

# POST 41



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「飲碗涼茶啦！」這句話，對於生活在嶺南地區的人而言，可謂再熟悉不過。這一帶氣候炎熱多雨、濕氣重重，身體容易「熱氣」上火。久而久之，民間智慧孕育出以寒涼中草藥熬煮成各種藥湯，用以清熱祛濕、調理身體。這些涼茶，便成為街坊日常生活中的「保健良品」。

上世紀初，許多廣東人南下香港，他們一併帶來祖傳的涼茶配方與飲用習慣。於是，一間間涼茶舖在街頭落地生根，藥香隨風四散，瀰漫於大街小巷。那時的涼茶，彷彿是一帖萬能的靈丹妙藥——喉嚨痛、生暗瘡、傷風感冒、腸胃不適……總會有人一句：「飲碗涼茶啦！」這碗涼茶，不只是良方，更像是一句口頭禪、一份關心，也是一種人情味。

後來到了五十年代，涼茶舖風靡一時，然而吸引街坊的不止是那碗涼茶。店裏有了收音機，可聽電台節目和粵曲；有了電視，播放着粵語長片與劇集；還有點唱機，能點首當年至愛的流行曲。街坊們圍坐一角，閒話家常，涼茶舖成了最地道的「社區客廳」。而那碗苦中帶甘的茶湯，化作一種陪伴、一種連結。

時至今日，那股藥香隨城市的發展消散，已不如昔日般濃郁；但仍有些涼茶舖，在時代巨輪下堅守原味。今期《四十一報》走訪了本區的老字號涼茶舖，由第三代店主親述每一碗涼茶背後的功夫與堅持；也有舊街坊回憶，當年在徙置區內涼茶舖的光景，細味其中情懷與趣事。

天氣漸暖，潮濕之氣悄然而至，不妨也來一碗涼茶，品嚐微苦回甘的滋味。

"Have a bowl of herbal tea!" For those living in the Lingnan region, this phrase is as familiar as the changing seasons. With its hot, humid, and rainy climate, the body can easily build up internal heat, leading to an imbalance. Over time, people developed a tradition of brewing herbal teas from cooling medicinal plants to dispel heat, reduce dampness, and restore well-being. These herbal concoctions became an essential part of everyday health maintenance for the locals.

In the early 20th century, as many Guangdong people migrated south to Hong Kong, they brought with them their cherished herbal tea recipes and drinking habits. Herbal tea shops began to sprout up across the city, filling the streets and alleyways with their distinctive medicinal aroma. Back then, herbal tea was considered a cure-all. Whether it was a sore throat, acne, a cold, or digestive discomfort, the go-to advice was always, "Have a bowl of herbal tea!" More than just a remedy, it became a familiar refrain, an expression of care, and a reflection of the warmth of human connection.

By the 1950s, herbal tea shops were at their peak, but they offered more than just tea. These shops became lively social hubs, where people gathered to listen to radio programs and Cantonese opera, watch TV dramas and movies, or even play their favorite songs on the jukebox. Neighbors would sit together, chatting and exchanging gossip, making the herbal tea shop a true "community living room." The tea itself, with its bittersweet taste, became a symbol of companionship and connection.

Today, as the city continues to modernize, the once-pervasive herbal whiff has faded, but some traditional herbal tea shops still stand, preserving their craft against the tide of time. In this issue of *Post 41*, we visit one of the district's long-standing herbal tea shops, where the third-generation owner shares the dedication and craftsmanship behind each bowl of tea. We also invite a former resident to reminisce about the herbal tea shops in the resettlement estates, bringing back stories of the past.

As the weather grows warmer and the humidity rises, a bowl of herbal tea offers the perfect way to savor the bittersweet taste of tradition.

2025 年 5 月

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## 專題：深水埗的「苦」與「甜」

Feature: The Bittersweet Flavors of Sham Shui Po

涼茶，是嶺南地區（包括廣東、廣西、香港、澳門）獨有的傳統飲品，每款涼茶以不同的中藥熬煮而成，一般具有清熱生津、祛濕解毒的功效。在上世紀五、六十年代，許多人的收入並不高，去看醫生對大多數人來說都是一種奢侈。當身體只是輕微不適，比如傷風感冒時，人們往往會選擇到涼茶舖「飲涼茶」，一碗下肚，那些症狀似乎就能瞬間解決，涼茶成了日常生活中簡便有效的「健康良方」。

深水埗早在上世紀初已有人聚居，隨着城市發展，人口不斷增加，各類商店陸續湧現，其中包括我們即將走訪的這間涼茶舖。多年過去，它在這裏占有一席之地，與深水埗連接在一起。

### 惠隆號東莞佬涼茶 Wai Long Hou Herbal Tea Shop

沿着北河街往通州街方向走，穿過荔枝角道的十字路口，再向前走幾步，便可見一間低調的涼茶舖，門楣上寫着「足料廿四味涼茶銀菊露」，卻未見店名。走進店內，才發現內堂掛着一塊招牌，寫着「惠隆號東莞佬涼茶」（下稱惠隆號）。

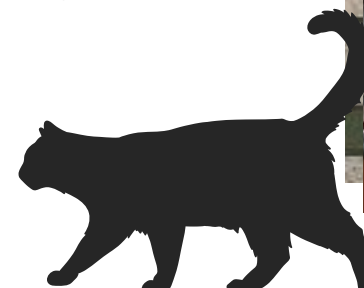
Herbal tea is a traditional beverage unique to Lingnan (including Guangdong, Guangxi, Hong Kong, and Macau). Each type is brewed with different medicinal herbs, typically offering benefits such as clearing heat, quenching thirst, and detoxifying the body. In the 1950s and 60s, seeing a doctor was a luxury for many, and people often turned to herbal tea shops for relief from minor ailments like colds. A single bowl seemed to work wonders, making herbal tea an accessible remedy in daily life.

Sham Shui Po has been home to residents since the early 20th century. As the city grew, so did its population and businesses, including the herbal tea shop we are about to visit. Over the years, it has remained a fixture in the neighborhood, evolving alongside Sham Shui Po and leaving its mark on the community.

Walking along Pei Ho Street toward Tung Chau Street, just past the intersection Lai Chi Kok Road, you'll spot a modest herbal tea shop. The sign above the entrance advertises "Authentic 24-Flavour Herbal Tea and Silver Chrysanthemum Dew," but there's no visible shop name. Only upon stepping inside does a signboard reveal its identity—Wai Long Hou Herbal Tea Shop (referred to as Wai Long Hou).



