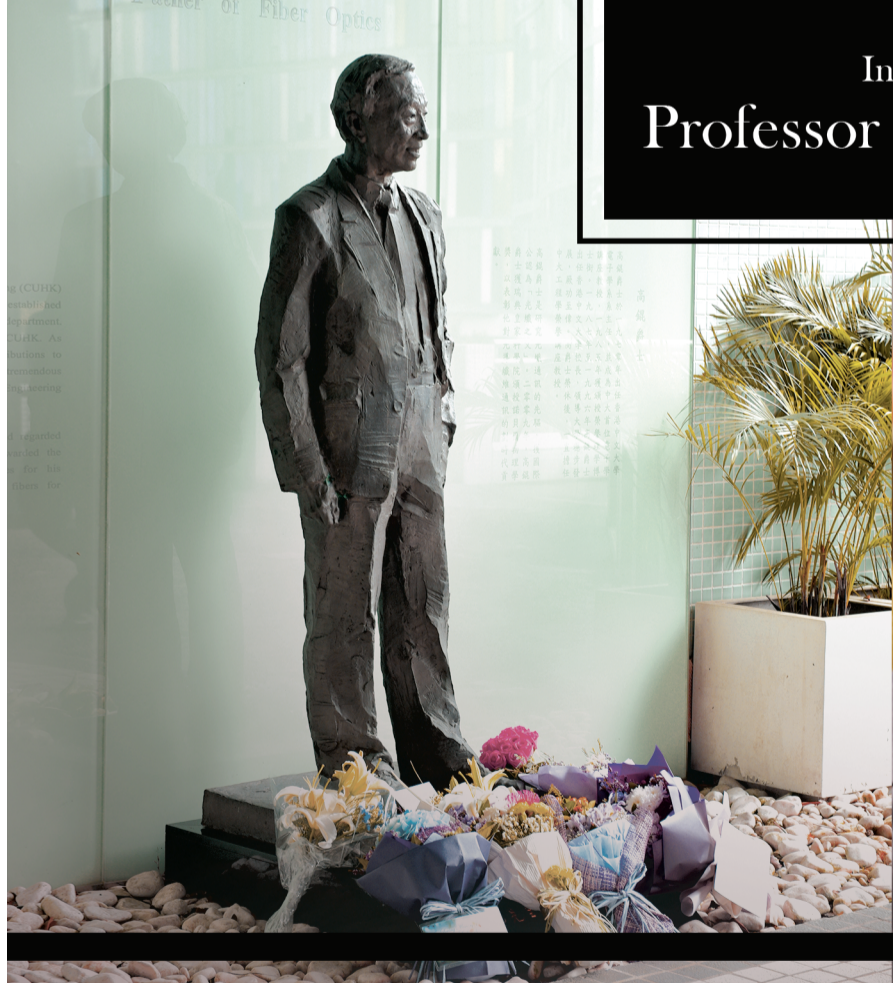
中大 / CUHK / 通訊

NEWSLETTER

#524



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Professor Sir Charles Kao



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中大獲獎學生
CUHK Medallists

李嘉兒 Lee Ka-yi

運動醫學及健康科學
碩士生
Master student in
Sports Medicine and
Health Science



女子團體
Women's Team

壁球 Squash

馬詠茹 Vivian Ma

酒店及旅遊管理學
三年級
Hotel and Tourism
Management, Year 3



女子隊際爭先賽
Women's
Team Sprint

單車(場地) Cycling Track

鄭莉梅 Camille Cheng

工業及組織心理學
碩士生
Master student in
Industrial-Organizational
Psychology



女子4×100米混合泳接力
Women's 4×100m
Medley Relay

女子4×100米自由泳接力
Women's 4×100m
Freestyle Relay

女子4×200米自由泳接力
Women's 4×200m
Freestyle Relay

游泳 Swimming

李皓晴 Lee Ho-ching

健康與體育運動科學
二年級
Physical Education,
Exercise Science
and Health, Year 2



女子團體
Women's Team

混合雙打
Mixed Double

乒乓球 Table Tennis

呂麗瑤 Lui Lai-yiu

健康與體育運動科學
六年級
Physical Education,
Exercise Science
and Health, Year 6



女子100米跨欄
Women's
100m Hurdles

田徑 Athletics

蔡欣妍 Choi Yan-yin

地理與資源管理學
六年級
Geography and
Resource Management,
Year 6



混合接力賽
Mixed Team
Competition

三項鐵人 Triathlon



▲ 左起：呂麗瑤、蔡欣妍、李嘉兒、李皓晴
From left: Lui Lai-yiu, Choi Yan-yin, Lee Ka-yi, Lee Ho-ching

在 雅加達舉行的第十八屆亞運會雖已曲終人散，但香港運動員創出的佳績，仍讓市民雀躍不已，中大人更感與有榮焉，因為在港隊大軍中，有十七位隊員是中大學生，他們共取得一金兩銀六銅，未獲獎的中大選手或是締造個人最好成績，或是汲取經驗，亦不無收穫。

協理副校長及大學輔導長陳浩然教授表示，中大一直注重體育活動和學生全人發展，去年更與香港體育學院簽訂合作備忘錄，由該院提名全職精英運動員給中大不同課程特別考慮，連同過去成立的多項運動員獎勵計劃，目的不單是支援學生運動員，亦藉此營造校園的運動氣氛，進一步推動體育文化，畢竟要有良好的體魄，才能應付學習和日後工作的挑戰。

入讀的全職運動員，獲大學提供更具彈性的學習和全面支援，包括修業期限延長至八年，而陳教授更親任他們的導師，除提供學業意見，亦擔起與各行政單位溝通的角色，以便學生運動員因應作賽而調整大學生活。體育部主任和教師們也居中協助協調工作。陳教授特別強調：「雖然這些運動員經由提名獲考慮，但必須通過校方的學歷審核和面試，絕不會只重運動成績，忽略了學術水平，畢業要求亦然。」

