

Medical Museum snapshot

香港醫學博物館 通訊

老 而不衰 Aging with vitality

主席的話 MESSAGE FROM THE CHAIRMAN

防病抗衰老已成為大眾關注的議題。每五名香港人就有一位是 65 歲或以上的長者。面對香港人口老化的趨勢，不難預料醫療界未來需投放更多資源於抗衰老研究和護老服務。

身體機能隨年齡每況愈下，似是無可避免的定律，但當中其實也大有奧妙。中年人士的身體狀態會有明顯偏差，尤其是踏入 45 歲後，當大部分人有感身體一年不如一年之時，有一小撮人好像不受歲月影響，依然活力十足，有充沛體力應付工作及活動。秘訣是什麼？中西醫學調理及治理有沒有理論和方法保存身體活力，使人至老而不衰呢？

動靜之間需互為配合。勞而氣耗，就是過勞。運而氣存，才是運動。勞逸有法則地結合，身體機能便能自生自養，於是腦子愈用愈聰明。身體愈運行愈精練。耗、滯、傷、不濟則有害：傷正者更易傷。傷需恢復，正氣需調，不足需補。休養生息，匹配生態與環境，生命體互動共生共榮發展自主，是老而不衰的其中要點。

(接後頁)



Anti-aging and prevention of disease have become a public concern. One in five Hong Kong people is aged 65 or above. Facing the aging population in Hong Kong, it is not difficult to expect the future of the medical community to devote more resources to anti-aging research and care services.

Bodily function deteriorates with age, seemingly inevitable, but in fact there is some secret behind. The physical state of people starts to deviate significantly after middle age, especially when passing the age of 45. Yet, while most people feel that their condition gets worse year after year, there is a fraction of people who seem that aging does not affect them. They continue to be full of vitality and stamina to cope with their work and activity. What is the secret? Are there any theories and methods in Chinese and Western medicine with treatment and management to preserve the vitality of the body when people get old?

Plan activity and rest so as to build up body reserve. Work and exercise but not to exhaustion. With good balance, work and rest enable body functions to be self-sustained. In this state, the more the brain is used, the better it functions; the more the body is used, the better the physical makeup. Living with exhaustion, stagnation, injury, and disintegration are deleterious to health. A debilitated constitution becomes more vulnerable. Thus, debilitated constitution must be revived, health restored, and deficiencies made up. Living in a manner that is in harmony with one's own biology and the natural environment, will allow the living body to interact in symbiosis and hence naturally develop and thrive. This is one of the main essentials for preserving vitality in aging.

(Continue on next page)

余秋良醫生是少數在香港同時執業西醫和中醫的專科醫生之一。他曾獲香港三所大學授予榮譽學術職位。余醫生是香港中西醫結合醫學會的創會董事及前任會長，以及香港政府中醫中藥發展委員會的非官方委員。余醫生現正為香港醫學博物館學會主席。

Dr. Edwin CL Yu is one of the few specialist doctors practicing in both western and Chinese medicine at the same time in Hong Kong. He has been given honorary academic positions in three universities. Dr. Yu is a founding director and immediate past president of the Hong Kong Association for Integration of Chinese-Western Medicine (HKAIM), and a non-official member of the Chinese Medicine Development Committee of HKSAR. Dr. Yu is currently Chairman of the Hong Kong Museum of Medical Sciences Society.

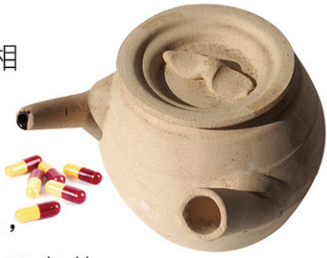


香港醫學博物館致力為市民帶來具啟發性、富教育意義和愉快的博物館參觀體驗。

博物館雲集中、西醫學專家，囊括現代醫學知識，亦有中草藥園展示各類草本植物，以及中西健康調理和疾病治療的資料。博物館更群集香港醫學元老，結構精英歷史。總之，期望將知識帶出博物館，走入人群，啟發更多人去探索醫療知識，造福社會。

中西醫學相融，除了傳承兩方醫學體系的醫療文化外，

亦尋找可致兩者共識的生物語言基礎，藉以促進互相理解；我們期望透過醫學博物館的平台，以造福市民為目標而共同努力。相信只有凝聚各方的能力，一起為同一目標奮鬥，才能有偉大的事情發生。



傳承
醫學

分享
所知

Understanding
medical
heritage,
sharing medical
knowledge

The Medical Museum aims to bring about inspiring, educational, and delightful experience to the visiting public.

