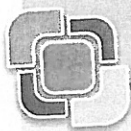


# RESONANCE

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*What is the one thing  
you would like to change about  
Hong Kong?*

By Au Kun-wa Shirley F.5E

Cheung Ho Jacob F.5E

Mak Yee-ki Miki F.5E

Nowadays, Hong Kong people seem to have many more grievances than ever. They want change. What change would Holapians like to see in Hong Kong? Let's see!



• Mr. Au Yun-nam

The environment of Hong Kong needs improving, especially the air quality. The poor air quality, mainly due to a lack of green areas in Hong Kong, adversely affects the daily lives of citizens. Take our school as an example. Teachers and students get sick more frequently, which affects their work and study. Compared with Hong Kong, Singapore has many plants and green belts even in downtown areas. The Singaporean Government has strict laws to control the air quality and plans land use with vision. Hong Kong should learn from it. All of us should play a part in protecting and improving the environment of Hong Kong for our next generation. As citizens, we can use less plastic bags, travel by public transport and consume less electricity.

• Miss Ho Yuen-ling •

I wish Hong Kong could be larger in size so that there could be more land for building new houses. Even though the transport infrastructure is awesomely efficient in Hong Kong, we are all living in a poor environment. Even worse, we have to work non-stop every day in order to make a decent living. Conversely, the living environment in other countries is much better than that in Hong Kong. I have a friend in the USA whose house looks just like a Thai resort. But it costs about HK\$7m only.



• Mr Ku Ka-chun

The voting system should change. For now, the few people who have the right to vote may not represent us. But there is one thing for sure: we do not want an appointed Chief Executive from the Central Government. Hong Kong's universal suffrage, if any, can be modeled on the Electoral College system of the United States. For example, in many schools, the Students' Union election gives senior students more votes as a token of their long-standing care and concern for the school. Indeed, Hong Kong people should participate in, and care more about, political events. To achieve universal suffrage, not to mention a decent one, political apathy is the last thing we want. No matter we support or oppose the government, we need to let it know our opinion.

• Miss Yu Ho-ting •

I think the social atmosphere should change. Recently there has been shocking news about sons killing parents. I think one major reason behind is that Hong Kong is too stressful. The life of Hong Kong people is so busy that everyone is under great pressure and hence gets very tense. Adolescents who have yet to learn to deal with life bear the brunt. So stop making others your punching bag. Stop cyber-bullying. Think positive and send out positive messages to everybody that life is worth its every second.



• Mr Wong Chun-yin

It is the housing problem especially the living conditions. Hong Kong teenagers find it really hard to buy flats since properties in Hong Kong are impossibly expensive. The Mainland is rich now and Mainlanders are keen to invest in Hong Kong, which further pushes up the price. The housing problem is not the major concern of teenagers worldwide but HK is a special case. I think the government should limit the land supply to developers and build more public housing. With a decent shelter called home, Hong Kong people will then be happier.



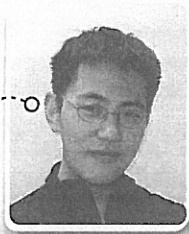
• Chan Wing-shan F.4D •

I would like to change the air quality of Hong Kong. The air quality nowadays is bad and it causes many problems like low visibility. Drivers of public vehicles often fail to see the roads clearly. I think Singapore has done a much better job in maintaining good air quality than Hong Kong. For example, the Singaporean government has built parks with lots of trees and it always encourages citizens to take part in recycling.



• Chu Wing-sing Don F.5E

I would like to change the way people use their smartphones. They use their phones everywhere and anytime. This gravely affects the relationship between people as it changes the way people interact with each other. They may be sitting together like at a dining table but they are all looking at their smartphones instead of each other. People should make more eye contact with others and look at their surroundings more when they are on the bus or the minibus. I think it is the best for us to use NOKIA 3310 so that we can stop being too absorbed by our smartphones.



• Chui Lap Keith F.5E •

I would like to see less rubbish on the street. As I go to school every day, I see rubbish like waste paper and plastic bags everywhere. That is unpleasant and improper. Hong Kong, as an international city, should learn from other more developed countries like Japan and Singapore to set up strict laws and educate our next generations regarding keeping the city clean. The cleaner the streets are, the healthier the city is. Everyone can contribute. Not throwing garbage on the

# Oh baby!

We usually think that our teachers have been like what they are like now. But just look at the photos taken when they were younger. They were a very different story once upon a time!

## 1 Mr. Hui Hung-kit

"This photo was taken when I was 2 years old. I was chubby at that time. Do you know why I'm so slim now? Of course I'm not on a diet. I always vomited milk in my childhood so I grew thinner and thinner. I was a good student when I was small. Unfortunately to me, once in F.4 a teacher punished the whole class. Like everybody else, I had to copy my name 100 times."

## 2 Miss Mandy Lai

"I took this photo at my birthday party. I don't look excited, do I? Well, because I was very camera-shy then. Let me tell you a small secret... When I was small, my aspiration was to be a designer. I just loved drawing so much. But in F.3, I didn't choose to do Art. So now I'm a teacher, not a designer."

## 3 Miss Poon Kam-Ying

"At 19, like all secondary students at the same age, I waited for the release of the HKALE results. Before the release day, my friends and I went barbequing and sightseeing at Wong Shek Pier. We had a lot of fun. We also discussed our future. The girl who sits next to me is my best friend, Vivian. At school we learnt and played together. It was the greatest time in my life!"

## 4 Mr. Danny Kwok

"This photo was taken in a snowy winter in Canada. Living in Canada was a totally new experience to me. Snowing may be a fabulous and unforgettable scene to Hong Kong students who have never seen snow before. Playing with snow is also a fun and unforgettable thing. Are you fascinated about it? I think you should be."

"University is not only about studying all the time. Do take time out to do something meaningful, like voluntary work. See how I enjoy helping people in need."

## 5 Mr. Hirdyesh Mirchandani

"Hello everyone! Mr. M here... This is a picture of me on holiday somewhere in Southeast Asia. I think it was probably in Indonesia at some resort. I love resort holidays because I can laze around by the pool."