由矯形外科及創傷學系系主任容樹恒教授領導的運動醫學團隊，每星期三會為有需要的運動員學生治療，星期五則作檢查，並有隨隊醫療服務，是本地院校獨有的。容教授說：「各種安排讓精英運動員不管在訓練、比賽和學習時皆無後顧之憂，同時亦有助增強大學校隊的團隊精神，為校園注入正能量，並鼓勵師生們養成健康生活習慣。」

入讀中大後，李嘉兒認為在運動以外，學術知識也有長足增長，「我唸的是運動醫學及健康科學理學碩士課程，從中認識運動創傷的原因及處理方法，日後出外參賽，即使有突發狀況也能應付，而預防創傷及運動後恢復和放鬆的知識，有助我增強訓練的成效，以及運動員生涯往後的發展。」

李皓晴也有相同看法，「修讀健康與體育運動科學可讓我掌握生理和心理相關知識，更能了解自己，全方位備戰，出賽時保持平穩心態。」

呂麗瑤感謝大學給予機會學習不同範疇的知識。她說：「過去十二年，運動幾乎佔據了生活的每分每秒。練習、比賽，甚至在中大也是修讀運動科學。可是，在大三時修讀了環境污染、電影與哲學兩個大學通識課程，不但讓我留下深刻印象，亦燃起了對哲學和環保議題的興趣。中大的多元化課程擴闊了我的眼界，暫時放下運動，放鬆心情，紓緩訓練和比賽壓力。」

能夠促進精英運動員學業及運動雙線發展，正是校方樂見的。



Photo by ISO Staff

培育文武雙全的社會棟樑 The Making of Sports Scholars

Though the 18th Asian Games in Jakarta has already come to a close, the stellar results achieved by local athletes have filled the citizens with much elation. The CUHK community has more reasons for joy and pride, as among those in the Hong Kong teams 17 are CUHK students who scooped up one gold, two silver and six bronze medals on the pan-Asian sporting fields. CUHK athletes who did not get a taste of the laurels were amply rewarded in terms of experience gained or setting their best personal records.

Prof. **Edwin H.Y. Chan**, Associate Vice-President and University Dean of Students, said that CUHK has long put emphasis on sports activities and students' all-round development. Last year the University even went ahead to sign a Memorandum of Understanding with the Hong Kong Sports Institute, which sees the latter nominate full-time elite athletes for admission to CUHK's programmes. Along with an array of scholarship schemes for athletes set up in the past, the initiative aims at supporting student athletes and also helps foster an athletic atmosphere on campus and further encourage sports among students. After all, a strong physique is essential to coping with the challenges at studies and work.

Full-time athletes admitted to CUHK would enjoy immense flexibility in their studies and have the University's full support, including an extension of their maximum study period to eight years for those reading full-time undergraduate programmes. And Professor Chan will act as their mentor, offering advice to the athletes' academic studies and communicating on their behalf with various administrative units to help with their general adjustment to university life. The director and teachers of the Physical Education Unit will also assist in the coordination work. 'Though nominated, the athletes will have to pass the University's assessments and interviews. We will not merely focus on sports performance at the expense of academic standards. The same goes for our graduation requirements,' Professor Chan emphasized.

Headed by Prof. **Yung Shu-hang Patrick**, Chairman of the Department of Orthopaedics and Traumatology, the Sports Medicine Team will provide treatments to student

athletes in need every Wednesday and perform check-ups every Friday. Its on-field medical support is unique among local tertiary institutions. He said, 'With the support from the University, our elite athletes are able to excel in sports and studies without worries, while they can also bolster the spirit in our sports team, inject positive energy on campus, as well encouraging a healthy lifestyle for our students and staff.'

Student-athlete **Lee Ka-yi** thinks that since her admission to CUHK, there has been much growth in her academic knowledge besides that of sports. 'Reading a master's in sports medicine and health science, I learn about the causes of sports injury and its treatment. As I participate in competitions in the days to come, I will be well-equipped to cope with any emergency that arises. And the knowledge of sports injury prevention, rehabilitation and relaxation also helps enhance my training results and opens up avenues to my post-athlete career.'

Lee Ho-ching shares the same view, 'Studying exercise science and health enables me to grapple with relevant biological and psychological knowledge. It amplifies my self-understanding and allows me to prepare for the games more fully, and to achieve a more balanced mindset in the heat of competition.'

Another student-athlete **Lui Lai-yiu** thanks the University for giving her the opportunity to be exposed to different areas of knowledge during her studies. She says, 'In the past 12 years, sports occupied every second and every minute of my life. Exercising and competing made up my days, and even at CUHK I am pursuing a degree in exercise science. Yet, the two University General Education courses about environmental crises and philosophy and film I took during Year 3 not only left a deep impression on me, but also kindled my interests in philosophy and environmental issues. The diverse curriculum of CUHK has broadened my horizons and allowed me to put sports aside for a while, during which I may unwind a bit to let go of stresses arising from training and contests.'

To see the student athletes excelling in both classrooms and the sports ground is very much expected and welcome by the University. 📷

C.F.

同念 高錕教授

In Memory of
Professor Sir Charles Kao



前校長高錕教授於2018年9月23日離世，享年八十四歲。

消息傳來，中大同仁固然深感哀痛，廣大大市民亦若有所失，國際傳媒也一應報道。

高教授不單是香港中文大學的第三任校長（1987—1996），更是因光纖研究而獲頒諾貝爾物理學獎的科學家，叫香港人和全球華人引以自豪。他高瞻遠矚、鍥而不捨的研究，是對現代通訊劃時代的偉大貢獻，改變了人類資訊傳播與發展的步伐。今時今日，我們溝通的便捷，辦事節奏的改變，知識的無礙流通，全都與他的發明息息相關，說他改寫了人類的歷史，亦不為過。這樣一位巨擘離去，自當跨越地域與界別牽動無數人的情緒。

