

# ERUDITIO

子衿雜誌  
ISSUE 7 2021



杏林世家 任重道遠  
李維達 醫生專訪

動靜兩皆宜 興趣助學習  
梁桐愷 專訪

Only with Confidence  
do You have Humility

Interview with

DR Raymond Ch'ien

Meeting our Star Musicians

**MARTINNG RAYANSO**



# 主席的話



自創刊以來，學報一直都是同學們創作以及發表自己看法的平台，以至於提到學報，大家就都會自然而然地想起寫作。而作為今年學報的總編輯，我想在此拋磚引玉，發表一下我對於寫作的拙見。在我看來，寫作便是用筆在自己的內心以及社會之間尋求平衡，讓自我得以與世界和解。

然而近兩年，世界似乎對我們並不怎麼友好。巴黎聖母院被大火吞噬，這座世界奇珍以及其所承載的人文歷史毀於一旦；全球暖化的問題每況愈下，澳大利亞出現史無前例的森林大火，無數人的家園被毀，珍稀動物瀕臨滅絕；東非遭遇近 20 年來最嚴重的蝗災，千萬人的基本生活和糧食供給受到影響，非洲人民本就不富裕的生活更是雪上加霜。還有全球大流行的新型冠狀病毒，至今尚未被完全控制。無數人丟掉了工作，只能坐吃空山；無數人有家不可歸，只能漂泊在外。這些突如其來的災難，讓整個世界、讓人們的生活都亂成了一鍋粥。似乎這兩年的時光，就像是世界對我們的一記重創、一次足以讓許多人一蹶不振的挫折。

但人生並沒有白走的路，這與挫折相伴的兩年更是一種寶貴的經歷，我們所承受過的所有磨難，都是一枚勳章，是我們送給未來的自己最好的禮物。挫折使人苦痛，但若是我們不能從這苦痛中得到什麼，這份苦痛就白受了。接二連三的大火讓我們意識到已有措施的不足，這樣以後才能加以改進；突如其來的疫情也讓許多平時無暇顧及家人，每日奔波的人，有了靜下來陪伴家人的機會；人們因疫情被迫留在家中也讓線上教育、遠端辦公、自媒體等幾個行業飛速發展。這些都是挫折所帶來的成長。「且挨過三冬四夏，暫受些痛苦，雪盡後再看梅花。」《百字銘》中如是說道。

挫折它本身其實並沒有任何意義，它只是苦難與淚水的集合，是我們的成長與蛻變書寫了它獨特的價值。我們的人生離不開挫折，但我們若只是狼狽地穿行在一個又一個的挫折之中，無異於在泥淖中耗費生命。唯有從中磨礪自己、有所成長，泥淖才能變成富饒的土地，並從中開出希望之花。而當我們回望以及已經走過的路時，我們唯一需要記取的，便是如今的自己能否配得上曾經所受的挫折。

最後想以一句我很喜歡的古文做結尾：天行健，君子以自強不息。

## 子衿編輯部

**總編輯** 麥滙南

**編輯委員** 劉澄殷、吳世怡、吳卓思、吳梓楓、吳聿鈞、嚴梓穎、夏思齊、姚清源、姜樂孜、宋婷婷、張維優、方貝萁、李心彥、林鈞燾、林錦怡、梁仲言、梁桐慇、梁樂瑤、梁雋弘、梅鏘月、江正平、沈欣儀、洪曦昕、熊蘇婕、王建琳、王惠喬、王珮綺、米允君、胡蔚菁、莫宇瑤、蔡瀚霖、蔡詩雨、衛愷茵、負斯宁、賴宣延、邵欣妍、鄧繕釋、鄭雅瑜、鍾卓嵐、陳子如、陳學妍、陳嵐、陳斯盈、陳正曦、雷穎琳、韓一諾、馬熙媛、馬詠欣、馬適文、黃喆、黃寶燁、黃毅澤、黃裕婷

**負責老師** 鄒雅玲、李振聲、連峰、雷穎欣、蕭志韶、蘇俊傑、譚梓恆、譚欣虹

**封面圖片** 蔡悅禧、梁梓樂



# 目錄

## 02 是次焦點

Only with Confidence do You have Humility -  
An Interview with Dr Raymond Ch'ien  
杏林世家 任重道遠 —— 李維達醫生專訪

## 08 聖記剪影

Meeting our Star Musicians —  
An Interview with Martin Ng & Rayan So  
動靜兩皆宜 興趣助學習 —— 梁桐愷專訪

## 12 文藝園地

不做第一，也不做最後  
何謂快樂？  
成與敗的關鍵  
找尋答案  
環保之「呂」  
致摯愛 — 梵高  
陌生的「我城」  
音樂之意義

5 Steps to Increase Your Productivity as a Student  
Torn Between...  
Racism and its Continuous Impacts on Society  
A Plastic-free Earth Day  
Thalassophobia  
The Horrors of Instant Gratification  
世界奇聞

## 36 影評

天氣之子

## 40 妙趣橫生



# Only with Confidence do You have Humility

## - An Interview with Dr Raymond Ch'ien

Clement Ma, Sierra Ngai & Dorothy Wong

Aside from his inspiring talks at Speech Day every year, there is probably little that we know about Dr Raymond Ch'ien, Chairman of the SSC Council and School Management Committee. Aside from his contributions to our College, he is also greatly successful in his career as a businessman as Chairman of the Hang Seng Bank, among other achievements. We were so excited to have the opportunity to have an interview with Dr Ch'ien where he shares his days as a student in SSC, the inspiring journey of his career, and his advice for our fellow students.

### Younger Days

We begin with reliving some of Dr Ch'ien's fondest memories as a student in SSC. According to what he said, the first thing that comes to mind are the ghost stories. His roommates in the lower forms used to talk about seeing shadows around the campus. "I would say among my schoolmates, and even myself, some of us were probably considered misfits." During his student years, he would play pranks such as putting a thumbtack on a prefect's chair! "It was all mischievous stuff", he recalls. He also remembers sneaking out to the waterfront to festivals and being caned by Mr Clive Oxley. "From a teacher who caned me, my housemaster, to my colleague in the Council," Dr Ch'ien marvels at how much has changed.



Dr Ch'ien graduated from the Preparatory School in 1963.

One of his most exciting and dangerous experiences was when Dr Ch'ien and three of his friends got into double canoes and tried to row from St Stephen's Beach to Stanley Main Beach one day after school. "That was too ambitious," he says in hindsight. Once they were at the southern tip of Stanley Peninsula, they were shaken by the rough waves and it was "a bit scary" for them. They found it hard to paddle, so by the time they got out of Tung Tau Wan, it was dark and late and they were exhausted. Their housemaster was so worried about them even the marine police was called! They eventually got washed back up to the prison beach. It was a great relief for Mr Oxley to find them carrying the canoe back out. "The government would not allow schools to let students do that," he reflects.





Reunion of Class of 1968 in 1993 with the presence of Rev. R. Handforth, Mr Luke Yip, Mr C.W.B. Oxley (Front row: 3rd, 5th & 7th) and Dr Ch'ien (Back row: 8th)

He also remembers things back in the day being much more liberal. He told us that Dr Norman Ch'ien, a faculty member, actually taught him how to drink whiskey! "Nowadays if a faculty member enticed [a student] to drink liquor, they would get fired!" he laughs.

## The Spirit of St Stephen's in Him

Looking back, Dr Ch'ien remembers St Stephen's being more "free-willed and less structured". "But, structure, in a way, is also good," he muses. "Now we know the need for structure and for better security. If I became a parent, I would not allow my kid to go out unsupervised!" he admits. "Life was different," he continues, "and that kind of philosophy, it's good not to totally lose it." It is important to have an adventurous spirit, but Dr Ch'ien recognizes that even adventures nowadays are more structured, like the Outward Bound Camp at our school. He believes it is much better to have adult supervision, to structure these experiences in a way that the programme forces you to push yourself. "In our days, it was how much you pushed yourself as individuals, to draw out of your comfort zone without anyone else pushing you." He related this to his exhilarating experience in the canoe trip. He never would have thought the waves would be so high. "When you find yourself in a situation like that, you panic, but you can't give up."



Dr Ch'ien with his fellow schoolmates in front of Bathing Pavilion, St Stephen's Beach

Dr Ch'ien says he considers himself to be in a "fortunate generation", due to the exposure to people of different backgrounds. He recalls in the early 50's, a lot of people came from mainland China, and we had people come to Hong Kong with "very interesting qualifications". Due to St Stephen's being a school with no government funding at the time, we had autonomy over faculty recruitment. "We recruited a lot of UK-educated, US-educated people." Some notable people he remembers were Dr Norman Ch'ien from Colombia Law School, someone from

the Guangdong government from the nationalist days, and a Biology teacher from St John's University. "All these people had fascinating life stories," he says.



## What He Sees in the Younger Generation

As CEO of businesses, and an experienced person in hiring people to work in said enterprises, Dr Ch'ien talked very in-depth about the skills a person needs or has to equip themselves with for the future. The first thing he mentions are, of course, technical skills. Describing these as “going without saying”, expertise is a surefire number one for Dr Ch'ien if it comes to professional work like programming or computing.



Meeting with Diana, Princess of Wales in 1995

However, when it comes to assessing a person, the concepts needed are far more than what professional training brings. Dr Ch'ien puts “humility” forward as his go-to trait when he is first meeting and getting to know a person. He thinks that with true substance inside, one should gain confidence, and he notes that “only with confidence do you have humility”. He further elaborates on this by explaining that “it is the boastful, chest-thumping people

that are the least confident,” and to him, a lack of confidence generally means a lack of substance. One should be proud of one's own knowledge, yes, but we should learn to respect it too instead of only being prideful about it. Humility is also the foundation for learning, which is what Dr Ch'ien thinks is the continuation of how people grow; it is the fundamental ingredient for listening, which he believes is the root for interpersonal skills at the same time.

Apart from that, Dr Ch'ien lists out some other things of what people should have inside them. Speaking about diligence after humility, he analyses that “a lazy person does not improve that much”. While generally a universal rule, Dr Ch'ien emphasises what a person chooses to do. He explains that “it's not about how much time a person sleeps, no; it's about what they do when they're awake.” Time management balance is key to all this, as is organisation. There might be some outliers who are so focused and professional on one thing that it makes them “imbalanced in their life”, but Dr Ch'ien believes that every person should at least be keeping their life generally balanced. Of course, he does not expect that every single person has these admirable characteristics. He himself says that no one can ever have enough of these things, and that these are general rules laid out to guide people, and values that he looks for in people. He asserts the idea that although a person might be brash and not showing any signs of humility, they might work wonders, but he exclaims that “it certainly reduces their probability of being employed!”

When asked to assess his younger self, he states that his wish was to “put more time in learning”. Of course, as aforementioned, he thinks that what one chooses to do with time is important, and while he certainly does not regret the things that happened in his youth, he does regret not having more subjects that he was strong in (particularly listing Mathematics as not his forte). He even states that if he were to live his life again, he would have “spent more time” in these subjects; concluding with “a little less playing, a bit more time in Maths”, to the mirth of everyone in the room.



## Advice for Youngsters

Dr Ch'ien is known for his outstanding performances in a variety of business activities and civil services. While having his hands full, Dr Ch'ien still finishes his tasks with effectiveness and efficiency. It is definitely praiseworthy. Asking about his tips on handling time management, Dr Ch'ien suggested three pieces of advice to our current students. "Avoid social media distraction" is what Dr Ch'ien mainly emphasised. Social media is the thief, who steals our time every single day. By the time when we receive "dings" from the notification centre, we certainly have forgotten about what we had intended to do. Therefore, Dr Ch'ien recommended that prioritizing three weighty tasks each day and accomplishing them before reaching on the use of social media. Ultimately, Dr Ch'ien still puts self-discipline forward. "You've got to impose some self-discipline," he highlights. "A lot of minor things can wait, but not the major ones."

## Afterword

Looking back at the inspirational talk with Dr Ch'ien, his honed competence and experience in life can indeed motivate us to a next level — be it studying or even living and maturing as a person in general. From his spirit-filled younger years to his business tactics and philosophical advice, it is not hard to see why his reputation and positions are well-deserved. Throughout the interview, he has talked in length about many subjects indeed, all of which can contribute to our well-being as students, even caring about us as the interviewers as to what we need to improve as a whole; his incredible tenacity to care for the younger generations has certainly touched and influenced us, and we believe that the same can be said of all the readers out there as well.



## 杏林世家

## 任重道遠

養和醫院院長 李維達醫生 專訪

麥匯南 熊蘇婕



醫生，向來是最受歡迎、讓人景仰的職業之一，相信也有不少同學以此為自己的職業目標。今天我們有幸能採訪一位在香港享負盛名的醫生——我們的學長李維達醫生。他是養和醫院院長暨眼科部主管，同時也是香港大學眼科研究中心名譽教授和英國格拉斯哥皇家醫學院內科榮譽院士。想知道李醫生在聖士提反的難忘經歷以及他行醫多年的體會嗎？那就請各位繼續看下去吧！

## 聖記回憶

「打一次記一世」，李醫生笑言，在宿舍挨藤條受罰，是李醫生在聖士提反書院的學生生涯中印象最深刻的事。起因是一群外國學生朋友與往常一樣，週末躲在宿舍頂層的風紀房打麻將和抽煙，被當值的風紀抓個正著，並要求交出當事人的名字以作懲戒，連學業成績優異的李醫生也不能倖免。認還是不認？要不要將其他人供出？他最後還是選擇守口如瓶，接受懲罰。他打趣道：

「挨打後，令我覺得幸福的是，好像我在朋友間的地位提高了一點，他們對我更好了，也受到不少人的同情。」挨了四鞭藤條，痛苦是必然的，但慶幸的是朋友之間的情誼得到滋長，並在經歷「患難」後更加牢固。李醫生表示儘管那一班同學畢業後各奔前程，但依舊會保持聯絡。這就是彼此堅固友誼的證據。

多年以後再回望當初，李醫生坦言他的中學生涯並沒有遺憾。中學時期的喜怒哀樂，都有它獨特的意義，這些都是人生中不可或缺的一段經歷。年少輕狂，誰不曾試過考試作弊或挨打受罰？如果再給他一次機會，他認定選擇沒兩樣，因為人生的路並不好走，我們無法預料路邊何時會多出一塊凸起的鵝卵石。他說：「挫折總是千變萬化，遇上了就要學會反省，汲取經驗，無論好壞，也是寶貴的人生體驗。」於他而言，人生是一條只有往前、沒有退路的單行線，走的每一步都是珍貴的人生經驗，沒有什麼會特別後悔或想改變的。他坦言畢業後便去了美國，一待就是十三個春夏秋冬。儘管暑假時曾回過聖士提反，但也只是在校園兜了一圈，感受到物是人非，很少去想細味過往的經歷。「反正事過境遷，再多糾結也是徒然，畢竟前程都那麼吃力了，前方還有路，當然要更加努力地向前走。」他如是說道。

