

# RESONANCE

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A classic definition of "Utopia" is a perfect society or community, in which social, economic, environmental, and scientific conditions are ideal. Such a world is always considered unobtainable. To some people, it is simply seen as a society better or more desirable than ones in the present. How would you define "Utopia" and to what extent is Hong Kong reaching Utopia?

Featuring

By Sophia Shum Tsz Ho F.5D  
Winnie Lam Ka Yan F.5E  
Sally Ho Tin Wai F.5E  
Peter Leung Chun Ning F.4C  
Chris Li Yuen Cheong F.4D

## • Ko Chin Ching F.5E:

I think utopia is a perfect world where people can enjoy security, freedom of speech and absolute democracy. It is also where all citizens can accept different religions and cultures. I don't think Hong Kong is a utopian city as utter democracy cannot yet be enjoyed. From my point of view, utopia can be set as a goal for every country to strive for further improvement even though the possibility of reaching utopianism is hardly high.



## • Ma Hoi Yee F.5E:

I think utopia should be stress-free and pollution-free, like the Great Barrier Reef in Australia. From my point of view, it could be a feasible goal if the government and citizens have this common goal in mind. With sufficient government support and citizen awareness towards environmental conservation, I believe utopia is not an impossible dream. Unfortunately, our hometown has been polluted for many years and society is not as harmonious as before, so there are many challenges that Hong Kong has to face in order to turn into a utopia city.



## • Miss Leung Wing Shan:

From my point of view, utopia is a place which everyone longs for and where the urban and rural areas ought to coexist with a larger proportion acquired by the latter. Respecting and appreciating other species should also be achieved in order to promote a harmonious society. Besides, citizens should be rational and maintain a thirst for knowledge. However, I do not think Hong Kong is a utopian state due to the lack of mutual respect and tolerance among some Hong Kong citizens, which can be seen in the recent conflicts in the society.



## • Mr. Yeung Yuk Ming:

I think utopia is a place where people are willing to serve others sincerely and have no selfishness. However, it is difficult to achieve, as it requires everyone to have the same goal. In other words, everyone has to have an altruistic spirit.

Even though Hong Kong is slightly better than some developing countries, having less corruption does not necessarily mean that Hong Kong is a perfect society. Thus, I think Hong Kong has not yet reached utopianism.



## • Ms Chan Yan Yan:

I believe respecting others and having less intrigue help build a harmonious society which can boost social stability, fulfilling the requirement of a utopia.

The hectic city life, over-emphasis on economic development, housing shortage and a split in the society derived from democratic reform have lowered citizens' confidence towards the city, making it harder for Hong Kong to reach Utopianism.

Although Hong Kong is hardly a Utopia, quality morals have connected Hong Kong citizens together. It is certain that better attitudes towards life can enrich life experiences and provide life incentives.



## • Ms. Sun Ka Ki:

In my opinion, utopia is where everything is peaceful and quiet. Unfortunately, it only exists in my dreams. Nowadays, climate change is evident and the environment is worse than before. When I was tidying up my room the other day, I involuntarily found some unnecessary possessions. In this materialistic society, I guess many have forgotten the importance of protecting the environment. Even though utopia has not been achieved yet, hopefully it can be achieved someday. Everybody! let's do our best and try to make a difference!



## • Tang Ka Ho F.5A:

In my opinion, utopia is where no one has to worry about their basic needs. Currently, I don't think Hong Kong can be considered utopia yet as severe social problems still exist in the community, including the great disparity between the rich and the poor, and the drastic increase in sub-divided units. In the aspect of human relationships, in order to develop utopia, I think it is necessary for citizens to have mutual respect even when they hold different views towards an issue.



## What do students want from schools in the 21st century?

### School the Pioneer

Lam Ka Yan F.5E

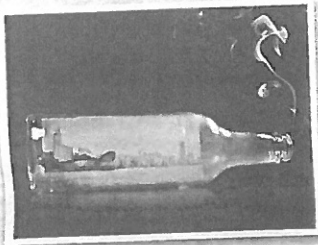
In the 21st century, knowledge is the only thing which can help people find a job and earn a living. Therefore, many countries have been providing chances of studying to students, and students are having a higher demand in some aspects of learning.

Nowadays, students prefer more advanced technology in learning, for example, using more advanced and new electronic gadgets. It is due to the increase in popularity in the use of computer or mobile phones, and the convenience in using them. PowerPoint, videos and internet are widely used as teaching resources nowadays. Compared with just reading textbooks, using electronic gadgets as an assistance will increase both the efficiency and effectiveness of learning. However, if schools change their teaching computers regularly, it may be very costly as electronic gadgets have a short life cycle and are easily being outdated. Therefore, I think my school can update the capabilities of those gadgets regularly, where the functions will not be outdated easily and it can reduce the cost.

Apart from the above, students also want more active learning chances. In Hong Kong, the major learning method is to sit in the classrooms, read the textbooks and listen to the teachers. Having group discussions and asking questions are rare. This may make the students lose interest in learning. Therefore, I suggest my school providing more active learning chances. For example, for science subjects, schools can provide more chances for students to have experiments, or even let them create their new experiments under a safe situation. For subjects like Geography and Liberal Studies, I think schools can let students have more field trips and outings. A more active learning can make students have a deeper understanding and increase their interest.

Students in the 21st century may choose to study overseas. I think having exchange students in my class will be a great idea. We can learn different languages and cultures of different countries. This can increase the chances for students to have more active learning. Besides, teachers may try to adopt different teaching methods, in which both the local students and exchange students may have great benefits from it.

The world is changing and the society is improving rapidly. Being the miniature of the society, schools should be the pioneer to cope with different changes in the community. In conclusion, schools should adopt more advanced technology and provide more active learning chances to the students in order to fulfill their desire, which helps create more elites as the pillar of the society in future.



Photographer: Tommy Fung

**Can you imagine what would happen to you if you lived in a bottle? Look at the picture above and read the reflections.**

### Hong Kong in Bottle

Liu Qinghe F.5E

The photo (see above) describes the life we would have if we lived in a bottle. The lack of fresh air would affect our health which would result in dizziness, difficulty in breathing and eventually death. Unfortunately, this is happening in Hong Kong nowadays.

The air is essentially necessary for humans, however once it is mixed with polluting particles, it manifests itself in the form of smoke and haze and it is harmful to humans.

From the photo, Hong Kong is in a bottle with smoke emitting from it. It represents that we are trapped in the middle of a concrete jungle, walking in narrow street canyons where the wind doesn't blow. We are actually living in a bottle but we just have not realized it yet.

The bottle in the photo is made by human greed, ignorance and uncontrollable desire as humans sacrifice the next generation's resources and the current natural environment for the sake of economic development and immediate convenience. The bottle that traps Hong Kong is made by the smog produced by human activities; human beings will eventually become ill in the environment.

However, humans do not know that they are living in the bottle, because economic growth has blinded their eyes. The saviour who can crush the bottle and save humans is the population who made this bottle.

When there is no air flow but only unbearable hot smoke, people will stifle. All things on earth that lack nourishing fresh air are on the verge of death. The colourful Hong Kong will lose its color, which once carried the image of hope and life, and turn black and white, the symbol of despair and death.

As 'Voices from the Iron House' suggests, the only saviour who can help people escape from the house is the people in the room. If some people in the room realize that they will die because of their selfishness and ignorance, and thus regain their conscience, the Iron House formed by their ignorance will disappear finally.

Will Hong Kong's skyline become one of the best in the world again? It will have to be decided by us, the people of Hong Kong.