Wong Po-yuk F.4B  
Zhang Huilin F.4B  
Sun Chi-ling F.5C  
Tse Sung-him F.5C



While most teenagers are after Halloween, some are more fascinated by the Hungry Ghost Festival which is widely celebrated by the older generations. Let's see how a teenager sees the Hungry Ghost Festival.

## Hungry Ghost Festival

Chu Wing-ching Cherry F.5E

The Hungry Ghost Festival is celebrated by Chinese people all over the world annually on the 14th night of the seventh lunar month. According to folk tales, the month is the time of the year when the Gates of Hell are opened to let out the hungry ghosts. During the month-long festival, most Chinese avoid going out at night, moving houses, getting married and traveling as they believe that the hungry ghosts freed from hell will roam the streets and may cause them troubles.

Really, the festival has a touching side. It is believed that the dead return to visit their living relatives during the festival. So people prepare a sumptuous meal to entertain them and burn joss sticks to comfort them. Some are so kind that they do the same even to the hungry ghosts which they do not know.

The festival has a ridiculous side too. It is believed that when the paper products of things for the living are burnt and turned into ashes, they will reach the dead. As people want their dead relatives to live well in the ghostly world, they burn hell money, paper houses and paper cars for them. Nowadays, the paper offerings have become very up-date like paper air-conditioners and televisions. If your dead relative loved technology, you may burn a paper i-Phone for him. Or if your dead loved one was a fashion lover, you may offer her a paper brand-named handbag. There are just so many kinds of paper offerings on the market! You will certainly find one which is suitable for your beloved in hell.

The world of work is alien to teenagers as they just do not have any work experience. But with some imagination, they can see themselves doing a job that they like and the challenge and satisfaction that come with it. Let's see what a teenager writes about this.

## Journalism is no mean feat

Chiu Lap Keith F.5E

The job of a journalist is adventurous and inspiring. What is exciting about my job is that I can travel to various exotic places in order to get the exclusives. What is more, I can interview celebrities from around the world, from high-ranking officials to top athletes, from legendary heroes to world-famous stars. In the interviews, I can learn a lot about life from their experience and wisdom.

Yet being a journalist can be dangerous. Sometimes I have to put my life at risk so as to reveal the truth to the public. Just some time ago, I set off to the Diaoyu Islands with a group of Hong Kong patriotic activists so that I could show the world how they protested against Japan's claim to ownership of the islands. Unfortunately to us, when we were trying to reach the islands, we were 'shot' by jets of water from one of the five Japanese vessels surrounding our boat. We had even been detained for a few days before we were released.

Despite this, since I was a secondary school student, I have been fascinated by the job of a journalist, reading stories and watching news reports from all around the globe. I naturally joined the school newspaper and became a student reporter. At that time, there was nothing more intriguing and engrossing than interviewing the principal and teachers as well as capturing the special moments in the school. These experiences deepened my passion about journalism and the rest is history.

All F.4 students went to the cinema to watch the film Lincoln. Let's see what one of them has learnt from the film about the president.

## Lincoln in Lincoln

Wong Chak-chun Kitty F.4D

From the film Lincoln, I have learnt about the human side of the president.

In the film, Lincoln, like all of us, has family troubles and worries. His wife is emotional and even hysterical. She worries about Lincoln and her sons very much. The couple's headstrong elder son wants to join the army, which makes Lincoln and his wife very angry. Even though Lincoln tries to deter him by showing him bleeding body parts removed from wounded soldiers, he still goes to the front stubbornly. On the contrary, the youngest son is very understanding. He understands the difficulties his father faces and he does not bring troubles to him. But he is too sensitive and thus gets upset about the plight of the black slaves easily. According to history, he was devastated when Lincoln died.

Lincoln can be tricky too. In order to get enough votes to achieve the passage of the 13th Amendment which abolishes slavery, he authorizes agents to quietly contact Democratic Congressmen with offers of federal jobs. Meanwhile, Confederate representatives are coming near to Washington ready to discuss peace. However, if peace were made, there would be no need to pass the 13th Amendment. Lincoln therefore immediately orders the representatives to stay outside Washington and denies that there are envoys in the city. The votes then proceed and narrowly pass by a margin of two votes.

Lincoln is humorous even at difficult times. According to what Lincoln tells his aides, an Englishman whom he paid an official visit meant to insult America by putting a picture of President George Washington in the washroom. Lincoln just remarked casually, 'The world knows nothing will make an Englishman shit quicker than the sight of George Washington.'

Indeed, in the film, Lincoln is more flesh and blood than an impossible hero.



Nowadays, tutorial centres are 'schools away from school' to many students desperate to get a quick fix to boost their results. Let's see what a teenager who names himself Chris Wong fares in one such centre

## Tutorial centre blues

Leung Shong-tung Mickey F.5E

Hi! HKDSE students, you should know me very well. Yes, I am your Chris Wong. As a whining kid, I have a complaint to make again. This time it is about a certain tutorial centre in Mongkok where I attended a Chemistry tutorial course last month.

The management of the centre was unimaginably poor. The information about the course was far from clear. When I enrolled in the course, the clerk there asked me to wait for further notice of when and where the lessons would be conducted. However, I had waited for almost a week and had not been informed of the details until the last moment. To my dismay, the date and time turned out to clash with my own schedule. Worse, swapping was not permitted and hence I had to rearrange everything so that I could join the class. Such policy was neither student-friendly nor flexible!

The course materials were another trouble showing how uncoordinated the different departments were. I had expected to collect the materials at the beginning of the course at the

reception. However, the staff there asked me to go to the General Office for them. Still another staff at the G.O. asked me to go back to the reception to first take my receipt which would entitle me to collect the course materials. This way I was made running up and down the stairs, from one counter to another. I had done this for nothing for the Chemistry tutor later told me that I would anyway get the course materials in class!

