

True Light Girls' College

Issue No.35

July 2021



迴響



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Brighten up the school life of True Light Girls – A chat with Ms. Tse Chui Mei and Ms. Tang Yuet Yee

5C Chan Hoi Yan

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It is our pleasure to have interviewed two respectable teachers Ms. Tse Chui Mei and Ms. Tang Yuet Yee. We would like to express our sincere gratitude for all the efforts they have contributed for True Light students throughout their teaching career at True Light Girls' College. We wholeheartedly appreciate their hard work and wish them all the best in their future endeavours.

Interview with Ms. Tse Chui Mei

Student Reporters: What inspired you to join the True Light family?

Ms. Tse: I would say it is all about fate and destiny. To me, I am genuinely grateful to have joined the True Light family and met many warm faces here. Also, I particularly like the geographical location of the school. Located in Yau Tsim Mong, a district with elegant surroundings as well as a well-developed transport network, the school is close to a wide range of restaurants and all sorts of entertainments along Nathan Road. We can also enjoy the enchanting views of Kings Park here around our school.

Student Reporters: What is your impression of True Light girls?

Ms. Tse: From my experience at True Light Girls' College, the girls in general are very kind-hearted even if they are said to be naughty. Truth be told, they are just sometimes lazy. The students are not mischievous and are rather truthful, trustworthy and friendly. They are all positive-minded and never fail to spread the positive energy around. Besides, the student's academic results are excellent.

Student Reporters: Would you please share with us some interesting teaching experiences?

Ms. Tse: Of course. I do have something to share about guiding and teaching. From my experience, I discovered that all students are willing to learn, but just some of them may be immature and keep making mistakes. As teachers, it is our responsibility to educate and encourage them to right their wrongs. Not only should we enrich them knowledge, especially those from textbooks, but also motivate students and give them the courage to try. As long as we recognise their efforts and praise them reasonably, we could boost their momentum and bring them back on track.

Student Reporters: Do you have any messages to our current True Light students?

Ms. Tse: There is a famous quote from one of the founders of Apple Inc, Steve Jobs, who once said, "Stay hungry. Stay foolish.", and I really want students to stay humble all the time and find ways to improve themselves academically as well as personally. Spending time in secondary school is definitely the best part of our lives. Cherish every moment you spend in school and make more friends, or you will regret. Most importantly, I hope that True Light girls can always bear in mind our school motto – "Thou art the light of the world" – and continue to fill the world with love, light and warmth.



▲ Ms. Tse visited her colleague - Can you spot her?



▲ Student Reporter Vicky Chan (From left), Ms. Tse and Student Reporter Yannes Wong

Interview with Ms. Tang Yuet Yee

Student Reporters: When and why did you start teaching in True Light?

Ms. Tang: I joined the True Light family in the year 2006 after taking a rest from my teaching career. When I read the newspaper at that time, the only part-time job I could find was that from True Light Girls' College. As far as I know, True Light is always a school with an ethos of simplicity. The students are well-behaved and keen on studying, so I decided to work here without the slightest hesitation.

Student Reporters: What are the main differences between girls' schools and co-educational schools?

Ms. Tang: In co-educational schools, students are more enthusiastic, especially boys. During lessons, boys are relatively more proactive and the atmosphere is lively. There are also a lot of interesting class activities held in co-educational schools since boys are more willing to hold outdoor activities. However, students in girls' school are relatively quiet. During class periods, the classroom is so quiet that you could even hear a pin drop.

Student Reporters: Would you share with us some interesting experiences at True Light?

Ms. Tang: On one occasion, I saw a student who was usually cheerful suddenly cried her eyes out at the playground on her last school day. She told me that she would miss me loads and was reluctant to leave True Light. I was really touched and surprised as True Light girls are always so warm and soothing.

Another unforgettable experience took place during a graduation dinner. The Form Six students that year promised to sing for every teacher who went into the classroom during Teachers' Day but failed to do so during my lesson, so I told them to sing for me at their graduation dinner. Sadly, I would not be able to attend the dinner due to urgent issues. Suddenly, I received a call from an office staff who told me there was a surprise in my Geography class. I rushed to the classroom and they sang the song for me. It was one of my most memorable moments in my teaching career.

Student Reporters: What is your impression of True Light girls?

Ms. Tang: When I first came to True Light, I was astonished as students at that time were extremely serious in their studies. They were attentive during lessons and asked a lot of questions, especially Form One students whose results were exceptional. As a result, the school was always filled with a lively classroom atmosphere. In my point of view, the earlier students of True Light were relatively more hardworking and proactive to learn. In recent years, excellent students remain outstanding and concentrate on their studies. However, some students are adversely affected by electronic devices and are not as motivated and goal-oriented as the earlier students. It is quite a pity that they fail to use their time wisely.

Student Reporters: Do you have any messages to our current True Light students?

Ms. Tang: Students should dream big. They should try hard to make their dreams come true. To do so, they have to sacrifice their time and work day and night. Students also should not just go with the flow of life. Instead, they should stay focused and work towards what they think is the best. Try to be better than the person you were yesterday. Most importantly, do not make yourself a victim of Internet addiction and forget your aspirations. This will waste the precious time. Time is gold, so make sure you spend it wisely!



▲ Student Reporter Vicky Chan (from left), Ms. Tang and Student Reporter Yannes Wong

A conversation with the leader of the Student Union — Arolaze

5D Thebe Nimsibg, 4A Cheng Tienen

Arolaze, the name of the Student Union this year, is made up of seven letters. Each letter has its specific meanings, and also represents different ideas and traits.

The seven letters “AROLAZE” represent Ardor, Radiant, Ongoing, Luminous, Ardent, Zeal and Endeavour, respectively. The logo of Arolaze, which includes a rising sun between the snow mountains, means that the members of the Student Union are wholeheartedly dedicated to serving and making a difference in the lives of True Light girls. We are honoured to interview Mercedes Tang Long Ching, Chairperson of Arolaze, to discuss their roles and mission to serve the students.



▲ The logo of Student Union 'Arolaze'

Student Reporters:
Mercedes Tang:

What encourages you to compete in the Student Union election?

To be honest, I didn't think about taking part in the Student Union election at first. However, with the encouragements and heartfelt support from my friends, I decided to challenge myself and give it a try.

Student Reporters:
Mercedes Tang:

What have you gained from being the chairperson of the Student Union?

I've gained useful communication skills. As the bridge between the school and my fellow schoolmates, I must ensure that every single message is delivered to students accurately and timely. It is vital to make sure both sides have good communication. Therefore, I have learnt a lot from these experiences.

Student Reporters:
Mercedes Tang:

How do you lead your team? Were there any difficulties?

I typically allocate our work to our members equally. There was once when two activities took place at the same time. Although we were short of manpower, we tried to separate different groups in different activities such as the Secondary One Orientation Day and the Sub-committees Recruitment. Organising the Student Union is surely an arduous journey. Fortunately, our team members actively offered help to one another and we overcame many obstacles together. Under the COVID-19 pandemic, it is really hard for us to have face-to-face discussions and work together. Therefore, I would say communication is of utmost importance to get everybody on track.

Student Reporters:
Mercedes Tang:

What is the most important quality to be a leader?

To be responsible is indispensable. There are many frivolous pieces of work to deal with, such as planning new events. It's never easy, but we spare no pains to carry out plans and activities as we are willing to sacrifice and serve.

Student Reporters:
Mercedes Tang:

How did the pandemic affect you and your team?

The hardest thing is that nobody could predict what would happen next. Everything was delayed amid the COVID-19 pandemic. For example, the money of Product Selling could only be fully collected in late March while it was supposed to be done last November. We had actually planned a series of activities, but sadly none of them could be successfully held due to the school suspension. Huge disappointment strikes us every time when we have to cancel our projects.

Student Reporters:

How far can the Student Union play its due role to be the bridge between the students and the school?

Mercedes Tang:

Yes, I think we can as it is our mission to reflect the opinions of our fellow schoolmates to the school, such as the Zoom lesson arrangements. During the class suspension period, we made use of various online platforms like Instagram and WhatsApp to announce important school news.

Student Reporters:
Mercedes Tang:

What are your expectations for the future of the Student Union?

I hope the pandemic will end soon so that we can organise more events, such as the popular Fashion Show. We have also prepared some alternative plans if the pandemic continues. We look forward to your active participation in our coming activities.



▲ Members of Arolaze



Cha Chaan Teng — A living memory

5D Thebe Nimsing

Born in the city in the 1950s, Cha Chaan Teng witnessed some of the laborious time of Hong Kong. Years went by, Cha Chaan Teng is still one of the favourite places of Hong Kong people.

Cha Chaan Teng is the city's culinary heritage and a product under British colonisation and Hong Kong urbanisation during 1940s. Due to the rapid development, many went to work in factories and therefore, a huge need of affordable and tasty food arose. The western restaurants in Hong Kong, not to mention their exquisite but pricy dishes, didn't welcome local working class. Before Cha Chaan Teng stepped in and boomed in popularity, Bing Sutt cafes were the predecessor of hybrid western food in Hong Kong. Such food culture might seem weird to foreigners but surely leaves many drooling after.

Bo Luo Bao, which is pineapple bread without pineapple, is my favourite. Sometimes I like to put a knob of butter inside. Don't worry, the creamy texture of butter and the crunchy shell of Bo Luo Bao will take away every urge for diet from you— a suitable food for gym lovers. It is simply not a happy dining without egg tarts on your table. But when it comes to pastry, it depends on the xi fu (master). With sweaty faces and loud voices, they are the old people you see in every Cha Chaan Teng. In fact, they are the souls of Cha Chaan Teng. All the food, such as Naai Cha (milk tea) and Sai Do Si (French toast), have their own stories. It's decades of endeavour, and recipes that undergo many adjustments and a bond beyond blood. You are not only eating the food, but also being part of this big family which is what we call 'Gai Fong'.

We are reminiscent of the past and Cha Chaan Teng is a living memory. It's a place where we spend time with our family, and a place where we complain about our school life and jobs or a place where we enjoy cool breezes from air conditioners in summer. Unlike the deliberately decorated interior and standardised services of other cafes, Cha Chaan Teng is a place where we can speak loudly and care less about table manners — a place outside home, but feels like home. Cha Chaan Teng seems to be stuck in the 1950s and gives a unique nostalgic vibe, which you can feel from the interior designs. In today's world, it embodies vintage aesthetic.

Having been there a couple of times, I realised why Cha Chaan Teng is so popular among Hong Kong patrons — the speed. Once I sat there for only 2 seconds, a waiter immediately came with a pen and a sheet of paper. "Sorry, can I have more time?" He gave me a stare and walked across those closely packed chairs like a gust of wind. Every citizen seems to be in a rush but their faces glow once they settle down in a Cha Chaan Teng. In here, you are safe and sound. This is probably why Cha Chaan Teng is still here even though there's McDonald's and KFC. It is irreplaceable.

Cha Chaan Teng can be seen in the Hong Kong soap dramas and sometimes in the classic 2000s local cartoon called Pig Mcdull. It contains contemporary collective memory. The shell might change with time but the core of Cha Chaan Teng will always remain the same—and there will always be yelling waiters.



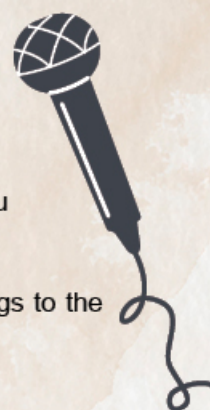
▲ A wrapped paper cake

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Why has Cantopop gone into decline?