## 行醫之道

被問及為何選擇行醫，李醫生坦言自己起初無意投身杏林。他說：「我中學時候讀的是化學，老師是從劍橋畢業的，我一直都很仰慕他，那時候想著長大也要像他一樣找一間中學教授化學。」可惜計劃總趕不上變化，後來在機緣巧合下，李醫生便走上了與他父親、伯父一樣的行醫之路。他一直都是慶幸自己當時的成績足以讓他考上醫學院。「人生的路總是會變的，因此我們要讓自己時刻準備好，這樣在面對任何變化時，我們都至少能應對自如、游刃有餘。」李醫生如是對我們說道。

成為了醫生後，李醫生也深感責任重大。他認為醫生的宗旨應該是「以病人為先、安全為先」，所做的一切決定要利於病人。醫生與其他的工作不同，其職責是治病救人，而人的生命只有一次，所以犯了錯是沒有機會重來一次的。這樣性命攸關的職責、極低的容錯率自然會帶來巨大的壓力。而對於如何處理這一類壓力，李醫生也頗有心得。他認為好醫生的「好」在於他們認識到個人的能力是有限的，世界也是瞬息萬變、醫療科技日新月異，當遇到自己未能解決的病症，願意虛心向別的醫生請教，不能受個人能力或面子所限而令病人得不到適切的醫治。「特好」的醫生就會多學習新的醫療技術來完善自己，讓自己的限制更少。但都說人無完人，再高明、再博學的醫生也只是血肉之軀，任何人都有著自己的極限。因此李醫生認為做醫生最重要的是要知道自己的局限性，絕不可頭腦狹窄。只有集眾人之所長，才能給予病患最高質量的治療，才能讓自己不被巨大的責任感與壓力壓垮。



此外，李醫生尤為注重病人的感受，這也與他曾與癌症搏鬥的個人經歷有關。「作為醫生，我們見慣了太多人生的悲劇。比如年幼的孩子因車禍去世、新婚不久便喪偶的年輕人、老無所依的老年病患……」說到這些，李醫生的聲音也不禁有了幾分哽咽，「而為了不被這些悲劇和負面情緒所影響，我們做醫生的都會不斷提醒自己，告訴自己說只要我穿著這一襲白袍，什麼病都侵襲不了我。但也正因如此，有時醫生未能完全感同身受地理解那些患者們的心情。」而當癌症真實地發生在李醫生的身上時，他才發現自己並不是無法被打敗的，癌細胞並不易受人類控制。李醫生告訴我們在得知癌症噩耗後的幾個月裏，他就彷彿抬頭都看不見太陽一樣，每天早上一睜開眼就在想自己什麼時候會死。但就像是你告訴一個普通人他有癌症、快要死了一樣，他可能會憤怒、焦慮，也可能會自欺欺人，但到最後他還是得接受現實。所幸李醫生在妻子的陪伴與鼓勵下，很快便接受了這件事，並積極配合治療，如今也已戰勝了病魔。他直言這樣的經歷讓他對生命有了更深刻的理解，也對其多了幾分感激與敬畏。

同樣地，這樣的經歷讓他得以有機會脫下白大褂，以另一個角度去看待自己平時的工作。「人都有生老病死，我也能夠理解人們在得知噩耗後的負面情緒，但是你的憤怒、你的崩潰其實是於事無補的，它們只會讓你的家人更加悲傷，也只會讓我們醫生的治療更加困難。所以我們最重要的就是說服病人要去接受，」李醫生說：「你只有接受了，才能決定你去接受什麼療程，才能與家人一起共度這個難關。一個人面對疾病是很痛苦的，所幸在這條路上除了夥伴與家人，還有著醫生、護士們在病人的身後支持著他們，告訴他們：『你們並不孤單。』我想，這也是為什麼醫生這個職業如此受人愛戴的原因之一吧。」

## 管理之道

李醫生也是養和醫院的院長，平時除了行醫，還要處理繁重的管理、行政工作。談及醫院的管理，李醫生強調他一直以來都不是一個人在單打獨鬥，他很感恩養和醫院能夠擁有一支優秀勤懇的團隊。有別於其他醫院，養和醫院實行多院長制，各院長來自不同的科院，其中有香港大學的教授，有幾個甚至被李醫生稱為「偶像」。他們各司其職，造就了如今的養和醫院。李醫生向我們道出管理經驗，他說：「好的醫療團隊，精湛的醫術是基礎，但此外也很需要護士的配合，儀器的協助，和病人的信任。」管理亦是如此，李醫生很清楚每個人都會有不一樣的想法，也明白人總是會有自己的盲點，就好像「單靠一朵美麗的鮮花，打扮不出多彩的春天」，因此團隊是不可或缺的。其中最大的效益是有所回饋，每位院長都需要照看病人，從基層到管理層，每個環節都緊緊相扣，以達事半功倍的效果。同時李醫生很注重品質管理，「我希望每一位在養和醫院的病人，不僅能夠接受到醫生的有效治療，而且醫生看診後、在護士的照料下更加積極向上地生活，被他們團隊的活力和熱情所感染。」他的話語中總是充滿陽光和力量。



院長和醫生的雙重身份於李醫生而言其實是相輔相成的。醫生是一個神聖的職業，他們的存在就是為了救死扶傷。當有著多年眼科醫生資歷的李醫生坐上管理者的位置時，面對養和醫院的發展，他並沒有摒棄醫生的本心，總是能夠設身處地、從專業醫學知識層面去考慮醫生的顧慮和需求，理解醫生對於引進新儀器和治療方針的想法，從而提供更多的幫助和訓練給他們，共同進步，共同成長。而這些都不是紙上談兵，我們確實能夠看到養和醫院這幾年不停地引進外國最先進的科技和醫療設備。李醫生認為醫療是無國界的、無限制的。他說：「作為私家醫院，只要我們的醫生認為新儀器能用，我都會盡可能滿足病人和醫生的需要。」

李醫生整個家族都很積極投身於慈善事業。李醫生回憶道，當年他媽媽提出資助筲箕灣婦女會中學的計劃——如果有學生畢業後能成功考取醫學院，便將由養和醫院承擔學生的學費，到現在為止，已有多名學生獲得資助。他說：「每年都會和應屆畢業生一起吃飯，欣慰的是去年的學生表示很感激，因此感到自己做了一件很正確的事。」養和醫院有很多基金會是為了扶持醫療產業發展而成立。他直言道：「養和於我而言，並不是一個以賺錢為目的的財團。」當初他伯父創立養和醫院的初心也不是為了賺錢，亦沒有成為慈善機構，但慶幸的是能夠堅毅地生存下來。也許這就像人生的路，坑坑窪窪但總不會一成不變，只要堅持下去，總會看到明天。李醫生謙虛道：「我的一生說不上很成功的，以前總是碰壁，現在可以說還算是過得去。」他不僅僅是一名好醫生、好院長，更是一位好丈夫、好父親。他很感激親人理解自己的職業並給予支持和鼓勵，和兒女之間相互認可，和妻子之間相互體諒。雖然平時各忙各的，但飯桌上的他們其樂融融，感受到家的溫暖。

## 後記

路的盡頭還有路。李醫生也面臨過無數的選擇，可是人生沒有標準答案，哪條路都好，都是正確的，需要的是堅定不移地走下去。小編認為，更重要的是一路向前的途中，也不要忘記自我反省和心存感激。斯人若彩虹，遇上方知有。讓我們從李醫生身上學會堅守、學會反思、學會感恩，成就我們美好的人生。

# Meeting Our Star Musicians

## - An Interview with Martin Ng and Rayan So

Jerod Lau & Josephine Ma

Here in St Stephen's many of us are given opportunities to explore our own potentials and talents, to truly discover what we want to make of ourselves. We interviewed two students, Martin Ng and Rayan So, who at St Stephen's are exceptionally talented and skilled with music.

### Why they like music

"I became interested in music ever since I was a child," reminisced Martin, "as I had seen Chinese opera videos played on VHS tapes and was intrigued by it. My parents gave me countless opportunities and let me try out different instruments, and now I am capable of playing the piano and violin very well."

"Since kindergarten or primary school I've already been learning the piano," chimed in Rayan. "I was originally just a bit interested in learning it, but it has become a huge part of my life and I've dedicated a lot of time into it."

When asked about their ideas for future careers, Martin excitedly told us that he would aim to do anything pertaining to creating. It could be something grandiose like big theatrical performances, to something simpler like party planning, or just something that is related to music. He believes this would continue to enhance his

creativity and enrich his musical skills. Rayan on the other hand just wishes to be a piano performer and perhaps someday perform at the Carnegie Hall in the States.

### Struggles they've faced

As stated before, the duo are both exceptionally talented at music. They clearly need to spend a lot of time on music to attain such a high level of proficiency. It would seem that the way for them to manage to find a balance between academics has something to do with the IBDP course. "It requires a lot less memorizing, and since academically I'm not that strong, I focus my time on music and I get some time to just think about things I want to do in my life like how I'm going to make a change to this world or for our school," Martin stated. "I have some free time, and playfully I spend it bingeing horror movie trailers, as I love the suspense it manages to give me constantly."

Rayan told us, however, that he still needs to work very hard to get his work done ahead of time to be able to have the free time necessary. "We may not have as much memorizing to do, but we still have to work quite a bit. I have to work quickly, and also use the free time I get to practise the piano. I am lucky to still have time to pursue other interests, such as archery. In my free time, though, I do like to go on YouTube and explore different types of music."







## What they'll miss the most when they leave the College

"Honestly, I'll miss the family I've gotten to create here at St Stephen's," Martin stared off into the distance, fondly told us. "It's all the things, from the fun we have to the silly things we do, and even the emotional days where we cry over failures or losses together."

"For me, it'll always be the hanging out I've had with my friends. We get to have these long conversations sometimes that are extremely deep, and we just talk about our future or talk about little things, and through them our bonds just got closer and stronger." Rayan quietly told us.

We were also curious to know if they thought of music as a universal language, as many firmly believe it is, and they both believe that to a certain extent, it is. However, music can be subjective, there are so many perspectives and opinions towards different types of music such that there is no one way to see and interpret music. Speaking of Hong Kong's own musical culture, Martin believes, sadly, that Hong Kong lacks music culture, and there are far too many deadlines for artists, it is suffocating and there is no time for artists here to expand and gain more skills. Rayan agrees, and says that there are not enough venues for one to perform and that they will not gain much exposure.

## Opinions on Sing-con and tips

As you may or may not know, our school annually holds a singing competition. "Oh my gosh it is so good. Nobody likes it at all but this helps them bond together ultimately," Martin laughingly told us. They believe it is a great tradition to keep around as instead of a performance, this competition simply forces one, through music, to work with others as a team. Rayan added, "My tip would be to spend more time to plan and prepare. That's really it."





## Encouraging words

We asked for what their encouragements would be for anyone interested in chasing after music, and they said that it would be for them to have enthusiasm and a genuine passion for it. “One must be able to persevere and survive the challenges being thrown at them.” Martin solemnly claimed. “Try to do things differently, that can include both music and something to give you a stable life for both passions to meet halfway.” Rayan added. “It helps as other careers may help you stay afloat while you get to add music into it.” One simply must be able to go straight for the prize and not mind the pain.

## Is music a rewarding path to pursue?

“Absolutely not!” Martin and Rayan both exclaimed. “It will be extremely difficult and make a living as a musician.” Martin says. “Even if you have a passion for it or may enjoy performing and find it spiritually rewarding, it would be difficult to survive pursuing a musical career.” Rayan mentioned, however, “If music is what you want to pursue, and you have the chance and freedom to pursue it no matter where you are then do it! We only have one life and should do what makes us happy and live this experience to its fullest.”

## Important messages to take away...

The messages they would like to leave to our readers are that “Life is very short and can be very futile. There is no point in having any trepidations and one should try to do whatever they like. Your worries shouldn’t matter too much and you mustn’t let them become inhibitors for you to pursue what you want. You should discover your dreams and do what you would like. Live your life and don’t survive it. One shouldn’t solely focus on getting a good job with a good pay.” To quote Martin, “Life is short, we’re all gonna die anyways. Don’t overthink and worry too much.” Perhaps these words of wisdom from our SSC star musicians do bear great relevance to our lives especially during unpredictable times like today.



# 動靜兩皆宜 興趣助學習

## 梁桐慇同學專訪

陳正曦 李心彥

今期有幸訪問梁桐慇同學，一位現於中文大學從事基因研究工作的學長。除讀書了得外，她也醉心運動和藝術，名副其實的既讀得、又玩得之人。

### 以科學看世界

梁同學表示自小對科學已有濃厚興趣，自己也接觸不少相關知識，在父母的鼓勵下，她慢慢便開展了這道大門。回想起來，她十分感謝父母的支持。她認為科學予人一個了解、觀察世界的角度，是一個講求邏輯、理據，而富探索性的國度。站在不同位置，只要有合於邏輯的推論，在科學的角度也是可以成立的。科學跟直覺是相反的，我們肉眼上看到很複雜的，在探索其原理、結構等之後，會發現其規律、變化可能很簡單；但亦有的現象、問題看來簡單，但背後蘊藏複雜的理論、因素，科學強調的就是觀察與探索。世界有很多細微因素互為影響，帶動全球運作，隨時代發展，世界衍生的問題就更多，她說自己越探索便越發現更多不明白之處，也就挖掘越多的知識。在尋索過程中，讓她看到知識海洋的無邊，知道原來她擁有的知識只是很皮毛的，這一方面讓她反思更深，學習謙卑，另一方面也更帶動她進行更多探索。她也認為科學於人類是很重要的。世上一切建築皆以物理為根基，包括大廈、橋樑的結構，又如化學原理與藥物的關係，小至個人生活，大至自然現象，一切跟科目脫不了關係。從探研科學中，她看到人如何思考這世界的運作，最後運用到有利於生活、環境、世界之上，也從人類如何利用科學更理解人性。

### 研究促進學習

梁同學表示由於對科學研究非那麼深入，所以，很多地方都是在師兄的指導下進行。師兄的幫助對她十分之大，讓她學到很多不同的東西，獲益良多。另一方面，梁同學認為研究工作是可以幫助她的學業。她在研究的過程中遇到很多不同的問題，而遇到問題時，她就需要持開放態度、邏輯思考、理性分析出錯的地方或問題之所在，追溯追源，尋找解決的方法。這些邏輯性思考對學習起了很重要的作用。同時，她亦認為工作過後，作出自我反思也能夠運用於學習之中，反思過程孰強孰弱，孰優孰劣，有所掌握，知所改善，更能精益求精。



