

## 學聲

英皇書院

薪火相傳

## 你真邊的超自然

陳穎森

在漫長的征服外部世界與自身、創造文明社會的歷史進程中，人類遭遇到各種各樣匪夷所思的神秘現象。每一個聽起來近乎天方夜譚的神秘現象背後都蘊含著人類發展的種種契機。人類天生具有探索征服新奇、不可知事物的強烈慾望，在這種慾望的驅使下，通過對神秘現象孜孜不倦的追求和探索，人類一步步從未知到已知，從混沌走向文明；人類智慧因此得以提升，人類潛能亦由此得到最大程度的挖掘與開發。

但在日常生活中，光怪陸離的神秘事件依然頻繁地發生在我們四周，這些吊詭的異象讓人陷入撲朔迷離的景況。我們在謎團沼澤中匍匐、摸索，在未知的領域中，我們以理性的科學試圖揭開每個靈異的神秘面紗。

## 靈魂出竅

對靈魂出竅的現象最簡單的解釋是：感覺到自已的靈魂離開了自己的肉體，在肉體之外活動，亦不受自已控制。

有些人在進行冥想、氣功、瑜珈等精神修練時，會發生靈魂出竅的現象。他們可以在出竅時到達遙遠處看到那裏發生的事情。這個現象有時候也會自然地發生，據歐美方面的統計，全球約有四分之一人記得自己曾經在睡眠時有靈魂出竅。這個現象多數在睡眠的時候發生，出竅者多數會先發生「鬼壓床」的現象，然後才經歷靈魂出竅。

睡眠中的靈魂出竅是由於肉體比精神疲倦，所

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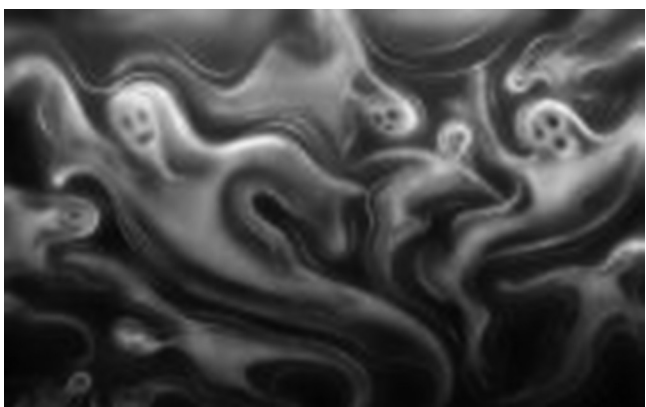
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以肉體比精神更快地入睡，這個時候便是發生鬼壓床的時候，即頭腦清醒而身體已進入睡眠狀態。當肉體完全入睡之後，那個人的意識便有可能離開肉體活動了。

和普通做夢不同的是，靈魂出竅的人是完全清醒的，他可以清晰地思考，和清醒時一樣接收外界的信息，自由地控制自己的任何行動，而且行動會比清醒時更為方便。因為靈魂出竅後沒有了肉體的限制，很多平日做不到的事情，都可以在靈魂出竅時做到。

## 人體自燃

人體自燃就是一個人的身體未與外界火種接觸而自動著火燃燒。1949年12月15日，美國新罕布什爾州的一個五十三歲、名叫科特裏斯的婦女在家中被燒



死了。曼徹斯特警方在調查中發現，那具不像人形的恐怖屍體躺在房間的地板上，可是房間內的物體卻沒有遭到絲毫破壞，而且壁爐也未曾使用過，甚至在其他地方也找不到火種。美聯社報道說：「該婦人在燃燒時一定像個火球，但是火焰卻沒有燒著她家裏的任何木料。」這事實令人驚詫。

現時人體自燃的

原因可歸納為以下幾種：  
推論一：由靜電引起。人體能夠產生幾千伏的靜電，某些人甚至能高達3萬伏。這些靜電通過毛髮被放掉，在正常環境中是無害的，但是在某些極端的環境中，比如在周圍充滿可燃物質的工



地，人體靜電放電就可能導致爆炸。推論二：「燈芯效應」。「燈芯效應」是一個最有力、最有證據及實驗支持的解釋。根據這個理論，酒醉或昏睡中的人穿的衣服被火點燃，皮膚被燒到脫落，皮下脂肪便會融化、流出，衣服被液化脂肪浸濕後成了「燈芯」，而體內的脂肪就像是一「蠟」，源源不斷地提供燃燒的燃料，於是屍體就像蠟燭慢慢地燃燒，直到所有的脂肪組織都被燒完。這個理論可以解釋上面所歸納的「人體自燃」的特徵。科學家用豬裹著毛巾進行了實驗，結果證實了這項說法是正確無誤的。

