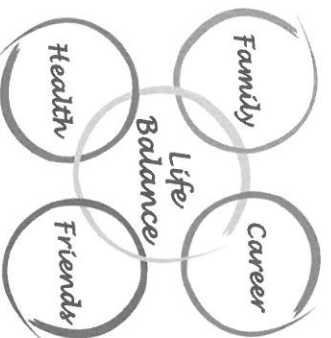


RESONANCE

No. 61 STUDENT PUBLICATION OF HO LAP COLLEGE SPONSORED BY SIK SIK YUEN JULY, 2017



Balance Between Work and Play

Work is a job or an activity that you do regularly especially in order to earn money. By working, you achieve something you can be happy and satisfied about. But you CAN'T do a good job if your job is ALL you do. In order to perform well at work, one must lead a balanced life and LIFE consists of different aspects, such as family, career, health, friends and PLAY.

When you play, you spend time doing something enjoyable or entertaining. Playing is all about getting excited about what you do. When we are excited, happy hormones like endorphins, serotonin, dopamine and oxytocin are produced in our bodies. These hormones do not only make us happy, they make us more efficient in our workplace. But we will not bother ourselves with these scientific details here. Instead, we will look at the sharing of some teachers in Ho Lap College.

This year, four new teachers joined the Ho Lap family. We have conducted interviews with them. Though they have different characters, lifestyles and experiences, they all have one thing in common. All of them work hard and play hard and they have a balanced life of work and play.

Let's see what each one of them has to share with us.

Interview with Miss Crystal Fu

Do you have any hobbies?

I usually go hiking with my dog during the weekend. Actually, this is not for me but for my dog since it needs to use up some energy. Nevertheless, I can still relax and breathe fresh air while hiking.

Where is your favourite place in Ho Lap? What are your encouraging words to our fellow students?

I do not have a favourite place in Ho Lap. Instead, room 101 is the most common place I go to. I can still remember the time to strive for better results in DSE with my dearest F-6 students there. We developed a close relationship through extra lessons. My F-6 students are not willing or dare to fight for anything when they face difficulties, but the fact is you will never know the results if you don't try.

Do you think you have a balanced life of work and play?

Haha..I think I am still learning to balance work and play. When I want to do something, I want to do it well. I would even sacrifice my rest time just to do it well. I think September to June is the busiest time for me every year. I can go hiking to relax myself during the summer holiday.

By

5C Au Kai Yam, 5C Tang Kwan In, 5C Leung Sin Yu

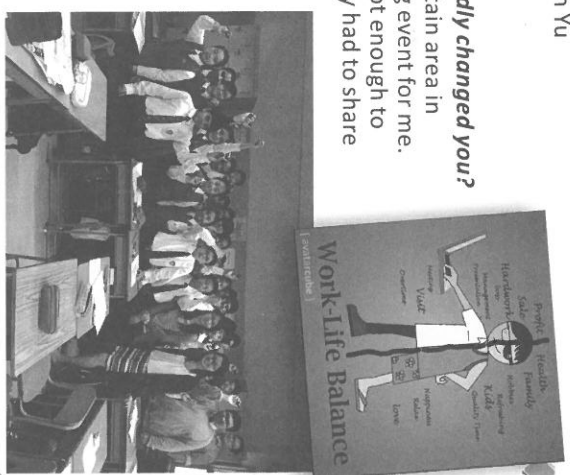
Interview with Miss Mandy Lau

Is there a person or an event that has markedly changed you?

Yes, an event. I have been to a remote mountain area in mainland China. That was a very life-changing event for me. The facilities there were very basic or even not enough to distribute a fair amount to each student. They had to share everything. Though the condition was bad, I could feel how much concentration they had in the class and their eagerness and their desire for knowledge. This is different from the students in Hong Kong, all they find from lessons is boredom. I was also in Form 6 at that time and this experience had greatly changed my attitude towards my studies and it had become my motivation in the long journey during my HKCEE(now your HKDSE).

What advice would you give to our fellow schoolmates?

Don't be shy! If you tend to be shy, try your best to overcome it. Take it one step at a time, but work at it. It is a gift to get to know new people, especially those who are different from you in some ways, culturally, ethnically or religiously. Pushing yourself out of your comfort zone may be painful, but only for a while. the benefits are everlasting. Be confident, you are



How do you balance your work and play?
Work-play balance is vital to maintain a healthy life. For me, I enjoy spending my leisure time with my friends and family. Playing badminton and watching movies are good, but my favourite is chatting with them at the beach. The refreshing views always give me positive energy to keep going forward!

By

3A Jojo Wong, 3A Judy Barua, 3A Kally Yeung

Interview with Miss Celia Leung

What is your favourite holiday destination that you have visited? Why?

It would definitely be the United States. Last summer, I went to California to reunite with my family. It was an amazing and awesome trip. I have great memories there especially in the Yosemite National Park. I also love driving in the States as it gives me a great sense of freedom. Overall, the views, the fresh air and the sunshine are the things I like most in California.

What was the best food you ate during your vacation?

It would be the mouth-watering burgers from IN-N-OUT. You can choose to have two, three or even four 100% American beef patties to be in your bun! Also, there's the Protein and Animal Style. Protein style is your favourite burger to be wrapped in hand-leafed lettuce instead of a bun, while Animal style is burgers of your choice with hand-leafed lettuce, tomato, a mustard cooked beef patty, pickle and extra spread of grilled onion. IN-N-OUT is a burger shop you can't miss in California. There should definitely be a branch open in Hong Kong!

What advice would you give to our schoolmates?

Work hard and play hard. All work and no play makes Jack a dull boy. Life is meant to be colorful and it is a process of becoming. Life is like a bag of Brookside dark chocolates. It may taste bitter (for some people) on the outside, but soft, fruity and sweet on the inside. As a Catholic, I would say you never know where God leads you to or what you are going to get. But you must have goals, have confidence in yourself, be courageous, try your best, work hard, review what you have done and play hard to chill out. Follow your heart. Be helpful to people around you. Love your family and friends and cherish the time with them. It is the quality time you spend with them that makes your loved ones so special and important. What is most essential to you is invisible to the eyes!

By

3A Judy Barua, 3A Jojo Wong, 3A Kally Yeung

Interview with Miss Cathy Li

How can you always laugh and be happy in class?

Actually, it comes back to the fact that I love teaching very much. When I see my students, I am always happy. Sometimes, I scold my students only because I want them to behave well and do what I want them to do. Also, I am a very positive person and I love laughing very much.

What do you want to say to Ho Lap students?

'Begin with the end in mind'. It means always have a clear goal in mind. If you have a very clear destination, you will always try to work on it. We also need to plan our future first instead of taking action right away. Besides, you should write down your personal mission statements. For me, I would like to write it on a very good or beautiful notebook. Once you write it down, you keep reminding yourself what you should do.

How do you balance your work and play?

In the past, I was always very stressed because I didn't know how to relax myself. I didn't sleep well when my Form 6 students were taking the DSE. Now, I do yoga, play squash and practice running. I hope to be mentally and physically healthy.



Our World in Ten years

Cheung Tsun Ho, F.4E

Have you ever wondered what our world would be like in 10 years? Would androids replace humans? Would there be another world war? Let me show you what I think the future will be like in 10 years, but first I want to talk about my view of the world now.

I think the world is beautiful. But I feel like people now are currently controlled by tiny little gadgets and we are becoming gullible and vulnerable to any suggestions from these gadgets.

Nowadays in gatherings, we rarely see people's faces anymore. Everyone is busy looking at their phones and tablets. Everything is also done through the smart phones. That's why my imagination of the world in 10 years will not be optimistic!

After 10 years, we won't be able to see faces anymore. Instead, headsets and helmets will replace our faces. We will only see the outside world through a screen in front of

Anything can happen, right?