▲ 惠隆號涼茶舖位於北河街，第三代店主黃鏡明（右圖）表示，店舖已經營運逾七十年。  
Wai Long Hou Herbal Tea Shop, located on Pei Ho Street, has been in business for over 70 years. Its third-generation owner, Wong Kang Ming (pictured right), continues to uphold the family tradition.





### 三代涼茶佬 扎根七十載

#### Three Generations of Herbal Tea, Rooted for 77 Years

或許不太起眼，但惠隆號其實已是七十七年老店，如今傳至第三代「老細」黃鏡明（下稱黃生），「我爺爺當年從東莞來到香港，四十年代初在這裏開了一間『惠隆號』雜貨舖。」大約在1948年，惠隆號變成涼茶舖，「當時內地藥材豐富，有藥材商問我爺爺有沒有興趣賣涼茶，還提供了配方。」

到了五十年代，店舖所在大樓拆卸重建，惠隆號仍留在原址，並一直經營至今。六、七十年代，街坊習慣稱這間涼茶舖為「東莞佬開的涼茶舖」，於是店家遂在招牌上加上了「東莞佬」，成為今日的名號。

It may not immediately catch the eye, but Wai Long Hou has been a neighborhood staple for 77 years. Now in its third generation, the shop is run by Wong Kang Ming (referred to as Mr. Wong). "My grandfather came from Dongguan and opened Wai Long Hou as a grocery store here in the early 1940s," he recalls. Around 1948, it transformed into an herbal tea shop when a medicinal supplier from the mainland offered his grandfather a formula and a business opportunity.

During the 1950s, the original building was redeveloped, but Wai Long Hou remained at the same spot and continued its business. By the 1960s and 70s, locals commonly referred to it as "the herbal tea shop run by the Dongguan man." Embracing the nickname, the owners eventually added "Dongguan Lao" to the signboard, giving the shop the name it is known by today.



▲ 店內的「東莞佬涼茶」牌子，黃生說是後來才加上去的。  
The "Dongguan Lao Herbal Tea" signboard inside the shop was added later, according to Mr. Wong.

### 獨沽「四味」 苦中有甜

#### Specializing in Four Flavors, Bitter with a Touch of Sweetness



▲ (從左至右) 大杯廿四味、細杯熱銀菊茶、以及盛載凍銀菊露的高腳玻璃杯。  
(From left to right) Large cup of 24-Flavour Herbal Tea, small cup of hot Silver Chrysanthemum Tea, a tall glass used for serving cold Silver Chrysanthemum Dew.

惠隆號開業初期，只賣「廿四味」和「銀菊露」，「兩款涼茶一苦一甜，夏天喝銀菊露的人比較多，因為有『凍飲』；而冬天因為容易感冒上火，喝廿四味的人會多一些。」黃生還記得，當時涼茶細杯只賣斗零（五仙）、大杯一毫子；到了六、七十年代，細杯漲至五毫子、大杯一元。如今，這兩款涼茶的價格分別為細杯七元、大杯十元，依然算是相當親民。「因為涼茶都是我自己煲的，如果請員工幫忙，成本會高些，價格自然就會貴一點。」

1997年後，惠隆號增添了「感冒茶」和「五花茶」，直到今天仍只賣這四款涼茶。被問到有沒有考慮賣其他新款涼茶，黃生笑言地方不夠，「我們只有一個廚房，哪有空間煲更多？」店內還貼心地提供蜜糖，顧客若覺得涼茶太苦，可多付一元加蜜糖，「但涼茶不能太熱，否則蜜糖會變酸，所以有時會用冷的涼茶『溝暖』。」

In its early days, Wai Long Hou only sold "24-Flavour Herbal Tea" and "Silver Chrysanthemum Dew." Mr. Wong explained, "One is bitter, the other sweet. In summer, more people prefer the Silver Chrysanthemum Dew, as it is served cold, while in winter, when colds are common, the 24-Flavour Herbal Tea becomes more popular." He recalls that in those days, a small cup cost just five cents, while a large cup was \$0.1. By the 1960s and 70s, prices rose to \$0.5 for a small cup and \$1 for a large. Today, the prices are still quite affordable, with a small cup costing \$7 and a large one \$10. "Since I brew all the tea myself, I keep the cost low. If I hired staff to help, the cost would rise, and so would the prices."

After 1997, the shop added "Cold Remedy Tea" and "Five-Flower Tea" to its menu, and these four varieties remain the only offerings today. When asked about introducing new teas, Mr. Wong laughs, saying, "We don't have enough space. We only have one kitchen. There's no room for more!" The shop also offers honey for those who find the tea too bitter. For an extra dollar, customers can add honey to their tea. "But the tea can't be too hot, or the honey might taste sour," he notes, adding that sometimes they mix cold tea with warm tea to avoid this issue.

## 耗時煎熬 真材實料 Slow Brewed with Quality Ingredients

雖然涼茶「即叫即有」，其實煲涼茶的過程既漫長又講究，「銀菊露需要煲三個小時，過程中要不斷過濾藥渣；廿四味則需要十幾個小時，要時刻留意火候。」店舖通常下午一時開門，上午黃生就會煲涼茶，「以前會晚上煲，但曾經煲涼茶時不小心睡着，醒來時發現已經燒乾了。」

惠隆號的每一款涼茶都是真材實料，經常收到顧客反饋，「熟客常說，喝完我們的苦茶後很快喉嚨就不痛。有時我自己流鼻水、感冒，也會喝一杯廿四味；吃完油膩食物後，銀菊露有助清理腸胃，我以前去燒烤時，也會帶着一兩支銀菊露。全部涼茶我都有喝過，自己喝過有效才會賣。」

Though herbal tea is served instantly upon order, the brewing process is both time-consuming and meticulous. "Silver Chrysanthemum Dew takes three hours to prepare, requiring constant straining, while 24-Flavour Herbal Tea takes over ten hours, with careful attention to heat control," Mr. Wong explains. The shop opens at 1 PM, but he starts brewing in the morning. "I used to do it at night, but once I dozed off and woke up to find the pot had boiled dry."

Every herbal tea at Wai Long Hou is made with real, high-quality ingredients, and customers often share their feedback. "Regulars say our bitter tea quickly soothes a sore throat. If I have a runny nose or a cold, I drink 24-Flavour Herbal Tea myself. Silver Chrysanthemum Dew is great for cleansing the stomach after greasy meals. I used to bring a few bottles to barbecue gatherings. I've personally tried every tea we offer; if it doesn't work for me, I wouldn't offer it to others."



▲ 惠隆號提供銀菊露（凍）和銀菊茶（熱），具有清理腸胃的作用。  
Wai Long Hou offers both cold Silver Chrysanthemum Dew and hot Silver Chrysanthemum Tea, known for their digestive benefits.