## 以「趣」讀書 勇對挑戰

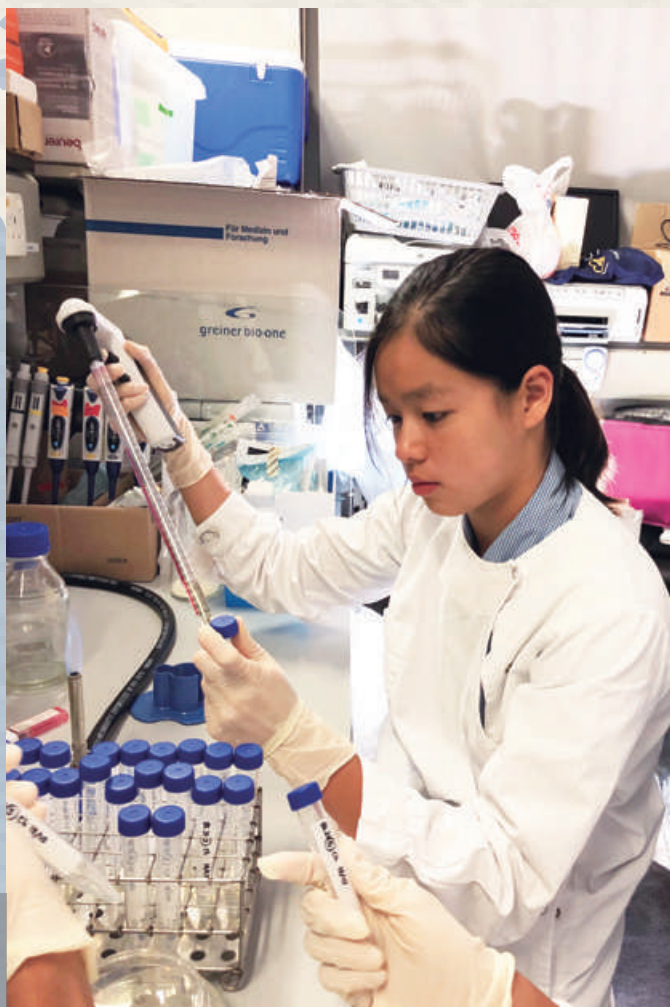
對於求學，梁同學強調讀書最重要的是為興趣，不能被分數的高低或是課程大綱去限制和影響。這種以「趣」讀書的態度，使她不論是學科學習，還是課外興趣，都會全力以赴，要求自己能做到的，都會盡力去做，做到最好。她認為如果因為分數成績而讀書，功利的觀念使自己目光太淺，因而計量付出，結果只會限制自己的能力和天賦。最終不能將自己的潛能發揮，突破極限。

成績優秀的她可曾遇上困難、挫敗？她坦言也是有的。每當此時，她會先冷靜下來，學習接受，並不會視挫敗為「挫敗」，是「沒有理想中那麼好」，轉個角度，把挫折看成學習的機會。她說第一步是冷靜，這樣才不易陷入負面情緒，之後要分析自己的不足——是溫習不足，還是有什麼疏漏，然後針對弱點改善。她認為每一科有自己的邏輯、答題的技巧，是要靠自己去摸索的，並且要相信自己也有掌握這套邏輯的能力。學習的過程就是不斷嘗試與修正的過程。

## 音樂體育兩相宜

她分享每天有規律的生活，先完成功課，再處理課外活動，閒來彈琴、跑步、作曲，之後也會安排溫習時間，如尚有餘暇則會看書、瀏覽網站，豐富知識。她還支持早睡早起，早點起來可以稍作運動，如做瑜伽，可以健康地開展一天的生活。這不禁讓人疑惑，何來那麼多時間？可想而知，她是一個自律性很強的人。另一方面，她也提及當做自己喜歡的事，多久也不是問題，很願意找時間做，這也就是她如此充實而樂此不疲的原因。

梁同學的興趣及愛好也成為她在壓力下的調適方法。她認為有時與其不斷地在「死讀」，不如做一點自己喜歡的事，稍作休息後，反而令人覺得「重生」，再重新投入學習，效率會更高。她坦言學習上的壓力誰也逃避不了，可多與不同的人溝通，從中學習。







在運動方面，她喜歡游泳和跑步。運動有效幫助她舒緩學習功課的壓力，也可有益身心。運動給她的啟示就是在逆境時，不輕言放棄、堅持到底的心態，以及明白到自律的重要性。音樂方面，梁同學從小已開始接觸鋼琴和法國號，音樂就好像陪伴她成長的老朋友，令她對音樂有著一份特殊的感情。在遇到困難之時，音樂能令她放鬆身心，冷靜下來作出思考。

閒暇時候，她就喜歡發揮自己的創意，嘗試去創造新的旋律和樂曲。然而作為一名喜愛恐怖小說的忠實讀者，她就提出自己有空也會閱讀著名作家史蒂芬·金（Stephen King）所寫的故事。她喜歡閱讀這類作品是因為這讓她看到作者如何通過文字讓受眾心中產生恐懼，書本跟現實世界是兩回事，但文字卻讓作者和受眾有一種微妙的結連。閱讀讓她看到文字的力量，可以是富建設性的，但也可以是充滿破壞性的。此外，觀看有關於科學研究方面的影片也是她的愛好之一，以增進相關知識。

## 總結

梁同學感恩學校對她的栽培，讓她看得更闊，走得更遠，成就更好的自己，亦願同學能把握學校的不同優勢、條件、機會，訓練及提升自己。

## 後記

訪問梁同學後，讓我們更深入了解一位既讀得又玩得的全面學生，同時也明白到興趣是讀書、工作的動力。對有興趣的事，百般辛苦也是甜；沒有興趣的事，渡過一秒彷如一年。梁同學則發掘了自己的興趣，並化成自己的理想，持之以恆，奔向目標。同學們，你的興趣呢？找到了嗎？



# 《不做第一，也不做最後》

莫欣茹

常說「物競天擇，適者生存」，現今社會中，人們似乎從出生起便不斷攀比，一味往上爬，讓別人成為自己的踏腳石。但為何我們非要爭個你死我活呢？「不做第一，也不做最後」看似消極，其實不然，這正正讓我們不被名次局限，放下執著，望向更廣闊的彼岸。

「高處不勝寒」，若凡事都執著於做第一，只會在當中迷失，而誰說做最後就只能失敗？明朝開國君主朱元璋便是其中一個例子，在天下人都揭竿起義，迫不及待地逐鹿唯一的皇位時，他卻反其道而行，以「高築牆，廣積糧，緩稱王」的方針內斂實力，最終統一天下。「木秀於林，風必摧之」，鋒芒畢露或能逞一時之能，卻會成為眾矢之的，難逃覆滅的命運；「名落孫山」或許一時難堪，卻能讓人趁機養精蓄銳，伺機待發，令自己不被暫時的勝利沖昏頭腦，時刻保持警惕清醒，才乃是長久之計，可見不做第一未必會失敗，反而是成功的關鍵。相反，所謂「強中自有強中手，莫向人前滿自誇」，一時的第一不代表永遠的第一，有時太過在意成敗得失，反而會令人迷失。正如美國頂尖運動員阿姆斯特朗因過分執著名次，最後被驗出服用禁藥，永久剝奪運動員資格，由此可見做第一不能代表一切，不做第一或許會令我們有更大的收穫。

同時，「不做第一，也不做最後」並不代表畏畏縮縮，得過且過，反之而言，保持中庸才能讓我們進退得宜。所謂「無過無不及」，若凡事過於偏執，處處要穩佔上風，又怎能顧全大局，成就更大的道義呢？曼德拉作為世上最出色的政治家之一，帶領南非結束種族歧視，作為非洲民主運動的先驅，他永遠走在示威前線，卻也懂得在強權下以退為進，以顧全局勢周全為先，不一味爭做第一。在需要挺身而出之際，我們理所不應苟且，躲在人後，然而這種勇往直前，「自反而縮，雖千萬人吾往矣」的精神固然可取，但其實在困境中知所進退，大勇若怯，才方為良策。相反，如項羽般勇猛無雙，卻不懂以大局為重，有進無退，最終兵敗垓下，烏江自盡，因此，「不做第一，也不做最後」作為權宜之計，才能讓我們以大局為先，獲得更大的成就。

中國傳統文化宣揚中庸之道，即指堅守原則、不偏不倚的處世態度，子曰：「中庸之道，其至矣乎！」可見這是我們每個人所應該追求的，而「不做第一，也不做最後」的意義也正在於此。在孔子被問認為弟子子張和子夏二人誰更為優秀時，他回答：「過猶不及。」指出凡事不應走極端，不管是做的過頭，還是做的不夠，於孔子看來都是不合適的。因此，執著於是否做第一或最後也都是不可取的，前者是流於冒進，過於張狂，後者是縮手縮腳，沒有作為，而只有這對立的雙方互相牽制，互相補充，才是最恰當的選擇。正所謂「物極必反，盛極必衰」，不做第一、不做最後的人生態度顯而易明，人皆可為堯舜，中庸之道看似遠在天邊，其實近在眼前，在我們生活之中無處不在。

或許有人認為「不做第一，也不做最後」是消極的逃避，是不上不下的表現，然而我卻不敢苟同。不管是在人生抉擇還是人際關係中，為人處事最講求適可而止。追逐第一或許是自信，但過於執著於做第一就是狂妄自負；一時退讓或許是為了韜光養晦，但一味退讓就是怯弱畏縮，可見只有保持中庸才是周全的行為，恰到好處，故「不做最後，也不做第一」的處事態度讓我們時刻懷著自知之明，絕非消極逃避。

「青山依舊在，幾度夕陽紅」，既然我們一生如此短暫，為何不學會放下執著，別讓那小小排列名次局限了自己呢？我可能只是眾生中平庸的一員，但誰說只有第一才能讓發光發熱？我們不應糾結於做第一還是最後，反而應該忠於自我，率性而行，困境時隨遇而安，順境時隨心而靜，而第一還是最後卻已是不足為道。



# 何謂快樂？

黃裕婷

從懵懂幼稚的小孩，到桀驁不馴的少年，再到成熟穩重的成年人，這一步一步的蛻變使我們思想上變得成熟，對自己的要求也隨之提升。到了某一個年紀，快樂好像不再隨影而行，不再是一顆糖果或一句讚賞可以換來的。然而，參加了「在學活動柬埔寨之旅中，我卻對「快樂」一詞有了深刻的反省——快樂是珍貴的，亦可以是平凡的。

那天下午我們為當地居民築房子，放下手中沉沉的鋤頭，正打算坐在卡車的尾廂休息，就見到一群活潑的孩子向我們迎面跑來。孩子們可愛的笑臉頓時讓我精力充沛，原本疲憊不堪的身軀也被激活過來。礙於語言障礙，我們一行人只能跟小孩子比手畫腳溝通，真是滑稽又好笑。小孩子們也似乎感受到我們的熱情，笑顏展開得更燦烈。一個小女孩把從樹上摘取的鮮花送給我們作為禮物，鮮花塗上了一層鮮豔的紅色，以黃澄澄的花蕊作為點綴，為花增添另一層色彩。鮮花雖絢麗，卻不是令人反感的艷俗，反而是純樸的、可愛活潑的，並充滿生命力的。小孩子物質上擁有的或許不豐盛，卻依然存有分享的心，只為傳達一份單純的善意。我看著這群無邪的小孩，不禁會心微笑，心裡頭暖烘烘的。此刻的我，是「施予者」還是「收益者」呢？

夜幕低垂，皎潔的月光柔和地灑在我們身上。遠離了煩囂的城市，陪伴我們的是喋喋不休的蟬鳴，還有縈繞不去的蚊子。沒有璀璨奪目的夜景，卻有一片一望無際的星空。夜空中鑲嵌著鑽石一般的繁星，它們閃爍著耀眼的光芒，真是引人入勝。

原本寂靜的夜晚因為我們的到來變得熱鬧非凡，同學們圍繞著鐵造的圓桌，隨著一聲令下，紛紛興奮地把「牛頭牌」放在桌上。「啊！又輸了！」「哎唷！我贏了！」一輪遊戲過後又是另一輪的展開，誰也不願意就此罷休。一副紙造的遊戲卡換來了與同學共聚的好時光，有那麼一刻，忽然就覺得電子用品原來也不過如是。

月光底下洋溢著歡聲笑語，而熱熱鬧鬧的景象下卻是一片和諧，被擠擁在人群裡的我看到大家興高采烈的模樣，很快樂。

快樂原來很平凡——它來自孩子們爛漫天真的笑容，來自他們真誠的善意，來自一副普通不過的紙牌，來自萬無邊際的星空。快樂原來很珍貴——它是重拾童真的感覺，是被「施予」的福氣，是感受別人待你真心時所獲的一份感動。





# 成與敗的關鍵

米允君

盛暑炎毒，我汗如雨下，卻不知是出於酷熱，還是出於羞愧……

每年暑假，和外國學校的交換生計畫都可謂是場重頭戲——要知道，那間學校可是盛名遠揚，我早就想見識其「廬山真面目」了。頗有人緣的我自然是呼朋引伴，一群人浩浩蕩蕩地報了名。

我和我的一群夥伴都幸運地入了選；今天，我們終於到了。定睛一看，果真是綠草如茵，群樹濃翠啊！指導員為我們跟外國學生安排了一場遊戲，讓我們促進友誼，我也不禁摩拳擦掌，想著要大顯身手。

遊戲規則如下：兩批人馬分為紅藍兩隊，每隊約有五十人，各選出一名「主帥」；主帥戴著的金色頭巾佔三十分，其餘人馬紅隊的戴紅頭巾，藍隊的帶藍頭巾，每條佔一分。譬如我現在已經是當之無愧的紅隊主帥了，假設遊戲結束時，我隊有三十人沒有被搶去紅頭巾，我又保有金頭巾，那便保底有六十分；如果有人還搶來了十條藍頭巾，那加起來便有七十分了。

