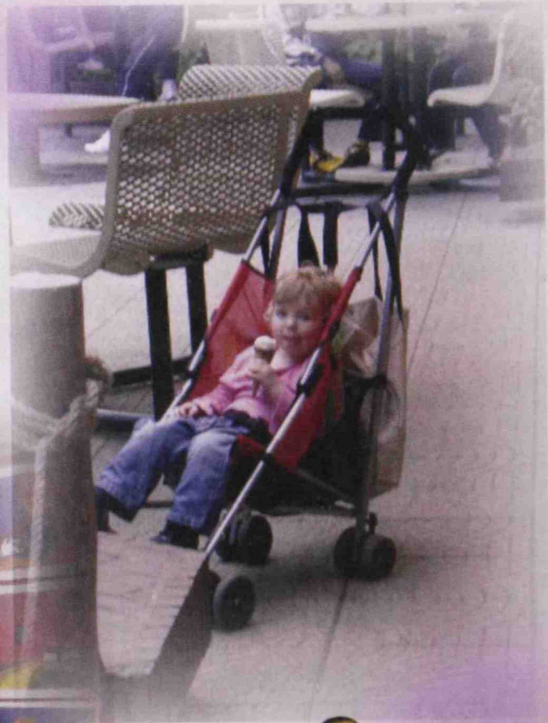


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Today we choose to lock our fiery eyes on the pebbles beneath our feet,
Stare deadily at the primrose path,
The glamorous course which shines with zeal.
Not a minute to spare
Not a second to lose
And this is said to be youth.



*One day our flight grows narrow to stride,
It dwindles, it withers, its glamour declines.
Things unseen, things about,
Things around, above, aside.
Pleading in vain for a glance, a chance,
For backs bent, knee knocked,
Stiff necks locked.
Alas! Time is not with us.*



Editorial

The Two Beggars and Creativity

This story happened a few years ago: two beggars were living on Wall Street. Often people passing by would give them one or two US dollars. And if they were lucky, occasionally they would get a ten dollar bill. However they were not entirely happy despite their luxurious living. They still wanted a better life. One day, the first beggar got a piece of chalk and a scrap piece of cardboard, and he wrote: "Begging.com". The entire IT industry was fascinated with this and before the end of the day, he was booked with appointments with the CEO's of Apple and IBM. The second beggar came up with another idea the next day, and he wrote on the cardboard paper: "E-Begging". This time even the White House was ignited and Mr. Bush personally invited him to his office.

Creativity is the key in whatever industry you engage in. A new social class is arising: the Creative Class. In the 1900's we had the "white collars" and the "blue collars". But in the 21st century we will be talking about whether a person belongs to the Creative Class or not. The success of any country will ultimately depend on whether they can attract, nurture, and retain the Creative Class. It won't be long that even doctors and nurses will need to be creative in their work.

Creativity starts with two factors: a brain with flowing ideas and a relaxed mind. In Caduceus we not only talk about medical knowledge and figures, we stretch across a wide range of areas which aims to stimulate your mind with innovative ideas. The overall tone of Caduceus is relaxing and fun, and we aim to make it an enjoyable reading when you get fed up with your textbook.

Every day we are facing so many facts and figures and laws in the medical world. Perhaps we are more accustomed to memorizing rules. Are there guidelines to creativity?

*The First Rule of Creativity:
There are no rules.*

— Vincent Leung
Chief Editor

Life at medical school is deemed dry and routine. Everything is correlated to the miraculous human body, which might not be as miraculous when it comes to memorizing every detail of its dysfunction with time and wearing. And yet, our passion for life and its vivacity, which has led us to thus far, has not faded. The further we go on our medical career, the more we acknowledge the briefness of human life. We then learn to appreciate the amusement that different life experiences offer. They lend us much to feel, and much to tell. For such a reason, after a year of absence, the Caduceus Editorial Board is re-established and we work in our favorite aspect of life — the sharing of it.

In our Election Campaign, we promised our readers a place to express their thoughts, be they cheerful or poignant, critical or wild. Students of Sassoon Road have long been wrongly accused of being competent but indifferent. We are not, for from the submissions and many of my classmates' online diaries, I have discovered a talent for writing, a fondness for literature, and a generous heart to share in many among us. I sincerely hope by providing you with a publication of your own, you shan't lose the initiative to share your own feelings as the heavy workload here drains your wit and vigor.

The Generation of the Day was brought up in the era of graphics and animation. Nonetheless, we believe in the power of words to convey messages of deep meaning. And hereby I present you with a volume that indeed has many words. Enjoy!

— Jessica Lai
General Editor

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Table of Contents

Editorial

Table of Contents

校園動態

陳波教路 P. 1

迎賓 P. 2

也是一群醫學生 P. 3

停佇~灣景的藝術 P. 4

Life at Sassoon Road

Council is All Around P. 7

Is this it? P. 8

Society Reports

Agapism P. 9

Local Action...Global Vision P.10

East Asian Medical Students' Conference P.11

醫護細胞 P.12

Focus

Dreams are my reality P.13

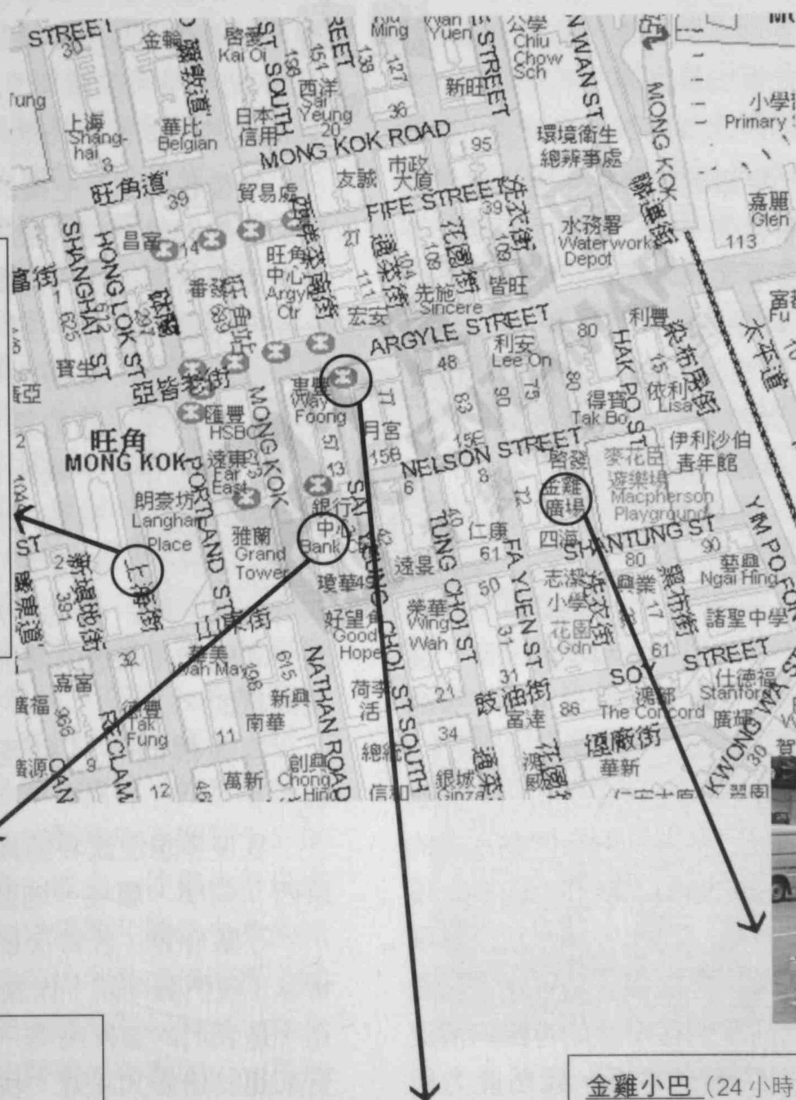
Submissions

Life P.23

Worlds Apart P.24

陳波教路

如何由旺角去瑪麗／醫學院？



新巴路線 971

候車時間：15-20 分鐘

車程：30-40 分鐘

車費：港幣 10.6 元；
可以使用八達通

備註：新路線。車程和候車時間頗長，但勝在一定有位坐，且下車地點較近醫學院（域多利道）。



新巴路線 970

候車時間：3-20 分鐘

車程：20-40 分鐘

車費：港幣 10.6 元；
可以使用八達通

備註：比小巴便宜且安全之交通工具。有電視看，但聲浪太大會影響睡眠意欲。如要睡眠，自己攜帶 mp3 機吧。相信這是最多沒有住 hall 同學的上學方法。

最便宜方法？只需 \$2.2！

步行往尖沙咀一天星小輪往中環；\$2.2 一步行往瑪麗。

全程所需時間：保守估計 2 小時，但可鍛煉身體。

金雞小巴 (24 小時服務)