The class itself was no better. It was so overcrowded. There were only 40 seats in the classroom but it was packed with more than 50 students, which far exceeded the classroom capacity. Some students had to stand for the whole lesson and I was one of them. It made it hard for me to learn well when I had to stand.

The worst had yet to come. The so-called celebrity tutor simply lacked substance. One of the attractions of the Chemistry course was the impressive qualifications of the tutor advertised. I was made to believe that with good qualifications, the tutor should be able to explain the Chemistry concepts more clearly than average ones. To my surprise, the tutor made mistakes even on basic Chemistry concepts which even I, a Chemistry idiot, could identify and correct. To hide his inadequacies, the tutor joked very often and mentioned a lot of irrelevant things. In the end, I learned much more about the scandals of the entertainment circle than Chemistry concepts.

Indeed, the course was a waste of my time and money. It did not make me achieve as much as I should have. The centre promoted the course as 'Refund if no progress'. I had expected to get a pass in Chemistry after attending the course. But I failed again in the First Examination. I definitely deserve a refund!

# GM FOOD: MONSTER OR SAVIOUR?

## The controversy of genetically modified food

By Chui Lap Keith F.5E, Leung Shong-tung Mickey F.5E

In the beginning God created all forms of life on Earth. As technology has advanced tremendously, it seems that God is not the only Creator. In the recent decades, biotechnologists, playing God, have been creating a variety of new organisms through genetic engineering. Empowered to alter the genetics of living things, mankind has started introducing genetically modified food (GM food) to make more and better food. Yet, when it comes to GM food, there is always a great divide between supporters and opponents, and it is always better for you to gain a more comprehensive understanding of the issue before deciding which side to take.

### Current situation

Is GM food only found in laboratories? I regret to inform you that it may already be in your stomach. By now, 77% of soybeans, more than 50% of papaya and 26% of corn in the world have been genetically engineered. [2] Growing GM crops is prevalent around the globe. Yet, Hong Kong people seldom realise whether it is GM foods that they are consuming as such foods may not have been labelled under the voluntary GM food labelling scheme in Hong Kong.

### How is food genetically modified?

Deoxyribonucleic acid (DNA) is a molecule encoding the genetic instructions used in the development and functioning of all known living organisms and many viruses. [1] Imagine DNA as a jigsaw puzzle, consisting of many pieces which represent DNA sequences. Each piece contains genetic information. To modify the genes, new puzzle pieces are taken from the DNA of another organism and inserted into the jigsaw puzzle of the target organisms. (Fig. 1) By inserting the desired DNA sequences into the organism, the new DNA instructs the organism to do new jobs. Foods derived from these genetically modified organisms are GM foods.

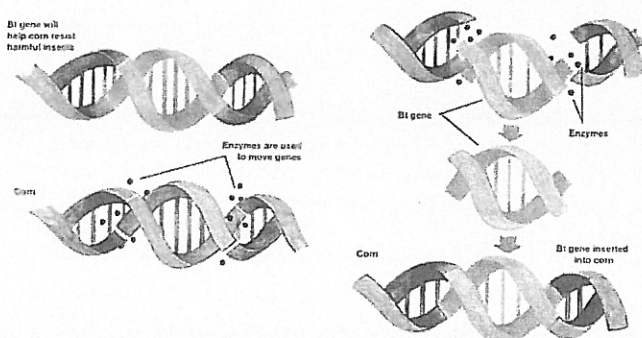


Fig.1 A biotechnological gene is incorporated into corn

### Why is food genetically modified?

Typically, GM food is transgenic plants. By engineering their genes, crops can be more productive and have a larger yield. Some are genetically modified to resist pathogens like Sunset papaya; some, to offer more nutritional value like Golden rice; and some, to resist herbicides or insecticides like Roundup Ready crops. Their ability to grow faster and better than their traditional counterparts makes GM crops an antidote to hunger crises, fulfilling the food demand of the world.

Another major benefit of planting GM crops instead of traditional ones is the reduction of pesticides use. [3] For example, Bt-corns engineered to produce a toxin may help to poison pests and therefore help to reduce the amount of pesticide used,

### Why not genetically modified food?

Despite the many advantages that GM food brings about, there are scores of problems stemming from it. The most concerned problem is potential health risks although it is scientifically recognised as safe. Some people are worried that GM food may increase the risk of developing cancers or allergies. However, till now, there is no conclusive scientific evidence of harm.

Growing GM crops also bring substantial harm -- including the gene flow, affecting non-target organisms and the emergence of resistant pests and secondary pests -- to the environment. Cross-breeding between GM crops and non-GM crops may contaminate the genes of conventional crops. An example is the interbreeding between GM canola and other weed species, which results in the flow of herbicide resistant genes to weeds. [5] Insect-resistant GM crops like Bt crops may also affect other beneficial insects. What is more, thanks to natural selection, insects gradually develop resistance to insect-resistant crops, becoming super pests. When insect-resistant crops are grown, the most resistant insects are the ones to survive and pass on their genetic traits to their offspring. As a result, resistance is evolved.

The drawbacks of genetically modified food are more than that. GM food also generates economic and ethical problems. Companies developing GM crops use intellectual property laws to forbid farmers from saving seeds in order to pursue profits from selling seeds. Those GM crops are also made to produce sterile seeds to ensure that farmers have to count on the seed supply of those companies. This gives biotechnology companies excessive power to control food supply. The presence of only a few biotechnology companies has also resulted in monopoly of the seed industry. What is more, to produce sterile seeds, biotechnology companies put 'terminator genes' into the crops. Although these sterile plants have their fertile gametes production suppressed, they still potentially outcross other wild plants, resulting in far-reaching consequences. [6]

### Right or wrong?

After knowing more about GM food, whichever side you take (or neither), there are a few questions that are worth your while to think about:

- △ Is it right to change the characteristics of plants, mixing genes across the species and affecting the natural order of nature?
- △ Should we ban GM food when it can help to save the hungry from hunger, just because we are scared of nature?
- △ Is GM food necessary?
- △ Does GM food really help to save starving populations, or is it just the trick of biotechnological companies to justify their acts?

