

## Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of musculoskeletal disorders for office workers" on December 2 (Monday). Through analysing the causes and preventive measures of musculoskeletal disorders, the talk aims to enhance office workers' awareness of musculoskeletal disorders of the back and upper limbs arising from prolonged repetitive movements or improper sitting posture.

The talk will be held at 3pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui. The LD's occupational hygienist and the occupational health nurse will lead a demonstration and practice of workplace exercise.

The LD will hold another talk entitled "Occupational stress" on December 5 (Thursday) to introduce the symptoms and health impacts of occupational stress as well as some effective stress-coping strategies.

The talk will be given by the LD's occupational health nurse at 3pm in Activity Room 1, G/F, Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

Both talks will be conducted in Cantonese. Admission is free. For enquiries or registration, please call 2852 4040.

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## Temporary suspension of Mobile Library 1 and 12 services

Mobile Libraries 1 and 12 will suspend services during designated periods in December and January next year for routine maintenance, a spokesman for the Leisure and Cultural Services Department announced today (November 25).

Mobile Library 1 will suspend services from December 2 to 14. The affected service points are Whampoa Garden in Hung Hom, Riviera Gardens in Tsuen Wan, Shek Lei (I) Estate in Kwai Chung, Ko Yee Estate in Yau Tong, Kai Ching Estate in Kowloon City, Tsui Chuk Garden in Wong Tai Sin and Park Island in Ma Wan. For enquiries about Mobile Library 1 services, please call 2414 3157.

Mobile Library 12 will suspend services from December 30 to January 11 next year. The affected service points are Kam Tsin Village and Sheung Shui

Wai Tung Hing Road Car Park in Sheung Shui; Ka Fuk Estate and Cheong Shing Court in Fanling; Lei Muk Shue Estate, Bayview Garden, Sham Tseng Market Carpark, Tsuen King Circuit Playground and Cheung Shan Estate in Tsuen Wan; Tai Wo Hau Estate and Kwai Luen Estate in Kwai Chung; Kwong Fuk Estate in Tai Po; and Fu Cheong Estate in Sham Shui Po. For enquiries about Mobile Library 12 services, please call 2479 1055.

Readers are welcome to use other public libraries during the service suspension periods. They may also renew library materials by telephoning 2698 0002 or 2827 2833, or via [www.hkpl.gov.hk](http://www.hkpl.gov.hk).

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## [Carnivorous plants to go on display at Hong Kong Park \(with photos\)](#)

Carnivorous plants are unique and different from other plants in their shape and ability to capture insects and small animals. Members of the public will have a chance to take a closer look at the different species at the Carnivorous Plant Exhibition to be held from December 1 (Sunday) at the Display Plant House of the Forsgate Conservatory in Hong Kong Park under the Leisure and Cultural Services Department (LCSD).

With about 600 species, carnivorous plants are mainly distributed over tropical and subtropical regions and classified into four categories, namely Venus fly-trap, pitcher plant, sundew and bladderwort, according to their trapping methods, mechanism and techniques. The plants are able to obtain nutrition from a prey which they lure, capture and decompose. A rich variety of about 500 carnivorous plants will be showcased at the upcoming thematic exhibition.

The two clam-like lobes of a Venus fly-trap's leaf snap shut when the very sensitive hairs are touched more than once. The entrapped prey will be decomposed by the digestive enzymes secreted by the glandular hairs on the leaf surface.

Pitcher plants possess pitchers grown at the end of the leaf tendril, and wait for prey to fall into their traps. The inner rim is lined with glands, which secrete honey or nectar to attract insects. When an insect lands on the slippery rim, it will be prone to fall into the pitcher.

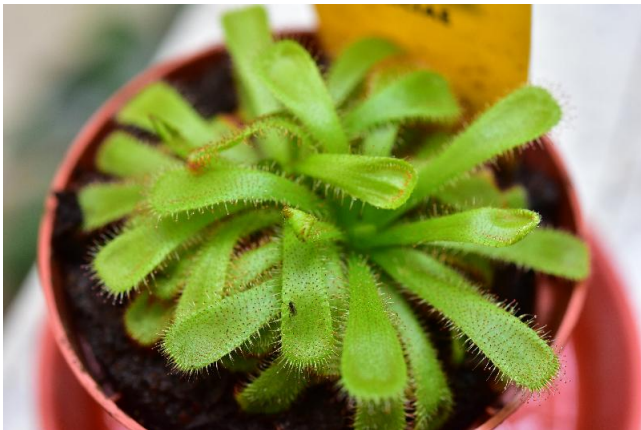
Commonly seen on grassland and sandy soil, the Sundew secretes glistening sticky droplets from the tip of the red stiff glandular hairs on the leaf surface. When an insect lands on the leaf surface, it will be caught by the peripheral glandular hairs. The hairs then move slowly to enable a firmer grip of the prey.