候車時間：5-10 分鐘

車程：15-25 分鐘

車費：港幣 12 元正；970 尾班車開出後（大概凌晨 1 時）15 元

備註：逢星期一早上等候時間通常較長，有時可長達 20 分鐘；所以奉勸各位早點出門為上。

另外車程長久乃在乎司機質素，路面情況 is independent factor。不信？親身試試便知！

有心臟病及高血壓者不宜乘搭。

仍然不能滿足愛速度的你的需要？那麼乘搭的士吧！

最適合那些遲了起床去上重要 lecture 之人士，不用候車，15 分鐘可到 NMC 門口，下雨也不用帶備雨傘。

至於車錢嘛～大約 \$130-\$150 元吧！值與不值？見仁見智啦！

學術需通過不斷交流，才能讓各地院校互相提升水平；因此，在零四年二月初，三十多位清華大學醫學生到港大醫學院作了十天的交流，並與零八班一起上課。不知清華大學和港大的醫學生對今次交流有何看法呢？

迎賓

文側

作為一位一年級的醫學生，並沒有想過能為醫學院做點甚麼：年紀不夠大，閱歷不夠深，而且在醫學院的時間不長，我並不能代表醫學院去幹甚麼。所以說，我現在還是停留在「醫學院能為我做甚麼」，而不是「我能為醫學院做甚麼」的階段。這還並不算是很羞愧的事，因為進來的時間不久，何況我本來應該還是一位中七生，感情不夠深厚，這還是值得原諒的啊！直至我擔當了這迎賓的工作之後……

清華的醫學生們在二月二日到十一日到了港大醫學院作交流參觀，與我們零八屆的同學一起上課。校方通知了我們，問及有沒有人要作他們的嚮導，與他們談談我們醫學院的事宜。我想也沒想便報了名，除了想看一看我們內地的同學們在學習的時候的情況外，還想為醫學院做點事兒。既然能力所及，也不妨一試。算是交流也好，交朋友也好罷。

他們在二月二日的傍晚到了醫學院來，我負責了一部份的簡報工作。踏出台前，站在平常教授們的講壇上，心裏第一個印象是驚訝的，我的報告其實對他們毫不重要，只是介紹了一下我們的學習生活，誰知他們不但耐心的聽，還有抄下筆記。我一陣子覺得可笑，但再想一下，這不是對講者的尊重嗎？我一邊講一邊微笑，受尊重的感覺的確很好。我們在平時上課的時候，也有發呆，甚至睡倒的習慣。相比之下，這班同學們自發與留心的態度是最欣賞的。



然後我們到了七樓的餐廳聚餐。席間清華的同學們問了我們關於香港的事情，尤其是在回歸以後香港的轉變。他們是非常健談的，絕不會是你們所認定靜靜的、害羞的一群。整晚的氣氛都很好，從言談中我相信他們會認為港大醫學院是很好的學院，他們還問及我關於到香港讀書的可能性呢。他們也跟我分享他們在內地的情況，總算達到了這交流的目的。

有人問我：「你喜歡港大的醫學院嗎？」

我沒多想便說我認真的喜歡這裏的所有東西：同學、環境、老師、氣氛……

不難發覺，我每次在回答問題的時候都會以「我們醫學院」作開頭。細心一想，這正不是我們的醫學院嗎？頓然間我感覺到更加屬於這個大家庭。我明白了，你在代表着醫學院的時候，你才會更加懂得你在這社群的存在。我不是說得誇張，只是我了解了更多，我的身分，我的定位，和我的未來——我會在這醫學院裏過着剩下來的人生。我的生活會從醫學院出發，醫學是我終身的職業。

這是我這一次迎賓的最大得着。



也是一群醫學生

清華大學同學

有句古話：讀萬卷書，行千里路。咱不敢說讀過萬卷書，但是這次卻有機會行千里路來到香港，與香港學醫的同齡人進行交流，感受一種新的醫學教育體制下的學習方式，感受香港學醫人對醫學的感悟。

醫學生的責任感

與港大的同學共同學習，我經常可以感覺到他們對醫學的熱愛與責任感。不論是面對以病例為中心的實驗，還是在PBL中對社會醫學的討論，港大的學生看起來很容易就進入醫生的角色，對問題的思考也相對專業化。在微生物實驗中，我與一位同學交談感觸頗深，他在分析病例，得出病人的診斷時，顯得非常的自信；並且在自己的診斷結果被證實時，有一種自豪和成就感。他們在逐漸適應以醫生的思維，在病人的角度分析。而與他們相對，我們則書生氣大一些，在考慮問題時，顯得不夠自信。究其原因，我覺得這不僅是港大的醫學教育體制十分重視培養學生解決問題的能力，使學生早日進入狀態；同時，由於香港醫生職業自身的特點，醫學生對自己的前途和自身價值都了解得很清楚。反觀我們的醫學預科教育，以生物學為主要內容，和醫學的聯繫較少，再加上以講座為主的授課形式，同學自主性發揮的機會較少。因此，也許在畢業進入臨床實踐中時，港大的學生顯得更輕車熟路。而我們在這方面的訓練則相對較少，在臨床實踐中也許可以得到一定程度的彌補。

關於 PBL 和以系統為本的教學方式

港大的醫學前期教育（進入臨床輪轉前）最具有鮮明特色的可能就是以系統為本的教學方式並配合所涉及系統進行PBL病例的進一步學習。人體九大系統充分展開教授，解剖、生理、病理各學科圍繞各系統分別講授相關知識。我個人覺得，這種教學方式十分有利於PBL問題的提出和資料的收

集，同學在學習時，針對某一身體部位有一種全面的認識，思維不局限于單一學科，思想的廣度較大，並且易於激發自身對醫學的興趣，針對自己感興趣的問題進行更深層次的學習。但是，與學科為本的教學方式相比，我個人覺得，以系統為本的教學方式容易使學生降低醫學基礎學科的掌握；解剖、病理、生理等學科的學習時間有所減少，並且講授較為分散。因此，港大的學生不像內地的大學生一樣，一個學期只要研習幾門主要的課程，而是對所有的學科都有涉獵。這就像一種平衡，兩種教育思想的較量，如果用中國古代的中庸之道進行推論，內地的大學生應加強自己思想的發散性，而港大的學生則就適當系統讀特定學科的著作，令雙方方面加深理論與實踐的結合。



小組討論與英語

由於PBL教學方式的大量使用，港大醫學生的小組討論與英語表達能力較好。流暢的談吐，與人溝通的能力是其一大優勢。與同事的交流，與國際的資訊溝通是一個好醫生跟得上時代的重要保證。在羨慕其良好教育氛圍與鍛煉機會的同時，我與同學相互鼓勵，爭取和香港的同齡人一樣，與世界同步。

在香港的十幾天中，我在觀察、傾聽香港醫學教育時，對現在所接受的教育模式有了新的認識與思考。並且，在以後的學習中，我不會忘記在神州大地的南部還有那一群同樣追求着自己理想的醫學生。

停佇 ～灣景的藝術

潑風

踏進港大醫學院，總感到巍峨的綜合大樓透出一種不安分的寧謐：如果說寧謐，是來自沙宣道的景致；那麼不安分，就因為當中行色匆匆的步伐。沙宣道上的步伐，永遠都躊躇滿志，有目標，有理想，有研究探索的衝勁，更有濟世為懷的愛心。然而，在每個人匆匆的眼神中，彷彿都缺乏了甚麼。