In the ethical dilemma of GM food, there are still a lot of uncertainties. Only time can tell.

### Reference

- [1] <http://en.wikipedia.org/wiki/DNA>
- [2] [http://en.wikipedia.org/wiki/Genetically\\_modified\\_crops](http://en.wikipedia.org/wiki/Genetically_modified_crops)
- [3] [http://en.wikipedia.org/wiki/Genetically\\_modified\\_food\\_controversies#Chemical\\_use](http://en.wikipedia.org/wiki/Genetically_modified_food_controversies#Chemical_use)
- [4] <https://ssl3.ama-assn.org/apps/ecomm/PolicyFinderForm.pl?site=www.ama-assn.org&uri=ama1/pub/upload/mm/PolicyFinder/policyfiles/HnE/H-480.958.HTM>
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- [6] <http://www3.nd.edu/~chem191/f2.html>

# 中國文化如此多FUN!

提起「死亡之科」，相信仍是上屆多數文憑試考生揮之不去的噩夢。事緣去年首屆文憑試的考生中能考獲中文科入學最低要求三級的僅有四成，多達一半的考生即被中文科篩走。不少傳統名校生在各科中獨佔鰲頭，卻在中文一科折戟沉沙，與大學學位失之交臂。有資深中文科教師批評本港學生對文言文理解不足，傳統文化基礎薄弱，甚至有中五生竟然連仁、義、禮、智都未曾聽聞，而試卷題目卻要求考生對傳統文化要有一定的認知，才令大多考生慘遭滑鐵盧。

談起中國文化，年輕一代在腦海中浮現的印象恐怕大都是「老太太的裹腳布——又長又臭」吧，然而中國文化真的如此艱深枯澀、枯燥乏味嗎？非也，非也，其實中國文化也有通俗易明、簡單有趣的一面，以下便是數種例子：

## 詞彙有趣的由來：

### 【入洞房】：

相傳在遠古的時候，男原始人和女原始人每相隔一段時間就相聚在一起，如果一個男原始人中某個女原始人，就會用木棍把她打昏，然後背到他住的石洞裡，這就是最早的「入洞房」。所以結婚的「婚」字就是一個女的被打昏了。

### 【吃醋】：

唐朝初年房玄齡因輔佐有功，李世民幾次想把美女賞賜給他，但都被婉言謝絕了。後來聽說房家有妒妻，於是皇后親自出馬作說客，但同樣沒有效果。李世民生氣了，就安排人送去一壺酒，並傳話說：「朕意已決，要給房大人納妾。夫人若抗命不遵，這杯毒酒馬上就賜你一死。」然而生死面前，盧氏毫不畏懼，她寧可去死也不願丈夫納妾。只見她鎮定地接過「毒酒」，仰脖一飲而盡。結果她沒有喪命，原來壺中裝的是老陳醋。後來李世民自我解嘲地說：「朕尚怕見她，何況房玄齡呢！」不敢再提給他美女的事。於是「吃醋」的故事廣為流傳。

## 字謎、神智體根據漢字字形結構而衍生出來的有趣文化：

字謎是謎語中的一類，跟漢字的字形、字音或字義直接相關，是中國獨特的文字遊戲。它在中國有悠久的歷史，如大家在中一時讀過的《楊修之死》，不就記錄了「『活』門」及「一合酥」的字謎。以下也有些有趣的字謎，大家不妨猜一猜：（答案見本頁頁底）

1. 田中
2. 草上飛
3. 死對頭
4. 部位相反
5. 我的女兒叫貝貝
6. 門內陽光照，門外雨瀟瀟
7. 一家四口，中間養隻狗
8. 一隻狗，七把口
9. 大於，小於，等於（數學計算符號）
10. 手轉彎

## 神智體一種近乎謎語的詩體，以意境作畫寫字：

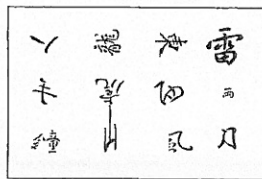
神智體，是一種近乎謎語的詩體，亦稱「形意詩」、「謎象詩」，這種謎象詩體是「以意境作畫寫字，借人悟己的一種修養學問。」此體以意寫圖，使人自悟。因其設想新奇，能啟人神智，故稱神智體。同學可欣賞以下兩篇作品感受其「以意入字」的意思：

（從左至右，橫排閱讀） 秋思 佚名



圖曰高山路口長，橫雲細雨斷斜陽。  
扁舟大海無人過，飄風殘花捲不香。

（從右到左，豎着閱讀）



山寺晚鐘 佚名

雷大雨小月中空，  
東斜西至半邊風。  
龍橫虎臥高山上，  
道人反手撞金鐘。

## 唐宋詞中國文壇上最璀璨奪目的明珠：

唐宋是中國文化最為鼎盛的時期，文壇上人才輩出，當中最享盛名的莫過於浪漫主義的李白、現實主義的杜甫和老嫗解解的白居易等，而宋代的著名詞人也有蘇軾、柳永、周邦彥、李清照和辛棄疾等。

古語有云：「熟讀唐詩三百首，不會作詩也會吟。」不少香港學生腹中無笥，對中國文化的精華和歷史面貌甚至稱不上一知半解。通過背誦，可將詩詞化為同學寫作時的立意和內容、說話卷中有力的論據，以及加深對閱讀卷的理解，實是一舉多得。其實詩詞也可以以有趣的方式去接觸，以下便是數例：

1. 最貴的書信：烽火連三月，家書抵萬金（杜甫）
2. 世上最長的臉：去年一滴相思淚，今年剛流到腮邊（蘇小妹東坡）
3. 最快的船：兩岸猿聲啼不住，輕舟已過萬重山（李白）
4. 最害羞的人：千呼萬喚始出來，猶抱琵琶半遮面（白居易）