## 既視感

你是否有過這樣的經歷：突然感覺眼前的場景無比熟悉，所有的一切每一個細節，甚至是接下來的



所要發生的事情，你都瞭如指掌，就好像經歷過。然而，事實上並非如此。據最近相關調查顯示，有2/3的成年人至少有過一次這種似曾相識的經歷。

其實這是典型的既視感現象。當我們到一個地方以後，方位和空間關係，周圍的物體，人物，都能同時出現。然而，我們對它們的知覺卻是由大腦中無數不同的空能回路，即位置知覺的回路，物體知覺的回路和面孔知覺的回路分別去完成。與知覺類似，記憶也分為很多類型。識和感念的記憶被稱為語義記憶，而針對情節、經歷、事情經過的記憶，即情景性記憶。其中每一類記憶，又可以分為很多個子類。正因為知覺和記憶都是「分類」進行的，我們會把曾經經歷的一些場景中的眾多特徵存放在不同的記憶系統中，而我們無法意識到，當我們走到一個新的場景，場景中的某些部分就可能刺激我們的一些記憶，調動大腦中並不同的記憶系統與之匹配。一旦場景中的某一特徵和過去的經歷配上，就會產生「似曾相識」的感覺。每個人都會有生活經歷，因為積習的東西很多，偶爾出現「似曾相識」這種主觀體驗是很正常的。對「似曾相識」這一主觀體驗的最初認識可從醫學上的癲癇病開始，可以追尋到半個世紀以前，正常人也會出現這種主觀體驗，隨著腦科學知識的積累逐漸達到了今天的認識水平。

生活中還有更多有待解答的超自然現象，我們不妨相信科學，以實事求是的態度和理性的角度去分析並尋求每個謎團背後潛藏的真相，擺脫過往的愚昧，在探索和求解的道路上迎接真理的到來。



## 身體不會說謊

6C 梁亦樂



「任何一個感官健全的人，最終都會相信沒有人能守得住秘密。如果他的雙唇禁閉，那麼他的指尖會說話，甚至他身上的每一個毛孔都會背叛他。」心理學之父西格蒙德·弗洛伊德如是說道。說謊是人類的天性，但是無論一個人說謊的技巧多麼高超也不可能瞞到真正的高手。以下，就讓筆者來掀開身體語言神秘的面紗吧！

相對來說，人在說謊時手勢會比較少，直接的眼神接觸會減少，身體也會變得僵硬。當然，高明的說謊者往往會直視對方，但其不尋常的冷靜（如受指控時一點也不憤慨）也會把他出賣。高明的說謊者會十分小心地陳述某個事件的細節，但常常忽略加入他人的觀點和意見，而且編造的故事中通常沒有負面情況。高明的騙子可能精通於回答問題，但絕少反問對方，因為他們只想取信於人。

可以說，先後次序就是分辨真假的最可信的辦法，因為說謊者的言行與情緒往往不一致。比如說，如果對方在開始說話前堅定地點頭或搖頭則表示他沒有說謊，但如果說完之後才「補加」動作你就要多多提防了。這樣慢半拍的「補加」或過份地局限於嘴部的面部表情都是說謊的徵兆，不得不防。

另外，有一個相當有趣的辦法可以驗證一個人是否在編假話。對於用右手的人來說，先往上看再往左看說明在回想真事，再往右看則說明他

在編假話。相反，左撇子說謊時會往左看，說真話時反之。

說完身體語言之後，就讓我們探討一下測謊機吧。人類在說謊或感到害怕時脈搏會不由自主地變化，血壓、呼吸和皮膚導電反應等也不可能保持不變。測謊機就是透過測試受測者的心理變化來判斷一個人是否有所隱瞞，但卻不能準確地判斷受測者是否在說謊。在應用時，受測者會被問及一些與案件無關的問題和有關的問題，然後他們回答這兩種問題的反應將會被比較。大體來說，犯案者對與案件無關的問題產生的反應會比與案件無關的問題的強烈，而非犯案者對兩類問題的反對則差不多。同時，受測者會被問及有關只有犯案者和探員才知道的細節，而犯案者應該會對包含真正答案的問題有較強烈的反應。由於由緊張所引起的心理反應與由驚慌引起差不多，測謊機對冷靜理性的受測者功效良好，但在應對感性重於理性的心時就顯得無能為力了。所以，說要逃過測謊機的偵測，不理性就是最理性的選擇。

身體不會說謊，因為說謊比說出真情難好幾倍。我們在說出真情時只須回憶罷了，但是謊言卻要大費心思地「編」出。只要我們知道自己在說謊且擔心被對方識破或於心有愧，身體的每一個部分都會背叛我們。所以，高明的說謊者先從騙倒自己入手，並盡量減少說謊時感到的罪惡感與愧疚，這樣才能騙倒天下芸芸眾生。孔子說：「知之而知之，不知而不知，是知（智）也。」，所以終其一生失意連連，絕糧於陳。現代的社會（尤其是美國）注重真誠，但又有多少個成功人士是待人以誠？我並不鼓勵同學待人不誠，但望不要輕易地被人欺騙，因為教育界外的社會是有天條日的，只王過我們受到的保護太強罷了。