There can be infinite possibilities for our world to change in the future. This has got me thinking. What will happen to our world in ten years, and how will these changes affect us?

I guess when it comes to changes, technology evolves the most. The question is "how far will it go in only ten years?" I consider advancements in medical science to have the biggest impact. As we all know, 3D printing is an undeniable innovation that can change the whole medical world. Perhaps scientists will be able to create a lively 'human'. Not just a robot, but an artificial 'human being' with organs and human intelligence. Our future may change drastically in ten years with the amazing fast-paced technology that we have.

Some may think that medical science is a bit too distant from our daily lives. We have always been thinking about how technology will change our future and affect our lives. What about technology that will possibly change human history? It is possible that calligraphy or

Brain Drain

Recently, sending students overseas has become a popular trend in Hong Kong. It is noticeable that the number of students who study overseas is perpetually increasing.

The rigidity of the local education system spurs numerous students to study overseas. It is evident that Hong Kong is a knowledge-based society. Knowledge is the most vital criteria to develop the economy of Hong Kong. Therefore, schools give a vast amount of homework and follow a tight teaching syllabus for students to cultivate more future prospects which exacerbate the students' stress levels. To retain from suffering undue pressure, more parents send their children overseas in order to alleviate the mental anguish students feel.

On top of that, sending students overseas assists children in gaining competitive advantages upon graduation. Hong Kongers put great value into one's job prospects. Parents may perceive that it is easier for their children to hunt for a prestigious job after graduation from overseas universities. They believe that it would give their children a leg up. That's why many parents are aspiring to send their children overseas.

It is hard to say whether sending a student overseas is good or not, but there is no doubt that it has impacts on local schools and on children who study abroad.

Parents hoping to win lottery at top school

In recent years, getting into a good primary school has been viewed as winning a lottery ticket to good fortune. Many parents have thus rushed to different top government and aided primary schools to apply for their children. This is due to the fact that children who fail to get a discretionary place will be allocated to schools via a centralized system.

There are many parents hoping their children can have an opportunity to study in a top school because of the school's good academic reputation. It has been on the news that a mother has applied for a prestigious school in Sheung Shui as there is more homework and assignments to train her daughter.

In my opinion, it is normal that parents put high expectations on their children, whether from Hong Kong or other western countries. However, putting too much pressure on a six- or seven-year-old kid by offering him/ her too much homework will only result in the deterioration of his/

Do you like going to school?

Fan Yeung Ching, F.2B

Nowadays, more and more students think that studying is hard work, and they think studying is boring but have they ever thought about the true value of education? Have they considered that in some countries, especially for females, the chance to study is next to none?

Traditionally, the Taliban bans all girls from attending school but Malala Yousafzai finally became a student. She was born on 12th July in 1997 in Pakistan. She loves learning and studying a lot. She can speak English and Mandarin very well. She obtained six subjects A* and four subjects A grade in 2015 General Certificate of Education (GCE). She wanted to become a doctor when she was young. Later on, she became a statesman under her father's influence. She once said, "There are so many crises in our country. I want to help remove them". She always chatted with her father about political topics after her brothers went to bed. Her father brought her to make speeches too. At that time, she started her political career while also fighting for her rights to have a formal education.

Malala eventually became famous. On 9th October 2012, on her way to school, she was shot by a masked Taliban gunman. Her hand, neck and left shoulder were badly hurt. During the next two years, Malala received medical services from different

our eyes. People won't talk to each other, because communications will be done through the headset. We also won't have true free will. What we call a "free will" might be an illusion, as the content on the headsets will be controlled by the government.

We don't want that to happen, do we? If that happens, we will be drones made out of flesh instead of humans.

So, we should start changing our gadget-using habit! Our smart phones are not evil. It has made our lives a lot easier. However, our addiction to it is! A lot of people are addicted to their phones and they accept everything the internet mentions.

I hope people can communicate with others more. By that, I mean talking 'face to face'. Next time when you are with someone, try not to "phubb". Instead, a simple smile and a "What's up?" would help!

Cheung Tsun Ho, F.4E

handwritten documents will be replaced by digital formats? This would mean words will only exist on digital screens. It would be an unprecedented mark on ancient human history, thus, handwriting and calligraphy will be completely erased if we keep digitalization going. This will certainly affect the modes of education, and even communication.

We always imagine how our world will be in the future. What if we, the humans, abandoned everything we have developed so far and go back to the old style of living? Many people, who are tired of the hustle and bustle of city life, start moving back to rural areas just to try to live in nature and get back to the place that mother Earth created for us.

We may never know what will happen to our world in ten years. We can either move infinitely forward or go back to zero.

Fan Lok Man, F.6D

For the local schools, they may be subject to reform pressures. Comparatively speaking, the schools in Hong Kong provide less leeway to students. The workload of students is very heavy. This makes many parents feel distraught when they notice that more and more people study overseas. Hong Kong parents will feel discontent and condemn the rigid education system. This puts pressure on the schools and creates a stalemate between parents and schools. For children who leave Hong Kong to study overseas, this can widen their horizons and enrich their life experiences. Studying overseas helps widen children's horizons and equip them with more common sense. Besides, their English proficiency can be polished. Given ample opportunities to talk to local people in English, their language skills can be rectified. Furthermore, studying outside one's hometown also enables students to become more self-disciplined and independent. Without the help of parents, they are compelled to handle everything on their own, which in turn trains them up as independent youths.

A host of students studying overseas signifies there may be problems caused by current education system. Thus, I believe the government should ponder over this phenomenon and take preventive measures to prevent further loss of talents in Hong Kong.

Mak Ho Yin, F.5D

her learning interests. This hinders the personal development of children.

Despite the fact that developing reading and writing skills is important for primary school students, giving them too much training will put them under pressure. Instead, by arousing children's learning interests, they can truly learn in a joyful way and discover the importance of learning. For example, learning things through games or movies are less boring but effective. Listening to songs is a casual way that also enhances the listening ability of children. Music can help children memorize new words and stimulate their thinking as well.

Children are the future pillars of our society. Instead of pushing them hard and stifling their growth, we should give them more space to flourish. As long as they are willing to discover new things and learn more, they can discover their talents and have a better prospect.

countries like the UK, Dubai and so on. After her recovery, she continued her studies in Edgbaston High School for girls. She obtained the Nobel Peace Prize in 2014 and became the youngest winner ever. She was also nominated as one of the "The 25 most influential Teens of 2014" by Time Magazine. "The Nobel Peace Prize is not my goal. My goals are to see a peaceful world and for every child to have access to education", she remarked.

Malala is courageous. She is not afraid even although she was badly hurt by the Taliban. She is willing to stand up and fight for herself and also other girls. I am impressed by her courage and hard work. She is so young but she still tries to overcome all difficulties. She also dares to dream, no matter what happens. She keeps going on with her goals, chasing tomorrow's sunrise. How about us? Many of us are lazy, sitting back and not seizing any opportunity. We should be ashamed of ourselves. We should think about the girls or children who cannot go to school, think about Malala and reflect on ourselves, think about what we should do attentively.

When I meet difficulties or questions during studying, my mind will suddenly conjure up the smiling face of Malala. Her words of encouragement always remind me of not giving up, trying my best all the time, and pursuing my dreams!



Rubik's Cube

Introduction

Rubik's Cube is a 3D combination puzzle invented in 1975 by a Hungarian sculptor and architect Ernő Rubik. The Cube was originally called the Magic Cube. Ernő Rubik said that he made two decisions in 1974 to make the Cube a puzzle craze all over the world. It took him a few months to design the Cube but six years to find its worldwide distribution.

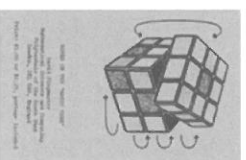
"The first was to create an object in which content and form are in harmony, where space, form, dynamic structure and appearance harmonize with human nature, body and mind. The second decision was to share the result with the world."



