



相信大家都有聽過由相對論 (Theory of relativity) 是關於時空和重力的理論，主要由愛因斯坦創立，依其研究對象的不同可分為狹義相對論和廣義相對論。

狹義相對論

1905年被稱為愛因斯坦的「奇蹟年」，愛因斯坦向世界提出了一套非常明顯、非常合理，但卻一直不為人理解的理論狹義相對論 (special relativity)。被稱為「狹義」是因為這個理論只在慣性座標系中適用；換句話說，即是在所有沒有加速度的系統中都適用。狹義相對論建基於兩大假設：

- 在所有的慣性系統中，所有有物理定律保持不變。
- 對於所有系統中的所有觀測者，光速永遠不變，而且不是無限快的。

什麼是慣性座標系？
(inertial frame of reference)

慣性參考系是指可以均勻且各向同性地描述空間，並且可以均勻描述時間的參考系。

假設你站著不動(速率不會隨著時間改變)看美女，就是慣性座標系

假設你以百米衝刺的加速度跑向美女，你就是非慣性座標系

假設 (一)

「所有自然定律不變」一般被稱為相對性原理 (principle of relativity)，明顯比較合理，也比較容易理解。而乍看之下，光速相對於所有人都不變，而不論那人正在高速奔跑或者靜止不動都沒有關係，就顯得較為奇怪了。要理解這一點，我們需要由速度的意義說起。速度，就是在說「每單位時間內走了多少遠」。說得再淺白一點，可以想像為「每秒走了多少米(m/s)」。但這只是慣用單位的問題，你當然可以想成「每小時走了多少公里 (km/h)」，這正是司機們慣用的單位。在科學中，單位是至關重要的，因為不同單位的東西就是不同性質的東西，不可以混為一談的比較，好像一個蘋果永遠不會等於一個橙。

假設 (二)

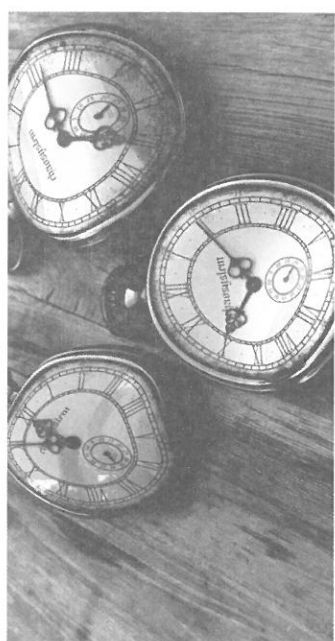
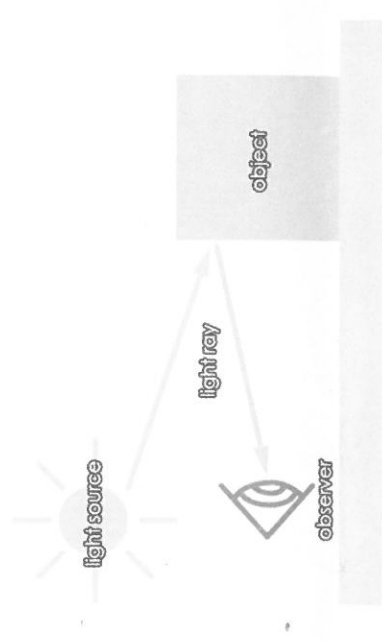
「光速相對於所有人都不變」，就是說相對於所有人，光在每單位時間內走的距離都一樣。就是說，當你向著一道光奔跑，「直覺上」你會認為你所看到的光速比起你在靜止不動時快，因為在你向光跑去的「同時」，光亦向著你衝去。換成數學上的表達，就是說如果你用速度 v 向著光衝去，而我們用 c 代表你在靜止時看到的光速，那你看到的光速就會變成了 $c + v$ 。這就是所謂的伽利略變換，亦被一般人叫做「常識」。當然了啊，兩個物件互相衝去，當然會比其中一個不動、或兩者互相遠離快啊。但是，愛因斯坦卻說不論你用甚麼速度，向著光或離開光移動，你到的光速都仍然為 c ，不多也不少！



你會說：「這怎可能！這是違反常識的！」一般人的常識存在非常明顯的漏洞，可是在愛因斯坦之前卻一直沒有人留意到這個嚴重的錯誤！這個錯誤就是「同時」這一概念的演繹。甚麼是「同時」？就是說大家的時鐘顯示的時間都一樣啊！對，這也是愛因斯坦對「同時」的理解。但現在要再問一道問題，如何知道兩個時鐘的時間一樣？

可是你會覺得很無聊：「說甚麼廢話！只要我看到兩個鐘的指針拍著的時間就是了！」好，停一停，想一想：我們能「看」到東西，是因為光進入到我們的眼球穿過水晶體折射後投影在視網膜上。總言之，我們能看到東西，是因為有光。光以一定的速度前進，而且因為光速有限，因此在不同距離發出的光相對於同一個觀測者而言，會在不同時間到達。假設，同學A和同學B相隔非常非常遠，而他們各自舉著一個時鐘，理所當然，無論同學A還是B都覺得對方的時鐘走得比較慢。

重點是，世界上並沒有「對所有人都同時」這個概念存在，換句話說，「同時」這個概念對每個人都不同，所以「對大家來說都是同時」一定是錯誤的，沒有可能發生。這是非常明顯的，但卻一直被我們所忽略的事實。這完全是因為對於我們的感覺來說，光速 (3.00×10^8 m/s, 1秒能夠環繞地球 7.5 圈) 實在是太快、太快了。



如何調整兩個時鐘，才能使同學A和B看到的兩個時鐘是同步呢？

這是辦不到的！因為兩個時鐘相距兩個人的距離都不同。若然你看到它們是同步的，對方就會看到他手上的走得較快，反之亦然。

以下將會簡介相對論導致的兩個非常重要的結果，這兩個結果從根本上改變了人們對時間和空間的概念：它們是互相糾纏，難捨難分的。

Lorentz factor: $\gamma = \frac{1}{\sqrt{1 - \frac{v^2}{c^2}}}$

Speed of light in vacuum

Speed of one frame of reference relative to another

Proper time between two events (measured in rest frame)

Lorentz factor relating the two frames

Time dilation: $\Delta t = \gamma \Delta t_0$

Time interval between same events measured in second frame of reference

如何理解公式可以理解為連接兩個時間的橋梁。

u 是觀察者A相對於觀察者B所量度到的速度。
(觀察者：只要在一樣東西的角度考慮其他物件的變量(速度，時間，長度等)，他/她/它都可稱為觀察者)

C 為光速 (3.00×10^8 m/s)

通常而言， Δt 為移動中觀察者量度的時間。 Δt_0 原時 (Proper time (則為靜止觀察者在非慣性坐標系統量度的時間。
(Δ (delta)：表示改變，例如 Δv 表示速率的改變， Δt 表示時間的改變。)

