

True Light Girls' College  
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# 迴響



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After over a decade as our Principal, Mr. Tam Kim Hung is announcing his retirement from this role in the coming school year. Having joined our school as a Mathematics and Religious Studies teacher in 1990, Mr. Tam has served our school for over three decades and guided both our school and our students through significant growth and development. Under his tutelage and leadership, True Light has flourished and students have gained memorable experiences and golden opportunities alike.

We were honoured to be able to interview him for some of his insights on learning and teaching, and receive some words of wisdom from him.

## Interview with Our Retiring Principal, Mr. Tam

Law Hiu Nam Renee (5B), Wong Yin Ching Esther (5B)

**Student Reporters:**  
**Mr. Tam:**

**When did you start teaching in True Light?**

I started teaching in True Light in 1990, but it was not the first time I had visited the school. Back when I was in secondary school, I joined a science competition which was held at True Light. What I clearly remembered were the five words “爾乃世之光”, which was back then hung in the front instead of the back of the hall, and those words left a strong impression on me. A decade later, I returned for my interview with our Founding Principal Ms. Ko Man Wan, and became a teacher in True Light in the September of 1990.

**Student Reporters:**  
**Mr. Tam:**

**What was your first impression of True Light when you first joined?**

I first met True Light students in August 1990 in a Student Fellowship session. I could see that they were respectful, proactive and warmhearted girls. Later I was assigned to be a Form 4 class teacher, and I saw how passionate and devoted the students were to the school. They had great relationships with each other, committed their time to studies, participated in activities enthusiastically and paid attention in class.

**Student Reporters:**  
**Principal:**

**What are the differences between the girls earlier and today's?**

I think there are more similarities than differences. Students are still obedient, decorous and polite. I would say a difference is that students nowadays are more zealous in joining various activities. As the time changes, they have more opportunities to showcase their talents. Before, we see that the most talented students are those who got good grades. But now, we see gifted students who are good at singing, dancing, some even representing Hong Kong in different sports like rowing.

**Student Reporters:**  
**Principal:**

**What is your most memorable experience in True Light?**

Back in the days of being a teacher, I really enjoyed having lessons with my students. Seeing students concentrate in class, explaining Mathematics to them, noticing their enthusiasm towards studying were all priceless memories. I was also a fellowship teacher. We spread the words of God to students and even led them to believe the gospel of Christ. After they graduated, they kept being the light of the world. It makes me feel rewarded every time I listen to their journey of finding faith in God.

As Principal, some of my most memorable moments were arranging different events for students; one of the examples being the exchange tours. Before the pandemic, we arranged tours to Canada, Australia, Japan, music tours to Vienna and various STEM tours. During these tours, I had the chance to chat with students in a more casual environment. Other memorable events were the musicals held during special occasions. Every guest praises the hard work of our students, and it makes me feel proud to be the Principal of this school.

**Student Reporters:**  
**Mr. Tam:**

**What are your favourite qualities of True Light students?**

As you may know True Light students have 12 amazing qualities, and I chose 3 of my favourites to share with everyone. These three qualities can be represented by one

acronym, "ART". A is for Altruistic, which means that they are willing to sacrifice for others. I remember when some guests were observing an Aesthetic Development Lesson, students wordlessly went over to help the teacher to move the piano. This willingness to help and serve those around them shows how our students are selfless and how they echo the motto of our school. R is for Responsible. True Light students have a strong sense of responsibility. Whenever they are given a task, they will try their best to complete them. Even if they are unable to finish a task, they will always tell teachers about the difficulties they faced and take accountability for their mistakes. Lastly, T is for Teachable. True Light students are willing to learn and have a humble heart. They are always very attentive and studious when learning.

**Student Reporters:** **What are the hardest decisions you have to make in your years of being the Principal of True Light? How did you tackle those challenges?**

**Mr. Tam:** There were a lot of hard decisions, but the most difficult one was during the social event in recent years. It created a lot of tension for the school as there were many opinions from different stakeholders. As the Principal, how should I maintain a balance between different voices? How should I handle the situation peacefully? This was tough as there were a lot of disputes. Another difficulty was about the arrangements of teachers' work. I have to keep things fair while showcasing all the talents of teachers.

When I come across a challenge, I pray to God for wisdom and understanding from others. I also do my best to listen to the opinions of different people. At the end of the day, if I do not have the knowledge to overcome the challenge, I seek advice from others. They could be my friends, alumni, and even former Principals. Occasionally I ask for the thoughts of students and teachers, whose feedback always helps me.

**Student Reporters:** **Since you will be retiring this year, what do you miss the most about True Light?**

**Mr. Tam:** I think it would be the small things that happen every day. I will miss the time teaching and chatting with students, or working with teachers. All these opportunities to connect with each other are very precious.

**Student Reporters:** **Is there anyone you would like to thank before you leave True Light?**

**Mr. Tam:** I would like to thank everyone I have met at True Light. Especially my students who are well behaved and always willing to learn. I am very honoured to be their Principal and I am very proud of them. Whenever I talk to other guests outside of our school, they will always praise our students for having positive and unique attitudes. I will always be grateful to all True Light students for carrying on our school motto while never giving up on themselves. I would also like to thank all teachers and staff at True Light, especially the school office staff who do their best to serve many teachers and students behind the scenes. Whenever they have to finish a task, the quality of their work always exceeds my expectations and they will always be a few steps ahead. Every teacher and staff member's devotion to make our school shine brighter shows the True Light spirit inside them. I am extremely thankful to have such wonderful staff and students, and be able to help True Light with my job.

**Student Reporters:** **If you were to describe True Light in one word, what would it be?**

**Mr. Tam:** The word I would use is "Blessings". True Light has been filled with blessings from the founding of our school to our 50<sup>th</sup> Anniversary. These blessings are like gifts bearing God's grace. A lot of lives have been changed here: I have seen students from grassroots families enter universities, find stable jobs and help other people in our society. We have witnessed many such miracles happen in True Light, where students have to rely on their hard work and help from teachers at school to become the first generation in their families to enter universities and make their dreams come true. This all comes down to the word 'Blessings', as everything is a blessing from God.

Of course we must mention the word "Dreams". True Light is a place full of people's dreams: every teacher, student, alumna, and even my own. These dreams have turned into blessings, not only of our own but also of those around us, even becoming blessings for our society. This is why I see True Light as rooted in 'Blessings'.

When I studied Civil Engineering in University, I had a dream to invent a special kind of construction material, which could allow me to make a castle on a hill that would shine out light. I tried my best to pursue this dream, but during my last year, it seemed as though God told me to become a teacher: the architect of lives. Are you willing to build a building, a bridge, or a life? I believed that changing people's lives was more meaningful so I became a teacher. I thought the dream was given up, until recently I read the Bible and God told me that my dream had been accomplished. How could it be? Our lives are actually like that dream castle, letting others see us shine bright. At last, my dreams have been reached, even if through another way. Even if it seems like we have sacrificed some of our dreams, God will always help us to use other ways to accomplish them.

**Student Reporters:** **What are some messages or advice that you want to give students of True Light?**

**Mr. Tam:** As mentioned in our school's 50<sup>th</sup> anniversary theme, I think that the most important thing is to count our blessings and cherish our dreams, and be a grateful person through that. At the same time, it is important to find your own dreams and turn them into reality while upholding our school motto. At last, I would like to gift you all a favourite scripture of mine: "I can do all things through Him who strengthens and empowers me" (Phil 4:13).



△ The cast of the micro-film

## Micro-film, But Not That "Micro"

Wajid Sheema Hussain (4B)

In honour of the 50<sup>th</sup> Anniversary of our school, several were gifted with the opportunity to be a part of the micro-film making process. From working with a professional director and planning their own script, the micro-film is not even close to being just a micro opportunity to these students; in fact, they all see it as one of the biggest learning opportunities they have ever gotten. Three of the students, including Zhou Tsz Wun Daisy (6A), Wong Zing Ting Cecelia (6B) and Yeung Wing Ki Haily (6C), involved were interviewed to share their experiences.

**Student Reporter:**

**Why is this chance so significant?**

**Haily:**

Personally, I am very grateful that the school has given us a chance to develop skills we are passionate about, such as acting, script writing and scene management. We were very surprised when we got to know we would be working with a talented producer, Mr Nick Yeung, we had to spend a lot of our personal time as well as effort on it, but in the end it was worth it. All of our efforts paid off, our product was even a finalist in the 28th IFVA. It was such an honour to be a part of it.



△ Behind-the-scenes



**Student Reporter:** You mentioned the product became a finalist in the 28th IFVA and that it was all due to the hard work of all team members, how much of your personal time did it really take? Was the production time long enough?

**Cecilia:** To be honest, we had very little time to prepare for the production of the micro-film, and to top it off we had to stop midway because of the pandemic, so time was very tight on us. We sometimes had to have meetings from 10pm to 1am with the producer and on the filming day we filmed from 7am to 8pm. Despite each of our own parts not being much, it's all an essential part of the final production.

**Student Reporter:** What would you say were some of the biggest achievements in this production learning wise?

**Daisy:** I would say management was one of the things I have learnt to prioritise during the production. We had to make sure it ran down smoothly because any hints of delay would affect the whole production. Punctuality and cooperation was essential. We had to rely on ourselves for makeup, dialogue delivery and setting down the scene's mood. Paying attention to others and communication was key in making sure everything would turn out as desired and that work was distributed evenly or as needed.

From the conversation shared with the students, it is evident that this production will be a memorable part of their lives and is indeed a priceless learning experience for them. They were able to work on things not usually brought about or taught at school and work with professional people and equipment of this field. And though the film may be 'micro', the lessons and rewards that they have reaped are certainly not 'micro' at all.



▲ The production crew celebrated after a long day of shooting.

## Therapy Dogs:

# The Cure with Fur

Law Hiu Nam Renee (5B)

Dogs are known to be 'Man's best friend'. These fluffy four-legged creatures are loved by billions across the world for their unconditional affection and loyalty towards humans. People have long utilised the characteristics of these canines for our benefit, helping us with tasks such as hunting, herding, and assisting the police or the military. In recent decades, we have learned to train dogs to provide psychological or physiological therapy to different individuals in hospitals, schools, nursing homes, and more. These dogs are also known as therapy dogs, tasked with providing comfort, support, and love to people in need.

The human-canine bond dates back to thousands of years. Since the existence of settlements, dogs have always been by our side no matter what. Dogs have been utilised as a therapeutic source by many professionals throughout modern history, and records show that they were used for patients with psychiatric disorders to help reduce anxiety and improve communication. Nonetheless, it wasn't until the 1980s when the medical field began to focus on dog therapy and started to use canines to allow people to feel safe and accepted.