### 身體語言博大

精深，難以盡述。以上的介紹僅為冰山一角，但望能引起同學的興趣。但身體語言自身也不過是滄海一粟，如果同學能老老實實地鑽研正統心理學的話，假以時日，必有所成。





## 男生的四季裝扮

陳穎森

## 偷拍日記



## 春

你好嗎？

當世界開始排山倒海地以一片嫩綠潑墨整個畫面的時候，你迎面走來了。僅是公園裡某簇杜鵑被風搖曳的瞬間，你的修長身影剎那嵌入我的視覺。不為什麼，只為你一身輕盈而優雅的衣著，靜默穿梭在香樟樹的龐大陰影下，好讓我猛的心血來潮，按下快門。

男生在春季的打扮應該以舒服而簡潔大方的形象為主。你可以樸實一點，一件T恤，一條中長的褲子，搭配一件針織外套。T恤什麼顏色都可以，拜託，你可以在生氣盎然的春天穿上你曾認為娘和土的紅色或綠色，有領的無領的都可以，但切記不要穿在胸口印上巨型標語口號或誇張圖形印花的T恤，因為這會讓你看起來輕佻浮躁。褲子的顏色可以是淡咖啡色或深藍色，長度不用太在意，穿長褲子穿得膩了，也可以自行把褲管捲起幾層，營造清涼的直筒休閒褲效果。

## 夏

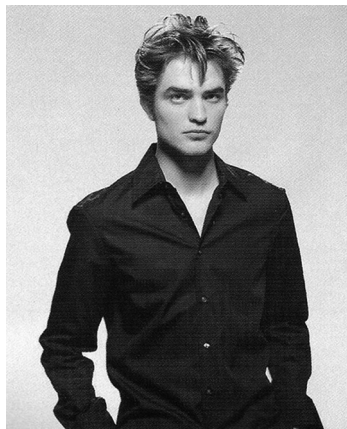
你好嗎？

時序是五月天，晴，攝氏三十五度。陽光是毒辣的輻射，整座城市被烘烤著蒸騰著熱氣。你提著你的寬沿草帽和大號

手提袋走過發燙的沙灘。今天的大海有點

情緒化，浪花忽高忽低，奮力降低沿岸沙粒的溫度。你的深V型領口襯衫隨意隨風輕擺。我看見了，趁著巨浪帶著低低的憤怒翻起時，我按下快門，沒有錯過你和衝浪板一同繾綣在海中的瞬間。

夏天看大牌們都是怎麼來把玩男性的性感的吧，務必記住「深V型領口」的規則，那會讓你有一種貴族公子般的性感氣息。絲綢面料與民族風印花相得益彰。舉手投足都是貴氣慵懶的異域風情，還有配件，沒錯，又是巴拿馬草帽和大號的手提包，就知道它們在今年夏天有多流行了吧。對了，還得加上一副酷酷的太陽眼鏡，這樣的形象才算完整。



## 秋

你好嗎？

在枯槁的漫天落葉裏，你從對面街走過，穿過麵包店和神色匆匆的人群，駐足在便利店前的雜誌架上，隨手翻閱你最愛的財經雜誌。暮色四合之際，不知名的鳥振翅飛上教堂的十字架頂端，你隨手喝一口星巴克咖啡，依然專注在雜誌的內容上，不知怎的，你的側臉被日落的陽光映在地上。我按下快門，影子是透明的橙色，暖得像是真的。

一字領的寬鬆針織衫配合亮眼的彩色條紋，牛仔面料的雙排扣西裝外套以及淺灰色的窄腳褲，為你帶來一派輕鬆



## 冬

你好嗎？

沒有雪。你有點失落吧。灰濛濛的隆冬，你拖著巨大的行李箱走過沒有泉水的噴泉，旁邊一群白鴿為你讓路，你注視著在路邊玩耍的小孩子，笑得有點天真無邪，黑色大衣被風揚起，你把它裹得緊些，再緊些，疾步鑽進地鐵站內。而你身後，漫天飄雪開始徐徐而降……

寒風中的你不必穿厚重的羽絨，一件雙排扣反領連腰帶長身絨質大衣同樣保暖。這時候，你更需要一條有足夠長度和厚度的圍巾，可以是咖啡色的格子圖案。冬天，靴子終於發揮作用了，男生可以穿深色的靴子，靴身應該低於膝蓋的位置，

當然你也可以繼續穿年中無休的Converse。此時如果你雙手提著一個皮製的大包包，氣質定必不凡。



愜意的心情。同樣你也可以用絹綢質地的亮絲呈現貴族的氣質，最特別的是繫法，只是隨意地皺皺的搭在頸肩，配合水洗皺褶的絲麻襯衣和時下最流行的低檔收褲腿七分褲，淡泊、大氣，品味不凡。千萬不要忽略腳上那雙灰色的帶穗帆船鞋，這可是休閒紳士風必備的單品。