黃生的大伯懂一些藥理，曾經改良過涼茶的配方，希望能讓涼茶發揮更好功效，「廿四味原本是二十四種藥材，後來增加到二十八種；感冒茶從原本的二十種藥材，現在也加到二十四種。」然而，黃生無奈地表示，疫情期間，藥材供應緊張，導致部分藥材價格急升，「例如五花茶中的金銀花，本來六十元一斤，疫情時升到二百五十元一斤，現在回落到一百元。」

Mr. Wong's uncle, knowledgeable in herbal medicine, once refined the tea formulas to enhance their effectiveness. "Originally, 24-Flavour Herbal Tea contained 24 herbs, but we increased it to 28. The Cold Remedy Tea also expanded from 20 to 24 ingredients." However, Mr. Wong notes that the pandemic led to a surge in demand for medicinal herbs, causing prices to skyrocket. "Honeysuckle, used in our Five-Flower Tea, used to cost \$60 per catty (a traditional Chinese unit, roughly 600 grams), but during the pandemic, it soared to \$250. It's now stabilized at around \$100."



▲ 天氣忽冷忽熱，最易傷風感冒，不妨喝一杯感冒茶舒緩不適。  
When the weather fluctuates, colds are common. A cup of Cold Remedy Tea can offer comforting relief.

## 懷舊裝潢 數十年不變 Nostalgic Decoration, Unchanged for Decades

惠隆號的店內曾設有桌椅，供顧客坐下慢慢喝涼茶，隨着客人減少，現在店內大部分空間都擺放了貨物，後方則是廚房。店舖原本是「前舖後居」，如今黃生一家已經不再住在店內。牆身是白色瓷磚，地面則鋪滿了綠白相間的紙皮石，多年來都沒有改變，很有懷舊氣息。門口位置還掛着兩塊牌子，介紹涼茶的功效，「這兩塊牌是我大伯寫的，已經有四、五十年了。」

Wai Long Hou's interior once featured tables and chairs where customers could sit and enjoy their herbal tea. However, as the number of customers decreased, most of the space is now filled with goods, with the kitchen at the back. The shop was originally a traditional "shophouse," with the family living behind the storefront, but they no longer reside there. The walls are lined with white tiles, and the floor is covered with green-and-white terrazzo tiles, a nostalgic design that hasn't changed in decades. Two signs still hang by the entrance, detailing the benefits of herbal tea. "These signs were written by my eldest uncle, and they've been here for 40 or 50 years."





▲ 惠隆號地面鋪設了七十年代流行的紙皮石，店內裝飾大多與數十年前無異。  
The shop floor features terrazzo tiles popular in the 1970s, and most of the decor remains unchanged from decades ago.

黃生回憶道，早年煲涼茶是靠燒柴的。「我小時候來幫忙，常常會對面街市撿一些棄置的木箱帶回來當柴燒，然後我爸爸會給我一些零用錢。1997年後政府不准燒柴，所以轉用火水。」每次煲好的涼茶，黃生都會倒進電爐裏保溫，「裝廿四味和熟銀菊茶的電爐有六十多年歷史，我出生就已經有。」惠隆號和許多涼茶舖一樣，可以「即斟即飲」；但唯一分別是，惠隆號用的是玻璃杯，而非普遍的瓷碗。「有些玻璃杯從我爺爺那時已經在用，『無穿無爛』。」

Mr. Wong recalls that in the early days, they brewed the herbal tea with firewood. "When I was a kid, I would go across the street to the market and collect discarded wooden crates to burn, and my father would give me pocket money for it." After 1997, the Government banned the use of firewood, so they switched to using electric stoves. "The electric stoves used for keeping the 24-Flavour Herbal Tea and hot Silver Chrysanthemum Tea warm are over 60 years old. I have known them since birth." Like many herbal tea shops, Wai Long Hou serves herbal tea on the spot, but the difference is they use glass cups instead of the usual porcelain bowls. "Some of these glass cups have been in use since my grandfather's time. They are still perfectly intact."



▲ 惠隆號掛着兩塊介紹涼茶功效的牌子，已使用逾四十年。  
Two signs detailing the benefits of herbal tea have been hanging in the shop for over 40 years.

## 隨碼頭「浮沉」 Rising and Falling with the Pier

黃生還提到開業初期，惠隆號的生意相當好，「這裏距離深水埗碼頭（今北河街和通州街交界）不遠，很多碼頭工人或乘客不舒服時，會過來喝一杯涼茶。」當時附近還有不少戲院和茶樓，人來人往，因此多人「幫襯」，「以前戲院還有子夜場（凌晨一時半開場），所以那時候店舖會營業到凌晨一時。」

然而，隨著深水埗碼頭於1978年搬遷至欽州街尾（今富昌邨），並在1992年結束營運，沒有了碼頭工人，惠隆號的生意也受到影響，「現在又沒有碼頭，附近的戲院、茶樓都結業了，只有下班時間人流多了才會有生意。以前有些熟客偶爾會來喝一杯涼茶，但疫情時，不少人搬走或移民了。」目前惠隆號營業至晚上十一時，黃生解釋道，因為每次煲完涼茶才會關門。

In its early days, Wai Long Hou enjoyed brisk business. "The shop was close to the Sham Shui Po Pier (formerly at the intersection of Pei Ho Street and Tung Chau Street), so many dockworkers and passengers would stop by for a cup of herbal tea whenever they felt unwell," Mr. Wong recalls. The area was also bustling with theaters and Chinese restaurants, bringing in steady foot traffic. "Back then, cinemas even had midnight screenings at 1:30 AM, so we stayed open until 1 AM."

As the Sham Shui Po Pier relocated to Yen Chow Street in 1978 and ceased operations in 1992, Wai Long Hou lost its steady stream of dockworker customers. The closure of nearby theaters and Chinese restaurants further impacted business. "Now, there's no pier, and the nearby establishments are gone. We only get more customers during rush hours. Some regulars used to stop by for a cup of herbal tea, but many moved away or emigrated during the pandemic." Wai Long Hou now closes at 11 PM, with Mr. Wong explaining that he waits until the final batch of herbal tea is brewed before closing for the day.





▲ 黃生說每天都要煲涼茶，從早上煲到晚上凌晨。  
Mr. Wong spends his days brewing herbal tea, from morning until midnight.

Now in his fifties, Mr. Wong once worked as an apprentice, a mechanical technician, and even took the fireman's recruitment examination before returning to the family business over a decade ago. "If I hadn't taken over, the shop would have closed. I never really thought about whether it was tough; I just went with the flow." Running the shop alone from morning until late at night, he dedicates himself to brewing the perfect cup of herbal tea. For him, seeing customers feel refreshed after a sip is the greatest reward.