There are currently four types of specialised therapy dogs: Therapeutic Visitation dogs, Animal-assisted Therapy dogs (AAT), Facility Therapy dogs and Grief Therapy dogs. Therapeutic Visitation dogs are those whose owners take them to visit hospitals, nursing homes or rehabilitation facilities to boost patients' moods through socialisation and encouragement. Meanwhile, Animal-assisted Therapy dogs are canines based in rehabilitation facilities that aids patients in specific treatment programs and reach certain goals. Additionally, Facility Therapy dogs are dogs that live in facilities such as nursing homes to help patients with Alzheimer's disease or other neurocognitive disorders. Last but not least, Grief Therapy dogs assist people in overcoming grief and may provide support at funeral services, counseling sessions and disaster relief.

In Hong Kong, there are different programmes where therapy dogs aid people. The Hong Kong Animal Assisted Therapy Association (HKAATA) provides dog therapy services to a wide range of social groups like children and adolescents with autism, ADHD, intellectual disabilities, elderly with dementia, patients with psychiatric disorders and more through programmes and visits to schools, nursing homes and other facilities. On the other hand, different educational institutions also utilise therapy dogs to decrease students' stress and anxiety

△ Jasper is a therapy dog helping students to de-stress at HKU.

levels. The University of Hong Kong (HKU) has adopted a Resident Therapy Dog Program in which therapy dogs help students to unwind and relax from schoolwork. The calming and relaxing demeanor of therapy dogs such as Jasper, one of the therapy dogs in HKU, helps students to de-stress and puts them at ease, especially during the assessment period when academic deadlines begin to accumulate.



▲ A therapy dog spent time with the elderly.

They can provide assistance to students' social and emotional needs in school, help with literacy development and reduce anxiety among the youth. Numerous research studies show that therapy dogs can enhance students' learning motivation and improve learning outcomes through reading and writing skill levels, while also increasing energy levels and happiness among students. In different school situations, they can help to lower cortisol levels, a stress hormone that can lead to anxiety and depression. Therapy dogs are also of great use in facilitating adjustments to life transitions and constant changes in young people's lives, such as going to a new school or graduating.

The benefits are not only limited to improving one's psychological well-being, as they can also help to strengthen social and cognitive skills. Therapy dogs can help people to develop proper interpersonal skills and stronger relationships with peers due to the experience of trust and love with therapy dogs, allowing them to express their feelings and build trusting relationships. They provide opportunities for socialising, developing self-confidence and improving people's self-esteem. Therapy dogs can also promote literacy and communication skills. Programmes such as the Reading Education Assistance Dogs (R.E.A.D.) helps encourage children to read aloud and communicate with a non-judgmental listener, increasing their motivation to read. On the other hand, it is also found that elderly with dementia become more verbal when interacting with therapy dogs. This increasing mental stimulation further proves the cognitive benefits of therapy dogs.

Not only can therapy dogs provide intellectual assistance to humans, but they also provide an array of physiological benefits. Recent studies indicate that interaction with therapy dogs can improve cardiovascular health and reduce the medication required by patients, while also relieving patients' high blood pressure and stress. Therapy dogs also alleviate pain in patients who have recently undergone surgical procedures. They also help to reduce the risk of heart disease, help patients with mobility issues, and more.

In this day and age, dogs are no longer just 'Man's best friend', but also an important source of mental and physical support. They help us to improve our health, develop social and cognitive skills and accommodate our needs. In our times of need, therapy dogs are always there to lend us a helping hand, and we should always be grateful that they are there to help to make the world a better place for us all.



▲ Therapy dogs interacted with children.

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# Does MBTI fully define you?

Choi Cheuk Ki Cherry (4C)

Myers-Briggs Type Indicator, or MBTI for short, is a personality test that has become incredibly popular in recent years. It categorises each person's personality into one of the 16 types according to their response to various questions in a quiz, each represented by four letters. Although the many reviews claim that the test result is surprisingly accurate and describes people's personalities very well, it is important to note that your personality is not limited to how the four-letter personality type describes you, and that there might be variations in the result that you might find difficult to resonate with. To find out the reasons behind, let's break down how MBTI actually works in order to examine why the result might not fully capture your personality.

MBTI is represented by four letters. The first letter is either E or I, standing for extroversion and introversion respectively. The second indicates how a person perceives information, either through N, which stands for intuition, or through S, which means sensing. In simple terms, intuitive people tend to focus on the hidden correlation and meanings between things, whereas sensors often emphasise facts and what has already happened. The third letter tells us how a person tends to make decisions and judgements, which is T, thinking, or F, feeling. Thinkers make decisions and judgements based on rationality, while feelers do so according to their values and emotions. The last letter, J or P, represents judging and perceiving respectively, which reflects one's preferred way to plan and work. People in the J group are inclined to plan, making sure everything is orderly, while those in the P group like to be spontaneous and prefer flexibility to structure.

As of now, you might already begin to question the accuracy of MBTI because it vaguely categorises people's personalities into merely four aspects. A person cannot only possess four personality traits, which is why it is impossible that MBTI works in such a simple approach. In fact, this indicator is more complex than many people realise. It processes each type's unique personality traits by the eight cognitive functions, such as introverted feeling, extroverted sensing and introverted intuition. Each type uses four of the cognitive functions in different orders, with the dominant function being used the most, that is, the most natural approach for them to make decisions, followed by the auxiliary function being the second most used and so on. For example, people with the ESFP type, also known as the extroverted, sensing, feeling and perceiving individuals, have extroverted their dominant function. Therefore, they are likely to enjoy living in the moment and immerse



▲ MBTI is used to give people a clearer idea of their personality.

sensations, such as music and food. As for INTJs (introverted, intuitive, thinking and judging), their dominant function is introverted intuition, meaning they like analysing different symbols to find out their deeper meaning. The 4 cognitive functions of each type are arranged according to the sequence of the four letters in their MBTI type, which is unique. Thus, the order of the 4 functions of the 16 MBTI types are all different. This explains the variation in personalities among the different types.

But what if any of the four letters in your MBTI type fails to describe the real you? After completing the online MBTI test, you will see the percentages in four different scales that indicates which aspects you tend toward, resulting in a four-letter type. For example, in the judging-perceiving scale, if the percentage in the J side is higher, then the user will be categorised as a judging person. Suppose Sally has just done the online test. In the extroversion-introversion scale of her test result, her percentage of extroversion is 2 percent higher than that of introversion, hence she is classified into the extroverted group, but Sally is, in fact, neither of them. She is an ambivert, a type of person that performs both qualities of an extrovert and an introvert. This is an error that online MBTI tests fail to avoid. Since the user's personality type is measured according to the sequence of the four letters, when the percentages fall in the middle of the scales, or the tendency is not extreme, the system will have to forcibly classify the user into one of the two sides, leading to an inaccurate processing of cognitive functions.

Sometimes, personality traits cannot be adequately measured by reducing them to numbers and tendencies alone. After all, personalities are abstract and intangible, the complete opposite of numbers. It is better to keep in mind that you are more than your MBTI type, and let your true self fly free.

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# Is Body Image Overly Commercialised?

Cheng Yee Nga Andrea (5C)

The link between body image and commercialism is widely acknowledged. Advertisements frequently display slim, unblemished and fair-skinned models. Advertisements promoting a range of products feature flawless models, reinforcing society's distorted beauty standards. The subliminal message that most, if not all, commercialised media send to us is that the consumer will always fall short of "perfection". Marketers use this unattainable perfection as a technique to persuade viewers to purchase their products: the more flawless and attractive a model is, the more the common person will perceive themselves as plain and unappealing, whether in regards to appearance, lifestyle or possessions. This comparison will easily develop into dissatisfaction and unhappiness, thus, driving the viewer to consume in order to "make up" for their shortcomings which are in reality exaggerated by commercialism.

The harm caused by unrealistic body images is well-established: our society has been well-acquainted with reports of young girls starving themselves to attain super-model physiques and the ever-rising percentage of adolescents experiencing mental issues due to body image. Owing to this view, it is obvious why the social movement of body positivity has gained such massive traction. Born as a belief that all bodies, regardless of shape, size, age, gender or skin tone, should be accepted and celebrated, it focuses on empowering people through building a positive body image. The movement, which originated from the fat acceptance movement, advocates that beauty is a social construct and that unrealistic standards, which are based on that construct, should be abolished. Body positivity is often seen as the opposite of commercialised body image but is it immune to commercial exploitation?

As body positivity gains widespread attention from mainstream media, more and more celebrities have shared their own experience with body image struggles, including Olympic-medalist Serena Williams and Grammy-winning singer-songwriter Camila Cabello. The movement is no longer solely led by activist groups. In fact, many corporations such as Dove and Aerie have launched body positivity schemes. It is not unusual nowadays to see clothing companies launching a plus-size collection, or seeing ads with models of more diversified body types. Superficially, these changes may appear to be positive. However, as consumers, it is important not to be quick to laud these corporate actions, and instead take a step back to evaluate: Are the companies truly putting effort into remedying the damage brought on by centuries-worth of unrealistic beauty standards, or are they simply acting performatively for their own gain?

Numerous companies have realised the commercial potential of body positivity imagery and are exploiting its imagery and messaging. After all, isn't it so easy to hire a few plus-size models, take some cover photos, and launch a new campaign with a shiny-new design rebranding it as "Body Positivity"? Companies are seldom held accountable for more than their advertising, and whether they have made significant changes to their branding regarding body image is often irrelevant. At the end of the day, the main motivation of these corporations is never to create social change, but to garner attention and ultimately accrue as much profit as possible.

Shapewear brand Skims exemplifies these performative actions. The company is known for their size-inclusive clothing lines and being a trailblazer for body-positive shapewear. Founder Kim Kardashian even put emphasis on how

the company is one “that just had no boundaries”, saying that “diversity and inclusivity [...] are the driving forces behind ensuring that what we create is for everyone and everybody.” But a look at her lifestyle seems to tell another tale: Kim is notorious for drastically photoshopping pictures of her body, and unsurprisingly, that practice has been found in a 2022 Skims campaign in which a photo of supermodel Tyra Banks was seen to be significantly altered. The brand philosophy is paradoxical in nature too; though it positions itself as a company which focuses on “finding solutions for dressing issues” instead of “‘fixing’ or changing a woman’s natural shape and figure”, its products suggest the opposite, most notably the “waist trainer” that seems to be nothing more but a glorified corset. Such an example shows how many brands with “body positivity” in their taglines are simply echoing conventional unhealthy body standards.