# 甚麼是九型人格論？

我們每個人都是獨一無二的個體。九型人格論所描述的九種人格類型，並沒有好壞之別，不同類型的人回應世界的方式具有可被辨識的根本差異。這個世界上五十億人口中，每個類型大概佔了五億。雖然如此，我們每個人還是很獨特的，而且九型人格論也容許我們如此。縱使我們的人格類型是可被辨識的，然而我們的人格——經驗、記憶、夢、抱負，以及我們的處理方式——卻是自己的。

首先，從簡述中找出你自己的類型。一旦你辨識出自己的基本類型，找到那條生命中暗自牽引你的命運之線，肯定會發出一聲贊嘆，甚至會有鬆一口氣的感覺，或是些許感傷。有時候你也可以會說：「那不是我想要的類型」，當你第一次找尋自己的類型時，千萬不要因為你對自己的個人期望及價值來判定自己，而是應以客觀及認真的態度來追溯，別要急於一時，才能夠真真正正把藏在內心深處的本我重新浮現。

人類有三種經驗世界的主要方式：思考、感覺和感官經驗。九型人格論的模型，和每個神秘主義的傳統一樣，都認定這三項能傳達感覺、知性經驗的身體中心，它們就位於身體的腦、心、腹三個地方。

相信你現在已對九型人格有一定概念。然而，在了解九型人格後，與朋友在待人接物時也定能更加圓滑，關係更為密切。以下為一些支持該人格朋友的提示。

## 思考主導 (Thinking Centre)

以思想為原驅力。

第五型智慧型 (The Investigator)



型、理性分析者、思考型

第六型忠誠型 (The Loyalist)



者、謹慎型

第七型快樂主義型 (The Enthusiast)



躍型、創造可能者、享樂型

## 感覺主導 (Feeling Centre)

以感情為原驅力。

第二型助人者 (The Helper)



成就他人者、博愛型

第三型成就者 (The Achiever)



實踐型

第四型藝術型 (The Individualist)



型、感覺憑藉者

## 感官主導 (Instinct Centre)

以行動為原驅力。

第八型領袖型 (The Challenger)



者、保護者、權威型

第九型和乎型 (The Peacemaker)



維持和諧者

第一型完美主義者 (The Reformer)



革者、跟從原則者、改進型、秩序大使

## 基本的人格類型

第一型：完美主義者 (The Reformer)



第一型的人愛批判自己，也愛批判別人，他們內心擁有一張列滿應該與不應該的清單。他們認真盡責，希望所做的每件事都絕對正確。他們很難為了自己而輕鬆玩樂，因為他們以超高標準來審查自己的行為，而且老是覺得做得還不夠。他們有可能因為害怕無法臻於完美而耽擱了事情。第一型的人有種道德優越感，很可能厭惡那些不守規矩的人，特別是當這些人越矩得逞時。他們是優秀的組織人才，能夠緊追錯誤和必須完成的事項，把任務完成。

第二型：助人者 (The Helper)



第二型的人不管在時間、精力和事物三方面都表現出主動、樂於助人、普遍樂觀，以及慷慨大方。由於他們不容易承認自己的需要，也難以向人呼求幫助，所以總是無意識地通過人際關係來滿足自己的需要，而且在自己最為人所需的時候感到最快樂。他們對別人的需要和感覺非常敏銳，能夠剛好表現出能吸引別人的那部分人格。他們善於付出更勝於接受，有時候會操控別人，為得到而付出，有時候是天生的照顧者和支持者。為了使別人成功、美滿，第二型的人能運用他們天生的同理心，給出對方真正需要的事物。

第三型：成就者 (The Achiever)



第三型的人是精力超強的工作狂，他們奮力追求

成功，以獲得地位和讚賞。他們具有競爭性，儘管他們自認為這是一種愛的挑戰，而非擊敗他人的欲望。無論他們處在何種競爭場合，總是把目標鎖定在成功之上，他們會是——成功的父母、配偶、商人、玩伴、嬉皮、治療師，能夠順應身邊的人們而變換形象。盡管他們和自己真實的感覺毫無接觸，因為這些都會妨礙成就，可是一旦受到要求，他們卻可以表現出合宜適切的感覺。第三型的人會全心全意追求一個目標，而且永不厭倦。他們會成為傑出的團隊領袖，鼓舞他人相信「天下沒有不可能的事」。

第四型：藝術型 (The Individualist)



第四型的人具有藝術氣質、多情，他們尋求理想伴侶或一生的志向，活在失落了生命中某項重要事物的感覺中。他們覺得必須找到真實的夥伴關係，自己才完整。他們傾向於找出疏離理想化的現行事物和世俗的錯誤。他們受到高深的情緒性經驗所吸引，表達出與眾不同的一面。無論在任何領域，他們的生命反映出對事物重要性和意義的追求。雖然很容易陷入自己的情緒，他們卻能表現出最高度的同理心，去支持處在情緒痛苦中的人。

第五型：智慧型 (The Investigator)