因為 $v < c$ ，所以分母必定小於1，故此 $\Delta t_0 < \Delta t$ 。換句話說，移動中的座標系的時間流逝得比較慢。這就是著名的時間遲滯 (Time Dilation)。

假設，有一架太空船以 的速度飛行，對於飛行員相對於太空船而言是靜止的，他手上的時鐘過了 1 s，就等於我們過了 $\frac{1}{\sqrt{1 - \left(\frac{0.5c}{c}\right)^2}} \approx 1.15$ s。

除了移動中的人的時間在其他人眼中會變慢之外，移動中的物體看起來也會變短。這叫做長度收縮 (Length Contraction)

Length contraction:

Proper length of object (measured in rest frame)

Speed of second frame relative to rest frame

Lorentz factor relating the two frames

Length in second frame of reference moving parallel to object's length

Speed of light in vacuum

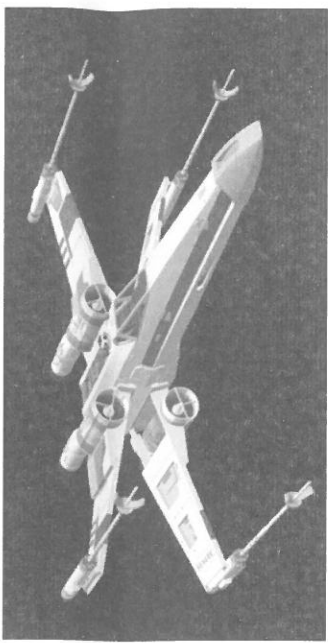
$L = L_0 \sqrt{1 - \frac{v^2}{c^2}} = \frac{L_0}{\gamma}$

如何理解公式

L_0 物體靜止時的長度

L 物體相對於觀測者以速度 u 移動時的長度

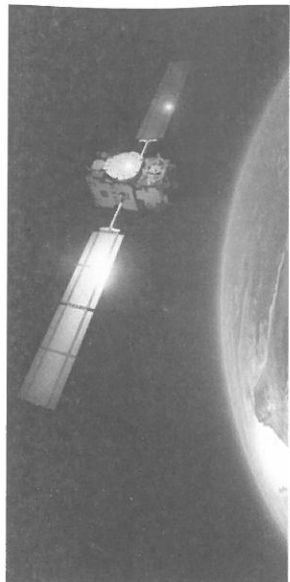
再以太空船為例，飛行員量度到飛船為 100 m，在地球的觀察者而言，則會發現太空船只有 $100 \times \sqrt{1 - \left(\frac{0.5c}{c}\right)^2} \text{ m} \approx 86.6 \text{ m}$



有趣應用

如何讓自己更長命？

狹義相對論告訴我們時間是可以被延遲的。假如你決定乘搭 X-43A 飛機 (11265 km/h) 100 年去增長你的壽命，你會比沒有你這麼無聊的人長壽約 0.171 秒，這麼短的時間你肯定什麼都不做了，還浪費了100年搭飛機。極端來說，如果你移動速度無限接近光速，對正在寫校報的我而言，你的1秒就會變的接近無限長。可能轉眼間發現人類都已經滅亡了。當然這是沒有可能發生的，因為你需要接近無限的能量去讓你加速到接近光速。



GPS 為了能讓手機中的 GPS 盡可能的精確，衛星需要計算相對的速度。即使衛星的速度跟光速比還是慢了很多，但還是算快的了。除此之外，衛星還需要發送訊號至地球上的訊號站。因為地心引力的作用，這些訊號都能以比衛星運轉更快的速度送達地球上的訊號站。

由於每一個衛星距離地球表面大概是 20 300 km，所以其所有經歷相對的時間遲滯大概是一天 $4 \mu\text{s}$ ($\frac{1}{1000000}$ s)，如果在另外加上地心引力的作用，則其所經歷的時間遲滯大概是 7 μs 雖然它看似很微小，但如果衛星系統沒有考量到相對論，當你打開手機定位時可能發現自己身處海中。



陸運會



各社健兒都盡力為社爭取佳績，各拿了不少獎，真厲害呢！



同學們都非常努力，投入於比賽當中，享受過程。



啦啦隊賣力地為屬社的運動健兒們打氣

英語戲劇節

各校完成賽事後
來個大合照。



首先姜校長為小六學生及家長們
作一個簡短的介绍



同學們都積極投入排演，演出
當日盡情發揮，精彩非常。



中一資訊日



本校各部門皆準備了各式各樣的活動讓同學參與，讓小學生們體驗一下中學生生活，同學們都樂在其中。



公公婆婆們都聽出耳油，
玩得很高興呢！

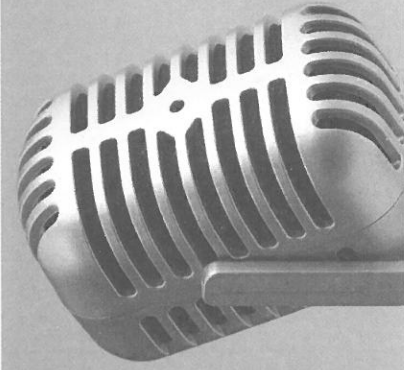


同學們都在盡地主之誼，攬扶公
公婆婆進場，盡顯孝心！

老少同歡慶元宵



當天還有各類不同的精彩表演活動，
如花式跳繩、歌唱表演等。



老師訪問

葉勤基老師

任教科目：數學和電腦
興趣：行山

1. 剛來可立有沒有遇到什麼困難？

要適應可立的運作模式。剛來的時候，還不清楚學校當中的運作，所以容易產生誤會。

2. 你希望在任教的科目增添或組織什麼活動？為什麼？

想增添上課的堂數，因為平時上課的時間有限，就以電腦課為例，難以詳細地描述做法和深化，只能遷就時間來教學，所以希望能多增設堂數。

3. 你對本校學生有什麼期望？他們有什麼可以做得更好的？

希望可立學生不要小看自己，其實他們的資質和本質都不錯，但因為一些外在因素就小看自己的信心與自尊心，所以希望他們不要低估自己。另外，希望可立學生能訂立一個實際的小目標，然後訂立一個計劃來達成目標，同時能找到自己的興趣。