## Nearly everyone has a good ghost story or strange encounter to tell, share or explore. Let's read one of them.

### The Ghost and the Darkness

I woke up at midnight. I found the door wide open and the wind was blowing strong. Just as I was closing the door, I found that there were water droplets dropping in the bathroom. I could hear the sound of the droplets. The outside of windows were strongly moving trees, and also what I could see was only complete darkness.

There were a lot of complicated sounds in the darkness- the sound of the blowing wind, the sound of droplets in bathroom. Suddenly, I heard the sound of footsteps thumping on the floor! However, I could not see anything in the dark. And then I heard that something was hitting in the kitchen!

I tried turning on the light of my bedroom, but it could not be switched on, and I just thought that I needed ask dad to fix it tomorrow as it was not working.

### We Need Favourable School Environment

Chan Hoi Lam Letty F.4D

Schools in the 21st century can be considered a miniature community with aspirations and expectations from both teachers and students. In addition to the regular meetings, as a student, I hope the school management can further enhance communication to collect opinions from us by installing opinion boxes in the school or creating an internet opinion box in the school website. We should be encouraged to voice our opinions in the new communication channels for what we want from the school for a better studying environment. The school management should then consider students' proposals and particularly the management should openly make a reply to a certain issue which has been raised by a considerable percentage of students.

The second thing I think can be made better in our school is promoting mutual help and friendship among we fellow students. Harmony with mutual help and support is a good virtue commonly regarded by people in the 21st century. Students in my secondary school are working hard. This is understandable because the competition for the limited places in government-subsidized local universities or tertiary education institutions is very fierce. Although we always discuss homework after school, I think formal study groups should be established through the monitors and student subject leaders. Regular group meetings can then be held after school one to two times per week and additional meetings can be arranged if necessary, for example, around examination periods. We are of different talents and have our own strengths and weaknesses. Students are often good at some subjects but weak in others. Through study groups, we can help each other. Besides academically, group members can support each other psychologically. Harmony and friendship will be fostered.

To create a productive teaching and learning environment for teachers and students, good interpersonal relationship is important. Our class activities are often limited to students. In this regard, I propose gatherings for both parties- teachers and students. Teachers and students can go together to nearby restaurants for dim sum in lunch time. Such gatherings are characteristic of the local Chinese culture. Through the gatherings, teacher-student relationship will be greatly enhanced as the gatherings can work as an informal communication channel. This will certainly be conducive to the school as a whole.

Studying in an affectionate and favourable school environment is a common wish of a student, like me, in the 21st century. The above describes my three proposals to my school for the wish. The first two are enhancements of the school's current practices while the last one is a novel suggestion. In conclusion, what students want from their schools in the 21st century should be in line with the global values of the changing world in the century.

### Air

Zhang Weiyang F.5E

It is a well-known fact that air is a mixture of different gases. Air is composed of 78% of nitrogen and 21% of oxygen, while the rest is other different gases. However, air in Hong Kong seems to be different.

Hong Kong is said to be a 'Gourmet Paradise', but is becoming more like a 'Paradise of Air Pollutants' now. The seriousness of air pollutants has already triggered the warning alarm. In one of the works of Tommy Fung (see picture above), Hong Kong is trapped in a bottle of smoke, unable to escape from the foggy and smoky glass. However, where does this smoke come from?

Actually, there is something burning behind Hong Kong which contributes to those wisps of smoke. The ports, the roadways, the air conditioners and so on are the culprits of the air pollution in Hong Kong. Hong Kong is too prosperous and dense that we have many ports and roadways. Every day, we have lots of cargo ships and cruises which travel in and out. Also, we have more and more cars running on roadways day by day. They are all motivated by burning fossil fuels. During the process, a lot of air pollutants are emitted to the air, for example, carbon monoxide, sulphur dioxide and nitrogen dioxide. With the cramped concrete jungle formed by skyscrapers in Hong Kong, the situation of air pollutants is becoming even more adverse.

Air pollution has led to various problems in different aspects so it should not be underestimated. For example, air pollution leads to the fall in economic and social aspects. For economy, especially for tourism, the air pollution has caused negative impacts on Hong Kong's image. Because of the poor air quality, lots of tourists refuse to travel to Hong Kong. Since tourism is one of the important industries in Hong Kong, the economy is greatly affected by the poor air. Moreover, the severe air pollution deters overseas talents and investors. Multinational companies are reluctant to set up offices in Hong Kong. The competitiveness of Hong Kong is lowered, thus the economic growth will be affected. In social aspect, the health of citizens will definitely be harmed by the air pollutants. Respiratory diseases and even death will be resulted. As the quality of the public health is impaired, the medical cost required in turn increases the economic burden of the government. As a result, air pollution both directly and indirectly causes the decline in the quality of life for citizens.

From Tommy Fung's photo, the contaminated Hong Kong is trapped inside a transparent glass bottle. Through the glass, how Hong Kong is contaminated is observable. It is crystal clear and undeniable that Hong Kong is heavily polluted with dirty air. However, why is the situation that serious? Have the government and the public paid any heed to the problems? The poor air quality in Hong Kong is generally acknowledged. However, the government and the public have not carried out much effective measure to deal with the matters but just let the matters drift.

Air is the common resource that every Hong Kong people enjoy. We have the responsibilities to make sure that the air is clean for the current generation and also the future generation. If the problem is neglected as it is left in the glass bottle, Hong Kong will soon be burnt into soot with the poor air.

Chan Siu-chung F.2A

At that moment, I heard the footstep again and I could even see a shadow (maybe it was the shadow of a GHOST!) slowly moving. I held my breath. I could even hear the loudest sound that I had ever heard before- my heart was beating fast!

The litter brightness from my torch could not replace the frightening inside my heart. The shadow looked to come closer to me! Until a person (or a ghost) appeared in front of me! I broke out in cold sweat.

"What's up?" my grandmother asked, with a bag of her favourite fruit- oranges on her hand. I thought she may be hungry. However, I cannot figure out why my grandmother will not be afraid of the terrible and horrible darkness!

What a funny "ghost" experience I had! But I forgot to do one thing in the next morning-





## Staple Foods as Alternatives?

### Introduction

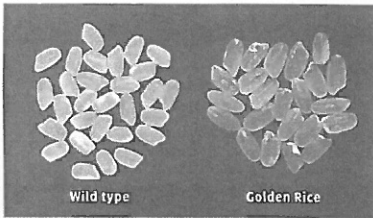
Genetically modified (GM) foods are foods derived from organisms whose genetic material (DNA) has been modified in a way that does not occur naturally. The production of these GM foods aims at faster growth, resistance to fungi, production of extra nutrients, etc. Commercial sale of genetically modified food began in 1994, when Calgene, a global biopharmaceutical, first marketed its delayed ripening tomato.

Staple foods are easy to grow and produce, can be stored for a long time without going bad and, best of all, are more nutritious. They vary from place to place but typically they are reasonably priced and readily available. In general, maize and rice are the most common staple foods that feed the world.

Because of the huge demand on these two staple foods, scientists have been putting efforts on engineering G.M. maize and rice so as to ease the food crisis.

### Golden rice & G.M. Maize

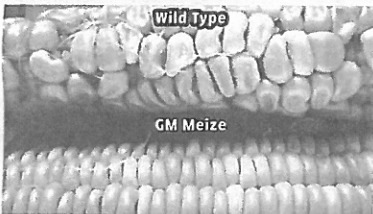
#### Asia - Golden Rice



More  $\beta$ -Carotene in golden rice

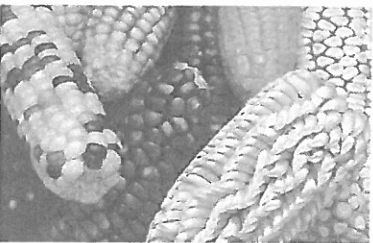
Golden Rice is genetically modified rice. Rice originally produces  $\beta$ -carotene in the leaves but not in the grains. In Golden Rice, more  $\beta$ -carotene is produced and accumulated in the grains so it appears golden-yellow in color.