第五型的人帶著距離來經驗生命，避免牽扯任何情緒，重觀察更勝於參與。他們是需要高度隱私的人，如果得不到屬於自己的充分時間，會感到枯竭、焦慮，因為他們用這種方式來回顧事情，並體驗在日常事物中難以感覺到的安定情緒。心智生活對他們而言相當重要，他們具有對知識和資訊的熱愛，通常是某個專門領域的研究者。第五型的人把生活規劃成許多區塊，雖然他們不喜歡預定的例行公事，卻希望事先知道在工作與休閒時他們被期望的是什麼。他們會是傑出的決策者和具有創意的知識分子。

第六型：忠誠型 (The Loyalist)



第六型的人把世界看作是威脅，雖然他們可能覺察不到自己處在恐懼中。他們對威脅的來源明察秋毫，為了先行武裝，他們會預想最糟的可能結果。他們這種懷疑的心智架構會產生對做事的拖延及對他人動機的猜疑。他們不喜歡權威，也可說是害怕權威，參與弱勢團體運動，而且在權威中難以輕易自處，或維持成功。某些第六型的人具有退縮並保護自己免於威脅的傾向；某些則先發制人，迎向前去克服它，因而表現出極大的攻擊性。一旦願意信任時，第六型的人會是忠誠而具承諾的朋友和團隊夥伴。

第七型：快樂主義型 (The Enthusiast)



第七型的人樂觀、精力充沛、迷人，而且難以捉



摸。他們具有小飛俠彼得·潘的特質，痛恨被束縛或控制，而且盡可能保留許多愉快的選擇。在不愉快的情況下，他們會從心理上逃脫到愉快的幻想中。第七型的人是未來導向者，具有涵蓋每件想要完成的事情的內在計劃，而且當新的選擇出現時，他們還會適時更新內容。那份想保持生命愉悅的需要，導引他們重新架構現實世界，以排除有損自我形象的負面情緒和潛在打擊。他們享受新的經驗、新的人群和新的點子，是富有創意的電腦網絡工作者、綜合家及理論家。

#### 第八型：領袖型 (The Challenger)



第八型的人獨斷，有時具攻擊性，對生命抱持「一不作二不休」的態度。他們通常是領袖，或極端孤立者，朋友和人們在他們的照料下相當受到保護。他們知道自己在想什麼，關心正義和公平，並且樂意為此而戰。第八型的人格外追求享樂，從和朋友喝酒作樂到理性的討論都有。他們能覺察權力所在之處，使自已不受到他人的控制，而且具有支配力。第八型的人會忠誠地運用自己的力量，並毫無倦怠地支持有價值的事件。

#### 第九型：和平型 (The Peacemaker)



第九型的人是和平使者。他們善於瞭解每個人的觀點，卻不知道自己所想、所要的是什麼。他們喜歡和諧而舒適的生活，寧願配合他人的安排，也不要製造衝突。然而，如果被人施壓，他們會變得很頑固，有時甚至會動怒。他們通常非常主動，興趣很多，但是卻將自己的優先事項拖到最後一分鐘才做。他們還具有自我麻醉的傾向，讓自己去做些優先順位上位居次要的活動，如看書、和朋友閒逛、看錄影帶等。第九型的人是很好的仲裁者，磋商對象，而且能專心執行一項團體計劃。

#### 支持第一型人的事情：

- 承認你本身的批判和錯誤。
- 指出在他們周圍及他們本身的正面事情。
- 讓他們知道，即使不完美，他們還是可愛的。
- 提醒他們世上並沒有人是完美的。

#### 支持第二型人的事情：

- 提醒他們的才華並贊許他們——指出來，並繼續去做。
- 讓他們知道你喜歡他們原原本本的樣子。

- 別問他們需要什麼——只管為他們做些事。
- 真誠對待你個人的情緒，並說出來。

#### 支持第三型人的事情：

- 讓他們知道你在乎的是他們的真我，而不是成就，而且感覺到脆弱是沒關係的。
- 記得他們看起來雖然很有自信，但事實不然。
- 不要批評或攻擊——這會傷人，也會增加不好的自我評價，而增加惡性循環。
- 不要只是讚賞結果而單獨強調成就，過程才是最要的經歷。

#### 支持第四型人的事情：

- 要堅定、一致而可信地讓他們知道你不会遺棄他們。
- 隨時支持他們，傾聽他們的感覺並相信他們
- 給他們空間，讓他們擁有自己的情緒並穿越它。
- 告訴他們你自己的感覺和反應。

#### 支持第五型人的事情：

- 尊重他們隱私的需要，不要看成是拒絕。
- 用溫和的態度告訴他們你的感覺。
- 用邀請而非要求的態度，鼓勵他們採取不同的行動。
- 小心過度知性化，高談闊論而不採取實際行動。