數以千計人士在中大和各式的社交網頁留言致哀，感激高錕教授的貢獻。位於何善衡工程學大樓平台的高錕銅像，鮮花簇擁。大學展覽廳內，前來弔唁者絡繹不絕。

高錕教授最讓人懷緬的是他溫潤如玉的性格，謙謙君子之風。曾受他領導的大學同工，無不津津樂道他的開明作風，佩服他對大學教研的遠見。當年與他意見對立的學生，至今回顧，亦感佩他的海量包容。他推動了世界的文明，卻並不居功。在他的自述裏，曾形容自己的科學突破並非來自瞬間的靈光，而是「多年的反復試驗。光在玻璃中傳輸本就是非常古老的概念。」在2004年接受電機電子工程師學會歷史中心訪問時，他也只是說：「我認為這很大程度上是一項探測工作，需要良好的理論和良好的基礎知識，……所以真的沒甚麼了不起。」

科技研究由理論層面到應用和發揮影響，過程可以非常漫長，當中更不少不免經歷無數挫敗。高錕教授在1966年發表的論文肯定了利用光纖作為資訊傳輸的可能性，其長遠影響要到二十與二十一世紀之交才彰顯，且化為席捲全球的資訊浪潮。儘管到2009年接受諾貝爾獎時，健康狀況已不容許他親自發表得獎演說，更遑論理解自己對這世界的貢獻，但那無損這位歷史巨人在我們心目中的形象。健康上的遺憾反而造就他把關愛傳播社群，他與夫人高黃美芸女士在2010年成立的高錕慈善基金，積極加深社會對認知障礙症的認識，並為病患者、家屬和照顧者提供協助。他晚年在公開場合出現，笑容純真，眼神澄明，令人神傷，也令人欣慰。

高錕教授，願你安息！你的和煦柔光將繼續照亮世界，無時或息！

Professor Sir Charles Kao, former Vice-Chancellor and President of CUHK, passed away on 23 September at the age of 84.

Professor Kao's passing is universally mourned by members of the University community and the general public alike. It was also widely covered in local and international media.

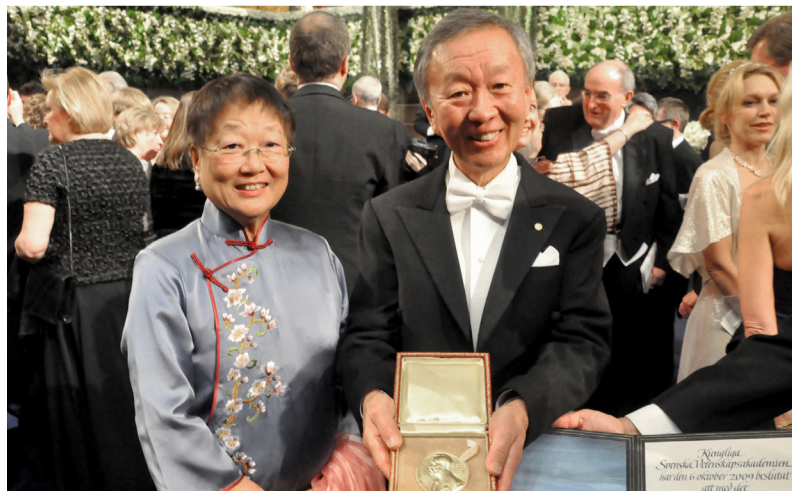
Professor Kao was the third Vice-Chancellor and President of the University (1987—1996), and a Nobel laureate in physics lauded for his accomplishments in optical fibre research. His farsightedness and perseverance in research gave rise to epoch-defining contributions to modern communications and set the pace for how humans transfer and disseminate information. We owe to Professor Kao the convenience, efficiency and free flow of knowledge we enjoy today; it is therefore not an exaggeration to say that Professor Kao had forever changed the course of human history. The loss of a great mind and a great human being is deeply felt by all inside and outside the scientific and the academic communities.

Thousands of people have left their condolence messages on the social media and other platforms of CUHK and by other means. From the first day of the sad news bouquets of flowers began appearing before his statue on the podium outside the Ho Sin-Hang Engineering Building. Long lines of tribute-payers are seen at the University Gallery where a condolence corner has been set up.

Professor Kao is a gentleman and a scholar, to those who have the good fortune of knowing him. Staff members who had worked for him praise him for his openness and foresights on education and research. Students who once stood on the other side of the fence now recognize and admire his magnanimity. Professor Kao, however, took very little credit for his huge contributions to humanity. In his memoir, he said that his scientific breakthrough had not resulted from a 'eureka' moment but rather from years of trial-and-error experiments. 'Transmission of light through glass is an old, old idea,' he wrote. When he was interviewed by the IEEE History Center in 2004, he casually said, 'I think it was a very respectable bit of detective work as well as good theory and good fundamentals... so there was really nothing spectacular.'

The journey from basic research to applied research and technology transfer can be a long and winding one dotted with disappointments and setbacks. In 1966, Professor Kao published a paper affirming the potential of optical fibre for data transmission, but it was only until the twentieth and the twenty-first centuries that the impact of his research began to reach far and wide. By the time he was awarded the Nobel Prize in 2009, his health had made it impossible for him to deliver an acceptance speech or fully apprehend the significant legacy he had bequeathed to the world, but all this does not lessen in our hearts our respect and gratitude for him. His stature had not declined with his physical decline but endeared him way beyond the scientific and the academic communities. In 2010, Professor Kao and his wife **Gwen Kao** set up the Charles K. Kao Foundation for Alzheimer's Disease Limited with an aim to promote society's understanding of dementia, as well as offering assistance to patients and their families and caretakers. Friends and strangers who met him in his public appearances in his later years will never forget his childlike smile and bright-eyed sageness, and must have been moved by the mixed feeling of being disheartened and heartened at the same time.

