

# 迴響



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# A Conversation with New True Light Members - Ms. Chan Wai Kwan, Ms. Hui Hoi Yan, Ms. Wong Yuk Ting and Ms. Tsang Yuen Lap

4B Esther Wong Yin Ching

## Interview with Ms. Chan Wai Kwan (new Chinese teacher)

**Student Reporter:** Why did you choose teaching as your occupation?

**Ms. Chan:**

I would tell you the true but cliché story about how my secondary teacher inspired me with her devotion to students. She still inspires me, but after a few years of teaching, I understand more about what the career brings me. Now I would say I choose teaching because it gives me the opportunity to make an impact on students. The look of joy on their faces when they find solutions to their problems is priceless. My teachers helped me in my difficult times, and I hope I could spread the love to my students.



▲ Ms. Chan puts her heart and soul into teaching. She also loves animals.

**Student Reporter:** What inspired you to teach at True Light?

**Ms. Chan:**

As a Christian, I believe it's the God's grace that brought me to the True Light family. Also, I attended a girl's school and really enjoyed the atmosphere. Seeing how the girls support each other and become more independent always makes me gratified.

**Student Reporter:** How do you think True Light will influence your life?

**Ms. Chan:**

I think teaching at True Light already influenced me. Colleagues and students here are warm and welcoming. When I face difficulties, they are always eager to help. I am more than grateful to be working here. I believe I am living in God's love.

## Interview with Ms. Hui Hoi Yan (new Chinese teacher)

**Student Reporter:** What is your first impression of True Light girls?

**Ms. Hui:**

To me, every True Light girl is unique and special. It is hard to capture a specific impression. But generally speaking, True Light girls show a strong motivation to learn. They can handle both the academic work and school activities. Most of them also show good manners which I am mostly impressed with.

**Student Reporter:** What qualities do you think you have that make you a good teacher?

**Ms. Hui:**

As teachers, we are students' role models. I hope my students are willing to learn and become a considerate person. Therefore, I think a good teacher should be patient and caring to students.

**Student Reporter:** What is something interesting about you that students would want to know?

**Ms. Hui:**

I used to be a volleyball and table tennis player when I studied in my secondary school. I hope that I will have a chance to play these sports with students in the future.



▲ Ms. Hui appreciates every student for being unique.

## Interview with Ms. Wong Yuk Ting (new Teaching Assistant)

**Student Reporter:** What is one thing that you like about teaching?

Ms. Wong: The thing that I like about teaching is to share my own thoughts and deliver knowledge to students. It's exciting to educate students and help them learn new things. The whole process is meaningful and I have a great sense of accomplishment. Being a teacher is one of the most beautiful experiences in my life.

**Student Reporter:** What is something you discovered after being a part of the True Light family?

Ms. Wong: After being a part of the True Light family, I found that True Light girls are respectful, hardworking and outgoing. Not only do True Light girls show respect for teachers and peers, but they are also enthusiastic learners and readers who typically enjoy reading in the School Library.

**Student Reporter:** What do you do in your leisure time?

Ms. Wong: In my leisure time, I like to watch movies or television shows. Watching movies and television shows are good ways to relax. I will also read books about psychology. I believe reading can broaden my horizon and let me understand more about human thoughts and behaviour.



▲ Ms. Wong is dedicated to educating our students and finds it very meaningful.

## Interview with Ms. Tsang Yuen Lap (New Teacher Assistant)

**Student Reporter:** What is the one challenge you will face as a teacher?

Ms. Tsang: I think the communication between a teacher and their students is one of the challenges I will face as a teacher. Amid the pandemic, most students are quiet and passive during the online lesson. It is difficult for teachers to understand their students' needs through the Zoom lessons.

**Student Reporter:** What do you think about the relationship between teachers and students at True Light?

Ms. Tsang: I think there is a close relationship between teachers and students at True Light. Teachers and students have mutual respect. Students can rely on teachers who care about them. Teachers are concerned about students' self-development so they will encourage them to be confident and offer help when they have problems.

**Student Reporter:** Do you have any messages for our students?

Ms. Tsang: Students are facing many obstacles amid the pandemic but you can overcome them with your perseverance. Maintain a good peer relationship, be supportive and encourage each other. Students should maintain good time management between academics and entertainment. Most importantly, students should build up a positive attitude in their life.



▲ Ms. Tsang encourages students to work hard and be persevering to overcome difficulties.



# Our New Sculpture and Painting

4A Grace Ho Cheuk Lam

In 2021-2022, the Visual Arts (VA) subject panel has produced a few new sculptures and paintings in our school. Under the guidance of VA teacher Ms. Wu and multimedia artists Crane Chan and Maggie Cheung, students attended theoretical and practical lessons to learn the concept and designs, then put their effort into painting. The artists offered help for the installation, touch up and protection coating of all artworks. Let's take a look at the artworks one by one.

## True Light, True Life: sculpture + painting animation

Placed on the podium in the canteen, "True Light, True Life" is a student sculpture modelled on the real size of one of our students. The surface of the sculpture is mainly constructed of geometrical shapes which gives the figure a stylish and modern look. The girl is graceful and courteous. This white sculpture and the white wall behind it are used as the "screen" for a light animation to depict an unforgettable and typical journey of a True Light girl. Viewers will be immersed themselves with this colourful and interactive light animation whilst appreciating the vibrant and exhilarating lives of True Light girls.



▲ "True Light, True Life" features a light animation.



▲ "True Light, True Life"



▲ Missed and Mixed Touches

## Mixed and Missed Touches

The Performing Gallery on the 5th floor in the school's new annex features two large wall murals titled "Missed and Mixed Touches". The artwork uses the two-way 3D illusion elements to illustrate the balcony scene of Romeo and Juliet, while another highlights the multiple talents of True Light girls. Viewers can appreciate these paintings from different angles.



## True Light Perfection

“True Light Perfection” is a relief sculpture in which the 3D effects are created in flat surfaces. Produced in a Romanised style, the sculpture depicts some extraordinary moments of True Light students, such as the Athletic Meet, musical and dancing performances, Tug-of-War Competition, Visual Arts lessons, and the like. The artwork creatively shows a broad spectrum of our student’s outstanding qualities.



▲ True Light Perfection

## Wondering the Land of Wonders

“Wondering the Land of Wonders” is a reverspective painting which features three glass-fiber tetragonal-pyramids. Its exterior angle is stimulated as the interior angle to create an optical illusion to the viewers. The orange ribbon on the left, which turns into different colours when it goes to the next painting, symbolises the fascinating experience of True Light students. It finally transforms into yellow ribbon which represents their graduation and bright future thereafter.



▲ Wondering the Land of Wonders



# An Afternoon with the Student Union

5A Jade Hui Ying Tang  
5A Daisy Zhou Tsz Wun

Erista, the name of the Student Union this year, is made up of three words, epoch, iridescent and solasta, which means “new era”, “showing bright colors according to the change of movement” and “to shine” respectively. The Student Union hopes to be the light to students while providing them with a splendid school life. We are honoured to have the chance to interview Sophia Cheng Yuet Yee, Chairperson of Erista, to discuss their roles and mission.



▲ The logo of the Student Union Erista

**Student Reporters:** How will Erista adapt to the sudden rise of Covid-19 cases and the suspension of school?

**Sophia Cheng:** We are planning to change all face-to-face activities to online activities with the help of online platforms like Zoom, Kahoot and Google forms. These platforms act as an alternative to keep in touch with students. We will also make use of Erista's social media accounts to update all schoolmates with the latest school notices. During the pandemic, we will still try our best to comply with our duties.

**Student Reporters:** What are the changes after being the Student Union committee members?

**Sophia Cheng:** The work of the Student Union is complicated. It is undoubtedly an extra burden for senior form students like us. However, I recognise that it is my responsibility to finish my work on time. Despite sacrificing some of my leisure time for the work of the Student Union, I am proud to be a member of Erista as it taught me how to be more responsible. Besides, we often have to make detailed planning when organising activities and are required to prepare backup plans. With such experiences, I have become more careful and well-prepared when it comes to making decisions. In spite of the heavy workload, I enjoy the satisfaction and enrichment it brings to my school life.

**Student Reporters:** What skills are crucial when it comes to being a Student Union committee member?

**Sophia Cheng:** I think communication skills are the most important. The Student Union is the bridge of communication between the school and students. We have to report the needs of the students, as well as discuss these issues with teachers. We also have to announce different school arrangements to our fellow schoolmates. Internally, committee members need to talk about the details when designing activities. After completing the drafts of the activities, we have to report and discuss the details with the teachers in order to finalise our plan. Externally, we have to communicate with different shops to look for welfare for our students and cooperate with Student Unions from other schools. To me, communication skills play an indispensable role in the Student Union.

**Student Reporters: How did you discover the talents of each member and allocate work?****Sophia Cheng:**

When I first came up with the idea of setting up a cabinet, I met Gianna Pong Sze Ching, Vice-chairperson of Erista, who also hoped to serve our fellow schoolmates wholeheartedly. As a result, we set up our cabinet and began to invite other members to join. We invited other eight members based on their passion, loyalty, and values on team spirit, forming Erista. We allocated the work to our members based on their strengths. For instance, the academic secretary is in charge of designing, while the recreational secretary is responsible for organising activities. Every committee member was given a chance to showcase their specialised skills by being in charge of around two activities. Even though each of us has our own duties, we constantly communicate with one another so everyone can keep up with the progress.

**Student Reporters: What was your favourite memory when working together?****Sophia Cheng:**

I believe all the memories that we have spent together are precious, but I have to say that my favourite memory currently has to be the Christmas Celebration. As we were able to organise and participate in this face-to-face activity, all of us were excited and held a number of meetings. However, during the Christmas busking, we faced an unexpected problem where the microphones were not functioning during singing. Fortunately, we found a spare microphone for the guest performers. Even though it was a frightening incident, it gave us a precious opportunity to learn how to solve it. With the help of teachers and students, the event was successfully held and everyone had an exhilarating Christmas together.

**Student Reporters: How would Erista enact the school motto and be the light of all students?****Sophia Cheng:**

As Erista is both the role model and representative of students, we will try our best to serve our students wholeheartedly. Our mission is to cultivate students' sense of belonging to True Light. The Student Union actively promotes the school motto, "Thou art the Light of the World", through organising various activities with the hope to develop the balanced development of students and highlight the spirit of loving and supporting each other. Erista will lead all True Light girls to master their strengths and shine like the sun, bringing warmth to those in need and devoting themselves to the school and the society.