#### North America - GM



Strains of specific genetically modified maize (corn) are made to have agriculturally-desirable traits. They are now in use in many countries. A few types of them have been released as marketed products:

#### Maize



Different types of G.M. Maize

\* Herbicide resistant maize: resistant to certain chemicals that hinder the weed growth

\* Pest-resistant corn: produce bacteria protein that can kill certain insect pests when it is consumed.

\* Sweet corn: with a higher level of sweetness than raw maize

### Advantages

These GM staple foods are genetically engineered to have following specific advantages:

#### Golden Rice

\* Solution to malnutrition: prevent the deficiency of vitamin A, which is a possible cause of night-blindness and skin infection, as human body can convert  $\beta$ -carotene into

Vitamin A

\* reducing the use of pesticides: contain the genes that prevent certain insects from damaging crops

\* higher crop yields: able to yield more grains on each straw and easier to grow

#### GM Maize

\* Easier to grow: better adaption to the environment, such as drought resistance abilities

\* higher crop yields: able to produce more grains on each plant and easier to grow

\* Increase food variety: more types of corns with better flavor and appearance

\* Boost food industry: maize is used for feeding livestock and as raw material for the starch industry. Starch forms the basis of many foods and food additives.

### Controversy

There is always a strong debate about whether GM foods, especially the GM staple foods that would be eaten in every meal, should be consumed or not. Some opponents have objected to GM foods on the grounds including safety, environmental impact and the fact that some GM seeds that are food sources are subject to intellectual property rights and owned by corporations. On the other hand, the World Health Organization, the National Academy of Sciences, and the American Medical Association all claim that these GM crops are at least as safe as, and often safer than, foods modified from the old-fashioned way.

### Conclusion

Despite the vigorous debate, whether people think of them as a disaster or a way to feed the world, both sides agree that consumers have the right to know what's on their plates. It is also advised by the World Health Organization that all GM foods should be assessed before being sold on the market.

Above all, what matters is the consumer's confidence. If the safety of the GM staple foods could be ensured indeed, they could really be considered as the new trend of food sources and alternatives in the future.

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## Whose favourite cartoon character is it?

#### 1. Ms. Cheng Lai Ki:

I think Buzz Lightyear is very cute. Although he is only a toy, he thinks he is the Space Ranger of Star Command and does not hesitate to shoulder the responsibility of protecting the universe of Evil Emperor Zurg. It is funny that he even tries to fly with his fake wings. Besides, he is loyal to his friends and courageous. When his buddies are in danger, he is willing to do anything to save them, which is a wonderful deed. Whenever I see him, I feel very happy. That's why I love this adorable cartoon character.



#### 2. Mr. Poon Man Tsan:

I think it is rare that Chinese cultural element can be added to Hollywood films, so this series of films attracts me a lot. I am fond of him mainly because he can represent the Chinese traditional culture and can advocate the Buddhist belief of 'highest principle is nothing'.



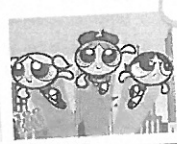
Peppa Pig is a British preschool animated television series.



The main character enjoys jumping in muddy puddles, playing with her teddy bear (called "Teddy"), going to playgroup,

#### 3. Mr. Kuong Chi Wai:

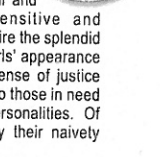
2 years ago, I discovered this cartoon character on TV and on DVDs covers. It is targeted at British kids but my children love it because stories of Peppa Pig are simple and easy to understand. I highly recommend this animation as children can learn through its stories how to get along with others and some basic knowledge, such as season changes.



The three Powerpuff Girls are well-known for their superpowers, including flight, super strength and super speed. They are frequently

#### 4. Miss Jane Ho:

You may not know what my favorite cartoon character is as I seldom use the related products. Powerpuff Girls are not just characters I have fancied for over 10 years, they are actually quite meaningful and educational. Being a sensitive and observant arts teacher, I admire the splendid drawings which depict the girls' appearance and more importantly, the sense of justice and willingness to offer help to those in need that are shown in their personalities. Of course I'm also attracted by their naively and sincerity.



Buzz Light year is a toy space ranger hero in Toy Story. His name was inspired by Apollo 11's astronaut



# 「親子」無難度

## 令人羨慕的親子關係

偶然在街上，看見父母與子女逛街，他們之間沒有所謂的時代隔膜，相處得非常融洽。那一刻的景家，看來不似長幼兩代的關係，而是一群親密的摯友。由此景象已經可以聯想到他們的家庭氣氛祥和、溫馨，親子之間溝通無礙，簡直羨煞旁人！

## 建立良好親子關係的重要

你試想一下，如果有一天你回到家中，沒有人為你煮出溫暖可口的飯菜，你再也沒有那潔淨柔軟的衣服時，你會有何感覺？你現在可能會想，這些情景與你有十萬八千里的距離，根本和你沒關係。你錯了，當你與父母關係變得越來越惡劣的時候，這樣的情景就會呈現在你眼前。

一個溫馨的家才能稱得上是家，是我們的避風港，是我們的後盾。若缺少了家，你會覺得你好像失去了根一樣。每天你放學，和朋友歡聚完了，朋友們都要回家了，而你呢？你沒有家，你可以去哪裡？你便好像街上的流浪漢般地在街上流連。失去父母的關心，你便傾向靠近朋友。靠近朋友並沒有問題，但是當你靠近的是損友呢？你會為了得到他們的認同，就算他們叫你去做犯法你也不在乎。由此可見，一個親子關係惡劣的家庭，很容易就令你走上歪路。相反，一個親子關係良好的家庭，便會令你前途充滿希望。

擁有良好的親子關係除了可以避免我們誤入歧途之外，更可以成為心靈修復中心。只要你願意將心中的不滿，鬱結統統吐出來的話，你的心靈治療師——父母，就會義不容辭地為我們修補受傷的心靈。即使他們未必能夠真正幫你解決困難，但起碼他們能會不斷地支持你、鼓勵你，甚至會不惜一切代價都助你度過難關。

## 親子關係的認知

若想得到一個幸福美滿和諧的家，良好的親子關係是不可少的。親子關係建基於父母和子女之間的溝通，要達到有效的溝通，子女先要瞭解自己是怎麼樣的子女，並認識父母對自己的真正想法和期望。

### 你屬於哪一類型的子女呢？

	十分同意 4分	同意 3分	不同意 2分	十分不同意 1分
1. 你和父母每天都有談天的時間，每次有10分鐘或以上。				
2. 你會遵從父母所有的要求。				
3. 你覺得父母給予你足夠的空間和自由。				
4. 當你有心事，你都願意和父母分享。				
5. 你覺得父母非常瞭解你。				

將你所得的分數加起來，你大概能知道你自己是屬於哪個類型的子女，想進一步了解自己的性格和改善親子關係，就要細閱以下的【親子關係運程介紹】，希望你能從中得到啟發。

### 【親子關係運程介紹】

#### 1. 灑灑不羈型（5-7分）

親子關係：☆☆

特徵：你是一個我行我素，不願受拘束，對世俗規條不屑一顧的人。對父母的話總是愛理不理，做事經常隨心所欲，不會交代一聲。父母整天憂心忡忡，而你卻是一臉不在乎的樣子。

性格：你為人率性，嚮往自由。摒棄俗規的你，不願將所有的心情、喜怒哀樂，表現於人前。

親子運程貼士：不羈的你總是令父母擔心。由於你不願向父母交代一聲，他們不知你身處何方，要做什么事，所以父母會因為太擔心你，而限制你的自由。你這個自由嚮往者一定會和父母發生爭執、衝突。所以切記，如果你將來也能繼續享受這份自由的話，請你向父母透露你的想法和行蹤。一字記之曰：坦。