Rest in peace, Professor Kao. The light you brought on shall never dim. 🌟



▲ 高錕教授於2009年獲頒諾貝爾物理學獎
Professor Kao wins the 2009 Nobel Prize in Physics



▲ 高錕教授夫婦2015年2月14日與敬文書院師生共度情人節
Professor and Mrs. Kao spend the Valentine's Day with teachers and students of CW Chu College on 14 February 2015



校長膺中國發明協會會士 Vice-Chancellor Conferred China Association of Inventions Fellowship

段崇智校長因其積極創新的精神，以及多項傑出發明對社會福祉的貢獻，近日在廣東省佛山市舉行的第十屆國際發明展覽會暨第三屆世界發明創新論壇上，獲選為中國發明協會首屆會士，成為唯一獲此殊榮的香港學者。

段校長表示：「我很榮幸獲選為中國發明協會會士。我希望憑藉科研上的創新發明，推動大學以至區內的創新科技發展，協助人類解決當前面對的各種問題，造福世界。」

Vice-Chancellor Prof. Rocky S. Tuan was elected as one of the first batch of China Association of Inventions (CAI) Fellows in recognition of his distinguished achievement in innovative inventions and his contributions to CAI. Professor Tuan, the only recipient of the fellowship from Hong Kong, was bestowed the honour at the CAI Fellow certificate presentation ceremony held in tandem with the 10th International Exhibition of Invention and the 3rd World Invention and Innovation Forum that recently took place in Foshan, Guangdong Province.

Professor Tuan said, 'I am honoured to be elected a CAI Fellow. I hope that my scientific and technological inventions can play a role in driving the development of technological innovation in CUHK and the region, and thus help to solve various problems we are facing and to benefit the world.'



風雨下的無名英雄 Salute to the Unsung Heroes



9月16日，超強颱風「山竹」襲港，校內多處樹木倒塌，多條主要道路受阻。幸得物業管理處、保安及交通事務處的前線工作人員日以繼夜清理善後，交通才得以暢通，校巴服務才能回復正常。他們為確保師生安全，校園盡快恢復運作，無私付出，令人感佩。

After super typhoon Mangkhut hit Hong Kong on 16 September, toppled trees blocked the access to major roads on campus. Frontline staff from the Estates Management Office and the Security and Transport Office worked day and night to clean up and resume school bus services. The selfless act ensured the safety of all colleagues and students, and helped the campus to resume normal operation at the soonest possible time.

招生網站獲獎 Admissions Website Wins International Award



中大本科招生網站 (admission.cuhk.edu.hk) 獲WMA萬維網推廣協會頒發傑出網站獎。該獎每年由來自世界各地的市場營銷專家評審，表揚網站設計表現出色的機構。本科招生網站於去年9月推出，採用生動活潑的頁面設計，以豐富的圖像展示充滿活力的校園，並運用信息圖表顯示重要概覽及統計資料。網站亦提供多個本科課程的學生分享，吸引來自三十個國家的大量讀者。在招生高峰時期，每月瀏覽人次逾七萬。

協理副校長兼入學及學生資助處處長王淑英教授表示：「我樂見本科招生網站獲認可為重要的溝通工具，促使海內外優秀學子認識中大、選擇中大。我們將和資訊處繼續合作，向世界展示中大最好的一面。」

The CUHK Undergraduate Admissions Website (admission.cuhk.edu.hk) has won the Outstanding Website Award of the Web Marketing Association (WMA), an association of international marketing professionals that recognizes and decorates excellence in website development. Launched last September, the Admissions Website features a combination of spectacular and moving images of CUHK's vibrant campus, infographic presentations of key facts and figures, and in highly informative and readable narrative form the experiences of choosing and studying in the major programmes CUHK offers. The website has since its launch attracted a large volume of traffic from 30 countries, spiking to over 70,000 visitors a month in the high season of admissions activities.

Prof. Wong Suk-ying, Associate Vice-President and Director of Admissions and Financial Aid, said, 'I am pleased to see the recognition of the Admissions Website as an important communication tool to inform and attract the best students from local and around the world to CUHK. My colleagues and I will continue to work with the Information Services Office to bring the best of CUHK to the rest of the world.'

划艇隊再報捷 Triumph at Intersivity Rowing Championships

中大男子划艇隊於9月9日舉行的第三十二屆兩大划艇錦標賽力挫香港大學隊，連續第三年勇奪這項比賽的冠軍獎座。

The CUHK Men's Rowing Team defeated the University of Hong Kong in the 32nd Intersivity Rowing Championships on 9 September, and became the winner of the title for three consecutive years.



親炙大師 Learning from the Master

世界著名心臟病學家、美國國家醫學院院長曹文凱醫生應邀擔任由中大及信興集團合辦的「信興講座」主講嘉賓，9月18日到校演講醫學及科技突破對未來衛生、醫療及社會的影響，並鼓勵年輕人投身科學和醫學研究。

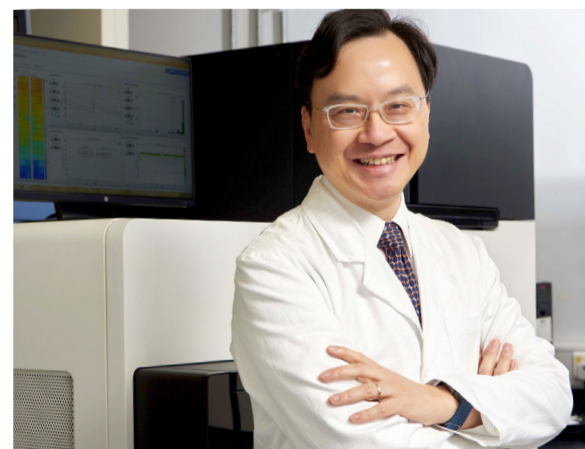
Dr. Victor Joseph Dzau, an eminent cardiologist and the President of the US National Academy of Medicine, was invited to speak at the Shun Hing Lecture jointly organized by CUHK and the Shun Hing Group held on 18 September. Dr. Dzau delivered a lecture on the medical and technological breakthroughs that have shaped the future of health and medicine and their implications for the society, and encouraged the young audience to participate in scientific and medical research.



再次恭賀盧煜明教授！ Congratulations Again, Prof. Dennis Lo!