▲ Members of Erista



# Hailstone: Cause and Effects



▲ Large hailstones are the size of two palms.

▲ Normal hailstones

“Water falls as hailstone, droplets are tossed, as pearls, building up layers of ice. The snow queen, Beautiful and very evil,” a poet writes. Hailstones, inevitably, are a chemical phenomenon which is not generally welcomed as it brings detrimental effects. At this point, one may ask what hailstones are. These small, hard balls of ice fall from the sky like rain. Hail is a form of precipitation consisting of solid ice that forms inside thunderstorm updrafts. Hail can damage aircraft, homes and cars, and can be deadly to livestock and people.

Superstitiously speaking, Feng Shui specialists describe this chemical phenomenon as a type of warning from heaven that catastrophe will soon occur. Emperors in the past even held rituals to ask for forgiveness from God whenever hailing is seen.

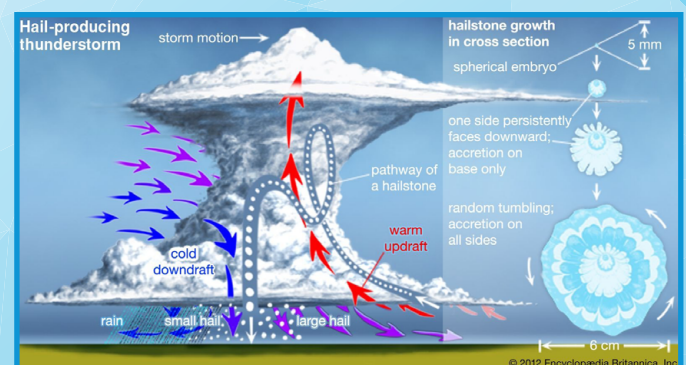
Hailstones are formed when raindrops are carried vertically upward by thunderstorm updrafts to shivering cold areas of the atmosphere, which eventually make them freeze. Hailstones then gain weight by colliding with water droplets in liquid state when these water droplets freeze on the surface of the hailstone. Hailstones of different transparency form depending on the freezing rate of water droplets on its surface. Considering the fast freezing rate, cloudy and blurry hailstones would result. Conversely, crystal-clear hailstones will be formed in case of slow freezing rate. Nonetheless, there may be both clear and cloudy ice layers if hailstones encounter a range of temperatures and liquid water content within the thunderstorm.

When will hailing occur? Hail falls when it becomes heavy enough to overcome the strength of the thunderstorm updraft and then pull down by gravity. In case of high wind-speed, wind-driven hailstones can tear up siding on houses, breaking windows as well as causing severe injuries, casualties, and loss of lives and property. From an agricultural point of view, a hailstorm supported by powerful winds can bring catastrophic effects by physically damaging crops over large areas. The falling hailstones and strong winds bend and break

plants. Therefore, there may be crop failure, farmers in affected areas may suffer heavy losses during such storms. It may as a result hinder food supply.

Astonishing as it may seem, ample scientific research reveal that it is possible for hailstones of significant size to kill an adult who is unable to find a protective cover during a hailstorm. Massive hailstones are known to cause fatal head trauma or concussions. The 21 people who died in hailstorm while running a mountain marathon in northwestern China in 2021 was an example. As far as aviation is concerned, hailing can also result in detrimental impacts. An aircraft can be severely damaged in case of hailstorm. The China Southern Airlines Airbus A380 flying from Guangzhou to Beijing was hit by disastrous weather. This was because the mid-air hailstorm shattered the windscreen of a plane which was flying at 37000 feet above China. The act of the captain to land even with low visibility depicted how disastrous hailstorms can be.

When it comes to protective measures, it is reasonable to avoid finding shelter under trees or in areas like culverts that can be suddenly filled with water. It is feasible that one stays indoor and away from windows, glass doors and skylights. With hailing in Hong Kong for the first time in five years and huge hailstones shattering windows at a mall in Kowloon Tong, it is time to learn the effects and protective measures of hailstones.



▲ The formation of hailstones

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# Viral TikTok Health Trends

5A Jade Hui Ying Tang

On TikTok, which is one of the most popular streaming platforms globally, you can find any topics that engage your interest, including fashion, music, cooking and health. Although most TikTok videos are just 15 seconds long, their power cannot be underestimated. These viral videos will set new trends for people, especially adolescents, to follow. This article will investigate the three viral TikTok health trends and see if they live up to their promise.

You may wonder what One-gallon Challenge trend is. It is a challenge to drink one gallon (4.5 litres) of water every day. Fitness influencers and health conscious TikTok users have been promoting the challenge as a perfect way to help people stay hydrated, claiming that the challenge has helped them lose weight, eased acne problems and boosted their energy levels. It is undeniable that water can remove body waste. However, the amount of water is three times more than the recommended daily fluid intake. Is it necessary to drink so much water? Fluid intake can vary according to bodyweight, level of physical activities, health conditions and so on. Nonetheless, drinking about 6 to 8 glasses of water a day will meet the daily fluid intake. Excessive water intake may lead to headaches, fatigue, muscle spasms, cramps, and above all, hyponatremia, known as water poisoning. It is of paramount importance to know our limits when it comes to drinking water. Take the challenge as reference, I believe you do not always want to take the toilet breaks, right?



▲ TikTok health trends become a global phenomenon.

Another widely touted trend promotes the usage of rice water to wash your hair. On TikTok, people have been sharing photos of using rice water to wash hair. It helps make their hair shinier and longer. You may think that rice water is just starchy water that belongs to the drain after rinsing the impurities of rice. To our surprise, rice water is filled with plenty of hair-healthy nutrients, such as amino acids, antioxidants, minerals, vitamins B and E, and inositol, a type of sugar that helps provide structure to your cells. According to Dermatologist Shilpi Khetarpal, MD, inositol is praised as a hair rejuvenator and believed to boost hair growth. Apart from that, inositol protects hair from future damage as stronger hair is less prone to breakage. Supported by scientific evidence, rice water sounds useful. However, we need to be cautious of its side effects which are still unknown. It also does not promise you will have such stunning results because everyone is different.



▲ Some people believe dropping liquid chlorophyll into water is beneficial to their health.

Last but not least, it is the liquid chlorophyll trend. Celebrities have created a sensation on TikTok that the liquid chlorophyll, a component in green plants, can promote photosynthesis, which stimulates the immune system, detoxes the blood, energises the body, cleanses the intestines and prevents cancer. Is it fascinating that such a small drop can bring so many benefits to our health? However, we should not be fooled so early. In fact, these little bottles of green liquids are indeed pricey. The drops are also not essential elements of our bodies. Doing sports may be more beneficial than spending money on the liquid chlorophyll.

Trends should not be strictly followed. We need to take our physical limits and different factors into consideration before following a viral TikTok health trend. If you are concerned about your health, stick to a balanced diet and regular exercise. I am sure you can reap what you sow.

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## Movie Review —

# Shang-Chi and the Legend of the Ten Rings

4D Gurung Shreya

There have been countless superhero movies. However, what makes Shang-Chi stand out is that it is the first Asian-led superhero film on the big screen. The film is a great success as it has garnered an enormous fan base over the world.

The protagonist, Shang-Chi, is played by Simu Liu, a Canadian actor born in China. He co-starred with none other than the prominent Hong Kong actor and singer Tony Leung Chiu Wai, who acts his father, Xu Wenwu. There are other famous Asian stars, such as Michelle Yeoh, Benedict Wong, Awkwafina and so on.

The movie tells an intriguing story. After Shang-Chi's mother, Ying Li, is killed by a past rival gang, his father Xu Wenwu is taken over by grief and becomes distant from his two children, Shang-Chi and Xu Xialing. He strenuously trains Shang-Chi to be an assassin and sends him to avenge his mother's death, while Xu Xialing is left in her father's shadow. Refusing to be under his control, Shang-Chi runs away to San Francisco to turn over a new leaf. He changes his name to "Shaun" and finds a job with his best friend, Katy. Meanwhile, Xu Xialing leaves his father and eventually owns a successful underground fight club. When the Shang-Chi and Xu Xialing are finally reunited, things go south. Their father is convinced his wife is still alive, but she is held captive by the Ta Lo, a village said to harbour mythical beasts. Therefore, Shang-Chi, Xu Xialing, Katy, and two new friends plan to destroy the village after rescuing her.

The father-son relationship plays a crucial part in this movie. At the beginning, Xu Wenwu is portrayed as a ruthless leader of his gang group. However, after meeting Ying Li, he turns into a loving husband and father. After losing his wife, the bereaved Xu Wenwu becomes stone-cold towards his children. He is not concerned about their sorrow of losing their mother when they are still young. It is not surprising that Shang-chi runs away from his father because of his ruthless treatment. Xu Xialing also detests her brother and father who have



disregarded her, and therefore escapes from the suffocating home. The deprivation of love from their father has shattered the family.

Simu Liu's performance as Shang-Chi takes this film to new heights. Particularly, the actor's rigorous preparation for the film encompassed a series of martial arts trainings such as Taekwondo, Tai Chi Chuan, and Wing-Chun. These trainings pay off as the film is highly impressed with the close hand-to-hand combat. He also has the ability to display his passionate hatred of his father.

It is understandable why Xu Wenwu becomes cold-hearted and ruthless. After the death of his wife, he is overwhelmed by grief. By the time he realises his grave mistake, it is far too late. Sacrificing himself is his way to mend his fault. It is important to express our heartfelt feelings, especially towards our loved ones. Even though it is not easy to convey such feelings, remember we should not regret for what we have done.

This movie is full of thrilling twists. The fight scenes are amazing as the actions are tightly choreographed. The settings are realistic and impressive. For example, there are many visually stunning and exotic animals in the Ta Lo. Following the massive success of this movie, it is hoped that there will be more Asian leading actors in Hollywood films.

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# Your Guide to Thrift Shops in Hong Kong

5A Daisy Zhou Tsz Wun

Where do you usually buy your outfits? How often do you shop for clothes? Nowadays, fashion trends change constantly – before we can catch up with the current style, it becomes outdated. This explains why fast fashion items – clothes produced in mass and priced cheaply – are thrown away when the trend is over. This leads to a serious environmental problem as massive amounts of waste are continuously produced. Second-hand shopping is, as a matter of fact, an effective solution to the saturated landfills in Hong Kong.