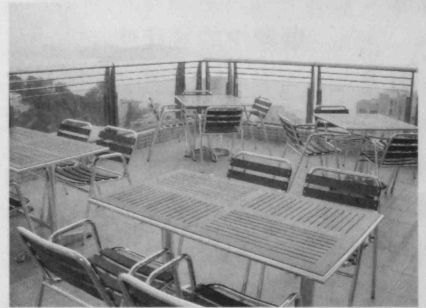
那是停佇，一種閒適的停佇。

從一月開張以來，香港大學醫學院西餐廳就是為眾人的忙碌澆上一劑緩衝液。「我們的集團冀望給學生及教員提供一處舒適、溫暖的地方，享受食物，享受生活。」順圖有限公司（Lucky Channel Ltd.）總經理劉永福先生接受小記們訪問時，一字一句地道出對灣景餐廳的抱負及期望。

為何要在醫學院教學及行政樓七樓開設灣景另一間西餐廳？「自零四年八月，順圖有限公司已開始經營沙宣道的飯堂及中菜



廳；然而，我們希望在業務上、意念上取得突破，於是就計劃發展一間較高檔次的西餐廳，並着眼於食物、環境、設計及氣氛的融



合。」訪問時正值午膳時間，只見客人絡繹不絕；來到這裏，人人的步伐都舒緩下來。當然哩！甫進入寬敞的西餐廳，大家不但被那無垠的景觀吸引，更受這和諧寧謐所懾服。這一份家庭式的和諧，是怎樣營造出來的？

「和諧來自各方面的平衡，首先是室內的設計配合外間的景致：室內的裝飾如掛畫、窗簾、以至桌椅、餐墊，全都是設計師特別搜購回來的，如這金屬畫框，增添餐廳的時代感之餘，又可配合窗外優雅的海岸。」筆者坐在餐廳窗旁，不，是坐在海邊，更似海上。這是柔和的下午，舉目憑高眺遠，見長空萬里，雲無留跡，似乎一切都屬於沙宣道下的海岸；就像廣角鏡的鏡頭，無論遠近，還是一抹寬廣：任風吹，任鳥飛，任渺渺之目舒展來回；到夜幕低垂之時，桂魄飛來，冷浸一天秋碧。好一箇醉人美景！

除了設計配合氣氛外，餐廳在食物選擇方面也下了不少心思。「每周精選」均包含各地的特色小



菜；而精選午餐則主要是西餐。總括而言，這裏大概有四分之三的菜式是

西菜，其餘就是餐廳的各地主題推介：如日式餃子烏冬、海南雞飯等，令人垂涎三尺。「當然，我們追求文化上的多元，所以廚師會讓客人嚐試各地美食；從商業的角度來看，這也是為開拓更大的市場佔有空間。」小記試了當天的特色日式餃子及咖哩飯，確實令人回味無窮！再加上甜而不膩的藍莓慕士，吃罷使煩惱一掃而空。當然，餐牌上還有其他吸引的菜式，留待下次細細品嚐。

「這間西餐廳像一般的大學飯堂嗎？」不！小記們異口同聲地說。



想起劉先生之前提到希望灣景可以打破「食堂」的經營框框，以取得業務與意念上的飛躍，這是一項怎麼樣的突破呢？

這是改革，一次嶄新的改革。

「一年前，我加入順圖有限公司後，公司從家庭式經營轉為企業化，旗下業務亦作出擴充及改革，經過公開投標，就取得港大沙宣道（即醫學院附近）多間食堂的經營權。」除此之外，順圖有限公司亦取得香港中文大學其中一間中菜廳的合約。擴充業務，不單帶來機遇，迎接挑戰，但也有觸礁的危險。因此，改革需要在理想和利潤間取得平衡，劉先生別有一番心得：

「我心中的希冀，就是推廣一項食的文

化——『享受』。從前社會匱乏，藍領階層不求食物精緻、環境清幽，只求吃得溫飽；現在香港人及本地大學生的要求高了，但也更願意付出，享受高質素的食物，更着重餐廳的和諧氣氛。

「從前大學的飯堂，和工廠沒啥分別：灰敗的牆壁、殘舊的桌椅，員工態度和餸菜一樣——又淡又冷，口罩等衛生裝備，永遠只帶不戴！這飯堂文化就像一個固執的模範，永不願重整一下衣冠，承受校園洋溢着的活力；久而久之，便成為了同學『非不得已』才到的飯堂；而吃完後，往往要罰下



『永不光顧』的『毒誓』！」然而，劉先生卻對此因循的飯堂文化表示反對：為什麼不可

以讓大家有更自由的選擇？

「灣景的食堂、西餐廳、中菜廳都有共同的目標：出品好，服務佳。經過參考大學附近的食肆，再定出現時大家所見的菜式。餐廳的設備亦為了提昇食品的質素，例如西餐廳內，設有兩套不同的爐具—電子及煤氣，配合不同的菜式風格。我的理念是要『享受生活』，所以在餐廳內座位密度降低，使客人減低壓力。這會令經營成本增加，但也可以吸引追求閒適的消費者，不正是平衡理念和商業利益嗎？」

當然，改革初期遇到不少困難：「員工



一時未能接受新的管理模式，服務態度未臻完美；食物及菜式仍有待客人給予的意見，再加以改善。飯堂、茶座、餐廳的環境及佈置，實在有進步的空間。此外，沙宣道人流量不高，我們可能需要更多心思與創新思維，吸引客人。」

可以循規守舊，可以平穩過渡。這麼辛苦地變革作啥？



那是執着，一份積極的執着。

「對我來說，我的責任是為餐廳定立清晰的方向，作回報率高的投資。」清晰的理念——享受食的文化——是灣景的方向舵，作為這兒的舵手，劉先生對食之文化的執着又從何而來？

「我經常參考各處食肆、酒店、甚至是大學其他食堂的特色，從而啟發自己。我的原動力就是要維持競爭力及創新思維：作為大學其中的食堂，我們仍會提昇食品素質，促進良性競爭；再加上心中一直有明確的理念，自然不畏灣景會受市場淘汰。」

「當然，灣景的發展仍受到某些條件的限制，如位置、價格，但我深信其中可以取得平衡。不錯，我們是要為同學提供價錢經濟的膳食；與此同時，灣景亦希望為同學提供更多選擇，因此集團在醫學院旁開設了圖書館外的灣景茶座，這就是我們其中一項提高服務質素的嘗試。」



這是歸屬，一種自覺的歸屬。

話鋒一轉，劉先生又談到灣景另一個創新意念了。他認為，作為大學校園內的食肆，灣景應打破「食堂」的桎梏。「為什麼灣景的飯堂不可定位為同學與宿生的娛樂、聯誼的地方：如聖誕晚會，歌唱大賽等，既可為同學提供娛樂，又可以加強對大學的歸屬感。」當然，這些都是將來的發展方向，現在餐廳首先要做好基本的素質，如增加菜式的選擇；改善食堂及中菜廳的環境，使同學們食得好，食得開心。

談到創新，劉先生別有一番見解：「將來，飲食業可能會有徹頭徹尾的轉變，特別在設計和形式上：客人可能只需按桌面上的鍵，餸菜就自動送上。從過去到現在，飲食業嚐過百花齊放的甜蜜，也試遍劇烈競爭之酸苦；不變的，只有人與人之間的接觸和感情。我們保持敏銳的觸覺，跟上時代的變



化；同時也不會遺忘，文化傳統、感情交流，都是根深柢固的。我深信，順圖的灣景餐廳能夠跨越時代，平衡商業與理想，使人享受『食』的閒舒自在。」

這是停佇，一種內心的停佇。

淼淼碧海，伴着沙宣道那仍然急驟的步伐，生活的影片依舊捲得迅疾；叫聲暫停吧，停佇一下，那讓你細味人生之所，可能已在你身邊。

誌於零四年春

Council is All Around

(adapted from the song "Christmas is All Around")

I'm sitting round the table
 I'm sleeping in the Room
 Council is all around me
 And so the feeling grows

It's 6pm on Friday
 It's everywhere I go,
 So if you really love Council
 Come on and let it show

You know I "love" Council, I always will
 My mind's made up by the way that I feel
 There's no beginning,
 There'll be no end
 'Cause on Council you can depend

You gave your comments to me
 And I gave mine to you
 I need biscuits beside me
 In everything I do

You know I "love" Council, I always will,
 My mind's made up by the way that I feel
 There's no beginning,
 There'll be no end
 'Cause on Council you can depend

('Cause on Council you can depend)

Oh It's already morning
 Oh everywhere I go
 So if you really love me,
 Come on and let me go
 Come on and let me go
 So if you really love me
 Come on and let me
 Come on and let me
 (come and let it show, baby)
 Now if you really love me
 Come on, come on let me go
 Come on and let me go

Submitted by a reader



Is This It?

