

# Students set off on heritage trail

Winnie Chong

St Stephen's College — one of Hong Kong's oldest educational institutions — plans to set up a heritage trail to teach the public about its history.

School principal Louise Law Yi-shu said they will link nine historical sites on the campus — some of which have been classified as Grade II Historical Buildings by the Antiquities Advisory Board — to establish the trail in September.

The nine points cover buildings erected during the 1930s, 1960s, 1980s and in 1997 to remind visitors of the school's historical background.

"History is not something remote. It can be something around us," Law said.

"We can use materials surrounding us for education."

The college, in Stanley on Hong Kong Island, was established in 1902. It moved to its present site in 1928.

During World War II, the school served as a British field hospital and was the scene of the infamous Japanese massacre of patients and medical staff on Christmas Eve 1941.

It was then turned into an internment camp by the Japanese where both military personnel and civilians were held.

There are plaques at the school remembering two members of staff killed during the war.

A chapel, with a memorial window over the west door, also has a plaque commemorating the Lisbon Maru — a Japanese freighter sunk with 2,000 British prisoners-of-war on board by an American submarine off Shanghai in October 1942.

The school has also set up an archive room containing many interesting items, including rice grindstones used by internees during the war, an iron and heater set from the mid-20th century, an astronomical telescope, microphones, Chinese typewriters and thread-bound books.

There are also bullets from the war and a Japanese army horseshoe unearthed during the construction of new buildings.

History teacher Chung Kwan Kam-sheung said while students at other schools may only see plaques about sites of interest that have already being demolished, such as those on the Sun Yat-sen Historical Trail, the school is privileged to have so many heritage items to remind students about the past.

Law said the school also plans to use the heritage trail plan to illustrate the



Principal Louise Law said nine historical sites on the campus — some of them classified as Grade II Historical Buildings by the Antiquities Advisory Board — will be linked to establish the trail in September. Below, St Stephen's Chapel. KWAN WAI-WAH

history of education through the development of St Stephen's.

The college has moved with the financial times over the years — from a private school to a boarding school, and then to government subsidized. From next year, it will be a direct-subsidy school.

The school will use items collected and donated by old students to illustrate its history.

These include a drawing showing St Stephen's campus in the 1930s, a 1938 graduate certificate signed by the principal and many teachers, and a metal coin that the school awarded to a student in the 1930s.

"These items reflected the British education style at that time," Law said.

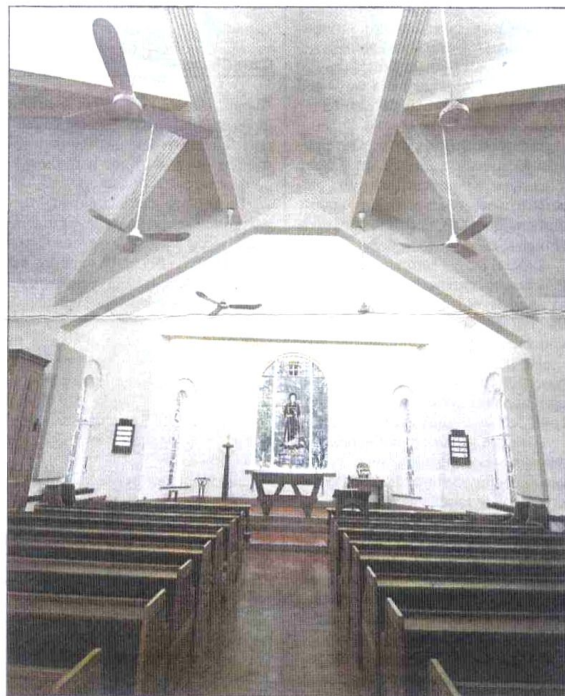
Samuel Au Ka-chun, a Secondary Five student in the commercial stream, has participated in the "Young Friends of the Heritage Scheme" organized by the Antiquities and Monuments Office and now guides campus visitors.

He said his interest in history has been inspired by various historical site visits and study tours he has made.

Au also found his interest in history has been deepened by helping to guide heritage tours.