5C Yannes Wong Ngan Yiu



Plato, an Athenian philosopher, once said "music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything".

Music has profound relevance to our daily life. During the golden age of Cantopop, everyone was fascinated by local music as the lyrics successfully captivated the hearts of many Hong Kong citizens. Remember the glorious days of the Four Heavenly Kings with Andy Lau, Leon Lai, Aaron Kwok, and Jacky Cheung? Or the legendary singers Leslie Cheung and Anita Mui? With their mesmerising voices and enthralling performances, these singers contributed to the thriving success of the Hong Kong entertainment industry. Hong Kong was then reaching the apex of the Asian music industry. But could the music legend last forever? As Cantopop is no longer popular among people, the industry seems to be declining. With those glory days long gone, could the industry find the way to revive the success of Cantopop?

Hong Kong is a melting pot of different cultures and people can have access to diverse strains of music and songs of different languages. It is known that the Korean whirlwind is captivating Hongkongers, especially teenagers. They are reluctant to listen to Cantopop, which is considered as outdated and lacking in sophistication. Most teenagers hope to look trendy and gain the peer recognition. Even though many of them do not understand Korean, they simply go crazy for its pulsing electronic beats and dancing. Viewed as old-fashioned and boring, Cantopop fails to engage teenagers, not to mention holding a place in their heart. As a result, Cantopop culture fades while Korean pop music is growing in popularity. Should we let Cantopop sink into oblivion?



△ The 12-member boy band Mirror rose to fame in Hong Kong.

Mirror, a Hong Kong male group made up of 12 members in their 20s and early 30s, officially debuted for over a year. They believe that there are infinite possibilities for them to develop their own talents and demonstrate their uniqueness to people in Hong Kong. They aspire to draw the attention of the public towards local music. One of the members, Anson Lo, once expressed, "We are different from ordinary stars. We have made mistakes during our performances, but both fans and the audience are tolerant and considerate. We will prove to everyone our capabilities." No doubt, no one is perfect. I appreciate their candor and courage to admit imperfections which mean room for improvement. Impressed by their motivation and dedication to capturing the hearts of Hongkongers, I believe that they will gain recognition from the public one day.

Not meaning to blindly appreciate every single piece of Cantopop songs, I believe that we should not criticize them harshly without giving them a chance. Some Hong Kong citizens find the quality of local music declining and are unappreciative of the music styles and genres of the non-mainstream Cantopop songs. It is true that those song melodies might not find favour with the public but this doesn't mean that they are not good. The good old days of the 70s and 80s have long gone. Instead of comparing the new singers with the singers in the past, why don't we give a chance to the new singers to embark on a journey to lead our local music industry into the global arena? In my own opinion, our cultures and language should be protected and preserved by ourselves. When the new singers are creating and practising songs so hard to protect our local music industry, shouldn't we encourage and support them to succeed?

Although it seems it is a long way to reignite the local music industry, every singer has their own uniqueness and potentials. With the support from Hong Kong citizens, the advent of the new golden age of music industry will no longer be a distant dream.



▲ Anita Mui (left) and Leslie Cheung are the legendary stars.



◀ During the 1990s, the "Four Heavenly Kings", namely Leon Lai (from left), Jacky Cheung, Aaron Kwok and Andy Lau, dominated the music industry in Hong Kong.



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Could Coronavirus Vaccines Really Protect Us?

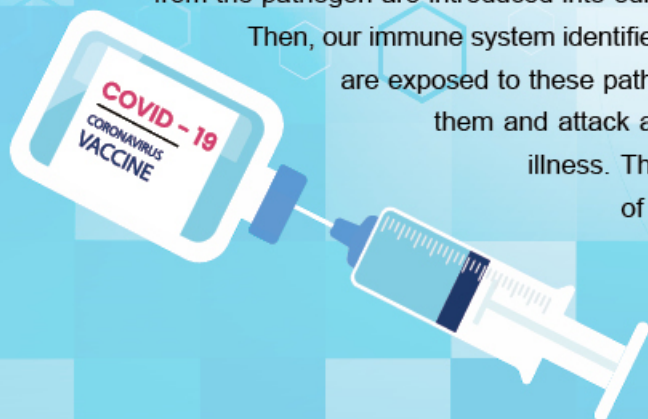
5C Seyed Ahamed Refayee Marjan

The coronavirus pandemic has marked a turning point in history as it is the defining global health crisis of our times and one of the greatest challenges ever faced by humanity. Since its emergence, the virus has spread to more than 210 countries worldwide. We have reached the tragic milestone of 2.85 million deaths (as of 5 April 2021). The virus has had devastating impacts on people from all walks of life. Every day, some are losing jobs and incomes, with no way of knowing when their normal life will return. Schools around the world have closed and nearly two billion students are uncertain when they can return to school. Cities like Hong Kong and Macau, heavily dependent on tourism, have empty hotels and deserted beaches. At this uncertain period, what we have all been anticipating is Covid-19 vaccinations, a critical tool to defeat the virus and bring normalcy to the utter chaos. However, like every other phenomenon, this too has a bright and dark side. There are overwhelming concerns about whether or not to take a vaccine. Isn't it better to look at the pros and cons of taking the vaccinations before we make a decision?

You might have a whole heap of medical concerns right now: How do vaccines work? How do I know if vaccination will be safe and effective? Why do some people develop adverse reactions after a shot? So how do I know if am suitable for it? What are the possible side effects? Which vaccine should I prefer? In this guide, I will answer your questions and assist you in making a wiser choice.

Primarily, it's vital to understand how vaccines work to prevent diseases. A vaccine works by training the immune system to recognize and combat pathogens, either viruses or bacteria. To enable this, molecules from the pathogen are introduced into our body in the form of a vaccine to trigger an immune response.

Then, our immune system identifies the invading germ and produces antibodies. As a result, if we are exposed to these pathogens in the future, our immune system will quickly recognize them and attack aggressively before the pathogen enters our body and causes illness. This makes vaccines a powerful weapon in curbing the spread of the disease. Unlike medicines, which treat or cure diseases, vaccines have the ability to prevent them.



According to the World Health Organization (WHO), over 300 million doses of the COVID-19 vaccine have been administered safely to more than 150 million people across the world (as of 10 March 2021). The vaccines are approved by national regulatory authorities and have been carefully tested and monitored. They have gone through a meticulous, multi-stage testing process, including huge clinical and randomized controlled trials that involved tens of thousands of people of all ages, genders, diverse ethnicities, and those with known medical conditions.

You might be wondering if it is said to be safe, why are some people developing adverse reactions? For instance, two people from the same family, who are tested COVID positive, there is a chance that one can end up on a ventilator severely ill, whilst the other can suffer mild symptoms and return home after a couple of days. The same exact theory applies to vaccines. Our immune systems work uniquely and they are responsible for our health. But it is of utmost importance to seek advice from medical professionals before getting vaccinated and understanding the probable consequences.

It is possible to develop mild side effects like swelling, redness, and pain at the injection site, fever, headache, tiredness, muscle pain, chills, and nausea. These side effects are common signs. It is found that such mild reactions disappear within a few days and severe or long-lasting side effects are extremely rare, so there is no need to worry. One important note is that doctors have advised us not to take any pain reliever before vaccination to ward off the side effects as this could lower the immune response.



▲ The Hong Kong government produced a video ad to promote the mass vaccination programme in the city.

immune, the virus that causes the disease has nowhere to go. For COVID 19, we need 60% to 80% of the population to be vaccinated to reach herd immunity. This helps protect those people who cannot receive the vaccine, like small children and those with immune system problems.

I believe that there is an end to every nightmare and achieving herd immunity is our only ray of hope at the end of this dark tunnel. We are in this together and we will get through this together!



▲ A creative poster has been designed to boost the vaccination rates.

Precautionary measures like wearing masks, social distancing, and washing hands help reduce the chance of being exposed to the virus and spreading it to others, but these actions are not adequate. Mass vaccinations and herd immunity is the best solution to end the pandemic. When nobody is protected from the disease, it's easy for it to spread and infect a large number of people. But when a high percentage of people get a vaccine and become

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5G: For Better, Or For Worse

4A Vivian Cheng Tianen

Nothing can be further from the fact that 5G is a remarkable success in technology. It brings us convenience on all fronts. With the advance of 5G, our lives have changed drastically. Our lifestyle has changed resulting in more convenience as well as much disturbance.

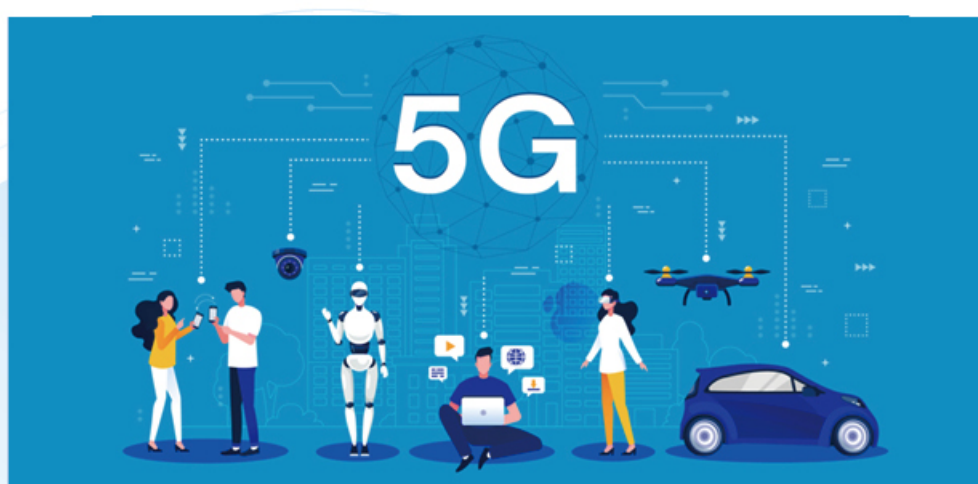
It is said that the new 5G technology offers a wide range of services — the most efficient, effective and faster services, more capacity and latency — to all of us alike, including students, people of all ages and professionals. As far as students are concerned, we are the group that has greatly benefited from it. We can now enjoy the fruits of this magnificent development. With faster 5G connectivity, speeds will increase significantly and access to content and information will increase tremendously.

Compared with 4G, 5G has a great improvement in its functions and applications, and a huge progress in speed. It is believed that 5G could theoretically be hundred times faster than 4G. The

advanced network allows more users to connect to the internet faster and in more stable condition. However, besides a higher speed and greater capacity, are there any other useful applications?

The answer is a decisive yes! It is known that the 5G network can totally support the self-driving vehicles. People do not need to spend time and money getting a license. With self-driving vehicles, people's life will become more convenient. We do not have to be guided by the unclear navigation. The car can take us to the destination in the shortest time avoiding the traffic jam. Also, according to the Hong Kong Government, there are over 15 000 cases of traffic accidents in 2018 and the number keeps rising. Self-driving vehicles can definitely reduce the number of car accidents with the assistance of artificial intelligence. 5G can make our travel safer and faster.

The 5G network can also be beneficial to many different professions. For example, children will have greater access to education. Students of



▲ 5G technology can be applied to many areas, such as network communication and transportation.