醫學院盧煜明教授獲世界權威科學期刊《自然生物科技》評為「2017年全球二十位頂尖轉化研究科學家」之一，以表彰他於孕婦血漿發現胎兒DNA的創舉。盧教授及其團隊研發的唐氏綜合症無創檢驗方法已被九十多個國家採用，研究成果啟發了不少遺傳疾病的無創檢驗方法。盧教授連續第二年獲此殊榮，亦是唯一獲選的香港科學家。

Prof. Dennis Lo of the Faculty of Medicine was named one of the 'Top 20 Translational Researchers of 2017' by the world-renowned scientific journal *Nature Biotechnology* in recognition of his discovery of fetal DNA in maternal blood. The non-invasive prenatal test for Down Syndrome developed by Professor Lo and his team has now been adopted in over 90 countries. The research findings have laid the foundation for non-invasive prenatal diagnostic tests for multiple genetic diseases. Professor Lo has received this honour for two consecutive years and is the only Hong Kong scientist on the list.



宣布事項 / ANNOUNCEMENTS



新任校董

New Council Member

廖昭薰女士獲校友評議會推選，出任大學校董，任期三年，由2018年8月4日起生效。廖女士畢業於中大崇基學院，在政府部門從事文化工作多年，退休前為康樂及文化事務署副署長（文化），並曾出任香港特區政府電影檢查顧問小組成員。廖女士現為民政事務局粵劇發展諮詢委員會委員。



Ms. Cynthia C.F. Liu has been elected by the Convocation as a Member of the Council for a period of three years with effect from 4 August 2018. Ms. Liu is an alumna of Chung Chi College of CUHK and was formerly the Deputy Director (Culture) of the Leisure and Cultural Services Department and member of the Panel of Film Censorship Advisers of the HKSAR Government. She is currently a member of the Cantonese Opera Advisory Committee of the Home Affairs Bureau.

正向員工服務獎接受提名

Positive Workplace Service Award Open for Nomination

由「正向工作間及員工發展」委員會贊助的「正向員工服務獎2018-19」（個人或團隊）現正接受提名。此計劃不只獎勵員工工作成效，更着重個人及團隊在大學裏建立及推動正向工作間文化的努力和貢獻。具備正向領袖素質的個人獎得主有機會被中央遴選委員會推薦同時候選新增設的「正向領袖獎」。所有中大的學生及教職員均可提名全職僱員或團隊參選。截止日期為10月31日。詳情請參閱：www.hro.cuhk.edu.hk/en-gb/pwsa201819。

The Positive Workplace Service Award 2018-19 (on individual or team basis), sponsored by the Committee on the Positive Workplace and Staff Development, is now open for nomination. The Award aims to enable staff recognition not only for the work outcome but also the individual behaviour and team practices that can cultivate and promote a positive workplace culture in the University. Candidates for the Individual Award demonstrating the attributes of positive leaders may also be recommended by the Central Selection Panel for the newly established Positive Leadership Award. All CUHK students and colleagues are welcome to make nominations by 31 October. For details, please visit: www.hro.cuhk.edu.hk/en-gb/pwsa201819.

正向員工服務獎 2018 / 2019
POSITIVE WORKPLACE SERVICE AWARD

目標一致，歡笑體現！期待你的提名！
 LOOKING FORWARD TO YOUR NOMINATION!

截止日期 Closing Date: 31.10.2018

提名 Nomination
 中大學生及員工均可提名，團隊獎項（非個人）亦接受提名。
 Nomination can be made from CUHK students and staff, self-nomination is applicable to Team Award only.

參選資格 Eligibility
 中大全職員工（教學或非教學），非全職員工
 CUHK full-time staff (teaching or non-teaching) on an individual or work team basis

評審準則 Assessment Criteria
 1. 工作時的正向表態與態度
 Positive Manners and Attitude in the Workplace
 2. 持續學習
 Continuous Learning
 3. 對部門/大學的正向影響與貢獻
 Positive Impact and Contribution to Department and/or University
 4. 正向回饋與成果的證據
 Evidence of Positive Feedback and Outcome

獎品 Prizes
 個人獎：獎金 + 獎狀 + 獎品
 Individual Award: A trophy + HK\$1,000
 團隊獎：獎金 + 獎狀 + 獎品
 Team Award: A team trophy + HK\$1,000

博群影院：新鮮浪潮

I-CARE Theatre: The Pristine Craze

博群全人發展中心與藝術行政主任辦公室合辦之博群影院將於10月以「新鮮浪潮」為題，放映「新浪潮」與「鮮浪潮」兩個世代的本港創作：

The I-CARE Theatre, co-organized by the I-CARE Centre for Whole-person Development and the Office of the Arts Administrator, will be themed 'The Pristine Craze' in October, and will screen Hong Kong movies under the 'New Wave' and the 'Fresh Wave' categories:

主題 Theme	鮮浪潮 Fresh Wave				新浪潮 New Wave
	《艷陽天》 Bright Spring Days	《白沙堆》 The Bridge	《下雨天》 The Umbrella	映後座談 Post-screening Discussion	
電影 Film					《瘋劫》 The Secret
導演/ 講者 Director/ Speaker	葉嘉麟 Yeh Ka-lun	楊兩全 Yeung Leung-chuen	曾慶宏 Eric Tsang	葉嘉麟、 楊兩全、曾慶宏 Yeh Ka-lun, Yeung Leung- chuen, Eric Tsang	許鞍華 Ann Hui
日期 Date	8.10.2018				11.10.2018
時間 Time	7:00 pm	7:30 pm	8:10 pm	8:35 pm	7:00 pm
地點 Venue	邵逸夫堂 Sir Run Run Shaw Hall				

詳情及報名
 Details and Registration goo.gl/6GaQit : 查詢
 Enquires ▶ 3943 8621

教職員公積金計劃 (1995) — 投資簡報會

Staff Superannuation Scheme (1995)—Investment Forum

財務處安排於10月23日舉行投資簡報會。詳情如下：

An investment forum is scheduled on 23 October. Details are as follows:

時間 Time	12:30 pm – 2:00 pm
地點 Venue	李兆基樓三號演講室 Room LT3, Lee Shau Kee Building

薄備簡餐。請各成員踴躍出席。參加表格可於財務處網頁 (www.cuhk.edu.hk/fno/eng/index.html) 下載。查詢請致電薪津及公積金組電話：3943 7236 或 3943 7251。

Light lunch will be provided. Your attendance at the forum is highly recommended. The enrolment form can be downloaded from the Finance Office website (www.cuhk.edu.hk/fno/eng/index.html). For enquiries, please contact the Payroll and Superannuation Unit at 3943 7236 or 3943 7251.