林綺薇老師

任教科目：英文和通識
興趣：閱讀

1. 請問你來可立之前是做什麼工作的？兩份工作有什麼分別？

我之前也是教書的，和現在也是差不多，就是學生有些差別，可立的學生比較多才多藝，不但能兼顧到學業，也能兼顧到其他課外活動，很懂得分配時間，也很會發掘自己的才能。

2. 在可立裡有沒有什麼特別深刻的經歷？

有的，例如一些老師知道我是新來的，都會很熱心幫助我，告訴我學校的運作和程序等等。此外學生也很願意幫我，例如科長會告訴我怎樣借圖書，幫助我適應學校的運作。

3. 你希望為你任教的科目增添或組織什麼活動？

我希望通識科可以增加一個頻道叫可立電台，頻道可以介紹一些議題，然後請同學以論壇的形式講出他們的意見和立場，可以訓練到學生的批判性思考和多角度思維。而英文方面，我認為校內也可以舉辦辯論比賽，此外也可以舉辦服裝設計比賽，同學要以英文去介紹服裝創作的意念，藉此訓練同學的英文說話技巧。

4. 你對本校學生有什麼期望？他們有什麼可以做得更好的？

首先第一點我想同學找到自己的方向和目標，有些同學的潛能未能發揮，他們低估了自己的能力，其實同學只要多點嘗試，就可以找到自己的優點。自信心不足是很大的問題，會影響很多方面，例如在學業方面會覺得自己不能做到，令自己較容易放棄。所以我希望同學可以多發掘自己的優點。



吳嘉薇老師

任教：英文
興趣：閱讀和旅行

1. 請問你來可立之前是做什麼工作的？兩份工作有什麼分別？

我以前也是老師，可立的學生較喜歡體育，所以較活躍。我任教兩班他們都有學生修讀體育，有時體育課後會一身臭汗上課，挺難受的。

2. 在可立裡有沒有什麼特別深刻的經歷？

經歷就是有一次帶一個Form3的辯論隊，看得出他們在第二次比第一次有顯著的進步。還有的是與2A同學的聯校觀課，從中他們學到很多生字，雖然平日也會學，但是在那堂課學到的生字和句式更為深刻。

3. 你希望為你任教的科目增添或組織什麼活動？

希望可以在假期參加交流團，無論在海外或國內也好，令他們可以增廣見聞。

4. 你對本校學生有什麼期望？他們有什麼可以做得更好的？

希望學生可以減少上社交媒體或者玩網上游戲的次數，多專注於學業。



梁浚傑老師

任教：數學
興趣：照顧女兒、閱讀

1. 請問你來可立之前是做什麼工作的？兩份工作有什麼分別？

以前的職業同樣也是老師。可是，可立學生的能力比較高，因此對自己的教學安排和目標都不同了。

2. 剛來可立有沒有遇到什麼困難？

答：困難是適應。來到可立，需要適應這裏的文化和運作模式。但現在也適應了。

3. 工作壓力？

工作壓力來自對自己的目標。始終學生的能力提高了，因此對自己的要求也高了。

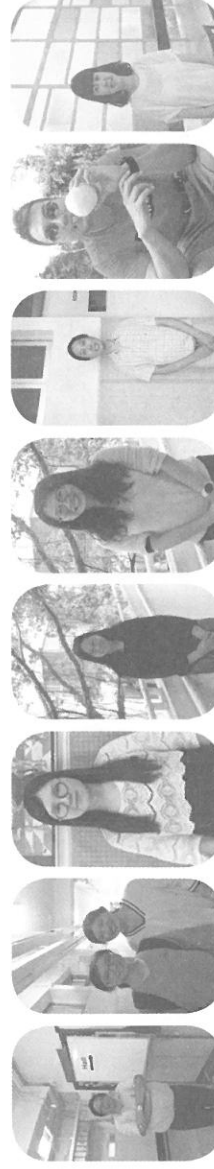
4. 你對本校學生有什麼期望？他們有什麼可以做得更好的？

我認為對可立同學的期望分長期和短期。短期目標是希望學生能成功進入大學；我作為一個數學老師，長期目標是希望把我如何看數學這件事帶給我的學生。

配對老師小時候和現在



A



陳茵茵老師

方慧芬老師

馬錦成老師

莊卓敏老師

嚴偉德老師

林綺薇老師

吳嘉薇老師

林創勤老師

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忘不了的一件小事

中一甲 鄧尚勤

在一年前的暑假，我們和舅父一家人回到媽媽的故鄉——重慶。

到達目的地重慶，發現重慶沒甚麼多，最多就是山和樹。因此在天氣晴朗的一天，我們便和舅父兩家人相約一同登山。當天風和日麗，從早上十點到十二點，我們都沒有停下過腳步，所以大家都有點累了，正好看見前方樹蔭有賣蘋果的小販，大家都說過去買幾果來解解渴。

大家看著鮮紅色的蘋果，我的目光卻留在那個賣蘋果的小販上，那個小販是一個看似十一、二歲的小女孩，衣服上有幾個破洞，幸好尚不大，看上去仍算整齊。

突然，隔壁的叔叔對著小女孩問了一句：「小姑娘，你幾歲呀？怎麼年紀少少就出來賣東西了？」只見小女孩眨了眨那雙眼睛說：「我……我才十二歲，因為家裏沒錢，可是我又不想讀書，所以就出來工作賺點錢。」十二歲？不就跟我一樣嗎？我這才領悟到，原來她只想讀書啊！平常我只想不用上學，可以每天到處遊玩，想不到在這竟然有人努力賺錢只想上學！我立刻從錢包中掏出點錢，向她多買了幾個蘋果。那位叔叔也可憐這個沒多大的小女孩，拿出錢買下她剩下的小蘋果。

小女孩一臉感激地看著我們，再看著手上的錢，連忙說了幾句謝謝後就往山下的路走去。

經過這件事，我學會到幫助別人，自己會更開心的道理。我和那位叔叔只是用了一點錢，說不定讓那個小女孩能上學，多讀點書。這件事也提醒我，世界上有多少人想到學校上課學習，我卻一天到晚抱怨學校課程繁、功課多、默書測驗困難，想想真的對不住那些渴望讀書的小孩。想不到這次重慶之旅的一件小事，令我獲益良多。

聲

一個讓我感到親切的人

中二乙 陳銀菊

十五歲之前，除了我的父母外，最令我感到無比親切的人莫過於我的中學班主任——王金成老師。

王老師是我校「元老」級別的教師，有著豐富的教學經驗。他學藝五車，中國文學的詩詞詞曲，是他的「看家本第」。他為人幽默，給學生們一種十分親切的感覺，就宛如兄長對弟妹的情懷，受人愛戴。

他經常穿著整齊的樸素衣裝，教學時站得像極挺拔的松樹。他的言語舉止無一不透露他令人佩服的知識。最令人感到親切的，是那無私奉獻的教學態度。他經常以十分幽默的方式教學，使得同學們聽得十分入神，連他的口頭禪，同學們也頗如指掌。他最常說的就是：「同學們，今天我要教你們一個十分有用的『武林秘訣』……」他所說的『武林秘訣』，都能讓我們受益匪淺，大大提升死記硬背的沉悶學習。此外，跟王老師聊天，就像與好朋友一起閒談，不會出現與其他老師聊天的緊張和壓迫感，令人感到特別舒服。