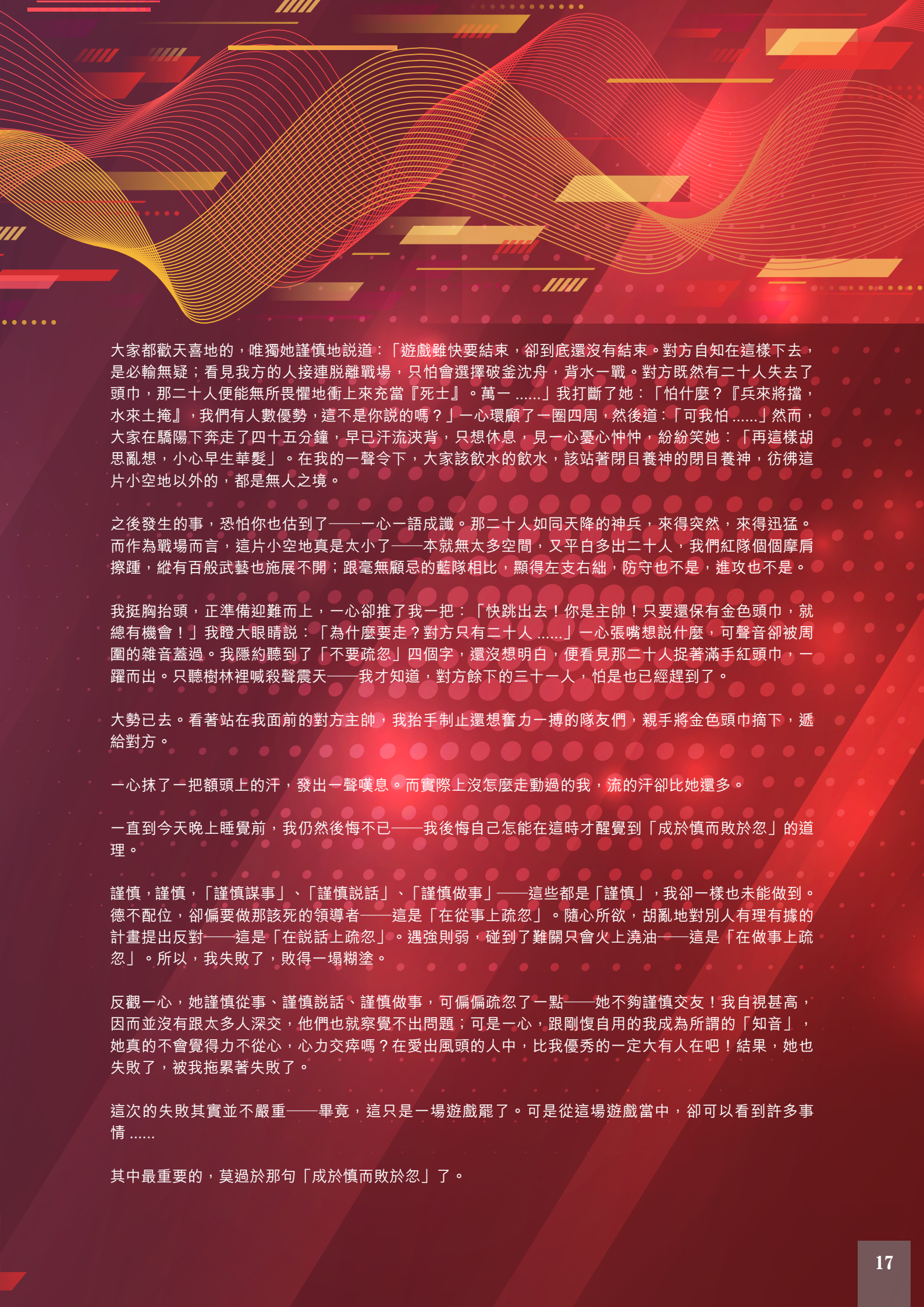
解釋完規則，有十分鐘時間商討戰術，隨後開始為時一個小時的遊戲。我帶領紅隊選了一處綠樹蔭濃、叢木環繞的小空地作為「大本營」。我不顧有些逼仄的環境，拉著一心奮力擠到了一個比較顯眼的位置——要知道，雖然我的朋友不少，可那我打心眼裡覺得他們都是庸人；唯有一心，配得上做我的知音。她不喜歡出風頭，我又正缺人手，我們真的是天作之合。

一心對我分析道：「剛剛指導員講解規則時我就已經清點了人數，我方的人數應當有五十六人，比對方多了五人。我們保有頭巾就已經有一分，因此只要我們謹慎行事，避免自己的頭巾被搶去，即使未能搶來任何頭巾，最後我們也會有五十五加三十，八十五分；而對方只有五十加三十，八十分。到時便是不戰而勝了。」大家點頭連連，我卻不太滿意地道：「小心翼翼的又有什麼意思？我要贏得漂亮，才不要躲躲藏藏！」一心聽了，側首思索了一陣，最後說道：「那好吧。對方應該也想避免我方才所說的情況，因此恐怕會大舉進攻。對此，我建議大家至少五人一組地活動，遇見落單的就上去搶頭巾，若對方人數更佔優，就不要以硬碰硬了。你說呢？」一心向我看來。雖然我還是不太喜歡以多欺少的辦法，但也明白，相較我的紅隊，外國人居多的藍隊個個身強力壯，我們絕不能「以己之短攻彼之長」；一心的這個戰術已經是最妥當的了。

不久，遊戲開始後，一心就在枝桠橫生的木叢，和盤根錯節的雜樹中來去如飛，顯然是在視察外頭的「戰場」。每次看見她滿身樹葉地回來，卻始終沒有丟掉頭巾時，我不禁打趣說：「你真是『鞠躬盡瘁，死而後已』啊！不怕我最後變成劉後主嗎？」她聽了，只是一邊將歪掉的頭巾扶正，一邊說：「大家都有按我們制定的戰術去做。只要足夠謹慎，我們就不會輸。」

很快，象徵「最後十五分鐘」的哨子聲便響起了。大家都已陸陸續續地歸來營地，跟一心說的一樣，只有五人不小心被人搶去了頭巾，而我們卻得到了二十條頭巾。五十五減去五，加三十加二十，一百分；對方卻只有五十減去二十，加三十加五，六十五分！比分差距比一心最初所設想的，躲躲藏藏的戰術大多了！我有些沾沾自喜，向她看去。





大家都歡天喜地的，唯獨她謹慎地說道：「遊戲雖快要結束，卻到底還沒有結束。對方自知在這樣下去，是必輸無疑；看見我方的人接連脫離戰場，只怕會選擇破釜沈舟，背水一戰。對方既然有二十人失去了頭巾，那二十人便能無所畏懼地衝上來充當『死士』。萬一……」我打斷了她：「怕什麼？『兵來將擋，水來土掩』，我們有人數優勢，這不是你說的嗎？」一心環顧了一圈四周，然後道：「可我怕……」然而，大家在驕陽下奔走了四十五分鐘，早已汗流浹背，只想休息，見一心憂心忡忡，紛紛笑她：「再這樣胡思亂想，小心早生華髮」。在我的一聲令下，大家該飲水的飲水，該站著閉目養神的閉目養神，彷彿這片小空地以外的，都是無人之境。

之後發生的事，恐怕你也估到了——一心一語成讖。那二十人如同天降的神兵，來得突然，來得迅猛。而作為戰場而言，這片小空地真是太小了——本就無太多空間，又平白多出二十人，我們紅隊個個摩肩擦踵，縱有百般武藝也施展不開；跟毫無顧忌的藍隊相比，顯得左支右絀，防守也不是，進攻也不是。

我挺胸抬頭，正準備迎難而上，一心卻推了我一把：「快跳出去！你是主帥！只要還保有金色頭巾，就總有機會！」我瞪大眼睛說：「為什麼要走？對方只有二十人……」一心張嘴想說什麼，可聲音卻被周圍的雜音蓋過。我隱約聽到了「不要疏忽」四個字，還沒想明白，便看見那二十人捉著滿手紅頭巾，一躍而出。只聽樹林裡喊殺聲震天——我才知道，對方餘下的三十一人，怕是也已經趕到了。

大勢已去。看著站在我面前的對方主帥，我抬手制止還想奮力一搏的隊友們，親手將金色頭巾摘下，遞給對方。

一心抹了一把額頭上的汗，發出一聲嘆息。而實際上沒怎麼走動過的我，流的汗卻比她還多。

一直到今天晚上睡覺前，我仍然後悔不已——我後悔自己怎能在這時才醒覺到「成於慎而敗於忽」的道理。

謹慎，謹慎，「謹慎謀事」、「謹慎說話」、「謹慎做事」——這些都是「謹慎」，我卻一樣也未能做到。德不配位，卻偏要做那該死的領導者——這是「在從事上疏忽」。隨心所欲，胡亂地對別人有理有據的計畫提出反對——這是「在說話上疏忽」。遇強則弱，碰到了難關只會火上澆油——這是「在做事上疏忽」。所以，我失敗了，敗得一塌糊塗。

反觀一心，她謹慎從事、謹慎說話、謹慎做事，可偏偏疏忽了一點——她不夠謹慎交友！我自視甚高，因而並沒有跟太多人深交，他們也就察覺不出問題；可是一心，跟剛愎自用的我成為所謂的「知音」，她真的不會覺得力不從心，心力交瘁嗎？在愛出風頭的人中，比我優秀的一定大有人在吧！結果，她也失敗了，被我拖累著失敗了。

這次的失敗其實並不嚴重——畢竟，這只是一場遊戲罷了。可是從這場遊戲當中，卻可以看到許多事情……

其中最重要的，莫過於那句「成於慎而敗於忽」了。



「저 수많은 별을 맞기 위해 난 떨어졌던가  
(是為了迎接那無數星星 我才墮下的吧)

저 수천 개 찬란한 화살의 과녁은 나 하나  
(那無數燦爛箭頭的靶子 就只有我一人)

you've shown me I have reasons  
I should love myself

내 숨 내 걸어온 길 전부로 답해  
(我的呼吸 我來時的路途 為我回答著一切)

어제의 나 오늘의 나 내일의 나  
(昨天的我 今天的我 明天的我)

I'm learning how to love myself

빠짐없이 남김없이 모두 다 나  
(缺一不可 毫無保留 全都是我)」



陳正曦

這一段歌詞是來自防彈少年團的《Answer : Love myself》，它選自防彈少年團 Love Yourself 系列的最後一張專輯「LOVE YOURSELF 結 Answer」，是這張專輯裡的最後一首歌，也是這個系列的最後一首歌，它將系列中的所有故事歸納起來，最後總結成這首「Answer」。

人的一生要走很長很長的路，在一生中我們會遇到許多人，也許會愛很多人，但比起愛一個人，更加困難的，是愛自己。愛自己，是這首歌帶給我們的答案，也是這張專輯總結起來的答案。愛自己，看起來似乎是件很簡單的事，但卻很難完成。它正需要的是包容和接納，包容自己的缺點，包容自己的過失，接納自己的一切不完美。這些對於我們來說都非常困難，我們會因為自己的一切不好的事而內心產生疙瘩，我們往往不太能接受這樣擁有不好的事情的我們，可是正因為我們不願意承認這樣不完美的自己，我們給自己所設定的標準便越來越嚴格，也變得越來越無法接受和承認自己。



「어제의 나 오늘의 나 내일의 나 (昨天的我 今天的我 明天的我)

I'm learning how to love myself

빠짐없이 남김없이 모두 다 나 (缺一不可 毫無保留 全都是我)」

如歌詞所說，如果把我們的人生比喻成一棵蒼天大樹，而我們所經歷的事就是那一圈圈年輪，參差不齊，有粗有細，而那粗厚的年輪便是我們所遇到的不好的事情，但那也是我們的一部分，而正因為是我們的，所以我們現在開始該原諒自己的這些不好的事物，開始學會包容它們。

「우리 인생은 길어 (我們的人生漫長)

미로 속에선 날 믿어 (在迷宮之中要相信自己)

겨울이 지나면 (寒冬終將過去)

다시 봄은 오는 거야 (春日必再來臨)」

看著這段熟悉的歌詞，它早已成為其中一段勉勵我的話。恍惚之間，我想起了曾經我所遭遇的事，那時的我因為長期處於一個對自己非常不自信的狀態，平時學習更是慢慢變得懶散，因而考試成績猛降而陷入困境，我當時很渴望有一個人能為我在這迷霧濛濛的路上指點迷津，可卻始終沒有見到指路的人，當時的我不知該如何是好，更加不自信且頹廢。也是在偶然之間，我聽到了這首歌，看到這首歌的歌詞後我似乎當頭一棒，猛地打醒了我，更為我揮開了這層迷霧。我開始慢慢相信自己能夠做到一些事，開始相信這困難也只是寒冬而已，很快就能等到春天。事實也正如歌詞所言，迷霧漸散，紛飛的雪花漸漸停了，樹木開始吐出綠芽，離成功和勝利也越來越近。

我們最開始以為愛情是完整自己幸福的事物，但是經歷了之後發現，幸福是內生的。連自己都不會愛自己的情況下，為什麼會覺得可以靠別人拯救你？You're your own savior。這些是少年人最容易有的徬徨，「Love Yourself」想告訴你的是，你需要探索接納並且愛真正的自己，然後可能才能真正的去尋找屬於你的人生和世界。

其實防彈少年團讓我獲得人生道理的並不僅僅這一首歌，他許許多多的作品都非常有意義，他們的歌充滿了正能量，且很少寫單純的男女之間愛戀，更多的是寫對故鄉的愛戀、對友情的珍視、對社會不公的反抗、對人生的思考，以及對粉絲的愛和告訴世人要愛自己。他們也曾在一些採訪裡說過，他們希望帶給大家，世人的信息都是正面的，而不是充斥著劣質愛情，無病呻吟的低質量信息。而對於正在廣泛接受外界信息的我們，領悟並學習他們所帶給我們的正能量，是我們能夠成長在正確道路上的一個關鍵之一，更是我們學會愛自己的一個步驟之一。

Love myself，學會愛自己，就是我們青少年成長道路上最重要且美好的事，也是我所理解的答案。

# 「呂」 環保之

余天恩



政府不斷的宣傳和推廣下，「環保」一字彷彿早已成為我們耳熟能詳的詞彙，亦是我們生活中不會不懂的行為準則，但在你們眼中，誰是推動環保的先鋒？對我而言，環保先鋒並不是綠色和平組織的創辦人保羅・沃森，也不是民國時期的李叔同弘一法師，而是民國時期的一位女士。

她長有一副瓜子臉，如同一眾民國時期的前衛女性，她眼神中帶有一點高傲的朝氣。她才華洋溢，被譽為奇才，尤精於詩詞，詞學評論家龍榆生稱她為「近三百年來最後一位女詞人」。她創設北洋女子公學，並曾任袁世凱總統府秘書。她就是我們中國最早的環保先鋒——呂碧城。她宅心仁厚，不忍心看到一幕幕動物被屠殺得慘不忍睹的畫面，開始放棄肉食，茹素，更將這個概念分享給更多人。後來，她隻身走到異鄉，開展她的環球之旅，而這趟環球之旅不是欣賞洞天福地的景色，也不是到古色古香的國度尋根溯源，而是踏上她非比尋常的環保之旅，在不同國家體會環保的重要。

她對於戒殺之旨，篤行堅守，終身不渝。她曾獲邀參加萬國保護動物大會，當時一位女職員得知呂碧城主張戒殺，便苦口婆心的勸告她跟隨當時其他歐美人士的想法——僅限於禁止虐待動物，但她毫不猶豫回答：「予此來為發表己之主張，若人云亦云，則何需我？」女職員聽後亦覺有理。她之後依舊站上台發表了自己的主張：不僅禁止虐待動物，而且還應戒殺護生，強而有力的演說讓她成了全場的焦點人物。