"These tours have enabled me to know the history of my school better," he said.

winnie.chong@singtaonewscorp.com



# My pride, by Deng daughter

Scarlett Chiang

The eldest daughter of late paramount leader Deng Xiaoping said her father did not waver in taking back Hong Kong although he knew there were worries among Hong Kong people before the handover.

Deng Lin also said the crackdown on pro-democracy protests at Tiananmen Square in 1989 was not her father's sole decision, adding she supported the crushing of the student movement.

Speaking on an RTHK program Sunday, Deng said she first came to Hong Kong in 1986 and was aware that some people worried about the handover had opted to emigrate.

Deng said her father must have known about people leaving Hong Kong because it was widely reported in the local media.

But she said her father insisted on a smooth handover and firmly believed in the "one country, two systems" principle.

"He said the world did not give China many opportunities. So he must ensure a successful handover," Deng said.

She said many Hong Kong people who emigrated have returned in recent years, and this proves the SAR has been stable and prosperous since the handover.

On the Tiananmen crackdown, Deng said it was a collective decision by state leaders.

"The June 4 event is not something you want to disappear, and it would be gone. Even Deng Xiaoping did not want it to happen."

She said she supported the decision to crush the student protests, otherwise there would have been chaos throughout the country.

"History should be assessed over a longer period of time, and not by immediate impressions of some people."

Deng, 66, described her father as a "remarkable figure" whose main contributions to the nation were China's "open door" policy and the smooth return of Hong Kong to the motherland.

She admitted that at the time she often worried about her father's safety.

"When I was young, I just knew that my father was a very influential man," said Deng, who added that she was proud to be his daughter.

scarlett.chiang@singtaonewscorp.com

# Workers find it hard to diet despite knowing the dangers

Marco Lui

Hong Kong's white-collar workers know they are on the brink of getting overweight, and need to keep fit, yet they are unwilling to put themselves on a diet consistently, a recent nutritional survey shows.

The survey, conducted by Holistic Nutrition Consultants, interviewed 755 workers from nine companies in April.

About one-fifth of the respondents are either overweight or obese, based on their Body Mass Indexes, the result shows.

The BMI scale — a measurement

of one's height and weight ratio — set a health standard in which an adult who has an index of between 18.5 and 24.9 is considered healthy, while those whose score between 25.0 and 29.9 and above 30.0 are considered overweight and obese, respectively.

In addition, the survey shows that 46 percent of the male and 67 percent of the female respondents have a high fat percentage, while a quarter of them have a high cholesterol level.

According to the survey, 87 percent of those interviewed said they know they need to keep fit in order to prevent illness, maintain mobility and achieve

a normal weight and fat percentage, but it is simply too tough for them to put words into action.

Although an overwhelming majority of 91 percent of the respondents said they are willing to adjust their diet in order to keep fit, 73 percent of them said it is "quite hard" or "very hard" for them to do so, mainly because they need to pass up on greasy meals and sweets and because of the "awful taste of healthy food."

Seventy percent of respondents said they are not willing to put themselves on a diet for a long time.

Clare Chan Sun-choi, an informa-

tion technology consultant, said her biggest challenge is irregular dining times.

"I work long hours every day and go to school after work," she said.

"It's difficult to keep my dining time consistent."

Fortunately, the survey results are not all that gloomy. The findings also indicate that 73 percent and 61 percent of the interviewees said they had given up late-night meals and afternoon tea, respectively, in an attempt to maintain a healthy diet. And more than two-thirds of them understood that having breakfast with high dietary fiber content is beneficial for keeping fit.

Nutritionist Priscilla Lau Li-yi said these are encouraging signs and the government's public education efforts in recent years have proved effective in increasing the people's awareness of their health.

She said office workers could adjust their diet gradually, such as replacing high-calorie food with high-fiber and low-fat food.

"Oatmeal is an ideal food for keeping fit as it reduces one's cholesterol level, promotes bowel movement and gives a sense of fullness and long-lasting energy," Lau said.

staff.reporter@singtaonewscorp.com