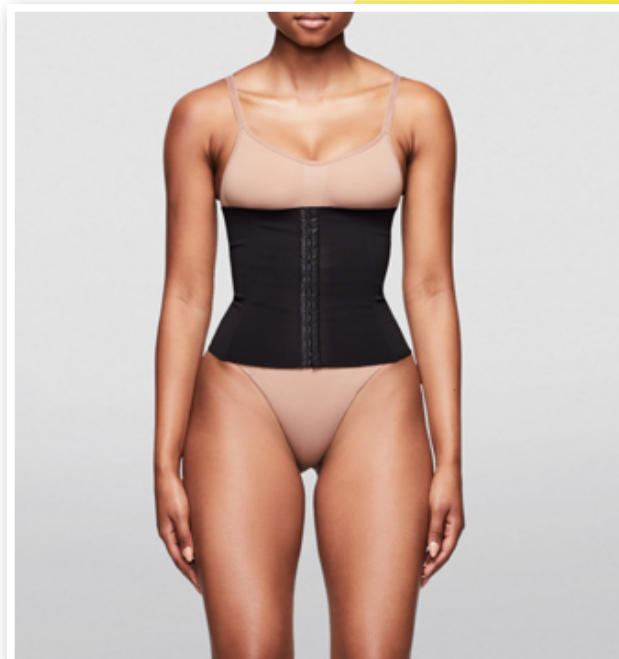
This practice is not exclusive to companies: with the prevalent use of social media and the spread of social activism across internet platforms, many influencers have made use of this tactic to gain clout. Whether on Instagram, Tiktok or Youtube, it’s increasingly common to find lifestyle videos in which a young vlogger— usually a white, Western, slim person— details their day, showing off a hyper-polished, minimalist life that is primarily highlighted by their excessively sterile environment and healthy diet. It’s not obvious at a first glance how this could be related to the exploitation of body image, as they’re merely showing seemingly harmless slice of life videos. But let’s dig deeper: as they show their “perfect” lifestyles, they are also promoting the message that such an idealised life can only be achieved if you are just as healthy and fit as they are. In a Tiktok video which has since gone viral, a young female influencer documents a day in her life, prompting many to point out that throughout the day, she has never had a “proper” meal: breakfast means a protein smoothie and lunch is acai bowls

with matcha

latte. What she eats is far from

a healthy, balanced diet, yet the way she displays it alongside her slim figure and idyllic day makes her body, lifestyle and diet intrinsic to each other, subtly imparting the message that only by replicating her will you achieve such a utopian life.

Body positivity originated as to challenge the harmful ideals of body and beauty standards, which are perpetuated by the culture of commercialism and hyper-capitalism. Such a movement was campaigned mostly by marginalised women, but recent years have seen an overtaking of the movement by privileged communities and large corporations who only seek to maximise profit. The movement, initially born out of a need to deconstruct and separate body image from a commercialised environment, has ultimately been distorted and manipulated into a marketing strategy. Companies have ignorantly boiled down body positivity to mere clothing sizes and social media posts, when in reality body positivity digs much deeper into the inherently skewed beauty perception of our society.



▲ Skims\_ waist trainer, curiously reminiscent of a corset

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# Is It Too Late To Save Coral Reefs?

Wong Yin Ching Esther (5B)



▲ Coral bleaching

▲ Coral reef ecosystem is one of the most important, diverse and beautiful ecosystems in the world.

Close your eyes and imagine a beautiful underwater world with giant sea turtles, vibrant varieties of fish, and colourful coral reefs all along the seafloor. Welcome to the Great Barrier Reef. It is no wonder why people call coral reefs “The Rainforests of the Sea”, as they are one of the most diverse ecosystems in the world. Coral reefs act as shelters and breeding grounds for thousands of species of fish. However, due to global warming and water pollution, corals are turning white. This is coral bleaching which affects not only marine life but also humans. Currently, more than half of the coral reefs in the world are severely damaged, and their destruction rate doubles that of the rainforest decline. Can this situation be reversed? Are we too late to save them?

Before diving deeper into coral bleaching, let's explore the importance of coral reefs. Take the Great Barrier Reef as an example. For humans, it forms wave barriers for the coastline, which prevents flooding, tsunamis, and erosion, protecting the lives of millions living in coastal cities. Corals even act as living purifying filters, which filter out sediments in the water and make the water clearer. Additionally, the algae that grow on corals can absorb carbon dioxide from the environment and slow down climate change. Other than that, the Great Barrier Reef is vital to Australia's economy since it supports the country's fishing and tourism industries. For marine life, the Great Barrier Reef consists of around 400 varieties of coral reefs and is home to over 1000 species of fish, 100 species of sharks and stingrays, 30 species of dolphins and whales, and six of the seven varieties of sea turtles in the world. They all rely on the reef to have a safe habitat.

There is no doubt that coral reefs are one of the most important ecosystems in the world, but nowadays, it is extremely susceptible to extinction due to coral bleaching. Coral bleaching is caused by the expulsion of algae (zooxanthellae) living in the coral tissues. Zooxanthellae and coral reefs usually maintain a mutual relationship. Undergoing photosynthesis, zooxanthellae provides corals with nutrients. As for the coral, it supplies carbon dioxide and ammonium to the algae. Zooxanthellae are also responsible for the colourful appearance of coral reefs. However, when the coral is stressed because of the rising sea temperatures, wastewater, runoff, and chemical pollutants such as heavy metals, the coral expels the zooxanthellae. When this happens, the coral loses its major source of food, becoming more vulnerable to diseases and subsequently increasing its mortality rate. If the water conditions do not improve over time, the bleached corals will turn black and can no longer recover back.

The number of coral reefs is declining at an alarming rate. There are predictions that our future generations may not be able to see them, and they will go extinct in 80 years, but scientists are hoping to prove otherwise. According to a paper published in March last year, coral colonies across the Chagos Archipelago increased in size gradually after a mass bleaching event in 2015. As long as marine heating events do not occur in the area, it is expected to recover in several years. Since the area around the islands of the Chagos Archipelago is protected, the corals are kept safe from pollution, overfishing, and other human disturbances. Although there is still a net loss of coral reef in 2021, the fast pace of recovery is giving hope to researchers. This is great news that shows us if we prevent water pollution and marine heating events, coral reefs can be saved. So, as citizens of the planet Earth, what can we do to help?

As we know, water pollution is a cause of coral bleaching and ocean acidification is one of the most critical problems. It is mainly caused by carbon dioxide gas in the atmosphere diffusing into the water. To reduce carbon dioxide concentration in the atmosphere, we will have to reduce our carbon footprint. In our daily lives, there are simple things we can do to help. The most obvious way is to use public transport instead of driving a private car. Travelling by public transportation uses less energy and overall produces fewer greenhouse gases including carbon dioxide. Using less energy also reduces the need of burning fossil fuels and, hence, slows down global warming. Surprising to some, livestock and their by-products contribute to over 50% of our carbon emissions, which is at least 32 billion tons of carbon dioxide each year. Livestock farming also requires a lot of land. Six billion trees are being cut down each year for grazing, thus releasing a large amount of carbon dioxide into the atmosphere. Reducing our consumption of meat and dairy products can effectively reduce our greenhouse gas emissions.

There are various ways to help to save corals. These measures may seem small, but by spreading awareness about the issue and encouraging more people to reduce their carbon footprint, many small actions can make a big difference. The process of saving the corals may take decades or even centuries, but with everyone's concerted effort, it is possible that coral reefs are still around for the next generations to see.



▲ The Chagos Archipelago coral reefs



▲ Reducing our consumption of meat and dairy products can effectively reduce our greenhouse gas emissions.

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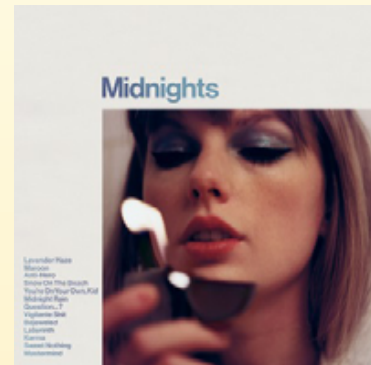
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# *Album Review: Midnights by Taylor Swift*

Cheng Yee Nga Andrea (5C)

Taylor Swift, renowned singer-songwriter and one of the most successful musicians of our generation, released her highly-anticipated tenth album *Midnights* in late October last year. Following her foray into experimental folk-pop (sister albums *folklore* and *evermore*) and interspersed between her re-recordings (*Fearless* and *Red à la Taylor's Version*), *Midnights* marks her eagerly awaited return to pop music. And what a return it is.

Swift describes *Midnights* as a “concept album”, one that is “a collection of music written in the middle of the night, a journey through terrors and sweet dreams”. And she delivers well on this promise: the 13-track album weaves across deeply personal topics such as self-doubt, anxiety, and deep-seated insecurities into a brilliant patchwork of a tapestry, while at the same time managing to contain all tracks into one sonically-cohesive landscape. Swift is most well-known for her autobiographical narratives and intricately-detailed lyrics, and we see her firmly in her element in this album, painting out elaborate stories of bruising breakups and exhilarating personal revelations with her distinct story-telling style.



▲ Swift's 10<sup>th</sup> album *Midnights*

With *folklore* and *evermore*, the studio albums preceding *Midnights*, Swift transports listeners to magical deep woods with escapist fantasies; with *Midnights*, Swift is pulling back listeners close to gather around her metaphorical hearth, dispensing her most intimate tales the best way she does: over drowsy synths, a catchy beat, and in her emotive alto. And this time Swift is not pulling back any punches: the album starts with 'Lavender Haze', a direct callout to the media hounding Swift's every step, and 'Labyrinth', a languid synth-pop track with an ever-suspended beat, has Swift exposing the rawness of a new relationship with her breathy vocals. At once confessional and cryptic, Swift lays bare her vulnerabilities, whether in admitting that she's “the problem” in lead single 'Anti-Hero', or in recounting her younger days of solitude in the aptly-named 'You're On Your Own, Kid'.

Swift is also having enormous fun on this album: 'Karma' and 'Bejeweled' are self-empowering songs with snappy instrumentals and a kick of sassiness on the side, and with Swift's smirking vocals it's sending a clear message to haters and ex-lovers who have tried to 'put her in the basement': she's not going anywhere, and while she's here, she's going to enjoy herself.

*Midnights* illustrates the maturity of Swift as an artist and person: after eras of princess dresses and bleached-blond bobs, she has departed from creating music solely for the sake of accolades, and instead chooses to pour forth whatever her heart desires, while at the same time being outstandingly good at what she delivers. Swift has already established herself very solidly as one of the world's most prominent musicians. With *folklore* and *evermore*, one of the most exceptional elements is undoubtedly her sophisticated and elegant prose, and many had been afraid her return to mainstream pop would detract her songwriting ability. But once again Swift displays her astounding versatility as an artist, and shows that pop music could just hold as much soulfulness as traditional ballads.

*Midnights* is Swift's glorious return to her reign, and perhaps is an indicator of her artistry from here on: she's no longer aiming for good critical reception or radio-friendly hits— she's already been there, done that. Now, she's going to settle comfortably on the throne she's built from years of hard-work, and thoroughly savour the fruits of her labour.