她多次外遊讓她能與歐美動物保護組織交往，還把這種當時新穎的西方概念打入中國，她刊行書籍，又派發傳單，以增加國人對這概念的認識。她曾任北洋女子公校的校長，因此她特別注重學校教育，把青年對固有視動物為禽獸的方式觀念抹去，將善待動物的行為融入生活，成為中國環保的先鋒。在民國時期，人們不視貓狗為寵物，更何妨是人類的好朋友。那麼動物死後，也只是靜悄無聲地廢棄於巷角，沒有人會在意牠們。有一次呂碧城的愛犬被一個洋人汽車輾傷，她不僅立即送牠去醫治，為狗忐忑、憂傷，她更因這次意外而興訟為愛犬討回公道，可見她愛護動物的理念。

呂碧城由早期愛護動物，在歐美響應一次大戰後保護動物的風潮下，結合旅居歐洲時接觸佛學，呼應高僧印光大師倡導「戒殺放生」和弘一大師和豐子愷「護生」運動，逐步形成我們現稱的「環保行為」。

在花甲之年，呂碧城在香港辭世。她立下遺言，遺體火化後，骨灰和入麵粉做成小丸，拋到海中，供魚吞食，是她對環保貫徹始終的另一體會。她一生致力推動環保，尤其護生，臨終時她對護生之旨鏤骨銘心，不愧是環保先鋒，最終她化作魚糧，回歸大自然。







# 致摯愛

熊蘇婕

## 序

Vincent，是我心中之火，我的信仰。從我七歲起第一次接觸繪畫，文森特·梵高就一直是我最愛的畫家。我愛他畫中流淌的、彷彿轉瞬即逝的鮮豔，愛他一雙銳利而有神的眼，愛他眉目間的憂傷。對他，我不僅僅是憐憫、敬仰，更多的是崇拜。我一直很想好好寫一寫這位值得紀念的畫家，不是因為他偉大，不是因為他的名聲；不為《向日葵》，也不為《星夜》；僅僅因為，他是 Vincent，永遠的 Vincent。作為一名藝術家，短短的 37 年人生中，他將生命裡最重要的時期貢獻給了藝術，同時也留下了自己。正如他所說：「生活對我來說就是一次艱難的航行，但是我又怎麼會知道潮水會不會上漲，及至淹沒嘴唇，甚至會漲得更高呢？但我將奮鬥，我將生活得有價值，我將努力戰勝，並贏得生活。」那個 Vincent，是我們夏夜裡歌唱的柏樹，亦是麥田裡仰望朝陽的青葵。

# 梵高

## Vincent

我第一次對「梵高」這個名字產生印象是因為一首歌。那首歌是二十世紀美國歌手唐·麥可林的《Vincent》，它使我對這位悲傷的荷蘭畫家有了粗淺的認識。「Starry starry night.....Paint your palette blue and grey.....」從此，梵高成了我印象中的星光與柏樹林，幻象裡的麥田與群鴉。

那時還是小學生的我，不知為何突然喜歡上了看梵高的畫。那樣不安、躁熱、流動著的斑斕，像是炎炎夏夜裡突如其來的一場暴雨，洗刷著慾望，卻又滾燙灼人。我喜愛這種灼熱感。Vincent 是扭曲的火焰，是暗夜裡的閃爍、喪鬱的星光，但又飽含遙遠的溫暖，難以觸碰的深情。



## 向日葵

1888 年，梵高最有名的作品之一《向日葵》誕生。在英國倫敦國家畫廊裡，千千萬萬的遊客蜂擁而入，只為遠遠越過無數顆腦袋望一眼那幅傳世之作。我雖從未見到過《向日葵》的真作，但當我初次在美術書上凝視著它，卻感到內心無比的燥熱，而非寧靜：大塊大塊厚重的顏料覆蓋在畫布上，金、橘紅、明黃，散發出一片刺眼的光。畫面裡的色彩就是生活中的熱情。花蒂的輪廓尖銳飛張，像一隻只想要在空中抓住什麼的手；發黑的綠裡甚至用了藍，放置在大片的暖色裡格格不入。活生生十四朵熾熱而強悍的生命，即使脫離了泥土，也要努力對抗死亡，不屈於命運。

《向日葵》或許是梵高的心之所向。他燃燒著自己，去完善自己那份純粹但劇烈的愛，生而使人懼怕，死後令人震撼。我們無法接受他的愛，因為它過分的灼熱。我們能做的，只有為之流淚了。





## 星夜

在梵高的作品裡，我最愛的是《星夜》。絕不是因為它最出名，也不是因為它收獲的稱讚最多，而是因為在畫家多數作品表現出的焦慮波伏裡，《星夜》使我能夠捕捉到一絲難得的寧靜。那是梵高對生命莊嚴的頌歌。

梵高眼裡的星夜是流動的，是緩緩地流淌、慢慢地旋轉出一個個小渦，然後一齊捲入明黃的月色裡。深藍、淡紫、鉛白、草綠……淺色的山脈與多彩的星夜是絕妙的組合，山腳下的村莊里亮著稀疏的燈火。此時，人間與天堂同時失眠。

在這樣的寧和裡，一棵高聳的絲柏撕裂了夜幕，顯得格外突兀，似乎是在對著漆黑的蒼穹吶喊……是啊，心靈的劇痛往往會在夜深人靜之時攪亂難得的靜謐。

梵高終其一生漂泊無定，貧困潦倒，儘管屢屢被命運捉弄，艱辛備嘗，他依舊對生活保持著一份不平凡的熱愛。就像一個「瘋子」，原本就患有精神分裂症的他，面對著無論是社會上的冷嘲熱諷，還是藝術界的不認可，接二連三的自殘行為卻一點也不為過分。

「生活在低處，靈魂在高處。」——這就是梵高。

他將自己的淚水化為點點繁星，成為苦難人間永恆的救贖。





## 麥田群鴉

《麥田群鴉》往往被當作梵高的最後一幅作品。1890 年，是他在人世的最後一年。他的一生從初春三月開始，於盛夏結束。彷彿只走過了四個月，只度過了一個短暫的夏天，就永遠的睡在了金色的麥田裡。

在《麥田群鴉》裡，梵高的筆觸變得支離破碎，彷彿隨時都會崩解。他用幾乎要散架的線條草草繪出群鴉，用躁動不安的猩紅塗抹出田間的泥土。麥穗翻飛，糾纏不休，彷彿那永遠解不開的宿命；驚慌失措的群鴉，不顧一切地向沉鬱漆黑的蒼穹飛去，似是在逃避著無情的現實……

《星夜》的夜是透徹明亮的，閃爍著希望。而《麥田群鴉》裡的夜是死氣沉沉的，失去了生命的力量。梵高在用這幅畫訴說著他最後的痛苦與瘋狂。事實上，他的每一幅畫都在解剖自己的人生，將自己的絕望和驚懼毫不保留地展現給世界萬物。

「站在這樣遼闊展開的天空下，站在這樣無邊無際的大地上，受盡精神之苦的他用生命給自己唱了輓歌！」

## 結尾

梵高的一生在眾人看來是顛沛流離的。但在我看來，他至少見過了這個薄情世界的溫暖，山川河流與藍色的地平線，愛與悲憫，經歷過便足矣。

誰說瘋子看見的事物不能是美的呢？梵高的世界也是彩色的啊！他是個願意去愛、去渴望的瘋子，他是個深愛著陽光與麥穗的瘋子。他的畫裡，斑斕的色彩總是在流動著，彷彿下一秒就會被淹沒在歲月的塵埃里。梵高的調色盤造就了他的深情，造就了他柔軟的心靈。他那雙鷹一般銳利的眼看到人間的美好，這便是珍貴之處。

《圍城》中說的：「被圍困的城堡，城外的人想進去，城裡的人想出來。」不曾了解，如同縹緲的宇宙存在著數不盡的星體，彼此毫無關係。每個人心中都有一團火，如果不用心靈相撞，怎麼看見傷疤下萌生的火苗？但總有那麼幾個人，能看到梵高心中的熾熱，並不顧一切地向他奔去。

我看到了。我看到梵高心底熊熊燃燒的火，是星空的顏色，閃爍著希望。我聽到麥浪的聲音，群鴉迴唱。

他是 Vincent。他的靈魂生生不息。教堂的鐘聲響起，彷彿彈指間回到 1890 年，在阿爾的星空下，看到我們的，我的 Vincent。

宋婷婷

夜幕低垂，霓虹閃爍，經過一天的喧囂，炎熱的驕陽終於隱沒於茫茫夜色之中，潔白無瑕的明月高懸在星空之中，滿天繁星閃爍，熠熠生輝。

夜晚的上海燈火闌珊，火樹銀花，比起白天，更多了幾分嫵媚。

南京路上人聲鼎沸，熙熙攘攘的人群擠滿了大大小小的店鋪。我漫步在這條繁華的街道上，路面上鋪滿的是美麗的花崗岩，許多歐式建築林立於街道兩旁，各種百貨公司、商店商鋪星羅棋布。路旁的高樓大廈上綵燈齊放，流光溢彩，五光十色的霓虹燈彷彿點燃了這座美麗繁華的東方明珠。

步行街上，各色招牌竞相媲美，繁花似錦的櫥窗和琳瑯滿目的商品映入眼簾，珠寶店、絲綢店以及大量的高檔服裝充斥著繁華靡麗。

我停下腳步，目光不禁被一座富麗堂皇的歐式建築所吸引，原來這裡就是赫赫有名的永安百貨。永安百貨有著古典主義的建築風格，在夜幕和頻頻閃爍的金色霓虹燈的交相輝映之中下，裝扮得像一座童話中的皇宮一樣奢侈靚麗。摩肩接踵的人們手裡拎滿了裝滿著各色奢侈品的購物袋滿載而歸。

我慢慢踱步，轉過街角，一個佝僂的身影出現在不遠處。一個衣衫襤褸、瘦骨嶙峋的七旬老人在垃圾桶裡反復翻檢，他不時地把垃圾桶裡的飯菜和飲料挑出來放進他身邊的黑色塑料袋裡，同時還不時地用手抓起一把飯菜塞進嘴裡。看到這一幕，一股莫名的辛酸不禁湧上心頭，他那張飽經風霜的臉頰上刻滿的是生活的殘酷和歲月的滄桑。許多遊客和行人都對他繞路而行，匆匆走過，更有一些人，向老人投向嫌棄的目光。老人並沒有多理會，他慢慢地走向下一個垃圾桶，繼續神情專注地尋覓著路人丟掉的食物和飲料。

想不到在這繁華奢靡的外表下，背後盡是人情的冷漠和生活的淒涼。在這鬧市裡閃爍的霓虹燈下，在這繁華的高樓大廈下，在這日新月異的都市裡，社會為何卻漸漸意識了人情和愛？

我望著這鬧市夜景，心裡卻有了不一樣的體會和滋味。



# Torn Between...



Timothy Kong

The future is unpredictable, like a loose cannon. Everyone knows that it is going to come, but no one ever knows ahead of time what it is really going to be like.

In March 2019, all Form 3 students had to choose between DSE and IB. The latter seemed to be more advanced, because it has a Latin name which none of my classmates knew how to pronounce. As a babe in the woods, I thought it would be a really cool curriculum. Most importantly, IB students seemed to be more carefree than DSE students as they have fewer exams. They only have ONE exam in one whole year! This kind of learning style was extremely appealing as I was deeply troubled by exams. The choice was a no-brainer. I opted for the IB, while many of my friends were still struggling.

Having spent three months in the IB stream, I have come to realise that doing the IB is not smooth sailing. I have faced many challenges, the biggest one being the fact that the marks I got in every single piece of homework are shown clearly on Managebac. When I was a junior form student, I would forget about the assignments and quizzes I failed almost instantly. But this is no longer possible. Whenever I open Managebac, the frightening numbers would remind me, all the time, to work harder. I feel that I am being consumed by the stress. My friends in the DSE stream are not helping – they always tease me for choosing the wrong curriculum. I was so naive.

Moreover, I used to care little about my class marks and concentrate solely on the examinations. This no longer works as class marks take up 50% of the total marks in the IB stream. Memorising everything right before an exam is another ‘strategy’ that I have had to scrap, as I am expected to understand all the knowledge right after each lesson. I am tired of aiming for a ‘7’ in each worksheet, quiz and essay. On stressful days, I sometimes ask myself: if I got another chance to choose between DSE and IB, would my decision be different?

Luckily, a book saved me. It is *Bridge to Terabithia*, the story book taught in English class. The antagonist, Leslie Burke, said, “You never know ahead of time what something’s really going to be like.” It suddenly dawned on me that there is no point in regretting and wasting time.

I can finally answer the question. The answer is still a no. No one can accurately predict the future, as most of the factors are unobservable. If I had not experienced the predicaments in IB, how would I know how tough IB exactly is? And I had not experienced DSE yet, so I did not know whether DSE is actually easier than IB or not. It was simply impossible to make an ‘informed decision’ in the strictest sense of the term. Instead of dwelling on a decision made in the past, I am now trying my very best to adapt to the IB learning mode and make the most of the experience.

## Racism and its Continuous Impacts on Society

Jerod Lau

As you may know, during November 2019 a man in Texas named Rodney Reed was almost executed. This shocking case, for me, had clearly represented a huge problem that somehow continues to plague our world- racism, as it was clearly race that led to this man having to lead a hard life in an attempt to save himself from a death sentence.

To explain a little better to the unknowing, this case began in 1996 when a black man named Rodney Reed was accused of raping and then murdering a white woman named Stacey Stites. He was almost immediately accused of this when a little bit of evidence that seemed to point at him was discovered. However, he was only investigated a year after the murder, and somehow he was already instantly seen as the prime suspect. Furthermore, he was found guilty by an all-white jury. As this happened in the 90s, it is quite evident that racism had been a more severe problem at that time, thus instantly causing Reed to have been prosecuted.

So, we're now living in 2020, and you're probably wondering, why does this still matter? What's happened has happened, so why should I care? Well originally, Reed was scheduled to be executed through lethal injection on November 20, 2019 and due to a lot of evidence surfacing and witnesses, from some prison inmates who heard a confession, stating that someone else had actually admitted to the murder, Stites' fiancée, Jimmy Fennell, people were outraged to learn that Reed was still going to be executed. Celebrities began to go on social media and urged people to raise awareness over this incident. People like Beyonce and Rihanna told their followers to sign a petition urging the court to delay Reed's execution. Fortunately, his execution currently has been indefinitely delayed. However, only time will tell if Reed could prove his innocence should he actually be innocent, and how the rest of this story will go.





However, we must first take note that despite the new evidence, without people's urging, Reed may still have been executed, and right now due to the overwhelming new testaments and proof he should be seen as innocent until completely proven guilty. Because of his race he was instantly profiled as the person most likely to have committed the crime, and so he had to go to jail and wait for death. Even though his innocence in this case is yet to be confirmed, it's obvious that with all this new evidence there may be more to this story. In this story, because of racism, Reed had lost 23 years of his life fighting for his innocence. He lost time where he could have found a lover, made a family, had a peaceful life... but he lost it all and had to spend his days dreading his death, wishing desperately for someone or something to somehow save him. Isn't it terrible to imagine that someone had to spend more than the time you've been alive just trying to fight for his own life? Of course this is all applicable if he were to be proven innocent, and yet countless people every day are accused of crimes they may not have committed and face the same problem as Reed, even if the punishment were not as severe, they'd still have to fight to protect themselves.