Second-hand shopping is very popular in western countries. People usually purchase their clothes from vintage stores or charity shops where you can find second-hand fashion items at a lower price. In places like flea markets, garage sales, thrift shops, vintage shops, luxury consignment stores and so on, you can find second-hand fashion items. These places can be further classified into two groups: the first encompasses flea markets and thrift shops selling cheaper items, whereas the second includes vintage shops and luxury consignment stores selling second-hand luxury items. You may choose where to stop on the basis of your needs and budget. In fact, there are a wide array of “treasures” to hunt for in Hong Kong.

Mee & Gee, a well-known thrift shop in Hong Kong, sells clothing items made in various places, such as Japan, Korea, Italy and France. No matter which fashion style you prefer, you will be able to find something you like at Mee & Gee. Undoubtedly, what attracts people to patronise thrift shops rather than fast fashion retail stores is the affordable clothing. At Mee & Gee, you can find Korean-styled clothes at just HK\$20. You may also purchase outfits from luxury brands at a discounted price. Dressing up while saving the environment seems to be a tempting and appealing option for most of us.

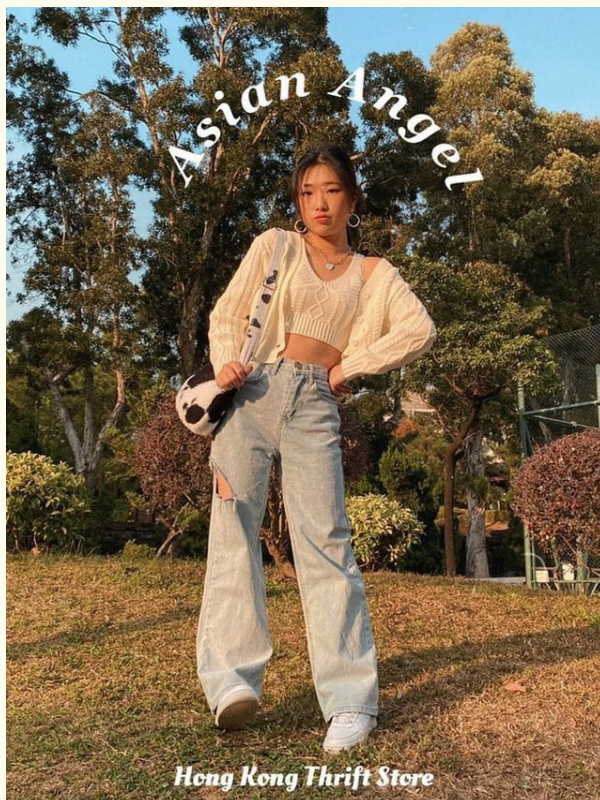


▲ The famous thrift shop Mee and Gee is located in Sheung Wan.

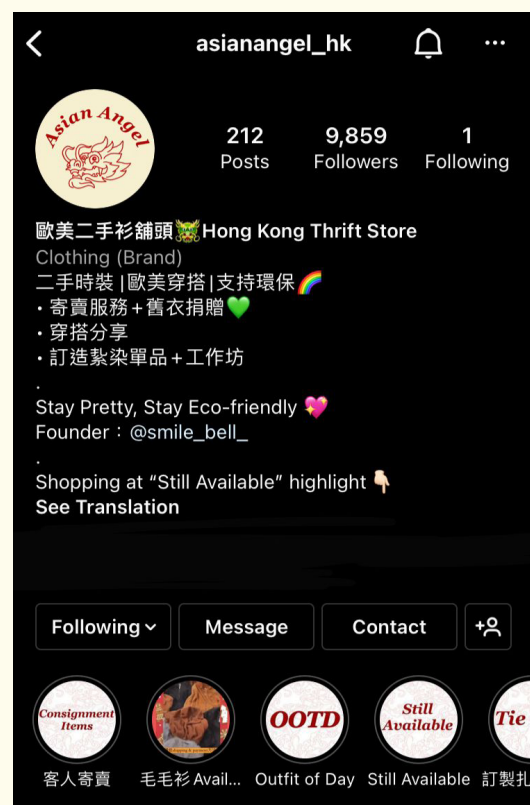


Due to the development of social media, online shops are gaining in popularity. Online thrift shops on social media platforms, such as Instagram and Facebook, make second-hand shopping more convenient. Established by Bell in 2020, Asian Angel is a Hong Kong based thrift shop on Instagram. Bell started her business with the inspiration from a local Youtuber who started up her own brand to promote environmental sustainability. She was very passionate about thrifting culture and decided to bring this meaningful and interesting culture to Hong Kong by starting up a thrift shop online. Thrifting culture may not be familiar to many Hongkongers. In order to promote this culture to more non-thrifting audience, Bell has made an enormous effort when filming and introducing her clothing items online. She takes good pictures to showcase the good quality of the second-hand clothes to her customers, trying her utmost to make every fashion item unique. Bell believes that second-hand shopping can offer clothes another life. Over-consumption is a very serious problem nowadays. It may be unnoticeable that we are buying much more than what we need, resulting in lots of clothes decluttered from our closets and sent to landfills. Donating unwanted clothes to thrift shops, we can find them new owners. Consequently, a drastic reduction of wastes can be achieved. Bell also gave us some tips on how to dress ourselves in a more environmentally friendly manner. For instance, we can pick some clothes that can go with most outfits. These types of clothing can create multiple fashionable looks leading to purchasing less items.

Some people are not aware of the impact they may bring to the world. We are responsible for protecting the earth. To achieve this, we should first stop following fashion trends and shopping blindly. Another way is to donate unwanted clothes to second-hand shops in order to give them a second life. Next time, try to visit a second-hand shop for new clothes as you may find some unexpected surprises.

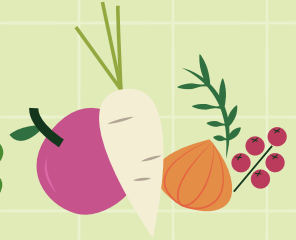


▲ Founder of Asian Angel - Bell



▲ Instagram page of Asian Angel

# Vegetarian Diet: Benefits and Risks



4A Hilary Chiang Hiu Lam

People choose to be vegetarians for various reasons. Some change their diet for better health, and others convert to the vegetarian lifestyle because of their religions. Some hope to bring attention to animal rights or environmental concerns. What are the benefits of having a vegetarian diet and what should we be cautious of if we want to be vegetarians?

This may sound platitudinous, but it is verifiable that a vegetarian diet is better for the earth. According to the United Nations, livestock can generate 14.5 per cent of global greenhouse gas emissions and having a veggie diet releases 2.5 times less carbon emissions than a meat diet. Replacing meat with vegetarian sources of protein, such as nuts and beans, for approximately a year or so, you will save the same amount of emissions as driving a middle-sized car for 6 months continuously. Owing to the rapid rise of global population, it is estimated that by 2050, there will be inadequate resources to fill human stomachs. Adopting a vegetarian diet can increase the amount of water for growing more food in this increasingly climate-erratic world. It may sound implausible. However, can you believe that producing a chicken breast takes over 735 litres of water, which equals 245 days of human water intake?

Another pertinent point is that it is indubitably a healthier option. People who follow a vegetarian diet tend to consume a higher proportion of natural, unprocessed, plant-based foods, which provides antioxidants and fiber. It is hugely different from following a meat diet which means the consumption of a considerable portion of processed foods, like sausages and meat patties. These types of meat products are high in fat and sodium. Meanwhile, if you are a vegetarian, you will take in plant-based food. In light of this, pursuing a vegetarian diet can reduce the risk of cardiovascular diseases and cancers.



▲ Vegetarian diets are gaining in popularity.

The statistics is compelling. Some studies found that while the obesity rate is escalating in the United States, it only affects 0 to 6 per cent of vegetarians. In addition, as their diets conclude a higher intake of whole grains, fruits, vegetables, legumes, nuts and a lower intake of unhealthful

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fats, people who follow a vegetarian diet are less likely to have type two diabetes.

Taking the aforementioned ideas into consideration, it appears there is no harm in being a vegetarian. It may sound an ideal option. However, in fact, vegetarians face some risks which are by no means negligible and trivial.

Indubitably, a vegetarian diet can provide adequate nutrition. However, vegetarians may have probable nutrient deficiencies as some essential nutrients, such as vitamins B12 and D, calcium and iron, are not found in many plant-based foods. Vegetarians, who follow a strict vegan diet of excluding any dairy products, need to take supplements in an attempt to get enough calcium, vitamins and minerals. The high-carbon diet may also raise the blood sugar levels. Pregnant females and patients who follow a vegetarian diet need to take dozens of pills every single day in order to absorb more nutrient. If you are eager to adopt a vegetarian lifestyle, it is necessary to seek advice from professional nutritionists. It is always safe to ensure that your nutrition needs are safely and healthily met.

Plant-based foods, despite being easy to be found, are still not highly common. Vegetarians may encounter problems when dining out with friends and family. They need the determination, persistence and unfaltering willpower to follow the vegetarian diet and resist temptation. Grocery shopping might also be expensive, considering that vegetarian diets are based on fresh products. It will also be very inconvenient to dine out. While some restaurants offer meat-free meals, the dishes may be made from dairy or animal products. Vegetable soup, for example, might be made from chicken or beef broth, or there could be melted cheese in the spaghetti sauce. Needless to say, it is not easy to find the options suitable to your diet when eating out since you never fully know what ingredients the chefs use in the dishes.

A vegetarian diet can be a double-edged sword because on the one hand it can bring tremendous benefits to both the individual and the earth, but on the other hand it may cause some health problems. Many vegetarians and vegans also have trouble dining out. Despite this, there is a steady increase in vegan popularity and vegetarian lifestyle will become a growing trend.





# How Symbolic is Queen Elizabeth II?

5C Collini-Lam Hoi Ying

"As we mark this anniversary, it gives me the pleasure to renew to you the pledge I gave in 1947 that my life will always be devoted to your service," said Queen Elizabeth II, who celebrated the 70<sup>th</sup> anniversary of her reign this year. She is an exemplary monarch and a symbolic queen. Her incarnation of loyalty, unchanging verities of diligence and courage enrapture the hearts of her people. Not only is Queen Elizabeth II a symbolic icon, but she is also symbolic in various aspects.