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# The TikTok Phenomenon: Rising Appeal of Short-form Video

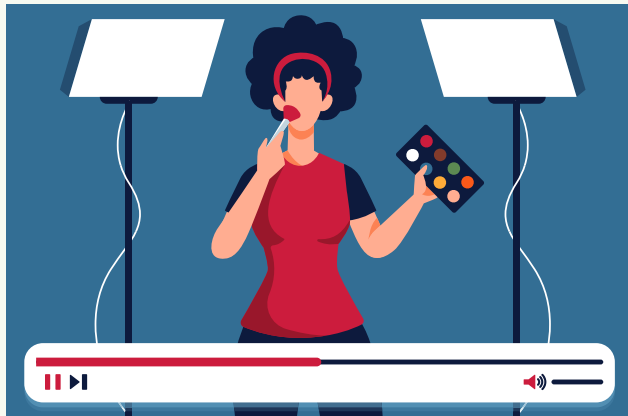
Cheung Wai Fan Fanny (4C)

TikTok, owned by the Chinese media company Douyin, is a popular short-form video-sharing social network with over a billion monthly active users. The app is particularly popular with Gen Z, who makes up about 60% its user base and tend to open the app up to 8 times per day. The app's success can be attributed to its appeal to short-attention spans, its advanced algorithm, its easy-to-use video creation tools, and its sense of community.

Despite the option to make a TikTok video up to 10 minutes long, most videos are between 21 and 34 seconds, which is ideal for users with short attention spans. Being used to multitasking and jumping between activities at a high rate with the aid of multiple devices, Gen Z grew up having any information they needed right at their fingertips. Thus, Gen Z individuals tend to develop short attention spans. Capitalising on the fact that most people prefer shorter videos, TikTok videos are usually short and informative with a clear style, concise content, and fast rhythm, which can gradually create addictive behaviours.

Apart from being an appeal to short attention spans, TikTok has one of the most advanced algorithms. The "For You Page", where an endless stream of short clips culled from recent trends pops up, is the first page you land on when opening TikTok. In addition, TikTok is a friendly and engaging platform for users, with a unique algorithm that shows videos it reckons will be enjoyable and analyses responses from users. This creates a welcoming environment for users without followers or friends. For example, if it thinks you are into car racing it might show you more videos of Formula One. With TikTok's algorithm, videos presented on the "For You Page" can easily pique users' interest and this has led to its success.





Other than its algorithm, TikTok allows users to create short videos efficiently. TikTok's built-in recording and editing capacities make it easy for content creators to quickly record, edit and post video content on the platform. The app also pays a license for copyrighted music, making it more accessible for creators to add background music to their videos. These characteristics of the app attracted a lot of people who are eager to become influencers due to the fact that boundaries between producers and audiences are being blurred and it seems as if fame can be gained effortlessly.

Last but not least, providing a sense of community is central to TikTok's success, with users able to express themselves openly and participate in viral challenges which help to them build stronger connections. Viral challenges ranging from "In 2022, I Will" to "The Shoot in the Sky challenge", from "Hot Pot Sauce Challenge" to "Cheesy Birria Ramen" have millions of participants challenging. You can even invite your friends to take part in the contests. This overall positive and engaging vibe in TikTok made users feel comfortable, reducing the pressure gained from work, school or relationships. Also, if a user frequently engages with specific hashtags, they'll be shown videos on the same topics or similar ones and hence people who care about the same things can be put in the same comment sections. Essentially, it creates a community where you can be your own self.

While TikTok has many benefits, it is important to exercise self-control when using the app. Scrolling through the app can quickly turn into an addiction if proper self-control is not exercised.

## 絕代風華的締造者—— 三代傳承的旗袍老店「美華時裝」

陳嘉琳 (4D)

提到中國的傳統女子服裝，相信剎那間浮現在腦海的，必定是出現在無數小說和影視作品中，藉其典雅時尚設計而獨佔鰲頭的旗袍。「華茂春松，榮曜秋菊」，旗袍就是具有這麼一種神奇的魔力，可以襯托出每一位女子獨特的美麗，讓她們可以宛若三國時期，曹子建詩賦中「翩若驚鴻，婉若游龍」的洛神般，明眸善睞、瑰姿艷逸。但每襲旗袍背後，都有一群人，付出了心血和汗水，去打造這份「絕代風華」——沒錯，他們就是手藝純熟、技藝精湛的旗袍師傅。

在香港的上環，就有那麼一家旗袍店，遺世獨立於一片喧囂繁華中，靜靜地訴說著它一個世紀的守望——我們有幸邀得香港最早建立的一家旗袍店，「美華時裝」的第三代傳人——簡漢榮師傅接受我們的採訪。

「美華時裝」是簡師傅的家族生意。接受我們採訪的時候，簡師傅表示，要成為製作旗袍的師傅，必定要對旗袍有深厚的感情，更要對製作旗袍這門手藝抱有熱誠。除此之外，旗袍師傅更要對自己有嚴格的要求，要全心全意地為客人製縫一襲優雅的旗袍，因為這樣才能令客人稱心滿意。簡師傅亦提到他每天的工作，不僅僅是製作旗袍，而且還要幫前來訂製旗袍的客人，選擇合適的布料、度身和試身，也會認真地為客人縫製合適的旗袍。不論早晚，他都忙於接待光顧的客人和製作旗袍。作為一名旗袍師傅，他每一天都過得非常充實，時間亦總會不知不覺間在他認真投入工作中流逝。

對簡師傅而言，旗袍是一種適合所有人的衣著。至於穿得好看與否，全看旗袍師傅的手藝，絕非客人的責任。旗袍師傅花費時間心血，加上自己的經驗，致力為每位客人製作精美上佳、獨一無二的旗袍；但求令每位客人滿意，並喜歡自己製作的旗袍。手藝如能獲得客人的讚賞、討得客人的芳心，這種快樂和滿足感，就足以鼓勵簡師傅日復日、年復年，不辭勞苦地繼續用心製作旗袍。

社會近年流行經過改裝，用料、剪裁不同，沒有修身修腰、開叉的新式旗袍。作為香港一家歷史悠久而傳統的旗袍店師傅，簡師傅對此現象抱持包容的態度。他認為，香港是一個百花齊放的地方，青菜蘿蔔，各人所好，每個人自然各有不同的愛好。時裝店旗袍的種類繁多，客人對旗袍的顏色要求也各有偏愛，正是「各有所好」。而簡師傅亦坦言，他的最愛還是傳統的旗袍設計，因為旗袍是中國獨有的一種文化。

雖然現今的旗袍，不再如以往般普及，但近年亦引起不少關注，簡師傅對此也感到十分欣慰：越來越多年輕女生喜歡嘗試穿著旗袍，他的年輕客人中也有不少旗袍愛好者，不論是嫁娶喜事，還是玩樂體驗，或者是其他的「喜慶事」，都有不少人選擇漂亮典雅的旗袍。旗袍的獨有魅力，令人趨之若鶩。簡師傅深信，旗袍永遠都會是時尚的選擇，永不過時；而且永遠也會有人喜歡穿著旗袍，以展現自身獨特的風姿。



▲ 中國著名作家張愛玲喜好穿著旗袍，筆下也有同樣穿著旗袍的女性角色。

而有些學校以旗袍作為校服，簡師傅對此深表歡迎。他認為即使是鬆身簡樸的設計，學生穿上也別有一番韻味。他希望這些「旗袍」校服可以永久保留，不會消失；將來學生們也可以選擇剪裁更為貼身和漂亮的旗袍，好好感受穿著旗袍帶來的韻味。

作為一個成功的旗袍師傅，對於未來想從事服裝設計、製衣等相關行業的年輕人，簡師傅也跟我們分享一些發人深省的看法。首先，簡師傅說無論做任何事情，一定要懷抱熱誠；只要自己喜歡，就沒有不好的。就如一眾旗袍師傅，他們就是從年少時十幾歲開始，一直勤勤懇懇工作到現在，直至如今年老成為「伯爺公」。他們幾十年以來，一如既往地辛勤工作，而且都是越做越起勁。只要製作旗袍做得好，客人滿意認同，並且獲得讚賞，他們就已經很滿足。倘若對這份工作欠缺熱誠，又如何能為客人製作一襲令人喜愛的旗袍呢？所以熱愛和責任心是製作旗袍的必要條件。同時，簡師傅勉勵我們也應該多加嘗試，才能更加瞭解哪些工作適合自己。「青春無限好」，我們擁有的是充裕的光陰。但最重要的是，只要自己喜歡，便要堅持下去，一路走來，自然就能收獲成功和美好。

從與簡師傅的訪談中，我們可以感受到他對旗袍的滿腔熱誠。他除了啟發我們重新審視自己的未來，也讓我們堅信只要有責任心地默默為所愛付出，不斷嘗試和堅持不懈，就能為自己編織一個永恆美好的燦爛未來。同時，相信大家也會在領略旗袍製作之美後，更關注旗袍這項極具傳統特色的中國工藝的未來發展。「弦歌不輟，思接千載」，畢竟，旗袍是我國重要的文化與歷史傳承。它除了是記錄中國人回憶的藝術品，也是燃亮民族精神的火炬，是承載華夏民族感情的青銅器。透過旗袍，我們才得以走進、看見並欣賞永恆不朽，由亙古傳承下來的中國情懷，感受宏大的人文精神與民族靈魂、文化與文明的深邃奧妙。斗轉星移、日升月落，即使時代在變，旗袍的時尚優雅不變，曼妙風華不改，喜愛憧憬亦不絕。

流光一瞬，華表千年，時代的手終將翻走歷史泛黃的書頁。聽過簡師傅的分享後，相信大家必然增添了對旗袍的瞭解，也必定對穿上旗袍增添了一縷名為「憧憬」的情緒。可能隨著時光流逝，衣櫥裏珍藏的旗袍也會蒙上灰塵，但它依然是一顆熠熠生輝、閃閃發光的明珠珍寶，正等候著與有緣人命定注定的相逢與相識、相知和相依、相守及相靠。無論你是誰，也請你相信，你也會有穿上旗袍，「巧笑倩兮、美目盼兮」地展現自己獨特美麗與魅力的機會；也請你不要忘記，每一件精巧的藝術品背後，有那麼一群「藝術家」——這些旗袍師傅嘔心瀝血，用佈滿繭子的雙手，一針一線地，在每一個晨昏朝夕，毫無停歇地織出無縫的天衣。他們就是默默耕耘的，絕代風華的締造者。

看啊，那絕代的風華，在端莊與優雅中隨芳華搖曳生姿，嫵媚動人、婀娜多姿，與它那必將名傳千古的締造者一樣，必將化必朽為宏大又不凡的不朽傳奇。



▲ 有不少影視作品的服裝是旗袍，例如圖上的《花樣年華》中由張曼玉飾演的蘇麗珍



▲ 旗袍受眾之廣，甚至能吸引外國人嘗試

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# 《二十四個比利》—— 世人對多重人格的誤解

何雯 (5A)

## 甚麼是多重人格？

解離症，即解離性身份疾患，俗稱多重人格。解離症是一種心理疾病，其成因至今仍未有準確的說法。據目前的醫學研究，患者患病的原因，可能與其孩童時期的生活環境及外界的壓力有關。傳統由於解離性身份疾患，是非常罕有的精神病。因此醫生在診斷時，可能會忽略這個可能性，因而容易導致臨床上的漏診。但事實卻並非如此，解離症在一般人的盛行率約為 1%，人數雖然不算多，但絕對稱不上罕見。