The Museum, where Chinese and Western medical experts gather, contains a hub of modern medical knowledge. Its Herbal Garden showcases a variety of herbs, and the Museum itself could provide a vast collection of information on Chinese and Western health care and disease management. In addition, the Museum's assembly of renowned seniors and elite predecessors not only bore witness but also researched and chronicled our heritage. We earnestly wish to bring all this knowledge into the community and hopefully inspire more people to explore such knowledge for the benefit of the society.

In the harmonization of Chinese and Western medicine, aside from inheriting both systems of medicine and culture, there is need to search for a consensus in biological terminology on which mutual understanding can be built. We hope that the Medical Museum can be a platform on which all parties can work together for the benefit of the community. I believe that only with concerted effort that great things can happen.

中醫藥文化

Chinese Medicine

「裝置藝術展」“Installation Art Exhibition”

由國際中醫藥文化節有限公司主辦，第一屆「國際中醫藥文化節」於5月展開，多項不同類型的活動於5、6月舉行，當中包括於醫學博物館舉行的裝置藝術展。新晉建築師及藝術家，以現代創作手法演繹傳統中醫藥文化，公眾透過與展品互動，學習中醫藥文化的精髓。

Organized by the International Chinese Medicine Cultural Festival Co., Ltd., the first "International Chinese Medicine Cultural Festival" was launched in May, followed by a variety of activities in the next few weeks. One of these was the "Installation Art Exhibition" in the Medical Museum. A group of young architects and artists created installations representing contemporary interpretations of traditional Chinese medicine. Through interacting with these exhibits, the public can learn about the essence of Chinese medicine culture.



作品名稱：天圓地方
Title: Tin Yuen De Fong

坐在木製的天圓地方裝置內，可以細賞圍繞身邊的草藥和其藥性，享受一刻自然寧靜。

Sitting in the wooden structure, the visitor can appreciate the surrounding herbs and their character, and enjoy a moment of natural tranquility.

作品名稱：太極
Title: Tai Chi

太極的陰陽蘊含中華文化精髓中的平衡之意。花藝師利用杜仲藥材勾勒太極中間的分隔線條。

Yin & Yang in Tai Chi embodies the essence of balance in Chinese culture. Using the bark of Eucommia (杜仲), the artist created the line separating yin from yang in the tai chi diagram.



● 製本體驗工作坊

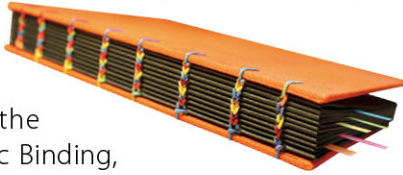
Coptic stitch binding workshop

享受手造樂趣 Enjoy the fun of hand crafting

科普特裝訂法是公元二至十一世紀普遍使用的古釘裝法，特點是不需使用膠水黏合就可以把書本釘裝起來。工作坊將講解科普特裝訂法的歷史，接著學員可親身體驗打孔縫綴的步驟，製作一本 A6 大小的記事本，記錄生活瑣碎，享受手造樂趣。



Coptic stitch binding was used from the 2nd century AD to the 11th century. It does not require any glue in its construction. The workshop will start with the history of Coptic Binding, followed by guided first-hand experience in binding an A6 size notebook.