The 15 puzzle

Puzzle Craze before the Magic Cube

The first international puzzle craze began in the early 19th century when the Chinese invented the Tangram (七巧板). The second puzzle craze was the 15 Puzzle in 1880's. The 15 Puzzle consists of 15 numbered wooden blocks in a tray that would hold 16, leaving one empty space. The player rearranges the 15 blocks in random order with the aim to slide them around, one at a time, back to the original positions in order. Almost a century later, Ernő Rubik improved the 15 Puzzle by designing a puzzle with no vacant space.



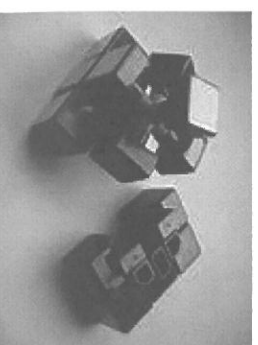
Booklet by David Singmaster

Notations on the Solution

The cube has 43,252,003,274,489,856,000 possible positions. Professor John Conway, a group theorist observed that the Cube obeys Parity Laws, meaning that some arrangements are impossible to solve. He and his colleagues at Cambridge defined the shortest route from any position back to the starting position as "God's Algorithm". Usually, the solution uses the notation based on x, y, z directions without explanations. John Conway has a non-standard notation using the colors of the Cube. Nowadays, the notations Front (F), Back (B), Left (L), Right (R), Up (U) and Down (D) are used. Probably, David Singmaster, a professor of Mathematics in England, was the first person to publish a solution booklet titled "Notes on the Magic Cube" in 1979 which standardize the notations used today.

Fastest Record on 2x2x2 cube and 3x3x3 cube

There are various competitions on Rubik's cube in the world, such as Blindfolded Competition, Pyraminx Competition and Megaminx Competition. The fastest record of 3x3x3 is an Australian Feliks Zemdegs who had completed Rubik's Cube in 4.73 seconds in a POPS Open Competition in 2016. Also, the fastest record of 2x2x2 is an American Lucas Etter who had completed Rubik's Cube in 1.51 seconds in Music City Competition in 2015.

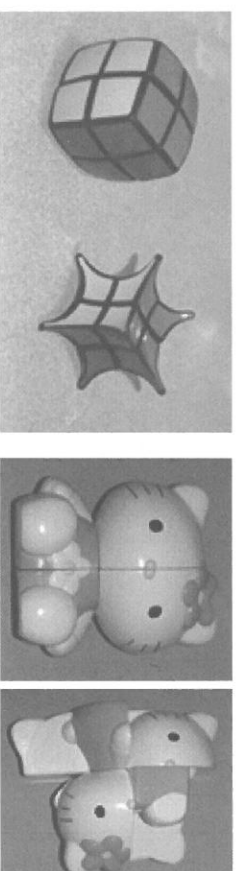


Rubik's cube disassembly

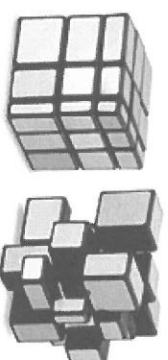
The concept on which Ernő Rubik invented his Cube

Ernő Rubik studied sculpture and architecture before he became a lecturer at the Academy of Applied Arts and Crafts in Hungary. As a professor at the Academy, one of the assignments for the students was to make cardboard cubes to show how cutting a cube in half each way produces eight cubes with half the size. The sides of the cube were colored so that the relations between the large cube and the smaller cubes were made clear. Ernő Rubik realized that turning one row of cubes would rearrange the smaller cubes, but reformed a large cube. The concept for the puzzle was thus born. The real challenge then was to design a mechanism that allows the row of the cube to rotate. Rubik took six weeks to devise the mechanism which is simple and elegant. The mechanism with spring and screw is still used today.

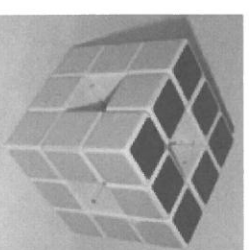
Puzzles inspired by the Rubik's Cube



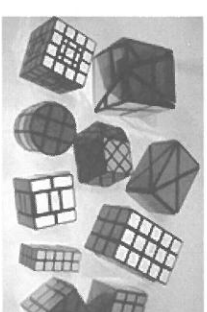
2x2x2 cubes



3x3x3 cube with cuboid cubes



Void Cube



Varies puzzles

Conclusion

There are many ways to solve the cube and some new algorithms and solutions are discovered so as to reduce the time in solving. Readers may search the resources on the web. Solutions come after the creation. All inventions come from new ideas. If you have new ideas or innovation, you probably will create your own invention. Everything starts with your imagination.

References

Book:

The Cube: The Ultimate Guide to the World's Bestselling Puzzle, Jerry Slocum, David Singmaster, Wei-Hwa Huang, Dieter Gebhardt, Geert Heilings, Ernő Rubik, Black Dog & Leventhal, 2009. ISBN 157912805X

Websites:

<http://www.aclun.cn/laoc1771778>
<http://artfars.yjms.iyc.edu.tw/research/RC/pic.htm#L2-1ong>
<http://www.davidguo.idv.tw/cube/Z2beginner.htm>

By
 3A Lam Sin Yee
 3A Lau Hei Ping
 3A Liu Yuen Tung

LEGISLURE

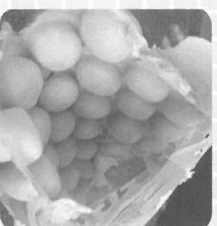
SPECIAL SNACKS AND DRINKS IN HONG KONG

Egg Waffles

Egg Waffles (known as Gai Dan Zai) is a very common snack found in Hong Kong. It is primarily made of eggs, flour, sugar and milk. The batter is then poured into a dimpled, double-sided griddle. These pull-apart egg puffs are best consumed when it is crispy on the outside while chewy and soft on the inside.

The treat has evolved a lot since its invention. There is a great variety of flavours including green tea, chocolate, cheese, seaweed, and coffee, to name but a few.

If you want to try them, don't miss the shop called More Eggettes which has a lot of branches in Hong Kong. You can easily find one near our school on Hong Keung Street. If you are tired of eating plain egg waffles, try the egg waffles' sundae! It just costs you \$40 but you can enjoy a scoop of your favourite ice cream on top of the egg waffles. Surely, toppings such as chocolate chips, gums and fruits can be added on request. The warm egg waffles go really well with the cold ice-cream, which is a must-try snack.



Ice-cream Pineapple Buns

The traditional pineapple bun gets its name from its sugary crust, which resembles the outside of a pineapple. The pineapple buns are cut through the middle and a scoop of ice cream is placed inside.

In Tsim Sha Tsui, you can find a shop selling a Japanese version of it. The bread (pineapple bun) is freshly baked in the store filled with delicious fresh cream and a piece of real pineapple! You can also choose your favourite flavour of ice cream to replace the cream.

Absolutely, you will love the crust of the bun and also the added piece of pineapple within the bun. It is difficult to decide whether you savour the ice cream or the crispy bun. It tastes incredible!



Drinks

Candies and chocolate are usually ranked first on kids' or teenagers' snack list. Have you ever thought of drinking candy milkshake or chocolate milkshake? After picking your favourite candies or chocolates at the counter, the vendor will turn them into a cup of sweet, palatable milkshake. A great variety of flavours such as Maltesers, Ferrero Rocher, Kopiko Coffee candies, honey lemon tea candies is available.