#### 2. 沉默疏離型（8分至10分）

親子運程：☆☆

特徵：你和父母相處時是一片死寂，每次的回應也只是單字，通常是「哦」、「知道」、「嗯」。你在家中可以一整天都躲在自己的房間，更不願父母進入你的房中。

性格：你是一個自信低落，不擅長表達自己內心想法的人，常怕別人會嘲笑自己的缺點，於是把自己越藏越深，造成沉默寡言的習慣。

親子運程貼士：沉默寡言，自我封閉的你，是活在自己世界的。你不理會父母，不懂得父母因你的封閉而擔心，這會令父母對你心灰意冷，不願再與你接觸。親子關係越來越疏離，你便越感到沒有安全感，跟着在自己的世界沉淪。其實只要你能稍微理睬一下父母，可能只是一個簡單的問題，一個溫暖的微笑，那



#### 3. 據理力爭型（11分至13分）

親子運程：☆☆☆

特徵：你不喜歡聽從父母的說話，也不願退讓半分。若父母的說話有違你的原則，你會有千萬個理由反駁他們。

性格：你是一個性格剛強，耿直的人。喜歡用邏輯去解決問題，同時也對生活細節有仔細的觀察，反思背後原因。

親子運程貼士：剛強的你不要若同蠻牛般固執。有堅持，有原則，是好的，但是過份堅持便變成了偏激。父母的話可能有不合理的地方，但天下絕大部分的父母都是疼愛自己的子女，所以當你質疑父母的時候，請也體諒父母的苦心。一字記之曰：諒。

#### 4. 仁愛孝順型（14分至16分）

親子運程：☆☆☆☆

特徵：你臉上總是帶著笑容，給人的感覺是很陽光。即使你和朋友會面，你都時刻把父母掛在嘴邊，每次提起父母你都會露出會心的微笑。

性格：你是一個家庭觀念很重的人，你覺得身體髮膚受諸父母，所以你非常孝順他們，父母往往是最能牽動你情緒的人。

親子運程貼士：你和父母的關係已經是發展得非常好，是沒什麼需要注意的。不過，你要留意的是由於你非常在意父母的看法，你會因為他們簡單的一句話而影響你的情緒。你容易變成盲目地孝順父母的人，所以你應該學會理性分析，思考這樣孝順父母是否符合道德，是否合理。一字記之曰：理。

#### 5. 唯命是從型（17分或以上）

親子運程：☆☆☆☆

特徵：你是絕對信任父母，絕不會拒絕或者質疑父母的要求。父母叫向東走，你不會往西跑，父母叫你站起，你不願坐下。你不容置疑是父母眼中的乖兒，而且是他們的驕傲，因為你比鄰居的某小孩乖上數十倍。

性格：你是一個溫柔敦厚的人。你不忍看見父母被拒絕後的失望，所以你不懂得拒絕，甚至不願意向父母說「不」。你對他們說得最多的一句話就是「沒問題」。

親子運程貼士：你這樣唯命是從，雖然能減少和父母之間的衝突，保持和諧的關係，但這也是你缺乏主見，信心欠奉，過分依賴，不夠獨立的表現。因為你凡事都聽從父母之言，並沒有自我的思考判斷。那麼這段並非親子關係，而是父母支配你的主僕關係。故此，在遵從父母之命時，不妨想想這樣做是否正確。當然要學懂說「不」。一字記之曰：思。

## 父母心目中的子女

在子女心目中，父母都是傳統的、封建的、思想守舊的，對子女諸多要求又不給予自由，但是這都是你們對父母的誤解，其實父母所想的未必和你預計的一樣。

香港電台電視部早前播映的【天下父母心】，透視香港父母養育子女的心聲與感受。為了解現今父母對子女的期望與要求，港台於去年十一月底至四月初，透過互聯網進行問卷調查，共錄得423人參與投票。

調查結果顯示，父母心目中「最理想的子女形象」第一位是「有禮貌」，投票人數佔36%，其次為「聽話」，佔28%，至於「學業成績好」只排第五，投票人佔8%。父母認為「最窩心的子女話」是「我愛你」，佔29%，次選為「你是最好的爸爸/媽媽」。大部份父母均表示「最希望與子女一起做的事情」是「傾心事」，佔總投票者的65%，遠多於第二位的「外出玩耍」，佔13%，只有3%表示最希望與子女「溫習功課」。香港家庭福利社會工作主任盧嘉洛指，一直以來，父母均十分緊張子女的學業，並花很長時間與他們溫習功課，事實上，父母們對此絕不享受，並認為會影響親子關係。為人父母者，享受與孩子建立親密關係，多於時刻督促他們做功課。

有關結果反映父母重視培養子女的行為品格，多於學業成績的高低以及外表的美醜；父母希望孩子與他們傾心事，而一個親吻也就心滿意足，表示他們着重與子女的溝通與關係，更甚於子女對他們的回報。

## 結語

維持一段良好的親子關係是雙向的，不管父母還是你都有責任經營。父

# 立聲

RESPONANCE

第五十九期

高色圖主辦可立中學學生報

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承印：法蘭港創作公司

電話：34268663



# 科學園地

## 中國古代化學趣談

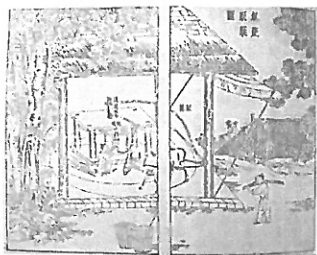
中國歷史原遠流長，文化、科技、社會發展在古時一直領先大部份已知人類社群。但是，當談到現代科技知識，中國好像比現代西方國家落後不少。其實，當我們能夠細心了解中國古時的科技，反而會看到很多現代科學知識的影子。現在，我們就集中談談有關化學的部份吧。

在中國古代，原始的化工技藝及相關的實用化學知識，主要依靠工匠們在生產實踐中的積累和發展；有關物質化學變化的觀念和假說，則是學者們在思辯和爭論中產生萌芽和演進。儘管實用化學及化學觀念的發展長期處於分離狀態，而且發展緩慢及時有起伏；但是在與時俱進的歷程中，兩者還是表現出自己的特色和閃耀的亮點。

在中國特有的文化背景下，偏重於實用與實踐的特點，使古代化學出現諸多的發明和創造。例如，物質分理方法、微生物微菌的率先利用等等。

### 糖

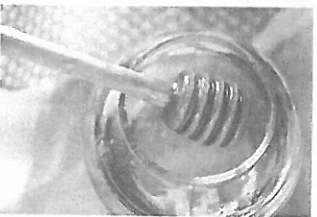
相信大家小時候都吃過糖吧？糖是我們在日常生活中常用的食品，可是實際上，它們不單是食品，箇中更蘊含了有趣的化學原理。現在，就讓我們為大家介紹不同種類的糖吧！



首先，糖這個詞最早出現在漢代的古書，早在東漢時期，中國人已經可以自製比較粗糙的赤砂糖，唐朝以後，吸收了西域傳來的製糖方法，更進一步發展了製造白糖和冰糖的技術。由此可見，我國的製糖技術十分出眾。根據天工開物記載，先用糖車將甘蔗榨汁，然後將甘蔗汁放在鍋子里熬，直至變成飽和溶液。最後一個步驟就是結晶，蔗汁至少要在達到70%的濃度才可能結晶，形成蔗糖。