Antiprozac

Is this it? That's the thought that has hovered over my mind for quite some time since I entered medical school a few years ago. If there can only be one thing that I have learnt in all these years, it must be that now I know I can be as smart as others if I have to. I belong to the first generation that has the privilege to receive university education in my family. I was born with a low self-esteem. In fact, I think I have been trying to prove my smarts in the past 20 odd years, seeking approval from parents, teachers and peers. Now that I have proved my smarts (sort of?), what am I going to do with it? I guess the easy answer is — to become a disease-curing, patient-healing, profit-making, people-loved DOCTOR!

It has never been my "calling" or my childhood dream to work in the healthcare profession. I was pretty honest with that right from the beginning (even at the medical school interview). I was obviously drawn to this profession by its prestige, status, prospect and stability. Well, who can I blame? I was only an impressionable, pragmatic teenager when I was forced to make this career decision of paramount importance. I am a realistic optimist. I have always seen it as a doctor's duty to look after the sick; after all, they are paid handsomely to do just that, right? The "nobility" factor has always escaped me. I can never see the "halo" over doctors. And the more time I spend in school, the more convinced I am in this belief.

Now that I have sort of reached the crossroads of my life, I can't help but panic. Is this what I am going to do with the bulk of my time for the rest of my life? Of course, one can say, an occupation is something you do to put bread on the table; the meaning of life should be sought in other aspects of life, be they religion, hobbies or

raising a family. I beg to defer. Failure is hard, but success in the wrong area can lock you in forever.

"What should I do with my life?" is not just a philosophical question asked by over-educated hippies with too much time in their hands, nor is it an immature yearning of angst-ridden, cynical teenagers. It is the question in everyone's life. It does sound like such a cliché, as the media has coined it "the quarter-life crisis" in the 21st century. Unfortunately, giving it a fancy name does not make it any easier to find the answer.

I was awestruck when I heard a freshman saying her proudest achievement in life lies in the admission to medical school, and my knee-jerk reaction was — can I say that to myself too? I can't. Most of the time, I feel like an imposter at the ward, I feel embarrassed, standing helplessly, hiding under the white coat — a gigantic space-occupying lesion. How apt.

"Why don't you just quit and pursue your dream, loser?" my over-honest friend often says. The truth is, the opportunity cost is highly unaffordable and I'm not even unhappy now. Furthermore, years of sports training have made me view quitters as no different from losers. While I may not be a church going devotee, I am certain that I am here for a reason, for a purpose, for something larger than life. (Not just to earn karma points to gain entry to heaven.) I refuse to be defined by my performance; instead, I believe I should be defined by my beliefs. I am sure all this time/energy spent in medical school is going to add up to something in the big picture. I may not be sure where my dreams will lead, but I am sure I will reach there someday.

Fours year ago, I set foot onto Sassoon Road, trying to change the world. Now, I'm ready to be changed.

.....Agapism.....

Health Committee 2004

Since the establishment of the Health Committee years ago, the Committee has always worked towards the objective of arousing public interest in health. Living in one of the metropolitan hubs of Asia, health is a neglected issue in the daily lives of Hong Kong people. Owing to their busy lifestyles, the mission of the Committee becomes especially important. Among the Hong Kong population, the elderly are most prone to diseases and the early discovery of risk factors is beneficial to treatment.

The Health Committee is a division of the Medical Society of the University of Hong Kong. The Health Committee is further subdivided into 5 sections, namely Community Centre Department, Education Department, Estate Department, Internal Studies Department and Outreach Department. Each and every department works on a different area of health promotion and they work towards a common goal: to arouse social awareness towards health. The major screening tests provided by the Committee include body mass index (BMI), blood pressure and blood glucose level measurements.

For the year 2004, we wish to introduce the theme: "Agapism". Agapism is a doctrine that encourages brotherly love for everyone in a community, an element of care previously not stressed enough. This is

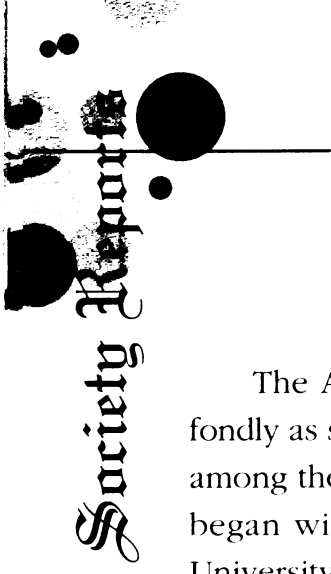
essential in gaining the trust and respect of the people we are helping, and ultimately this will lead to an improvement in the quality of our services, as well as a better understanding of our target clients.

Following the idea of love for everyone, the Committee will increase the number of youth targeted services/programmes. In the past, the elderly have been the overwhelming target of the Health Committee. It is essential for the Health Committee to balance its resources, because we believe that in the interest of health promotion, youth education is in every bit as important



as screening for the elderly. In addition to achieving Agapism, our Committee is willing to be adventurous. We wish to experiment with previously unexplored ideas, such as targeting cage-houses and rural villages for estate and outreach services as well as implementing new screening tests.

There will be a total of 20 services in 2004, and your support is crucial to their smooth running. Not only will you be able to apply your medical knowledge, your effort will also benefit the health of the general public. This is an invaluable opportunity to enhance your communication skills with clients. There are around one to two services every fortnight and we need your participation to make this ambitious attempt possible.



Local Action ... Global Vision

Asian Medical Students' Association Hong Kong (AMSAHK)

The Asian Medical Students' Association Hong Kong — or referred to fondly as simply AMSAHK — is gradually establishing Hong Kong's reputation among the international medical students' community. The birth of AMSAHK began with a vision that all Hong Kong medical students from both the University of Hong Kong (HKU) and the Chinese University of Hong Kong (CUHK) should be represented as one single delegation under the Bauhinia flower of the HKSAR Flag.

Now AMSAHK is a recognized non-profit organization that is jointly run by Year 1 to 3 students from both medical schools. The unified Association has grown such that it boasts free automatic membership for all medical students of Hong Kong.

The goal of AMSAHK is to not only foster a closer relationship among Asian medical students but to also cultivate cultural and social awareness towards global health issues. We hope that through our efforts, Hong Kong medical students would become an eminent contributor towards internationalization and management of global health issues.

Our Association's ultimate goal is to bring honor and international recognition to Hong Kong by hosting the Annual Asian Medical Students' Conference in the near future. As proud hosts of this truly international conference, we would welcome hundreds of medical students from all around Asia and the globe to Hong Kong and share with them the excellence and professionalism of our united medical community. To achieve our goal, we look forward to your support in the upcoming year!

Vive la AMSAHK!

— Michael Ni (M07)

Chairperson

Asian Medical Students' Association Hong Kong 2004

East Asian Medical Students' Conference, Taiwan

For AMSAHK, the year 2004 came with our unprecedented participation in the 17th East Asian Medical Students' Conference (EAMSC) held in Taiwan, from 29 January to 1 February. The theme of the conference was Medical Education — a topic that the 80 delegates, all medical students from six different Asian countries, found most relevant to their experiences at medical school. The conference was also a milestone for AMSAHK, as it was the first time Hong Kong was represented at the EAMSC. This year, AMSAHK managed to send a delegation of 17 students from Years One to Three from both HKU and CUHK — including both committee and non-committee members. Our delegation was the largest after Taiwan, while other delegates represented Japan, Korea, Malaysia and Indonesia.

We were embraced by the hospitality of our hosts from the minute we arrived at Taipei International airport to the minute we said our goodbye's. Indeed, our short stay in Taiwan was packed to the brim with activities — the photos only show a small part of the programme that was prepared for us! I'm sure my fellow Hong Kong delegates would agree that the conference was none other than impressive. We learnt how medical schools in other Asian countries are run, we exchanged opinions on Integrated System Blocks and Problem Based Learning, we attended many inspiring lectures and most of all, we earned friendships that would extend beyond the few days we were there. We look forward to sharing with you all the experiences we brought back with us, and to seeing you at our next conference!