To many contemporary generations, monarchies seem to be purposeless antiquated relics, anachronisms that ought to eventually give way to republics. Albeit such emerging trend, Queen Elizabeth II is the exemplary symbolic Queen reagent in people's heart. Ample statistics reveal that the Queen is supported by 76 per cent of the British. Her popularity surpasses monarchs in every corner across the globe. She lives up to people's expectation of a monarch under democracy in the 21st century because she remains politically neutral and deals with duties which align with people's priorities. She does not solely safeguard parochial interests of the royal family. This can be highlighted by her decision of asking her scandal-hit son, who embroiled himself in a significant lawsuit to return his military affiliations and Royal patronages to her and defend his case as a private citizen. Coupled with the above, Queen Elizabeth II is no interventionist to internal decisions of the British Parliament.



▲ Queen Elizabeth II is symbolic in various aspects.

From a cultural perspective, Queen Elizabeth II bears the brunt of promoting British culture to foreign states and countries. Seen in this light, she is inevitably symbolic when it comes to British culture. The international reach of Queen Elizabeth II is manifested in consumer culture. Her outfits, accessories, taste preferences and practices are all symbolic British culture. The popularity and sales volume of Twinings Earl Grey tea, which is the most-favoured tea of the Queen is a case in point that the Queen has shaped the consumer culture around the world. Let alone the Queen's tea preferences, the hats which she typically wears in formal occasions are also the main feature of the British aristocracy culture. It is no exaggeration that Queen Elizabeth II is symbolic when it comes to the British culture.

The Queen also plays a vital role in the United Kingdom's diplomacy, supporting the work of the Foreign, Commonwealth & Development Office at home and abroad. During the course of her reign, the Queen has visited over 100 countries at the request of the UK Government, and continues to welcome hundreds of world leaders, ambassadors and other members of the diplomatic community for state visits, audiences and other engagements at royal residences every year. Regularly contacting officials at the Foreign, Commonwealth & Development Office, the queen looks after British interests overseas and builds diplomatic ties with foreign countries. Queen Elizabeth II leaves no stone unturned in the United Kingdom's diplomacy during her reign. The portrait of the Queen commissioned by the Foreign, Commonwealth & Development Office is indicative of tribute to the Queen's long-lasting and unprecedented contribution to British diplomacy. This has depicted how symbolic the Queen is when it comes to the British diplomacy.

Internationally speaking, the Queen is symbolic as she is regarded as one of the most influential and victorious women with authority. Time magazine named the Queen the Woman of the year in 1952. She has drawn both great leaders and throngs of tourists to her state, and personifies British's endurance untainted by politics. When reams of internal scandals in the royal family came to light and became a magnet for controversy, the Queen has steered her family through the downs successfully enough that her descendants are poised to carry the crown forward. She is undoubtedly a symbolic woman of success.

Queen Elizabeth is indubitably a fantastic woman and queen reagent who is symbolic in various fields and aspects.

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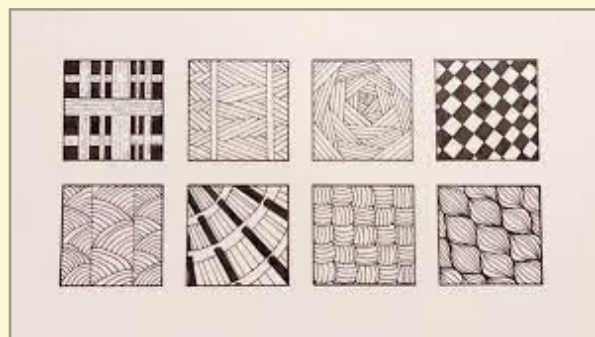
# 在疫情陰霾下 保持心中的光

羅若曦 5A、甄子慧 5B、  
曾宇欣 5D、余秋儀 5D

過去兩年，自新冠病毒肆虐以來，上班族居家工作和學生線上學習已漸漸成為常態。這種新常態無疑會令我們留在家中的時間大幅增加。同時，無休止的防疫和隔離措施，或無形地增加了我們的心理壓力，使我們的健康受到威脅。那麼，我們該如何舒緩心理壓力，以保持身心健康呢？

## 文藝創作

無論是生於古代的文人，還是身在當今疫情之下的我們，相信同樣會面對不同的壓力，懷抱不同的愁思。古人喜歡憑詩寄意，將憂愁融入景色。今天，我們其實也可以仿效古人做法，憑藉創作抒發己懷。或許你會說創作詩歌並非自身強項，那我們又該如何抒發情緒呢？其實「創作」一詞，涵蓋範疇廣泛，除了寫詩外，畫畫、寫手帳、製作手工藝品等等都是創作。在創作的過程中，我們會把情思化為靈感，專注於作品之中。而隨著時間的流逝，眼看到自己的作品逐步完善，那種從心底裏的滿足，就足以令人忘卻憂愁。



▲ 畫禪繞畫

在這裏向大家介紹一種紓解壓力的創作——禪繞畫。創作這種畫，只需要一支筆和一張紙。畫作內容簡單，無分對錯，只需將一些點和線，用不斷重複的方式，畫在設定的空間裡，就能創造出一幅令人開啟心靈的畫作。在創作過程中，通過不斷繪畫重複的圖形，人們很容易進入冥想狀態，思緒達到深度專注，煩惱因而拋諸腦後。如此簡易的舒壓方法，大家不妨一試！

## 勤做運動

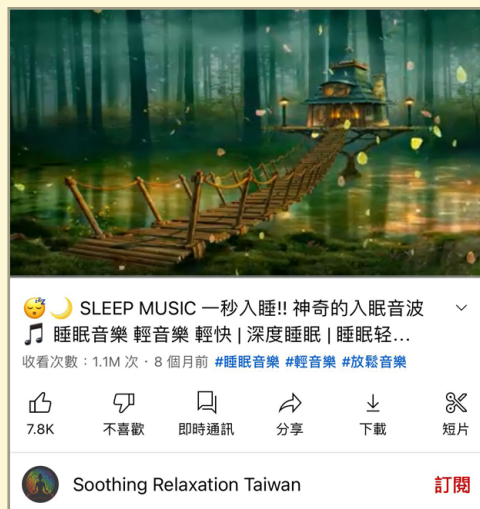


▲ 運動

面對看似無止境的疫情，現今許多人都會感到無力，壓力大增。不過與其擔憂暫時無法解決的問題，不如保存自身。抗疫期間，保持身體健康是重中之重。因此，恆常的運動十分重要。高強度間歇訓練（HIIT, High Intensity Interval Training）是疫情期間，在家運動的不二之選。第一，在 HIIT 訓練完結後 24 小時內，身體仍能夠持續燃燒脂肪及消耗卡路里。第二，HIIT 能促進新陳代謝和強化心肺及肌肉功能。第三，HIIT 不受空間及器材限制，即使安在家中亦能做運動。假如你認為 HIIT 的強度太高，那燃脂瘦身舞或許更適合你。燃脂瘦身舞不僅能夠強身健體，而且別具趣味。網絡上有不少燃脂瘦身舞的教學，大家可以選擇自己喜歡的歌曲，一邊享受音樂，一邊努力運動。此外，運動也能促進心靈健康，讓人的大腦釋放多巴胺。加上運動期間，我們只會專注自己的呼吸和心跳，這就能幫助我們遠離煩惱及舒緩壓力。希望大家在這段艱難的日子，仍能保持身體健康，共同對抗病毒。

## 聆聽音樂

身處香港這繁華都市，似乎人們都活在壓力之下，每天要為各樣的事情煩惱，為學習、為工作、為生存……在疫情期間，每當開啓電視或智能手機，我們都可透過實時報道，掌握疫情最新情況，而這些資訊都有可能使身在疫情之下的我們備受壓力。既然如此，我們不妨遠離煩惱，讓情緒得以平復。而聽音樂便是其中一種令人忘卻煩惱的方法，例如一些介於古典音樂和流行音樂之間的輕音樂、以大自然聲音為主素材的白噪音等，都有助舒緩心理壓力。當我們沉浸於柔和、平靜的音樂之際，身心都將在音樂的沐浴下變得放鬆：溫和的音樂就像輕柔的羽毛，它將輕輕地撫過我們因日夜運作而感到疲憊不堪的身體，使困頓的大腦能夠在平靜中得到休息，心靈的雜念煩惱也受到洗滌，靈魂亦得以從疲乏身軀和吵雜世界中抽離。因此，聽音樂實在有助我們放鬆身心，免身心受到疫情的干擾。即使生活上遇到諸多不便和困難，我們仍應該保持樂觀開朗的心境，以度過難關。尤其在疫情肆虐的當下，多聽音樂以保持身心健康和舒緩壓力是十分重要的。若果你備受壓力，那便快快開啟音樂播放器，讓自己徜徉於音樂的海洋之中吧！相信，這有助讓你感到身心放鬆，享有更好的睡眠素質，並且緩解不少心理壓力呢！



▲ 互聯網上的高點擊率輕音樂合集

## 增加互動



▲ 與家人相處

在疫情期間，我們不能隨意外出或與親友同學見面，只能被牢牢困在家中，難免感到孤獨鬱悶。那麼我們該怎樣克服這種孤獨鬱悶呢？現時科技發達，我們可以利用科技增加與人的社交互動：打電話、傳短訊或視訊等，向親友表達你的關心，互相傾訴彼此狀況。這不但可以消除孤獨感，也令親友在疫情迷茫消極時，感受一絲溫暖，從而加深彼此聯繫。除此之外，我們也可以利用各種社交平台，如 Facebook，Instagram 等，分享自己的生活點滴。這既可增加我們一個抒發個人情感的途徑，也可藉此與人熱烈討論，展開新話題；又或藉細

看他人的分享，從而多了解他人的生活和心情，並給予適當反饋，於交流中無形加深了與外界的感情聯繫。另外，既然我們留在家中的時間增多了，就應多關心父母，積極和他們溝通，傾聽並體諒他們的難處，主動消除平日因誤會而產生的摩擦，用言語和行動去表達自己的關懷和敬愛，讓父母在勞苦中感到安慰和溫暖，讓疫情累積下來的壓力也得到舒緩。