公積金計劃投資回報成績

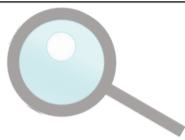
Investment Returns of Staff Superannuation Scheme

基金 Fund	8.2018		1.9.2017–31.8.2018	
	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	0.38%	-0.38%	11.42%	7.67%
平衡 Balanced	0.03%	-0.22%	6.61%	6.00%
穩定 Stable	-0.34%	-0.24%	0.54%	1.60%
香港股票 HK Equity	-3.32%	-2.74%	4.45%	1.84%
香港指數 HK Index-linked	-2.11%	-2.10%	2.74%	3.13%
A50中國指數 A50 China Tracker	-4.08%	-3.62%	-9.27%	-6.88%
港元銀行存款 HKD Bank Deposit	0.17%	0.06%	1.30%	0.43%
美元銀行存款* USD Bank Deposit*	0.23%	0.11%	2.39%	1.03%
澳元銀行存款* AUD Bank Deposit*	-2.50%	-2.63%	-6.33%	-7.66%
歐元銀行存款* EUR Bank Deposit*	-0.59%	-0.54%	-2.21%	-1.89%
人民幣銀行存款* RMB Bank Deposit*	0.22%	0.09%	-0.49%	-1.53%

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

For MPF Scheme performance, please refer to:
www.cuhk.edu.hk/fno/eng/public/payroll_benefits/mpf.html

* 實際與指標回報已包括有關期間內之匯率變動
 Both actual and benchmark returns include foreign currency exchange difference for the month



瓔珞前傳

Jewels of Transcendence

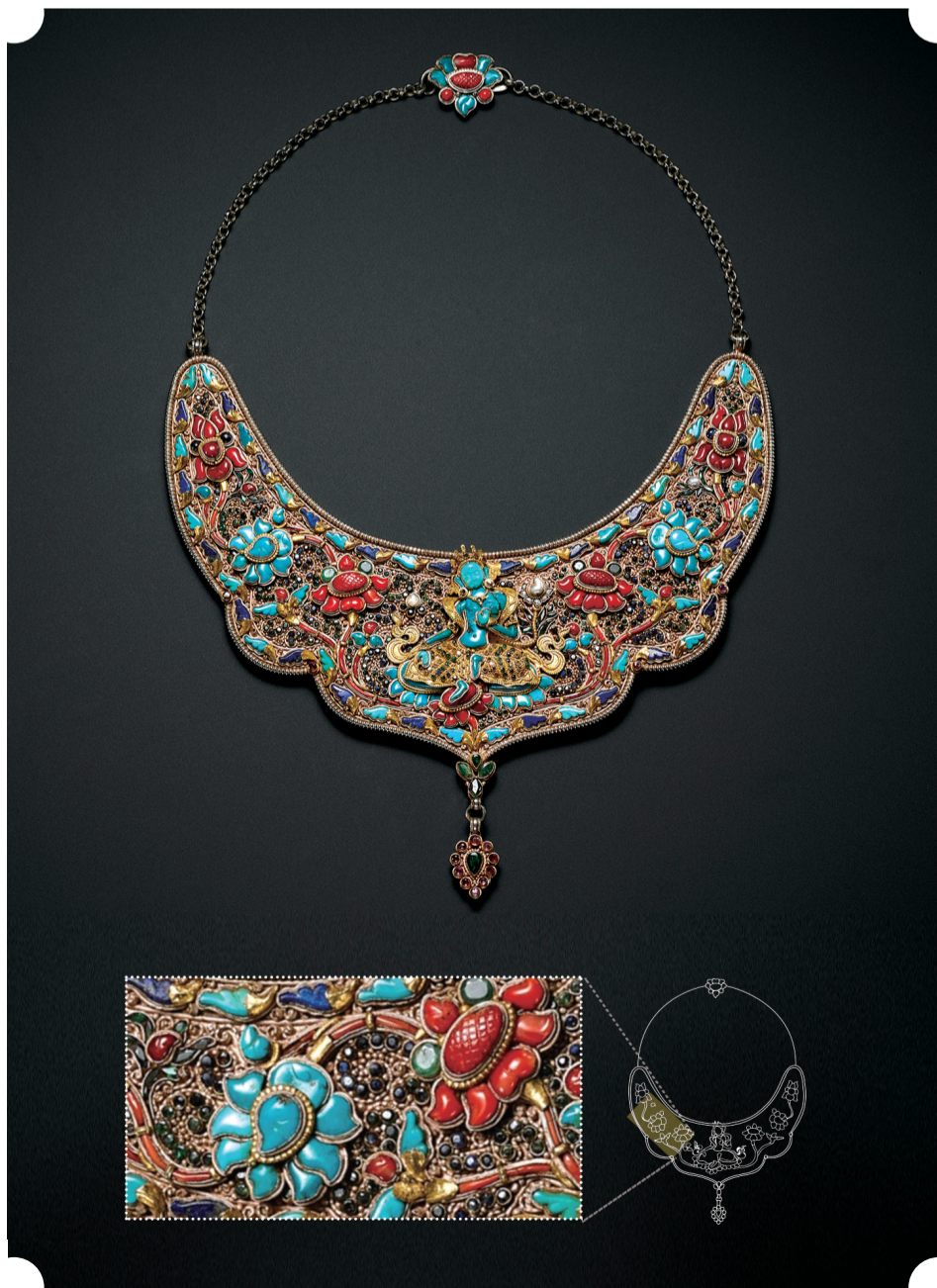
在「瓔珞」成為「天生脾氣暴、不好惹」的宮鬥劇女主角，威名傳遍大街小巷之前，這個雅緻的詞語其實是作為源於古印度文化的一種飾物而為人所識的。