Over the decades, herbal tea shops have changed significantly in both appearance and market positioning. Modern shops are often more sleek and associated with health and wellness. However, looking back, the herbal tea shops of the past were more than just about bitter and sweet flavors. They embodied the local community culture and reflected the daily lives of residents.

黃生今年五十多歲，年輕時曾經做過學徒、機械技工，亦曾考過消防員，十多年前回到涼茶舖，從父親手上繼承惠隆號，「如果我不接手，店舖就會結業，所以也沒有計較過會否辛苦，一切順其自然吧！」店舖由黃生「一腳踢」，每天從早上忙忙碌碌到凌晨，只為煲好那一杯杯涼茶，涼茶下肚，身心舒暢，這對黃生他們而言，就是最大的成果。

經過數十年的發展，今天的涼茶舖無論是外觀風格還是市場定位，都與往昔大相逕庭。如今的涼茶舖或許更加現代化，且往往與健康和養生有關；但回望過去，那時的涼茶舖除了苦味和甜味外，還蘊含着許多當時的社區文化，反映了街坊們的日常生活方式。



## 記憶中的涼茶舖 Herbal Tea Shops in Memory

「以前，涼茶舖就像今天的便利店一樣，隨處可見。」劉安立（下稱阿立）回憶道。他在五、六十年代於石硤尾徙置區出生長大，直到小學六年級才隨家人搬到黃大仙。他記得，「石硤尾徙置大廈的地下有涼茶舖，幾乎每隔幾幢樓就會有一間，特別是在藥材舖附近。當時涼茶舖也集中在欽州街、北河街和南昌街一帶，尤其是在茶樓和戲院附近，那裏人流多，街坊們常常在飲茶後，或者看戲前後，來喝一杯涼茶。」

"In the past, herbal tea shops were as common as convenience stores today," recalls Lau On Lap (referred to as Ah Lap). Growing up in the resettlement estate of Shek Kip Mei in the 1950s and 60s, he lived there until he moved to Wong Tai Sin in Primary 6. He remembers, "Herbal tea shops were found on the ground floors of resettlement blocks, almost every few buildings, especially near herbal medicine stores. Many were also concentrated around Yen Chow Street, Pei Ho Street, and Nam Cheong Street, particularly near Chinese restaurants and cinemas. These areas had heavy foot traffic, and locals often stopped for a cup of herbal tea after dim sum or before and after watching a movie."



▲ 阿立指舊時通訊不便，人們見面時都常選擇坐下來喝涼茶、聊天，涼茶舖因此成為了街坊聯誼的空間。  
Ah Lap notes that in the old days, with limited communication options, people would gather and chat at herbal tea shops, making them a vital social hub in the community.

## 節目指南 Program Guide

舊時，走進涼茶舖，總能聽見收音機或電視機的聲音。阿立憶述，「過去，人們會為了聽廣播、看節目，常常在涼茶舖坐上一、兩個小時。」五、六十年代，家庭的平均收入約100元，但有線電台「麗的呼聲」每月的收費便是10元；電視台「麗的映聲」（後來改名為「亞州電視」）月費更高達20元，還不包括昂貴的電視機費用，對普羅大眾而言，這筆開銷相當高。因此，涼茶舖成為街坊們收聽與觀看節目的最佳選擇——只需花一至兩毫買一碗涼茶，就能享受幾小時的娛樂，經濟又實惠。

當時最受歡迎的電台節目，莫過於各類賽事轉播。《足球轉播》吸引無數球迷，球王李惠堂、盧振暄和葉觀楫等「講波」，深入民心；《賽馬預測》則是馬迷們的必聽節目，大家聚精會神地聽着賽事分析，甚至討論着各自的心水馬匹。阿立補充：「涼茶舖通常默認斗零可以坐半小時，所以聽眾們只要買一碗涼茶，就能坐上兩至四個小時，足夠聽完整場足球比賽。」



▲ 人們在涼茶舖內聚精會神地觀看電視。（照片由黃鏡明先生提供）  
People were absorbed in watching TV inside herbal tea shops. (Photo provided by Mr. Wong Kang Ming)

During that era, herbal tea shops buzzed with radio and TV sounds. "People would often spend an hour or two there just to listen to broadcasts or watch TV programs," Ah Lap recalls. In the 1950s and 60s, the average household income was around \$100 per month, yet a subscription to Rediffusion Radio cost \$10, while Rediffusion Television (later ATV) charged \$20—excluding the high cost of a TV set. For many, these fees were a luxury, making herbal tea shops the go-to spot for entertainment. For just a few cents on a bowl of tea, patrons enjoyed entertainment in a communal space.

Live sports broadcasts were among the most popular radio programs. *Football Commentary* captivated fans with legendary commentators like Lee Wai Tong, Lo Chun Huen, and Yip Koon Chip. *Racing Predictions* was a must-listen for horse racing enthusiasts, who would eagerly follow expert analyses and debate their top picks. "At most herbal tea shops, a dime bought you a half-hour seat. So, for the price of one bowl of tea, you could sit through an entire football match," Ah Lap adds.



◀ 《銀燈日報增刊》曾刊登電台即附播放的粵劇《紅鸞喜》完整歌詞。（香港文化博物館藏品）  
Additional Issue of *Daily Pictorial* once published the full lyrics of the Cantonese opera *The Happy Marriage of Red Phoenix*, which would be broadcast on the radio.  
(The Collection of Hong Kong Heritage Museum)

Cantonese opera lovers tuned in to *Cantonese Opera Broadcasts*, especially performances by Yam Kim Fai and Pak Suet Sin. "People would sit in the shop, following along with the printed lyrics in the newspaper while listening to their singing and storytelling," Ah Lap says. Another hit program was *Storytelling*, hosted by renowned narrators Fong Wing, Tang Kee Chan, and the specially invited Li Ngaw from Guangzhou, whose gripping tales kept audiences enthralled.

In the 1960s, the rise of television introduced a new entertainment trend to herbal tea shops. At the time, Rediffusion aired a Cantonese feature film every night at 10:15 PM, becoming a shared memory for many. Watching a movie at a herbal tea shop while enjoying a bowl of herbal tea was not only more affordable than buying a cinema ticket but also provided a lively setting for neighbors to discuss the film together.

How did people keep track of program schedules? "The tea shop owners would write the daily lineup on a blackboard at the entrance," Ah Lap replies. This simple blackboard served as the community's program guide, sparking lively discussions among neighbors and shaping an era of shared entertainment.