儘管外面的世界佈滿陰霾，但我們心中的光卻不能因此而熄滅。當心中積聚大量憂悶或難過時，我們就要把它適當地釋放出來，以保持身心健康。無論是向別人傾訴，或是採用其他舒緩情緒的方法，只要讓你感到輕鬆，它們都會有着莫大的意義。希望以上的方法，能幫助大家走出陰霾，使我們即使面對嚴峻的疫情，仍能永遠保持心中的光。

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# 韓國厭女文化初探

甄子慧 5B

厭女症（misogyny），即藐視女性。自古以來，在男尊女卑的社會裏，厭女思想隨處可見；而因這種思想所產生的文化就是厭女文化。

有些社會學家認為，要了解厭女文化的成因，首先要了解其背後的性別二元論和男權制。根據性別理論，性別二元論，即將生理性別（Sex）和社會性別（Gender）劃分為只有男女兩種性別。社會學家，如日本的上野千鶴子和中國的李銀河，二人分別在其著作《厭女》和《女性主義》中提出過以下觀點：日常生活中，人們對性別二元論習以為常。此理論造成了性別刻板印象，固定男女間各自的「分工」，衍生「男主外，女主內」的生活模式。由於投身社會能創造更大的價值，因此，男性的權位高於女性，造成男權制。男權制中，男性在家庭或社會中都佔主導地方，女性被「客體化」，被排斥在主流社會外，甚至被「物化」這就好比哲學家亞里士多德所說的：「女性只是男性種子的被動孵化器。」

上野千鶴子曾說：「在性別二元論的性別秩序中，深植於核心位置的，便是厭女症。厭女症瀰漫在這個秩序體制之中，如同物體的重力般，因為太理所當然而使人幾乎意識不到它的存在。」今天，我們就以韓國為例子，去了解一下厭女文化吧。

## 從《82 年生的金智英》看厭女

《82 年生的金智英》記述了主角金智英所遭受的性別歧視。該書在 2019 年改編成電影上映。

書本發售後，數名女明星推薦此書。不過，此舉動竟引發部分男粉絲，揚言要抵制推薦書本的女明星。而在電影上映後，飾演金智英的演員也遭受抵制。而讓人匪夷所思的是，推薦該書的男明星不但被倖免，更被大受稱讚。這是因為男權主義者認為女權會奪去他們的既得利益，而大眾認為男性支持女權是思想進步的表現。

書中有一個場景：辭工照顧女兒的金智英，在買咖啡時被白領取笑為「媽蟲」（形容依附於丈夫的家庭主婦）。家庭主婦遭受歧視，皆因人們認為她們只能依附於丈夫，無法為家庭與社會作出貢獻。那職場女性的待遇又如何呢？根據經濟合作與發展組織（OECD, Organisation for Economic Co-operation and Development）會員國的排名，韓國的「性別工資差距」穩居 OECD 國家中首位，高達 34.6%。而據韓國勞動社會研究所數據分析，2019 年 8 月份的女性勞動者，平均月薪為 202 萬韓元，男性則是 315 萬韓元。由此可見，韓國職場不公情況十分嚴重。韓國的平權，已發展到了畸形的地步。女性在職場上受到不公平對待，但社會又普遍鄙視家庭主婦，女性彷彿無論選擇哪種身分，都得不到社會認可。



▲《82 年生的金智英》書本封面

## 從「逃離束身衣運動」看厭女

在 2020 東京奧運中，韓國射箭運動員安山勇奪三金，卻遭受韓國男性主義者攻擊，要求收回獎牌。為甚麼呢？

根據日本化妝品公司 Kanebo 的一項調查結果，韓國首爾女生耗費在化妝上的時間與使用化妝品的數量，均位列世界第一。其背後原因是，只要韓國女性不符合大眾審美觀，就會受到公眾批判。因此韓國女性都十分注重外表。韓國女權主義者 2018 年發起的「逃離束身衣」(Escape the corset) 運動，呼籲女性挑戰傳統的「美麗價值」，跳出「美」的束縛，毋需盲目追求纖細的身材、白皙的皮膚。

安山選手受到攻擊，只因她留了一把極短頭髮；而「逃離束身衣」運動，則宣揚女性短髮素顏的形象，以抵抗整容和化妝文化，及傳統審美觀。因此，「超短髮」就被視為活動的象徵。

「美」該如何定義呢？或者「美」是否需要定義呢？不符合「美」的女性，是否就理所當然被人嫌棄？以上問題都值得我們深思。

當然，韓國的厭女文化並非個例，「厭女」的陰霾仍籠罩着許多國家。就連宣揚平等的西方國家，也能從社交平台上，看到男性大肆批評女性外表的情況。啟蒙思想家蒙田說：「我認為男性和女性是同一個模型製造出來的。如果不看風俗教育，兩性的區別不大」。誠然，兩性生理上的差異是不可忽視的。但是，男性真的優於女性嗎？不過，平權從來都不是要女尊男卑。平權的內核是「尊重」，所謂尊重，無非就是重視對方的價值，理解個體的差異。希望大家能多欣賞別人的優點，接納個體的差異。



▲ 社交網絡平台上有關逃離束身衣運動的圖片

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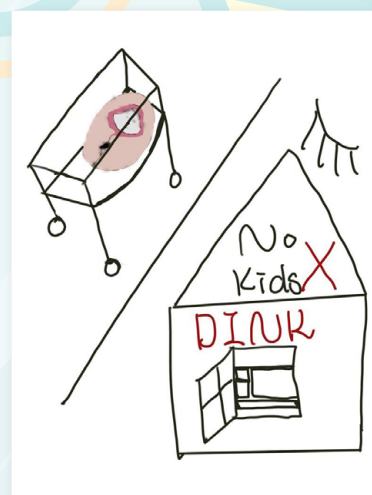
# 沒有孩子的家庭——

# 就是丁克家庭？

崔芷琪 4A

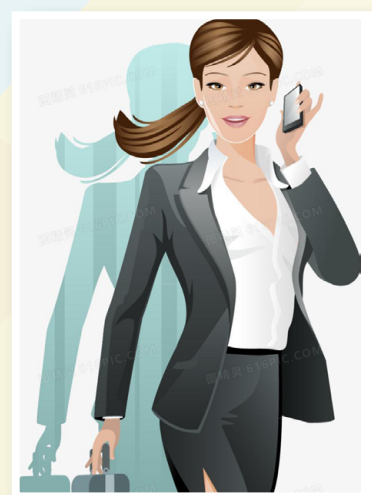
近年，「丁克家庭」這個名詞，越來越多地出現在主流輿論中，但人們對它的看法卻走向兩極。「丁克」，由英文 DINK（即 double income, no kids）翻譯而成，意指沒有孩子的雙收入家庭，是一種新興的家庭模式，自 1980 年起，由歐洲傳入亞洲。根據香港 2016 年中期人口統計，沒有 15 歲以下兒童的家庭住戶比例，由 2006 年的 70.4% 顯著增加至 2016 年的 76.9%。

前段時間，學者儲殷教授曾就「丁克」這個話題發佈了一條視頻，言論中提出了對「丁克」家庭模式的負面看法。他表示：「丁克對抗的是人性，人類有基因複製，有繁殖的自然衝動……如果有人跟你說，我們眼前吃好喝好玩好，提高生活質量就行了，為何要孩子？說起來好像特別理性，但實際上他是一個特別任性的人。」他認為選擇「丁克」的人群只顧著眼前短暫的娛樂，沒有考慮長遠的利益，只是頭腦一股熱的任性。他認為選擇「丁克」的人最終不能戰勝人性，而這個人性，正是埋在人類骨子裡的繁殖慾。然而，選擇「丁克」模式的人，真的是這樣想的嗎？



## 為甚麼越來越多人選擇「丁克」家庭模式？

首先，我們可以先探討一下整體經濟環境變化，對人們生育意慾的影響。香港從前是一個漁港，每家每戶都需要較大量的人力，才能維持生計，因此，上幾輩的人，家中總會有很多兄弟姐妹，以為家庭提供勞動力。從前，人們首要關注的是能否生存，不會過於在意生活質量。只要有一口飯吃，便能繼續工作。但現今的香港，已發展成為一個以第三產業為主的社會，服務業佔本地生產總值 93.4%。隨著工業不斷發展，很多需要大量勞動力的行業，逐漸由機器代替人力，如農業、紡織業、傳統製造業等，大部分皆已自動化。當整體經濟環境減少對勞動力的需求時，也就代表了人們不需像以往一般，需付出較多的力氣，才能生存下去。人們因而有更多的時間及精力，去追求更高質量的生活。而此時，家中有孩子，就代表了會多一份龐大的支出。根據香港智經研究中心在 2017 年所設計的育兒成本計算器得出的數據，養育一個孩子，從出生那刻到大學畢業，大概需要港幣五百萬到六百萬元。這可不是一個小數目，很多人即使窮盡一生，都未必能賺到這麼多錢。故不少人認為，倘若選擇「丁克」家庭模式便能省下這些錢，讓自己去追求更美好更高質量的生活，那又何樂而不為呢？可能有人會認為，這個觀點不就是跟儲殷教授的看法一樣嗎？其實兩種看法本質是上有所不同的。儲殷教授認為人們選擇「丁克」模式，只是為了眼前的快樂而不想未來的後果。但是「丁克」人群卻認為是為了日後能活得更輕鬆、更幸福，才選擇了「丁克」這種家庭模式。因為一旦孩子出生了，人們就不容後悔了。





其次，香港百物騰貴，要維持高生活質量，往往需要付出龐大的代價，當中又以買樓供樓最為吃力。在香港，一般而言，樓價中位數比家庭入息中位數高 23.2 倍，普通市民不吃不喝，沒有任何支出也需要 23 年才能「上車」？高昂的樓價，已成為市民心中的一塊大石頭，壓得人們都喘不過氣來。房子相當於一個生活質量的保障，沒有房子，人們也不敢輕易生孩子。因為在不能確保下一代有良好的生活質量的前提下，「丁克」家庭模式是一種雙贏，自己不用為孩子負責，孩子也不用受罪。因此，本地樓價高昂，又何嘗不是促使更多人選擇「丁克」家庭模式的原因呢？