## 多重人格患者都是「癡線佬」？

很多人都認為多重人格患者是「癡線佬」，這看法不僅僅對他們極其不尊重，也使他們不願面對這疾病，甚至令病情惡化。多重人格患者的子人格（次等人格）會輪流支配主人格的身體，而子人格的性格各有不同。因此，當子人格出現時而身邊人不知道，那麼在別人的眼中，患者就像變了個人似的。



為甚麼多重人格患者會背負着「癡線佬」的惡名？因為某些子人格，是在主人格受到極大創傷時，才會分裂出來。他們會在主人格受到傷害時「出現」，做出一些較偏激的行為來保護主人格。而這些行為卻往往被人們認為「癡線」、「有病」，使患者備受壓力，選擇隱藏自己的疾病，刻意扮演一個正常人。因此，我們不應歧視多重人格患者，而應該尊重他們和給予他們最大的支持。

## 多重人格等於精神分裂？

多重人格經常與精神分裂混淆，這是最常見的誤解。精神分裂是認知功能障礙，患者會分不清現實跟幻覺。例如：精神分裂患者可能會覺得有人在監視他，但事實上並沒有。而多重人格患者的身體裏，就像住了多個靈魂，每個靈魂都有自己的記憶和性格。

兩者最大的分別，就是對於記憶的掌控。精神分裂患者並不會失憶，大部分都會出現妄想和幻覺，但多重人格患者則會存在失憶的問題。當子人格佔據身體時，主人格會對子人格所做之事、遇見的人毫無印象，因此人的腦海裏會出現記憶衝突。簡單來說，人格的記憶是不會共享的。這狀況與精神分裂是完全不同的。精神分裂現已改稱思覺失調症，兩種疾病不宜混為一談。

## 多重人格患者都在演戲？

有些人認為多重人格患者都是假扮的。《二十四個比利》一書中的警官及部分醫生，並不相信比利是多重人格患者，認為他是為了擺脫罪名而在演戲。此外，由於七十年代時很少多重人格的病例，因此大部分人不相信有此疾病。數年前，有一名多重人格患者在其 YouTube 頻道（AlexMax Han）分享自己的經歷及解答大眾的疑問。當時，她已被三名心理醫生確診為多重人格，亦居住在療養院裏接受治療，但仍然有少部分網民認為她是為了博取同情，而假扮患上多重人格，並在網上發表攻擊性言論。

現今，尚若要確定患者是否患上雙重人格，心理醫生需要通過長時間的觀察和諮詢，以及根據患者是否符合診斷標準，才能夠下定論。作為一名普通人，我們應該相信專業判斷，而不是罔顧事實或顛倒是非黑白，隨便在網上或現實中傷害別人，作出不負責任的評論。說出去的話，就像潑出去的水，無法收回。在面對多重人格患者時就，我們應該更加謹慎，三思而後行，避免傷害了別人而不自知。

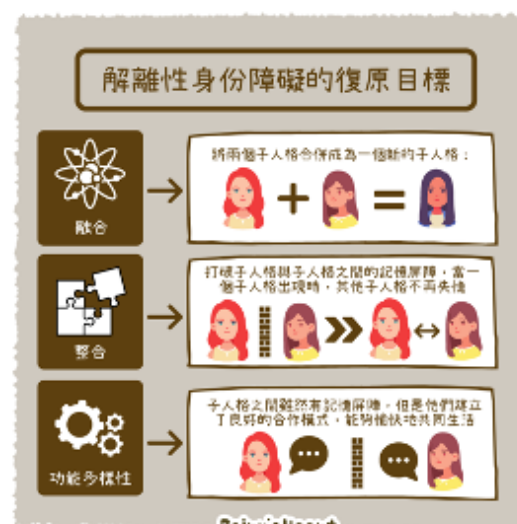


▲ 比利是一名備受爭議的多重人格患者

## 消滅子人格，留下主人格？

部分人認為治療多重人格的方法，就是消滅子人格，只留下主人格，但事實上，這不能根治問題。目前，治療多重人格的方法有三種，包括融合、整合和功能多樣性，當中最常見的是融合。因為每個人格都是患者的一部分，掌握着患者一部分的記憶。醫生或臨床心理學家在處理患者過去的創傷時，需要把各個人格部分聚合一起，以使他們學習一起和諧、互助地生活。故此，融合是最常見的方法也。這才是治療的最主要目的。

而在治療的過程中，親友的幫助也很重要。親友倘若能給予多重人格患者最大的支持，營造舒適安全的環境。若然身邊有人曾受到心理創傷，我們應該要給予他們適當的關愛，讓他們知道自己並不孤單，那麼患者治療成功的機率，也必定會大大提高。



▲ 多重人格的治療方法

隨着現今社會自殺個案的上升，大眾對心理疾病的關注也逐漸提高。這些病患者如能獲得更多幫助，這固然是好事。但同時，人們不應戴着有色眼鏡去看待心理疾病，更不應帶着刻板印象去評論相關事情。此外，有些人害怕接觸心理病人，但所謂的恐懼源自無知。只要政府帶頭推行普及教育，使大眾明白到心理疾病並不可怕，而我們亦主動了解患者，與他們站在同一陣線，而不是把他們推入無底的深淵，那這些患者才能得到適切的照顧和關懷。

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# 新興餐飲模式風靡香港—— 探討兩餸飯飲食文化的發展

李婉晴 (5B)

「兩餸飯」一般指具有兩款家常菜加米飯的盒飯，因此被稱為「兩餸飯」。香港食肆會在營業前提前準備大量菜式並將菜式放入盤中。顧客可從多款菜式中選擇兩種配菜。二零零三年「沙士」之後，香港曾一度流行「兩餸飯」餐飲模式。二零二零年新冠肺炎疫情爆發後，「兩餸飯」因為經濟實惠和菜式選擇多而再次興起，菜式以家常菜為主。目前全港有超過四百九十多間售賣「兩餸飯」的店鋪。



▲ 李婉晴同學（右）訪問「兩餸飯關注組」版主 Andrew（左）

二零二零年十二月，「兩餸飯關注組」在網上平台 Facebook 成立，讓網民分享各區「兩餸飯」的資訊，至今成員已超過十萬人。我校記者邀請了「兩餸飯關注組」版主 Andrew 接受訪問。

記者：為甚麼您當初會在網上平台 Facebook 設立「兩餸飯關注組」？

Andrew：二零二零年十二月，新冠肺炎疫情已爆發了一年。那時候市民將話題轉向飲食行業。當時有網民設立「燒賣關注組」、「魚蛋粉麵關注組」、「壽司關注組」等等。那時候我覺得網民的做法很有趣，所以我也思考有甚麼食物是我想吃的。我記得我以前很喜歡吃「兩餸飯」，也很喜歡到不同的「兩餸飯」店鋪，觀察店鋪裏擺放了甚麼菜式。二零二零年年末，仍沒有「兩餸飯」這個術語，在網上也搜索不到「兩餸飯」的相關信息，所以我在二零二零年十二月二十六日設立了「兩餸飯關注組」。

記者：身為「兩餸飯關注組」的版主，您是怎樣面對他人的質疑？

Andrew：有些網民認為我們開設這些關注組是有原因的，可能是從事有關「兩餸飯」飲食行業的。在過去的一年裏，也曾經有記者詢問我的職業。我並不是從事飲食業的一員，我的正職是一名社工。開設「兩餸飯關注組」一年後，追蹤人數從零上升至兩、三萬人。因為我一開始在關注組裏，分享吃佳記美食「兩餸飯」的心得，所以有些人質疑我是佳記美食的老闆。有些人覺得我把「兩餸飯」的照片拍得那麼好看，認為我是在幫那些店鋪賣廣告。在關注組裏分享自己光顧「兩餸飯」店鋪的心得，會涉及店鋪的利益。如今「兩餸飯關注組」已有十萬追隨者人數，人多自然有紛爭，有人讓我留意組內是否有人賣廣告。有些店鋪新開張，會有店主假裝食客，聲稱自己店鋪的「兩餸飯」值得一試。對我來說，我覺得無所謂，網民甚至可以直接說自己是店鋪老闆，並不需要假裝是食客，因為我們很想知道哪裡有好吃的。如果那些店鋪的「兩餸飯」很難吃，但店主又聲稱自己的「兩餸飯」很好吃，別人嘗試過後自然會給予負評，客流量自然會減少。

記者：您認為「兩餸飯」有甚麼吸引人的地方？

Andrew：我覺得便宜是「兩餸飯」賣點之一。我跟同事在外面用午膳，一碟約五十五元的飯菜，份量大概是「兩餸飯」的一半。我點了四十五元的「三餸飯」和一杯飲料，份量卻是其他餐廳常菜的兩倍。另外一個「兩餸飯」的賣點，就是我不需要猜測菜式的質量。我站在店鋪外面，就能看見菜式的質量，比如牛仔骨的賣相，牛肉的大小。我覺得只要菜式符合我的口味，就會進去點菜，不符合的話，就去另外一間店鋪。還有「兩餸飯」吸引人的地方，就是交易程序快捷。站在「兩餸飯」店鋪裏，你會發現整個交易程序很方便快捷，一下子就能買到想吃的菜式。

記者：您認為是甚麼原因導致「兩餸飯」店鋪越辦越多？

**Andrew：**我認為經濟市場差和失業率上升，並不是「兩餸飯」店鋪越辦越多的原因。我認為「兩餸飯」店鋪越辦越多，是因為它本身有吸引人之處，可能是因為「兩餸飯」多選擇。特別是在新冠肺炎疫情下，香港政府實行禁止晚市堂食政策。如果我每晚都不在家煮飯，我星期一吃拉麵，星期二吃肉燥飯，星期三吃麥當勞，星期四又吃拉麵，我會覺得這些菜式很重複。但是「兩餸飯」就很不同，這畢竟是華人的飲食，賣的是我們平時吃的菜式，所以我吃「兩餸飯」又不會覺得厭煩。因此我認為在新冠肺炎疫情之下，「兩餸飯」店鋪越辦越多的原因，在於「兩餸飯」的選擇多，而並非因為經濟差和市民想省錢。

記者：您認為一片合格的「兩餸飯」店鋪應該具備甚麼條件？

**Andrew：**我覺得一片合格的「兩餸飯」店鋪，首要菜式選擇多。有些「兩餸飯」的店鋪客流量多，所以很快便要重新上菜式。有些店鋪客流量少，可能一個小時才有幾個顧客，廚師不能準備太多不同的菜式。再加上菜式不能放置太久，太久的話蔬菜就會發黃。所以我認為上菜上得快，而且上熱騰騰的菜式，會更加吸引人選擇。「兩餸飯」始終不能現煮，鍋氣不夠，而且是一大鍋煮出來的。所以我見到有菜式是剛擺放出來的話，我就會選擇它，因為比較新鮮。所以我覺得合格的「兩餸飯」店鋪，客流量和菜式的選擇必須要多，而且菜式也要有特色。