導師 Tutor: 陳曦成先生 Mr Chan Hei Shing (書籍設計師 | 書籍藝術家 | 香港理工大學客席講師) (Book Designer, Book Artist, Visiting Lecturer in The Hong Kong Polytechnic University)

日期 Date: 2017.7.29 (Sat 星期六)

時間 Time: 10am – 1pm

語言 Language: 粵語 Cantonese

對象 Target Audience: 青少年及成人
Teenagers & Adults

人數 No of Participants: 20

地點 Venue: 醫學博物館 Medical Museum

費用 Tuition: HK\$350

(包括入場票 Admission included)

網上報名 Online Registration: www.hkmms.org.hk

查詢 Enquiries: 2549 5123 Mr Ambrose Yuen

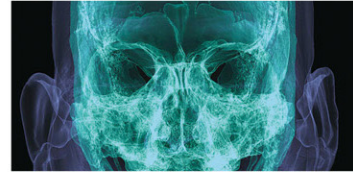
● 公眾講座及示範 Public Lecture & Demonstration

全新角度詮釋人體解剖學

3D 醫學打印技術

Human Anatomy: A New Perspective

3D Printing in Medicine



X-光自 1895 年發明以來，因為可以透視人體內結構，迷著了人類，成為醫學上的一項重要工具。近二十年來研發出的醫學成像工具，高度先進，包括磁力共振、血管造影、正電子發射斷層掃描等。

這些工具的數據，結合電腦操作，讓我們發展了虛擬內窺鏡檢查、三維透視及三維建模技術。影像引導技術可以運用於介入放射學、微創治療、手術導航等。

放射學專家馮啟雄醫生以嶄新角度介紹人體解剖學及疾病。另外，醫學物理學家唐嘉信教授會分享三維打印技術於醫療界的使用及作出示範。

Ever since X-ray was discovered in 1895, it has fascinated mankind by enabling visualization of our hidden anatomy, serving as an important tool in medicine. In the past 2 decades, highly advanced medical imaging tools have been developed e.g., magnetic resonance imaging, digital subtraction angiography, positron emission tomography.

Further computer manipulation of the data collected allows for virtual endoscopy, 3D visualization and 3D modeling. Imaging guidance can also be provided for interventional radiology, minimal invasive therapy, surgical navigation and other fields.

Dr Fung Kai Hung, specialist in Radiology, will explain how we can currently study human anatomy and disease in an entirely new perspective. Prof Carrison Tong will then share his experience of 3D printing in medicine and demonstrate 3D printing.



講者 Guest speaker: 馮啟雄醫生、唐嘉信教授

Dr Fung Kai Hung, Prof Carrison Tong

日期 Date: 2017.7.8 (Sat 星期六)

時間 Time: 2:30 – 4:30pm

語言 Language: 粵語 Cantonese

地點 Venue: 醫學博物館 Medical Museum

網上報名 Online Registration: www.hkmms.org.hk

查詢 Enquiries: 2549 5123 Mr Ambrose Yuen

十月開幕 COMING in October!

全新體驗系列「香港衛生與醫療發展」展覽將於本年十月開幕。展覽將敘述本港醫療衛生歷史，亦會探討今日香港的公共和個人健康議題及提供一些健康小秘訣。同時，展覽也是兩間本地重要醫療機構：雅麗氏紀念醫院和香港華人西醫書院成立一百三十週年的慶祝活動之一。

展覽包括以多媒體形式展示的時間牆、有趣的新舊醫療器具、呈現昔日太平山區居住環境的模型及多媒體遊戲。

"Health and Medicine in Hong Kong", a new exhibition under the "Creating a New Experience" (CNE) series will open in October.

The exhibition covers both the historical development of health and medicine as well as discussion on current health issues in Hong Kong, together with tips on how to stay healthy! The exhibition will also be part of the official celebrations for the 130th anniversary of two significant institutions: The Hong Kong College of Medicine and the Alice Memorial Hospital.

Features include a historical timeline with multi-media presentation, interesting medical artefacts of past and present, miniature model showing the living environment in Taipingshan dwellings, interactive game and more.