#### 支持第六型人的事情：

- 提醒他們用愉快來抵消負面的情緒，幫助他們信任未來。
- 鼓勵他們去開創積極的行動。
- 在幫助他們詳細檢查恐懼之前，要認真看待他們的恐懼。
- 告訴他們你正在思考的事情，以及你的感覺。

#### 支持第七型人的事情：

- 通過詢問他們的感覺來幫助他們面對現實。
- 當他們正在「享樂」時，指出他們可能正在逃避現實。
- 幫助他們去看重別人，並專注他們以外的事物。

- 幫助他們認知，由於專注於享樂而失去的事物。

#### 支持第八型人的事情：

- 用鼓勵的方式對待他們，而非告訴他們哪裡做錯。
- 讓他們知道他們正被自己所說的事情威嚇或傷害。
- 直接而坦率，而且如果需要，就和他們爭吵，是為了澄清而非求勝。
- 提醒他們，不能以偏概全。

#### 支持第九型人的事情：

- 以溫和的態度幫助他們保持專注，拉回他們的注意力。
- 幫助他們區分為自己的立場。
- 告訴他們要在乎自己重要的事物。
- 提醒他們要回顧自己工作的成效。

### 後記

你研究九型人格論的深度到哪裡，純粹是你個人的事。任何對你而言正確的事，就是好事。如果你認真面對自己的成長，愿意去接納當中的不悅，如同接納自我探索的喜悅那般，它所顯露的深遠真理，將提供你此生每個階段的指引，幫助你去觀看此刻的處境以及接下來的步伐。

### 參考網址：

- 九型人格測試 (180題詳盡版)：  
<http://o3ooc/ninetest/ninetest.htm>
- 九型人格測試 (36題簡易版)：  
<http://www.bt4u.com/calls/analysis/analysis4.jsp>

### 資料來源：

認識九型人格——重現古老的靈魂智慧 (凱倫·魏)

## 人物專訪一



陳志雄老師

## 訪問

記者：4C林浩·4C張科利·4C盧俊偉

文書：張科利

攝影：鄒兆偉

陳志雄老師已入職十六年，期間曾在上葵涌官立中學任教十三年，現時他在我校任教數學科。然而，他原來並非一直從事教育行業，他以前分別在致生文具及Levis任市場管理。從沒有教學的打算，到已為人師表十多年，究竟他的背後有甚麼故事呢？

記者：由舊校至新校英皇書院，你對現在的教學環境有甚麼看法？

陳SIR：兩間學校的性質是不同的。我以前是在一間成績比較差的學校裏任教。在那學校當中，教導學生知識固然是工作的一部份，但最重要的是管理學生秩序和灌輸正確的價值觀給學生。

記者：在與同學相處之間，有沒有甚麼難忘的回憶？

陳SIR：我覺得英皇書院的學生富有人情味。雖然有部份學生還是很孩子氣，但每位學生對老師都是很好的，很有心和很尊重老師。就好像我教4C班的同學，給我辦了個驚喜的生日會，讓我大吃一驚。

記者：同事方面如何呢？

陳SIR：同事們都對我很友善，使我很快便能與他們融洽相處。我想每個人去到一個新的環境，也要習慣該處的文化和工作的不同處理方法。如果以短短數個月來計，當然在協調上未是最好。由於我是新老師的關係，不時也碰到不明白的地方，同事們會協助我解決問題。我相信繼續在英皇書院任教的話，和其他同事相處會是很好的。

記者：你和家人相處如何？與子女相處是否和與學生相處一樣？

陳SIR：我的妻子跟我一樣都是教師，而我們都是因工作而在一起的。我們有兩個八歲的和六歲半的女兒。我想教導自己的子女和教導學生是兩回事。在家中，我是以家長的身份去教導子女；在學校，我則以教師的身份去教導學生，兩者的性質是不同的。有時候我和妻子也會分享自己在學校遇到的經歷。基本上，教導小朋友是比教導學生費神的。

記者：身為教師，看見現時的教育環境，與你求學時期有何分別？

陳SIR：我在十六歲的時候，已經到加拿大升學。我在那裏完成了中學和大學的課程，才回來香港。我想兩個地方的文化背景不同，我在那裏讀的是政府學校，學校給予學生很大自由度，例如上學不需穿著校服。加拿大學校多用浮動班制度，每次上課也需要到不同的課室，或與不同的學生一起上課，令我們在學校的社交圈子比較大。而不同的是他們注重的教學方式有別於香港的灌輸性教學，他們希望學生慢慢吸收、慢慢學習，並能夠活學活用，從而培養探究精神。故此，基於兩地的教育制度不同，我是很難一一比較的。

記者：同學都說你為人樂天，常常都笑容滿面。真實的你是否如此？

陳SIR：人生總有高低起伏的，低潮的時候我們要去適應和渡過，不能太過悲觀。同學或朋友經常也問我為何滿面笑容，我覺得人要樂觀一點，太過悲觀的話自己會活得不開心，開心也是過活，不開心也是過活，只要懂得怎樣渡過難關或適應處理的話，凡事都能夠從容面對。