6. 最難找的人：上窮碧落下黃泉，兩處茫茫皆不見（白居易）
7. 最差的眼力：眾裡尋她千百度，驀然回首，那人卻在燈火闌珊處（辛棄疾）
8. 最遙遠的鄰居：海內存知己，天涯若比鄰（王勃）

## 中國人有趣的思想文化：

### 一個文字，一種概念文化：

「豬」，在今天好像是罵人的話，代表又醜又笨。那麼古人在造「家」這個字時，上面的「宀」，是房子，但房子下面卻為什麼要放一隻「豕」（豬）呢？那「豕」豈不是變成「豬窩」了嗎？

其實中國人從古代就喜歡豬，古人心目中的豬，是聰明又勇敢的。東北民諺說：「一豬二熊三老虎」，連最兇猛的東北虎都排在豬後面呢！因為山豬並不容易捕獵，它很聰明，能識破人類的陷阱。捕獵獅子老虎時，如過獵人射箭，獅子老虎會逃。但山豬不但不逃，中箭後反而會拚命沖過來，用硬嘴把人或獵狗頂得肚破腸流。所以古人在「英雄豪傑」的「豪」字裡，也要放一隻「豕」，可見它在古人心目中的地位。此外，豬一胎可生十二隻，四個月可生產一次，百子千孫，正符合中國人「多子多孫多福氣」的觀念。「家」字裡有「豬」，可見證中國古代社會對「家」的期待，希望是「人丁興旺」、「子孫滿堂」、「勇猛精進」、「家業興隆」等等。

### 無處不在的中國文化：

有中國人的地方，必定有閃爍的中國文化。事緣通過數千年的傳承和潛移默化，文化已經融入了中國人的言行之中。哪怕只是一個目不識丁的老嫗，我們也能看到百花齊放的傳統文化。簡單舉例，一個婦人不幸嫁嫁無情郎，頻頻遭到丈夫家暴，她誰也不埋怨，就怨自己命不好——「我命苦啊！」兒子不幸夭折了，她會自我安慰曰：「天意啊！」天命是誰的思想？孔子的。孔子的天命論，高深莫測謂之「天」，無可奈何謂之「命」。這時，你能看出這婦人信「儒」。可是一旦兒子長大，娶了媳婦忘了娘，或者遊手好閒賭博吸毒等，老太太會拍著膝蓋哭訴：「報應啊，老天爺，我作了什麼孽，給我這麼一個不孝子！」好一句「因果報應」，這時候，老太太她好像又信「佛」了。可見，單單在一位老太太的身上就看到了儒、釋兩大學派的蹤跡，生活中豈非處處皆是文化？

而中國的大丈夫就更耐人尋味了，他們一般是外儒內道。儒是入世的，積極的；道是出世的，消極的，奇怪的是，這麼兩種如冰炭之不相容，薰蕕之不相入的思想，卻能完美無缺地和平共處於中國人身上，而且有時候還分段體現，奇哉。比如入仕時，他就是「儒」，貶官時，他就是「道」了，蘇東坡就是其中的佼佼者。以至於現在的人給自己定左右銘，還是儒道各半，叫作：「以出世的態度幹入世的事業。」也就是說，幹事的目的是儒，幹事時的態度則是道。或者說，成功了就是儒，失敗了就是道。總之，像變戲法似的，怪不得西方人「褒稱」我們為世界上最難以摸透的生物。

借用佛家的禪語：「鬱鬱黃花無非般若，翠翠青竹盡是法身。」只要同學善於觀察，一花一草都是智慧，生活點滴皆為文化。

## 有效提高中文水平的三個建議方法：

有所謂：「寶劍鋒從磨礪出，梅花香自苦寒來。」從有趣的途徑去接觸文化只是一個啟發同學對文化興趣的開始，而真正要應付即將面臨的文憑試，還需依靠同學的累學之功。學習中文絕非朝夕之事，而是自幼浸淫，再慢慢浸透。讀書之法，在循序而漸進，熟讀而精思，以下為三個有效提高中文水準的方法：

1. 同學在日常生活中不妨多加觀察，找尋事物的特徵，多發奇想，或嘗試與中國文化掛鉤，再整理為個人筆記，化為寫作時的立意和內容。例如最普遍的「水」，同學可聯想到道家的「上善若水」、佛家坐禪的「心如止水」和事有兩面的「水能載舟，亦能覆舟」等。
2. 同學需多留意時事、閱讀社評，以擴闊視野、訓練思維和豐富寫作的素材等。所謂：「世事洞明皆學問，人情練達即文章。」正是此意。
3. 有專家指出，某人對某種語文所擁有的水準，相當大程度地取決於他曾背誦過多少篇用這種語文所寫成的優秀文章。學中文若沒有背誦過足夠多的優秀範文，便不會受到中文語境及字句結構的潛移默化，寫不出有氣勢及典雅的文章。故此高效提升中文水準的不二法門正是閱讀和背誦。而「大語文主題閱讀精選」這個網站裡含有海量的作品，包羅萬有，中外名著、歷史、人物傳記、唐宋詞、名家文集等一應俱全。一本好書是作者幾年甚至十幾、幾十年

# 立聲

RESPONANCE  
第五十七期  
舊金山主編可立中學學生報  
非賣品

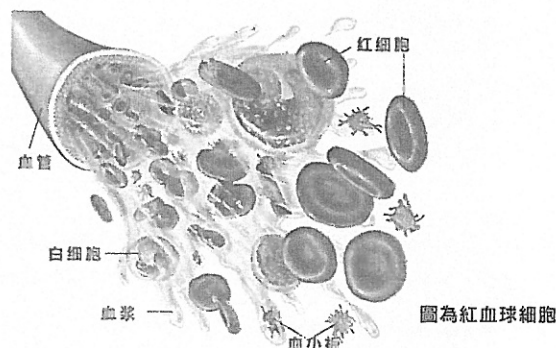
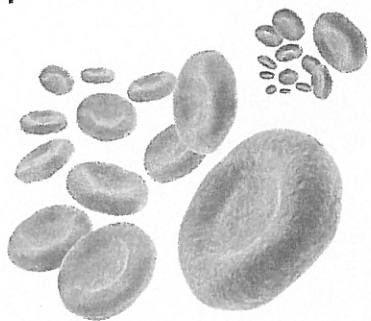
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承印：嘉法曜港公司  
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# 科學園地