— June Leung (M08)

Person-in-charge, Hong Kong Delegation

Publications and Promotion Secretary, AMSAHK 2004



A grand Welcoming Dinner at the five-star hotel that accommodated us.



Carol and Justina delivering our academic presentation on Medical Education in Hong Kong with great poise



Our hosts kindly took us to a local night market, where we tried all sorts of delicious Taiwanese snacks.



An amazing acrobatic performance by a talented group of elementary school students.



Lighting sparklers and sky lanterns — a salutation to unforgettable friendships!

醫護細胞

MEDIC CELL CATHOLIC SOCIETY

曾聽人說醫護細胞是云云醫學院小組中最沒有「仙氣」（高班與低班的階級之分）的，我認為原因只得一個：就是在聚會時，我們深深感受到「家」的感覺，大家在醫護細胞裏互相幫助，沒有誰比誰「高班」，在天主面前我們都是平等的，都是這麼重要的。

路 12：6-7「五隻麻雀不是賣兩文銅錢嗎？然而在天主前，他們中沒有一隻被遺忘的。就是你們的頭髮，也一一被數過了，你們不要害怕！你們比許多麻雀尊貴多了。」就是因為主在我們心內行了大事——把平安賞給我們，讓我們常常喜樂。這感動了醫護細胞內的人，所以他們即使畢業了，結果還留在這「溫暖的家」裏。

醫護細胞是由一群醫學院內的天主教徒所組成，包括了各個年級的醫護學生，由於去年香港大學新增了中醫全科學士學位，所以我們也極歡迎中醫的同學來參與我們的聚會。我們一年五十二個星期四都會在陳蕉琴樓聚會。醫護細胞不是一個只為天主教徒而設的團體，我們歡迎所有對天主教有興趣的同學參與聚會。每次聚會，都會有一個聖經或宗教的主題讓大家一起分享和討論。此外，每年也有數次「再慕道班」——信仰道理的仔細研習的聚會；這能使我們重新反思自己的信仰。除了聚會外，我們也會到醫院如瑪麗醫院、馮堯敬醫院等探訪，把基督的愛帶給世上有需要的人。去年聖誕節，我們在馮堯敬醫院「報佳音」，唱聖誕歌給病人聽，基督誕生的喜樂與平安也就降在病人和



我們之間，情景十分感動。

說到團體生活，不得不提一年一度的「避靜營」。兄弟姊妹們能在這次避靜中反省與天主的關係，事後更能獲充電的感覺。除了團體生活外，信仰生活還應包括參與禮儀。開學彌撒便正好補充這一方面的不足了。楊國輝神父在自己修會工事繁忙，但仍經常參與醫護細胞的聚會，和我們一起分享他的信仰歷程和豐富的神修知識，這使醫護細胞平添了不少新而有意義的題材。

「醫護細胞」裏的朋友能友誼永固，除了因為神修上的幫助與聯繫外，還有一些聯誼活動例如行山、燒烤、宿營等。縱使我們他日分散於各個醫院部門的不同崗位，也能保持着不同形式的相聚。相信這份友誼也是天主賜給醫護細胞代代相傳的禮物。

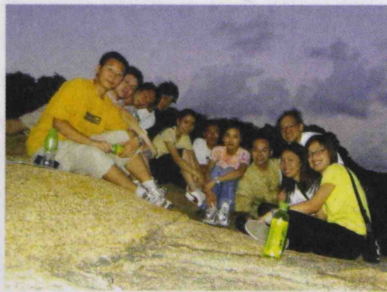
正如「Pass it on」所寫：

It only takes a spark to get a fire going,
And soon all those around can warm up
in its glowing,
That's how it is with God's love.
Once you've experienced it:
You spread his love to everyone,
you want to pass it on.
好讓這個團體，能使更多人受惠。

如想認識我們多一些，或想就信仰上的題目作出討論，歡迎你參與我們細胞小組的聚會，或與以下的負責同學聯絡。

Medic Cell Coordinators:

Peter	(M07) :	93520829
Tim	(M07) :	97676255
Christine	(N06) :	96871922





focus
focus
focus



Dreams are my reality



As important as sleep is, its nature still remains a mystery to many people. What happens to our bodies as we sleep? How are dreams created and what do they reveal about a person? As we explore different aspects of sleep, hopefully, we will be able to answer these questions more.



Every dreadful morning, the alarm clock rings at eight. You are so reluctant to move your fat ass from the warm, cozy bed, but you know there's an important lecture at 8.30am. Your 5%-functioning brain tells you, "let's sleep for five more minutes." By the time you wake up again, oh no, it's 8.45.

It's high time to think about the real underlying causes of sleepiness. Of course, most of us just need more sleeping time and less work (so ideal, ha!), but if there were really some serious medical illnesses behind the sleepiness, failing to deal with them properly would lead to consequences that you may never have thought of.

Sleep is divided into two phases, rapid eye movement (REM) and non-rapid eye movement (NREM). Each of these sleep states is associated with distinct central nervous system activity. We must go back and forth between these two phases repeatedly during any given night of sleep — usually four or five times. Disturbances in the pattern and periodicity of REM and NREM sleep are

often found when people complain of sleep disorders.

Narcolepsy

Narcolepsy is the sudden breaking into the REM stage from wakefulness. There are no specific symptoms in narcolepsy, but there is one valuable clue which leads to possible

diagnosis of narcolepsy in a sleepy person. It is not surprising to see a narcoleptic person fall into deep sleep suddenly when

he is walking in the severest case.

Onset of sleepiness early in life, particularly in the absence of severe snoring, has been noted in

narcoleptic patients. The common signs include falling asleep more frequently in school than one's classmates, taking naps after school, and in some cases, hyperactive behavior (which in children can be a manifestation of impaired alertness).

Well, I am not frightening you, but it seems like many of us have such symptoms, right? Beware, guys! But of course, who wouldn't be exhausted



after one whole day of dreadful lectures and practicals? However, if you fail to fall asleep at night even when you feel completely exhausted and drained of energy, you'd better pay full attention to this.

Insomnia

In fact, insomnia is neither a disease nor a diagnostic term. It's just a word indicating that sleep is of poor quality or too limited in amount. If you always suffer from the inability to sleep and lie fully awake until you sleep, then you'd better devote more attention to your insomnia. Of course, gobbling down sleeping pills is NOT a way out of this situation. There are many simple things that one can do to have good sleep. If the problem involves the inability to fall asleep initially, particularly with "difficulty turning one's mind off", you should:

- Consider obtaining good stress management and relaxation training.
- Don't go to bed too late. Keep a regular bedtime.
- Don't have a full meal before you sleep.
- Finish a day's work before you go to sleep.

Unlike narcolepsy, which may be a genetic disorder, insomnia is more daily-life oriented. Try to sleep earlier and have a better working schedule, then you would probably be able to get to lectures on time. Of course, we hope the "hypnotizing experts" operating the Powerpoint slides would stop waving their magical wands so we can be more attentive in lectures.

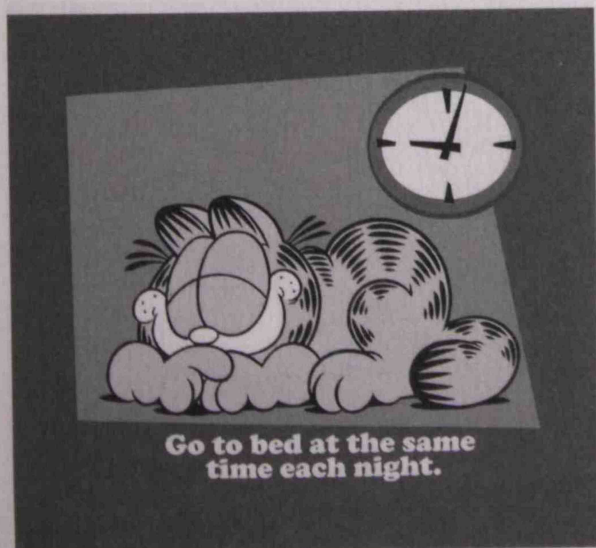


By Howard

Sleeping Posture and Personality

Sleeping is the only time of the day when our bodies are not under stress. When we look at somebody's sleeping posture, we may learn more about him.