在化學裡面，結晶法是當熱的飽和溶液冷卻後，溶質以晶體的形式析出。結晶的方法一般有2種：一種是蒸發溶劑法，另一種是冷卻熱飽和溶液法。而製糖是屬於蒸發溶劑法。這種方法是將溶液由不飽和變為飽和，然後繼續蒸發，過剩的溶質就會呈晶體出現。

大家知不知道蜜糖可以保存多久呢？答案是幾千年都不會變質。你們可能會感到驚訝為什麼可以保存這麼久？其實，因為蜜糖水分含量少，細菌和酵母菌都不能夠在蜜糖中存活，所以便可以千年不變質。



看完上面的解說，你們是否覺得一顆糖的製作很不容易呢，所以大家在吃糖的時候，要想想它背後的工序是多麼的複雜。

### 煉丹術

相傳戰國後期，燕、齊一代流傳著一個美麗的傳說，據說在渤海中有三座神山，分別叫蓬萊、方丈、瀛洲，諸仙人和不死之藥都在上面。受這個傳說的誘惑，齊威王、齊宣王、燕昭王以及後來的秦始皇、漢武帝都曾派遣大批方士出海求神仙，冀望獲得那不死之藥。後來一個齊地方士宣稱，不死藥不必非得求之於仙島，凡人也可以煉製。當他把這個秘密告訴漢武帝後，漢武帝竟信以為真，親自試煉。這便是中國煉丹術的開端。從此以後，煉丹術一直延續了兩千年之久。

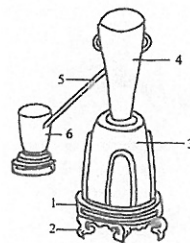


(古代煉丹方法)

煉丹術是我國古代自己獨立發展起來并流行很久的一種方術。將丹砂（氧化汞， $HgO$ ）、鉛、水銀等礦物作為原料，在丹爐中燒煉，希望能煉成長生不老的丹藥。

相信大家知道材料後，已迫不及待想知道煉丹的方法了吧？別著急，接下來，我們將煉丹的方法逐一介紹給你們。

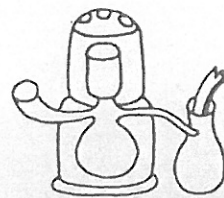
1. 升華法：用炭火將丹爐加熱，使丹爐中的原材料遇熱發生化學反應，其上升的部分在爐的上方凝結成粉狀結晶，但這種方法只可以用於會遇熱升華的固體藥物的煉製。
2. 伏火法：將原材料適當焙燒，然後立刻停止。這樣做是因為煉丹家們認為礬石和硫磺都有陰火之毒，為了制伏火毒，便用火燒一下，火毒就自然被消除了，這就是所謂的「伏火」。



(煉丹設備：飛燕爐)

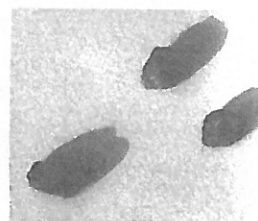
3. 點化法，把少量的藥引子加入到大量的藥材中，讓這些藥材發生化學反應，然後變成貴重的物質，這種方法類似於西方的「點石成金」的冶煉技術。例如，將砒霜（ $As_2O_3$ ）和粉霜加入赤銅當中進行合煉，就可以把藥銀煉制出。雖然赤銅本身並沒有什麼藥用價值，但經過這樣的合煉，它將脫胎換骨，成為名貴藥材。

4. 抽取法，把蒸餾器中的藥物加熱，使那份藥物變成蒸汽，經過導管流出，然後經過冷凝器，抽取其精華部分作為藥材，例如，從丹砂中抽取水銀便可以用這種辦法。另外，隨著煉丹技術的發展，用蒸餾的方法抽取所需的材料比其他方法能提高很大效率。



(煉丹設備：未滴式煉丹爐)

可能大家平時會把煉丹術和煉金術混肴，但其實兩者的研究目的是不一樣的。煉丹術主要是將兩種物質合成，轉化為合成物，旨在煉成長生不老的丹藥，煉金術則是試圖煉成「賢者之石」，將銅、鐵等普通金屬「點化」為黃金、白銀，以實現「點石成金」的願望。



(出土漢代丸藥)

煉丹術的出現，除了導致了火藥的發明，還為近代化學、醫學、藥物學、冶金和實驗化學的發展奠定了重要的基礎。

### 酒的發酵

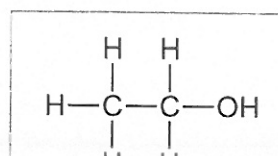
為什麼普普通通的水和米結合會變成香氣誘人的米酒呢？當中存在著天大的「秘密」。現在我們就要把這個天大的秘密公諸於世。

傳說釀酒始於杜康，他將未吃完的剩飯，放置在桑園的樹洞裡，剩飯在洞中發酵，有芳香的氣味傳出，這就是酒的作法。這就是杜康發現酒的過程。

酒的釀造基本是將含糖的物質中的糖，經過發酵轉化為乙醇的過程，而乙醇就是我們平時說的酒精的學名。

首先，原材料經過加壓蒸煮後，減粉糊化成為溶解狀態，但是還不能直接被酵母菌利用，發酵生成酒精。因此，經過蒸煮以後的糊化粉，在發酵前必須加入一定數量的糖化劑，使呈溶解狀態的澱粉變為酵母菌能夠發酵的糖類，這一個由澱粉轉變為糖的過程，稱為糖化。糖化過程是澱粉酶或酸水解的作用，把澱粉糖化變成可發酵性糖。

然後，這些可發酵性糖分在酒化酶的催化下，進行水解生成乙醇（ $C_2H_5OH$ ），形成發酵液（品質分數為10%~18%）。再者，在酒的發酵過程中，窖池中會產生種類繁多的微生物和香味物質，並且慢慢地向泥窖深入滲透，變成了豐富的天然香源。窖齡越長，微生物和香味物質越多，酒香越濃。新主的窖池微生物少且不均衡，新陳代謝方向不定，釀制的酒新泥味很重。老泥窖由於使用時間歷久，有益微生物不斷純化、富集，使產的酒越來越好，越來越香。一般窖池要經過20年的自然老熟方能出部分品質較好的酒，同時，越是連續使用時間長的窖池生產的酒也就越好。



