First, there are a lot of benefits of Smart Cities.

The efficiency of resource distribution may increase. Smart cities leverage advanced technologies and data analyse to optimize the use of resources such as energy, transportation, and water. This leads to more efficient operations, reduced waste, and cost savings.

Additionally, the residents may have better quality of Life. Like the example professor pointed out, smart toilet which can analyze the health stage of people may enhance the quality of life.

Also, safety and security may increase. Smart cities employ technologies such as video surveillance, sensor networks, and data analyse to give better crime prevention, faster emergency response times, and improved overall security.

For e-government, the benefits are huge.

The efficiency and service delivery may be better.

Beside, it may increase Transparency and accountability. It promotes transparency by providing easy access to public information, government services, and decision-making processes. Thus fosters greater accountability and citizen participation in governance.

Finally, more citizen engagement can be implemented. E-Government platforms facilitate citizen engagement through online portals, feedback mechanisms, and participatory decision-making processes. Like Professor Ho said this can be commonly seen in mainland China. This empowers citizens to actively participate in shaping government policies and services.

Potential challenges:

The way smart cities and e-government are built -- big data, has some shortage. It may not consider some extreme cases, so that the need of small amount of people may be ignored.