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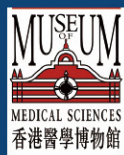
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主辦
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醫學歷史興趣組 — 第十四次聚會
Medical History
Interest Group 14th Meeting

香港耳鼻喉頭頸外科 - 談古論今 History of Ear, Nose, Throat and Head & Neck Surgery in Hong Kong

講者 Speaker:

韋霖 醫生

普和醫院李樹培耳鼻喉頭頸外科中心主任
香港耳鼻喉科醫學院創院主席(1995 - 2001)

Dr William Wei

Founding President of the Hong Kong College of
Otorhinolaryngologists (1995-2001)
Director, Li Shu Pui ENT Head & Neck Surgery Centre,
Hong Kong Sanatorium & Hospital

主持 Moderator:

黃大偉醫生 Dr Wong Tai Wai

日期: **Date: 17/6/2017** (星期六 Saturday)

時間: **Time: 3:00 - 5:00 p.m.**

(下午3:00時敬備茶點, 講座於3:30時開始)
Light refreshments served from 3:00pm, the talk will start from 3:30pm)

地點: 上環半山堅巷二號 香港醫學博物館

Venue: Hong Kong Museum of Medical Sciences, No.2, Caine Lane, Mid-Levels, Sheung Wan

CME has been applied and pending confirmation
報名 For Registration and Enquiries: 25495123 (鄭小姐) [Ms Kwong]
電郵 Email: info@hkmmms.org.hk



費用全免 - 歡迎參加
All are welcome

講座將以廣東話進行, 輔以英語。
The talk will be conducted in Cantonese supplemented with English.

香港醫學博物館籌款晚宴2017

FUNDRAISING DINNER 2017

THURSDAY, 2 NOVEMBER 2017

Hong Kong Academy of Medicine

Guest Performer
表演嘉賓
Mr William So
蘇永康先生

Guest of Honour

Professor Frederick Ma Si-Hang, GBS, JP
Chairman of MTR Corporation Limited

Dinner Organizing Committee 2017

Chairman: Dr Cho Kwai Chee
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Mr Choong Yin-Lee, Ms Canny Leung, Dr Roland Leung,
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Sponsorship enquiries : 2549 5123 Ms Amelia Chiang Reservation & Details : www.hkmmms.org.hk

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撰稿 Contributors

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助理館長 Assistant Curator

博物館資訊 Museum Information

開放時間

星期二至六 早上10時至下午5時
星期日及公眾假期 下午1時至5時

Opening Hours

Tuesday to Saturday 10 am to 5 pm
Sunday and Public Holidays 1 pm to 5 pm

入場門票

\$20 成人
\$10 小童、全日制學生、六十歲以上長者或殘疾人士
\$50 家庭套票 (包括兩位成人及最多三位小童使用)

Admission Fee

\$20 Adults
\$10 Children, full-time students, senior citizens (aged 60 or above)
and disabled persons
\$50 Family Package (2 adults and maximum of 3 children)

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傳承香港的醫學貢獻與文物保育

Preserving Medical and Built Heritage in Hong Kong

筆者：梁以華（香港建築師及香港醫學博物館學會董事）

Author: Edward Leung (Hong Kong Architect and a Director of HKMMS Society)

傳承香港醫學貢獻的精神

太平山區 1894 年的鼠疫奪去二千多人性命，但慘劇反而為 19 世紀末萌芽的全球細菌研究提供契機，專家終於由太平山的患者身上追尋到鼠疫桿菌及傳播途徑。

1906 年興建的細菌學檢驗所，屬當代亞洲疫症研究的先鋒，人類能認識及預防細菌疫症，檢驗所的出現絕對是功不可沒。然而香港醫學及病理專家並沒有停下來，建基於昔日的成就上，百年來不斷應付疫症的挑戰，及維護港人健康。

現代文物建築保育

其實保護香港的文物建築也同樣需要長期努力和恆心。醫學博物館的前身就是細菌學檢驗所。這座建築久歷百年風雨，許多結構組件都需要全面修補或鞏固，加上鄰近不同地盤長期進行打樁工程，令博物館牆身裂痕加劇、區內周圍發展令水位上升，導致地庫牆身長年滲水、斜坡移位致使副座牆頭開裂滲漏。這些都不能單靠一次短期維修可以根絕。