## 身體內有着重要功用的液體——血液

### 血液是什麼？



圖為紅血球細胞

血液是在循環系統、心臟和血管腔內循環流動的一種組織，是結締組織的一種。而血液循環系統又包括心臟和血管：心臟為推動血液循環的原動力，各種血管為血液循環所取路徑，而微血管則是血液與組織液間交換物質的場所。

血液有不同的成分，而這些成分在人體中有着重要的功能。血液成份或循環出現問題時，可引致遠端組織不能有效運作。如「局部缺血」指身體某些部位得不到足夠血液流通；若白血球數目低於正常值，則稱為「白血球過少症」。

### 一、血液的成份

血液大約佔人體體重的8%，在健康女性約4至5公升，在健康男性約5至6公升。血液包括液體及定形成份，液體的部分稱為血漿，佔總血液體積的55%；定形成份組成包括紅血球、白血球及血小板三類血球細胞，佔總血液體積的45%。

#### 液體成份

血漿是血液的液體成份，血細胞懸浮於其中，血漿中的絕大部分是水（佔血漿體積的90%），其中溶解的物質主要是血漿蛋白，還包括葡萄糖、無機鹽離子、激素以及二氧化碳。

#### 定形成份

下表列血球細胞不同成份的數量、生命期及製造：

血球細胞 (定形成份)	紅血球	白血球	血小板
數量 (每立方毫米血液計)	480萬至540萬個	5千至9千個 (不同種類總計)	25萬至40萬個
一般生命期	120天	幾小時至幾天	5至9天
製造處	紅骨髓	紅骨髓及淋巴組織	紅骨髓

### 二、血液的功能

#### 1. 運送的功能

氧、養份（如葡萄糖）、激素、二氧化碳及其他代謝廢物的運送。

#### 2. 保護的功能

血液中含有許多抗體、白血球、血小板。白血球可消滅入侵的細菌、病毒。有外傷時，血小板的凝固作用，可保護身體，以免失血過多死亡。抗體（免疫球蛋白）則可以幫助防禦外來入侵的微生物以及攻擊受感染的細胞。

#### 3. 調節平衡的功能

血漿中有許多礦物質、水份、蛋白質，可調節酸鹼度及體液體積。

### 三、三問三答

問一：為什麼血看上去是紅色的？

答一：因為人的血液中的紅血球有血紅素，因此血看上去是紅色的；另外，除雙翅目（只有一對翅膀的昆蟲，如蒼蠅、蚊子）、搖蚊幼蟲等少數昆蟲因含有血紅素而血液呈紅色外，大多數昆蟲的血液為無色、黃色、綠色、藍色或呈琥珀色，是因為它們血液中所含的色素物質使得其血液呈現出特定的顏色。

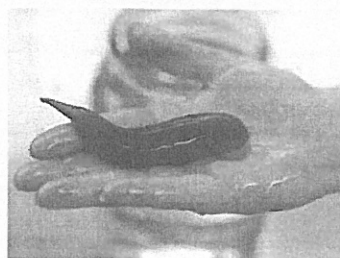
問二：到底血小板是怎樣止血的呢？

答二：血小板從血管裡流出來後，就會馬上破裂，然後釋放出一種叫做「凝集素」的凝血物質。一旦當凝集素遇到了血液裡的凝集原，便會結合成「凝血素」。然後，凝血素會再和血漿中的纖維蛋白原結合，再變成「纖維蛋白」，它就像水泥一樣，很快就凝固成一根根又細又長的纖維。許多的血小板，就這樣變成許多的纖維，彼此交錯重疊，於是堵住了傷口，阻止了血液往外流。

#### 延伸問題

問三：既然有血小板，那為什麼被水蛭咬後還會流血不止？

答三：這是因為在吸血時，水蛭的咽喉唾液腺含有抗凝血的水蛭素和擴張血管的類組織胺化合物能使被咬破的傷口流血不止。水蛭素對凝血酶有着高效特異的抑制作用，可直接抑制凝血酶，阻礙凝血酶的蛋白水解功能，故有抗凝血作用。



圖為水蛭

### 編委會名單

總編輯：夏玟儀

編輯：薛夏影 徐立 梁桑童

助理編輯：黎嘉琳 吳燕榕 李嘉穎 譚芷欣 易燕丹  
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科學園地負責老師：梁德老師 甘景順老師

### 參考資料：

<http://www2.cnhc.edu.tw/teaching/biology/bio2/08.htm>

<http://zh.wikipedia.org/wiki/%e8%a1%80>

<http://academic.nts.edu.tw/ezcatfiles/b004/img/img227/k9.pdf>

<http://zh.wikipedia.org/zh-tw/%e8%a1%80%e6%b5%86>

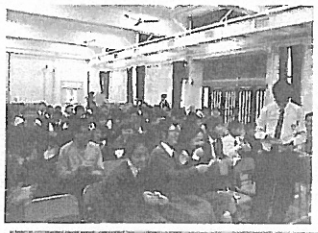
<http://kids.yam.com/why/article/article117.html>