### 編委會名單

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編輯：區佳音 龔子欣 鄧進鵬 方靜賢 吳蔚琳

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# 校內活動

## 陸運會



比賽中，同學們都一直努力堅持完成比賽，享受比賽



啦啦隊們正盡力地在為自己屬社的運動健兒打氣



除了學生，老師也一同參與賽事，與眾同樂

## 45週年校慶籌款晚宴



當天，得王金成老師佳作拍賣，為本校籌得逾十萬元善款



適逢可立45週年校慶，校友們聚首一堂，齊來慶賀！



老師們和校友們難得聚首，無不暢飲一番，閒話當年趣事



可立學生也一同慶祝，共渡快樂時光



不少可立舊生到臨，場面熱鬧非常



此外，更有不少善心校友樂於捐款，以助可立發展學生活動

## 45週年校慶開放日



齊來恭賀四十五週年校慶



禮堂坐無虛席，嘉賓們都全神貫注欣賞台上同學們精彩的演出



當然少不了錦上添花的歌唱表演

## 齊抄道德經活動



藉在場逾百位同學同時學牌，宣揚舊色圖「普濟勸善」的精神



齊抄道德經，共創世界紀錄



可立樂隊初踏紅館舞台傑出表演

## 中一資訊日



首先由姜校長作短講，作為活動引入



學生和家長們在參觀校園過程中都積極參與由師生設計的活動

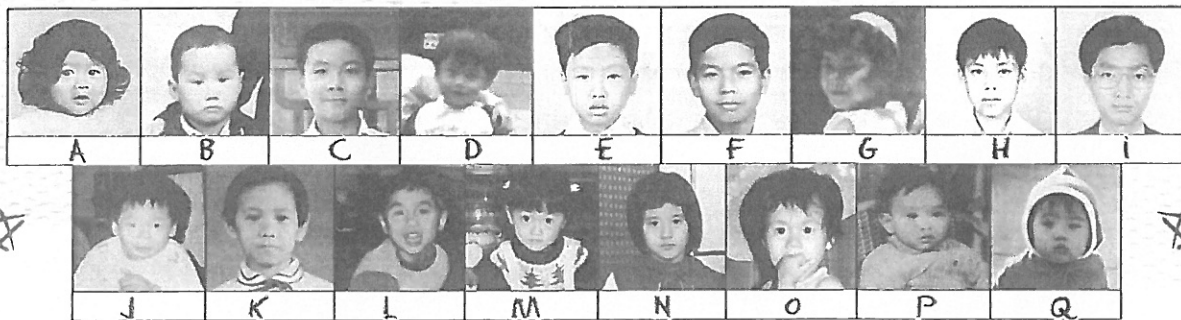


開放日不少區內外家長、學生到臨參觀我，並專心聽同學們講解



# "猜猜 誰是我"

你有沒有想像過可立中學的老師年幼時的樣子？以下是他們的年幼時的照片以及他們讀書時的深刻回憶。大家又可認出是誰嗎？(答案見頁底)



## ○ 1. 歐潤南老師

在中六時，我是學生會幹事，負責財政、活動、買賣管理等工作，還要每天在自修室當值與溫習，但也獲益良多。記得有一次夜晚，學校準備了一個給畢業同學的惜別會表演。我感受到學校對同學的關懷，覺得很感動和溫暖。



## ○ 2. 陳兆聲老師

因中學科學課常常做實驗以及科學老師啟發了我而令我漸漸對科學產生很大的興趣，最後也選擇了讀理科。一件較深刻的回憶是我在中學時期認識了一群擁有同樣喜好的朋友——踢足球，我們每天在午飯時只吃一個麵包，就是為了能快點吃完有多一些時間去踢足球。



## ○ 3. 陳鼎元老師

當年我在一所位於小山丘之上的男校唸中學，小山丘之下正正是同區一所女校。午飯時，我在校園一高處靜觀球場上的賽事。突然，「又」有一群同學抓住球場邊的鐵絲網指向對面女校，「又」唱著我們的「山歌」：「對面的女孩看過來！看過來！看過來！……」居高臨下的我本打算靜觀其變，無辦法，「少男情懷總是痴」。怎料球場內外的其他同學也一起起哄，然後一起合唱。如雷貫耳的歌聲雖未響徹雲霄，但已令山下路過的街坊「嘖嘖稱奇」，最後更驚動了訓導老師……



## ○ 4. 莊儒麗老師

由於我中學的母校位西貢有一片營地，而我在中四時經過中三嚴格的領袖訓練期後終於成為了一名營地管理員，中四期間我幾乎每個星期都要搭露營專車入營為同學設計遊戲和安排分工，那時連我媽媽都認為我在營地的時間比在家還多。那年我分心在籌備活動上，忽略了學習，在學期末害怕地拿著「亮麗」的成績表給我爸爸簽名，雖然他沒有責備我，但每次想起中學時，那份成績表會在我的腦海裏浮現的。



## ○ 5. 姜遠群校長

那時我也是經千挑萬選、嚴格選拔才能入選的女排球隊成員之一，當時我們雖面對缺乏場地，教練欠奉的苦況但高年級隊員仍會偶爾教授我們打球的技巧，而在訓練的過程中亦培養出一份深厚的友誼及默契。雖然時常戰敗但亦是因此學到更多。因每一次的失敗都鍛鍊我們的毅力，提升我們的觀察力，學會更多技巧；當中更學會了隊員間相處之道，學習面對失敗後不氣餒。



## ○ 6. 古家進老師

我的中學是一間男校，我當初讀書時十分羨慕可立中學的同學，因為我的中學沒有更衣室！每逢體育科，我們全部男生就就地換衣。因為當初新生入學尷尬，所以總是躊躇不已。於是老師便展開思想工作：「我們是堂堂男子漢，你有的，我都有；你見到的，我亦見到。何必如此？」此後，不論春夏秋冬，我們都已習慣。而最慢換好衣服的那位同學更會被淋冷水。



## ○ 7. 鄺志偉老師

在中五最後一次運動會，我參加了5000公尺跑步比賽。雖然我不擅長運動，但也定下目標挑戰，而且每天早上和放學都進行訓練。結果我是比賽的最後一名，較冠軍慢了兩個圈，但我這份堅持到底的精神，似乎對其他同學有所啟發，這件事更成為了低年級同學作文的取材。



## ○ 8. 鄧巧鸞老師

中一時，學校有funfair活動。為了讓同學能在中學留下深刻回憶，學校決定讓我們嘗試負責攤位，包括設計攤位遊戲及搭建和裝飾棚架，讓外人參觀和參與攤位遊戲。我們需要以有限的資源創造出作品。我認為中一生可以完成如此大事，真的很有意思，發掘了同學無限潛能，加深大家的團結精神。



## ○ 9. 黃振賢老師

我在中學時是話劇社的成員，本是負責幕後工作，在老師的建議下我擔任話劇其中一個有趣的角色——「癡佬」，但其實是一個看透世界所有事情的人。在開場時我不是從後台走到幕前而是從學校禮堂後面一邊大叫一邊衝到台前，然後在台上不斷「發癲」、丟東西，甚至從舞台跳到觀眾席罵人。擔任如此瘋狂的角色實在令我有一點害羞，不過得到老師和同學的讚賞也令我十分高興，而這個這麼特別的角色成為我中學時難忘的回憶。



## ○ 10. 黃嘉馨老師

中學時我讀的是女校，中七畢業前都會有個歡送會，而我們班就想到用串燒歌，來讚美我們的老師，感謝哪個老師就舉哪個老師的牌。整個歡送會都十分融洽，會上與同學們唱歌唱得好開心。我們與老師的關係良好，就像朋友一樣暢所欲言。



## ○ 11. 王金成老師

那時十分喜歡弈棋，甚至連午飯也忘記，到公園看人下棋，看到散場為止。另外，我最喜歡的科目是中國文學，尤其是詩詞曲聯經史，因為



## ○ 12. 黃淑儀老師

很難忘一次校長的週會訓話，就是溫書時要從容易的科目開始溫習，由淺入深，然後每次考試的時候都有謹記和使用，成果也不錯。我想推介紹可立學生也嘗試運用這個方法。



## ○ 13. 黃思敏老師

由於家庭環境不太富裕，家中四兄弟姐妹的頭髮都是由媽媽操刀的。一次媽媽為我剪髮，我覺得那新髮型奇醜無比。翌日上學時，我佇立在門外，生怕髮型被同學恥笑而不敢進入課室。上課鐘聲響起，我無奈地低著頭走進課室。一天過後，根本沒有同學留意到我的新髮型。那一次經歷令我明白到：別人著意的根本不在你的外表。



## ○ 14. 余浩婷老師

中學時，我們學校的油印費是學期初一次過收取的。學期末時還剩一、二百元。於是我們將這些錢兌換成一毫，兩毫及五毫錢硬幣裝入瓦罐內，打算送給經常催促我們交油印費的那位老師做禮物。歡送會當天，我們特意邀請老師上臺接受禮物錢罐，心情頗好。P.S. 同學千萬不要送錢罐給我啊！