現代保育專業界相信修復古蹟需要採取缺莫濫的態度。為避免草率破壞歷史物料或誤解原來工藝的前題下，我們都寧願採取一些臨時措施，解決眼前的緊急問題，反而比進行未經測量驗證的大型修整更為適合。博物館剛完成了半年的修繕，各方同意將精力集中在一些需要緊急處理及能快速完成的項目，例如在側廊屋頂重新鋪置防水層、將瓦頂維修減至檐口重鋪、及鋪設新污水渠以符合現代衛生標準。

下一輪挑戰

此刻我們又正再準備下一輪挑戰，一方面開展上環醫療歷史導賞教育，另一方面籌備向政府申請矯正屋頂歷史木架、重整雨水排水系統、進行地庫防水、糾正副座開裂，及全面補修門窗等等大型工程，期望逐步分期執行。

香港醫療界捍衛民康百年，不求朝夕功績而要持久作戰。同樣，博物館的醫生和建築師義務協助活化這所古蹟，並以非營利方式開放予公眾參觀，是活化古蹟為博物館的先驅。我們不為達成輝煌的保育項目，卻甘願為維護這座意義深遠的文物建築而耐心謹慎地耕耘，為香港精神寫下不朽名句。

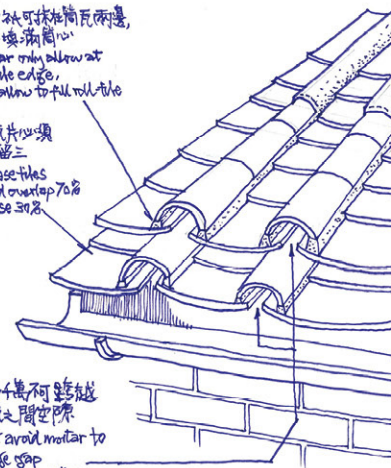


⑧ 上枋下枋之間留縫位置不宜用灰沙填滿
Leave vent gap between upper pan-tiles and lower pan-tiles; do not fill with mortar

② 灰沙祇可抹在筒瓦兩邊，不得填滿筒瓦心
Mortar only allow at roll-tile edge, NOT allow to fill roll-tile

① 中式瓦片必須搭七露三
Chinese tiles should overlap 70% expose 30%

⑦ 灰沙千萬勿建越枋瓦之間空隙
Must avoid mortar to bridge gap between pan-tiles



▲ 在進行瓦頂檐口暫時修補過程中，建築師方法，用手繪方案即時指示工匠。
During the temporary repair of roof-tile eaves, a method of studying concurrent with executing the spot.

匈牙利傑出醫生巡迴展

Learning from eminent Hungarian doctors

這展覽展示了 48 位匈牙利醫生在過去 150 年的科學及實踐成果，他們分別於醫療技術、工具、儀器、理論或疾病領域被命名，獲國際表彰。當中包括伊格納茲·塞麥爾維斯 (1818-1865)。1847 年，細菌致病學說尚未現世，塞麥爾維斯發現產婦死於「產褥熱」(puerperal fever) 的原因，並採取了消毒措施，大幅度降低這方面的死亡率，被譽為現代產科消毒的先驅之一。展覽由匈牙利駐香港及澳門總領事館舉辦，去年於聖彼得堡首展，今年 4 月底移施到醫學博物館巡迴展出，內容由塞梅勒維斯大學醫學史博物館編寫。

"Aere Perennius - More Lasting than Bronze: Eponymous Hungarian Medical Doctors" was an exhibition that showcased the scientific and practical achievements of 48 Hungarian doctors of medicine in the past 150 years who are named after a method, tool, instrument, theory or disease and acknowledged all over the World. Among them is Ignaz Semmelweis (1818-1865), a pioneer of modern obstetrics disinfection. In 1847, before bacteria was known to cause disease, Semmelweis discovered why mothers died of "childbed fever" (puerperal fever) and introduced measures that dramatically decreased such death rate.