記者：你對自己有甚麼抱負？或是對將來有甚麼期望？

陳SIR：我的抱負就是在家中做個好爸爸、好丈夫，以及在學校做個好老師。身為班主任，當然期望自己的學生有好成績，同時也緊張學生的品行。我覺得品行比成績更加重要，因為品行是做人的基本，沒有品行哪管是天才也沒有人會欣賞和尊重的。

記者：身材有點發福的你，有沒有甚麼運動興趣？或是修身大計？

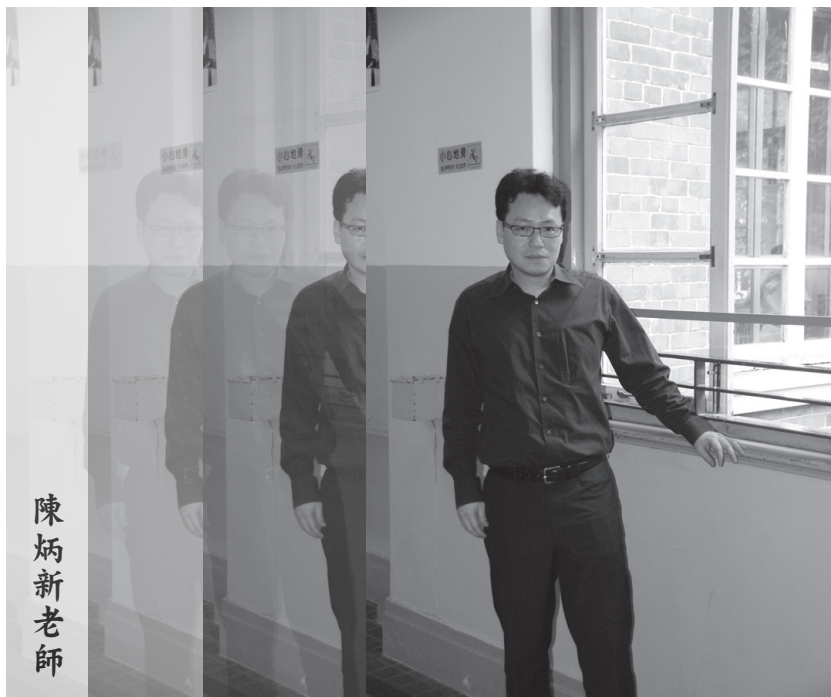
陳SIR：我想你們現在看到我的形象，相比十年前之前體形已經增大了一半。但這應該是與年紀和工作成正比的，現在明顯較胖。以前的我是個網球好手，也十分喜愛各種各樣的運動。然而，因為一次的意外，使我得到嚴重的脊傷，因手術令我不能再做劇烈運動。我想那是我人生中最低潮的時間，因為接近半年也躺在床上不能動。我過了那關後，當然行動會有點不便，但能夠在這麼嚴重的病痛之中爬起來，我覺得是上天給我的恩惠。所以我覺得做人應該樂觀一點，應要感恩和珍惜現在所擁有的一切。

記者：在學校活動時，不時都看見你拿著攝錄機和相機，你對攝影很有心得吧？

陳SIR：攝影和攝錄是我的興趣各工作之一。我覺得攝影是一門很有意思的學問，不只是單單拍照那麼簡單。一張相片或一段影像可以包含很多意思，也是一種紀錄，紀錄一些我們不能保留的東西——時間。時間逝去便不能再回頭，所以憑著拍照便可以留著那些不復的美景良辰和難忘經歷。所以我在這裏鼓勵學生珍惜時間，不要虛耗光陰。希望學生能把握在英皇書院裏每一個學習機會，盡自己的努力去做好自己，讓自己的學識更上一層樓，以及秉承「慎思篤行」的精神！



## 人物專訪二



陳炳新老師

## 訪問

記者：4C林浩、4C張科利、4C盧俊偉

文書：張科利

攝影：鄒兆偉

陳炳新老師早前在梁文燕紀念中學任教，現時轉在我校任教中三至中六的經濟科。他從事教育行業已有十多個年頭，家中亦育有一子一女，兒子更是第一屆新高中的學生。他笑言若把我們的學生教得愈好，心中的矛盾也愈大。在陳老師嚴肅的外表下，究竟裏面貌藏著甚麼真面目呢？

記者：你從小便希望成為教師嗎？

陳SIR：其實我在當教師前，從來沒想過進入這行業。在一個機緣巧合的情況下，看見有學校招聘教師，便打算試試，幸運地該校立刻聘請我，翌日便要上班。因為該校本來是招聘英文老師的，所以我初入行時是教英文，後來才轉為任