The problem about all of this is that till this day, problems like these continue to occur for racial minorities. People that aren't white are given less opportunities to attain higher levels of education. They are profiled and get searched more often by police. Some stores may refuse service to these people. They are ostracized by the community and looked down on simply because of their skin tone or the language they speak. People around the world have become so cruel that they look for non-existent problems to attack others for. And it's because of this very silly reason we have such terrible problems around the world. It isn't just in America. Here in Hong Kong people from places like the Philippines, Indonesia or Pakistan are seen as less educated, inferior by Hong Kongers simply because some of them work as domestic helpers. Suddenly they are stripped of their identities as human beings equal to us but are somehow simply entities here to service us. At the end of the day I would like you all to think, why exactly is someone inferior to us because of the way they were born? Because really, there's no answer to this question, and doing as the question suggests is illogical and simply the acts of an ignorant, biased person.



# 5 STEPS TO INCREASE YOUR PRODUCTIVITY AS A STUDENT

Sierra Ngai

Don't you always feel like there is so much to do yet so little time? It is getting increasingly hard for a lot of students to juggle their social, academic and personal lives all at once. Don't you wish you didn't struggle with academic work so much, so that you could have more time to spend on other parts of your life? Well, today you are in luck! I'm here to share with you six smart techniques you can use to increase your productivity and ensure that there is time to lead a balanced life.

## 1. WRITE DOWN ALL THE THINGS YOU NEED TO DO

It is easy to become overwhelmed when you try to think of all the things you haven't done yet. Writing everything down can help you to better visualise the tasks you have to do, and make them appear to be more manageable. Identify a few important tasks first so you know what to focus on. If a task seems intimidating, break it up into smaller parts and take it slow and easy. Having a to-do list also prevents you from forgetting anything, since you will always have something to refer to.



## 2. AVOID MULTITASKING

When it feels like there are too many things to do, some people try to finish multiple tasks at once to save time. This is a huge mistake and can even prove to be counter-productive. That is because when you think you are doing two things at once, your brain is actually switching between the two activities extremely quickly. You may not notice, but this will cost you dearly. According to Harvard Business Review, it takes an average of 15 minutes for one to reorient to a primary task after a distraction. This delay results in decreased efficiency. Therefore, you are much better off focusing on one task at a time.



### 3. AVOID BEING DISTRACTED (BY YOUR PHONE)

This is something that surely many students struggle with. Our social media feeds are all full of eye-catching, flashy sets of information, with notifications popping up on your screen every time you try to be productive. This is certainly detrimental to your progress, as many cannot resist the temptation that is your phone. A solution to this is to switch off your phone entirely, or you can even consider installing productivity apps such as Forest, which blocks all access to social media.

### 4. TAKE BREAKS

Did you know that taking breaks actually increases your productivity? One of the most successful ways of doing it is using the Pomodoro system, a time management method developed by Francesco Cirillo. Each interval, also called a Pomodoro, is 25 minutes of work and 5 minutes of rest. After four Pomodoros, take a longer break of 15-30 minutes and repeat the cycle again. The method has been widely popularised with dozens of apps and websites built around this method, so you can give it a try!

### 5. HAVE FUN DOING IT!

Being productive and doing work doesn't have to be an ordeal. Try putting on some relaxing music in the background to lift your spirits a little. Opening the windows to get a whiff of fresh air can be helpful too. If you are writing notes, invest in some colourful pens and highlighters to brighten them up! This will make the process much more enjoyable and you may find that time goes by faster. It's important to work with a positive mindset for the best results. If you find that being productive makes you feel happy, chances are you will be more motivated to do it next time.



Here are all the tips I have for now and I hope they are helpful. Next time you find yourself feeling unproductive, try some of the techniques above and see if they help you!

# A Plastic-free Earth Day

Denise Wu



Foam packaging, plastic bottles, plastic picnic cutlery, egg cartons, cigarette butts, I believe everyone has seen the above types of plastic waste in Hong Kong. However, did you know that 86 percent of this plastic waste ends up in landfills, or in the countryside or in the sea in Hong Kong? It leads to plastic pollution causing a huge threat to human health, other species and the nature.

Earth Day is a day on which people plant trees and clean up their towns and roads. Corporations and governments use it to make pledges and announce sustainability measures. Its theme is to end the menace of plastic pollution. In order to protect Hong Kong's environment and support Earth Day, I believe that Hong Kong should ban hard-to-recycle disposable plastics.

According to local media, large fast-food chains such as McDonald's and KFC still use disposable cutlery in Hong Kong. Today, there are almost 235 McDonald's in the city. If each McDonald's has 300 customers everyday, this means everyday there are already about 70000 sets of disposable cutlery which will end up in landfills. Then, how large will the number be if we add up all disposable waste created by all the fast food restaurants in Hong Kong? As we can see, if Hong Kong doesn't ban hard-to-recycle disposable plastics, it will lead to disastrous consequences. Therefore, I suggest that the Hong Kong government

should follow Taiwan's new policy of banning all plastic bags, straws and utensils. Furthermore, people are made to recycle a certain percentage of their waste plastic. I believe this is an effective way to minimise and take good control of the amount of hard-to-recycle disposable plastic waste.

A few months ago, researchers from Education University of Hong Kong and the Hong Kong University of Science and Technology stated that microplastic levels at local beaches were revealed to be as high as 5,500 pieces per square metre, which is higher than the average international level. We can see that plastic pollution in Hong Kong is incredibly serious. I believe if Hong Kong doesn't ban the hard-to-recycle disposable waste now, the plastic pollution in Hong Kong will just keep on worsening until it becomes an irrevocable problem. Therefore, Hong Kong should immediately declare war on this plastic waste! I suggest that for the first step, the government should advertise a lot more about Earth Day, the 4Rs - reduction, reuse, recycle and recovery, in order to encourage people to not use hard-to-recycle disposable plastic waste.

As the plastic pollution in Hong Kong is worsening, I believe now is the time for the government to not just propose but execute solutions to this problem. So, we should all work together and clean up our wonderful city!



# Thalassophobia

Snannen Xia

The glass pane freezes your hand  
The heavens suffocate in its silent embrace  
As if by mockery, a pale white light cuts  
Through the relentless dark, your eyes  
Strain, yet find  
Nothing.

Noises and voices blare in their futile attempts  
And yet there they remain; mere noises and voices  
Distant, distorted, dampened; deranged-  
You watch yourself drift, unanchored  
Away from all that you have known and loved  
Motionless, emotionless, you stay; and stray

You let the salty spume sting your cheeks.  
Corroding and whittling away  
Bit by bit by bit  
Until slowly you come to forget  
If you ever were.  
You float;  
The sea shrieks beneath.

Until one day  
You find the strength to stand up,  
To make a fool of the world-  
But are greeted by the timeless, boundless stretch of lifeless water,  
This uncharitable terrain  
In all its horrific beauty.  
And you feel an intrinsic fear  
Prickle in your guts  
That very same fear that stranded your father  
And wait, in silent horror, as your chest hollows and bleeds out  
You feel yourself waver at the edge  
Of the great cosmic unknown.

You drown, you sink;  
You bleed into the beckoning bottomless blue.  
Jörmungandr awaits.

## The horrors of instant gratification

Jazz Ooi

Bored? Play a game on your mobile phone. Thirsty? Go to the convenience store around the corner and buy a Coke. Tired? Walk to the nearest Starbucks and order a Ristretto Bianco. Lonely? Send a message and get a reply nigh instantly. What do all of these have in common? Instant gratification. But what is “instant gratification”? This term is defined as satisfying any desires or wants that come up, without further consideration and thought. Today's society thrives on this, and are not in the habit of waiting, instead wanting everything now. Why would this phenomenon be a cause for concern?

As our society starts to shift into a more materialistic age, the amount of people taking part in “instant gratification” has also seen an exponential increase. A prime example that is particularly prominent in developed countries is the materialistic wants of young people. Many of them have just graduated and found a relatively stable job; right after their payday, they act on their impulses and purchase massive amounts of unnecessary luxuries – the newest thousand dollar smartphone? Purchased. The most fashionable designer brand dresses and shoes for the season? Purchased. A pretty silver bracelet with an intricate design? Purchased. With this kind of lavish spending, it's no wonder that they nearly go broke before the next payday. In fact, an alarming amount of these people have zero savings, going so far as to depend on loans to survive. “Loan dependencies” have become so common that banks are taking heavy advantage of it, pushing out more and more advertisements proclaiming the magnificence of loans. This kind of individual's impulse has started to snowball into a bigger and larger problem.

The idea of “instant gratification” can also be alluded to drug, tobacco or alcohol abuse. The reason that addicts continue to consume these is to get a sense of satisfaction or enjoyment at that moment, neglecting any costs or problems it would create in the long term. For drugs, the biggest issue it may cause would be a worsened health, including cancer, asthma or even brain damage. For “instant gratification”, that cost would be not having enough to pay bills of anything unexpected may happen (for example natural disasters or a car accident), or having stable savings to help you out when you hit rock bottom. If you wouldn't gamble your life away at the hands of drugs, why would you do so on “instant gratification”?

The drug of “instant gratification” is a dangerous thing. We need to take action now – restrain yourself, suppress your desires, and do not act on impulse. Thinking before we act is our responsibility, and “instant gratification” is a plague that must be exterminated. If we don't act at once, it will be too late to reverse the effect that it has already done on our society.



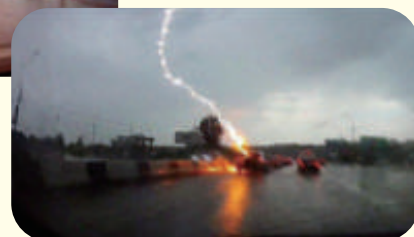
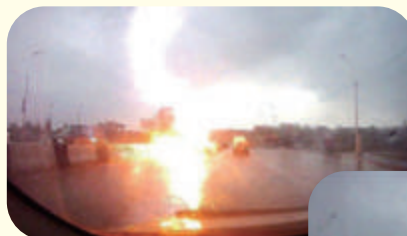
# 世界奇聞

世上無奇不有，多少奇人奇事大家是知曉的？這次小編帶大家看看世上的奇人異事，讓大家了解這世上的「超自然」現象。

## 奇人奇事知多少？

### 1. 開車時連遭雷擊 2 次有機會存活嗎？

有！這起事件發生在新西伯利亞（Novosibirsk），事發當時，一個名叫納卡茲尼克（AnnaNakaznykh）的女子駕駛日本豐田公司的 RAV4 運動型多用途車行駛於雨中。突然之間，連續兩道閃電擊中納卡茲尼克的車子，不但引起火花，而且發出「砰！砰！」的兩聲巨響。這兩道閃電的間隔時間不到 1 秒鐘。儘管車身冒出火花，而且引擎癱瘓，但她卻幸運地存活下來。而這驚險的一幕，都被後方的民眾拍了下來。



資料來源：<https://www.epochtimes.com>

### 2. 腦部死亡的婦女可生產嗎？

可以。在捷克一家醫院成功為一名已經「腦死」的孕婦接生一名女嬰。這名孕婦懷孕不到 4 個月，就因為腦出血導致中風，被宣判腦死成為植物人。醫護人員不忍心家屬一次失去兩位親人，嘗試使用醫療儀器維持母體生命，並監測胎兒成長，打算等寶寶長到夠大再剖腹生產。醫護人員負責維持生理機能，家屬負責唸故事做胎教，齊心協力了 117 天，最終寶寶在懷孕第 34 週降臨人世，取名為艾莉絲卡。女嬰誕生後，媽媽也在親人的陪伴下停止人工儀器輔助，有尊嚴地結束生命。醫院表示，艾莉絲卡一出生就有 2.1 公斤，長 42 公分，健康狀況良好。而靠儀器存活 117 天，最後成功產下胎兒，也創下人工輔助腦死孕婦相關案例中最長孕期的紀錄。

資料來源：<https://today.line.me>

### 3. 很多人也怕打針，但你猜一個活人體內可存有幾多根針？

是 75 根！印度一名 56 歲男子米納（BadrilalMeena）因腳部疼痛前往醫院就診，拍攝 X 光照後醫生卻發現米納的右腿內有 20 多根像是針一樣的物體，急忙要求米納拍攝全身 X 光，結果米納全身上下竟有 75 根針，其中 40 根還分布在喉嚨處，讓醫生完全不敢動手術，且米納本人完全不清楚這些針是怎麼來的，讓整起事件更詭異。

資料來源：<https://kknews.cc>





## 4. 世界上最高的小男孩(8歲)能有多高？

是 1.98 米！據英國《每日郵報》報導，曾經的「世界最大嬰兒」印度男孩卡蘭·辛格（Karan Singh）長成小巨人，八歲時身高 6 英尺 6 英寸（約 1.98 米），應該是世界最高的八歲兒童。他的母親則是印度最高的女性，高 7 英尺 2 英（約 2.2 米）。剛出生的時候，卡蘭便有兩英尺高（約 61 厘米），打破了世界紀錄。

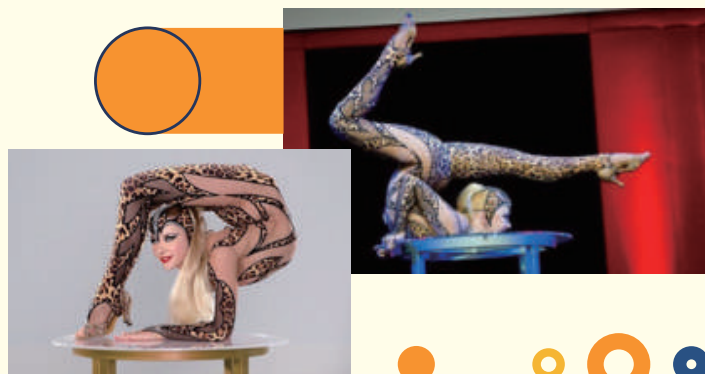
資料來源：<https://kknews.cc>



## 5. 女生溫柔一點會更讓人喜愛，你知道女生可「柔」到什麼程度嗎？

Zlata 出生於俄羅斯，是世界上最「柔」之人，她可以把自己的身體最大限度地向後彎折，直到上下半身完全重疊起來。Zlata 做過體操運動員，自從加入了校外馬戲班之後每天進行使身體柔軟的練習。她說：「一開始練習我就迷上了柔身術，我一下子找到了要終身從事的事業。」原來「柔順」也是可以靠練習而來的。