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any part of the world can attend classes. Also, according to the findings, China completed the country's first 5G remote operation on a human body in March 2019. Doctors performed a brain surgery on a Parkinson patient 3 000 kilometers away. The health care of the public will have a huge improvement as doctors from different countries can have closer communication or even cooperate in a surgery.

Will Hong Kong, a global city, benefit from the 5G network? I think yes! The 5G network technology can also be applied in business. As there are lots of multinational companies in Hong Kong, the higher speed and the lower error rate will definitely improve the working efficiency of companies. Apart from this, as Hong Kong has more than seven million people, the 5G network can greatly help the government improve the public security. The advance in face identification can help the police track down criminal suspects more quickly. Thus, the government can save lots of manpower and resources.

There are two sides to every coin. Despite the numerous advantages, there are always the disadvantages. As 5G networks use high-frequency radio waves, more antennae will be needed than ever and they will be closer to people. People are concerned that the constant exposure to these radio waves may pose a health risk to them, for instance, cancers. However, none of these suspicions have yet been proven.

Apart from its downsides, there is the need to rebuild the infrastructure which incurs high costs. In order to make 5G networks available to the public, the advanced giant antennae have to be placed on the top of network towers and all buildings. It will eventually put a huge financial burden on the government. In fact, some countries find 5G network unaffordable. It only brings benefits to those rich countries.

Moreover, it is known that the current devices at our disposal cannot support the use of 5G networks. Our devices have to be replaced in order to enjoy using 5G networks. People have to spend more money purchasing new devices. This means that only the rich can benefit from the advanced technology but not the poor. This will create a huge gap between the rich and the poor. In addition, the need for 5G networks is not urgent since 4G is totally enough for society nowadays. Besides, security and privacy are major issues too. There is uncertainty regarding whether it will be easier for hackers to steal our information. Time is needed to investigate the issues.

5G does make our life better and brings in more convenience. However, along with the benefits come the downsides. We still need time to find out ways to cope with the drawbacks of 5G, which, despite being a great technological innovation, deserves further examination.



◀ The 5G network can totally support the self-driving vehicles

Can You Hear The Animals Crying? – Tragedy of Illegal Pet Trade

5C Yannes Wong Ngan Yiu

Walking along the vibrant Fa Yuen Street in Mong Kok, it is not difficult to find a pet shop. Pets like puppies, kittens or rabbits are displayed by pet shops in the tiny window cages. Attracted by the fluffy and chubby pets, more and more people buy pets on impulse. But have you ever thought about where these pets came from?

The demand for purebred dogs has been rising recently, leading to a surge of the number of puppy farms in Hong Kong. Being a commercial dog breeding facility characterised by its quick breeding and poor hygienic conditions, puppy farms are the main supplier of dogs for the pet shops. However, it appears some breeders fail to comply with dog breeding laws or animal welfare standards. Looking into the living conditions of dogs in these puppy farms, the dogs are being kept in a cramped space within the cage, which is grimy, stinky and stale. On a more appalling note, the dogs are treated inhumanely. Being treated like a puppy production machine, most dog mothers are forced to produce puppies as many as they can throughout their lives. They are becoming scrawnier and undernourished. The more disheartening fact is when they fail to produce, they are very likely to be abandoned and homeless. Most dogs in the farms are also covered with dirt and stuck with excrements. Their furs are greasy and scruffy. They are infected with diseases, such as skin or hereditary diseases. The pet farms are a nightmare to the animals.

What makes their situations worse is the deprivation of animal rights. Animals cannot express themselves verbally but they do have their own emotion. Some pet shops use different tactics like pet grooming to make pets look more appealing to the customers. Is this fair to the animals and should we commodify them? If the puppies in pet shops are not purchased, most of them will be abandoned to the animal shelters or euthanised. It is a pity that pets cannot take charge of their own destiny.



△ Dogs are typically trapped in the tiny cages of illegal dog farms.



▲ We should adopt instead of buying pets in the pet shops because we will rescue their lives.

What we should do is to campaign for a complete ban on pet farms or pet trade. There is an urgent need for the government to shoulder the responsibility of protecting animal rights, such as imposing stricter laws on pet breeders. It is proposed that puppies in the pet shops should be provided with enough space for their movements. The government should consider safety and hygiene to be a priority in the pet shops. Accurate information of each puppy should be given to customers, such as their health condition, breeders and vaccination records. This can effectively reduce the chances of abandoning animals by the pet owners due to their health problem. Stricter penalties should be given to animal breeders or owners who breach the laws of animal rights.

For non-governmental organisations like the Society for the Prevention of Cruelty to Animals (SPCA), Society for Abandoned Animals (SAA) and Non-Profit making Veterinary Services Society (NPV), talks and exhibitions should be regularly held to raise public awareness of animal rights. Not only do these talks and exhibitions play an indispensable role in advocating animal rights, but they also reveal the dark side of pet shops and the detrimental effects of pet trade. Leaflets and advertisements can also send a clear message that pets should not be commodified and purchased from pet shops.

We also play a vital role in advocating animal rights. We should adopt animals instead of buying them. When you adopt, you save a life by giving them a warm protection and making them part of your family. The journey of banning pet farms and pet trade seems challenging, but we should spare no pains to protect their lives. We should join together to combat the animal abuse. It is hoped that with our collective effort, all pets can live a better life.



▲ The living environment in the dog farms is mostly unhygienic.

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Ways to make the most of your summer vacation

5C Vicky Chan Hoi Yan

As the weather gets warmer and wetter, as bees buzz and cicadas chirp, you surely have realised that summer is around the corner! But have you thought about how to spend your precious summer vacation yet? Simply put your feet up and be a couch potato at home? Perhaps you could come up with some ideas on spending your holidays wisely here!

As students, studying is without a doubt our top priority, and summer holidays are the best chance for us to do so. Thanks to advanced technology, it is easier than ever for us to study sharply in our homes. Easily side-tracked and hard to stay focused? No worries. These productivity apps might lend you a helping hand!

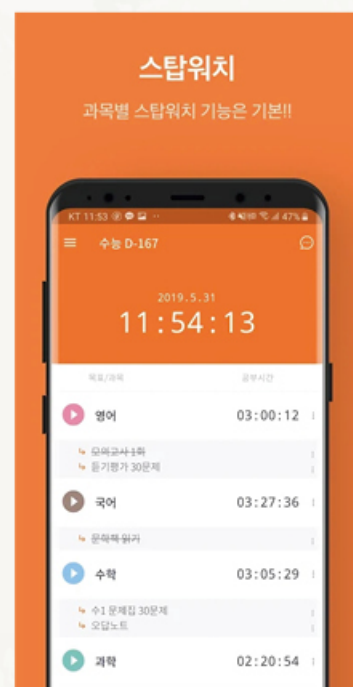
Yeolpumta (열품타)

So what is Yeolpumta? It is actually a study timer app particularly popular among the Koreans. Unlike the typical ones, its aesthetic colour tones and appealing layout have captivated the hearts of many. It is also the high degree of freedom that makes the app stand out from the crowd. From choosing the theme to deciding the colours, from planning study periods to forming revision groups, users are allowed to make their own choices in all aspects. You will be inevitably motivated to paint all the boxes simply by paying attention and studying continuously.

Flat Tomato

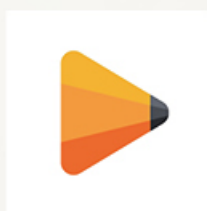
As its name suggests, it features the well-known Pomodoro Technique, which is named after the tomato-shaped kitchen timers commonly used by the Italian students and developed by Francesco Cirillo. This application aims at helping people to improve productivity by keeping themselves away from distraction and tracking the time spent on each activity. Equipped with a tidy layout, neat animations and sounds, it is a user-friendly app suitable for people of all ages.

It is of utmost importance that we strike a balance between work and play. Other than studying, we also ought to exercise at home to keep our body fit and firm. Lack of motivation to move around? These application software options might work on you!

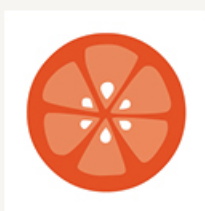


▲ The aesthetic layout of the app Yeolpumta is functional and appealing.

Centr



▲ The icon of the app Yeolpumta



▲ The icon of the app Flat Tomato

Fronted by the prominent Hollywood star Chris Hemsworth, the app provides you with a vast variety of workouts and meal plan choices. Regardless of your age and gender, this wholesome app will be beneficial to your health with the aid of the best trainers, chefs and psychological experts on earth. So if you are looking for an overhaul for your daily routine, make sure to try this out!

Keep



▲ The icon of the app Centr



▲ The icon of the app Keep

Too busy to go to the gym? This app probably suits you the best! Equipped with series of video tutorials as well as voice navigation to guide you through the drills, it guarantees you the most enjoyable exercise experience ever. By using the app and following the instructions given, you will be able to build muscles and lose weight at the same time.

Staying at home is absolutely not the end of the world. As long as we have an optimistic attitude, with only a tiny smartphone in hand, we can still create ourselves fruitful lives. May all of you enjoy your homey summer days filled with fun and laughter!

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Fast-food culture, joy or perils?

5B Tweety Lam Tsz Yue



Fast-food restaurants, such as McDonald's, KFC and Subway, spring up everywhere in the city. No matter which district you live in, there is always one in your neighbourhood. Yet, what are the reasons behind this phenomenon and what have they brought to the city?

The fast-paced lifestyle of citizens perhaps accounts for the trend. Like what the name suggests, fast food can be prepared in a short period of time so that customers can collect their food expeditiously. This could be gospel for busy city dwellers as their time for meals is often squeezed for their burdensome work. A burger or bun would definitely be handier than dining in ordinary restaurants. As people have to finish the meal in no time, fast food is undoubtedly a more convenient choice than cooking by themselves.

Meals at fast-food shops are often offered at a low price. People with lower consumption power, such as students, have become frequent visitors of these stores. Even though living standards have been greatly improved these days, some people still love to visit these stores simply because they crave fast food, most of which is extremely low in nutritional value.

As a matter of fact, fast food is believed to be detrimental to health, which is supported by innumerable evidence-based researches. Fast food is interconnected to a range of health problems, from obesity to heart diseases, from diabetes to depression.

According to the American documentary, *Super Size Me*, after eating supersize size meals from McDonald's for 30 days, 32-year-old Morgan Spurlock gained more than 11 kilograms and experienced mood swings, sexual dysfunction and other deterioration in health. Even just a single fast-food meal leads to an increase in blood pressure. Owing to citizens' worsening health conditions, a series of social problems will emerge, such as an increasing burden on the public medical system. In addition, the emergence of fast-food shops itself shortens the connection time of families by eliminating the family cooking time, as well as jeopardising the existence of small local restaurants.



▲ The poster of *Super Size Me*



▲ Fast food is undoubtedly a more convenient choice despite its harmful effects to our health.

It is common that people overlook the harmful food seasonings, cooking processes and additives in fast food. As an illustration, some may hold the belief that hamburgers are a balanced diet, with bread as grains, lettuce as vegetables, cheese as dairy products and beef patties as meat. French fries are made of potatoes, so they are actually healthy. However, it is entirely not the case. Not to mention the food content is not proportional as what the food pyramid suggests, fast food is often rich in sugar, salt and oil which is at the top of the pyramid. The beef is seasoned, while french fries are deep-fried in a whole pot of oil. Besides, you will never know what kind of food additives are added in the progress of food-making, be it preservatives or food colourings. In essence, fast food could be more damaging to your health and society than you have ever imagined.