記者：比起其他餐飲行業，您認為「兩餸飯」有甚麼優勢？

**Andrew：**與茶餐廳和冰室相比，「兩餸飯」的價格會比較便宜。與酒樓相比，買「兩餸飯」不需要付加服務費，而且不用猜測菜式的實體是否與菜單上的照片一樣。「兩餸飯」的優勢在於價錢相對便宜，交易程序快，而且能在交易前看到菜式的真貌。

記者：您認為放寬口罩令和允許堂食對「兩餸飯」這個餐飲行業會有打擊嗎？

**Andrew：**以前或許只有年紀較大的人才會光顧「兩餸飯」店鋪，但目前「兩餸飯」店鋪越辦越多。現在中環和上環這些商業區也有不少售賣「兩餸飯」的店鋪。我覺得「兩餸飯」已經成為了香港飲食行業的主流，但是現在店鋪越辦越多，競爭也會越大，有些店鋪開始會因為客流量少而被淘汰。曾經有位「兩餸飯」店鋪的老闆對我說，有人來他的店鋪學習如何經營「兩餸飯」店鋪，搶走他們店鋪的廚師，然後開一片新的「兩餸飯」店鋪。目前來說，「兩餸飯」店鋪的客流量還算多，相信疫情過後「兩餸飯」店鋪不會消失，但是「兩餸飯」的價格就可能隨通脹而上升。以前深水埗有一片店鋪，「兩餸飯」只賣十八元，現在已經倒閉。由此可見，便宜的「兩餸飯」，會率先被社會淘汰。所以我相信價錢不是衡量「兩餸飯」的唯一標準。疫情過後，「兩餸飯」的價格會提高，菜式的質量也會上升，因為顧客對食物的要求標準都正在上升。



▲ 只有外賣服務的小型兩餸飯店鋪

記者：如果沒有這些「兩餸飯」的話對您的生活有沒有影響？

**Andrew：**沒有「兩餸飯」的話，我晚上下班，就只能買其他外賣，價格自然相對高，選擇也沒有「兩餸飯」的多。

記者：您有哪些選擇「兩鑊飯」的心得呢？

**Andrew：**我建議選擇一款乾的菜式和一款濕的、多汁的菜式。不要同時選擇兩款都是多汁的菜式，因為醬汁會混在一起，飯菜就沒有那麼好吃。而且，可以先點多汁的菜式，再點少汁的菜式，這樣多汁的菜式就能「墊底」，醬汁不會混在一起。第二就是不要選擇固定大小的菜式，比如豬排、魚、蝦等等，份量比較少。如果你想「兩鑊飯」的份量多的話，就一定要選擇一款蔬菜，可以是兩款菜一款肉，或者一款菜兩款肉，營養也比較均衡。

記者：您在選擇「兩鑊飯」店鋪時有甚麼竅門嗎？

**Andrew：**我會優先選擇有設堂食的店鋪，因為他們大多是做熟客生意，菜式的質量不會太差。只做外賣的「兩鑊飯」店鋪會偶爾失手。還有，就是不要認為只選擇肉類會比較划算，這會限制自己的選擇。多嘗試不同的菜式，可能會有新的發現。

飲食能反映民生，與社會動向有著密切的關聯。新冠疫情初期，經濟下滑，飲食行業為了提升利潤而調整菜式的價格。通貨膨脹導致不少市民把目光投向價格相對便宜的「兩鑊飯」。價廉物美，能讓人有一餐溫飽的「兩鑊飯」吸引市民購買。因此，我認為經濟蕭條是「兩鑊飯」興起的其中一個原因。

如今香港的經濟逐漸恢復，「兩鑊飯」店鋪不宜為了吸引顧客而降低菜式價格的下限，應該提升菜式的品質。因為物價膨脹，「兩鑊飯」的原材料和店鋪租金持續上漲。若店鋪堅持調低「兩鑊飯」的價格，我相信收益將低過總成本，最終店鋪會因為無法承擔損失而結業。現時客流量多的「兩鑊飯」店鋪，食物的價格比其他的店鋪的高，但是它們菜式選擇性和食物的品質相對較高。由此可見，香港市民對食物的要求標準上升。我認為店鋪應該擴大菜式的選擇，亦可以推出創意料理。炮台山一爿「兩鑊飯」店鋪以燒麥為菜式，吸引不少市民前去嘗試。因此，創新是店鋪發展的其中一個方向。

「兩鑊飯」交易程序快捷，正正反映香港生活節奏急促。大家外出用膳時，不妨選擇「兩鑊飯」，感受它的魅力，感受它興起的原因，感受它與社會發展的關聯。



▲ 兩鑊飯的菜式選擇多



▲ 兩堂食兩鑊飯的圖片

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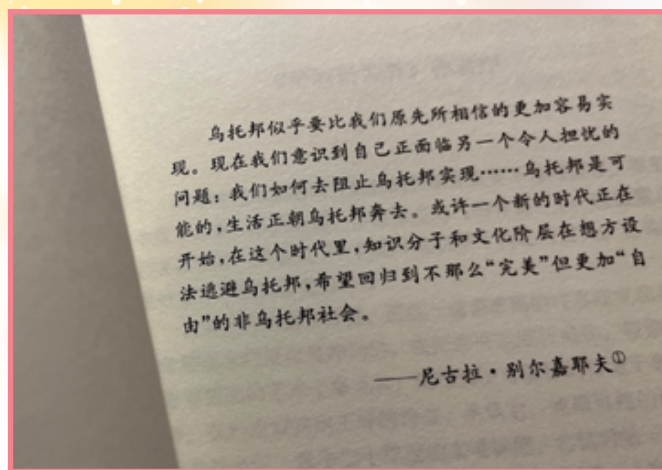
# 看懂《美麗新世界》—— 反烏托邦世界的桃花源？

崔芷琪 (5A)

試幻想一下這麼一個世界：沒有戰爭，沒有貧窮，人人生活無憂，安居樂業，長生不老。這樣的世界，聽上去是不是很美好？確實。在這個世界裡，科技發達，物質豐富，社會穩定。人人都有自己的責任，生來就要完成屬於自己的任務，不必對未來感到迷茫。這是一個多麼美麗的世界啊！這是大家心目中最理想、最完美的「烏托邦」。但，「烏托邦」的美好，又是否真的如其表面一般令人嚮往，抑或只是金玉其外，敗絮其中？《美麗新世界》或許能解答我們的疑惑。

讓我先解釋一下甚麼是烏托邦。烏托邦（Utopia），是一個理想的群體和社會的構想。這個名字源自湯瑪斯·摩爾（Thomas More）在《烏托邦》一書中，所寫的完全理想的共和國「烏托邦」，意指理想完美的境界。我們曾讀過的《桃花源記》，當中提及的「桃花源」，便是陶淵明所幻想的一個烏托邦。

在《美麗新世界》中，作者想像到了公元2540年，即福特632年，世界將發展到一個前所未有的高度。新生命的誕生及孕育已不再需要母體的妊娠，而是靠著繁育中心人工授精和孵化。屆時人們為了實行他們的社會格言：「社會、身分、穩定」，還在胚胎時期就將人劃分成三六九等：阿爾法（ $\alpha$ ）、貝塔（ $\beta$ ）、伽瑪（ $\gamma$ ）、德爾塔（ $\delta$ ）、愛普西隆（ $\epsilon$ ）。其中以阿爾法和貝塔為社會領導階層，其餘為平民及勞工者。在世界的另一邊，有一群被視為怪物異類的人，他們生活在野蠻人保留區，即未被開發的區域。他們保留著原始人的特性——不服從、自由。主角約翰，便是生活在野蠻人保留區的原始人。



▲ 美麗新世界引言

琳達是故事中貝塔階層的人。多年前，她與現為繁育中心主任的男朋友到野蠻人保留區旅遊時，不慎掉落懸崖。她被人救起後，便留在了馬爾白斯部落。此期間生下了約翰，之後一直留在該部落，遲遲未能回到文明社會。約翰深受基督教及印地安信仰的混合宗教影響，因此無論在文明社會，還是保留區，都被人排擠，最終因痛苦及贖罪而自殺身亡。以上便是《美麗新世界》內容大要。

從《美麗新世界》中，我們看到了一個與現在截然不同的社會。在未來的烏托邦世界裡，整個社會面貌好像與我們所認知的有著極大的差別。我們理所當然地認為在一個物質豐富、科技發達的社會裡，人們該是生活富足，悠遊自在，不用為錢財煩惱；但《美麗新世界》所呈現的，卻是一個精神貧瘠、貪圖安逸的世界。是甚麼原因導致有這樣的反差？我們不妨從以下幾個方面深入思考，嘗試理解當中的隱喻。

## 社會、身分、穩定——階級分明的統治

「社會、身分、穩定」，三者密不可分。《美麗新世界》裡，穩定社會所使用的方法，就是把人分成三六九等，給他們安上一個身分，即阿爾法（ $\alpha$ ）、貝塔（ $\beta$ ）、伽瑪（ $\gamma$ ）、德爾塔（ $\delta$ ）、愛普西隆（ $\epsilon$ ）。下級要絕對服從上級命令，上級對下級則擁有絕對的權力，以上尊下卑的社會制度，來達到政權穩定的目的。

書中人物與生俱來的身分，注定了他們在社會上的地位，以及他們的命運。阿爾法和貝塔是領導階層，有著最高的權力，掌握最多的資源；伽馬是平民階層，受阿爾法和貝塔控制；德爾塔和愛普西隆則是社會上最低賤的人群，只能做最普通的體力勞動。這些量身打造的、來自社會的制約，從出生開始便為他們的一生戴上了枷鎖。

為了讓人類發自內心地認同並喜愛自己的身分，統治者在胚胎形成之前，便以各種不同的「人為因素」，控制他們先天的生理條件，從而影響日後的心理發展。這無疑使各個階級之間有著不可彌補的差距，令階級結構更嚴密分明。人們無法通過任何方法，實現階級跨越，繼而不會對權力產生慾望，甚至沒有意識到他們正被奴役。人們發自心底地愛著自己所屬的階級，絕對不會發生動亂，社會因而得以維持穩定。而要確保社會穩定，其中一種至關重要的方法，便是書中所提及的「波坎諾夫斯基程序」。<sup>（註1）</sup>（此方法將在下文解釋）

### 人定勝天還是命中注定？

生活在文明時代，我們當中不少人從小就被灌輸著一種「人定勝天」的概念。唯物主義者相信，命運掌握在自己的手裡。我們可以通過努力，改變自己不堪的命運。

但《美麗新世界》中的社會裡，人們根本沒有辦法——或該說是概念——去嘗試改寫自己生來就被控制著的命運。書中寫到：「『我們也預定人的命運，設置人的條件。我們把嬰兒轉換為社會化的人，叫做阿爾法或愛普西隆，以後讓他們掏陰溝或是……』他原打算說『主宰世界』，卻改了口道：『做孵化中心主任。』」<sup>（註2）</sup>阿爾法和貝塔，在「繁育中心」孵化成熟為胚胎之前就被妥善保管，長大後會訓練成為領導階層。反觀德爾塔和愛普西隆，在卵子完成受精後，經過「波坎諾夫斯基程序」，使受精卵萌芽、增生、分裂，變成九十六個胚芽，再而成長為胚胎、成人。一顆受精卵，能產出九十六個人，這九十六個人，擁有同樣的基因。書中這樣形容道：「……穩定社會的一種重要手段，批量生產的標準化男性和女性。」在減低生育成本的同時，還大大提高了勞動力。而在胚胎發育期間，繁育中心的科學家還會不供氧氣，使胚胎發育不良。縮短其成熟期，在短時間內，胎兒長大為社會服務之餘，還能確保他們因大腦萎縮而無法思考，只能服從指令。通過以上種種手段，社會得以穩定。