除了體育賽事，戲曲迷的最愛當屬《粵劇轉播》，尤其是任劍輝與白雪仙的演出，「每到播放時間，許多人坐在涼茶舖，一邊看着報紙上刊登的歌詞，一邊聽她們唱說戲文。」另一個風靡一時的節目則是《故事講述》，由方榮、鄧寄塵以及特意邀請從廣州來的李我主持，扣人心弦的故事令聽眾津津樂道。

到了六十年代，電視的普及為涼茶舖帶來了新的娛樂風潮。當時「麗的映聲」每晚十時十五分播放「粵語長片」，成為不少市民的共同回憶。相較於進戲院買票，坐在涼茶舖喝一碗涼茶、看一場電影，不僅便宜，還能與街坊們邊看邊討論。

那麼，大家是如何得知節目的播放時間呢？阿立回憶道：「涼茶舖老闆會將節目表用粉筆寫在門口黑板上，讓大家知道當天有甚麼節目。」這塊黑板，彷彿是那個年代的「節目指南」，成為了當時街坊茶餘飯後的重要話題之一。



## 涼茶、馬尾、飛機頭 Herbal Tea, Ponytails, and Pompadours



▲ 舊日的涼茶舖常設有各式娛樂設備，例如點唱機。只需投下一毫子，按下按鈕，音樂便隨即播放。圖為香港歷史博物館「香港故事」展覽中的涼茶舖場景。（照片由非物質文化遺產辦事處提供）  
Traditional herbal tea shops in the past often featured various forms of entertainment, such as jukeboxes. With just a ten-cent coin and the press of a button, music would start playing. The photo shows a herbal tea shop scene from the "Hong Kong Story" exhibition at the Hong Kong Museum of History. (Photo courtesy of the Intangible Cultural Heritage Office)

在阿立的記憶中，六十年代的涼茶舖鮮少見到點唱機，他只在欽州街的一間店舖裏遇過。「當時，在涼茶舖打扮成貓王（Elvis Presley）、聽英文歌，是一種時髦的象徵！」阿立笑着說。

「有句俗語：『涼茶、馬尾、飛機頭』，正是用來形容這羣追趕潮流的年輕人——男生將頭髮梳成飛機頭，模仿貓王的標誌造型，女生則綁着馬尾辮，大家會聚在涼茶舖，邊約會邊在點唱機上播放貓王、披頭四（The Beatles）等西方流行音樂。」阿立補充說。

In Ah Lap's memory, it was rare to see a jukebox in herbal tea shops during the 1960s, with the exception of one shop on Yen Chow Street. "Back then, dressing up like Elvis Presley and listening to Western music in herbal tea shops was a symbol of being trendy!" Ah Lap laughs.

"There's a saying: 'Herbal tea, ponytails, and pompadours,' which describes the trendsetting youth of the time. Boys styled their hair into pompadours, mimicking Elvis's signature look, while girls wore their hair in ponytails. They would gather at herbal tea shops, socializing and dating, while playing Western pop music from artists like Elvis and The Beatles on the jukebox," Ah Lap adds.

## 隨地吐痰乞人憎 罰款二千有可能 Spitting Is Disgusting—You Could Be Fined \$2,000!

當年，涼茶舖的牆上經常貼有吐痰罰款的警示標語，桌旁也擺放着痰罐。儘管如此，人們還是會自覺避免隨地吐痰，原因不僅是擔心肺結核的傳播，還因為店主通常都會嚴格禁止這樣的行為。當時，隨地吐痰的最高罰款為二千元，並可能要上法庭。

阿立笑道，「我曾經見過一位阿叔在店外吐痰，突然一位衛生督察經過，他立刻用腳踩住痰液，邊說自己沒有吐痰，邊努力擰起腳尖。那時街上多是沙土，兩人對峙了三分鐘後，痰與沙土混在一起，當督察要求他挪開腳時，地面上已經完全沒有痕跡，督察也無可奈何。」



▲ 美荷樓生活館的展區，也貼有模仿昔日吐痰罰款的標語。  
A recreated fine notice, mimicking those from the past, is displayed at the Heritage of Mei Ho House.

Back then, herbal tea shops often displayed warning signs about fines for spitting, with spittoons placed beside tables. Despite this, most people refrained from spitting on the ground, not only due to concerns about tuberculosis but also because shop owners strictly forbade it. At the time, the maximum fine for spitting was \$2,000, and offenders could even face court.

Ah Lap recalls with a chuckle, "I once saw an old man spit outside a shop, only to have a health inspector walk by at that exact moment. Panicking, he quickly stepped on the spit and insisted he hadn't spat, twisting his foot desperately to cover it up. The streets were mostly dirt back then, and after three minutes of this standoff, the spit had mixed completely with the dust. When the inspector finally told him to move his foot, there was no trace left—so he had no choice but to let it go."



## 苦口良藥 Be Cruel to Be Kind

涼茶由中草藥煎煮而成，喝下後口中常常充滿苦味。阿立曾聽過一個有趣的故事：「曾有人投訴涼茶不苦。但事實上，涼茶需要多種藥材才能達到那種苦澀又濃郁的味道。所以，一些涼茶舖的老闆會在涼茶裏加入豬膽，這不僅能增加苦味，還能降低成本，並且具有清熱解毒的功效。」

除了到涼茶舖喝涼茶外，人們還有其他選擇。阿立提到，「以前街邊有人賣崩大碗，中間放着一大塊冰塊，味道既凍又甜，斗零一碗，非常受小孩子的喜愛。」這些崩大碗的效果與二十四味涼茶相似，夏天如果長痘、「生痱滋」，或者腸胃不適，喝一碗崩大碗可以有效緩解。「不過，崩大碗性質寒涼，所以母親不讓我的姐妹們喝。而我屬於『熱底』，喝了後感覺很清爽。但如果喝了兩碗，第二天早上就會拉肚子。」據說，崩大碗極寒，若女生飲用過多，甚至會導致流產。

如果感冒發熱，阿立的母親會買源吉林甘和茶（俗稱盒仔茶），回家自己煎。「一盒有十包，每包可以煮兩到三碗涼茶，甚至還能『翻煎』三四次，這樣比在涼茶舖喝涼茶更省錢，而且平常喝一兩碗，對強身健體也有幫助。」

► 崩大碗是用積雪草熬製而成的，顏色呈深綠色。如今，售賣崩大碗的涼茶舖已經很少了。位於九龍城的全珍堂生草藥涼茶舖便是其中之一家。  
Beng Da Wan is made from Asiatic pennywort herb, giving it a deep green color. Today, only a few herbal tea shops still sell it. The Chuen Chun Tong Herbal Tea Shop in Kowloon City is one of the few remaining shops offering it.