"You are what you eat." So next time when you are heading to somewhere for a meal, make sure you think twice before stepping into a fast-food restaurant. Think about whether the instant gratification is worth it, and whether you want fast food to become all you can choose for a meal.

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◀ The book cover of
The Secret Garden

Book review —

The Secret Garden

5B Tweety Lam Tsz Yue

When the book title itself may take your imagination to a magical secret garden with wondrous and fantasy plants, the book tells the contrary — you don't need magic, but simply love from your family, friends and the world.

Being neglected, orphaned little Mary is first impolite and disagreeable-looking. After her family members' death due to a plague, she is sent to a sprawling mansion named Misselthwaite Manor owned by her uncle Mr. Craven, where she meets a kind-hearted maid named Martha and her twelve-year-old brother Dickon, as well as Mr. Craven's son Colin. Colin is a cripple who lives in a hidden room in the mansion, where he is isolated by his father because Colin reminds him of his late wife. He is living in constant pain and loneliness.

Martha tells Mary the story of *the Secret Garden*, yet Mr. Craven locked up the garden when an accident in the garden brings away his wife's life ten years ago. After finding the key to the garden, Mary and Dickon once bring Colin there by wheelchair, and, miraculously, he is able to stand up on his legs. From then on the children take care of the garden together and Colin and Mr. Craven reconcile eventually.

The story teaches modern parents a valuable lesson that is often forgotten: the company of family and friends is of utmost importance to the growth of children. At the beginning of the story, Mary is an extremely rude and grumpy kid, which can be blamed on her parents' insufficient care. Colin is in a state of hopelessness, possibly caused by his distant relationship with his father, who keeps Colin in isolation in the hidden room. Despite being a cripple, Colin is deprived of love and attention from his father. Their childhoods are both filled with negativity. But when the children are brought together at the mansion, with mutual care and support, Mary grows to become good-tempered, and Colin's sickness recovers. All these show that having parental love are essential to the healthy development of children. Not only will they have adult figures to learn from, but they will also feel that they are being loved. Yet, miserably, many parents in Hong Kong overlook the importance of spending quality time with their children. I hope that no matter how busy parents are, they can spare some time for their children as the relationship between children and parents can never be substituted. The neglect of parents can leave an indelible scar in the hearts of children and adversely affect their personal development.

At the same time, the story reflects the relationship between nature and the well-being of humans. You may not notice, but immersing yourself in the nature does improve your health. The Secret Garden is where the children gather and spend joyous time together. After the discovery of the garden, they lead a more cheerful life. This applies to modern citizens as well — having a getaway from our hectic daily routine to somewhere we can be surrounded by greenery is tremendously stress-relieving. This soothing experience for our soul can be found nowhere, but only from the present that god grants us — Mother Nature.

The plot of the story can evoke our deep thoughts towards numerous issues now and then. Regardless of age, readers can find their own inspirations from this comforting piece of literature that reminds us of the beauty of the humanity and the nature through contrasts.

消滅廣東話？

5D 李嘉雯

近日，課程檢討專責小組就中國語文課程提出多項改革，其中以刪去聆聽綜合及說話卷最令人關注。文件提及，由於粵語（廣東話）為大部分學生的母語，且對學生投身社會作用不大，因而刪卷。考評局刪減唯一能考核粵語聽說能力的兩份考卷，對廣東話傳承無疑是一大打擊。除了教育，我們還能通過電影和流行曲傳承文化。可惜，兩者影響力亦大不如前。廣東話能否逃過被消滅的宿命呢？讓我們先了解廣東話文化衰落的原因。

粵語歌質素下降

昔日，有不少炙手可熱的金曲，皆以地道廣東話入詞，如《問我》「問我點解會高興」、《獅子山下》「我哋大家在獅子山下且共濟」、《前程錦繡》「知道聽朝天邊一光新的希望」、《世界真細小》「實在真係細世界」等，皆以「三及第」風格創作（即夾雜文言、白話、俗語的一種書寫文體），通俗卻不低俗。只可惜，一切已成追憶。香港唱片公司在利益面前，毅然投向內地市場，令粵語歌曲產量急跌。即使創作粵語歌，亦為迎合一般人口味，只寫重複易記的旋律和歌詞，多以情歌為主題，創作變得公式化，粵語歌亦成了低質素音樂的代名詞。加上繼八十年代的「三王一后」、九十年代的「四大天王」後，再無中流砥柱型的實力派歌手。稍有名氣的亦北上賺人民幣。年輕人追捧歐美日韓等年輕跳唱樂隊，粵語歌面對需求和供應皆缺的困局。

港產片新瓶舊酒

港產片曾經風靡一時，經典劇如《半斤八兩》、《賭神》、《唐山大兄》、《英雄本色》、《重慶森林》、《逃學威龍》，都紅遍亞洲地區。即便電影業由 1993 年開始轉衰，仍有《證人》、《竊聽風雲》等高水準之作。近年，幾乎沒有投資者願意大額投資本土電影，別說初出茅廬的新晉導演，沒機會得到拍攝資金，連著名導演都因片源貴，演員片酬高，只能北上籌集資金，與內地投資人合拍中港電影。為了保證票房收入，又不惜以新瓶舊酒的方式，將功夫武俠片、警匪片、港式喜劇重新包裝推出市場。所謂的港產片全由內地元素、內地演員、內地團隊、內地取景組成，全劇幾乎以普通話演出，別說聽不到粵語，就連一丁點香港本土文化特色也消失殆盡。

我手不能寫我口

全球以粵語為母語的人約有 1.2 億，主要集中於中國廣東省、香港、澳門等地。港式粵語更不斷演化更新，吸收外來語、新興用語、俗言俚語，自成系統。2003 年被列入非物質文化遺產的粵語，今天卻面臨被消滅的危機。在「文」、「言」脫離的現象下，即使媒體為貼近大眾口味而採用粵白方式書寫，但電腦字符系統卻不利於書寫粵語。何況學校不教授粵語，老師更要求我們分清「書面語」和「口語」，即使將口語用字加上引號，也躲不過紅筆的搜捕。本來，這並不會危及廣東話的地位（韓語亦有文、言脫離現象），但在「推普輕粵」方針下，廣東省不少粵語廣播已被取消，政府及學校亦鼓勵學生使用普通話，甚至下課聊天說粵語會被處罰。香港人若無意延續和保留，廣東話會否從此不見天日？

文化要生存，必須要承傳。

圖片來源：

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粵語歌：雅俗共賞

有人說，歐美日韓音樂已自成一家，要重新推動粵語流行曲談何容易？

其實新瓶舊酒不是問題，能做到雅俗共賞，是成功的關鍵。中國內地娛樂公司深明此道理。從已解散的火箭少女 101，到剛成立的硬糖少女 303，還有不少實力派歌手如華晨宇、周深、胡彥斌、張靚穎等，音域廣、會作曲詞，現場發揮穩定，是名副其實的實力派唱作歌手。總之蘿蔔青菜，各有所愛。

香港亦有不少對音樂充滿熱情的本土音樂人，他們對廣東歌的熱愛未有減退，堅持以廣東話入詞，如陳奕迅演唱的《是但求其愛》（若愛是但求終身）、林家謙填詞的《神奇的糊塗魔藥》（或過錯不需要點算）、iii 主唱的《若有若無》（搏一搏，賭兩鋪）等，可見缺少的不是人才，而是機會。只要作詞人的作品不要被嫌不夠低俗、不夠 K 歌、不要永遠一派大台劇集主題曲風，做到雅俗共存，讓喜歡跳唱組合的年輕人追星，愛雕琢曲詞的聽眾，有高質的粵語歌可聽，便能令他們在接觸粵語歌的同時，對廣東話有更深入的了解和認識。



▲ 林家謙《神奇的糊塗魔藥》



▲ 陳奕迅《是但求其愛》

港產片：薪火相傳

八、九十年代是港產片的全盛時期，功夫片、警匪片和幽默喜劇不但吸引本土觀眾，還霸佔海外華人市場。但隨著歐美高科技科幻電影崛起，港產片千篇一律的題材明顯遜色不少。新生代從未經歷過港產片全盛年代，他們看到的警匪片打鬥場面，不如歐美電影的一點特技。不同年代的人，也不易理解周星馳的幽默。港產片趕不上潮流，時下年輕人不懂情懷，新舊脫軌是鐵一般的事實。

這樣說，莫非香港電影已無起死回生的餘地？非也。

香港電影發展局推出的「首部劇情電影計劃」，正是值得一讚的文化保育行動。計劃提供不多於九百萬港元的資助，分批邀請資深導演擔任監製，聯同一至兩位新晉導演合作完成本土電影。計劃出品的電影，如《一念無明》、《淪落人》和《金都》等，都選用名氣不大的年輕演員，以本土社會文化為主題，在香港大街小巷取景，不但吸引年青人到電影拍攝地打卡，更令新生代開始關心自己身處的地方，同時引起不同階層的共鳴，因而大獲好評。由此可見，以新晉導演的創意和觸覺，配合資深導演的功架和經驗，香港電影依然有競爭優勢。

其實，每個地方、每個時代都有不一樣的語言文化。廣東話亦是如此，只要粵語的基礎還在，文化經歷新生代的投入、承傳，而變得更鮮活。只是，今日在香港考試制度，似乎想將最後的一點根基也推倒。一個能納百川的城市，難道容不下自己的母語？



▲ 《金都》



▲ 《淪落人》

世上只有一種病——窮病

5D 郭睿

世上有多少人死於無可救藥的病——窮病。

現實就是這樣殘酷，越富有的人越有能力為自己保駕護航，相反，窮人只能等待被救濟，不少病人更會選擇輕生或放棄治療。作為醫療制度下的受害者，只能每天躺在床上等待生命流逝，實在可悲！2014 中國的陸勇案，驅使國家調整醫療保障方案，更提高了人們對癌症群組的關注。

不幸確診白血病的陸勇

陸勇是一名慢性粒細胞性白血病患者，也是工廠廠長。開始創業的他，2002 年被確診患上惡性腫瘤——白血病之後，人生和事業也一起開始走下坡。骨髓移植手術是唯一希望，可惜陸勇一直沒有找到適合的骨髓。



▲ 陸勇

為了控制病情，他需要服用一種藥物——格列衛。格列衛的控制效果雖然顯著，但藥費一個月接近三萬港元，而且要終身服用，一般家庭根本無法應付。最終，兩年內，陸勇為格列衛花去六十萬元。

印度仿製藥點燃了希望

陸勇後來在網上建立白血病交流群組，發現每一百位白血病患者中，只有兩個人吃得起原版藥，一個是他本人，一個是杭州病友，剩餘的人都因為吃不起格列衛，而只能用口服化療藥或服用中藥，這根本不能控制病情。有藥吃不起，結局就是等死！不知還有多少窮苦人家，為了不拖累家人而放棄生的希望。

後來，陸勇得悉有種印度仿製藥，藥性與格列衛相似度達 99.9%，療效相似，但印度仿製藥一瓶只需 4000 元。於是，他開始大量從印度代購仿製藥，令成百上千位白血病患者看到希望。許多原本買不起專利藥的病人，可以服用仿製藥以求續命。