▲ 世界國的格言

在這種社會氛圍下長大，莫說他們沒有反抗命運的意識，即使是認識到獨立思考亦然是奢侈。人們自小在洗腦式教育下成長，早已接受了自己的身分，加之集體主義逼使大家盲目跟從，失去批判性思考的能力。沒有人會相信我們可以掌控自己的命運，大家只會認為：「我生來本該如此，不需要改變。」一旦有了與眾不同的想法，便會受到他人的鄙視和排擠，這教人如何生出「大逆不道」的想法？

### 自由與禁錮的衝突

書中不乏自由與限制的橋段，引領讀者思考到底甚麼才是自由。而其中最難忘的，莫過於主角約翰的死亡。約翰來自「野蠻人保留區」，母親琳達是來自文明區的貝塔。約翰自小受社會規條的約制，沒有智慧和創造力，就像一個在出廠時已被設定好的機器人。約翰一邊受成長環境的影響，一邊是母親的言傳身教，約翰的價值觀裡混雜著自由與制約。

而約翰對文明區一切美好的幻想，在來到倫敦後，全都煙消雲散。他發現這裡的人，與他想像中有

著極大差異。文明區的人理應善良守法、循規蹈矩，但事實卻是，文明區的人缺乏想像力，我行我素，自甘為奴……約翰不禁懷疑自己的價值觀是否出現了問題，他對這個新世界感到不滿，最終選擇自殺。

主角約翰本來生長在保留區，受大環境影響，約翰雖遭受排擠，但仍然活得無拘無束，思想自由而不受階級身分所限制。因母親是文明區人的緣由，令約翰無比嚮往文明區的生活。他認為文明區能容下他這個「異類」、他的天馬行空。但他未曾想到，文明區裡活著一群行屍走肉般的奴隸，他們享受虛偽的快樂，又自認為生活幸福美滿。約翰發現，這個世界並不如他想像般美麗，他所渴望的愛情、家庭、自由不復存在。他所選擇——代表自由——的文明區，卻到處透露著禁錮、限制。約翰，該如何尋找他心中的自由？當他發現，自由總要與禁錮發生衝突，又該如何選擇？

## 自我意識

以上兩條問題的答案，總歸要回到書中的核心——自我意識和思想自由——才能找到答案。世界國的格言：「社會、身分、穩定」，要達到上述的社會狀態，除了要求一個森嚴的等級制度以外，更需要一群「愚民」。社會已經發展到不再需要有才智的人為其服務，需要的只是一群沒有自我思考能力，掀不起一絲波瀾的工具人。他們不能擁有真正的感情、個性、自我：對無私偉大的母愛棄如敝屣；對從一而終的愛情引以為恥。任何的需求和慾望能得到即刻的滿足，不快樂時，只要吸上一口唆麻<sup>(註3)</sup>，就甚麼煩惱都消除了。就如世界國總統所說：「人民過着安定的生活，要甚麼有甚麼。得不到的東西他們也絕不會要。他們富裕，他們安全，他們從不生病，也不怕死。他們快快活活，不知道激情和衰老；沒甚麼爸爸媽媽給他們添麻煩，也沒有妻室兒女和情人叫他們產生激情；他們的條件設置，使他們不得不按照設置的條件走，萬一出了事還有唆麻。」這種穩定安寧的生活，就像唆麻一般，麻醉了對人們對世界的憧憬，使自我意識消失殆盡，只管沉浸在歡樂裡。



儘管如此，故事中還是有人覺醒了自我意識。伯納德，一位阿爾法，因為在胎兒時期，他的血液裏不小心被摻入了酒精，而令其身材矮小。身體上的缺陷令他感到自卑，不敢向喜歡的人表達心意。但他的自卑令他產生了自我意識。他曾想萊妮娜傾訴：「我寧可作我自己，雖然我自己很不高明，也不要作別人，即使那很快樂。」、「如果我是自由的，而不是被我的培育所所奴役的話，會是甚麼樣子呢？」這些話表明了他自我意識的覺醒。但這小小的覺醒，似乎不足以改變整個社會，甚至無法改變自己最根本的思想。伯納德最終被另一個自己打敗，認同新世界的價值，變回了故事裡千千萬萬個相同的阿爾法。

約翰，該如何尋找他心中的自由？當他發現，自由總要與禁錮發生衝突，又該如何選擇？我想，答案顯而易見了，他應該保持對自由嚮往，在這世間繼續尋找自由的蹤跡，保持獨立思考，堅守自我。即使自己的想法與大眾背道而馳，也不應為了獲得虛無的認同而隨波逐流。或許獲得自由總要付出許多代價，但換取回來的，必然是值得的，不是嗎？

註釋：

1. 波坎諾夫斯基程序

一個經過波坎諾夫斯基程序處理的卵子會萌發、增生、分裂，形成八至九十六個胚芽，每個胚芽可以成長為一個完整的胚胎，每一個胚胎成長為一個完整的成人。

2. 原文

「We also predestine and condition. We decant our babies as socialized human beings, as Alphas or Epsilons, as future sewage workers or future ...」He was going to say 「future World controllers,」 but correcting himself, said 「future Directors of Hatcheries,」 instead.

3. 唆麻

唆麻（soma）是小說《美麗新世界》中虛構出來的一種藥物，像毒品一樣在吸食後能使人產生極大的滿足感，卻幾無負面效果。

資料來源：

1. <https://baike.baidu.com/item/美麗新世界/4022#4>

2. <https://zh.wikipedia.org/zh-hk/烏托邦>

3. <https://zhuanlan.zhihu.com/p/34400969>

4. [http://scotswolf.com/aldoushuxley\\_bravenewworld.pdf](http://scotswolf.com/aldoushuxley_bravenewworld.pdf)

# 魔幻與現實

# 九歌中的眾生百態

## 引言

「悲莫愁兮生別離，樂莫樂兮新相知」、「身既死兮神以靈，魂魄毅兮為鬼雄」……千年歲月，萬世相傳，如今再讀屈原筆下的《九歌》，仍被其艷麗悲壯所震撼。不同於中原文化的「以和為美」，《楚辭·九歌》中的文字之絢爛華麗，人物塑造之真實動人，實在令人歎為觀止。那麼，關於神，關於人，關於生死，關於情愁，這是對上天的歌頌，還是對生命與靈性的低吟？

《九歌》共十一篇，多記敘九位楚國特有神靈或與其追隨者之間的愛戀之情。人們恭敬莊重地唱起迎神曲，迎來世上第一位天神——東皇太一，為祭奠拉開了序幕，隨後雲中君、湘君湘夫人、大司命與少司命、東君、河伯、山鬼陸續登場。最後兩篇是紀念戰死者的《國殤》以及送神曲。十一篇章分別講述人神之間虛無縹緲的愛戀與追隨，以及神格化的人和人格化的神。此處將摘選辭中數篇——屈原筆下的《九歌》如何反映當時楚國社會的寫照？

## 《大司命》

大司命乘著翻滾黑雲，從大開的天門，風風火火地降落人間。旋風暴雨為他開路，祭祀的女巫越過川流山谷，迎接神明的到來。大司命自鳴得意地俯視著雲層下的茫茫眾生，無人知曉自己的生命，盡被他一人所掌控。雲霓衣裳隨疾風翻滾飄蕩，在旁的女巫師看著叱咤風雲的大司命，心中卻是無盡的憂愁。對於求而不得的無可奈何，女巫師只能以一朵神麻花相贈，象徵自己對大司命，身離別而情未絕的深深思念。她深知離別不可避免，因此只望來日能再度重逢——可那時的她或許早已到了垂暮之年，大司命會因往日的時光垂憐她的衰老嗎？綿綿長長的思念只能化作萬般不捨，女巫師深知，那時大司命只會不帶一點留戀，匆匆掃過那記憶中模糊的臉龐，任時間收走她僅剩的愛戀與生命。

大司命是掌管生死之神，其在天宮的地位未必很高。可在凡人眼中，手握生死大權的神明，權利之大足以媲美天神東皇太一——這從大司命出天門時「令飄風兮先驅，使凍雨兮灑塵」便能證明。而大司命的高高在上、唯我獨尊的自我意識，以及手握百姓命運的權利，也能理解為屈原筆下，中國古代君王專制社會的投影。除此以外，女巫師對大司命的仰慕，和因生命時間不可挽回而無疾而終的愛戀，同樣是《大司命》中所深刻探討的主題。大司命是縹緲而不可觸及的神靈，而女巫師在所愛之人眼中只是茫茫眾生中的一粒塵埃，他們之間的距離注定如天高、如地厚。她甚至無法等到二人再次相見之時……生死是大司命所掌管，那無數人中糾纏不清的綿綿情愛、無法跨越的生與死、悲歡離合又由誰掌控，由誰主宰？為何壽命已有定數，愛戀仍要在已死的湖水裡，固執地掀起波瀾，最後卻無疾而終，只留下伴隨一生的哀痛與情愁？大司命和女巫師間的情感，不獨泛泛停留於表面，更是天下有情人共同面臨的，永不可解的問題。



### 大司命

廣開兮天門，紛吾乘兮玄雲；  
令飄風兮先驅，使凍雨兮灑塵；  
君迴翔兮以下，逾空桑兮從女；  
紛總總兮九州，何壽夭兮在予；  
高飛兮安翔，乘清氣兮御陰陽；  
吾與君兮齊速，導帝之兮九坑；  
靈衣兮披被，玉佩兮陸離；  
一陰兮一陽，衆莫知兮餘所為；  
折疏麻兮瑤華，將以遺兮離居；  
老冉冉兮既極，不寢近兮愈疏；  
乘龍兮轆轤，高馳兮冲天；  
結桂枝兮延佇，羌愈思兮愁人；  
愁人兮奈何，願若今兮無虧；  
固人命兮有當，孰離合兮何為？

## 《國殤》

迎送數位神靈後，隨之而來的便是風格、主題與先前篇章差異極大的《國殤》。與迎神、送神或綿綿情長的相思不同，《國殤》一篇主要根據史實祭祀、歌頌楚秦交戰時為國捐軀的楚國戰士而創作。無數戰馬旗幟在戰場上高揚塵沙，戰士們身穿盔甲直面敵軍，兵刃相交的碰撞聲響徹天空。可即便如此，楚軍仍被敵人攻得節節敗退。偏偏戰爭激怒了神靈，為國效忠至死的壯士，只落得一個曝屍荒野、無人埋葬的下場。荒漠平原的路看不見盡頭，寒風瑟瑟長夜漫漫，戰士們何時才能回家啊？