## ○ 15. 余志雄老師

我於中五那年被選為班際話劇的男配角，因為第一次表演話劇加上那時沒有專業的導師指導所以很害怕。幸好，在那時話劇學會的師兄師姐以及同班同學的教導下，漸漸掌握了表演的技巧。那時我因為害怕吵到家人所以常常在廁所對著鏡子悄悄練習。到了表演那天，我在上台前還是很緊張，但不知怎麼了，一走上舞台，就好像如有神助，自己也豁了出去，完全投入了角色。出來的結果非常理想，獲得老師與同學的讚許，後來也因為這樣，發現自己具有演戲的天份，促使我在大學時繼續參與話劇的表演。



## ○ 16. 袁子誠老師

上科學課時，老師給我們每人半張紙，然後問幾條問題，吩咐我們寫下答案。以後我們上課前便突擊測驗……另一位老師說：「數學真美麗。」不是嗎？看看以下例子：所有三角形內角和都是一樣。畢氏定理。球體面積是圓面積四倍。



## ○ 17. 屈沛明老師

中學時，物理老師找我負責一個聯校科學展覽的設計。放學後，我與同學一起到設計與科技工場，用機器、手工具和膠片、木塊、摩打、齒輪等材料，自行組裝水力發電



尊重

中六丙 姚僑兒

「將心比己，己所不欲勿施於人，試想一下，你當台上的分享者，看見台下觀眾如此的表情，有何感受？」老師站立於台上中央，神情嚴肅，語調卻帶著絲絲無奈和失望。

正在愉悅地與同學交談的我，在老師開口之初，心縮了一縮，便知情況不妙。視線剛轉到台上，老師的蒼白髮，刻滿歲月痕跡的臉龐飛入眼簾。他那挺括的腰板似乎有點彎曲之意，彷彿有甚麼東西即將壓垮他。這位老師當了我四年的中文科老師。在課堂上，他意氣風發，對於中國傳統文化更是手到擒來。每逢上課之時，他必先分享為人處世之道——「尊重」。他常引「荀子」之名言「仁者必敬人」和「禮記」——「君子貴人而賤己，先人而後己」。

如今，他似乎感到十分失望，為何他多年來的諄諄教誨在我們身上沒有一絲見效的跡象。他緊皺著眉，說完話後，握了握拳，無力地放下麥克風，背著雙肩轉身而去。我看著他的背影，心裡不是滋味。

「有何感受？」老師最後的一句話正回蕩於腦海中。我的視線不由自主地投射到剛才的分享者身上。不訪直言，他們的分享質素低劣，聆聽他們的分享簡直是浪費時間的行為。然而當我看見他們面露尷尬，雙手不斷互相碰著，心裡忽然湧起一股內疚之感。思及老師的一席話「將心比己」，倘若我是台上的分享者，看見台下的觀眾全無關注我嘔心瀝血構思而成的分享内容，是多麼的尷尬和傷心。我下次一定不會再上台分享或做任何事。

是哦！如果這個情景每次重現於分享會時，那麼就沒有人會再上台分享了。要知道上台在如此多的觀眾下講話並非一件易事，需要無比的信心和勇氣方可成事。我們忽視的不是分享的内容，而是分享者的心血、努力和勇氣。縱使他的自尊，那豈不是與別人衣衫無異。同時，我們亦打碎了老師對我們的期望，無視老師致力育人的理想，我們的行為辜負了如此多的人！

尊重、聆聽不是一種浪費時間的行為，而是一種保護，保護他人面子，維護他人師表的理想和信念，更維持了一個良好的個人品德修養。

「一杯牽掛」徵文比賽優異作品

中五丁 鄭俊騰

春雨淅淅，霧鎖塘柳。閑坐塘邊一草亭，端一杯牽掛，一口思憶。塘中瀟瀟，願他天上安息。

一年光景又飛逝，故鄉亭亭懷祖父。

是你教我品茗，普洱、香片、鐵觀音也一一細嚐。猶記得，孩提時，一年你曾帶我來草亭品茗四次。你那雙靈敏的手，嫺熟地沖沏一壺清香撲鼻的茶。完成後，你還小心翼翼地將盛滿香茶的紫砂杯遞到我面前，慈祥地這：「乖孫，慢慢喝，不要燙著。」還說：「好喝嗎？爺爺以後都沏茶給你喝好嗎？」我當時並不覺得那杯茶有多好喝，但又不願意拂你的興，只好佯作陶醉，連稱好茶。你更是笑逐顏開，還用粗糙的大手輕撫著我的小腦袋。然後認真地教我，茶中有道，要配合四季變化才能發揮茶中韻味，故一年只喝四次茶……

直到兩年來，傳來你駕鶴西去的噩耗，可謂晴天霹靂。之前還喝著那杯醇郁的香茶，如今你卻與世長辭。我心如刀割，只恨當初沒仔細地品嚐那一杯沁心意。淚，一滴一滴地劃過我的臉龐，只能是一句又一句的追悔。鹹苦的眼淚卻彰顯了茶的餘甘，為了讓爺爺的味道陪伴著我，每年我也來草亭品茗四次。

鳥糞茶煙，承載著我的思念，直到青天，直到爺爺的心中。芳香的茶水，是爺爺留給我最好的祝福。這是一杯牽掛，一杯追憶，更是一杯芳醇的愛。

憶我倆

中四丙 梁美娟

當時，我家剛從大城市搬到鄉區生活，面對生活中不同的轉變，我當然恐懼、不安了。記得剛上門的一所小學前，我還哭著不敢進去，誰知道在新的一陣陣開朗、歡笑的笑聲，那時笑聲消除了我的不安，引領我慢慢走向課室裏。只見一群小孩，圍著一名手抱小狗的男孩。那男孩有著一頭烏卒卒的頭髮，身穿樸素白襯衫，眼中都是神氣。手裏的小狗十分乖巧、聽話，引得旁邊同學的羨慕。或許他感受到了我灼熱的眼神，男孩走向我，問：「嘿！你也來摸摸我的小狗嗎？」我呆呆點點頭，而我們之間的友誼也正式開展了。

鄉區的生活是美好的，轉眼間我已擁有一位新朋友，他叫偉明；別忘了偉明的小狗朋友，他是阿汪。

記得在那個炎熱的七月裏，偉明又動了他的壞腦筋，偷偷帶著阿汪跳課，卻正好被我發現。猶豫了一會兒，我跳上了他的單車上，抱著阿汪，向我第一次的跳課出發了！踏著單車，我看到鄉區的另一面，我們越過小路、小橋、河水、山丘，最後停在小山頂上，眺望山下的景物，一切的煩惱都在腦後。這些無憂無慮的生活是我一生難得的。以往生活在城市裏，每一刻都是忙碌，每一刻都是忙，每當有底底的生活，是我童年的難忘回憶。

一刻寧靜下來，感受過大自然呢！這都是偉明和阿汪教會我的！

直到畢業前的一個星期，偉明突然沉默起來，板著一張臉。阿汪那響亮的叫聲也似消失了。同學們也感受到那種沉重，沒有人敢問偉明發生了甚麼事，也沒有人敢問阿汪的去向。放學後，我倆坐在天台，誰也沒有說話。此時，沒有交談聲，沒有阿汪的叫聲，只有沉重的令人窒息的寂靜。回家後，我動手畫了一幅屬於我、偉明和阿汪的圖畫。畢業禮上，偉明在禮堂的一隅，禮堂的歡笑聲令偉明顯得更冷清，令我回想在我來到這所小學的第一天。我走向偉明，送出那幅屬於我們的畫，偉明突然眼眶泛紅，也突然笑了。哇！同學正正把這一刻留下來。