他是我見過教學中最為生動的老師。王老師教學時總會用肢體語言展示，他習慣不緊不慢地教學，不會讓我們感到教學節奏過快。他的文言知識可謂豐富了，各種困難的文言又對他來說簡直探囊取物，迎刃而解。

令我印象最深刻的是秋季旅行時，他像兄長般教導我象棋的『武林秘訣』，一步一步地教我如何取勝，他是那麼得細心而又認真。我作為一個獨生子女，體會到前所未有的感覺。就像有一個親切的兄長的感覺，真好！我曾經想過，如果我有一個像王老師一樣親切的兄長，那該有多好！

可惜造化弄人，王老師明年退休，不當老師了，那幽默有趣又令人感到親切的老師，要離開這間學校了。也許多年以後的同學聚會，我們會想起這位受人愛戴而又令人津津樂道的老師。只是時光短暫，我會好好讀書，報答這位亦師亦友而又令人感到十分親切的王老師。

在清晨的街頭

中二乙 許鍾玲

清晨，我穿梭在人來人往車水馬龍的馬路上，望著那閃閃爍爍的紅綠燈、那川流不息的人群和形形色色的車輛，一種壓迫和緊逼感湧上了我的心頭。

我的腦海中不由自主地映射出那副鄉村清晨的街頭圖，悠然自在的清晨，四季盡情地交響綻放。那清晨的街頭成了我記憶中最不易丟失的畫面。

春天的清晨，萬物甦醒，春意盎然，生機勃勃。似曾經過「潤物細無聲」的春雨和「忽如一夜春風來，千樹萬樹梨花开」的春風的共同栽培之下，含羞草不再低頭微笑，「閉月羞花」已成明嫕大方，向日葵直迎陽光，不再懼怕。春天是一年中的開始，一切生物都富有生命力，鄉村的街頭，一切都是那麼美麗。早起的人們圍坐在一起歡聲笑語，那一縷縷炊煙，無聲地為街頭增添了一絲生氣。

夏天的清晨，清涼涼，沒有那炎熱的太陽，也沒有那燥熱的夏風。邁在街頭的綠蔭帶給我一種另類的視覺盛宴，我想，這大概就是大自然贈予我們最好的禮物。清晨的人們坐在那街頭的石板上，手持一把涼扇，刮過一絲清風，一切都是那麼平靜祥和，彷彿是風兒把人們眉間的皺輕輕地抹去。

秋天的清晨，是一日中最舒適的時刻，綠葉悄悄地被秋天染紅了，在街頭屹立的蘋果樹也慢慢變得沉甸甸、紅彤彤的，好不熱鬧，清晨的蘋果樹彷彿一個發光的燈塔，照亮了街頭所有人，大家一擁而至地享受他們一年來辛勤勞作所換來的豐收。

冬

冬天的清晨，宛如一個人間仙境，白雪把街頭裝飾得如粉妝玉琢的冰雪皇宮一般的美麗。街頭上，有打著雪仗調皮的小孩子，有偷眼望雪的老人，還有叫小朋友回家吃飯的大人們。一切一切都是那麼溫暖實在。

街頭的每一幕每一景都在我的腦海中揮之不去。大人小孩和老人們的一舉一動一言一語都成了我記憶中最珍貴的寶藏。

在城市中，我們有財有富有貴有名有利，應有盡有，我們得到一切，我們拚命奔波，我們互相羨慕，我們的眼中只有金燦燦，至高無上的金錢。是啊！我們全部都擁有了，只是缺了愛，大愛小愛都沒有，我們害怕去愛，逃避去愛，更甚者看不懂去愛。

在鄉村裡的人們，樸實無華，勤勞苦幹，他們不懼怕艱辛，不懼怕挑戰。他們不求榮華，不圖富貴，不圖財不圖名，也不圖利。唯獨圖情，親情友情愛情。

街頭的他們只求一家人平平安安、健健康康、團團圓圓。而我們呢？只求錢只求權！

此刻站在人流中心的我，被周圍川流不息的人群擠來擠去，又是為了甚麼而活？

那留在我腦海中的相冊，那一幕又一幕的老照片，漸漸地抹去了在我心底的波浪。是啊！人只要活得真，活得踏實

就是這一生最大的幸福了。

這清晨的街頭，在我心中其實就是幸福！

這

知足常樂，還是不知足才能常樂？

中三乙 王紹煒

「人生匆匆數十載」，在短暫的生命中，我們該活在當下，只滿足於安逸，還是力爭上游，成就大業？我較贊同後者。古今中外偉人都有著「不知足的心」，心中一團不知足的熊熊烈火，無時無刻燃燒著，令他們奮發向上。最終即使他們遇上驚濤駭浪，亦能乘風破浪，登上人生頂峰。

首先，就個人而言，不知足可令我們不論在工作、學習有著上進的心，更能克服自身的破爛。「書山有路勤為徑，學海無涯苦作舟」，學無止境。我國數學家陳景潤，他日以繼夜地翻閱上千本典籍，終得到一番成就，若他滿足於自己學識，豈能找到知識真諦？可見，不知足能令自己謙虛學習，知道自己只是冰山一角，不足掛齒。同樣，每人也有短處，該以不知足的心去面對，從中掙扎求存。德摩斯格尼是一名著名演說家，可是他從小並沒有這方面的天份，但不知足的心給他動力，令他每天即使是在行山、跑步時亦不斷練習演講，最後聞名於世。我們其實也一樣，即使生活中失利，那更需要不知足的心令我們充滿迎難而上，在前敵滿途的路上發掘精彩人生。

此外，即使是一個國家，君臣人民亦需有著不知足的心。「居安思危，戒奢以儉」，這樣物質生活的惡魔便不會奪走我們的智慧。北宋的詔賜君主郭英明果敢，即使天下太平也不忽視軍事，更主動教導百姓武功，令百姓在任何情況都能應付戰亂。相反，北宋中末和南宋皇帝大都懦弱，即使金人對宋不懷好意，宋人仍然注目郭理髮紅綢線，不思進取。反之，唐朝和北宋前期一樣遭受外族威脅，但唐太宗接納魏徵「憂勞可以興國，逸豫可以亡身」的思想，最終令國家興隆，威震四夷。由是可知，不知足能令我們有遠大的眼光，不會滿足當下奢華的生活，能令一個國家長治久安的不二法門。

當

當然有人可能認為知足能令我們心靈滿足，不知足會令我們盲目追求，徒添壓力。然而不知足能令我們有著一個確實的目標，刻苦自動。不論聖人、學者都能從苦中得樂，如愛因斯坦一生有著無數的偉大發明，但誰又會知道他每一次的實驗成功帶給他的快樂和動力？有時他樂得連自己的工資也不要。梁啟超也認為最難的事情莫過於完成自己的責任，所謂「無入而不自得」呢！可見，不知足令我們有著目標和責任，從中帶給我們成功感，有著密不可分關係。