Traditional herbal tea is brewed from medicinal herbs, often with a lingering bitterness. Ah Lap recalls, "Someone once complained it wasn't bitter enough. In fact, achieving that deep bitterness requires a precise blend of herbs. Some shop owners even added pig bile, not only to increase the bitterness but also to reduce costs and enhance its detoxifying properties."

Beyond herbal tea, other cooling remedies existed. Ah Lap shares, "Street vendors sold Beng Da Wan, a chilled herbal drink with a block of ice. Cold, sweet, and just a few cents, it was a childhood favorite." Like 24-Flavor Herbal Tea, it was believed to relieve summer ailments. "But it was extremely cooling," he adds. "My mother forbade my sisters from drinking it. I found it refreshing, but two bowls would leave me with an upset stomach." Some even claimed that excessive consumption could lead to miscarriage in women due to its extreme cooling nature.

For fevers and colds, Ah Lap's mother favored Yuen Kut Lam Kam Wo Tea. "A box had ten packets; each could be brewed into multiple bowls and even reused three or four times. It was cheaper than store-bought herbal tea and believed to boost health."



## 涼茶舖新潮流 The New Trend of Herbal Tea Shops

隨着時代變遷，涼茶舖也不斷演變。昔日的涼茶舖不僅販售各種涼茶，還會提供冷盤小吃，如齋滷味、鴨腎、雞腳、豬生腸和麵筋，或是欖、嘉應子、檸檬乾等傳統涼果。不過，當時的涼茶舖並不供應熱食，因為這需要額外申請相關牌照。而如今，涼茶舖的經營模式早已轉變，除了傳統涼茶，還增設了燒賣、茶葉蛋，甚至糖水等熱食，迎合更多顧客的需求。

Herbal tea shops have transformed over time. Once serving only herbal teas and cold snacks like marinated vegetables, duck kidneys, chicken feet, pig intestines, and gluten, as well as traditional preserved fruits such as olives, jujubes, and dried lemons. However, hot food was not served in those days, as it required a separate license. Today, the business model of herbal tea shops has changed, with many now offering not only traditional herbal teas but also hot food like siu mai, tea eggs, and even desserts to cater to a broader customer base.



▲ 不少藥材舖亦有販售涼茶。顧客可站在舖前即場飲用，或購買涼茶藥材包回家自行煲煮。（照片由香港特別行政區政府提供）  
Many Chinese medicine shops also sold herbal tea. Customers could enjoy a bowl on the spot while standing outside, or purchase herbal tea packs to brew at home. (Photo courtesy of the Government of the Hong Kong Special Administrative Region)



除了食物選擇的轉變，涼茶鋪的服務方式也緊貼現代人的生活節奏。以往，顧客通常站在店門口或坐在店內，一口氣喝下一碗涼茶。今天，店鋪販售樽裝涼茶，方便外帶，隨時隨地都能享用。阿立笑說：「以前的涼茶鋪主要是為了調養身體，但現在的新式涼茶連鎖品牌，除了涼茶，還主打滋補湯品，甚至推出可隨時兌換當季湯品的套票。」這些湯包只需加水或微波加熱，非常方便，符合現代人快節奏的生活方式。

一碗涼茶，承載的不只是苦與樂，還有街坊們的回憶。涼茶鋪昔日不僅是人們紓解不適的去處，更是鄰里聚首、閒話家常的社交空間。但時代在變，涼茶鋪亦與時俱進，順應潮流轉型求存。

在香港，許多人的祖籍來自廣東，當年他們的祖輩移居至此，也將獨門涼茶配方帶來，讓涼茶鋪在本地遍地開花。時至今日，涼茶早已滲透香港的每個角落，成為不少人信賴的「苦口良藥」。每當感到「頭暈身熱」，人們便會走進涼茶鋪，放下錢幣，端起一碗，一口氣喝下——這不僅是一種習慣，更是涼茶鋪延續至今的生存之道。

Services have also adapted to the fast-paced modern lifestyle. In the past, customers drank herbal tea on the spot, but today, bottled herbal teas are available for takeaway, making it convenient to enjoy the drink anytime, anywhere. Ah Lap laughs and says, "Herbal tea shops used to be all about health, but now modern herbal tea chains not only serve herbal tea but also specialize in nourishing soups, with seasonal soup packages that can be redeemed anytime." These soup packages are easy to prepare. Simply add water or heat them in the microwave, making them a perfect fit for today's busy lifestyle.

A bowl of herbal tea carries not only bitterness and relief but also the memories of the community. In the past, herbal tea shops were not only places to alleviate discomfort but also social spaces where neighbors gathered to chat. As times change, these shops have kept up with the trends and adapted to survive.

In Hong Kong, many people have ancestral roots in Guangdong, and when their ancestors migrated here, they brought along their unique herbal tea recipes, which helped herbal tea shops flourish locally. Nowadays, herbal tea has permeated every corner of Hong Kong, becoming a trusted "bitter medicine" for many. Whenever people feel dizzy or unwell, they walk into a herbal tea shop, drop a coin, and drink a bowl in one go. This has become not only a habit but also the survival strategy that keeps herbal tea shops thriving today.

## 涼茶鋪內的舊日時光 The Old Times Inside Herbal Tea Shops



昔日的涼茶鋪，不僅是街頭巷尾的一抹日常，更是街坊們聚集、交流的場所。走進美荷樓生活館的涼茶鋪展區，舊日情景一一重現：金葫蘆置在眼前，暖水壺保溫着剛煲好的涼茶，角落裏的痰盂與牆上「請勿隨地吐痰」的標語，曾經提醒着街坊們注意衛生之道。

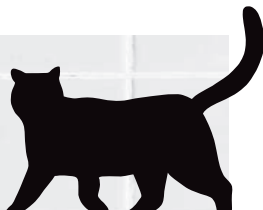
當時的涼茶鋪，總少不了一台電視或收音機，讓客人得以邊「嘆」涼茶，邊沉浸於電視劇與電台節目的世界。廂座桌上泛黃的餐牌，記錄着往昔價格，一碗涼茶僅需五仙或一毫，簡單而滿足。於是，街坊們不用花費太多，便能在涼茶鋪內靜聽電台、觀看電視，甚至用投幣式點唱機播放當時的流行歌曲。然而，精明的店家總在節目最扣人心弦時關掉電視，待客人再點一碗涼茶後才重新開啟。一碗又一碗，時光也隨之流轉。

彼時，醫療資源有限，看病不易，街坊們往往選擇依賴一碗涼茶調養身體，抱着「未病先防」的智慧。透過展覽佈置與口述歷史，這段流動的記憶得以再現，讓涼茶鋪昔日苦與甘的時光，繼續在時代縫隙間細細流淌。

In the old days, herbal tea shops were not only a part of daily life, but also a place for community gatherings. Stepping into the herbal tea shop section of Heritage of Mei Ho House, you can see what it was like in the old days: gold gourds on display, warm kettles to keep the freshly brewed herb tea hot, and spittoons in the corners with slogans reminding customers to keep them clean.