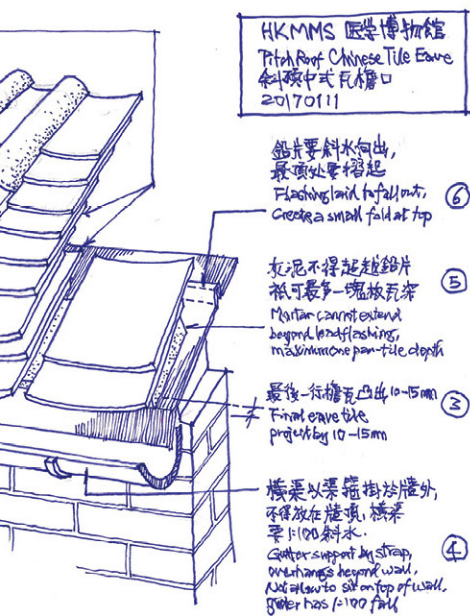
The exhibition is compiled by the Semmelweis University Medical History Museum and presented by the Consulate General of Hungary. It was launched in St Petersburg last year, and was briefly in Hong Kong at the Medical Museum from 28th April to 7th May, 2017.

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Preserving Hong Kong's medical heritage

The 1894 bubonic plague in Sheung Wan Tai Ping Shan robbed over 2000 people of their lives. The silver lining to this tragedy was that it offered an opportunity for global bacteriological research burgeoning in 19th Century, to identify the culprit bacterium for the first time, and eventually tracked the transmission paths of the disease.



在完全缺乏紀錄的情況下，採取邊施工邊研究的手

in the complete absence of records, architect adopted
ion, and used hand sketches to instruct craftsmen on



Left to Right) Professor Bela Merkely, Director of Maastricht University's Heart and Vascular Centre, Alan Yau, Chairman of Medical Museum Society, & János Kertész, the Consul General, at the opening of exhibition

The Bacteriological Institute, set up in 1906 as a pioneer centre for contemporary research into infectious diseases and control of the plague in Asia, has contributed immensely to human understanding and prevention of bacterial diseases. For a century, doctors battled numerous epidemics and ceaselessly defended the health of the citizens of Hong Kong.

Modern built heritage conservation

Preserving heritage architecture of Hong Kong requires equally sustained efforts and patience. The then Bacteriological Institute is the Museum of Medical Sciences today. After a century of wear and tear, its many structural components now require comprehensive repair and consolidation. To compound the damage, piling in adjacent construction sites in recent years have caused cracks in the walls; surrounding building developments have raised the ground water table, leading to sustained water seepage into the basement walls; and disengaging of slope have induced fractures in the walls of the Annex and water leakage in many places. These problems cannot be resolved with a single quick repair.

Contemporary conservationists believe in adopting a "doing less rather than more" approach for fear of casually destroying historic fabric or misunderstanding original craftsmanship. Thus, interim measures are often adopted to address imminent problems rather than hasty

implementation of unassessed or untested overhauls.

During the half-year repair just completed for the Museum, all parties focused on selected urgent and effective repairs. For example, relaying waterproofing of the flat roofs, limiting repairs of the pitched roof to re-tiling only the eaves, and laying new sewage drains to fulfil modern sanitary standards.

What next?

We are now preparing for the next round of challenges: on the one hand, developing Sheung Wan medical history education programmes and docent tours, while on the other hand planning for progressive and phased execution of extensive conservation works, such as rectifying the historic timber roof frame, reconfiguring the rain-water drainage system, waterproofing the basement walls, remedying the fracture in the Annex, and comprehensively repairing the windows and doors.

Just as medical professionals safeguarded the health of Hong Kong citizens, the Museum Society, by adaptive reuse of a Monument into a non-profit-making public gallery, pioneered revitalising built heritage, not through one glorious conservation project, but through sustained, patient and cautious cultivation. This symbolic heritage building will continue to be an enduring example of the "Spirit of Hong Kong".

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日期：2017.8.5 (星期六)

時間：2:30 - 3:30 pm

地點：醫學博物館

對象：親子：6 至 14 歲 (每位小孩必須由一名家長陪同)

人數：15 位

費用：參加者必須購買入場門票，工作坊費用全免。

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