總

總括而言，不知足像引擎般在茫茫人生路中帶給我們動力，令我們有著熱勁，便能充滿能量面對人生中的高山低谷；不知足更像一座大海中的燈塔，告訴我們不可沉溺於多姿多彩生活。

這

天災，人禍的區別

中四甲 鍾詩琳

天災是指自然的災難，如地震、海嘯，如二零零八年汶川大地震，最近的印尼海嘯、中國唐山大地震、香港颶風山竹肆虐……；至於人禍是人為造成的禍患，如建設核電廠，如蘇聯切爾核電廠的人為錯誤，日本福島の殘廢核輻射污水，還有油輪漏油、工廠胡亂倒掉發泡膠粒，令到數以萬的魚類中毒死亡。這些都是人類自招的禍患。有人認為天災是無可避免，但也有人認為天災也是人禍，我比較認同天災也是人禍的說法。因為天災只要防範得宜，是可以控制；反之，人禍的疏忽，可以令災情更嚴重，

甚至造成不可補救的損失。

首先天災雖然帶來嚴重的人命損失，如唐山大地震共死去七百萬人，印尼海嘯導致數以萬計的家園盡毀，可見大自然的破壞何等驚人；但是這些天災，人類是可以減少，甚至避免其嚴重的嚴重性，因為我們可以做分預報措施，如日本有地震預報機制，令日本人在地震前離開災場，又如美國氣象局會發出天氣警報，在龍捲風颶襲前，也預先請居民離開，減少死傷數字。可是，人類卻對這些天災禍若無睹，掉以輕心，故此令到情況更加惡劣，例如唐山大地震前人民不理預警，政府隱瞞消息，導致死傷慘重，又例如福島核子污水流入太平洋，日本刻意隱瞞，令核污染遠到歐美各地海洋，禍患深遠，就是最佳的例子。故此有人說天災，也是人禍，實在有其道理。

而

而且，很多人為的錯誤，往往導致天災的發生，例如人類為了發展工業，破壞大氣層，令到臭氧層穿了大洞，紫外光增加，加促南極冰層融解，使全球氣溫上升，若不及時制止人為的惡行，人類將會面對地球陸沉的嚴重天災，釀成可怕的自然災害。又如我們令地球暖化，人類將會因生態失衡而沒有食物，失去生存條件，最後導致絕種滅亡的巨大的天災。因此，人類的無知行為，使天災變得更加不可收拾，無可挽回，這是不爭的事實。

既

既然，天災可由人禍所致，正如鄭凱培教授曾提到人禍的影響是永纏及不可挽救的。很多天災都是人為造成的，如農民抽取太多地下水及過度種植，令中國變質沙漠化，長江三峽的錯誤設計令到中國長江沿岸城市淹沒，由於中國人無節度發展工業，令全國三分之一農地成為不宜耕種的廢地。這些「天災」其實都是由人禍所導致的，因此，有人說天災也是人禍，也有一定的道理。

因

因此，我認為人類應該立即作出補救行動。先由個人做起，減少用膠樽等生活，節省水電，不要胡亂購買衣服；在社會方面，大家要注重環保意識，做好排廢的安全措施，不作核試，污染土地；不濫捕加劇天災。再者，國際合作也很重要，各國要訂定全球環保協議，合建防報機制，避免天災帶來的傷害。

俗

俗語有云「天作孽，猶可活；人作孽，不可活」。若大家萬眾一心，天災的傷害是可以減少的；然而，若我們為一己的私利，繼續破壞自然生態，我們就會面對一場不可避免之災難。在此我希望大家能好好思考，使我們下一代有一個美好的世界繼續生存下去。

背

中五甲 劉灝天

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吃飯了！再不吃菜都要凉了！

知

知道了。我敷衍地回應。

結

結果，我到夜深也沒有走出房間。

當我打開房門，母親立刻問：有湯，要嗎？給你裝一碗吧！

！

你還沒睡嗎？不用管我了。

沒關係，頭有點痛，睡不着。湯給你裝一碗吧！可別餓壞肚子！

好

好吧．．．．．

我卻洗手間洗臉，突然從廚房傳來玻璃碎掉的聲音。我立刻跑到廚房，看見母親倒在地上。

你

你怎麼了？

咽

咽口好悶．．．．．

我不知所措，背起了母親。跑下樓，往醫院一直跑。

經

經過了下午走過的海濱，讓我想起那對母子的情景，不過那對母子，並不是下午的他們，而是我們，小時候的我，年輕的母親。那時候的我十分討厭母親，母親字孝，是當時我認為自己長大後的日子。如今的我，可以說不孝也不過份了。但在這個時刻，才想到自己要好好地照顧母親，害怕子欲養而親不在的情況會發生在自己身上。想着想着，淚水溢出眼眶了。