<http://wiki.eyny.com/wiki/%e6%b0%b4%e8%9b%ad>



## 校內活動：

### 中三級午間論壇

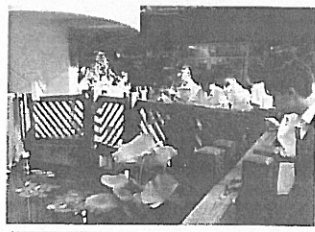


看！同學們都樂在其中呢！

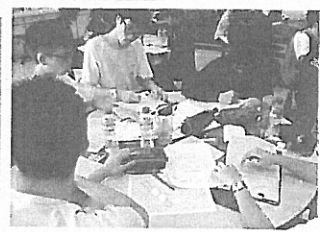


正在辯論的同學也很有自信啊！

### 中三至中五地理科考察



中三級的同學們正在細心觀察水上的植物。



中四級的同學們正在完成實地考察後的探討工作。

### 中樂團廟會演出



同學們都賣力演出，餘音足以繞樑三日！

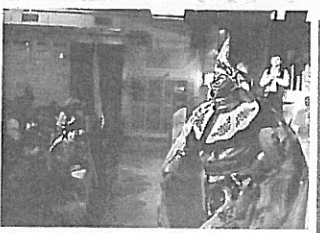


吹奏笛子和笙的成員演奏得很投入呢！

### 香港藝術節青少年之友來臨演出



看來大家都被她優雅的舞蹈征服了呢！



除了舞蹈，還有中國傳統的粵劇，可說是十分多元化。

### 圖書推介



兩位同學正在為大家介紹英文好書。

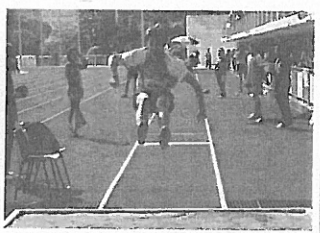


記得回去看看我們推薦的書啊！

### 陸運會



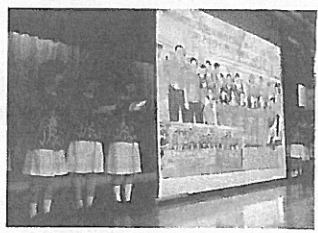
衝啊！終點就在你面前了！



大家都專注地看着比賽中同學的英姿呢！



### 舞蹈交流團分享



舞蹈隊到台灣進行舞蹈交流，欣賞到不同的舞蹈，回來後與眾分享。



舞蹈隊的分享讓我們對舞蹈的認識增加不少。



# 可立人事大點兵「BB尋親記」

數一數，原來近幾年有十位可立的老師也新增了家庭成員

包括：鄒啟志老師、方耀輝老師、傅潔兒老師、林慧敏老師、劉雅妍老師、黃嘉馨老師、王嘉雯老師、黃淑儀老師、鄧志偉老師及黃慧敏老師，大家可認出以下的嬰孩是誰的公子千金：（答案見頁底）



我們訪問了其中兩位初為人母的老師，分享了她們的心路歷程：

林慧敏老師：

由我知道我懷孕至到她現在已經十八個月大，我一直在學習。我十分幸運，因為我在家中有一個有經驗的保姆：我的媽媽。對比一個全職母親，我做的是十分微小。不過，與她一起生活需要面對許多困擾，例如阻止她攀爬窗口、把手指插入電源插座或是其他對她有害的事情。話雖如此，她也給了我很多的快樂和喜悅。雖然她現在不能與我交談，但她也明白一些簡單的字詞。當她知道別人心煩時，她會給他們一個擁抱和令人欣慰的撫拍。我認為嬰兒與大人一樣，比較喜歡鼓勵的說話。她改變了我看事物的方式。

劉雅妍老師：

雖然要廿四小時照顧著她，連吃飯上廁所也沒空，但看見她健康成長，已是我最大成就！

祝願各老師的家庭也幸福愉快！

## 新老師介紹

姓名：楊韋勇老師

小時候的夢想：希望時間可以停下來，美好的事物不會消失。  
座右銘/那句話令你印象最深：「生活是飲酒，創作是藝術的清醒。閱讀是飲酒，當讀者醉時，創作者已經醒了。當讀者醒時，作品就死了。」（節錄自王鼎鈞《碎琉璃》序）  
興趣/平時如何放鬆自己：看電影、踢足球、攝影、閱讀  
最喜歡校園哪一角落或地方：早上八點的操場，那是學生最安靜的時候



姓名：陳豪賢老師

小時候的夢想：小時候受到電視劇的「薰陶」，看到警察不斷偵破離奇案件，覺得做警察很帥，後來才知道其實警察的工作不如電視劇里的警察一樣。小時候，我也想過要去作曲，因為我覺得音樂能感染人，能帶給人正能量。當然，本身熱愛數學，會有做數學家的念頭，去破解未被破解的問題，去鑽研驚人的定理。  
座右銘/那句話令你印象最深：機會是留給有準備的人  
興趣/平時如何放鬆自己：長跑；跑步的時候，只需要專心跑步，其它煩惱也不用理會，而且跑步可跟朋友較量，提升自己的毅力。  
踢足球：是我最愛的運動。嗯，就是這樣！  
玩音樂：失落時拿起一支吉他可以抒發感情。能夠跟朋友一起夾歌是十分愉快的事情。  
最喜歡校園哪一角落或地方：我喜歡校園里的canteen，同學空堂時或是課後愛到canteen討論功課或處理自己社團的職務，不禁讓我想起自己中學的時光！當然，canteen也可讓我跟同學交流，解決理科的問題。



姓名：潘金英老師

任教科目：任教中國語文科  
嗜好：閱讀、寫作、看電影、舞台劇  
選擇做老師的原因：中學（銘基書院）的老師太好了，（李柏雄、黃蕙吟、MR. WALLS、許妙紅老師太棒了！）很想學他們，也當老師。  
認為怎樣的學生最難教：沒有啊，學生總有可以入手教他的地方呀！  
最喜歡可立哪一個地方或角落：圖書館！夠自由自在地看書、沉思！  
在一些特別的日子中最喜歡/希望收到的驚喜或禮物：今天發病了，就有2A的學生送我喉糖，這就給我驚喜的感覺，這日子就很特別啊！學生的心意卡、小手工、一段好的讚後感，通通是好的禮物。家長日當天，我班（2C）的班長送了一朵紅玫瑰給我，向我說「多謝！」我也很喜歡和感到十分窩心。