These shops were never without a TV or radio, allowing customers to sip their herbal tea while immersed in TV dramas or radio programs. The yellowing menus on the tables showed prices from the past. A bowl of herbal tea only costs five cents or a ten-cent coin, simple yet satisfying. For just a few coins, people could enjoy tea while listening to the radio, watching TV, or even playing popular songs on a coin-operated jukebox. The savvy shop owners would often turn off the TV at the most dramatic moments, only to resume once customers ordered another cup of tea. One cup after another, time passed by.

At a time when medical resources were scarce and visits to the doctor were costly, many relied on a cup of herbal tea to maintain their health, following the wisdom of "preventing illness before it starts." Through the exhibit and oral histories, these memories are revived, letting the bittersweet moments of the herbal tea shops flow through time.



## 尋寶・深水埗

## Treasure Hunt • Sham Shui Po

走到涼茶舖前，卻不知該選哪一款？相信大家都有過這樣的經歷！本期特別為大家搜羅並整理了數款常見的涼茶，簡單介紹其功效，並附上小編的親身試飲評價。雖然涼茶對健康有一定益處，但並非人人適合飲用，應視乎個人體質與健康狀況而選擇。如果了解自己的體質，建議先諮詢註冊中醫師的意見。

Ever found yourself standing in front of a herbal tea shop, unsure of which one to choose? You're not alone! In this issue, we've curated a selection of common herbal teas, providing a brief introduction to their benefits along with our editor's personal tasting reviews. While herbal teas offer certain health benefits, they may not be suitable for everyone. Selection should be based on your body constitution and health condition. If you are unsure, it is advisable to consult a registered Chinese medicine practitioner beforehand.

## 廿四味

## 24-Flavour Herbal Tea

苦味程度

Bitterness level



材料：金銀花，水翁花，蒲公英，救必應、鴨腳皮等 24 種藥材。不同店舖各有不同的秘方

功效：清熱解毒、利尿祛濕

適合人士：清熱毒、暗瘡多、燥熱、咽喉不適

Ingredients: A blend of 24 traditional herbs, such as Honeysuckle (Lonicera Japonica), Cleistocalyx Operculatus Flower, Dandelion, etc. Recipes may vary by shop.

Benefits: Clears internal heat and toxins, promotes urination, reduces dampness.

Recommended for: Those with excessive internal heat, frequent acne, throat discomfort, or heat-related symptoms.

## 銀菊露

## Chrysanthemum Tea

苦味程度

Bitterness level



材料：菊花、雞蛋花、金銀花

功效：清熱利喉、明目

適合人士：口乾眼乾、咽喉腫痛

Ingredients: Chrysanthemum, Plumeria (Frangipani), Honeysuckle (Lonicera Japonica)

Benefits: Clears internal heat, soothes the throat, improves vision, and relieves dryness

Recommended for: Dry mouth and eyes, sore or swollen throat

## 五花茶

## Five-Flower Herbal Tea

苦味程度

Bitterness level



材料：菊花、木棉花、槐花、雞蛋花、金銀花

功效：清熱解毒、消暑祛濕

適合人士：咽乾、喉嚨痛、頭痛頭暈

Ingredients: Chrysanthemum, Kapok Flower (Bombax Ceiba), Sophora Flower (Sophora Japonica), Plumeria (Frangipani), Honeysuckle (Lonicera Japonica)

Benefits: Clears internal heat, detoxifies, dispels dampness, relieves summer heat

Recommended for: Dry or sore throat, headache, dizziness

## 羅漢果茶

## Monk Fruit Tea (Luohanguo Tea)

苦味程度

Bitterness level



材料：羅漢果

功效：潤肺化痰止咳，潤腸通便

適合人士：咳嗽、咽痛、聲音沙啞、容易便秘

Ingredients: Monk Fruit (Siraitia Grosvenorii)

Benefits: Moistens the lungs, relieves phlegm and cough, soothes the throat, and relieves constipation

Recommended for: Cough, sore throat, hoarseness, constipation

## 雞骨草

## Canton Love-pea Vine (Chicken Bone Grass) Tea

苦味程度

Bitterness level



材料：雞骨草

功效：清肝明目、清熱祛濕

適合人士：常熬夜、容易疲倦、眼乾咽乾、消化不良

Ingredients: Abrus Cantoniensis

Benefits: Soothes the liver, improves vision, clears heat, dispels dampness

Recommended for: Those who often stay up late, feel fatigued, experience dry eyes or throat, or have indigestion.



## 火麻仁 Hemp Seed Drink



材料：火麻仁、杏仁  
功效：潤腸通便  
適合人士：大便乾結、腸燥便秘

Ingredients: Hemp Seeds, Almonds  
Benefits: Promotes bowel movements and relieves constipation  
Recommended for: Constipation, dry stools, and digestive issues

苦味程度  
Bitterness level



## 夏枯茶 Self-heal Tea



材料：夏枯草  
功效：清肝明目、散結消腫  
適合人士：常熬夜、易有肝火、情緒急躁、眼乾腫痛、頭痛頭暈

Ingredients: Prunella Vulgaris  
Benefits: Clears the liver, improves vision, reduces inflammation, and relieves swelling  
Recommended for: Often stay up late, irritability, headaches, dizziness, dry and swollen eyes

苦味程度  
Bitterness level



## 崩大碗 Beng Da Wan



材料：積雪草（又名雷公根）  
功效：清熱祛濕、消炎解毒  
適合人士：清熱毒、暗瘡多、咽喉腫痛

Ingredients: Centella Asiatica  
Benefits: Clears heat and dispels dampness, reduces inflammation and detoxifies  
Recommended for: Clearing heat and toxins, acne, sore throat

苦味程度  
Bitterness level



## 野葛菜水 Wild Kudzu Tea



材料：野葛菜、羅漢果、龍脷葉、陳皮  
功效：清涼潤肺、消暑散熱、生津止渴  
適合人士：咳嗽、咽痛、聲音沙啞

Ingredients: Rorippa Indica (Wild Mustard Green), Monk Fruit, Dragon's Tongue Leaf (Scutellaria Barbata), Dried Tangerine Peel  
Benefits: Clears heat and moistens the lungs, cools the body and disperses heat, generates fluids and relieves thirst  
Recommended for: Cough, sore throat, hoarse voice