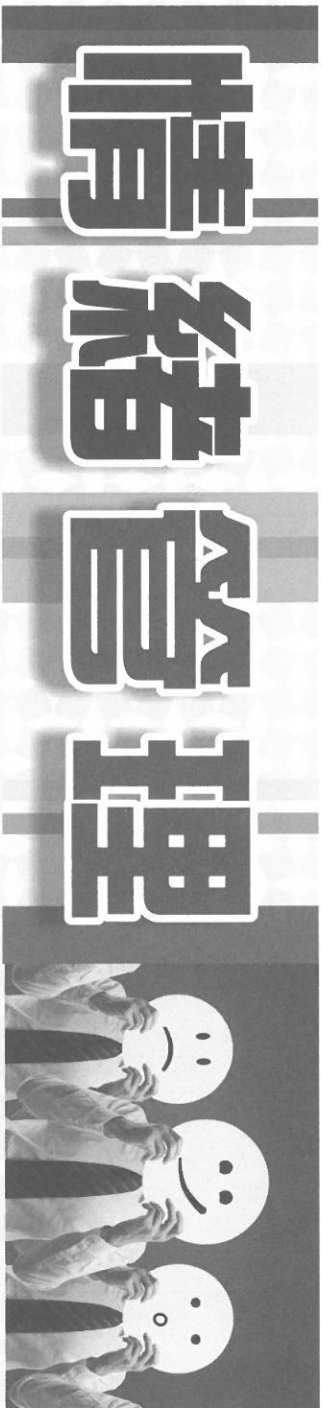
Apart from candy and chocolate milkshake, bagged drinks become a hit in Hong Kong. The drinks appeal to many teenagers because they are colourful and eye-catching. The innovative slush contains four layers. Each layer represents a flavour resembling its colour. For example, the green layer is green apple while the red one represents pomegranate. I believe the fruity slush can quench your thirst during the hot summer.

The Walking Steak

This small but creative shop called "The Walking Steak" focuses on serving customers food and drink all in one package. The gimmick is that you can hold it in one hand in a container. The upper layer of the cup is full of beef, French fries, fruits and other ingredients whereas the lower part of the cup is a drink. Soda or lemonade is the usual drinks most customers pick.

You can drink the soda or lemonade while eating the beef. Besides beef, you can choose seafood or chicken to fill the upper layer of the cup. This beef steak cup is a popular street food in Hong Kong because one can consume the food and drink simultaneously. Isn't it a good design for Hongkongers whose pace of life is fast?





據近年的統計資料顯示，香港每五個人在一生中當中，就有一人受到某程度上的情緒病困擾。而青少年患情緒病的情況亦日益嚴重，據調查顯示，在全港九十四萬名中小學生中，有五萬四千人患有抑鬱症或嚴重抑鬱的傾向。香港大學醫學院的研究也顯示，兩成的大專新生出現中度至極嚴重抑鬱。與此同時，全港有逾千名中小學生曾受抑鬱症困擾而作出自毀的行為。專家及社工均表示情況嚴重，急需解決，但仍有不少青少年因為對情緒病認識不足而拒絕求醫，也有人因為醫藥費高昂而卻步，以致得不到適當治療。

【情緒小測試】

測試：在過去四星期，你是否經常有下列的身體或情緒症狀？

身體方面	情緒方面
1. 頭痛？	1. 心情煩躁，易發脾氣？
2. 失眠？	2. 精神緊張，難以鬆弛？
3. 身體虛弱？	3. 情緒低落，提不起勁？
4. 胸口鬱悶／不適？	4. 腦海常想著不愉快的事情？
5. 腸胃不適？	5. 覺得自己一無是處／沒有用？
6. 疲倦？	6. 難以集中精神？
7. 多夢，醒後猶如沒睡過？	7. 對將來沒甚希望？
8. 腰痠背痛？	8. 不想面對人？

結果：
如果過去四星期，你經常受到上述症狀困擾或上述症狀曾否影響到你的社會功能（例如：工作／社交／家庭關係／處理家務等），便已初步顯示你患有情緒病，請向你的醫生或臨床心理學家查詢意見。

【什麼是情緒病？】

情緒病的病徵可分為身體及情緒兩大方面。身體的病徵有頭痛、失眠、疲倦及其他原因不明的疼痛；而情緒病徵有煩躁、緊張、憂慮及情緒低落等。一般患者未必察覺自己遇上情緒問題，亦不知道身體不適是情緒病的主要表現，於是不少患者花費了大量金錢作身體檢查和不同的化驗，最終卻得不到適當的治療，更耽誤病情。

【怎樣去區分『情緒病』和正常的『情緒低落』？】

『情緒低落』指的是正常人每天都會感受到的『不开心』、『擔心焦慮』、『驚怕』、『壓力感』、『憤怒』或『妒忌』。這些可以說是正常的負面情緒，是每個人都一定經歷過的。有時候這些感受可以非常濃烈，但是，這也是人生不可缺少的經歷。通常來說，這種『正常的負面情緒』無論有多傷痛，也只會維持頃刻之久而已，而都不會是持久的，是會隨著時間而淡化的。

另一種『情緒低落』是在經歷過重大的打擊或創傷後所產生的，也可以稱為逆境引起的負面情緒。失去至親、頑疾纏身、面對死亡、失業、喪偶或其他重大的打擊或挫折，可給人一種嚴重地無助的感覺，既不能適應而又無法逃避，會令到部份人感到非常之情緒低落。這份感受是比普通的『不开心』痛苦和持久得多，而且是一個星期七天及全日二十四小時都感到無比的低落，並且是怎樣弄走它也是揮之不去的。有精神科醫生會稱此為『適應障礙』(adjustment disorder)。這些問題初期雖然嚴重，但是通常會隨時間而淡化，在數個月內，隨著對問題逐漸適應，低落感覺也會不藥而癒的。

『情緒病』包括『抑鬱症』(depressive disorder)，患上了這個病的人，會完全被病徵所影響，不能夠適應日常生活和工作的要求。『情緒病』的成因會是生理大於心理。而常見的『生理因素』可以簡單地看成為身體內的一種內分泌物不平衡引起的情緒效應。例如，當腦部血清素(Serotonin)的水平有改變時，我們控制情緒起伏時亦會有困難，令人容易抑鬱或焦慮。

【情緒病產生的成因】

工作不如意、家庭問題、親人去世等這些環境因素是誘發情緒病的一個重要因素，但都只是外因之一；據專家介紹，情緒病還可能由內因所引起：遺傳性、家族性問題對部分患者都是重要病因之一。另外，當腦部化學傳遞物質失調，情緒及生理功能受到影響，也會引發情緒病。同時，你的性格懦弱、愛要求過高，完美主義等，都可能最終導致情緒病。

因此，壓力不足導致情緒病的唯一因素，所以，沒有遇到客觀壓力的人也會患上情緒病。當然持續而無法應付的壓力，會令認知模式變得負面，因而誘發情緒病的幾率更大。

【症狀】

情緒病的症狀及嚴重程度因人而異，常見的症狀包括：

- 持續憂傷、焦慮或感到空虛
- 感到內疚、無用、無助
- 感到無望、悲觀
- 對平常喜歡的活動失去興趣，包括對性不感興趣
- 無法應付一些以往能夠處理的事情
- 精神變差、疲倦、節奏轉慢
- 難以集中精神
- 難以作決定
- 不安、易怒
- 記憶力變差
- 失去自信心
- 持續且對治療無反應的身體症狀如頭痛、消化問題及長期痛症
- 失眠、早醒，或過長時間睡眠
- 胃口及／或體重下降或上升
- 離群獨處
- 有自殺或死亡的想法或企圖自殺