求

求你不要有事，不要掉下我一人！我還沒有好好地孝順你！多撐一會，快到醫院了！

只要看見你，我就會高興了！多點回來吃飯吧！回來了也不要躲起來，說起來，我們很久沒有一起吃飯呢！

剛方的我，還在想自己沒有照顧過母親，很不孝。然而，母親想要的，只是一起吃一頓飯。在香港，又有多少母親在等候自己的子女呢？

回

回去記得喝湯知道沒有？

不要，等你回來再一起喝。

跑了半句鐘，到了醫院。

母

母親立即被送往急症室。

我

我則在外等著。

醫生告訴我母親過勞病倒，需住院觀察數天。我雖然放下心頭大石，但依然感到很擔心，每天都跑去醫院照顧她。

母

母親後來病情好轉，能出院散步了。

我

我跟母親在海濱散步。

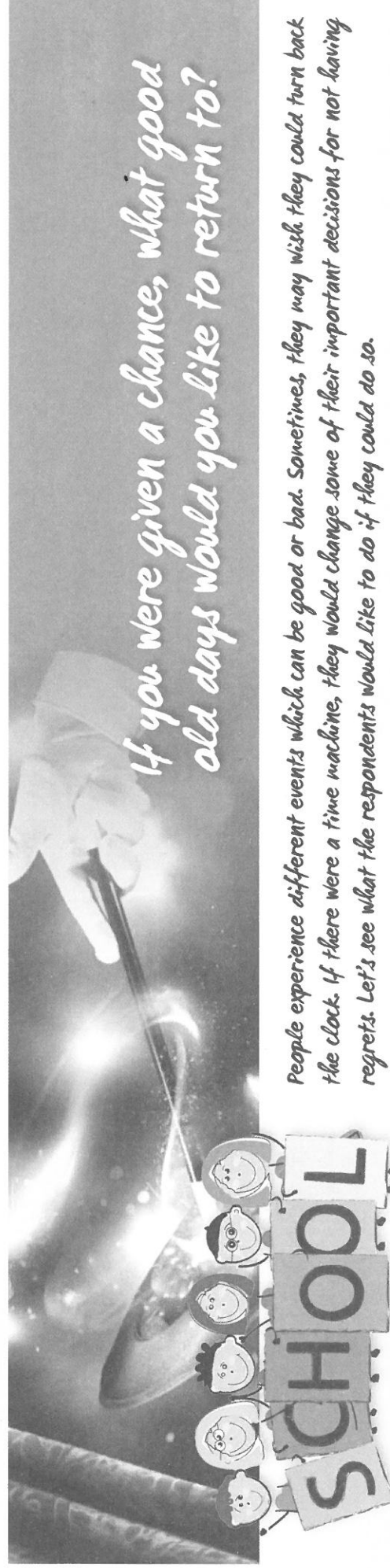
陪

陪著母親，一步，一步，慢慢地走。

回想起先前背著母親跑去醫院，心裡想著：昔日母親背我，今天我背母親，或許，這正是孝的傳承。

RESONANCE

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If you were given a chance, what good old days would you like to return to?

People experience different events which can be good or bad. Sometimes, they may wish they could turn back the clock. If there were a time machine, they would change some of their important decisions for not having regrets. Let's see what the respondents would like to do if they could do so.



Lam Cho Ling 4D

If I were given a chance, I would go back to the time before the death of my grandfather. When I was young, my parents were busy, so my grandfather bore the responsibility to take care of me. Therefore, in my childhood, he was the one accompanying me all the time. But when I grew up, I became busy and did not visit him frequently. At that time, I thought I still had time with him. However, his death was very sudden and I regret not being able to pay my last respects to him. This made me depressed for a long time and I feel regretful until now. So I would like to go back to the time before his death and cherish the time with my grandfather.



Yau Man Ching 2B

Whenever I look at the pictures of my primary school teachers and classmates on the mainland, old memories keep streaming through my mind. After I left, I didn't keep in touch with my classmates and teachers on the mainland. I feel really sad about it. If I were given a chance, I would return to the time when my mother asked me whether I wanted to study in Hong Kong or not. I would answer her 'No'. I wish I could graduate with my beloved friends. We would even get into the same secondary school. Then I would get the chance of growing up with them.



Mr Chan Siu Sing

If I were given a chance, I would go back to the time when I was studying secondary school. I didn't work very hard during those days. So if I could go back to my old days, I would work harder. I still consider my secondary school life the most unforgettable in my life, and I didn't have much work to do compared to that of now. If I could go back to that time, I would definitely enjoy my school days and be a more hardworking person.



Chan Yiu Ming 2B

If I were given a chance, I would definitely return to the first school day of my primary school. I would like to take this opportunity to recall my memory, to get along with the classmates I used to play with, and to enjoy my "childhood". I also would like to let myself experience the glorious time I had spent. What's more, I could chat with them, play with them, and spend my time with them, just like what I did on the first day of my primary school. If I were given a chance, I would return to the first day of my primary school without doubt.



Wu Yiu Tsz 1B

If I were given a chance to go back to my good old days, I would go back to the days when I was participating in a scrabble competition in my primary school. I loved playing scrabble at that time so I never missed attending the scrabble meeting every Friday after school. Playing scrabble is unmistakably my passion now. I can still remember I beat a tough competitor. I could not believe that I had such skills! I can still feel the intense and exciting atmosphere. This has been my remarkable experience that I can never forget. I wish I could go back to that time to experience that!



Miss Raji

If I were given a chance to return to the good old days, I would go back to my childhood. I really enjoyed and cherished every moment of my childhood. I miss my home town, my village where I grew up, and my joyous family in which my grandparents, parents and brother were always with me. We had a very simple life; we went out to play in the playground in front of the temple next to our house every day. I loved playing with my friends. We didn't have many chances to be exposed to gadgets and we didn't have video games. I was happy that I had a tech-free childhood in which I grew up without the disturbance from mobile phones. I really enjoyed the time I used to have with my grandparents, parents, and brother, and so if I were given a chance, I would go back to my childhood.



Yu Chun Wa 4D

If I were given a chance, I would return to Form 1. The first year of my secondary school life is an unforgettable memory to me. For a Form 1 student, secondary school is a new environment and there are many differences between primary school and secondary school. At first, I was worried about the new changes. The classmates were some unfamiliar faces and I had to study some challenging subjects. But finally I made new friends and learned lots of interesting things from different subjects. That was a great year in my life. If I had one more chance, I would join more extra-curricular activities to enrich myself. It is better to learn more. Apart from learning, I think it is also important to enjoy school life. It is a wonderful time for every student.



Miss Lo Lai Chun

If I were given a chance, I would return to the good old days --- my university life. At that time, I always worked on huge assignments or projects day and night. I always gained rewarding leadership and team building experiences. I also took part in eye-opening training camps and exchange trips. I had a crazy but fruitful hall life. I used to have a lot of freedom and fun, and good friendships. More importantly, it could enhance my personal growth and develop my interpersonal skills. Compared to my life now, it was exceedingly enjoyable and fruitful. Nowadays, I have to handle work stress, as well as family issues and worries. But still, I have to take charge of my hectic life and strike a balance between work and family.



Mr Poon Man Tsan

If I were given a chance, I would go back to my primary school time. When I was in primary 5, I used to be very thin and fit, and my body shape was quite good at that time. Nevertheless, I had a challenge with my friends at the summer camp that year. We decided to see who could eat the most during the summer. I was very vigorous, and I ate six bowls of rice in a second. Since then, I have started to eat a lot, and I can hardly get my figure back. If you give me a chance, I wish I would go back to that time and tell myself not to eat so much.

My New Ghostly Friend

1A AU CHIU CHUN

High upon a mountain, there was a mansion. Over the past decades, people moved in and out of this house. No one could ever stay for more than one month. Why? It's because I am the real master of this house. Who am I? I am the spirit of this house.

I was only twelve when I died. My father was killed in the front line during the Second World War. My mother was broken-hearted. She lost her mind and one night, she covered my face with a pillow while I was sleeping. Then, I became a ghost and could never leave this house.

Yes, this house was haunted. However, a child named Sam and his family didn't believe that. One day, they moved in. When Sam went to sleep, I made spooky sounds over his ears, shook his bed, licked his face with my slimy tongue...but all of my tricks never worked.

I thought of a spooky plan to scare his soul. I hid in his closet for hours. When he was back, I popped out and spooked him. "Grrrrr.....," I roared. Surprisingly, he got excited when he saw me. He was the FIRST one who was not scared of me.

I told Sam my story. He felt sympathetic to me. "Although I'm exceptionally interested in ghosts, my family is scared of them. So can you stay away from my family?" he begged. "No problem! After all, you are my best friend!"