苦味程度  
Bitterness level



## 美荷樓舊居民網絡活動

Mei Ho House Alumni Network Activities

## YHA 美荷樓青年旅舍賀年活動 2025 YHA Mei Ho House Youth Hostel Lunar New Year Celebration 2025



YHA 美荷樓青年旅舍在 1 月 19 日舉辦了新春賀年活動，與街坊們喜迎新歲，拜個早年。今年活動內容豐富，不僅延續往年的工作坊與手寫揮春攤位，還特別增設「祈願文納所」，讓大家打卡留念之餘，也能寫下新一年的願望與目標。三場精彩的工作坊帶來滿滿年味，參加者不但能親手製作美味賀年食品，還可跟隨香港唯一的大頭佛製作師——陳禮祥師傅，學習製作迷你大頭佛，體驗這門傳統工藝。此外，書法家寶典（Pookoq）即席揮毫，為街坊書寫揮春，雖然大排長龍，街坊仍耐心等候。感謝各位的熱情參與支持，祝願新一年心想事成，身體健康！

YHA Mei Ho House Youth Hostel hosted a festive Lunar New Year celebration on January 19, welcoming the Year of the Snake with the community. This year's event featured a variety of activities, including traditional workshops, calligraphy stalls, and the newly introduced "Wishing Station," where visitors could capture memories and set their goals for the new year. Participants enjoyed three engaging workshops, crafting festive treats and learning from Hong Kong's only Big-Head Buddha artisan, Master Paul Chan, to create mini Big-Head Buddha. Meanwhile, calligrapher Pookoq delighted guests with custom-written Fai Chun, drawing long yet patient queues. Grateful for the enthusiastic support. Wishing all a prosperous and healthy year ahead!

## 賽馬會「Campsite+」營舍新發現計劃 Jockey Club Campsite+ Re-imagination Project



活動邀請了一眾美荷樓舊居民網絡的成員，來到 YHA 白普理賽馬會大美督青年旅舍，參與一日精彩豐富的日營活動，讓大家在輕鬆愉快的氛圍中放鬆身心。活動首先由瑜珈體驗工作坊揭開序幕，由專業導師帶領進行簡單伸展動作，讓平日緊繃的身體得以舒展放鬆。接着進行的是香薰沙蠟工作坊，將沙畫與蠟燭結合，參加者自由配搭色彩與沙層，創作出獨一無二的作品，蠟燭燃點時更散發陣陣清香，療癒心靈。最後登場的是懷舊小食工作坊，大家一同動手製作雞蛋仔與糯米糍，體驗街頭懷舊滋味的樂趣，在陣陣香氣中，為這趟日營旅程畫上完美句號。

Members of the Mei Ho House Alumni Network enjoyed a vibrant day camp at YHA Bradbury Jockey Club Tai Mei Tuk Youth Hostel, where they relaxed and reconnected through a series of engaging activities. The program began with a yoga workshop led by a professional instructor, guiding participants through gentle stretches to release tension and restore balance. This was followed by an aromatic sand wax DIY session, where participants combined colorful sand layers with scented candles to create their own soothing, one-of-a-kind pieces. The day concluded with a nostalgic street snack workshop, where participants made classic treats such as egg waffles and glutinous rice balls, wrapping up the day with warmth and delightful aromas.

## 美荷樓舊居民網絡及義工團隊 Mei Ho House Alumni Network & Volunteer Group

導賞活動 | 口述歷史 | 資料搜集 | 故事分享 | 文化活動  
Guided Tours | Oral History | Research | Story Sharing | Cultural Activities

\* 活動以廣東話為主 Activities are mainly conducted in Cantonese

歡迎加入我們！You are welcome to join us!



計劃詳情  
Program Details



詳情及登記  
Details & Registration

## 導賞團 Guided Tour

YHA 美荷樓青年旅舍作為「活化歷史建築伙伴計劃」之一，着重保育及傳承此二級歷史建築所代表的歷史、建築、文化及社會意義。透過導賞，參加者將認識美荷樓所標誌的香港公共房屋發展史、早期徙置大廈居民的生活面貌、舊居民的人生經歷和美荷樓的建築特色等。導賞員亦會為參加者介紹香港青年旅舍協會在活化計劃中的角色，及細述活化工程如何平衡保育和改建發展的細節。

Our public guided tours introduce how the historical, architectural, cultural and social significance of the Grade 2 historic building, Mei Ho House, is conserved and passed down through the 'Revitalising Historic Buildings Through Partnership Scheme (Revitalisation Scheme)'. Participants will learn about the history of Hong Kong's public housing development, the livelihoods and interesting stories of early resettlement block residents, and the architectural features of Mei Ho House. Our docents will also explain the role of the Hong Kong Youth Hostels Association in the Revitalisation Scheme and how the project has managed to balance conservation and adaptive redevelopment.

### 公眾導賞團 Public Guided Tour

廣東話 Cantonese

逢星期二至日，以及公眾假期  
Tuesdays to Sundays, and public holidays  
15:00 - 16:00

名額 Quota

15 人 15 People

英文 / 普通話 English / Mandarin

隔週星期日  
Alternate Sundays  
11:00 - 12:00

費用 Charge

全免 Free



詳情  
Details

### 團體導賞團服務 Group Guided Tour Service

人數 No. of Visitors

10 至 30 人  
Group with 10 to 30 Visitors

導賞服務 Guided Tour Service

1 小時導賞服務  
1-hour Guided Tour

導賞時段 Sessions

星期一（公眾假期除外）  
Mondays (except public holidays) 10:30 - 11:30 / 12:00 - 13:00 / 14:30 - 15:30 / 16:00 - 17:00

星期二至五  
Tuesdays to Fridays 10:30 - 11:30 / 16:30 - 17:30

導賞語言 Language Available

廣東話 / 英文 / 普通話  
Cantonese / English / Mandarin

費用 Charge

每團港幣 1,000 元正  
HKD\$1,000 for each tour

\* 所有收費將用作美荷樓生活館之日常營運及展品保養維修等。  
\* All the revenue will be used for daily operation, repair and maintenance of the museum and artifacts.



詳情及申請  
Details & Application



# POST 41

四十一報  
No 18  
涼茶舖

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HERITAGE OF MEI HO HOUSE  
**美荷樓**  
生活館

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YHA美荷樓青年旅舍  
(美荷樓生活館)  
YHA Mei Ho House  
Youth Hostel  
(Heritage of  
Mei Ho House)



香港青年旅舍協會  
Youth Hostels Association