Which sleeping posture do you usually have?



The Back Sleepers:

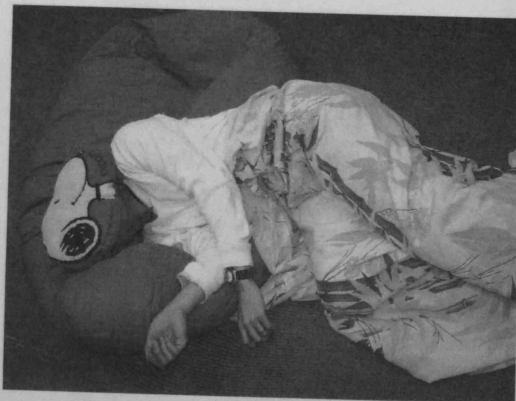
Arms and legs spreading out: He is a comfort-lover and beauty-worshipper, but he also spends money recklessly. He is a bit nosy and seems to enjoy gossiping. Who was mentioned in his latest tale?

Arms crossed to support the head: He is intelligent and enthusiastic to learn, but sometimes filled with cranky ideas which people find hard to follow. He hardly loves anybody, although he takes good care of his family.



The Side Sleepers:

Lying on one side: This person has a lot of confidence, particularly if he lies on his right side, stretching his right arm over the head. He is then said to be blessed with power and fortune.



Curling up: He is probably selfish and jealous. Try not to make friends with him unless it is necessary.

With one knee bended: This fellow is whiny and full of complaints as he is always cluttered with details. His identity is lost, and it looks as if he is having some sort of nervous disorder. He might even "explode" one day and do something that you have never thought of before! Every year we get news of some university students committing suicide or turning mad...

Lying on one arm: This posture conveys the opposite character of curling up. He is gentle, polite, sincere, and loving. The disadvantage is that he lacks self-confidence and happiness in life.

The Tummy Sleepers:

He is self-centered, always forcing people to comply with his own needs. Moreover, he always does things in a disorganized manner without careful planning. Maybe you should ask him to change his posture as soon as possible.



Miscellaneous:

Covering the body: Outside he may appear like a real macho, but deep inside he is shy and weak. If he has a problem, it is likely that he will not ask for help; he keeps it to himself, causing even more harm. You should also note whether he shows any contorted facial expressions in his sleep.

Mumbling in his sleep: Being hypersensitive, he is very much obsessed with the past. He indeed lacks confidence and initiative. If his mumbling becomes more frequent, ask him to see a doctor.

Opened eyes: Watching out for false accusations or accidents, this person is always on his guard. This posture is commonly found in lectures or tutorials.

This is just a test for fun and is not based on any medical evidence. Sleeping postures are not enough to reveal one's personality fully. You have to observe people's tastes and manners to find out more about them. Don't treat this as a standard to judge someone such as your room-mate!



Dreaming

Dreams are probably the most marvelous and mysterious things that we encounter in our daily lives. They bring us into another world which is far beyond our imagination. Laboratory studies have shown that everybody dreams and the most vivid dreams are experienced during the Rapid Eye Movement (REM) phase of sleep. Yet, there are still important questions that remain unresolved throughout the history of humanity. Do dreams carry special messages? Do dreams predict future events? Do dreams reflect our anxieties and desires?

To start with, let's look into a few common categories of dreams.

Semi-Conscious Dreams

Semi-conscious dreams are dreams of which we recall some fragments after waking up. However, we may soon forget them without even questioning what has happened. Although they are usually strange, illogical and repetitive, they tend to reflect our personal issues, beliefs and fantasies.



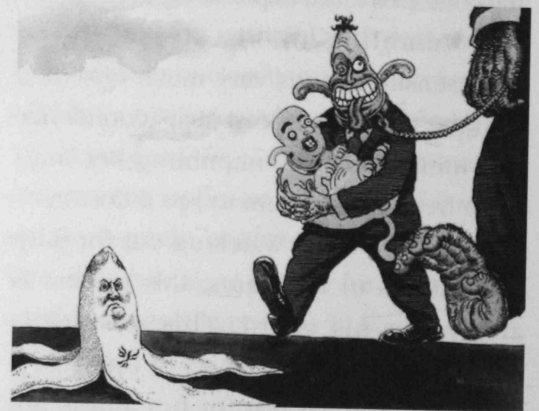
Nightmares

A nightmare is a very distressing dream which usually forces at least partial awakening. We may experience a lot of disturbing emotions in a nightmare, like anger, guilt or depression, but the most common feelings are fear and anxiety. One of the most common themes is being chased. Adults are usually chased by an unknown male figure whereas children are often chased by animals or some fantasy figures.



Causes of nightmares can be complex and weird. Some nightmares are due to drugs or medications, rapid withdrawal from them, or physical illnesses like fevers. A lot of people experience nightmares after undergoing a traumatic event, such as the

loss of a loved one, a severe accident or a surgery. Nightmares may also be encountered when we are suffering from fear and stress in our lives. Some people may have frequent nightmares that seem unrelated to their daily lives. These people tend to be more creative, trusting and emotional than average.



Lucid Dreams

In a dream-state, our waking consciousness is usually turned off so that our analytical as well as decision-making abilities become dormant. Our mind follows the dream into a whole new world that is out of our control. However, lucid dreaming is a completely different experience. It is probably one of the best forms of dreaming as we can extend our conscious existence



into a realm where we become the creator. Our thoughts effortlessly paint the dreamscape with infinite imagination and creativity. Music, art, people and the whole universe are all ours to decide. How wonderful it is to create our own dreams! We may also learn to increase lucid dreaming, thus increasing our capacity to affect the course of dream events as they unfold. This can be done by strengthening our determination and giving ourselves pre-sleep suggestions.



Precognitive Dreams

Precognitive dreams provide us with the ability to know and experience a future event before it ever occurs. They do not seem to fit in with any rational explanation and are seldom controlled. They are spontaneous, faint and ghost-like. We may wake up having full memory of them but that quickly fades. For instance, you dreamed that you were sitting under a big tree on which there was a lovely, yellow bird. When you woke up, you remembered this and let the story slip back into the subconscious memory bank. You would not realize its significance until one day you

encountered something really familiar about the tree and the bird. You would struggle with how you knew all of this and then remember the dream. This is actually normal and should not frighten you. People have long been fascinated by the precognitive values of dreams, so numerous studies on the topic have already been done. Yet, there are beliefs that precognitive dreams are simply due to coincidence, faulty memory or an unconscious tying together of known information. To provide more empirical evidence about having precognitive dreams, you may write down all of your dreams as they can fade quickly if not recorded.

Interpretation of Dreams — In Psychoanalysis

Sigmund Freud once wrote that “the interpretation of dreams is the royal road to the knowledge of the unconscious activities of the mind. By analyzing dreams we can take a step forward in our understanding of the composition of that most marvelous and most mysterious of instruments”. This statement reveals his belief that dream interpretation offers the best access to the exploration of the general processes of the human mind.



*Interpretation of Dreams
— In Chinese Culture*

Although there are numerous uncertainties about dreaming, a widely accepted concept is that dream interpretation must be provided within the context of the dreamer's cultural background as it contributes to the framework of one's life experience. For instance, a cross means holiness to Christians but it may mean nothing to Buddhists. It would therefore be interesting to know the simple Chinese interpretations of some common dream symbols:

- Bear — An omen that a son who will be successful will be born
- Bell — Promise of good luck
- Cat — A sign of impending hostility or conflicts
- Clouds — A prophecy of good fortune
- Crying — A sign of happiness
- Deer — A symbol of wealth and longevity
- Dog — An omen of quarrels, fighting and emotional disruption
- Egg — Promising future talent and increased knowledge

- Fly — Since dirt attract flies, they symbolize decay and death
- Money — An omen of trouble
- Rain — Dreamer being bestowed with blessings and riches
- Singing — Predicts sadness
- Sky — Promise of riches and power
- A Bleeding Cow — A hint to promotion to a higher position



"Fishtank Dreams"

Ken & Trish McKinney - 2003 26 X 19 Mixed Media

Parasomnia

Parasomnias are a series of sleeping disorders that describe undesirable motor, verbal or experiential events occurring during sleep. When we see walking, talking, shouting, screaming or eating occurring in someone who is asleep, we are witnessing a parasomnia.