四年了，我也從鄉區回到大城市了，有時靜靜下來，我會在想究竟昔日在鄉區的時光是否一場夢？不，不是的，跟阿汪嬉戲、跟偉明談話的日子已永永遠遠留在我的心裏，它不曾溜走，也不會消逝。

我們的啟德河

中三甲 蔡詩蓮

夕陽映照著香港的每一寸土地，視線充斥著溫暖的橙色，顯得溫暖。太陽把餘暉灑在河面上，波光粼粼，宛如陽光在水上嬉戲，碧水泛著金銀光，如同精緻細膩的藝術作品。這格外溫馨的景致，是2020年的啟德河風光。

秋天涼風颯颯，晚飯後我牽著一對孫兒的小手，到怡人的啟德河畔散步，這裏的空氣已變得清新。秋風拂過，枯黃的樹葉如同蝴蝶般翩翩起舞。風停了，地上猶如鋪上了金色的地毯。河道兩旁種植了種類繁多的花草植物，令人眼花繚亂。河內那些不知名的小魚，正在追逐嬉戲。在突出的石頭上，數隻被人遺忘的小鳥，靜靜地在上面曬日光浴，享受著這美好景色。兩旁的單車徑上，我看見三五成群的小夥子邊開玩笑邊騎著腳踏車，不亦樂乎。2020年的啟德河，是一條富吸引力的綠化河道走廊。

眼前的啟德河畔，伴隨著我的成長。

我的童年時，啟德河還只是一條明渠。當時跟隨家人到港生活的我，就在這一臭名昭著的啟德河附近長大，見證著它的變遷與改變。七十年代啟德河的環境實在不潔入目，河水黑黑一片，河內堆積著各類垃圾、工業及家居的污水排到啟德河內，那污染程度可想而知。每當水漲或風暴來臨之後，河旁四周的街道真是一片狼藉，惡臭熏天，令人生厭。小時放暑假拉著妹妹的手，每當經過河道，都難免會掩著口鼻匆匆的過，那還過得深不見底的河水，是我童年的難忘回憶。

當我的兒子上幼稚園時，政府開始為啟德河進行修葺。政府將污水處理廠的過溝水引入啟德河，大大改善啟德河的環境外觀以及生態。水變得較為清澈，開始有生物願意靠近河道。那時的我感到，這後的舊式小區，終於要跟上社會發展的步伐了。

那時候，我時常牽著兒子的小手走過河畔。雖然河道還是有著一點不可避免的味道，但河水已逐漸清澈得可以看到河中魚兒努力地衝上游。偶爾幸運的話，還可以看到成羣的候鳥在河邊覓食。這時，兒子便會興奮地指著某一角，雀躍地嚷著：「爸爸，爸爸，你看，漂亮的鳥兒在吃魚呢！」這條河道，成為我們父子珍貴的回忆，兒子亦透過啟德河認識到保育的重要性。

及至2022年，政府正式投標大量資源改善啟德河附近環境，期望在滿足防洪的前提下，把啟德河塑造綠化河道走廊——提供休憩和公共活動空間，配合社區發展。為了貫穿新舊社區，令新城舊區能在各方面互相融合，河岸旁有大量公共空間作休憩、活動等用途，讓男女老少可以有一個散步消閒的好地方。啟德河的綠化為空間質量起到一定的作用，景觀的轉變亦大大改善了社區的外貌。

一眨眼，人老了。半世紀前便開始伴隨我成長的河流，變得令我讚嘆不已。以前那臭又臭的啟德河已不再，取而代之的是一條清澈見底的小河流，乾淨得如同孩童的雙眸，乾淨得放心讓孩子戲水玩耍。天朗氣清的下午，伴隨著清涼的流水聲，躺在草坪上閉目養神，實在令人心曠神怡。

此刻，我拖著小孩兒們稚嫩的小手，走過那充滿童年回憶的河道。我輕聲地告訴他們：這就是我們的啟德河——承載著我們回憶的啟德河！

說明某動物的實用價值

中二甲 黎靜

一雙尖尖的耳朵、兩隻圓目的眼睛、一個圓圓的鼻子，還有敏捷的速度，長久以來跟人類打交道的，牠們是誰？沒錯！牠們就是狗。

狗從古時就被人類發現並進行訓練，牠們擁有出色的嗅覺，還有強而有力的腿，人們就是利用牠們的這些力量幫助自己打獵。狗在以前的世界，即便在年青時被人類捕捉了無數獵物，老去了也不能得到人道的對待，牠們會成為人類的食物：烤狗肉、狗肉羹……這些不人道的對待在後來漸漸被人反對，狗在退休時也能安靜過餘生。

狗除了有出色的身體構造外，牠們的性情也備受人們喜愛。狗的性格忠實、堅強，服從

主人的命令。這為狗加上更多職責——守門，守門狗會盡責地守在門前，對陌生人毫不留情地吠叫。除此以外，警犬也是不錯的職業。警犬牠們可以為偵探的嗅覺為警察找出毒品、毒品，甚至炸彈！隨著科技和狗隻訓練進步，狗還可以成為導盲犬，為失明人士帶路，給牠們在黑暗中前行的安全感。

狗的身體中能利用的不只是鼻子和四肢。在寒冷的溫度中，狗的毛皮和體溫是人類賴以生存的東西。在冰雪紛飛的世界，步行再不是最方便的移動方法，請狗來拉車才是最實惠的交通工具。當你在暴風雪中時，跟狗踏在一起能有助抵禦低溫的流失，降低你被活凍死的機會。我們生活在溫暖的地方，也會忽略狗的體溫比人類約高四度，可以用來「暖呢」。

現代普遍的狗都養在家庭，而且不少主人都把狗當成自己的孩子一樣，為牠洗澡、美容、穿上衣服，使牠本來取巧的身體能力顯性地慢慢減退，牠們的價格正漸漸提高。

一次中學課外活動的經歷

中一丙 李慧蓮

天氣異常的寒冷，我躺在暖洋洋的被窩裡，從窗外望出去，大街上人煙稀少。行人把大衣將自己包裹得緊緊的，瑟縮著身子在路上匆匆行走，讓我想起了我腦海裡留下深刻印象的那件事，直到現在我仍記憶猶新……

寒風呼呼地吹過，宛如刀子般刮過我的臉龐，我的臉頰紅彤彤的，冷得我瑟瑟發抖。我穿著女童軍的制服，看著老師把一個個蠟燭點燃，為我們指出一條道路，我跟隨童軍們秩序井然地沿著蠟燭砌成的道路，走進學校操場。我們圍了大圈。

操場中間有一堆木材，領導拿著一支點燃的木棍，為我們的營火點燃了營火，拉開了序幕。我們在寒冷的操場上，聆聽老師的教誨，呵！老師的節奏，我頓時被這歡快的氣氛感染起來，圍著營火，跳起輕快的舞步。

暖烘烘火在吞噬著木材，為寒冷的夜晚送上溫暖，全身都暖呼呼的，我望著營火，火花朵朵綻放綻放的美麗。每個童軍的臉上都流露出快樂率真的笑容。時間如白駒過隙，我們都靜靜地看著老師把水灑在營火上，直到熄滅，為了精彩的晚會，畫下了句號。我們才依依不捨地離去。

回到家，我還沉醉在剛才的氣氛中，透過這次活動，我體會到我們要像蠟燭那樣，燃燒自己，獻出光和熱，為人民服務，讓我們的心靈溫暖到每個人的心裡。