資料來源：<https://kknews.cc>



## 6. 指甲可有多長？

Chris Walton 是世界紀錄上指甲最長的女人。這張照片是前幾年在紐約所拍攝的，那時她的指甲已經留了約二十年了，約有六米多。

資料來源：<https://kknews.cc>



## 7. 世界上真的有「磁石王」嗎？

被稱為「磁石王」的劉守林，他的腹部擁有超強吸力，能吸附起任何鐵器。已經 70 歲高齡的劉守林是一位馬來西亞退休承包商，因為身體能夠吸附鐵器，成為了報紙和新聞人物。有一次，劉守林將幾個鐵質物品放到自己的腹部，驚奇地發現自己有這種神奇的能力，幾個鐵質物品，包括鐵都緊緊地貼附在腹部，不會落下。他還發現自己的 3 個兒子、兩個孫子都擁有這種天賦。

資料來源：<https://kknews.cc>





## 8. 人類有可能吞下一架飛機嗎？

有！米高·陸迪特生於 1950 年，他本是一名法國明星，而讓他聞名天下的卻並不是他的影視作品，而是他那可以吞下一切的胃，因此有人將其稱為「大胃王」。神奇的是他能吞下金屬、玻璃、橡膠、自行車、電視，甚至是塞斯納 150 飛機。而這架飛機花費了兩年時間才吃完。1966 年開始，米高·陸迪特開始公開表演自己的這種特殊能力。他的胃承受能力很強，即使吃了有毒的東西也不會出現什麼強烈的疼痛反應。顯然，他擁有一個超級強大的腸胃，以及消化系統，能夠允許他去消化金屬大餐。

資料來源：<https://kknews.cc>



## 9. 人類有可能不睡覺嗎？

原來是有的！2016 年，法國有一名 27 歲的青年聲稱他罹患了非常嚴重的失眠症。他說他雖然無法入眠，但完全不感覺疲累，也沒覺得哪裏不對勁。但事情沒那麼簡單，專家們發現這名患者每晚有 20-60 分鐘會出現聽覺、視覺、嗅覺及觸覺方面的幻覺。簡單的說，他用 1 小時的虛幻之旅換取 8 小時的睡眠時間。這個病症被命名為「莫旺氏纖維性舞蹈症」(Morvan's fibrillary chorea)，目前全球僅有 28 起案例，有些人除了出現時長不等的幻覺之外，還有腹瀉、抽筋、盜汗等併發症。醫師們認為，此病症是胸腺出現異常所引起的，在半數病例中，患者的胸腺都長有腫瘤，一旦手術移除，無眠情況也就隨之康復。可惜，這名青年在就醫 2 個月後猝死了。

資料來源：<https://news.bioon.com>



## 10. 你知道大胃王在 10 分鐘內能吃多少個熱狗嗎？

綽號「大白鯊」的男子切斯納 (Joey "Jaws" Chestnut) 在紐約奈森熱狗大胃王大賽，花了 10 分鐘吞下 74 套熱狗，刷新之前他所創下的大會及世界紀錄。紐約奈森熱狗大胃王大賽是美國國慶日焦點活動之一，26 歲切斯納自 2007 年打敗小林尊後，12 年來只有在 2015 年被同鄉打敗，之前他的冠軍紀錄是 72 套，及後他再度奪冠比之前多 2 套。

資料來源：<https://news.ltn.com.tw>



網上新聞日新月異，如同學發現以上新舊已成舊聞，有更新的版本，或更有興的相關資訊，歡迎通知，我們會在下期更新或修正。

# 現實的苦澀



新海誠，憑藉華美細緻的畫面和扣人心弦的劇情為大部分動漫迷所熟知，被粉絲戲稱為「畫質狂魔」。然而，他在今年 8 月推出的的新作《天氣之子》，卻讓被推上神壇的他遭到不少爭議。

《天氣之子》我整整看了四遍：香港上映後我看了一遍；內地首映時再看了一遍；和朋友聚會時又看了一遍；最近恰逢雙十一影院特價，為了寫這篇影評又去看了一遍。在新海誠的電影裡，這也是我看的次數最多的一部了。這樣一來，雖不敢說完全懂得了導演新海誠的想法，對這部爭議不斷的电影也算是有了一些看法。

## 新海誠的自我突破

首先，還是來簡單說一說劇情和設定吧：厭倦了離島生活的少年帆高，隻身出走到陰雨連綿的東京。生活拮据的他，在這座繁華的都市中邂逅了與弟弟相依為命的善良少女陽菜。得知少女擁有改變天氣的能力後，兩人利用這奇特的能力賺錢謀生，兩人的距離也不斷拉近。然而命運與天氣相連的少女，卻肩負著犧牲自己拯救世界的使命。說實話這種類似的設定在二次元世界數不勝數，女主犧牲自己拯救世界的橋段在日本晨間劇中也屢見不鮮。可隨後，這部電影又以一種「非主流」的轉折，打破了大部份觀眾的常規認定。當擁有異能的女主如主流觀念所願，向天空獻祭了自己，拯救了世界時，感情上一直內斂猶豫的男主卻半路殺出，踐行了那句歌詞「就算大雨讓這座城市傾倒，我也會給你懷抱」，他躍上天空，將女主接了回來。同時，好不容易雨後轉晴的東京又重新變得陰雨連綿。而三年後，繁華的東京終於被水淹沒，而男女主的傾城之戀也同時迎來了完美的結局。

這樣看來，《天氣之子》的故事對於大部分觀眾來說並不友好。浪漫人設先天不足的男主滿足不了那些想看一場甜得發膩的戀愛的觀眾；大膽又毫無克制的劇情走向讓部分觀眾迷之又迷；最重要的是，男主屢次反抗警察甚至最後犧牲了整個東京，這些行為於傳統審美而言絕對是三觀不正的。但就是這麼一個故事，卻完全是新海誠在製作時的刻意為之，他曾在採訪中說道：

「『電影並不是學校的教科書』。我進而想到，電影沒有必要作為正確的榜樣，毋寧說，應該去敘說教科書裏沒有提到的東西，例如別人知道了要皺眉頭的私密願望。我要用不同於教科書、不同於政治家、不同於評論家的語言來敘寫。我要以不同於道德或教育的標準來寫故事，這才是我的工作。如果我因此遭受批評，那也是無可奈何的吧，我只能把自己的真情實感寫成故事。既然會受到批評，那就乾脆試試反其道而行，做出會受到更多批評的作品好了。也許決心來得有點遲，但《天氣之子》就是在這樣的心情下寫成的故事。」

可以這麼說，《天氣之子》是新海誠的一次自我突破，一次大膽而又任性的嘗試。



## 平淡之美，不亦樂乎

說了這麼多，暫且先拋開甚麼主題、三觀，先來說一說影片本身吧。《天氣之子》的不足之處其實是顯而易見的，這一點在我第一次看的時候便已經察覺到了。包括我在內，許多觀眾也表示，《天氣之子》與新海誠以往的作品相比，少了一種感動，或者說，少了那股催淚的勁兒。向來，新海誠都以距離作為作品的內涵。正所謂，距離產生美——遠一分紅線就斷了，近一份曖昧就破了。

《言葉之庭》中的男女主，一個是翹班的老師，一個是翹課的學生，在身份的差距之外，還有「下雨天才能在亭子裏見面」的約定。

《星之聲》中，美加子離開地球參加保衛戰，唯一能聯絡上阿升的短信也有著長達 8 年的延遲。而 8 年後，美加子英勇犧牲，阿升也在此時收到了那封最後的短信。「24 歲的阿升你好，我是 15 歲的美加子哦！……」當時看到這裡我雞皮疙瘩都起來了，淚花就在眼眶中打轉。

而最廣為人知的《你的名字》也是，在環繞祭壇的環形山坡上真相大白的那一刻，那種時空錯位、陰陽兩隔的距離感就像決堤的潮水，衝垮了許多觀眾的淚腺。瀧的一句「你是誰？」不停地攪動著我們心底最柔軟的那部分。

可相對而言，《天氣之子》中，帆高和陽菜之間似乎並不存在所謂「距離」。兩人從陌生人到合作夥伴，再到戀人，儘管期間遭受了一些挫折，但他們之間的感情成長是平緩而持續的。這也就導致最終他們從雲層下墜時，不能給觀眾以積澱已久的高潮感與衝擊感。

然而，在反復觀看幾遍之後，我又不由自主地覺得毫不突兀，仿佛本應如此。仔細一想，這不正是現實生活中的感情嗎？那些轟轟烈烈、那些驚天動地終究只是其中的幾個瞬間，更多的是平淡、只是尋常。即使有偶爾的衝動，最後也終會歸於平常。不存在甚麼時空交錯，也沒有外星人入侵，充其量也就兩個人相互攙扶，你扶我一下，我拉你一把。少了距離感所帶來的戲劇性之後，《天氣之子》似乎更加貼近了我們的生活。值得一提的是 RADWIMPS 所創作的三十幾首配樂，完美地契合了新海誠充滿少年感的創作風格，將那種聲希味淡的感覺推到了極致。

很多人都認為動漫為觀眾提供了一個幻想的世界，讓他們得以短暫地從現實生活中逃離。然而《天氣之子》卻是在一個架空世界中將現實生活完美地呈現出來，讓人們站在旁觀者的角度去觀察，去發覺平淡感情的美。







## 談犧牲小我

至於電影的三觀問題，有人說帆高屢次犯法甚至開槍反抗警察，也有人說他最後為了私情而不顧大局的決定很自私。但我想說，如果一個人願意犧牲自己去拯救世界，那只能說明他道德高尚；但若果全世界都要求那個人為了他們而自我犧牲，這就是道德綁架。更何況，電影中東京那場莫名其妙的大雨，並不是帆高和陽菜造成的，他們也沒有這個義務去自我犧牲。相反的，他們運用陽菜的能力，為靈雨霏霏的東京帶來了短暫的晴天。

別忘了，他們在本質上，也只是和我們一樣的普通人啊。一個十六歲的高中生，為了追尋光芒離家出走，到繁華的東京，在這喧囂的都市中無家可歸、飢腸轆轆，「東京真可怕啊」成了他的口頭禪，對他來說，給了他一個漢堡的陽菜就是他的陽光，是最重要的人；一個 15 歲的少女，為了能打工養活弟弟而謊報年齡，甚至找街上的星探合作，對她來說，幫她找到了自己存在的意義的帆高也是她的陽光，是她的救世主。

和他們一樣，我們也是平凡的高中生，那麼看到這裡，我想請大家捫心自問，如果有一天，你必須要犧牲自己或者自己最重要的人才能拯救世界，你願意嗎？如果說你願意，那麼我承認，你有著偉大的人格。但我相信，大多數人的答案都會和我一樣——不願意。你犧牲小我成就大我的價值觀是偉大的，但我先考慮自己再考慮世界的三觀也是正確的，因為這才是人性，這才是一個平庸的普通人的內心。

所以，請不要站在自己偉大的道德和言論上，去鄙視那些平庸渺小但正確的思想，並冠以「三觀不正」的名號。

## 壓迫與反抗

電影宣傳語中有一句「我們改變了世界」，這讓電影聽起來很宏大、奪人眼球，但影片真正的內核象徵，我認為只有兩個——一個少女，一把槍。

這也是我身邊很多朋友會吐槽的，好好的小清新故事裏為甚麼會突兀地出現手槍？為甚麼男主帆高撿到槍之後還真的開了槍，甚至最後敢於與警察對峙？這種橋段與溫情的故事太不搭了，讓人出戲。

但如果你問一個離家出走的少年，有甚麼東西能給予他與整個世界對抗的勇氣的話，我想這個答案也是無可厚非的——一個女孩，一把槍。這其實就是一個抽象化了的、關於年少時的夢想的故事：我們在年少時，都曾夢想遇到一個閃閃發光的人，能讓我們愛上她，於是電影裏就有了一個可愛的女孩；也曾夢想過能夠變得強大，擁有保護她和改變世界的力量，於是男主就撿到了一把槍。槍本身就是一個明示，代表叛逆、危險以及力量本身。



另一個讓很多觀眾困惑的，就是結局的情節設計。為甚麼陽菜最後沒能改變東京的雨天？為甚麼帆高一番折騰後還是被警察抓住送回了老家？然而這一切，早就在影片的開頭給予了隱晦的暗示。當帆高莽莽撞撞地隻身一人來到東京，節衣縮食度日時，用來壓泡麵的那一本書是《麥田的守望者》。這本小說用混沌的意識流講了一個叛逆少年離家出走的故事，是 50 年代美國文學新潮流的靈魂，影響了一代又一代的人。在 1980 年 12 月 8 日的晚上，約翰·列儂身中數槍倒在血泊中。殺死他的那個年輕人平靜地站在原地，對人們說，我這麼做的原因，都在這本《麥田的守望者》裏了。

你看，現實生活中的叛逆必然會帶來尖銳的矛盾，甚至是流血的代價，這個世界裏從來都沒有動漫裏那種俗套的完美的溫情。男生和女生美好地談戀愛，戀愛的過程中影響一下隕石的走向、控制一下天氣的變化……仿佛一切都是那麼順理成章、遂人心願。哪怕會出現危機，但少年少女的夢想也一定會與這個世界綁定，只需要好好地在一起，順便拯救一下世界就好了。可這些，註定只能是我們的幻想。正如電影裡那句台詞所說，「所謂的天氣，原本就是天的脾氣。天的脾氣與人無關，正常也好異常也罷，我們人類只是在天地之間掙扎謀生，只是寄身暫住而已。從前大家都對此心知肚明。」

是啊，從前的大家心知肚明，現在的我們心照不宣。與那弘大且不可抗拒的天地巨力相比，少年的那一把槍和少女的那一點點超能力根本就微不足道。也只有理解了這一點後，才能真正地感受到這部電影隱藏在任性的劇情背後的，那種悲傷的基調。對於我們來說，家長、老師就是天氣，無法預測；對於大人們來說，上司、老闆就是他們的天氣，難以捉摸……這麼看來，或許每個人都有著自己要面對的天氣吧；亦或者說，這個世界、這個社會本身，就是最無法預測、最難以捉摸的天氣？這世界上所有那些明明想要接近卻無法觸及的壓迫與無奈，就是籠罩在每一個人頭頂的黑壓壓的陰雲和滂沱的大雨吧。

這也是這個故事真正想表達的吧：帆高最後被警察抓住遣返回家，陽菜失去能力，東京從此無晴。他們最終還是會被這個社會收拾、教育，就像是東京最後還是被連著下了三年的大雨硬生生地改變了地貌。沒有任何奇蹟發生。但這或許就是少年們獨有的青春吧，那種沒由來的血脈的躁動，那種不被世人理解的向前的奔騰。向著自己認定的方向用盡全力去奔跑、流淚、再奔跑、再流淚。誰的青春不叛逆？又有誰的青春不迷茫？可正因為迷茫，才會不顧世俗地向前亂撞；也正因為迷茫，才不會瞻前顧後、顧此失彼。這是一種勇氣，或者更貼切地說，是一種決然，一種明知天命難違卻冥頑不靈的掙扎與反抗。生而為人，這不就是最大的驕傲了嗎？

更何況，這些愚蠢的掙扎仍是有意義的啊，即使東京的晴天消失，但人們不也仍在努力地活著嗎？無非就是電車換成了渡輪罷了。天氣可以失控，但人不能放棄活著。或許這就是，曾經年少時紮根在每個人心中的那些倔強吧。而那些年輕的倔強也並不是完全無法被人理解，須賀先生面對警察時那控制不住的淚水就是最好的證明。烏雲和陰霾其實從來都不會散去，但我們總能看到它顯眼的銀邊，然後抬起頭流淚，再笑著活下去。日劇《anone》中也有這麼一句台詞——「沒有下不停的雨，雨停了還會再下。努力可能會背叛你，但放棄不會。」或許那些祈禱和努力沒甚麼用，可一旦認命放棄掙扎，我們就甚麼都改變不了了。

不可否認，《你的名字》是新海誠最廣為人知的作品，但它其實是新海誠對於傳統的大眾審美的一次妥協。他完全脫開自己的風格，以一個完整而浪漫的戀愛故事，走進了多數人的心裡。相較之下，《天氣之子》反而就充滿了新海誠濃烈的個人風格，依靠音樂加速劇情的推進、大量場景和物件的特寫。不難看出，新海誠也在努力跳出《你的名字》的影響力，創造出富個人特色的作品。從這點來看，這次的《天氣之子》完全是成功的。甚至在之上，還做出了更多的突破，從始至終，綿延的雨聲讓躁點充斥著整個影院，再加上螢幕上的陰霾讓觀眾完完全全地沈浸在那種壓抑中不得釋放，漂泊中無法安身的情緒之中。如果要兩個字形容《天氣之子》，我會說是「苦澀」。

新海誠那充滿少年感的畫風就像是一層光鮮亮麗的果皮，看似浪漫甜蜜，可剝開後就會發現，那細膩的果肉中，充斥著名為現實的苦澀，放入口中細細品嚐後，又有著那麼一絲若隱若現的甘甜，在濃郁的苦澀中不停迴盪。



## Who drives Mercedes?



There are 5 cars with different brands and colours parked in Central Square.  
Each car is owned by a teacher.  
The five teachers teach a certain subject and use a certain brand of notebook.