Sam and his family lived peacefully in my house. As time went by, Sam grew up, graduated in college, got married, grew old.... and eventually he passed away at the age of 100 in this house. "Hey, buddy! Here I come to join you!" From then on, our friendship lasts forever.



last, at exactly midnight, I could go home and sleep with a full stomach. Yummy midnight snacks!

Online Shopping

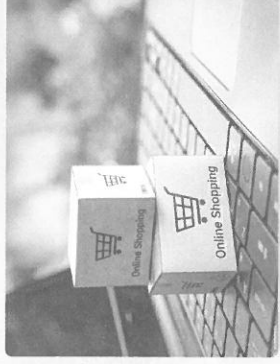
2A LAW YAT YIN

What do you like best about online shopping? Convenience?

More bargained prices or variety of choices? I myself definitely prefer online shopping than conventional shopping because of all the above reasons. You don't have to go to the shop, wait in the long queues, and even bring any money!

The price of buying products online is usually cheaper as there is no rent to pay or other utility bills directly related to the online store. The goods are also delivered to you directly from the manufacturer or the seller without involving the middlemen. Sometimes, there are coupons and rebates for the customers to use, which may further lower the price.

What's more, easy price comparisons for the options on the market are available. The refund system offered by some online shops allows customers to experience a high degree of autonomy and be free from impulse buying. Shoppers can also prevent online cheating by choosing the trusted sellers and transport companies. With all these benefits, what are you waiting for? Let's experience and explore the joy of e-shopping!

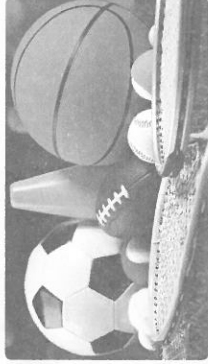


PE Lessons should be Compulsory

3B ASGHAR OBAID

Physical exercise offers incredible benefits, which can increase nearly every aspect of our health from the inside out, such as building healthy bones, improving blood circulation, reducing stress and anxiety, controlling weight, etc. Hong Kong, often described as a vibrant and energetic city, is an ideal place to live in both for the quality of life and job opportunities. But somehow it's both pathetic and ironic to know that having no time is one of the most common reasons Hong Kong people give for a lack of exercise. This phenomenon does not only affect adults but also students who are facing stress due to the heavy schoolwork and the competitive exam-oriented education system.

To deal with the problem, students should be encouraged to do more physical exercise in school. Most students don't exercise at home at all. There should be compulsory PE lessons every week for students to take some time out of their academic studies and to take care of their physical health or they will just end up getting sick. Moreover, PE lessons can raise students' interest in sports and help them lead a healthier lifestyle. In PE lessons, students also learn about the theories, knowledge and skills of different sports. Apart from that, researches have already proved that while exercising, symptoms of depression will be reduced as people are given chances to enlarge their social circles, enhance their self-esteem and develop their personal potentials and talents. PE lessons should therefore be integrated into the normal curriculum.



The Historical Person I Admire Most

4E LI JUN

You must have heard of his name. He is the most incredible and influential of all composers in the



history of mankind. He is one of the giants of music. His most popular songs were written when he had difficulties in hearing. His name is Ludwig van Beethoven.

Someone said he was crazy, irascible and unsociable, yet others also said he was kind, persistent and strong. But everyone must admit that he had a great talent for music as he had composed numerous pieces which we are still listening to today. His symphonies are particularly famous and breathtaking. You may wonder if anyone else could compose a better symphony than Beethoven. People love Beethoven. Is it because he was a genius? Because of the beautiful melody? No, it's too superficial. People love him because of his creative mind and genuine emotion he wanted to express through his music.

Most people have heard of Beethoven's life in the shadow of deafness. For an ordinary person, perhaps it's only the death of a part of the world. For musicians, it's the death of the whole world! This was probably the reason why he went crazy. Yes, apparently he was. In fact, he was always courageous and persistent despite the illness he endured. With such an insurmountable hurdle, he still didn't give up his passion for music. "I want to challenge my destiny," he once said.

Most people including me would not believe that a deaf person can compose a series of great music. However, Beethoven has changed my mind. Every time I listen to his melody, I am amazed. How could he make it? Why could Beethoven be able to overcome all the hardship? I have found the answer: love. He regarded music as his love. "I just hope that I can give some beautiful music to the world."

I love Beethoven. I love him for his musical talent but I love him more because of his strong will and strength in overcoming difficulties. May it be something as distressing as losing hearing as a composer. He had dedicated his life to creating music and he surely had done a marvelous job. I may never be as great as he is but we all can learn from him. Even just a little bit. We all can succeed in doing something with passion and perseverance. This is how we can make a difference, like the way Beethoven did.

Change for the Better

6C YEUNG CHO TAK

Suppose you are suffering from Amyotrophic Lateral Sclerosis, a debilitating incurable disease which ravages your body, but, cruelly, leaves you intellectually lucid. Then, what will you do next? Are you just waiting to kick the bucket while not having anything done? I believe that, most of us, if not all, will struggle when we are asked to make a decision. Always have we been told to make changes, but there will always be some changes that are hard, if not impossible, to make, just like the above case. However, could we answer evil with good consistently? Our mind and attitude can always be altered whilst the destiny is done.



The article "How Can I Change for the Better" really gives me some food for thought as it seems unlocking some meaningful mysteries of my life. It is worth reading and my inclination is attributable to a rate of reasons- especially on "fury" and "change".

The first thing popping into my head is that we should get angry when there is injustice. We are always told not to be mad or to calm down. When you are suffering hatred or betrayal, you are not allowed to be annoyed, indeed furious, over what happened. These are nonsense and unpalatable as totally bizarre. Instead, appropriate anger is beneficial. It can be the incentive and initiative to motivate us, which is important for making improvement. For those revolutionists and politicians, they fight for justice that facilitates civilization. For us, being angry



Midnight Snacks

1A IP CHI YAN

One dark and spooky night, at nearly twelve midnight, Mr Lee, Mrs Lee and their daughter Tracy were driving through the forest on their way home.

At that time there was a storm and heavy rain. I slightly opened the vehicle door and glided inside. I could see Tracy playing with her mum. Suddenly, all the lights went off and there was no engine sound in the car. All the people in the car stuttered in fear. I flew around the car and laughed loudly. "I'm the sorrow of this entire world. I'm commanding you!" I said to everyone. Mrs Lee uttered in fear, "No... no. I Don't... don't hurt anyone here!"

It made me feel even excited and wanted to scare more. "Now, I, Little Ghost, am going to command ALL of you!" Tracy responded, "Command? Command... me?" Then I continued, "Mr and Mrs Lee, give me your daughter Tracy RIGHT NOW, so you two can live forever." They were fearful turning around and wanting to escape. I didn't fetch them. I waited until Mr Lee and Mrs Lee opened the door and went away. It's because I wanted to find a way to let them get stuck so that I can eat them all! Hahaha! I used my horrifying voice to laugh again.