Aquatic bladderwort possesses submerged bladders for catching prey with several trigger hairs growing outside of a trapdoor. When a small creature touches the hairs, the trapdoor is triggered to open inwards and suck the prey in. The plant then secretes enzymes to digest the prey.

In addition to the presentation of over 50 species of carnivorous plants, display boards will also be set up to introduce their characteristics and cultivation methods. Park-goers are invited to visit the exhibition, which will be open to the public free of charge from 9am to 5pm daily from December 1 to January 12, 2020 at the Display Plant House of the Forsgate Conservatory of Hong Kong Park, 19 Cotton Tree Drive, Central.

To further enhance the public's understanding of carnivorous plants, two sessions of guided tours will be held at 11am and 3pm every Sunday from December 1 to January 12 next year. Each tour will last for an hour.

For details, please browse the LCSD [website](#).



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## [Red flags hoisted at some beaches](#)

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (November 25) that due to big waves, red flags have been hoisted at Stanley Main Beach and Big Wave Bay Beach in Southern District, Hong Kong Island; and Clear Water Bay Second Beach in Sai Kung District. Beach-goers are advised not to swim at these beaches.

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## [District Council Ordinary Election results \(0845\)](#)

Following are the latest results of the 2019 District Council Ordinary Election as at 8.45am today (November 25):

District: Central and Western

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No. of

votes

<u>Constituency</u>	<u>Candidates</u>	<u>obtained</u>
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Kennedy Town &  
Mount  
Davis

Wong Kin Ching (Cherry)

3,312\*

Lam Suet Ying (Mavis)

53

Chan Hok Fung

2,206

District: Central and Western

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No. of

votes

<u>Constituency</u>	<u>Candidates</u>	<u>obtained</u>
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Water Street

Yeung Hok Ming

2,095

Ho Chi Wang

3,093\*

District: Eastern

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No. of votes Constituency	Candidates	obtained
Kam Ping	Hung Chi Kit	3,027
	Lee Yue Shun	3,113*

District: Kowloon City

No. of votes Constituency	Candidates	obtained
Hoi Sham	Tung Kai Man (Jack Tung)	2,890
	Pun Kwok Wah	2,916*

District: Kwun Tong

No. of votes Constituency	Candidates	obtained
Jordan Valley	Ngan Man Yu	3,694*
	Wong Ka Lok	3,560

District: Kwun Tong

No. of votes Constituency	Candidates	obtained
Sheung Shun	Chan Cho Kwong	949
	Leung Mark Hon Kei	3,006
	Fu Pik Chun	4,200*

District: Kwun Tong

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No. of

votes

Constituency

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Candidates

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obtained

On Tat

Lee Seng Chang

38

Lau Pak Yuen

43

Siu Ho Yin (Jason)

2,393

Hsu Yau Wai

3,499\*

District: Kwun Tong

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No. of

votes

Constituency

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Candidates

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obtained

Po Tat

Fung Ka Lung

4,311\*

Hung Kam In

3,946

District: Kwun Tong

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No. of

votes

Constituency

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Candidates

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obtained

Kwong Tak

Or Chong Shing Wilson

4,514\*

Tam Tak Chi

4,327

District: Kwun Tong

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No. of

votes

Constituency

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Candidates

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obtained

Yau Lai

Wang Wai Lun

3,070\*

Lai Shu Ho Patrick

2,530

District: Kwun Tong  
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No. of

votes

Constituency

Candidates

obtained

Yau Tong West

Lui Tung Hai

3,853\*

Wong Siu Nam Michael

3,541

District: Kwun Tong  
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No. of

votes

Constituency

Candidates

obtained

Hiu Lai

Cheung Man Fung Wilson

5,470\*

So Lai Chun

3,644

District: Kwun Tong  
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No. of

votes

Constituency

Candidates

obtained

Hip Hong

Chan Chung Bun Bunny

2,329

Li Ka Tat

2,612\*

District: Kwun Tong  
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No. of

votes

Constituency

Candidates

obtained

Lok Wah South

Lee Ka Hang

2,774

So Koon Chung Kevin

2,856\*

District: Kwun Tong

No. of

votes

Constituency

Candidates

obtained

Upper Ngau Tau  
Kok Estate

Cheng Chun Wah

3,093

Leung Tang Fung

3,247\*

District: Islands District

No. of

votes

Constituency

Candidates

obtained

Tung Chung Central

Lee Ka Ho

2,708\*

Fu Hiu Lam Sammi

2,359

\* elected