此外，傳統價值觀念的改變，也加速了「丁克」觀念的傳播。傳統觀念中，人們總以家庭為先，認為必須有下一代才對得起列祖列宗。誠如《孟子·離婁》中寫道：「不孝有三，無後為大」，傳宗接代的觀念，已在人們的思想中存活過千年，根深蒂固。但隨著科技發展，網絡越加發達，人們的思想愈來愈開放及多元化，傳統觀念慢慢地改變了。越來越多人以個人利益為先，專注享受自己的生活。他們的人生更趨多面，不需再依循年齡而安排生活，傳宗接代不再是人們必要的任務。當人類能接觸到的知識變得更多，意味著不再無知。他們的每個選擇，都經過不斷的考量研究，才做出最符合他們自身利益及思想的抉擇。顯然，「丁克」人群並不如儲殷教授形容般任性，他們只是選擇了最適合自己的生活方式。

最後，女性地位的提升也令更多人選擇「丁克」家庭模式。自第一次世界大戰後，更多女性接受教育，有學習的機會、有獨立生活的能力、有穩定的收入、有選擇生活的權利，女性地位逐漸提升，社會亦認同了她們的貢獻。此外，她們也認識到生育可能對身體帶來的傷害，例如增加盆腔器官脫垂的風險、容易誘發妊娠期糖尿病、增加排便功能異常的風險等。因此為自己的身體著想，女性便選擇「丁克」家庭模式。再者，選擇生育的女性需要面對「產假福利」。女性在產假期間如果失去工作機會，在社會發展迅速的今天，一旦脫離事業一段時間，崗位很容易由後繼的人頂替，或因而錯失晉升的機會，甚至失去了工作，失去了收入。若然回歸家庭相夫教子，這顯然並不是當代獨立女性所追求的生活。設身處地思考，便會發現女性選擇「丁克」家庭模式的原因，只是為了對得起自己前半生的付出。她們選擇了過自己理想的人生，不需要再依循社會固有的模式生活。

選擇「丁克」的家庭，都有各自的考量。無論如何，選擇「丁克」模式與否，純屬個人自由，我們不應隨意批評他們，也不要逼迫別人作出同樣的選擇。面對旁人選擇不生育，即使不贊成別人的選擇，也要尊重別人的選擇自由，和而不同，體諒包容。

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3. 在香港，養一個孩子要花多少錢？ (<https://ppfocus.com/0/end19aa2d.html>)
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5. 生孩子對身體傷害到底有多大？看完才知道母親的偉大 (<https://kknews.cc/baby/3mnvno8.html>)
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# 就失德藝人復出一事， 論藝人的道德標準

黃嘉敏 4C

## 「塌房」<sup>(註1)</sup>

「塌房」一詞，近年來頻繁地出現在社交媒體上，特指自己的偶像遭揭發負面新聞，導致其形象受損、「粉絲」流失。藝人的醜聞大多由受害者於網上曝光，輿論經過發酵後，真相逐漸浮出水面，最後由相關政府部門介入調查。由於藝人擁有較高關注度，且指控中有爆炸性內容，事件往往引起軒然大波。本以為這些藝人的演藝道路戛然而止，卻未想到近來不少失德甚至犯罪的藝人，頂著輿論壓力復出。他們是否應該再次出現在公眾面前？又是甚麼使他們能站在風口浪尖卻屹立不倒？

## 「失德」

藝人不當行為東窗事發後，被指控的藝人，會在社交平台上加以解釋或辯護。一些藝人甚至會買「水軍」<sup>(註2)</sup> 操控言論風向，企圖誤導大眾。但天下哪有不透風的牆？當證據確鑿，無法再爭辯時，劣跡藝人便會名譽盡毀、失意離場。

藝人對醜聞的應對方法，會影響公眾對他們的觀感。如果藝人可以及時察覺自己的過錯，並誠懇地向受影響者或公眾道歉，雖無法改變犯錯的事實，但也有可能獲得原諒；反之，則會成為人人喊打的過街老鼠。

## 「藝人的道德標準」

藝人是人們追捧的對象，對公眾有很大的影響力，無數忠實粉絲視他們為偶像，他們的一舉一動都會變成潮流。如果他們不恰當的行為受粉絲包容甚至模仿，這將會為社會帶來沉重代價。因此，有些人認為公眾人物應該承擔更高的社會責任，成為民眾的道德模範。

但事實上許多藝人無法抵受糖衣炮彈的引誘，利用勝於常人的資源和名氣作奸犯科，例如吸毒、逃稅、嫖娼等；亦有藝人罔顧倫理道德，例如辱國、插足他人的感情、學術不端等。藝人的名聲和地位都來自於民眾的支持，我們絕不能容忍藝人以自身為例，散播不良價值觀。因此，我們應予以強烈譴責及使其承受應有的法律責任，以保護民眾的利益。

## 「失德明星復出」

由於大部分藝人在負面事件曝光後，沒有採用正確處理方式，致使公眾對於他們的印象趨於負面，而他們想繼續在演藝界立足也難比登天。

選秀出道的歌手孟美岐，近日被指控介入製作人陳令韜的感情。陳令韜女友在網上發文聲討兩人的失德行為，並放出微信聊天截圖，指控孟美岐疑似在得知男方有女友的情況下，依然插足男方感情。事件剛發酵時，微博熱搜短時間內消失不見，各個社交平台上相關討論帖慘遭刪除，不禁讓人懷疑是藝人的經紀公司在幕後操縱，希望能降低公眾對事情的關注和討論。這種規避行為引起了全網的關注，討論帖愈刪愈多，孟美岐在壓力下終發文道歉。

失德藝人能夠在娛樂圈立足，離不開資本<sup>(註3)</sup> 的支持。經紀公司傲慢地認為，只要給失德藝人更多資源，增加曝光機會，就能給他們建立高尚的形象，讓大眾忘記他們的罪行。可是觀眾是明智的，他們不會支持劣跡斑斑的藝人，因此孟美岐最近上映的電影受到抵制。由孟美岐主演的電影《我心飛揚》，首日上映票房不足三百萬，預計總票房不足三千萬，電影院上座率在同期上映電影中墊底，可見民眾對失德藝人的反感。



▲ 知名歌手吳亦凡因涉嫌強姦案，其短視頻及影視綜藝節目被國內所有平台封禁

那麼，藝人一旦犯錯，是否意味著永遠失去站在鎂光燈下的資格呢？一味否定所有失德明星復出，未免有些偏頗。我認為失德藝人是否有資格復出，取決於他「失德」的嚴重程度、是否改過自身及公眾對藝人的評價是否正面。

根據中華人民共和國國家新聞出版廣電局辦公室於 2014 年 9 月 29 日下發的《國家新聞出版廣電總局辦公廳關於加強有關廣播電視節目、影視劇和網絡視聽節目製作傳播管理的通知》，我國暫停播出有吸毒、嫖娼等違法犯罪行為者為主創人員參與製作的電影、電視劇、各類廣播電視節目以及代言的廣告節目。其後，中央網信辦秘書局於 2021 年 10 月 26 日下發《關於進一步加強娛樂明星網上信息規範相關工作的通知》，提出應嚴格管理違法失德明星藝人帳號，對違法失德明星藝人採取聯合懲戒措施，全網統一標準，嚴防違法失德明星藝人轉移陣地、「曲線復出」。

在現今規定下，違法亂紀、作出嚴重損害社會行為的藝人，不但要在大眾視野當中消失，亦失去在社交平台宣傳的機會，復出無望。至於藝人犯下不涉及法律責任的失德行為，我們應自行判斷是否觀看有關藝人的節目。每個人或多或少都會犯錯，如果犯法或失德的藝人願意痛改前非、真心悔改，且其補救行為或對社會的貢獻廣泛地獲得認同和備受讚賞，國家及大眾應該給予他們一個改過的機會，鼓勵其他犯法或失德的藝人積極效仿；否則，應該使用「封殺」等懲戒措施，以儆效尤。

也許我們不能直接控制失德藝人能否復出，但藝人所擁有的鮮花和掌聲都是大眾給予的。藝人失去觀眾的支持，將無從獲得成就。因此，我們都應該把握投票和選擇的權利，每一個點贊、每一次點擊、每一張電影票都代表著我們的立場。若我們不再支持失德藝人，他們便會失去生存空間，資本也會因無法從他們身上獲利而放棄他們。

最後希望大家能理性地面對藝人失德事件，不要輕易相信媒體或網友的推測，亦切勿濫用網絡上匿名發言的保護功能，對別人進行人身攻擊，甚至製造網絡暴力。每起失德事件的真相，都有大眾無法觸及之處。每次討論，我們應當以事論事，表達大眾對失德事件的關注，而不應將個人情緒帶入事件的討論當中。今後大家當以失德事件為鑑，努力培養個人品德，做一個知法守法的良好公民。



▲ 電影《我心飛揚》截止 2022 年 2 月 25 日的票房情況

## 註釋：

1. 「塌房」：偶像被揭發負面新聞（另有說法為爆出偶像戀愛的消息），導致其形象受損、粉絲流失。
2. 「水軍」：網絡打手，為了利益而在互聯網上發表具傾向的評論，並為僱主搖旗吶喊的人員。
3. 「資本」：經營工商業的本錢，擴展解釋為用金錢和資源支持藝人的公司或集團。

圖片：

電影《我心飛揚》截止 2022 年 2 月 25 日的票房情況

[https://www.sohu.com/a/525455928\\_442458](https://www.sohu.com/a/525455928_442458)

知名歌手吳亦凡因涉嫌強姦案，其短視頻及影視綜藝節目被國內所有平台封禁

<https://finance.sina.cn/2021-08-20/detail-ikqcyzm2549616.d.html>

資料來源：

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<https://www.chinacourt.org/article/detail/2021/10/id/6339799.shtml>