簡單來說，若你或你的親友擁有多項上述情形，可能是患上抑鬱症的表現。另外，一些身體徵狀如痛症、持續頭痛或失眠等，都可能是抑鬱症的初期病徵，因此亦應對此多加留意。

【預防情緒病的方法】

- 加強情緒鍛煉**
加強情緒鍛煉，提高「情緒病」的抵抗力。也就是說讓自己的情緒具有較強的抵禦外界壞情緒的能力。一旦情緒不良時，要及時進行情緒治療。

- 首先要具有阿Q式精神勝利法；
- 其二是「向下看」。即專找比自己不幸的作對照，以消除「情緒病」；
- 其三是自我犒勞。可去娛樂場所「開心一刻」或去美食城大快朵頤；
- 其四是從不利中找到有利的因素，從而讓自己的情緒晴朗起來。

2. 避開不良影響

- 首先是多交開朗幽默的朋友；
- 其二是盡量避開那些與您不太相關的有不良情緒的人。對身邊的親友則勸他們找心理醫生；
- 其三是當你準備勸解患有「情緒病」的親友時，必須準備足夠的好情緒，不要在情緒不良時去找他們。

3. 儲存快樂

- 比如可多看看漫畫、笑話，同時珍藏生活中的快樂，情緒不良時不妨常回味一下。

【情緒病治療方法】

醫學研究證明，情緒病不單只是心理及環境因素所形成，而患者生理的變化，即腦部化學傳遞物質(包括是血清素-serotonin或5-HT)失調扮演著重要角色，所以患者單靠意志力是不足以控制情緒病。若沒有適當的治療，長期的情緒問題會對身體造成嚴重影響，例如引致高血壓或心臟病人仕的病情惡化，亦會影響患者的工作及社交生活。假若你患上情緒病，不必過份擔憂，盡早請教你的臨床心理學家或醫生，從而得到適當的治療。情緒病是可以好轉或康復的。

- 心理治療**
透過臨床心理學家的治療而作出一些情緒改善方法，其中包括有認知行為治療、認知治療、行為治療、支援性心理治療、壓力管理及家庭治療等。
- 藥物治療**
可獨立或結合心理治療使用；新一代的血清素調節劑能令腦部血清素及其他化學傳遞物質回復平衡，不屬鎮靜劑藥物，經過一段療程後，大部份患者的病情會有進步。

心理治療與藥物治療有相輔相成的作用，因此你的醫生會根據你的病況採用不同的治療組合。病人應該遵照及配合醫生的指示，令治療發揮到最大的效用。

3. 認知行為治療

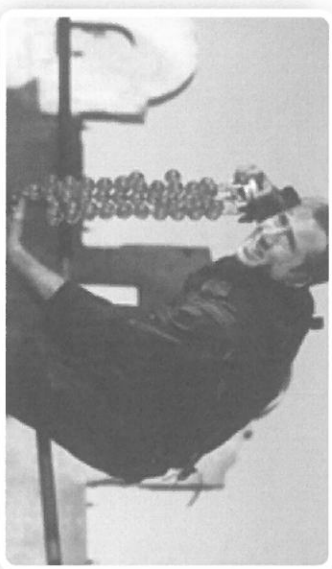
- 認知行為治療是一種有大量科學研究證明有效的心理治療方法，臨床心理學家會先與病人建立互信的關係，然後透過改變病人的思想謬誤和不能自控的問題行為，去舒緩患者的困擾。認知行為治療對醫治各種情緒病如：焦慮症、驚恐症、社交焦慮症、強迫症、抑鬱症、創傷後遺症和暴食症等，都非常有效。研究顯示，認知行為治療與藥物治療均能有效地治癒情緒病所引致的身體及情緒症狀。

【總結】

許多人沒有意識到情緒異常也是一種病，以為只是身體不適或情緒低落的小毛病。同時，一些人認為情緒病純屬是心理病，與生理無關，可以單純靠自己的力量或簡單的心理治療戰勝的。但據研究表明，情緒病不僅與心理因素有不可分割的關係，同時，與生理有一定的基礎——腦部化學傳遞物質失調。因此治療情緒病除了心藥——心理治療外，還需使用藥物去幫助控制腦部化學傳遞物質，使其達到平衡。我們必須關注自己的情緒變化，當出現情緒病的病症時，便要正視問題，向專業人士尋求幫助。

科學園地

神經毒劑淺談



電影《石破天驚》中尼古拉斯基治要保護的正是 VX 神經毒劑，一個波波也足以致命。

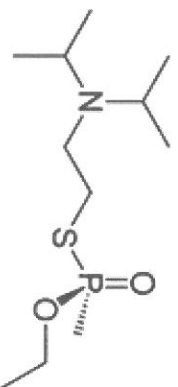
相信不少同學應記得本年二月在馬來西亞所發生的一項國際新聞。除了所牽涉的人物外，還有一樣出現在我們視線的事物——神經毒劑。在事件中，用來毒殺國際人物的化學物品是一種稱為 VX 毒劑的神經毒劑。究竟神經毒劑是甚麼來的？為甚麼它能令人快速死亡呢？

◎神經毒劑是甚麼？

神經性毒劑（neurotoxin）其實不是人工產物，在大自然中已經存在甚久，有些甚至是我們經常會接觸到，例如鉛、乙醇、氮氧化合物等等。只不過這些物質要令人體中毒，其 LD_{50} 數值是較大，亦因此被大眾所忽略。

而在這次事件中所涉及的神經毒劑（也被稱為神經毒氣），這種化學物質在一般室溫下以液體的方式存在，主要是一種含有大量磷化物的有機化學品（或稱為有機磷，organophosphorus）。這種化學物質本來是用來除蟲，可惜的是後來被人類用在軍事方面。為了加強其殺傷力，化學家發現若改變在結構中的官能基成份，能夠加快人類吸收的速度和破壞人體的能力。大致上有 GA、GB、GD 和 VX 這四種。

VX 的完整化學名稱是 O-乙基-S-(2-二異丙氨基乙基) 甲基硫代膦酸酯（O-ethyl S-[2-(diisopropylamino)ethyl] methylphosphonothioate）。以下是 VX 的化學結構式：



VX 接觸到人體皮膚後會迅速滲透血液裡面，破壞人類的中樞神經系統，導致心臟衰竭、各器官功能喪失，在 3-5 分鐘後死亡。500 ml 的 VX 毒劑在空氣中散布足以殺死幾萬人，相當於一個小型的核彈頭。

◎神經毒劑的工作原理

神經毒劑的作用就是能夠完全擾亂交感神經傳遞訊息到身體器官的機制，中斷的方式就是藉由減少與阻止乙醯（音：希）膽鹼酯酶（Acetylcholinesterase，簡稱 AChE）進行神經遞質；乙醯膽鹼（Acetylcholine，簡稱 ACh）是中樞神經系統、交感神經的節前纖維和副交感神經系統中的化學傳導物質（neurotransmitter）。

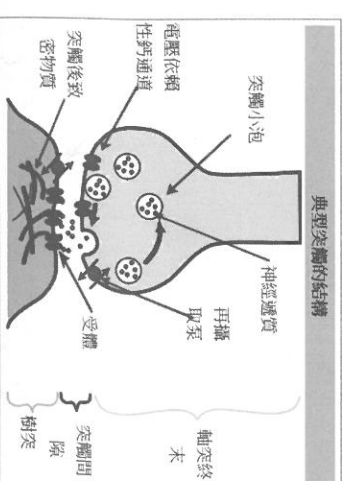
編委會名單

總編輯	梁婉薇老師
【我想我寫】	陳健龍 甄永謙
【校園活動】	黎紅梅 鍾玉琳 黃淑鈴 陳美怡
【專題介紹】	石靜宜 李拔政
【科學園地】	楊楚德 陳梓聰

英文版負責老師	梁婉薇老師	陳佩琪老師	羅麗珍老師
中文版負責老師	黃淑儀老師	王金成老師	劉雅妍老師

器官的正常運作是經由延腦（medulla oblongata）透過上面提到的神經遞質乙醯膽鹼給予器官指令；從最基本的呼吸跟心跳來說其實機制並不是那麼簡單的，舉例來說我們可以自主性的暫停呼吸，但是必要的時候我們還是會被強制重新啟動呼吸的功能，當然心臟的跳動更是非自主性的行為，而這些作用都是延腦透過中樞及周邊神經系統還有自律神經系統將運作的訊號給予心臟，橫隔膜，與其他呼吸道的平滑肌進行協調與收縮。