瓔與珞都指似玉的美石。由各種珠玉連綴而成的瓔珞多作頸飾、胸飾，華貴非凡，本是古印度王公貴族熱愛的身分象徵，傳入中國後也廣受喜愛。坡公有「亭下佳人錦繡衣，滿身瓔珞綴明璣」之句；《紅樓夢》中黛玉初見鳳姐、寶玉二人時，兩人分別佩「赤金盤螭瓔珞圈」和繫着通靈寶玉的「金螭瓔珞」。唐朱揆《釵小志》又載宮中伶人戴上七寶瓔珞表演霓裳羽衣舞，舞罷「珠翠可掃」。種種記載都為瓔珞抹上一種既奢華又浪漫的感覺，就不知劇組是否因而選用瓔珞作為女主角的名字呢？

其實除了為凡塵男女妝點身體，增添貴氣之外，瓔珞更為人熟知的是其宗教意義，常用於裝飾神像，或由皇室成員、宗教儀式中的通神者佩戴，具有神聖象徵。這類瓔珞通常呈半月狀，中部裝飾瑞獸或杜爾迦、度母等神祇。下圖這件金嵌寶石瓔珞就是一例，中央由綠松石和金薄片組成綠度母 (Syamatārā)，綠度母左右兩側分別飾以綠松石和紅珊瑚鑲嵌而成的蓮花。半月形瓔珞之邊緣裝飾聯珠紋一周。

度母這個佛教神名大家可能比較陌生，她是大慈悲佛教女神，有二十一種形象，但在珠寶上最常見的是綠度母，為不丹、蒙古、西藏以及一些尼泊爾族群的佛教信徒所尊崇。綠度母相傳由觀音左眼的眼淚化成，是健康、豐饒的象徵，可以護佑信徒遠離八難：水、火、賊、冤獄、蛇、象、獅子、惡神。依據南亞地區傳統，其綠色的皮膚象徵神聖，尤其在與凡間相聯繫之時。

這件色彩絢麗的瓔珞來自尼泊爾，表現了喜馬拉雅地區飾品濃郁的藏傳佛教元素，及其飾神若人、飾人若神的天人合一理念。文物館《雪漠玲瓏：喜馬拉雅與蒙古珍品》展覽精選夢蝶軒及承訓堂珍藏喜馬拉雅、蒙古藏品三百餘項，全面展示蒙古和喜馬拉雅地區十三世紀至二十世紀造像、唐卡之外的絢爛繽紛的飾品及宗教用品。該展覽於文物館展廳二舉行，展期為2018年9月30日至2019年2月4日。有興趣了解瓔珞以外的華麗飾品的話，萬勿錯過！



焦慮症不可怕

Don't be Anxious about Anxiety



根據中大精神科學系和食物及衛生局合訂的《香港精神健康調查2010-2013》，成人一般精神病患（例如焦慮症及抑鬱症等）的患病率為13.3%，當中廣泛性焦慮症是4.2%，僅次於混合焦慮抑鬱症。

廣泛性焦慮症是焦慮症的一種，患者會持續為多件事情過度憂慮，而這些憂慮是不合理的。醫學院精神科學系助理教授麥敦平醫生作比喻：「一個身體健康，成績名列前茅、品學兼優的學生會經常擔心考試失準、患上重病。」另外，患者同時有多樣身體不適，例如失眠、難以集中精神、容易疲倦，難以放鬆身體以致肌肉繃緊。

焦慮症有多項風險因素——例如有三分之一的患者是與遺傳有關，後天方面，幼年不愉快的經歷、遇上災難、與主要照顧者關係不佳、遭人欺凌等。社交焦慮症患者常於青少年期發病，廣泛性焦慮症則剛好相反，發病率隨年齡遞增。麥醫生解釋：「年月增長，便要面對愈複雜、艱難的處境，而日子的歷練，反使部分人成為驚弓之鳥。」

做帶氧運動可以減壓，即使是瑜伽和太極等輕量運動，也有助減低患上焦慮症的機會。若確診患上焦慮症，病情較輕的可接受認知行為治療，而血清素調節劑亦是安全有效的藥物，經醫生處方後依時服用，可持續改善病情。

若家人朋友患上焦慮症，切忌勸喻他們「唔好諗咁多」，患者自己難以控制焦慮，要他們別想那麼多，反使他們覺得不被理解、接納。每個人承受壓力的程度不同，思考模式也不一樣。要關心重視的人，就要有一份同理心。

According to *The Hong Kong Mental Morbidity Survey 2010-2013* published by CUHK's Department of Psychiatry and the Food and Health Bureau, common mental disorders (such as anxiety disorder and depression) were found in 13.3% of the adult population. Generalized anxiety disorder (GAD) was the second most common disorder (4.2%), following mixed anxiety and depressive disorder.

A person with GAD has lasting and excessive worries about a number of things but the worries are without a rational base. Dr. **Arthur Mak**, assistant professor of the Department of Psychiatry, Faculty of Medicine, compared a GAD patient to 'a healthy and top-performing student worrying that he would fall behind in class and suffer from serious illnesses.' The patients would also develop a number of symptoms such as insomnia, inability to concentrate, fatigue, and muscle tenseness.

There are many causes of anxiety disorder. For example, around one third of the patients have a family history. Traumatic experience in childhood, brushes with disasters, relationship with primary caretakers, and the experience of being bullied also contribute to GAD. Unlike social anxiety disorder which finds easy prey in teenagers, the morbidity rate of GAD increases with age. 'The longer one lives, the more complexities and difficulties one has to deal with in life. Some may become more vulnerable to anxiety with the fair wear and tear of time,' Dr. Mak explained.