Sleep Eating Disorder

This is a specific type of sleepwalking. A person with sleep eating disorder would move in a sleepwalking state to the kitchen to eat different kinds of food. The entire episode can occur in a sleepwalking state or the subject may wake up halfway to the kitchen. Even if he fully awakens before reaching the kitchen, he is still driven to continue to eat. Surprisingly, these sleep-eaters are eating not because they are hungry. They usually have a history of problems with food or weight.



Sleep Paralysis

Sleep paralysis is a state in which one is totally paralyzed for a few seconds as

one awakens from sleep. This is often very frightening since the subject may correlate the experience with the existence of ghosts or spirits. However, the actual cause of sleep paralysis is that the brain awakens from its sleep state before the body regains muscle tone. This leaves the subject in a partially awake, partially asleep state. Sleep deprivation predisposes to this phenomenon. Hypnagogic hallucinations (episodes of seeing and hearing things as one is falling asleep) often occur at the same time, creating a particularly frightening experience for the subject.

Hypnosis

Hypnosis is an artificially induced subconscious state, resembling sleepwalking, in which the subject is highly susceptible to suggestion, oblivious to all else, and responds readily to the commands of the hypnotist; till now, scientists have not been able to prove its validity. It can be a nasty source of entertainment, just like those on TV. Nevertheless, people also make use of it to reduce suffering, promote healing, or help alter a destructive behavior.

Medical hypnotherapy has been used since ancient times to assist healing. It was believed to be helpful in alleviating symptoms of many skin diseases. Now, it is mainly used in psychotherapy. By enhancing one's self-image, it is also claimed to be useful in weight reduction and smoking cessation programs. If you want to practice hypnotherapy, you will need a license as hypnosis can be a potential threat to social order.

Although hypnosis has been studied

and used for centuries, scientific evidence supporting the benefits of hypnosis is still scarce. A lot of research is still going on in this area.

However, there is a special type of hypnosis found commonly in schools. When we students are sitting in the lecture theatres, we can easily hypnotize ourselves or get hypnotized by...well, you know. This occurs more readily when the lecturers have a soft voice and a dull look. The situation may become worse when the content of the lecture is "not so useful" and "not as interesting".

The degree of hypnosis varies from student to student. If hypnosis is successful, the student enters a semi-conscious state, in which the perception of data is enhanced. This explains why some students who seem to be unconscious in lectures can still get an excellent GPA. The bad news is, the majority of students will get over-hypnotized and readily enter a state of what we call "sleeping". This explains why we all need a very strong self-studying ability in order to get a "super-pass".

There are other factors that increase your chance of being hypnotized in lectures; here are two of them:

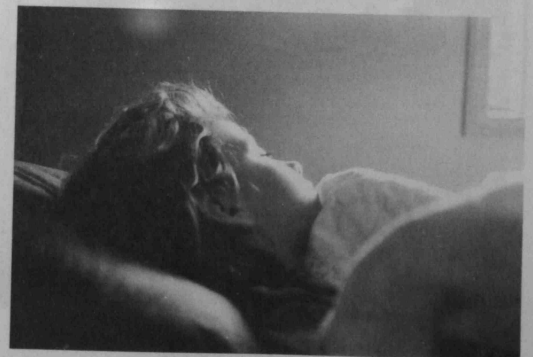
(1) Position in the lecture theatre: if you sit on the two extreme sides (i.e. the leftmost and rightmost part) of the lecture theatre, it is harder to see the screen. The long-term effects will certainly be a stiff neck and an aching shoulder. But the immediate effects will be tired eyes and a serious predisposition to self-hypnosis. Moreover, if you sit in the front rows of the lecture theatre, you will have to sink deep into your comfortable chair, lean back and look up,

and thus increasing your tendency to enter the state of "sleeping".

(2) Your neighbors: if you are sitting next to your boyfriend/girlfriend, both of you will probably not get hypnotized for reasons known to yourselves. If you are sitting next to a "friend" who is extremely talkative, especially when he likes to talk about nonsense rather than business, you will not get hypnotized, but can still get nothing from the lecture as you can't expect your "friends" to be contributive anyway.

Conclusion

As simple as sleep seems, it is actually a complex process where the mind takes on a course of its own. We have the basic understanding that sleep, or the lack of it, can influence our daily performance, and the statement "we are what we sleep" contains validity in many scientific circles. There are still many questions about sleep and many factors that leave the scientific community puzzled. As more research on sleep and treatments for its disorders are conducted, hopefully it will save some of the pain of being the butt of late jokes just because we couldn't wake up.



Life

*Damned by the equivocation
 That pulled me into resolution.
 I begin to doubt the meaning of living;
 Life, but a floating bucket, wasting
 Its hour along the river:
 Surviving, yet, being judged by the majority
 That happens to be blinded
 Struggling...*

*Ob! Fly! Fly!
 Get me out of this pointless race.
 End me with nothing than un-self me with disgrace.
 It sinks, and then is seen no more.
 It is a battle, idiotically fought,
 That ought to be ended with despair*

Poemen Chan

(Master of Research in Medicine)



Worlds Apart

June Leung

Italy is probably one of the most well-travelled countries in the world. Every month of the year, crowds flock to see the Coliseum in Rome, the Sistine Chapel in the Vatican, the Leaning Tower of Pisa, the Ponte Vecchio in Florence; Asian tourists with their digital cameras, North American sightseers with their rucksacks are common sights that accompany the historical architecture that Italians take so much pride in. You might even have seen these places yourself, or perhaps had a glimpse of them from a recent TVB series. But the outside is not always a reflection of the inside. With its glamorous core of cuisine, designer fashion and art, the natural landscape of Italy often goes unnoticed — the beauty that Italy possesses can often be found in the tiniest places. Let me then take you to the small town of Duino in Northeastern Italy — a spot that travel guides don't tell you about, and the village I once called home.



Duino Castle

Those of you familiar with German literature may recognize the name from Rainer Maria Rilke's *Duino Elegies*. My connection with Duino began almost three years ago when I landed a scholarship at the United World College of the Adriatic (Collegio del Mondo Unito dell'Adriatico), where I would spend the following two years. The United World Colleges are a network of 10 colleges located all over the world, including my college in Duino and Li Po Chun United World College in Hong Kong. It is a movement founded in the 1950's under the vision of the German educationalist Kurt Hahn, aiming to promote international understanding and awareness among young people. I was fortunate enough to find myself in Italy along with 200 other students from over 70 countries. But back to Duino — the choice of this town as the home of my college was not

at all arbitrary, as Duino is actually a crossroads of cultures. Duino and the nearby city of Trieste are located almost at the border of Italy and Slovenia (part of former Yugoslavia), on a beautiful strip of the Adriatic coast. Strolling along the Rilke Path that runs along the cliff, you get a stunning view of the Adriatic Sea, and a glimpse of Slovenia near the horizon if the sky is clear.

The best time to visit is around May and June, before the unbearable heat of mid-summer, and avoiding the Bora — the fierce winds that bring rain and the freezing cold in winter. While you're there, seize the beautiful summer





The Foresteria — once my residence for two years

days! Begin your day with a glass of latte macchiato and a brioche at Al Castel, a quaint, sunny cafam at the center of Duino. You will realize why Starbucks cannot appeal to Italians, who appreciate a quick dose of strong espresso at the bar, standing up! Al Castel literally means “at the castle” in Italian, so make sure you visit the Duino Castle, where the Prince of Duino is said to live. Well girls, if you expect to find Prince Charming with his chariots and horses, you

will be disappointed, although the Prince does exist and I have seen him socializing with girls at the Mickey Mouse Bar! The Mickey Mouse Bar (which is just next to Al Castel) may sound a bit too Americanized for your taste, but I recommend their panini (sandwiches) and patate fritte (fries). After a light lunch, spend the afternoon sun tanning at the Porto — the pier where the rich Duinese people park their yachts. Along the way you will pass by rows of nicely decorated houses, which are mostly summer cottages of well-off Italian families. And as you lie on the rocks, taking in the sun, don't be alarmed by the occasional nude suntanner! It is just another display of the laid-back attitude of the villagers.