說的詳細一點就是這些訊號依靠一套固定的傳輸模式，先由乙醯膽鹼自神經的軸突（Axon）末梢進行釋放，接下來乙醯膽鹼進行穿過突觸裂隙（Synaptic cleft）的過程，然後乙醯膽鹼與樹突（Dendrites）上的細胞膜上的受體結合，這表示訊號已經進行傳遞了，然後乙醯膽鹼酯酶就會出現，暫時中止乙醯膽鹼的作用，這樣才是神經傳導訊號給器官與肌肉的過程。



神經毒劑的作用就是抑制乙醯膽鹼酯酶的形成，抑制的方式則是把毒劑本身與乙醯膽鹼酯酶形成共價鍵，然後抑制乙醯膽鹼酯酶的作用，讓乙醯膽鹼在體內蓄積，讓乙醯膽鹼不斷傳遞指令到肌肉或器官並且又不加以阻斷，讓它累積在軸突末梢與突觸後細胞膜之間，也就是說毒劑的功用與目的就是要讓乙醯膽鹼酯酶停止作用，中止或改變乙醯膽鹼酯酶對乙醯膽鹼的作用，包括原來應該給予肌肉與器官的訊號，演變成“斷訊”或者是“訊號過載”，從而使肌肉或者器官因為沒有訊號或者單一訊號的狀態下，不是停止作用就是持續作用不能停止。

神經毒劑對肌肉造成的影響有一般到激烈的痙攣，而導致身體虛弱失能與癱瘓，又因為平滑肌失去作用而發生嚴重的呼吸困難。如果自律神經遭到神經毒劑的攻擊，瞳孔的肌肉因為乙醯膽鹼的訊號持續發生過載而持續收縮，引起瞳孔劇烈縮小視力大幅減退，眼睛劇痛的情形；然後不能停止的流口水與出汗；又因為消化器官發生激烈的痙攣，加上擴約肌與控制尿道的肌肉失去收縮約束的作用，因此發生噁心嘔吐，以及大小便失禁的情形。當神經毒劑攻擊到中樞神經系統之後，就會有劇烈的頭痛，不自主抽搐，嚴重的胸悶而導致昏迷與呼吸停止，因為平滑肌已經失去作用，好一點點的情況，例如中毒的劑量比較低，則會發生意識不清，暫時失去語言表達能力，性情變得抑鬱並且呼吸緩慢減少。遭到神經毒劑攻擊時有時候還會出現水泡，水泡甚至出現在呼吸道與肺部中。

◎後記

隨著人類科技日趨先進，如何合理地運用科技成為現今社會一個重要課題。如上述的神經毒劑的使用，因其高殺傷力、能長期殘留於環境的特性，根據 1991 年 4 月通過的聯合國第 687 號決議，神經毒素被聯合國列為其中一種大規模毀滅性武器。1993 年 165 國簽訂《禁止化學武器公約》，徹底銷毀所有屬第一類物質的神經毒素。除了研究、醫療、製藥、化學武器防禦測試等目的；每國每年只可製造 100 克以內的第一類物質，並只可擁有 1 噸這類物質。該公約於 1997 年 4 月 29 日正式生效。截至 2016 年 4 月，已有 192 國加入公約，但北韓、埃及、南蘇



校園活動：

瑞士文化交流日



舞者們多才多藝，完美演繹60年代至千禧年代的代表舞蹈，真厲害！



同學們積極地學習舞步！



舞者優雅的舞姿好吸引啊！

同學和老師都很專心地看表演。

老少同歡慶元宵 2017



同學用心表演，真精彩！



跆拳道學會成員也上台為老人家表演。



抽獎環節，獲獎老人家拿著獎品笑得燦爛！



人人有獎，永不落空！老少同歡慶元宵活動到此圓滿結束。

YWCA 賣旗籌款 (中三)



雖然賣旗很辛苦，但十分有意義，同學們都樂在其中！

做善事，你看他們笑得多開心！

第三十四屆水運會@九龍公園



恭喜得獎的同學！



每位同學都奮身投入比賽，力求佳績。

第四十八屆陸運會@斧山運動場



同學們落力為社員打打氣！



全力以赴地盡力比賽。



各就各位，準備，跑！



健兒奮躍一跳，輕易過關！

姜校長也下場參與班際接力賽。

中三歷奇日營



各位準備好迎接今日的歷奇活動沒有？



大家很專心地看著這位同學寫字。



努力地協助同伴完成任務。



當老師仍是學生時的難忘事……

方耀輝老師（現任教中史科及中文科）

學生時期印象深刻的事情：

在中學時分別有一位中文老師和英文老師，可以花很長時間給學生解釋一件事。另外，兩位老師會把學生當朋友般相處，常常給予學生動力並鼓勵他們積極學習，因此我一直把兩位老師銘記於心。

您會想任教那一課從未接觸過的科目？為什麼？

西史料。可以開闊自己的視野，不會一直被局限，而且中國歷史與世界史根本就是不同世界，世界觀亦然。或是選擇創意及科技科，因為這個科目比較具有創意，更可挑戰自己，本是對此一竅不通，但亦希望可以打破框架。



傅皓皚老師（現任教中文科）

學生時期最驚喜的事情：

中六那年，拿了學校具代表性的獎項「可風精神獎」。當年中六，既要兼顧高考，又要擔任藍社社長、領袖生，每天都很忙，忙得每晚十時才回家。

當時放學立即要處理社務，記得陸運會、越野賽、社際歌唱比賽等活動前夕，全校所有社幹事也盡力準備，包括買布製作打氣橫額、自行印刷社衫、製啦啦隊裙、找精英社員出賽等，忙得嚇人。然後又要留學校自修室溫習至晚上十時，因為當年所有師兄師姐也很出息，所以也想跟他們一樣入大學。朝早上課不可有一點鬆懈，老師在講課，我們即時用筆圈重點、寫筆記……當年所有同學如是。能取得這個獎，實在驚喜！



余浩婷老師（現任教歷史科）

學生時期最難忘的事情：

畢業當天與同學們一起爬上在校門來年會被拆掉的建築物上拍照留念。雖然路為危險，但能與夥伴們一同冒險，留下深刻的回憶也不錯！

您會想任教那一課從未接觸過的科目？為什麼？

家政科。感覺上課堂氣氛較愉快、開心，可以多加與學生間的互動性。由於不需考筆試，學生會較輕鬆，可以從他們的快樂中獲得滿足感。



林慧敏老師（現任教經濟科）

學生時期最緊張的事情：

於中一時最緊張的便是向同學匯報，無論事前準備多麼齊整，當步上講台時，腦中都會一片空白或停頓很久才可說出一句話。

您會想任教那一課從未接觸過的科目？為什麼？

家政科。因為學習範圍多樣化，當中包括了教授布藝、煮食和家務等。這些皆是求生本能，非常利於生活，而且不管多難，只要專心去學，總會學懂。而可立的同學不分男女女生都對家政較感興趣，所以家政老師也可更投入課堂，教授不同學生。