陸勇代購的印度藥沒有藥品進口註冊證。他最終在 2014 年，以妨害信用卡管理和銷售假藥的罪名，被羈押了 135 天。沒有陸勇的幫助，白血病患者們又失去了藥物的依靠。最終，檢察院認為陸勇的行為並不構成犯罪，決定不起訴，他才避免了牢獄之災。

陸勇案引起了各方的激烈討論，中央最終修改了專利藥物進口政策。將白血病的相關藥品加入醫保之內，並調整部分藥品進口關稅，特別是抗癌藥，均實現了零關稅。除了降低癌症藥價，中央更支持新藥申報，進一步鼓勵企業開展新藥物研發，減少對海外高價藥物的依賴。

天價藥與仿製藥的反思

藥物研發是為了救助病人，始於人道。但藥物研發後往往因價格高昂，而攔阻救治。到底是專利為先，還是病人生存權為重？研發一種藥需時數十年，私營藥商投資的金額不容小覷，新藥物獲發專利後，藥廠可以壟斷方式銷售產品以支撐研發，費用卻轉嫁到患者身上。印度仿製藥之所以便宜，是因印度實施專利強制許可，企業可不經同意仿制藥物，以便大眾可購買到便宜藥品。但中國國內除了會收取關稅，更會進行各種臨床試驗，加上進口藥因為各種政策保護，為醫療機構帶來盈利，醫生開處方時偏好使用進口藥，陸勇案因此而生。科技發展迅速，文明進步的今天，各國能否以人民生存為首，撥款資助藥物研發，培育醫療人才，避免陸勇案再現？但願隨著醫療保障的改革，病人們都能受到應有的治療和待遇，錢，再也不是阻礙人們活下去的攔路虎。

部分仿製藥價格例子

商品名稱	作用	專利藥價格	仿製藥價格
Tenofovir	治療愛滋病	約港幣 4,781 元	約港幣 1,373 元
Sorafenib Tosylate	治療腎癌和 肝癌	約港幣 42,900 元	約港幣 1,365 元



▲ 《我不是藥神》劇照

圖片及資料來源：

https://pic4.zhimg.com/v2-147a73d50635564ccd514cbca029c1e6_720w.jpg?source=172ae18b

https://cdn.thestandnews.com/media/photos/cache/E68891E4B88DE698AFE897A5E7A59E_e5e5l_1200x0.jpeg

<https://ls.chiciculture.org.hk/tc/idea-aspect/579>



大數據

4A 曾子璐

隨著科技的發展與普及，各種新技術、概念逐漸進入人們的視野，當中最為耳熟能詳的，想必就是「大數據」了。早在 2012 年，紐約時報便指出大數據時代即將來臨。大數據一詞更在各領域專欄、報告頻繁出沒，日常生活中使用的網購平台、視頻網站、搜索引擎等，都有它的身影。對於這項引領科技發展方向的信息技術，你又了解多少呢？

什麼是大數據？

大數據又被稱為「巨量資料」，資料量遠比傳統數據多，傳統方式無法儲存及處理，因而衍生出的科學。大數據可按照來源分成三類，包括第一方數據，即單位既有顧客的數據；第二方數據，指因與第一方有合作關係，而共享或採購的數據；第三方數據，即提供資料的單位並非資料的產出者。

應用與便利

大數據能應用在不同的領域，包括科學研究、商業分析與決策、社會資料處理等。上到國家決策，下至網絡廣告，背後都需要足夠的資料作參考，以分析並了解人們的所需，從而提供最合適的方案。這些資料的來源就是大數據了，它為生活帶來了不少便利。

在使用網絡方面，大數據能使資料處理更具效率，同時過濾無關訊息。當這項技術運用於搜索引擎時，我們便可更高效地找出所需要的資訊，高效又省時。網站也會基於大數據提供的資料，提供客製化網站內容，使推薦的內容更貼合我們的興趣，提升使用體驗。

在消費方面，大數據能提升企業對消費者的了解，從而使商品設計及定價更符合市場需求。對於消費者而言，將有更多滿足所需、且不出於負擔能力的商品出現。有針對性的分析，亦令消費者能看到更多符合喜好，或能切合當前需要的產品廣告。相較於無差別投放的廣告，大數據對消費者購買心頭好更有幫助。

在健康方面，大數據有助醫療機構快速存取患者的病史、藥物過敏、疫苗注射等資料，免去反復填寫資料的工序，以及減低資料錯漏的可能性。大數據有助醫療數據的分析，醫生可以由此制定合適的治療方案，數據也令輕微病症的遠程治療變得可行。

在出行方面，大數據有助於分析複雜而多變的路面情況，基於大量實時數據，會計算車輛在不同路段的行駛速度、車流量和到達目的地所需的時間等，能方便我們出行時做出更好的規劃。



資料來源：

https://www.largitdata.com/blog_detail/20190725

<http://www.hk-lawyer.org/tc/content/%E7%89%A9%E8%81%AF%E7%B6%B2%E5%A6%82%E4%BD%95%E6%8F%AD%E9%9C%B2%E4%BD%A0%E7%9A%84%E7%A7%81%E9%9A%B1>

衍生的私隱問題

雖然大數據為我們帶來很多便利，但與此同時，大數據所搜集的個人資料，亦觸及私隱問題——到底所搜集的資料還有何用呢？

個人資料私隱專員蔣任宏曾指出，隨著數碼化及科技進步，機構更輕易有效地收集、儲存、連結及分析大量數據。這些資料雖然不屬於法定私隱資料，例如身份證號碼、姓名等，也能推斷出大眾不想公開的敏感信息，例如政治傾向、個人生活習慣等。即使是匿名化的資料，亦能藉推斷資料間的關係而被還原。這不禁讓人擔心私隱無所遁形的問題。

企業對於人們在網絡上的點擊、瀏覽都記錄並作出分析，這使我們的生活模式、興趣都如在目前。或許你也曾經體驗過，和朋友在社交媒體聊了幾句，或在網頁搜索了某些資料，下一刻你常用的視頻網站、網頁就開始推送相關的資訊。網頁廣告也變成了「你可能感興趣的物品」。這種基於大數據的興趣推斷令人毛骨悚然，大眾都裸露於各種數據的監視之下。

下載應用程式時，權限請求提示框總會要求你放寬權限，其中，很多與軟件所提供的服務毫不相關。例如 WhatsApp——一個通訊軟件，卻需要用戶提供購買項目、位置等資料。近日，WhatsApp 更要求用戶同意將資料與 Facebook 共享。此舉令大眾嘩然，基於對私隱被侵犯的擔憂，「網絡難民潮」出現，WhatsApp 用戶轉投其他通訊軟件，希望能保障個人私隱。

除了在用戶身上取得第一方數據，企業亦會與其他企業合作，獲取其他企業的客戶資料。更有企業為賺取金錢，選擇將所擁有的資料，包括第一方、第二方和第三方數據出售。在這樣的環境下，用戶的個人資料無所遁形。

與此同時，用戶在不同平台留下的數據、資料也有機會被不法分子獲取，作為詐騙、敲詐的基礎。個人私隱亦有機會被惡意暴露，增加網絡欺凌、「起底」的機會，引致個人聲譽受損。

大數據固然帶來了很多便利，但與之並行的，是洩露個人私隱的可能性。難道想要便利，我們就得拋去所有遮蔽物，將自身赤露於企業、不法分子之前嗎？

保障私隱

享有便利的同時，我們該如何保護個人私隱？我認為只要個人、企業和政府都出一分力，問題就迎刃而解。

個人方面，我們可以花更多時間閱讀軟件使用細則，思考是否發放權限，更可主動限制軟件後台，如 GPS 等，減少資料外洩。或使用保障用戶的瀏覽器，例如 Firefox Focus、DuckDuckGo 等，棄用侵害個人資料的程式。

企業方面，應列明所搜集資料的用途、可能的去向。對資料的授權請求應更為詳細，讓用戶可以針對每項資料需求，作出決定。企業亦不應濫用客戶資料，強制用戶就範。

政府方面，應當訂立更全面的法案，限制企業濫用市民資料。加強監管、執法力度，讓侵犯私隱的公司得到懲戒。同時加強教育，拍攝宣傳片，讓市民對於私隱保障，有更深入的了解。

大數據的發展與應用是當前趨勢。它為我們生活帶來很多便利，只要各方都做出相應的行動，我們便可在享受便利的同時，最大程度地保障個人私隱。

防範的同時，我們也應思考：日常生活裡是否過於依賴互聯網呢？在不同社交平台分享見聞時，有否細心防止私隱外洩？遇到問題是否必須上網搜索，有否選用安全度高的搜尋器？若能把握以上種種情況，享受便利的同時，個人資料便得以保障。





你滿意自己的外表嗎？

4B 甄子慧

你滿意自己的外表嗎？德國市場研究公司 GfK 在 2015 年做了一項有關「外貌滿意程度」的調查。他們訪問了二萬七千多名來自 22 個國家 / 地區，年齡 15 歲或以上的人，探討他們對外表的滿意度。香港僅 3% 受訪者完全滿意個人外表，亞洲地區滿意程度則普遍較低。在這個「顏值至上」的社會，我們被灌輸一種單一而畸形的審美觀，彷彿必須要有螞蟥腰、筷子腿方能迎合大眾口味。美貌變成判定價值的唯一標準。「美」則可以得到許多青睞；「不美」則會不時被嘲諷。這樣的趨勢下，人們便產生了一種焦慮——外貌焦慮。

社交媒體追捧

隨著科技發達，社交媒體已完全融入大眾生活。不但有影視明星引領時尚潮流，還有大批「網紅」。在各大社交平台，如 Instagram，Facebook 上，我們不難看見一些「網紅」發佈照片。她們幾乎都是年輕、身材纖細、皮膚白皙的。主流審美觀受社會趨勢影響，當大眾看到越多這樣的照片時，潛移默化，便會接受這些審美取向。看到這些冰肌玉骨的「網紅」受粉絲追捧，人們便會產生想要被讚美的念頭，繼而模仿這群「網紅」。最終，普羅大眾便會向這種審美觀靠攏，努力減肥、美白。再通過社交媒體傳播，分享「減肥秘笈」、「美白小技巧」等。假如跟不上審美趨勢，便會被評頭論足，使得一部份人感到自卑。

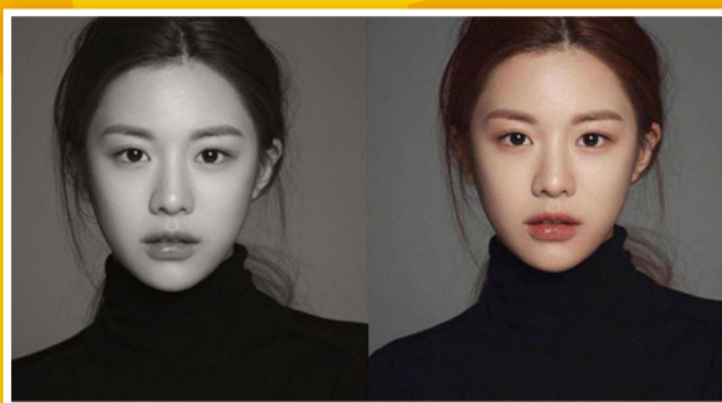
隨著社交媒體發展成熟，「網紅」職業崛起，內地掀起了一波「網紅風」。一個個擁有銅鈴大眼、歐美鼻梁、錐子下巴的「網紅」出現在我們面前。不少男生女生都通過修圖、化妝、整容等方法，不惜代價迎合潮流。當人們對混血臉產生審美疲勞時，就會轉為追捧自然、大氣的長相，周而復始。