2. 百度百科，塌房（網絡流行語）

<https://baike.baidu.com/item/%E5%A1%8C%E6%88%BF/59872724>

3. 維基百科，網絡打手

<https://zh.wikipedia.org/wiki/%E7%B6%B2%E7%B5%A1%E6%89%93%E6%89%8B>

4. 漢語詞典，資本的意思

<https://www.chinesewords.org/dict/285933-189.html>

5. 《國家新聞出版廣電總局辦公廳關於加強有關廣播電視節目、影視劇和網絡視聽節目製作傳播管理的通知》

<https://baike.baidu.com/item/%E5%9C%8B%E5%AE%B6%E6%96%B0%E8%81%9E%E5%87%BA%E7%89%88%E5%BB%A3%E6%92%AD%E9%9B%BB%E8%A6%96%E7%B8%BD%E5%B1%80%E8%BE%A6%E5%85%AC%E5%BB%B3%E9%97%9C%E6%96%BC%E5%8A%A0%E5%BC%B7%E6%9C%89%E9%97%9C%E5%BB%A3%E6%92%AD%E9%9B%BB%E8%A6%96%E7%AF%80%E7%9B%AE%E3%80%81%E5%BD%B1%E8%A6%96%E5%8A%87%E5%92%8C%E7%B6%B2%E7%B5%A1%E8%A6%96%E8%81%BD%E7%AF%80%E7%9B%AE%E8%A3%BD%E4%BD%9C%E5%82%B3%E6%92%AD%E7%AE%A1%E7%90%86%E7%9A%84%E9%80%9A%E7%9F%A5/15874110>

6. 《關於進一步加強娛樂明星網上信息規範相關工作的通知》

[http://www.cac.gov.cn/2021-11/22/c\\_1639177815325970.htm](http://www.cac.gov.cn/2021-11/22/c_1639177815325970.htm)



# 藏於香港歷史建築背後的 昔日硝煙

曾宇欣 5D

時鐘滴、答、滴、答地響著，分針兢兢業業地走過一圈又一圈，牆上日曆被撕下一頁又一頁——時光荏苒，我們已經來到了 2022 年。21 世紀的香港，科技發展日新月異，高科技技術的應用早已十分普及。城市中樓宇高聳入雲、馬路上車輛川流不息……這些景象似乎告訴我們，過去數千年人類歷史上，數不清的、充滿硝雲彈雨的戰爭，已經與我們相隔千里之遙。但實際上，在這個現代化的都市中，許多曾在百年前經歷過殘酷戰爭洗禮的歷史建築，至今依然屹立不倒，值得世人緬懷、珍惜。

## 香港浸會大學視覺藝術院（前身：皇家空軍軍官俱樂部）

香港浸會大學視覺藝術院，前身為啟德皇家空軍基地中的皇家空軍軍官俱樂部，坐落在牛頭角觀塘道 51 號，於 1934 年落成，已有將近百年歷史，是名副其實的歷史建築。這是一座兩層高的長型遊廊式建築，設計富有裝飾藝術風格，主色為簡潔純淨的白色，在主建築旁，則設有半圓形軍營和防空洞。

這座位於空軍基地中的建築，曾於 1941 年爆發的香港保衛戰中，被日本皇軍以數十架轟炸機轟炸。面對戰鬥力極佔優勢的日軍，英國空軍無力招架，更失去制空權，最後日軍佔領空軍基地，將其改為憲兵部。直至 1945 年，英國再次對香港恢復行使主權，空軍基地才恢復為皇家空軍基地，而這座兩層高的建築亦重新恢復為軍官俱樂部。

21 世紀初，政府撥款將空軍宿舍主樓和附屬建築修復為視覺藝術院，供給學生使用。這項修復工程在 2009 年獲得了「亞太區文化遺產保護獎」，有關建築物更被評為一級文物保護建築，極具歷史價值。



▲ 香港浸會大學視覺藝術院



▲ 啟德皇家空軍基地

### 實地遊蹤：

我從典雅的純白遊廊走到一旁的防空洞，看到充滿藝術色彩的華麗建築，亦看到用作戰爭避難所的防空洞。這兩個外表和用處都大相逕庭的建築建於一處，使高雅和殘酷互相碰撞，歷史的沉重霎時展現在我眼前，我彷彿踏上了時光機，被載回到近百年前親眼見證那殘酷戰爭般……親身遊覽歷史建築，令我恍如身臨其境，對歷史事件的了解亦隨之更上一層樓，可謂是不枉此行呢。



## 茶具文物館（前身：舊三軍司令官邸）

茶具文物館位於香港香港島中西區，中環紅棉路 10 號，於 1846 年落成，樓高兩層，是仿照英國格林威治皇后宮設計的古建築。

這座歷史悠久的建築，前身為域多利軍營的舊三軍司令官邸，於 1941 年香港保衛戰期間，樓頂曾被日軍以炮彈炸毀，其官邸更於香港日佔時期被日軍佔用。直至 1945 年香港日佔時期結束，英軍重新整修該建築及其陳設，最後重新恢復為三軍司令官邸。

其後在 1984 年，由於官邸具有建築特色和歷史意義而得以保留，改作現今的茶具文物館。茶具文物館更在 1989 年更被列為香港法定古蹟，可見其歷史意義非凡。茶具文物館的兩層展館，共劃分為六個展區，分別展出由唐代至近代的各式茶具，亦展出中國的陶瓷和印章以供觀賞。

### 實地遊蹤：

我推開沉實厚重的木門，正式進入了古色古香的茶具文物館。茶具文物館的玻璃櫥櫃內，展出了多個古代茶具，亦有茶具愛好者親手製作的特色茶具。它們的色彩鮮豔跳脫，與素雅的傳統茶具有着不少的分別。除此之外，館內亦展出多項有關茶的知識展板，更附上古往今來喜愛品茶的名人對茶葉的鑑賞。遊覽茶具文物館，令我對茶與茶具的歷史和發展有着深一層認識之餘，更從源遠流長的歷史發展中，感受到了時間雖如滾滾洪流般瞬息而過，但曾發生過的歷史事件，都會像館內珍藏的古代茶具般，永遠在世間留下痕跡，不曾消逝。



▲ 茶具文物館外觀



▲ 域多利軍營



▲ 格林威治皇后宮



## 海防博物館（前身：舊鯉魚門砲台）

香港海防博物館，位於香港東區筲箕灣東喜道 175 至 177 號。全館面積約 34200 平方米，前身為逾過百年歷史的舊鯉魚門砲台。館中的岬角頂部，曾矗立着砲台防衛體系核心的堡壘，而在堡壘以下的山腰則築有中央砲台和西砲台，更建有地下彈藥庫和炮彈裝配室。

1941 年 12 月，經過連日的隔海砲戰，日軍成功在筲箕灣譚公廟一帶登岸，其後更對鯉魚門軍營進行連番炮轟。隨著敵軍加強兵力，鯉魚門堡壘終於不敵日軍而失守，最後遭實力強大的日軍成功攻佔。直至四年後英軍重佔香港，鯉魚門軍營就成為操練場及軍人宿舍。

而在 1993 年，政府鑒於鯉魚門砲台具有歷史價值及建築特色，將其改建成以軍事防衛歷史為主題的博物館，成為如今的海防博物館。在 2000 年，這曾經歷戰爭的百年建築，獲香港建築師學會頒發周年大獎銀等獎，其建築設計最終得到了嘉許和承認，使鯉魚門砲台更添歷史價值。



▲ 海防博物館



▲ 海防博物館中的砲台

### 實地遊蹤：

我站在海防博物館中的砲台上，海風拂過了耳畔，我看着碧綠的海面，享受着那靜謐的一刻。但我知道這一片祥和的畫面，在近百年前可謂是極為奢侈。這裏曾經爆發過一輪又一輪的戰爭，承受過一次又一次的炮轟……在遊覽海防博物館後，我強烈地感受到如今的和平是珍貴的，是以血、汗和淚組成的，我想，這樣深刻的感受，只能在親身探索歷史建築後，才能有所共鳴吧！這絕對是單純查閱資料所無法比擬的。

在百年前，那些槍林彈雨中產生的硝煙戰火、無盡人民流下的鮮血，以及無辜逝去的生命，都曾藉着以上建築，得以見證：也許是當時「拋頭顱、灑熱血」的軍人、也許是震耳欲聾的槍火炮聲、也許是被染上鮮血的一方寸土……可惜，隨著時空轉換，這些見證與痕跡，都已相繼流入歷史長河了。我想，或許唯有仍屹立不倒的歷史建築，可以在百年後證明那些為戰爭所留下的鮮血，以及為保家護國而鞠躬盡瘁的英魂，曾經存活於世上；哪怕彈孔被填滿，鮮血被洗淨，這些事實都不會改變。

作為城市的一分子，我們也應成為以上歷史的載體。因為只有親身探索過，歷史才能轉化成個人回憶，希望同學閒暇時，也能親身探訪以上的歷史建築。透過這些歷史建築，相信大家能從中窺探到在近百年前，戰爭曾真實地在香港發生，而我們應該明白，前人開拓的大好河山、康莊大道，皆是由血肉之軀所築成的！和平並非必然，我們應當竭盡所能，以維護和諧共融的社會——讓這來之不易的和平得以延續。

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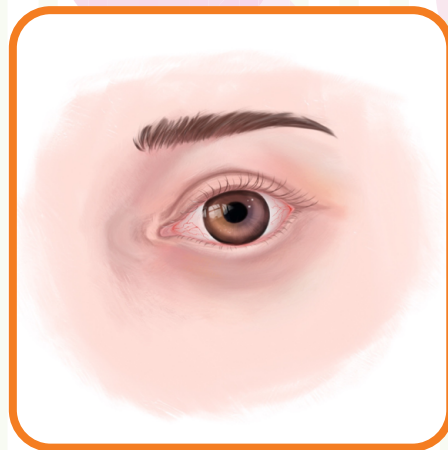
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# 愛護眼睛，你我同行

余秋儀 5D

疫情如蝗蟲過境，無所忌憚地在全世界蔓延。疫情籠罩下的香港，人心惶惶。人們無法出門，見不到親友，學校停課，林林總總的問題，因著疫情的肆虐而漸漸浮出水面。聰明的人類也想到了不同的應對方法：無法出門？那就網上購物；無法見到親友？那就用視頻聊天；至於學校無法面授課堂，那就改為網上授課。不同的網上授課軟件，也因為發現商機而如雨後春筍般冒出來。自網課誕生後，學生面對的不再是老師和同學們的笑臉，而是冷冰冰的手機，電腦或平板電腦。因為上網課的關係，學生使用電子設備的時間，往往變成每天需五個小時起步。這些日子以來，每天「機不離手」的情況，大家都已經習以為常。但長時間看手機的生活模式，對我們的眼睛到底有甚麼損傷呢？