陳兆聲老師（現任教科學科和電腦科等）

學生時期印象深刻的事情：

就讀師範學院時一次探訪聖基道兒童院（前身位於大埔，現已拆），於兩小時過程中與一名無父無母的孤兒一起玩及吃下午茶，感覺自己很幸福，因有父母愛惜自己。

您會想任教那一課從未接觸過的科目？為什麼？

旅遊。旅遊與款待主要教授關於學習酒店事務，由於我喜歡四處旅行，因此我會想教授自己最感興趣的科目。



文建龍老師（現任教地理科）

學生時期最難忘的事情：

初中體育課時需於半山上跑約1公里，面對崎嶇的山路加上校外環境的因素，過程十分辛苦，但過後很有滿足感。同時亦有體力不足的同學於山腳下偷坐小巴返校，情景十分有趣。

您會想任教那一課從未接觸過的科目？為什麼？

設計與科技科。這科主要學習專門化的知識，可以動手做實用的物件，例如椅子、機械性的東西或小家具。此外這科的技術能運用在日常生活上，能多加發揮創意，對社會的發展上很有幫助。



黃振賢老師（現任教科學科）

學生時期最驚險的事情：

記得中六當中的一節化學實驗課。當日進行一個需要進行加熱的實驗，這本來是一件沒什麼大不了的事，大家如往常點燃本生燈，加熱化學物，然後紀錄結果。同學們都知道實驗室上的煤氣龍頭是雙嘴設計，相信有不少同學都試過在初中實驗室課堂時，可能因為貪玩不斷開關煤氣龍頭，然後被科任老師發現並大罵一場，勸戒不能這樣，因會非常危險的。說到此，相信各位可能大概猜到當年發生什麼事了……對！當我準備點燃本生燈時，原來另一邊的煤氣龍頭已被某人開啟了一段時間（因為我的位置是在窗前，所以漏出的煤氣散走了不少，不易被察覺！）突然，一條火柱在我左面出現！幸好當時眼明手快關掉煤氣龍頭，不然我現在不知在什麼地方和不可能跟你們講述這件事了。



鄺志偉老師（現任教物理科）

學生時期最難忘的事情：

在中四升中五的暑假與一群同學到桂林旅行，欣賞甲天下的景色，在灕江游泳，享受自由的感覺。當我們在衡陽的火車站吃飯時，吃飯時旁邊的等待人越來越多，原來他們在待我們離開後享用我們餘下的飯菜，反映當地貧窮的問題。

您會想任教那一課從未接觸過的科目？為什麼？

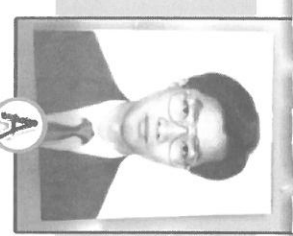
哲學科。Philosophy 意思喜愛知識。可以從學習哲學中思考及分析問題，例如問問題的意義，繼而分析及追尋某些價值，了解人生的取向，以什麼東西為主等。



猜猜看

並配對兒時的老師及現時的老師，你答對了多少對？

兒時的老師



A



B



C



D



E



F



G



H

現時的老師



談談如何解決青少年吸毒的問題

范洋青 中二乙

近年，青少年吸毒問題日趨嚴重，更趨趨隱蔽。首次被發現的平均「毒齡」更超過三年。根據保安局禁毒處資料顯示，二零零三至二零一三年間香港青少年濫用藥物人數達一千一百至三千三百人。十年內急升三倍！情況令人憂慮，究竟如何才能夠解決青少年濫藥問題呢？

青少年濫藥問題成因眾多：有個人因素、家庭因素、學校因素和社會因素。個人因素如體形、性情、成長歷程；家庭因素如破碎家庭、父母管教問題等；學校及社會因素如學業壓力、朋輩影響、社會文化風氣等，皆為催生問題的重要原因。故此，方法必須多管齊下，方能解決青少年濫藥的問題。

首先，從自身出發是最為關鍵的一環。青少年必須了解毒品對身體和心靈的禍害，如損害身體器官功能，構成嚴重的幻覺幻聽、思覺失調等精神失常狀況。因此，我們應遠離毒品，如遇不法份子引誘，應堅決拒絕，設法離開現場，並向警方舉報。

親友是青少年最緊密的伙伴，因此能從多方面觀察青少年的生活情況。家長和朋友應與青少年加強溝通，了解他們的需要和感受。愛與關懷往往是打擊青少年濫藥的有力武器。家長的教導和朋輩關係對青少年影響至深，對解決濫藥問題尤其重要。往往家人友儕的關心能消彌青少年種種負面情緒，提升其抗拒能力，有助減少青少年濫藥的機會。

我們乘坐的破冰船，進入了浮冰區，船穿過一片片的冰塊，慢慢進入冰原地帶。冰層愈來愈厚，船需要倒退一小段，再加速往前撞破冰層。船經過處，後面就開出了一條水道。突然，「哐」的一聲，遠處的冰山因冰層滑動而崩塌，崩塌的冰山就像骨牌似的，一直往外傾倒。每當巨大冰塊掉進水裡，就會激起幾丈高的水花，造成水面的顛簸。我們站在船上顯得有點狼狽。

「各位遊客，由於南極冰川急速融化，冰岩結構出現極不穩定的狀況，我們必須馬上離開……」

二零三六年九月

研發的企鵝將會為大家進行花式滑行表演，請大家以熱烈的掌聲歡迎它們。

首先，為我們打響頭陣的皇帝企鵝是由美國製造，鈦金屬製造的身體，超輕防鏽金屬的螺旋，有助它在水中暢游。接著出場的巴布亞企鵝，由中國製造，企鵝身體呈流線型，嵌合金無縫設計，讓它們可以輕快地在水中游來游去……」

在冰天雪地的南極，刺骨的風雪撲面而來。我們看見企鵝昂着頭、挺着肚，揮舞着兩個像翅膀一樣的前肢，搖搖擺擺地走到我們的跟前。然後，「嗖」的一聲，企鵝們像離弦的箭似的鑽進水裡。它們滑溜可笑的动作與矯健敏捷的身手，引來觀眾熱烈的掌聲。

「咚！咚！」，發電機的引擎突然停止了運作，雪停了，風止了。我們熱得把身上的外套、毛衣、冷帽，手全都脫下來了。

二零一七年一月

「各位同學，當大家離開課室時，請關掉電燈與風扇的電源，而使用空調時應緊閉門窗，在適當的溫度才應啟動空調……」我拿著小型擴音器，力竭聲嘶地向同學作出呼籲。「地球暖化問題不容緩，在過去四十年間，南極已有一千平方公里的海岸冰川融化了，面積相當於德國柏林市，現時南極半島的冰海較二十六年前縮小百分之……」

從南極回來以後，我頓時醒覺自己的生活習慣，原來與地球的生態是息息相關的。根據聯合國氣候變遷研究小組的預測，地球氣溫上升攝氏1.5至2.5度，就可能造成全球百分之20至30%的已知物種面臨滅絕的危機，倘若氣溫上升攝氏4度，最高可能造成全球40%的物種將面臨滅絕。

二零四六年十二月

「各位遊客，為了保護南極的生態環境，破冰船是不會進入南極圈的，我們會帶大家到『南極生態館』，透過各種高科技讓大家目睹南極的情況……」

在南極生態館內，透過安裝在南極的實時觀察系統，利用人造衛星的即時影像傳送技術

術，我們看見冰天雪地上的企鵝們，以牠們的腹部貼在水地上，用雙腳推動快速滑前。眼前的企鵝、信天翁、海豹與海獅……數量多得令島嶼岸邊矗立著的冰棚、冰架，盡收眼簾，美不勝收。

美的。

創新的科技，應該讓我們的世界變得更美。

《掌聲背後》

中三丙 吳嘉兒

此時此刻，我站在元朗大會堂的舞臺上，被無數的聚光燈包圍着，腦子一片空白，麻木地感受着來自台下觀眾的掌聲，一切都顯得那麼不真實，一晃神，我謝過幕早已回到後台。頓時，我又反應過來，淚水充斥着眼眶，身體因激動而不斷發抖。因為我不敢相信，我也無法相信剛才完成了一件不可能的任務……表演舞蹈。