美容產業營銷



不知道大家有沒有發現，每隔一段時間就會出現新的整容模板、化妝模板呢？美容行業會通過廣告等，向大眾宣傳新的整容手術或美容產品。明星們拿着一瓶護膚品，向大眾透露肌膚變得緊緻嫩滑的秘密。網上亦有素人分享如何透過整容手術，成功大翻身。這些便是營銷，讓更多人投資在外貌上。

2019 年，全球美容市場價值同比增長最高達 5.5%，超過 2200 億歐元，其中亞太地區佔 41%。2019 年中國護膚品零售額達 2444 億元人民幣，彩妝為 552 億元，護膚品和彩妝的同比增長率分別為 14.7% 和 27.4%（資料來源：歐萊雅集團 2019 年度報告）。在南韓，19 至 49 歲女性中，有 20% 人曾接受整容手術，即每 77 人中，就有 1 人曾整形。不只是女性，2015 年男性進行整容外科手術總數達 120 萬人（資料來源：美國整形外科學會）。



▲ 韓國最新「整容模版」高允貞

大眾不惜通過護膚、醫學美容等手段讓自己變得更好看，與美容產業密集的營銷策略，有不可分割的關係。不符合美容潮流者，也會感到焦慮。

愛美之心，人皆有之。注重外貌乃人之常情。然而，過度放大小缺點，會帶來嚴重問題。

圖片及資料來源：

<https://www.koreastardaily.com/tc/news/116516>

<https://www.thesun.co.uk/wp-content/uploads/2018/08/image21.jpeg?w=1240>

<https://images.chinatimes.com/newsphoto/2021-01-15/656/20210115004427.jpg>



軀體變形障礙

軀體變形障礙 (Body dysmorphic disorder) 是一種精神障礙，患者會將身上一個不起眼或根本不存在的小缺陷放大。因為過度關注而影響生活，甚至不能正常地與人交往。並且會每天花費數小時，擔心他們所認為的外形缺陷，患者因而會感覺沮喪、不安以及不合群。

Kitty Wallace 是軀體變形障礙基金會的志願者，現居於倫敦。自 5 歲起，她便開始有「外貌焦慮」，原因是同學們都有著漂亮的棕色頭髮、長長的黑睫毛，她卻沒有，這使她覺得自己長得醜、不合群。12 歲時，她的焦慮升級了。她會花幾個小時照鏡子，試圖找出問題所在，旁人的話更使她產生自殺念頭。所幸的是，她認識到自己患上了軀體變形障礙，並積極接受治療¹。



▲ 幼年時期的 Kitty Wallace

神經性厭食症

神經性厭食症 (anorexia nervosa)，又稱厭食症，是一種進食障礙。「以瘦為美」的社會風氣增加了患此病的機會。患者通常有以下症狀：體重過輕、營養不良、害怕體重增加、極度渴望減肥。雖然厭食症患者實際上體重不足，但他們仍然認為自己過胖，否認體重過輕。

早前內地一名女生小倩（化名）²，因為別人一句「你最近胖了」，展開「自殺式減肥」生活。三年來，每天只攝取正常人所需的能量 1/3，並從海外購買不少減肥產品。由一日三餐改為一日一餐。體重下跌至失去食慾，她甚至還曾按米粒計算卡路里攝取量，進食後又不斷跳繩消耗能量，最後體重暴跌至 25 公斤，虛弱得不能走路。除了營養不良，多個器官更出現功能衰退，腦組織更退化如老人般脆弱。

整容上癮

除了精神受影響，不少人更積極整容以求更完美。部分人嚐過變美的好處，更會上癮，為達至「完美外貌」的標準，更不惜代價，傾家蕩產，一而再再而三地接受整容手術。就好像韓國電影《整容液》中，女主角藝智因長相醜陋、身形肥胖而在職場得到不公平對待。於是不惜花光父母的積蓄購買「整容液」，使自己擁有了驚人的美貌。

現實生活中也不乏這樣的例子。內地 16 歲學生周楚娜自 13 歲起開始整容。短短幾年，她便做了上百次整容手術，雖然過多的手術令她的記憶力衰退，但她仍稱「停不下來」³。



▲ 16 歲整容上癮的網紅周楚娜



在顏值至上的今天，擁有符合大眾審美觀的美貌就像一張通行證，可以路路暢通。但是，人都會老去，你不可能一輩子迎合旁人。真正的美不僅是外表，更是自身的閱歷、知識、品德的結晶。所謂「好看的皮囊千篇一律，有趣的靈魂萬裏挑一」，不要努力成為別人理想中的你，只要努力成為你自己。

1. 軀體變形障礙基金會志願者 Kitty 的經歷 <https://www.thesun.co.uk/fabulous/7026980>
 2. 患上神經性厭食症的小倩 <https://topick.hket.com/article/2142831>
 3. 整容上癮網紅周楚娜 <https://topick.hket.com/article/2854625>



▲ 香港荔枝角公園極限運動場



2020 東京奧運會新增項目——

滑板運動

4D 曾宇欣

提起滑板運動，你第一時間會聯想到什麼呢？風靡世界的滑板運動予人不務正業之感，滑手甚至被打上「街頭爛仔」的標籤，這些評價難免有失偏頗。若脫下有色眼鏡，並正視這項東京奧運會新項目，你便會發現這項象徵「挑戰」的新興運動近年成功走入亞洲人視野。

「身穿寬鬆的T恤、腳踏潮流滑板運動鞋、戴上播放重金屬音樂的耳機，滑手駕馭著形形色色的滑板，小巧的輪子碾過街道上的枯葉，沙沙作響……」說到滑手，大家腦海裏都會浮現出這樣的形象，沒錯，這也正是滑板運動的核心態度——「個性」：滑板裝束對於每個滑手來說，都別具意義，他們大都會選擇具有強烈個人風格的寬鬆服飾，散發著傲而不狂的個性，彷彿隨時準備與對手切磋一番。滑手們還會親自選擇滑板砂紙，親自剪裁和黏合。此外，滑板軸承輪子、輪軸、滑板橋、滑板鞋等，也會影響滑手的發揮，性能優秀的裝束是滑手並肩作戰的戰友。滑板是自由和獨特的，因此，在場地上，其實也並未有太多約束，只需一條平坦的街道，一些不高不低的樓梯，或是簡單的滑板公園，就能令享受刺激和自在的滑手流連忘返。

滑手尤其喜愛挑戰高難度動作——例如雙腳帶板起跳 (ollie)、滑後輪 (manual)、倒板 (pop shoveit)、踢翻 (kickflip) 等。滑手們喜愛以「S.K.A.T.E.」形式互相交流，在觀摩中學習，然後各自努力。滑手都有偏愛的動作和風格，一些喜歡反腳動作，一些更喜歡樓梯、平地又或是坡式動作……儘管大家所追求的招式不盡相同，但無一例外地，他們都喜歡挑戰自我，



圖片及資料來源：

<https://images.app.goo.gl/NWZSZsnBqjWPJg4f6>

<https://images.app.goo.gl/BiioRBVdiworNkxw9>

<https://scpic.chinaz.net/files/pic/pic9/201606/apic21295.jpg>

https://i.ytimg.com/vi/_1pOKWLZZ0k/maxresdefault.jpg

在不斷重複練習一個動作後，享受那苦練後的成功感。為了挑戰極限，大家都會不辭勞苦鑽研技術，比賽只是切磋技術的途徑，滑手們並不大在意得失成敗，他們心中的敵人就是自己，要超越的也只有自己。正確的態度令滑板運動充斥著無所畏懼、熱血奮鬥的氛圍。

發展至今日，滑板運動已經成為 2020 東京奧運會新增項目之一，延至今年暑假展開比拼。比賽分為兩種形式，公園式和街頭式，男女分開作賽。作為一個全新項目，滑板運動參賽名額並不多，共八十名，特別的是，比賽並沒有年齡限制，只要有技術，便可參賽。此外，比賽會在熱鬧歡騰的氣氛下進行，相比莊嚴肅穆，觀眾更像參加節日狂歡。滑板運動實在稱得上特立獨行。

公園式比賽在專業碗狀場地進行，場地設置了不同弧度的凹槽，活像一個個大碗。滑手會踩著滑板進出凹槽，在指定時間內加速滑向凹槽呈垂直角度的邊緣，然後在空中展示絢麗的技巧。參賽者會按照各種弧形凹槽的特點，設計獨有的華麗動作，評判則會按照動作流暢度、難度、速度、高度、創意、動作完成度以及觀賞度等標準進行評分。相比起街式賽，公園賽的空中動作展示會更為多樣化，比如在空中以手抓住滑板，又或者是在凹槽邊緣定住滑板，完成漂亮動作等。

街式賽中，場地設置是一條筆直的「街道」。在街道中設置樓梯、欄杆扶手、路壘、椅、斜坡、牆壁等障礙，滑手需要利用以上道具完成技巧展示，根據設施的變化，滑手所展示的動作也會有所不同，比如在路邊邊緣滑行時，滑手大多選擇豚跳 (ollie)，在滑杆時選擇高難度動作「50-50」(利用滑板兩側輪子中間的板底摩擦欄杆，從而達到平衡)，翻轉滑板、帶板騰空等都是比賽常用的技巧。因此，滑手需要在細節上多花心思，才能戰勝敵手。如翻轉滑板時，提高旋轉動作的頻率和花式，會比單純的基礎翻轉更為優越；在帶板騰空時，如何讓滑板變成身體的一部分般，每每讓觀眾眼花繚亂。

儘管滑板成了奧運項目，滑板的核心精神也從未改變，滑手依舊追求獨特，風格依舊個性，滑板動作展示也不會因比賽而受到限制。能在讓人熱血沸騰的比賽氛圍下挑戰自我，相信會令滑手更熱血，更敢於嘗試，突破自我。



▲ 最年輕奧運選手

英國最小奧運選手？
10歲女孩望成滑板代表



▲ 滑板節目《極限青春》



▲ 滑板動作

隨著滑板的流行，坊間衍生了不同組織、品牌及節目，比如國際滑板商協會和世界杯滑板賽；又或是一些得到國際認可的世界性滑板品牌 Palace、Supreme、Thrasher 等；在不同地區，也開始有與滑板相關的節目播出，本地也有不少滑板練習場地，如觀塘海濱公園、蒲崗村道公園、荔枝角公園極限運動場。在旺角、銅鑼灣、尖沙咀，甚至本校附近也有售賣滑板裝備的店鋪。加上知名藝人的參與，滑板的受眾增多。相信東京奧運後，滑板運動會在全球各地得到認可。

滑滑板從來都不是不務正業的活動，更不應該被打上充滿偏見的標籤。相反，崇尚個性、敢於挑戰、考驗全身協調的滑板運動應被尊重。今年暑假，讓我們一起期待東京奧運會新項目——滑板運動！

夢迴古城

5D 吳冬妮

更深露重。第一抹斜陽，從那城到這城，照在遍是苔蘚的青石板路上。城外瀑布直下千尺，城內潺潺細水涓流，一切緩慢，仿若昨日。偶爾，微風路過，帶來千年前的浮雲。神遊其中的你，怎知如今，不是往日的光景？