▲ 充滿紅血絲的眼球

眼睛是人體上最脆弱的器官之一，在我們享受著電子設備帶給我們便利的時候，電子設備給人眼睛所帶來的傷害，也不容忽視。不少電子設備使用者，都會出現不同程度的眼睛乾澀，甚至是疼痛等。根據《人民日報》報道，人的眼睛在正常視物的情況下，每分鐘平均眨眼約 20 次。但當他們凝視電子設備屏幕的時候，眨眼的次數會大大減少，最少的時候，一分鐘只眨眼兩到三次。當眨眼的次數過少，而眼睛又長時間暴露在外，得不到滋潤時，淚液蒸發就會較多。這時候，眼球表面的淚膜，會出現極不穩定或覆蓋不均的情況，眼睛就會變得異常乾澀，視線模糊，甚至出現流眼淚，以及感到有異物的狀況，使人容易患上乾眼症或其他視力問題。



▲ 乾眼症症狀

「眼睛乾澀，用眼藥水或洗眼液滋潤一下就會變好。」相信很多人都會這樣想吧。但是市面上大多的眼藥水都是含有防腐劑的，長期使用或對眼角膜上皮造成損害。而且不同的眼藥水也有不同的用處，若沒有「對症下藥」，長期不當地使用，只會加劇對眼睛的損害，使乾眼症越來越嚴重。據 2011 年《星島日報》報道，有研究表明全港有 7.7% 的市民患有乾眼症，即全港約有 55 萬名患者。直到今天，相信患者數字只會有增無減。

眼睛乾澀並伴有異物感，令人並不好受。誰會希望自己的眼睛感到不適？但在科技發達的時代，人人每天幾乎都機不離手，那我們應該怎樣保護自己的眼睛呢？正所謂「預防勝於治療」，我們應該及早預防，以減少患上乾眼症的情況。



要預防乾眼症，首先就要從環境入手。在一個乾燥的環境長時間看手機，只會令到眼睛更加乾澀。故我們應該避免在空調房，或開著抽濕機的地方長時間專注用眼。其次，就是要控制用眼的時間。長時間專注用眼，也是導致乾眼症的主要原因之一。

但是上網課無可避免，我們又怎樣才能減少對眼睛的傷害？第一，我們應該把電子設備或書本和眼睛保持 60 厘米的距離；第二，避免光源從頭頂上方照射而造成反光，這樣會使屏幕不清晰，使眼睛更容易疲勞；而且反射的光，也更容易刺激眼睛。第三，在凝視電子設備的同時，應當留意以及保持眨眼的頻率，以保障眼睛得到足夠的滋潤。第四，每當使用了一個小時的電子設備後，就應當讓眼睛稍作放鬆，可以看看遠處的風景或綠色的植物。同時，我們也可以把雙手搓熱，然後敷在眼睛上，此舉能有活血的功效。最後，在飲食方面，我們可以多吃富含維生素 A 的食物，例如魚肝油、紅蘿蔔等。維生素 A 有保護眼睛的功效，很多夜盲症和乾眼症的患者，都是因為眼睛缺乏維生素 A 而患病。當然，若然不幸患上眼疾，便應該及時就醫，而非隨便購買市面上的產品。

眼睛是讓我們看清這個世界的窗戶，我們應該要好好保護這扇窗戶。即使我們或許無法改變現狀，但我們可以保護自己的窗戶，不讓窗戶蒙上灰塵。所以從現在開始，我們齊來護眼吧！

**6 今健康**

## 乾眼症分 3 大類型， 低頭族是常見主要族群！

缺水性	缺油性	混合性
 眼部缺水，容易乾澀	 眼部缺油，不易保濕	 綜合兩者
人為因素 	低頭族、隱形眼鏡族、畫眼妝等。	
生理因素 	眼部老化、更年期、自體免疫疾病。	
環境因素 	風大、冷氣強、低溫、低濕等。	

資訊來源：珍世明眼科診所院長 王孟祺醫師

今健康

### ▲ 導致乾眼症的因素

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# 淺談《進擊的巨人》中所隱含的存在主義思想

羅若曦 5A

《進擊的巨人》（以下簡稱《巨人》）這部漫畫所描繪的世界無疑是殘酷的。由最初人與巨人之間的對抗，到之後人與人之間的戰爭，死去的人多不勝數，痛苦不曾停止。在巨大苦痛前，漫畫人物的生命如螻蛄般脆弱渺小，每天都要面對死亡的威脅。那他們活著，到底有何意義呢？

在《巨人》137 話開篇，吉克和阿爾敏展開對「存在意義」的探討：吉克認為人活著早晚終有一死，對抗恐懼，結果無論輸贏，最後必然是死亡。因此，「對抗恐懼」的一切行為都是虛無的，人活著所做的一切也是虛無的。而阿爾敏認為，或許我們活著所做的一切毫無意義，或只是面對漫長歷史長河中微不足道的一筆，但這些毫無意義又細微瑣碎的事情——雨天待在家裏看書、和朋友一起在夕陽下賽跑……正是讓我們覺得值得一活的原因。到底生命存在的意義是甚麼呢？

## 殘酷的世界

在談論「存在意義」之前，我們可將目光先放在世界的本質上——「荒謬」。「荒謬」一詞，在存在主義中，是用來形容生命無意義、矛盾的、失序的狀態。

「每個人都是某些事物的奴隸，大概不找個東西讓自己沉醉，人類就沒辦法活下去。」人總是在尋求活著的意義，力證自己所做的事是「有價值的」。在這部漫畫的第一話中，一位殉職調查兵的母親，希望兒子的犧牲是有意義的，但其實他的犧牲，沒有為尋找世界的真相作出絲毫貢獻；馬雷戰士萊納堅信自己是能拯救世界的天選之子，潛伏帕拉迪島。但隨著與島上「惡魔」的日夜相處，他開始懷疑一直信奉的帕拉迪島威脅論。信仰的崩塌讓他意識到「荒謬」，也使他失去了求生的意志。

我們和書中人物，在某程度上也並無不同，也是某件事物的奴隸。我們都是希臘神話中，那推著巨石的薛西弗斯，山頂上是學業、工作、成家等各種「成功」指標。我們總認為推石所受的苦難，是登上頂峰的代價，因此不斷重複著將巨石推上山頂，待其滾回山下，又再推上山的動作，工作無論多辛苦，仍甘之若飴。結果，伴隨最後一次大石滾落便是死亡……我們撕開「希望」與「意義」的謊言，撲面而來的是荒謬和殘酷。



▲ 殉職調查兵的母親，向調查兵團團長詢問兒子的死，有沒有為人類瞭解巨人作出半分貢獻。



▲ 萊納受荒謬與負罪感所折磨，欲吞槍自殺。



## 存在與選擇

說到底，世界的殘酷與荒謬，其實源自於我們那顆追求意義之心。但既然人生「無意義」，那我們活下去的理由是甚麼？意義又是甚麼？

正因為存在本身「無意義」，我們才可以自由地賦予其意義，而賦予意義的具體表現，便是作出忠於自己的選擇。沙特認為存在先於本質，人首先存在，再透過各種選擇來決定自己最終是怎樣的人。我們不是天生就是授予任務的執行者，艾爾迪亞人不是天生的惡魔。我們出世，投生到這個世界來，即使受到各種限制，仍盡最大努力發揮自己的潛能，作出各種選擇。這是對自己人生負責的表現，而只有這樣做，人才能實現真正的自我。

不過，我們對待人生的態度，時常會受到他人干預（如讀「神科」、成家等），甚至被逼作出違背自己個性、道德思想的選擇。有人認為自己這樣做是「被逼的」，強調選擇所帶來的結果，責任不在自己身上，而在於逼迫自己的社會、父母、朋友。但其實當你放棄選擇權並將其交到別人手中，就已經是一種選擇，人必須承受自己選擇所帶來的後果。

## 反抗與自由

有人認為，即使我們有自由去決定自己想做的事，但結果其實不一定比我們將選擇權交給別人理想。事實上，即使我們有選擇的自由，但這並不意味著我們可以為所欲為，也不意味著自由選擇過後結果是令人滿意的。就像艾倫選擇相信里維班的同伴，最終卻導致他們全軍覆沒。我們確實有自由，但卻必須承擔選擇所帶來的果，這就是沙特所說的「絕對自由」。我們享受著選擇的自由，卻無時無刻、無可避免地，不被這種自由所折磨，因為我們知道自己必須為所做的一切負責。這時候，自由更像是對我們的一場懲罰。那既然如此，我們為甚麼還要作出忠於自己的選擇，而不是跟從一條不一定令自己快樂，但至少有保障的道路呢？

忠於本我，敢於直面、質疑人生的本質，尋求選擇的自由，至少，這是一場勇敢無畏的反抗，一場敢於對抗荒謬的反抗。反抗讓我們獲得真正的自由，不再是某些事物的奴隸，不再被大他者掌控自己的人生。我們終有自由意志，可以做出忠於自己、無悔的選擇。選擇所帶來的果，是我們注定要承擔的。或許我們作出選擇後會迷惘、會後悔，但至少在自我覺知的時候，想到的不是遭異化的自己，而是由自己塑造的自己。

最後，願我們都能擺脫荒謬，像《巨人》中插曲《Barricades》的歌詞般：「我們必須學會聽從自己的意志，擺脫高牆的束縛和思想的枷鎖，無拘無束地活下去」！



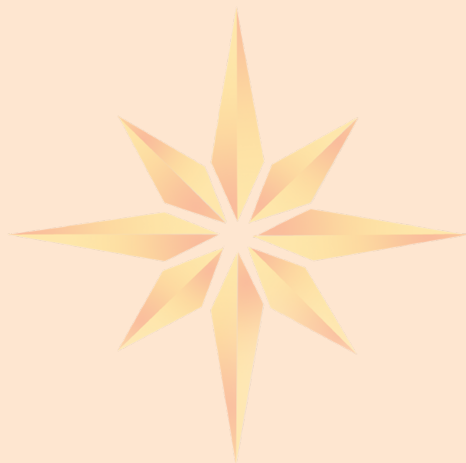
▲ 艾倫在面對女巨人的追擊時，陷入選擇相信自己，還是相信同伴能力的兩難局面中。

資料來源：

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