姓名：陳鼎元老師

你好，我的姓名是陳鼎元，是鼎鼎大名或者鼎天立地的那個「鼎」字。我本年任教的科目是數學科。我的興趣有動的也有靜的，有時我會打拍類活動如乒乓球、羽毛球、網球，非拍類活動如籃球、足球；另外，我也喜歡玩橋牌和戰棋。當然，課餘時我也會做點閱讀和電影欣賞。  
俗話說：「修身、齊家、治國、平天下。」當老師，經常要做分享、反省、檢討、勸勉、說教、指導，令學生尤其在品德上和學業上得到改進，但在過程中其實老師自身的修養也會得到昇華。所以我經常鼓勵同學多做分享，多教身邊的同學，令自己進步的速度加快。  
當教師之前，我有過機會到不同公司當實習生的機會，發現到當教師時我的表現是最投入的，尤其當學生有進步的時候，我會有很大的滿足感。  
其實怎樣的學生我也喜歡教。相對上，學習態度差劣的學生最難教。因為通常此類學生的自我控制能力都會較低，他們也不太能建立日常學習的習慣，因而教與學的速度也會較慢。  
或許是自己在教員室坐著的位子吧。因為我的電腦是很新款的（even better than mine at home, thanks Ho Lap），所以我也特別喜歡在校工作。我比較喜歡吃甜的食物，尤其是黑朱古力。

姓名：胡曉筠老師

教授科目：中國語文、中國文學  
興趣：閱讀、思考、電影  
喜愛的作家：白先勇、張愛玲、龍應台  
喜愛的食物：精心烹調的食物  
名言金句贈學生：風聲、雨聲、讀書聲，聲聲入耳；家事、國事、天下事，事事關心。  
對可立的印象：學生皆善良、友善、真誠



姓名：曾偉奇老師

教授科目：中國語文、中國歷史  
興趣：閱讀、爬山、烹飪、看電影  
喜愛的作家：古龍小說、周國平散文、三島由紀夫  
喜愛的食物：甜點、海鮮  
名言金句贈學生：己欲立而立人，己欲達而達人。  
對可立的印象：學生彬彬有禮，常看到同學為學業、活動網繆勞心，校園充滿朝氣活力



姓名：陳榮開老師

大家好，我是陳榮開老師，2013年1月加入可立中學，主要任教中六級中文科，希望能和中六同學攜手面對香港中學文憑試的挑戰。  
同學積極求知、精益求精的態度，令我印象深刻，也成為我工作的推動力。期望同學能秉持校訓「普濟勸善」的精神，在努力學習之餘亦能服務社會，關心他人。



姓名：郭一荃老師

Q：你兒時的夢想是甚麼？  
A：我自小就想當一位英文教師。讀小一的時候，我看到英文老師好像很享受教學，便覺得這是一份不錯的工作。現在真的實現夢想了呢！



Q：請分享一件你在可立任教時的趣事。

A：有一次，我帶了一批中五學生參加莎劇工作坊，那天的活動於一個露天劇場進行。活動開始後不久，竟下起滂沱大雨！很多同學和老師都沒有帶雨具，顯得有點狼狽。後來我帶學生到飯堂避雨，有些更點餐充飢呢！幸運，最後活動仍能如期完成。同學的興致沒有被大雨冷卻，還覺得這次經驗十分難忘呢！

Q：若你現在為可立學生，你會選擇甚麼課外活動？

A：我會選擇打排球，因為我於中學時也經常打排球，但由於疏於練習，有些基本功沒有學好。而且加入排球隊亦可使我多做運動，保持身體健康。



一位值得欣賞的人

很多人心中都有一位偶像，或是一位英雄。我欣賞的人，是劉備。他是一個處事三思而後行的軍師，他是一個胸懷大志的領袖，他是一個待人寬厚的長者。他是一個值得欣賞的人。

劉備是一個值得欣賞的人。他是一個胸懷大志的領袖，他是一個待人寬厚的長者。他是一個值得欣賞的人。他是一個胸懷大志的領袖，他是一個待人寬厚的長者。他是一個值得欣賞的人。

我上了寶貴的一課。這是一堂課，它教會了我許多東西。它教會了我如何面對困難，如何面對失敗，如何面對成功。它教會了我如何做人，如何做事，如何處世。這是一堂寶貴的課。

溫暖的大衣。這是一件溫暖的大衣，它是我母親給我的。它是我母親的愛，它是我母親的關懷。它是我母親的心血，它是我母親的汗水。這是一件溫暖的大衣。

港感過。這是一種港感，它是我在香港生活過的。它是我在香港經歷過的，它是我在香港感受過的。它是我在香港度過的，它是我在香港留下的。這是一種港感。

記一次參加義務工作的經歷及感受。這是一次經歷，它是我參加過的。它是我參與過的，它是我體驗過的。它是我感受過的，它是我收穫過的。這是一次經歷。

新天起。這是一個新天，它是我看到的。它是我感受到的，它是我體驗到的。它是我收穫到的，它是我希望到的。這是一個新天。

失物記

最近，我真是倒楣到極點了。昨天，我在街上走，突然，我看到一個錢包掉在地上。我撿起它，發現裡面有錢和證件。我把它交給了警察。這是我最近的一件失物。

我流淚了。這是一個感人的故事，它發生在我身邊。它是我親眼所見的，它是我親身體會的。它是我親手經歷的，它是我親手創造的。這是一個感人的故事。

小蠟燭。這是一支小蠟燭，它是我點過的。它是我燃過的，它是我吹過的。它是我滅過的，它是我留下的。這是一支小蠟燭。

扇與空調。這是一個關於扇與空調的故事，它發生在我家。它是我聽過的，它是我看過的。它是我讀過的，它是我寫的。這是一個關於扇與空調的故事。

密碼。這是一個關於密碼的故事，它發生在我身上。它是我知道的，它是我不知道的。它是我忘記的，它是我找回的。這是一個關於密碼的故事。

密。這是一個關於密的故事，它發生在我心裏。它是我藏的，它是我說的。它是我寫的，它是我讀的。這是一個關於密的故事。

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