▲ 圖一：呈坎古村

安徽徽州古城

了解一座城，猶如展開歷史捲軸，聽它娓娓傾吐許多舊人舊事。你來到第一座城，環看五峰拱秀、六水迴瀾。抬眼看刻著「徽州」二字的牌匾。聽來往的人說，這裡又名歙縣古城，始建於秦，有「東南鄒魯、禮儀之邦」的美譽。

進入城中，途經門山街，青石板鋪成的路，狹長，前有錯落的老房子，後有蛤蟆古井。穿梭在呈坎村鎮（圖一）的大街小巷，你彷彿聽到針線交織，婦女向行商離家的丈夫、兒子訴衷腸。她們忙著手中的活兒計，哼著不成調的曲，細聽，咿呀咿呀，別有韻味。曲調夾雜琅琅書聲，你好奇探頭，發現戶戶都掛孔子像。想來這是門山街「以商養文，以文入仕，以仕拓商」的傳統體現！

你循著巷子，忽逢一庭院，是門洞互通的新安碑園，內有假山、水池、亭榭點綴。蜿蜒曲折的廊，古老的碑石、欄、柱。你瞧，這兒匯集了從晉到明各書法家的石刻。再往前，是披雲小築，花牆、漏窗、雕磚、紋飾，皆有徽州建築獨特的風格。而兩清堂內，藏有《餘清齋帖》、《清鑒堂帖》。我想你一定疑惑，那些名滿天下的書畫大家，在這些石頭面前，十足一個在推棗磨的孩童，專注、欣喜。

遊城幾巡，你向遠方飄去，回顧那長街幽巷、古井迴廊，盡是道不完的故事……

四川閬中古城

故地重遊，總是雀躍。從花木錯雜的錦屏山而下，你掠過如石黛玉璧的江，掀起漣漪。依稀聽見，不遠處，魚兒嬉戲、水鳥盤旋。就此，你步入了一座依山傍水、幽靜壯麗的城。

恰逢正月夜，高掛的大紅燈籠搖曳，似是歡迎你的到來。城裡的春節文化主題公園，最是絡繹不絕。到落下闔故居、祭拜春節老人、出祈福殿，看皮影、燈戲、燒花舞龍，時刻不失過春節的氛圍，好不熱鬧。正映了「春城天不夜，人語市如潮」的美名！

簷前的老風鈴，挽留似的，不斷向你垂詢。你告訴它，臨江的華光樓，遠離喧囂，是唐代全城最高的純木建築，不可錯過。登上塔頂，看到周圍的古建築群，碼頭客棧、各家院宇。這些樸素、極具清代風格的建築，盡收眼底，安然、親切。

這時，你平緩下來，想起曾流連張翼德的書案前，看他烽火硝煙外，為百姓的辛勞。而今，只能去漢恒侯祠（張飛廟）（圖二）回想其英勇事跡；你曾與前人登滕王閣，享「落霞與孤鶩齊飛，秋水共長天一色」的美景，而今，青山依舊，物是人非；你曾於炎炎夏日親臨鄉試考場，為奮筆疾書的生員，帶去一陣涼爽。而今，只能在清代四川貢院，懷想從前科舉的盛況。空氣夾著微雨，平添幾許惆悵。你乘興而來，倒也想興盡而歸。

圖片來源：

<https://www.vcg.com/creative/1304658628>

<https://www.vcg.com/creative/1313958880>

<https://chiculture.org.hk/tc/china-five-thousand-years/3459>

https://youimg1.tripcdn.com/target/10061f000001gqw8v2E74_C_760_506.jpg?proc=source%2ftrip



▲ 圖二：漢恒侯祠



▲ 圖三：平遙古城

山西平遙古城

飄呀、飄呀，你落腳於一座雄偉的城。在平遙古城最初落成之時，你來過，周宣王時期，距今已有二千八百多年。聽導賞員說，這裡是現存最完整的縣城格局，能充分體現明清文化、經濟、社會及宗教的基本面貌，讓人急欲探尋一番。

平遙有城門六道，形同烏龜，民間有「龜城」之說。龜有吉祥的意味。高聳的古城牆（圖三），牆身厚達丈尋，隔絕兩個世界，為城民抵擋風霜雨雪。你呼嘯而過，環繞著焦黑的古牆，槍林彈雨，猶聞在耳。恍然間，似是回到那硝煙四起、血流成河的戰場。一回神，牆上也只剩下日軍侵略時留下的彈孔，為莊嚴的城，添上哀痛。

沉重地，你進入寺內，見信徒虔誠參拜。及至宋代，中都寺更名為雙林寺，與鎮國寺同為世界文化遺產。你隨信徒步入菩薩殿，看那千手千眼的觀音像，居中結跏趺坐，儀容端莊，悲憫眾生，手勢變化萬千，塑造得十分生動。而寺中各佛像、彩塑，皆各有特色，極具藝術價值。

離去時，你從上俯視，街、巷、城門錯落有致，組成龐大的八卦陣。平遙近三千年，幾經戰火，盡閱滄桑。八卦陣象徵祈望人民能平靜地生活，而城牆正為他們隔絕紛擾，城內儼如桃源。

雲南麗江古城

你翱翔蒼穹，忽見雲貴高原上，麗江古城三山環繞，拔地而起。傳說城鎮世襲者姓木，築城，如木加框，而成「困」，故鎮內無森嚴的城牆。

你來時，值初春，雨正寒，麗江城襯著終年銀裝素裹、白雪皚皚的玉龍雪山（圖四），迎來第一縷晨光。向西南望去，雄獅盤臥，儼然古城忠誠的守護者，山由此得名，獅子山。山上有一樓，樓上有龍頭。樓名萬古樓。上萬的龍頭位於瓦頂，雕刻精緻、典雅，極具納西風格。

你往城中探去，被五鳳樓吸引了目光，這是一個融合了漢、藏、納西藝術風格的建築。你與五隻彩鳳翩翩起舞之際，忽聞陣陣清香，伴著幾瓣西府海棠，循著自由的軌跡迎面而來。進入普濟寺，大殿院內，赫然是兩棵如詩的海棠古樹。你經過，樹枝微顫，落花幾朵，四合院內、大殿地上、靈宇慈雲匾額旁，盡是清香。

一個身著玄色中山裝，手上沾著墨水的男子經過。你好奇隨他走向一座四合院。院內擺滿了國畫，是黑龍潭、大石橋，還有雪山下形形色色的人。一恍惚，眼前只剩下一個空闊的院落，老房子旁立著旅遊介紹牌，寫著「周霖故居」。那個餘劫後癱瘓，卻仍不放棄創作的人，晃眼已近半世紀。

了解一座城，可能要用上一輩子。你或不曾在一座城停留許久，但城中磚瓦、草木、人事、微風，或能在不經意間觸動你的內心。夢迴古城，你看到什麼？



▲ 圖四：玉龍雪山腳下黑龍潭公園

代孕商業化的道德倫理反思

5D 郭睿

近日明星鄭爽被指請代孕兼意圖棄養，引發網民熱議。今天隨著試管嬰兒普及，「不孕」不代表不能當父母，因為你我他，也可借「代孕」圓夢。我們不須用撒拉的方式找代孕，只須把精子移入代母體內，或把夫婦的試管胚胎植入代母體內，以代母產子的方式為委託人生育便可。現時全球有 33 個合法代孕的國家，包括美國、英國、加拿大、澳洲，甚至是香港。

香港家庭計劃指導會網站指出，每六對夫婦便有一對受不育症困擾，當中更有百分之十至二十找不到不育原因，增加了治療的難度。加上現代女性選擇遲婚，隨着年齡增長，懷孕機會大減。除了不育夫婦和年長女性會聘請代母，同性伴侶、單身人士若希望擁有孩子，也會選擇代孕。富有國家有代孕需求，貧窮國家願意提供代孕服務，代孕產業由此蓬勃發展。

美國是少數代孕產業相對成熟的國家，當地專門提供凍卵、試管嬰兒、代孕、領養等一條龍服務的公司 Progyny，更於 2019 年底在納斯達克上市，2021 年 1 月市值已達到 40 億美元（約 310 億港元），足見行業發展潛力強勁。烏克蘭是全球少數容許代孕商業化的國家，提供一次服務，代母可賺取約四萬歐元，相當於烏克蘭人平均年薪八倍。我國聖賢孟子有言：「不孝有三，無後為大。」代孕有利經濟，又可解決出生率不足、人口老化、勞動力不足的問題，政府是否應努力推動？

首先讓我們預想一下：代孕會引發什麼問題？



中國傳統家庭觀念為一男一女一父一母，繁衍後代，更要通過教育來建立家庭，父或母，在孩子成長過程有不同影響，角色分工也不盡相同。但是代孕容許同性伴侶或不孕婦女，甚至是單身人士也可以擁有孩子，孩子到底該如何稱呼養大自己的人，又會接受怎樣的教育？到底生育是否基本人權？還是我們可多從孩子角度思考？

代孕可能會引致身分認同問題，孩子沒有父親或母親的基因，嚴格來說並非真正有血緣關係。當孩童踏入青春期，有機會出現身分危機，若然知道生母非眼前人，「自己」是養母出錢，生母出力帶到世間的，難免會產生「自己是件商品」，或有被「生母」遺棄的感覺。若然代母介入夫婦家庭，子女又該如何稱呼代母？可見，代孕會令倫理關係混亂，孩子亦難以培養健康的價值觀和人格，衍生社會問題。

商業代孕視生命為商品，付費就能享受服務，代母產子，收取費用，天經地義。可是，孩子便與死物無異，「父母」面對付費買回來的「產品」，尊重會否減少？不喜歡、厭倦了便遺棄孩子不顧的人比比皆是。孩子不是懷胎所出，若然先天有殘缺，或智力不足，棄養的機會就更大。還未計算「父母」感情變異，孩子去向的問題就更複雜，外國就有不少這類養育判決。生下來的不願承擔責任，應該養的又不肯認賬，受害的只是孩子。

我們還要知道，落後地區任職代母的婦女，或許更面對中介公司剝削、代孕中心未能提供良好照顧，以及生產環境惡劣，危及生命等問題。其實，世上有不少孩子正等待你的愛和照顧，單單亞洲就有 6100 萬小孩正等待領養。我們可以優先考慮收養被遺棄的兒童，而不是成為商業代孕普及化的幫兇。

目前商業代理孕母合法化國家

 亞美尼亞	 捷克
 愛沙尼亞	 芬蘭
 喬治亞	 希臘
 印度	 以色列
 哈薩克	 俄羅斯
 烏克蘭	
 美國（僅部分州）	

註：各國細部規定不同，另有部分國家法令未明文禁止或允許

資料來源：維基百科

1. 無孤的世界 <https://dreamstarter.collaction.hk/project/story/901>

資料來源：

<https://tw.appledaily.com/headline/20191125/RS2DZQ6T4E2KJGHVYEZWBXX424/>

<https://www.twinsbaby.hk/wp-content/uploads/2020/03/header-hk.jpg>

2019-2020 中國中學生作文大賽

香港賽區「旭日文學之星」（高中組）、全國總決賽「恒源祥文學之星獎」（高中組）
及大賽單項榮譽「最佳感染力獎」

評分

5A 董煦慈

「睡眠時間共為6小時16分鐘，睡眠素質有改善，夢魘頻率下降5%……」剛睜開眼睛的我尚未適應光明，已條件反射般躍下床。「滴滴滴」手機響起提示聲：「您的評分為3.2，趕快起來鍛鍊，展現健康的姿態與明媚的笑容，爭取更高分數！」刺耳的聲音鑽進耳裏，催迫著我把這一整天都貢獻予評分系統：首先，馬尾要束得高高的，還要用手指撩幾絲碎髮出來才顯得自然；然後，妝容要點到即止——只需掩蓋憔悴卻不能顯得嬌艷，否則不合於早晨活力四射的氛圍；之後，要在抹得發亮的餐碟上把吐司、果醬和水果都擺放妥當，拍照後上傳到評分站，才可以出門鍛鍊。