Aerobic exercises including yoga and *tai chi* could reduce stress and thus lower the risk of developing anxiety. Once diagnosed, less severe patients can receive cognitive behavioural therapy. Selective serotonin reuptake inhibitors have proved safe and effective against anxiety.

In case someone near you suffers from GAD, be considerate and avoid saying things like 'Take it easy.' When people are already gripped by anxiety, asking them not to worry may make them feel they are not understood or accepted. We all differ in our stress tolerance level and habit of thinking. To care for someone we value is to be empathetic.

M. Mak

口談實錄 / VIVA VOCE

林漢明教授

— Prof. Lam Hon-ming —

- 生命科學學院分子生物技術學課程主任
Director, Molecular Biotechnology Programme, School of Life Sciences
- 農業生物技術國家重點實驗室(香港中文大學)主任
Director, State Key Laboratory of Agrobiotechnology (CUHK)
- 大學教育資助委員會卓越學科領域植物與環境互作基因組研究中心主任
Director, University Grants Committee Areas of Excellence Centre for Genomic Studies on Plant-Environment Interaction



糧食不足的問題有多嚴重?

據聯合國報告，全球食不果腹、營養不良的人口2016年有八億一千五百萬，是總人口的一成一，當中亞洲佔了五億二千萬，非洲佔二億四千三百萬。換句話說，每九個人便有一個捱餓，每幾秒更有一個人死於饑餓。

你在新推出的通識課程「二十一世紀全球公民大挑戰」裏教授一個單元，是個怎樣的挑戰?

我主講的題目是「糧食危機與永續農業」。當農作物失收時，活在同一天空下的社會公民沒有誰可獨善其身。科學家的責任是研究新技術，增加糧食產量和提升質量；而社會公民除要珍惜食物外，更應意識如何應用科研成果，集思廣益，共同努力，確保糧食安全和可持續發展之間的平衡。

你研究大豆多年，成果豐碩，你認為所獲肯定是否足夠?

研究的成果歸功於整個團隊。來自各方的肯定固然是一種鼓勵，但這不是研究的目的，我的願望是探知求真，為人類文明進步和生活改善作一點點貢獻。

在教研層面還希望有怎樣的進展?

希望通過教學，培育接棒的年輕一代科研人員，並藉研究所得，激發更多相關研究，齊為人類福祉而努力。或許我們的研究資助未必及得上內地一些機構和院校雄厚，但香港是國際城市，中大又與海外院校和科研機構建立了緊密聯繫，可讓我們開展前沿、創新、富冒險精神的研究。

為何活躍於網上社交網絡?

在大學任職給我一個很好的舞台。研究讓我接觸到海內外不同的科研人員，也有機會參觀各地農村和田間工作。教學和學生宿舍舍監工作以外，我還參與中學課程發展和推動STEM教育。我很希望能藉社交網絡分享所見所聞，供學生參考，同時傳遞正能量，鼓勵他們要有更廣闊視野、更包容、更關愛，以及更具睿智的理性思維。我知道一些學生平時不會主動和我談話，但會看我的臉書專頁。

怎樣看網民留言讚賞或是惡意攻擊?

科學精神是求真、講邏輯，辯論也如是，我不介意別人不認同我的看法，歡迎他們提出事實和觀點來討論，但前提是理性和客觀，對於無理的攻擊，不用動氣，也不必糾結。

你愛習蔡李佛，習武與工作可有相通之處?

當初與女兒一起在新亞國術會習武，是覺得除強身健體和減壓外，更是和女兒的親子時間。回想十多年前初學時，對於沒有武術底子的我，非常辛苦，但亦讓我更深體會到堅持的重要，並不追求當最好，而是挑戰和超越自己，不斷改進，這亦可放諸工作上。

How severe is food shortage?

According to a UN report, the number of undernourished people worldwide rose to 815 million in 2016 (520 m in Asia; 243 m in Africa), accounting for 11% of the world's population. In other words, one in nine had starved while one died of hunger every few seconds.

What's the challenge of teaching in the new GE course 'Grand Challenges for Global Citizens in the 21st Century'?

My topic is 'Hunger and Sustainable Agriculture'. No one can stay away from the effects of a widespread crop failure. Scientists are responsible for developing new technologies to increase crop yield and quality. Besides not wasting food, ordinary citizens have to work together to keep the balance between food supply and sustainable development with the application of the technologies.

Are you satisfied with the recognitions you received for your soybean research?

The credit goes to every one in the research team. It's certainly encouraging to have received such recognitions, but it's not the ultimate goal of research. I want to get to the bottom of things and contribute my little part to the betterment of civilization and human livelihood.

How do you view the next stage of your teaching and research?

I hope to nurture the next generation of researchers through teaching and to inspire more related research through my work with the aim of improving the human lot. We might not be as well endowed in research funding as our mainland counterparts. But Hong Kong is an international city, and CUHK has set up a close network with overseas research institutions. We have an edge in forefront, innovative and bold research.

You are also active in social media. Why?

The University is a good platform for me to know researchers from all corners of the world, as well as visiting villages and doing fieldworks around the world. In addition to my roles as teacher and hostel warden, I also take part in secondary school curriculum development and the promotion of STEM education. I hope I can share all these experiences in the social media to impart a positive attitude so as to encourage the students to broaden their horizons and be more considerate and develop rational thinking. Some of the students will not usually raise anything with me but they would check out my Facebook.

How do you view the 'likes' and 'dislikes' left by netizens?

The spirit of science is the attainment of truth via logical thinking. This is the same for debate. I don't mind disagreements at all and would welcome facts and points of view. One must always remain rational and objective, and should be neither angered nor vexed by the trolls.

You've been practising kung fu (Choy Lee Fu) for years. Anything in common between kung fu and your work?

The purpose of joining the New Asia Chinese Kung Fu Society with my daughter is twofold: to work out and relieve stress, and to have a father-daughter time regularly. I had a tough start more than 15 years ago, but I also realized the importance of persistence. The object of pursuit is not perfection but overcoming challenges and continuous improvement. This also applies to work. 🧘

C.F.