Carol drives Tesla.

Marco drives the blue car.

Kwok Pui uses Dell notebook.

Josephine teaches Physical Education.

The white car's owner teaches Biology.

Jeremy parks his car next to the black car.

The white car is on the left of the pink car.

The owner of the red car uses Apple notebook.

Jeremy parks his car is in the first parking space.

The teacher who uses Lenovo notebook drives Maserati.

The teacher who uses Microsoft notebook teaches Chemistry.

The owner of the car in the middle teaches Integrated Humanities.

The teacher who uses HP notebook parks his/her car next to the one who drives Toyota.

The teacher who drives BYD parks his/her car next to the one who uses Apple notebook.

The teacher who uses HP notebook parks his/her car next to the one who teaches Chinese History.



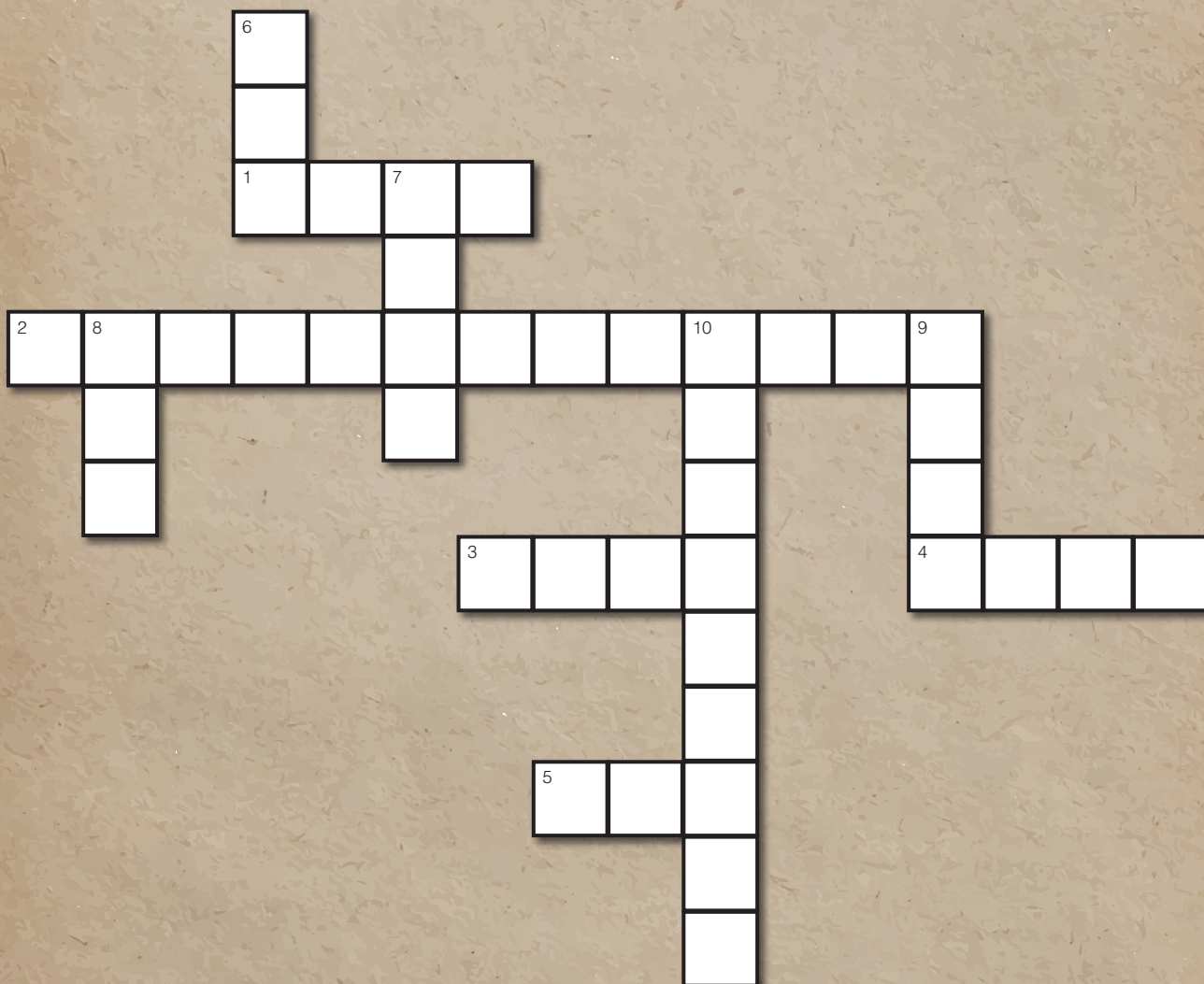
TEACHER	Jeremy				
CAR COLOUR					
SUBJECT					
NOTEBOOK					
CAR					

# Sudoku

	8			2			6	4
3		4				9		2
5		6			4			
	4		1	6				8
6				3	8		7	
			6			8		7
9		7				2		6
1	6			7			3	



# 填 遊 戲



## 橫

1. 比喻快速
2. 指有權有勢的人自己可以胡作非為，老百姓卻連正當活動也要受到限制
3. 鄧小平提出的一系列經濟改革和措施
4. 無所顧忌，膽大妄為
5. 電視長壽劇集

## 豎

6. 隨著季節變更，而導致風向逆轉的天氣現象
7. 比喻事物瞬息即逝
8. 《封神演義》作者
9. 燈火映照得非常明亮
10. 比喻藝術及科學的不同派別及風格自由發展與爭論

# 爛笑話

三個人要到礦場工作。

老板對甲說：「你體格不錯，你負責苦力。」

對乙說：「你說你是工程師，你負責採礦的計劃。」

而對丙說：「你很瘦小，你負責supplies（補給）。」

然後隔周，他們開始上工。

幾天後，甲和乙不見了丙，找了很久後他們決定還是先回工作。

他們開始工作的時候，丙突然跳了出來，大聲叫到：「Surprise！」

壞事一定要中午在做  
因為早晚會有報應

你知道冰塊最想做甚麼事嗎？  
是退伍  
因為他當兵好久了

我的朋友傳給我一個訊息：  
我媽說如果我繼續跟你講話  
的話，她會把我的頭壓在鍵盤上。但我才不相  
ejukkujje  
uvkkjukvv jvvjkvj

有一位精神病患的醫生問患者：「如果我把你的一隻耳朵割掉會怎麼樣？」  
那位患者回答：「那我會聽不到。」  
醫生聽了說：「嗯，很正常。」  
醫生又問道：「那...如果我把你另外一隻耳朵也割掉會怎麼樣？」  
那位患者回答：「那我會看不到。」  
醫生開始緊張了：「怎麼會看不到咧？」  
患者回答：「因為眼鏡會掉！」



猪肉刀（猜一周星驰  
经典角色）

身边一是一小强，身上一件  
红花。（猜一卡通人物）

一影冲天，探案未知，  
（猜一破案工具）

兴高采烈女神崛起  
（猜一北欧神话预言/知名/角色名）

照相切片（猜一成语）

当头棒喝（猜一成语）

相帮（猜一成语）

天运人功理不穷，有功无运也难逢，  
因何镇日纷纷乱？只为阴阳数不同。  
（猜一仙物件）

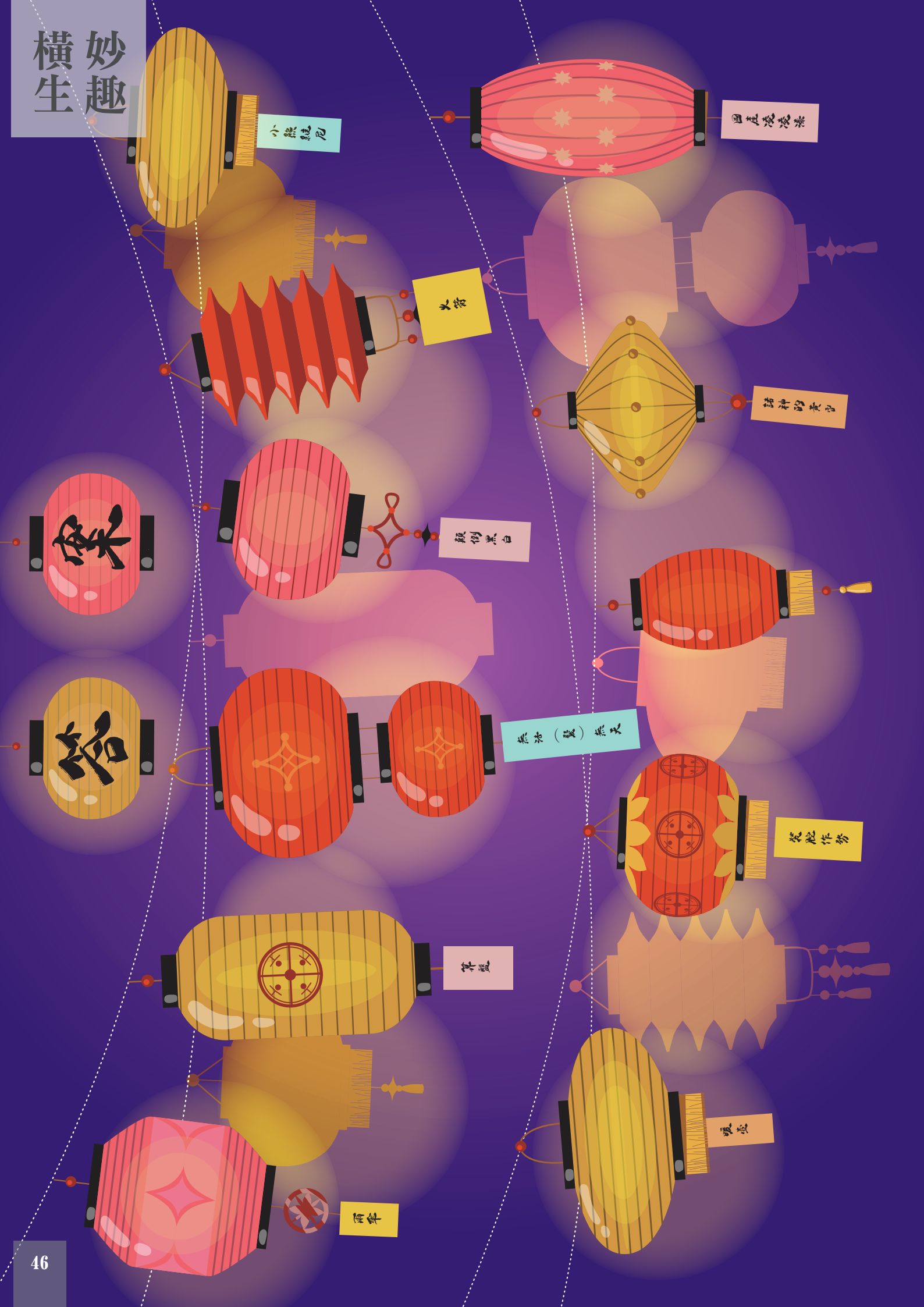
外面冷冰冰，里面热腾腾，  
一花到天亮，比亮还不亮。  
（猜一日常用品）

独木造高楼，没风没雨，  
人在水下走，水在人上流。  
（猜一用具）

谜

灯

猜

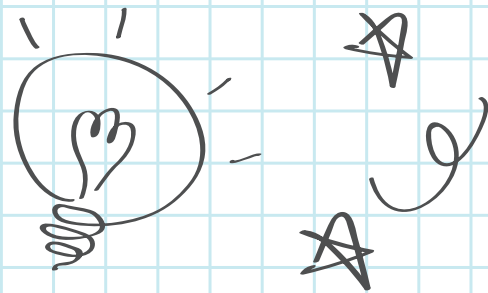






# 答案

## Answers



P34-35

Teacher	Jeremy	Josephine	Marco	Kwok Pui	Carol
Car colour	Red	Black	Blue	White	Pink
Subject	Chinese History	P.E.	I.H.	Biology	Chemistry
Notebook	Apple	HP	Lenovo	Dell	Microsoft
Car	Toyota	BYD	Maserati	Mercedes	Tesla

P36

7	8	9	3	2	5	1	6	4
3	1	4	7	8	9	9	5	2
5	2	6	9	1	4	7	8	3
2	4	5	1	6	7	3	9	8
8	7	3	5	4	9	6	2	1
6	9	1	2	3	8	4	7	5
4	5	2	6	9	3	8	1	7
9	3	7	8	5	1	2	4	6
1	6	8	4	7	2	5	3	9

P39

季  
侯  
風 馳 電 制  
光  
只 許 州 官 放 火 , 不 許 百 姓 點 燈  
仲 石 花 火  
琳 齊 通  
改 革 開 放 明 目 張 膽  
愛 回 家 爭 鳴

C  
M M X X I I I  
X



A CELEBRATION AWAITS...