When the time for afternoon tea comes around, take a ten-minute stroll to the highway, where you will find the Latteria Carsica. The Latteria (milk bar), as its name suggests, sells all things dairy. Choose a scoop of your favourite gelato (Italian ice-cream in its pure form) from a variety of flavours at a fraction of what a Haagen-Dazs scoop would cost. My personal favourite is stracciatella — white chocolate with chocolate chips. If you're a big fan of Italian cheeses, the Latteria is also a good place for them. Then with an



The village centre of Duino

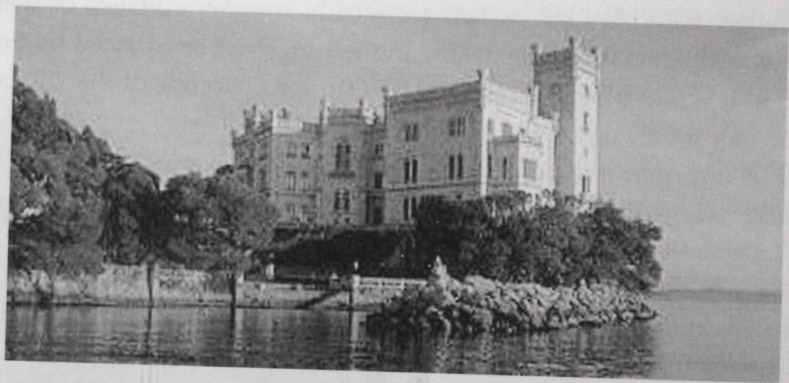
ice-cream cone in hand, take another ten-minute walk to the Villaggio del Pescatore, the village of the fishermen. Sit down at a quiet spot along the water, and simply soak up the tranquility that surrounds you. If sunlight allows, hike back to Duino through the forest — the beautiful Cernizza, where we went for our Biology field trips, offers much to explore.

If like me, you have a taste for fine food, return to the Porto for an extravagant seafood dinner, nel modo italiano. Sample their fish, have a dish of pasta with a glass of red wine — expensive, but worth the try! Two hotels by the sea house excellent restaurants, namely the Dama Bianca and Al Pescatore. In fact, the name Dama Bianca (meaning “the maid in white”) has its origins in a well-known local legend. The story has it that a maid who once lived in the Castle of Duino was thrown over the cliff by her cold-blooded master; the scream that she let out as she fell touched the heavens, and she was turned into stone

before she reached the water. Thus the figure of a woman in white can be seen on the face of the cliff just beneath the Castle, and it is said that the Dama Bianca comes to life every night to search for her child until feeling disheartened, she turns back into stone.

And as the constellations adorn the night sky, your day in Duino draws to an end, although you shouldn't leave Italy until you've seen more of Friuli-Venezia Giulia, the region in which Duino is located. A 30-minute bus ride from Duino will take you to Trieste, once the ancient city of Tergeste under the Austro-Hungarian Empire. Drop by the Castle of Miramare along the way — a nice spot for a picnic on a sunny day. In Trieste, hop on to a train to Venezia (Venice), which is only about 150km away. Venice, the city on water, is probably one of the most beautiful cities on earth. You will find Piazza San Marco, the Basilica, its canals and bridges hard to forget.

The charm of Italy definitely transcends my description of it, but I wanted to share with you a tiny bit of the experience that changed my life for good. I also hope that one day if you do find yourself in Europe, you might consider taking a slight detour to Northeastern Italy, this region that seems like a separate world from the city we now call home. And send Duino my *auguri* (greetings), would you?



The Castle of Miramare

How to get there

By air

The nearest airport is Trieste (Ronchi dei Legionari), about 10km from Duino. From Hong Kong, the most direct route would be via Rome Fiumicino or Munich, Germany. An hourly bus service (Route 51) runs from Trieste airport to the center of Duino.

By train/bus

The nearest train station from Duino is in Monfalcone, about 5km away. You can then get to Duino by taxi (which costs about 15 euros / HK\$145) or bus (about 1.50 euros / HK\$13).

Cream clouds, a sapphire sky.

*If only you could take a break from the hustle-bustle,
without much effort shall you*

find life full of grace...

Do that while you can.



Paintings by Sunny Chan (M08)

Nathan Road



Sassoon Road



Flooding can mean a lot.

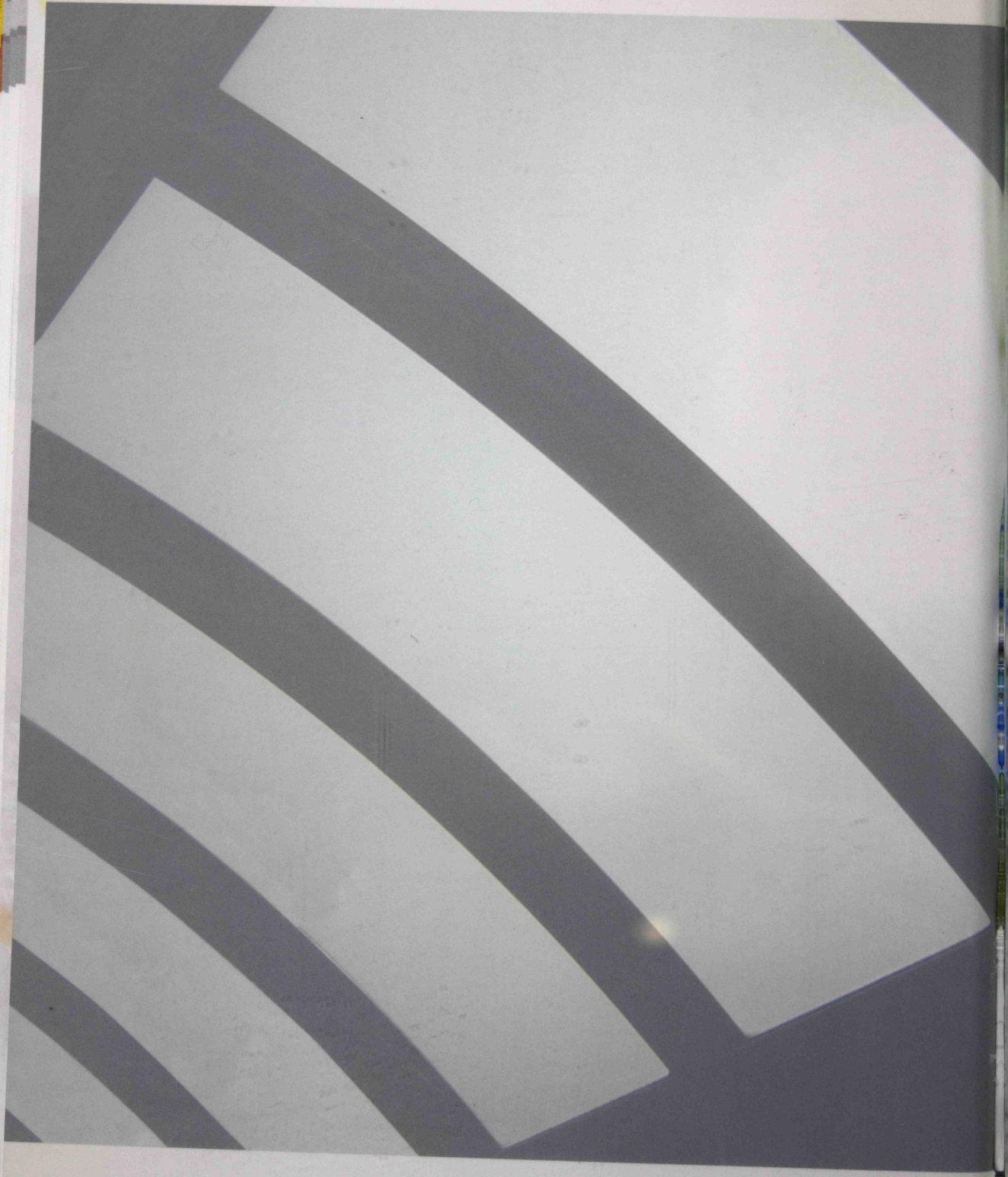
Flooding of blood indicates heart failure.

Flooding of money suggests riches.

Flooding of knowledge means age has caught up.

All just depends on perspectives...

Nathan Road



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