《國殤》沒有瑰麗詞藻或奇特浪漫的想像，沒有誇張絢爛的描寫或多麼美麗動人的神靈，屈原只以平鋪直敘的方式，就抒發了他最真摯、最熱烈的愛國情懷。據史實記載，公元前313年前後，楚懷王放棄正確的縱橫策略，轉而與秦國交好。楚懷王輕信秦王的空口承諾，而在謊言敗露後，楚秦自然交惡。結果在楚秦數次大規模戰爭（丹陽、藍田之戰等）中，秦全勝而楚大敗，戰死者多達數十萬。此時的屈原已不被君王重用，無數戰死者的鮮血染紅了荒漠平原，染紅了屈原滿溢悲哀的眼眸，更染紅了他那近偏執的、熾熱的愛國情懷。

《國殤》中的「殤」一字，在此處指未成葬禮的無主之鬼。依古代禮節，戰場上的「無勇而死」者，即戰敗者，不被允許收斂入棺，只能曝屍荒野，任由遺體被時間腐蝕。屈原作此祭祀之篇，對這些甘願做孤魂野鬼，也絕不許敵人踏入國土半步的無名戰死者，示以最高的敬意。他更希望君王能夠看到戰場的殘酷，看到百姓水深火熱的生活後，早日在錯誤的政治道路上步回正軌。

只是歷史不願為他改變。公元前278年，秦攻下了楚國郢都，頃襄王棄城逃難，屈原同年投江自盡。



### 國殤

操吳戈兮被犀甲，車錯轂兮短兵接；  
旌蔽日兮敵若雲，矢交墜兮士爭先；  
凌餘陣兮躋餘行，左驂殪兮右刃傷；  
霾兩輪兮繫四馬，援玉枹兮擊鳴鼓；  
天時憫兮威靈怒，嚴殺盡兮棄原野；  
出不入兮往不反，平原忽兮路超遠；  
帶長劍兮挾秦弓，首身離兮心不懲；  
誠既勇兮又以武，終剛強兮不可凌；  
身既死兮神以靈，魂魄毅兮為鬼雄。

## 結語

《九歌》一作，如王逸《楚辭章句》所言：「上陳事神之敬，下見己之冤結，託之以風諫」。除去單單的祭祀意味外，辭中更映射出當時人民對情愛的探究，對時空、歲月不可控之哀愁，更寄託了屈原濃烈悲憤的愛國之心。絢爛華麗的文辭、富浪漫主義色彩的想像，以及屈原心中頻發而出的情感，凝聚了從古至今中華民族無數熱烈的靈魂，終於成就這一精采絕倫的不朽之作。

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# 新世代的攝影價值每況愈下？—— 談現今攝影風氣趨向及其影響

龍凱茵 (4B)

攝影，指以一些電子器材留下影像；而價值，則指某種事物的正面意義及其作用。現今世代，攝影輕而易舉，一台手機已經能夠代替一台攝影器材，輕鬆按下快門，便能把美好瞬間收錄在狹小螢光屏之中，留下值得紀念的畫面，讓飛快的一刻在瞬間成為永恆。可是，攝影的真正價值，又該如何衡量判斷呢？

## 攝影的演變

「留下自己當下想保存的畫面，不就是相機發明的初衷嗎？」

在十九世紀，可攜式木箱相機面世，開創了攝影的先河。及後彩色菲林誕生，正式帶領攝影業進入彩色時代，為攝影歷史揭開嶄新一頁。一直到現今科技日新月異，數碼相機盛行，每個人都擁有一部手提電話，小小黑色小閘子裏的相機功能，早已揭示攝影已進入另一個新時代。

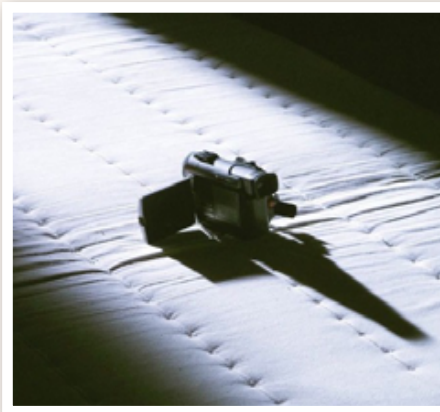
## 攝影的真正價值

香港碩果僅存的傳統照相館，到處充滿歷史痕跡，從泛黃的牆紙背景板、停產已久的攝影器材，到鏽跡斑斑的金屬相框，到處都渲染了來自上半世紀的懷舊氛圍。對光顧照相館的顧客而言，拍攝過程難免較複雜講究；先要隆重其事地換上一身華美服裝，加以配搭精緻飾物和妝容，再挺直腰板、擠出生硬笑容望向鏡頭。「咔嚓」一聲，隨著照相館老闆按下快門，一張事前幕後花了不少工夫的全家福、結婚照抑或是學生照，便總算大功告成；可是對於照相館而言，任務又豈會這麼容易完成？由老闆全程耐心指導顧客拍照，到按下快門，至後期修圖調色，直至把照片交由專業師傅到特定房間，並以指定器材進行沖曬；一張盛載著全家人共同回憶的照片，經歷重重難關，才能到達我們手上。正因昔日一張照片得來不易，一絲不苟的繁複工序所致的高昂費用，並不是家家戶戶都能負擔得起，這彷彿間接提升了攝影的價值。

相比之下，現今社會大眾普遍把照片以檔案形式儲存於電腦、手機等電子器材內，省卻沖曬實體照片所需的時間及金錢，成本降低而效率大大提升。加上當今電子產品普及，手機是都市人的生活必需品，要把過時過節、人生里程碑等重要時刻記錄下來，攝影已不再享有專利，而只是成為人們的電子日記。無論是偶爾比較豐盛的晚飯、不慎摔倒所導致膝蓋擦傷的疤痕，抑或是周末與友人出遊的留影，只要從口袋裏掏出手機，「咔嚓」一聲按下快門，相中事物便永久定格，成了微小瑣碎的生活記錄。若然事後感到後悔，欲把重複或無用的照片刪除，也只不過是一鍵之勞——按下「刪除」按鈕，甚至可把誤刪的照片還原，過程不費吹灰之力。正因現今科技突飛猛進、日新月異，它為我們所帶來的便利，促成了攝影界這種「速食文化」。而這種文化或許會讓我們更難明白把人生最美好、最珍重的時刻，透過攝影保存下來的重要性。科技發展一日千里，人們不再把攝影當成稀奇之事。正因如此，上世紀復古影樓漸趨式微、逐漸消失在大眾的視野中，令攝影的價值每況愈下。



▲ 不同規格與形式的 CCD 相機以及 DV 相機



▲ DV 機機身

實際上，非物質影樓文化，確實值得我們多加關注。我們要讓這種文化薪火相傳，切不能讓難能可貴的技術以及文化永久失傳。除此之外，受現今世代的攝影風氣影響，相片來得太易，省卻了中間漫長的攝影過程，我們或許應該再三反思，習慣把雞毛蒜皮的小事都一一拍下，又是否模糊了真正值得我們留下的珍貴瞬間的價值？

## 千禧攝影產物重現大眾視野

另一邊廂，縱然復古影樓在潮流中漸漸褪色，可是，正所謂「潮流是一個不斷循環的圓圈」，時尚便是一個永無止境的輪迴，復古也能重新成為潮流。最近，一股屬於千禧年代的新熱潮，便在大眾主流的攝影風氣中嶄露頭角，在年輕一代間開展了一趟全新的時光旅行。

千禧年代的攝影產物——CCD相機，英文全名為 **Charge Coupled Device**，具備體積小、方便攜帶的特質，適合隨身手袋容量不多，並需出門在外的用戶輕鬆攜帶，便於記錄日常瑣碎之事。以上優點，都是令 CCD 相機人氣急升的原因。自從成本低、適應性廣的全新感光元件「CMOS」出現後，CCD 相機的地位本來便逐漸被取替，在相機市場之中慘被淘汰。可是，隨著近年千禧世代的時尚產物崛起，本早已退出流行的 CCD 相機，重回流行文化市場，更瞬間獲得了空前大翻身。它成為現時炙手可熱的潮人之選，重新映入大眾的眼簾，尤其年輕一代。CCD 相機的外型普遍以銀色為主，充滿屬於千禧世代的獨特科技感。其成像畫面稱不上清晰了然，而且也帶少許噪點。現今科技想盡設法更新攝影的能見度，只為提升成像效果。可是，誰也沒料到如今年輕一代，反而更看重 CCD 相機所製造出的年代感色彩。他們追求現今數位相機難以複製的、未經修飾、顯得粗糙的原生感，使 CCD 相機這種成像模糊不清、看起來總是迷霧朦朧的攝影效果，為最近的攝影風氣帶來了新鮮感，逐步使這種審美觀攀升為現今的潮流指標。

舊式 DV 機（Digital Video Handycam）深受近年崛起的千禧文化以及韓流影響，跟 CCD 相機同為十餘年前的產物的它，亦在機緣巧合下重獲大眾歡迎。除了由於現今攝影風氣，流行追求傾向低畫質的成像品外，在南韓新女子組合，影響力不容小覷的 NewJeans 發佈的單曲《Ditto》中，其 MV 亦多次出現舊式 DV 機的蹤影。該組合官方網頁亦先後釋出多段以舊式 DV 機攝製而成的短片。無論是緩緩拉近鏡頭時造成輕微的時間延遲、影片滿佈的厚重顆粒感、整體籠罩着的墨綠迷離色調，抑或讓人聯想起夕陽西下的柔和色溫；這些短片都烘托出青春那不顧一切的懵懂、後知後覺的美麗，以及充滿遺憾卻更顯不枉曾經青春一場的缺失。正因 CCD 相機與舊式 DV 機跟青春的格調極為脛合，進一步促使低畫質成像品，成為攝影界的新寵兒，以及成為年輕人緊貼潮流的大熱。

「留下自己當下想保存的畫面，不就是相機發明的初衷嗎？」不論攝影風氣伴隨年月更替再怎樣演變下去，抑或攝影在每個人心中的價值是如何去衡量或估算，始終不變的，似乎是每個人攝影的初心——不外乎是把對自己而言，絕對具價值的一瞬間，使之保存下來，成為永恆。



▲ 舊式影樓沖曬實體照片



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### 更正啟事

本校校報《迴響》第 38 期，〈職場脈動：聽得見的影像——口述影像員專訪〉一文，第 20 頁右邊插圖描述，右上圖「香港口述影像協會與廉政公署合作推出的口述影視繪本《你先我先》」應為「香港口述影像協會為廉政公署出版的德育繪本《你先我先》製作無障礙配套，圖為故事角色觸感圖。」；而右下圖「香港口述影像協會，曾舉辦木棉花導賞團，以上是導賞團中使用的道具。」則應為「香港口述影像協會曾舉辦木棉花社區口述影像導賞團，以上是導賞團中使用的道具。」，特此更正。



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