伸手揉揉面部肌肉，面頰已經適應了微笑的弧度；舒展一下筋骨，手腳都已記住跑步時擺動的幅度；甩一甩頭，頭髮也明白飄舞的頻率。我就這樣開始了晨練，每天都要跑一小時。我始終保持微笑，熱情地朝每一個過路人打招呼，哪怕腿酸軟得要倒下，肋骨正隱隱抽痛著——「據微笑的幅度檢測，可知心情愉快指數為90%……已把資料更新至評分庫。」不過十秒鐘時間，評分站系統已顯示我得了8/10的高分，整體評分也由67上升至72。

關上家門的一剎，我便立即坐倒於地，撫著激烈起伏著的胸口，目光不自覺又駐留在女兒的照片上：透著呆氣的鏡片蓋不住洋溢笑意的眼，那滿溢出來的喜悅落在唇邊，留下兩道淺淺的痕——孩子，倘若沒有「個人資料評分政策」，你應還能好好地活著，展露著花樣年華的美麗，憧憬著無限可能的未來，揮灑著年輕氣盛的汗水，可惜，人生沒有倘若。

「個人評分政策」推出之際惹來百萬人反對，我便是其中積極的一員。可人總是善忘，適應力又強的生物，很快便忘卻這政策帶來的隱患，更想出五花八門的方法提高評分——拿著咖啡杯在手機前擠眉弄眼，花盡心思裝出來的和善，再以取得80分的優秀成績，扭著屁股擠進商店長長的人龍前、購置位置最方便，裝修最華麗的住宅、霸佔急診室的位置，還向別人投以輕蔑的目光。起初浩浩蕩蕩的反抗隊伍，如今彷彿只剩我，在默默地抗議：與女兒安居於亡夫留下的小小安樂窩中，每日粗茶淡飯仍悠然自得。我像萬紫千紅爭相綻放的華麗花園裡紛飛漫舞的蒲公英，渺小、不起眼，卻自由自在、無拘無束，直至女兒報考高中……

「媽，我努力地考得這高分，想必定能入讀菁英中學吧！」我滿懷自信地回答：「一定可以！」

我和女兒懷著這樣的喜悅前往面試場地，我在家長區欣然坐下，翹著二郎腿張望學校的風景，彷彿能瞥見女兒身穿整齊校服，綻放自信笑容的模樣。可是，我很快便看到她垂著頭、拖著步走到面前，額頭還貼了一個類似晶片的東西，我忙問：「這是什麼？」她始終沒有抬起頭，柔軟的黑髮低垂下來，手指顫抖著按下晶片上的按鈕，一個投影隨即彈跳出來：

「周一心，母親評分低於50，屬次等學生，根據家庭評分庫內資料得出以下結果：

1. 讀書潛能（6/10）【上載了考試成績單】
2. 運動潛能（5/10）【資料庫中籃球出現了4次、羽毛球出現了3次、芭蕾舞鞋出現了2次】
3. 藝術天賦（0/10）【資料庫中未見藝術作品及畫作用具】
4. 音樂潛質（2/10）【資料庫中古箏出現了2次】
5. 自信程度：65%【眼神呆氣但堅定、微駝背、偶爾玩弄手指】
6. 修養程度：37%【出身評分低家庭但衣著尚整齊，行為未見不檢點】

很遺憾，各項表現低於收生準則52.48792301%，你未有條件成為本校學生。」

一連串資料刺痛我的眼睛，我搖著女兒的肩膀：「什麼意思？這是什麼意思？哪兒來的數據？」她紅腫的雙眼對上我焦急的雙眸，豆大的眼淚一滴、兩滴、三滴從眼眶滾落，低低的抽泣聲從緊咬的唇和顫抖的齒縫中鑽出來，一下一下地抽痛著我的心，我狠狠地罵道：「什麼鬼晶片！什麼標準！到底是怎麼回事？」一名女教師經過，冷靜地解釋：「這是學校為了確保學生素質而引用的潛質監測晶片，根據你們在評分系統上上載的圖片，以及晶片檢測到的智商及身體機能方面的數據作出評分，你女兒各方面的數據都不符合我校的標準。」說罷掉頭便要走，我伸手抓住她的手臂，叫道：「就算天資不如人，難道不可以後天培養嗎？我女兒的入學試多少分你們看不到嗎？她可以靠後天努力跟上的！」那老師回答：「我們只相信資料。」

我記得，那天沒有太陽，天空換上灰色的禮服，厚重的裙擺窒礙了風的流動，胸臆間只覺窒息，額頭有火燒的炙熱。不少學生與家長由校門走出來，幾個合資格的學生興高采烈地互相閱讀對方的資料數據「我媽媽每隔兩天就上載我彈鋼琴的片段，星期一開始學，然後就瘋狂練習，到下次更新時就能熟練了。」「我媽媽比較狡猾呢！我

不是學了四年芭蕾嗎？她在網上說我是初學者，然後就叫我在家裡跳……」「我上載到網上的畫作都是老師幫忙完成的！」「嘻嘻！虧得這樣我們才能騙過這晶片呢！」「幸好學校決定以晶片代替面試，我家兒子口吃呢！」「對啊！我女兒的英文發音其實不太準確呢……」女兒鼓紅了臉，摀住耳朵，那些說話是冰造的利刃，刺進我的心胸，冷卻原本沸騰的血液，凍得我渾身發抖，痛得我眼泛淚光：女兒每晚十二點仍端坐在書桌前的背影，清晰地烙印在腦際，呈現在我眼前，任淚水怎樣滂沱亦沖刷不掉……這麼多心血這麼多汗水這麼多努力，抵不過一串毫無意義的數字！比不過詭計多端的操作！

「媽媽，為什麼？」這是歸家途中全程沉默的女兒回到家後對我說的第一句話，我只能報以無奈的沉默。為什麼？用一堆資料便否定了無數個夜晚的努力？為什麼？我不能為了女兒的前途而儘早擠進資料的洪流中？為什麼？在畸形的社會裡連一點喘息的空間都沒有？還有憑什麼？學校憑什麼可以未經諮詢，便把學生晶片的資料公開，使每一所「好學校」都拒我們於門外？女兒啊，這些問號對你來說太沉重了吧？你稚嫩柔軟的心靈又怎能填載這些屈辱？你每夜是否總在質疑自己、總在質問這無稽可笑的一切？可回答你的，是我的眼淚、一室的死寂……這千絲萬縷織成一張密不透風的玻璃線網，割得你遍體鱗傷，最終，你不能掙脫出來。

那天，你的臉貼著地板，烏黑的亂髮在蒼白的面頰上，猶如一道道黑色的血痕，血肉模糊的手腕不斷淌出鮮血，這個情景，至今仍在我的夢中出現……我多麼希望自己失去了視覺，便不能目睹你彌留人世的最後形象、便不會不斷地流淚、不會感覺到眼淚一次又一次湧出眼眶的刺痛、不會感覺到腥鹹黏在臉上又乾掉留下的火辣、不會感到熱淚怎樣燙腫了雙目，腫得眼睛只餘一道縫——你就這樣奄奄一息，我不記得是怎樣叫救護車，怎樣看著你被推進急救站，更永遠忘不了接下來的發生的事！

淚眼模糊中，我看到推著你的車停了下來，一個機器人擋在面前，問：「太太，請給我看看你的評分。」「先救我女兒啊！她快不行了！救她啊！」我失控地抓著它冰冷的肩膀哭喊著。「我需要你的評分。」身穿白袍的「人」臉上沒有一絲波瀾。我顫抖著把評分交給它過目，它掃視一番後向其他醫護道：「評分低於5的市民及其親屬需輪候5小時。」我衝過去：「什麼？她命懸一線啊！難道不是情況緊急為首要考慮？救我女兒啊！」機器人當然沒有回應我，醫護亦沒有理會我，只見一個護士拿著一塊綠色晶片放在女兒無甚起伏的胸口上，又一堆資料湧現：

呼吸頻率：低

心跳頻率：極低

救活指數：2/10（極低）

救活耗費指數：10/10（極高）

那護士撇了撇嘴道：「不救了。」我活像向兇手索命的冤魂，緊緊拽著白袍的角，十根手指青筋凸起：「你說什麼屁話！她還有呼吸啊！啊啊嗚嗚呼嗚……」「太太，你也看到了，你女兒的生命跡象這麼低，救她也是白費力氣。」護士回答。「你們是醫護啊……你們不是救人的嗎……你們救她呀……我求求你們啊……」那機器人忽然說話了「醫院配套齊全度為90%，市民需求為120%，優先處理評分高的市民及存活率高的市民。」

我的手滑了下去，抓住護士的大腿歇斯底里地哭著：「你也有孩子吧！你們都有孩子吧！你們救她啊……求你……求你……」

她用力甩開我的雙臂，回答：「我的兒子很健康。你的女兒我們救不了。」

「你是醫護啊！救人是你的天職啊！我女兒還未死，她還能聽得見，你怎能說這些沒良心的話？你怎能這樣折磨她？我求求你救救她，我求你，你要我做什麼都可以，只要救她……」

「嗶——已無生命跡象。」一滴淚劃過女兒的眼角，在枕頭上留下一點恨。

「節哀順變。」

那刻，我只覺得天上的驚雷都在我胸腔裡炸裂，五臟六腑也碎裂成一塊塊血肉，似要從口裡衝出，可我咳出來的，只有一下又一下的哀嚎——孩子，你再聽不見我的呼喊，你生命的消逝，竟以一個「0」字代表；你生前的掙扎、心底的委屈、無聲的吶喊，也隨著這個「0」，化為烏有，消失在流淌的空氣裏。而我的心也從此墜入冰冷的深淵，再感不到它的重量。不知過了多久，有人把渾身疲軟的我從你冰冷的身軀旁拉走，我奮力要掙脫，伸手想抓住那把你徹底帶離我的病床輪子，可我只撲騰了一場空，從此，我生命的意義彷彿也歸零。

不知多少天，我都在刺鼻的烈酒味中躺臥又醒來。可看到你生前整齊的筆記、笑容明媚的照片，我逐漸從渾沌中清醒——我不能讓你就這樣死去！我不能讓你把痛苦委屈帶到長眠的淨土裡，折磨你本該安息的靈魂！

從此，我僅餘一項任務：我要提高個人評分，成為整體評分100的星級市民，理直氣壯地向法院提出上訴，向那因數字而丟棄你性命的醫院提出控訴，向那因數字而摒棄你才華的學校提出檢控。

我如一片落葉，墜入資料的急流中，迷茫飄向不知何處。

若然資料的洪流來勢洶洶，誓要把人類捲席其中，良知和憐憫當是兩道堤壩……



爾乃世之光

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