身邊的師兄師姐催促到：「一心，你還在這裏愣着？快點過來幫忙收東西啊！」我連忙點點頭，匆匆忙忙將道具搬上旅遊巴士。上車後，我一臉倦倦地找個位子坐下。望着車外的景象，走馬看花，一座又一座的高樓大廈經過又逝去，而我早就陷入回憶之中。

五時剛過，紅彤彤的太陽緩慢地從東邊的山頭，爬上天空。不消一瞬間，太陽便高高地懸掛在天空。太陽用她那熾熱如火的雙手撫摸着大地，而大地上的小草都從睡夢中甦醒，挺直它們綠油油的身子。樹林中的小鳥輕快地唱起歌來，牠們的歌聲和小河中的水流相配合，似是在彈奏一首屬於它們的歌，屬於大自然的歌。這優美悠揚的歌聲，把山頭上另一邊的小牛兒都吸引過來。那些可愛的小牛兒正在這片大草地上，吃著地上的小草，聽著小鳥悅耳的歌聲，享受著溫暖的陽光。這個村莊內到處都洋溢著一陣陣歡樂的笑聲！

到了正午，太陽發出的光芒越來越強烈，那奪目的光彩刺得我雙眼也差點睜不開。當那太陽的光焰灑在我的身上，我全身都變得十分滾熱。於是，我趕忙走回屋內。從屋內向外眺望，我看見一羣羣的小燕子自由自在地飛翔於這廣闊的天空中。忽然，我注意到天空上的雲兒正在上映著一場場的戲法，它們忽而成了強壯的馬兒，忽而成了乖巧的兔子，忽而成了強壯的巨人……這一切都來得太快了，我真想仔仔細細地欣賞每一個造型，可是它們很快地演變成別的樣子了。

時間飛逝，這已是黃昏時分。天空中的太陽逐漸西沉，天空的霞光漸漸地淡下去了，淡那淺紅的光芒也消失了。這偉大莊嚴的天空頓變成蕭瑟的顏色。過了片刻，一顆接一顆的明燈「出現在這深藍色的天幕，它們把這荒蕪的天空「粉妝玉琢」起來，它們在天空中閃爍起來。那些「明燈」全都圍在一個皎潔、明亮的月亮四周。這月亮猶如一個慈祥的母親，在向它的孩子們——星星訴說無數、無數的故事，哄它們入睡。

在這幽美的夜色中，我走到屋外的草地上漫步。「呼呼，呼呼……」一陣陣的風聲從遠處傳來。不久，那晚來清新的風輕輕地撫摸著我，令我感到一絲絲的涼快。當我再向前走幾步，我聽到一陣陣的青蛙叫聲從池塘中傳來。於是，我便走到池塘邊，我隱隱約約看見一隻又一隻的青蛙在池塘中跳來跳去。牠們的一舉一動，似乎是在歡迎著我的到來。此情此景，實在是難得一見的景象。

石頭村是一條十分寧靜，幽美和安靜的村子。在這村子中，我那緊張的心情才能得到一絲絲的平靜。它那獨特的美是在城市中尋覓不到的。城市與石頭村的分別——城市是喧囂，石頭村是寧靜。兩者相比之下，我還是比較喜歡我的家鄉——石頭村。因為只有它才能讓我感到安靜和歡樂。

隨風潛入夜 潤物細無聲

中五丙 邱威

地球上萬物都需要養分去成長，一草、一木、樹林的雀鳥、野獸，甚至人類。我們不知不覺間互相倚賴。而有些時候，別人對我們付出不聲不響的，不作宣傳、不需誇大，或許他們付出不會知道，但這些付出給他人養分，讓他們茁壯成長，潤物無聲。

我的家鄉——石頭村的日與夜

中四丙 梁滑嫻

我哭了，不知道是因為勝利的喜悅，還是因為早已習慣痛苦中成長的悲哀？

「走吧！——有位師姐好心提醒我下車了，思緒被拉到現實，才發覺臉上已是淚痕滿面。不知不覺地，原來早已來到學校門前，正當大家準備慶功宴時，才猛然覺醒，原來一切也結束了；心裏像被人拿走什麼似的，突然空蕩蕩的。

二零四六年十二月

「各位遊客，為了保護南極的生態環境，破冰船是不會進入南極圈的，我們會帶大家到『南極生態館』，透過各種高科技讓大家目睹南極的情況……」

在南極生態館內，透過安裝在南極的實時觀察系統，利用人造衛星的即時影像傳送技術

今天，我忙於處理英文學會的事務，於放學後仍然努力準備給好開放日的物資，於校園內東奔西走。終於完成列表上的最後一項。準備獲核之際，赫然發覺夜幕已經低垂，看看手錶才發現現在勞碌之間，已經走過四小時，校園中每個角落都清寂得陰森，教人恨不得快點逃出。我走到教員室把物資箱放在負責老師桌上。怎料甫甫開門，便看見一角的燈光仍亮著，在疊高的課本之中，李老師正埋首於手上的工作上。

李老師的中文課十分有趣，很得學生喜愛，我亦慶幸得他教導。

他意識到我推門而入，問道：「允行，怎麼晚上八時還不回家？」我回答：「李老師，因為學會等事宜而已，你呢？」他示意讓我去看眼前的電腦，原來是在準備我班明天課堂的工作紙。我有點驚訝，原來李老師平日會花上這麼多時間備課，他桌上的試卷和家課簿比任何一位老師都要高。「我每天都不多這個時間才離校啊！你們學習要緊，我希望你們在我精心編寫的筆記中找到學習語文的興趣！」

李老師的說話在我的心中燃起了一絲愧疚。我總覺得學會的瑣碎的事務很煩人，覺得它們奪走了我和家人共敘天倫的時間。此刻，在李老師的對比下，顯得十分卑微。

「快回家吧！不然父母要擔心了！」我點點頭，「那老師你也盡早回家吧！」我像忽然想起甚麼似的，急忙就告別後便踏上歸途了。

是我把一切視之為必然嗎？潤物無聲比「有聲」更難。潤物無聲的人，正如李老師他們付出的很多時候不被人發覺。他每天在其他老師和校長離開後，在已經睡去的校園之中，為我們一眾莘莘學子提供養分，滋潤我們乾涸的學問之泉，每日如是，背後放棄了多少與家人、相親同事同聚晚餐的時間，只為了滿足我們對無涯學海的渴求。作為一個學生，師長教授知識是一件理所當然的事，我們可想過背後默默付出有多少？平日我覺得李老師的課堂生動有趣，他賜給我對語文的熱誠，是嚴冬的一杯溫暖甘茶。

而那讓我不要給媽媽擔心的一席話，提醒我潤物無聲的人還不只只有他，我們的父母呢？每天比我更早起床準備早餐，放學後為我預備晚飯，他們每天在家裏處理煩瑣的家務，又在公司承受著種種來自客人、上司的壓力，賺來不易的工資，最終用在我的起居飲食上。有他們無聲的滋潤，我才能在舒適、不用煩惱衣食住行的情況下，祈求平平淡淡淡長大。如初春來臨，替我的世界增添萬紫千紅、鳥語花香。

想必李老師的父母也正是如此，助他從幼芽長出燦爛的生命之花，把潤物無聲的精神傳承下去，為學生們付出。

他們默默付出，從來不求回報。李老師如疲於奔命，會有薪水的調高嗎？不會；父母勞碌為我們能長大成人，會有報酬嗎？不會。他們沒有奢想過能得到讚賞，只希望能守護所愛，成為一場甘雨，落在深秋乾涸的泥土上。

也許他們並沒有得到報酬，但今後我不再視之為必然，會欣賞、會感恩、會把潤物無聲的精神傳承下去。