Mr Lee broke the window and climbed out quickly. Then he hugged Tracy tightly and opened the door. Immediately I made screeching sounds again and when they started to run, I sucked them one by one- first Tracy, then Mr Lee and finally Mrs Lee. At

is sometimes a way to protect ourselves away from unfairness. We should react against it rather than enduring the suffering ourselves. For example, when there is injustice, we should report and discourage it. Therefore, often is fury a treasure for us.

Whenever we speak of change, what immediately comes to mind is to become better. We know the fact of imperfection, but why do we still cherish perfection continuously? There is always a sense that something is amiss or wrong in life, so we are not as good as we think we can be, and life is not as good as it should be. There is actually nothing wrong with our lives, instead, only are we over-stubborn in our mind. Accept ourselves that everyone has shortcomings and weaknesses. It is unnecessary to overcome them if it is too hard to do so even if you have exhausted all effort. I am not saying to ignore our problems as it won't make them go away, but we should not mind if we cannot change to be better after we try our best!

Gift of Life

6E YAN WING HIM

Organ donation has always been a highly intimidating topic to be discussed. Sick people who are waiting for organ transplantation usually have no alternatives but to wait for their death just



because of the general apathy and misconception towards organ donation in the city. What causes this phenomenon and how can it be alleviated?

The prime reason that causes the public's indifferent attitude towards organ donation is the traditional Chinese values. In a typical eastern society, Chinese people always hold a conservative mind particularly in the matter related to death. Many people still believe the deceased body should be kept intact so as to show full respect. Although the deceased person might have already registered as an organ donor, his or her family members usually neglect the decision or many of them see no reason for donating their beloved one's organs to a stranger.

There is no doubt that the traditional Chinese belief and conservative minds of people have caused the unconcerned attitude of the public towards organ donation. But what's even disappointing is there is unclear information and allegation towards organ donation, which adversely distorts the image of this selfless act of love. Many people misunderstand the procedures of organ donation. Especially for the older generation, they worry that if they sign up as donors, the doctors will not try their best to cure them and provide sustainable treatment for them. In fact, the government and the NGOs should take the responsibilities for clearing up these misconceptions. Extensive promotion and educational talks about organ donations for different age groups should be done for easing the unnecessary worries.

What's more, the government can consider adopting an opt-out system. The current organ supply is distinguished by two practices: opt-in and opt-out. The opt-in policy requires a potential donor to sign up and self-select the services they want to provide, which is a permission-based concept. In contrast, the opt-out one presumes that all individuals would consent to donate their organs unless otherwise informed. This implies that Hong Kong people can have their own choice on choosing whether or not they want to donate their organs. According to the International Registry in Organ Donation and Transplantations, the organ donation rate in countries with the opt-out system in 2016 was far higher than that of the countries with the opt-in system. In recent years, the US government has also been looking into the possibilities of granting a tax loan or some tax exemptions as forms of reimbursement to organ donors. These incentives are believed to be effective for the government to re-educate the citizen's conception and subsequently help raise the low organ donation rate. Hong Kong should definitely take reference from the foreign successful examples.

It is not necessary for everyone to become an organ donor because we all have different preferences or worries. However, imagine you were a desperate patient who sought an organ to continue your life, how would you feel? It's time for us to step out of our comfort zone to give so that the organ recipient can receive the gift of life!

Dare you try these bizarre exotic fruits?



Have you ever heard of cotton candy grapes? It may be hard to imagine how cotton candy grapes look like. However, they actually don't look that different from normal grapes. They taste as sweet as cotton candy. This new kind of grapes was developed by two American farmers who aimed at producing the tastiest grapes in the world. Having spent about 10 years hybridizing different types of grapes,

- they successfully created cotton candy grapes. Cotton candy grapes are native to the U.S.A, Spain and Australia. They are usually harvested in April.



Figure 1: cotton candy grapes

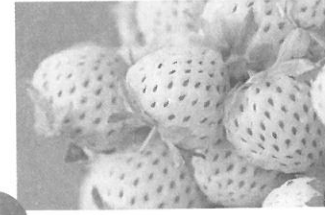


Figure 2: pineberry

Do you know the name of the fruit shown in figure 2? A lot of people might call it "white strawberry". It is actually called a pineberry because it tastes like pineapple. Some people may think that pineberry is a GM food which combines pineapples and strawberries. It is nothing more than just a hybrid of two types of strawberries. It is amazing to experience this interesting taste naturally as it doesn't come from the laboratory. Not only does it have a high nutritional value, but it also contains Vitamin A and dietary fiber which are undoubtedly good for our health. It is definitely a type of fruit you don't want to miss out.



Miracle fruit is a plant known for its berry taste. When consumed, the sour food tastes sweet because of 'miraculin'. Interestingly, the molecule inside the fruit binds to one's tongue's taste buds. This process causes sour foods to taste sweet. Diabetic patients cannot have a high intake of sugar.

Therefore, some people use it to help them have a taste of sweet food.

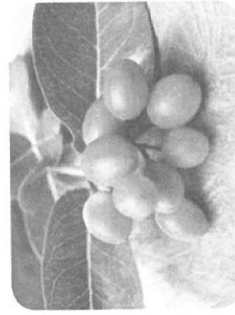


Figure 3: miracle fruit



"Gac fruit" is a type of perennial melon grown throughout Southeast Asian countries and Northeastern Australia. The fruit was actually discovered 200 years ago by a Portuguese

priest when he visited Vietnam. Also known as baby jackfruit, the rare fruit is bright orange with small spikes on its outer shell. Gac fruit actually is not as sweet as other fruits and has a mushy texture. The fruit is usually used in traditional Chinese medication and "health juices" as it offers many health benefits such as lowering cholesterol level, fighting anemia and improving eyesight.



Figure 4: gac fruit



What can you associate the yellowish fruit with? This finger-like fruit is called 'finger lemon'. "It is a kind of citrus fruit from subtropical Australia. This type of fruit is rare and precious because of its high dietary and medicinal value. You may wonder if it is a family member of lemon. Bingo! The fruit is truly fresh and bright. After swallowing it, a pleasant aftertaste is left in your mouth. Give it a try!"



Figure 5: finger lemon

Have you ever seen a watermelon in the size of a grape? Well, such fruit actually exists in the world ---- it's called a cucamelon. Cucamelon, also known as melothria scabra, is an exotic fruit about the size of a grape. It tastes like cucumbers with a tinge of sourness. This fruit is native to Mexico and Central America, so its nickname is Mexican miniature watermelon. The best way to munch on these tiny watermelons is to pickle them or add them to salads. If you want to try this special fruit, you should visit Hong Kong Farmers' Markets.



Figure 6: cucamelon