教經濟科。任教經濟科已經有十多個年頭，光陰似箭，至今日我還是在教書。

記者：有甚麼力量驅使你繼續當教師？

陳SIR：其實最大的力量來源，是不斷見到學生成長。部份學生取得好成績，找到好工作，偶爾也會與我聯絡，這就是一種尊敬和關懷的，也是一股無形的動力。時光飛逝，不知不覺地已經是五月中旬很快便到放暑假，緊接而來便是新學年的開始，周而復始，這叫我總覺得時間過得特別快，一眨眼便已經十多年。我相信在未來的日子，也會在這行發展，直至我退休為止。

記者：在十多年的教師生涯中，曾遇到甚麼挫折叫你想法棄？

陳SIR：挫折真的沒有，可能是我性格樂天的關係。當我踏進教室後，說話彷彿成為我的武器，即使是很頑劣的學生也會給我說服。當然，初入職時可能經驗尚淺，偶爾也給同學「欺負」，但這些情況很快便改善了。來到英皇書院，同學們都很活潑。我覺得進入教室就是一種享受，並不會覺得有任何挫敗感。然而，最大的挫折就是看見同學輕言放棄，我會替他們感到心酸。幸好也有不少正面例子，令我重拾動力，重燃教學的信心。假如再看見學生不斷放棄，我恐怕我不能撐下去。

記者：在英皇書院任教已近一個學年，有沒有趣事可以分享一下？

陳SIR：趣事……我想你從同學那裏打到將會得更多。因為在我的課堂上，每一分鐘，每一角落也充滿趣事。我盡量嘗試把我快樂的經歷或笑話融合在複雜和沉默的課程當中，好讓大家寓學習於娛樂。我來到英皇書院數個月，我想我講過的笑話也逾千個，所以若你問我有沒有趣事是難忘的，我會答是與同學相處的經歷。

記者：這裏所有的人和事也是新面貌，給你甚麼感覺？

陳SIR：我以前是在香港大學讀書，每次乘巴士經過這裏時也會注意英皇書院。我覺得英皇書院的校舍古色古香，非常漂亮。我知道英皇書院是傳統名校，心裏總有一個念頭：「這裏的學生的成績是否真的很棒？」來到這裏後，知道同學們真的天資聰穎。但普遍來說，可能因為全香港學生的水平開始下跌，所以如果學生能再努力點，我會加倍開心，要知道「一分天才，九十九分努力」的道理。整體來說，同學給予我的感覺是很活潑，所有同學無論成績是好是壞，即使離開了學校，也完全體現BAND 1學生的風範。此外，無論是舉辦活動、對答、應變，甚至是外出用膳，給別人見到的面貌，也絕不會失禮學校，真不愧名校

的學生。

記者：同學眼中的你是「冷笑話王」，那究竟這是你的真性情，還是你的教學模式？

陳SIR：真性情是不能演出來的。如果同學們不笑，那麼我說兩三次笑話便不再說下去。幸好同學每次也有反應。我可以告訴你這就是我真正的性格，但是當我面對自己的子女時，我完全是另一樣子，可能會很嚴肅。可是回到學校後，我每一分鐘也以輕鬆的心情去面對。當同學上課時感受到氣氛不錯，教師幽默風趣之餘又能傳授知識，事半功倍。學生原本很悶，聽到笑話後精神為之一振，也能吸收到書本內的知識，一舉兩得。這不斷重複的話，叫學生感到很快下課。

記者：同學認為經濟科頗難掌握，你有沒有甚麼建議給我們？

陳SIR：其實經濟科最忌「死讀書」。我知道很多同學也很勤力，可是只憑勤力是不足以應付這科的。經濟科必需活學活用，學一個概念不消五分鐘，但要好好地運用，卻可能要數個月的時間。最直接的方法是多找我談天，以及見到身邊的事物時，多聯想經濟學的概念，看看可不可以解釋身邊所發生的事。如果你能做到，你會很有滿足感，而這種滿足感將會永遠印在你的腦中，學習便會事半功倍。

記者：那麼你對將來有甚麼目標？

陳SIR：目標是希望在新高中經濟科中，我有份教導的學生能希望在香港中學文憑試中獲得佳績。希望改變了課程的新高中學制，不會因文科理科的參差問題導致成績下跌，反而表現有新的景象。特別是由我任教的經濟科，雖然過往成績不錯，但我希望來到英皇書院後有另一番「衝擊」，再創高峰。

記者：你對學生有甚麼要求？

陳SIR：其實最重要的是學生對我的要求，而我能否滿足到他們。假若我是學生，坐在課室內，也期望授課的教師能給予我一些有價值的東西，只是照著書本念、偶爾測試、定期默書，極之容易，但是我自己也過不了自己的一關，我自己也不想在這樣的環境下學習。只要能好好管理學生，課室就會有學習的氣氛，那麼我才會有心情去教書，才能把我表達的事情講出來。聰明的學生很多時都欠缺認真，但娛樂自己也是必需的。最重要的是要把讀書和娛樂的時間分配好。只要做好時間管理，閒時找我談天說笑，亦把適當的時間放在溫書，讀書也可以讀得很快樂。數年後考得好成績進入大學，做回一個有英皇書院學生本色的人：讀得、玩得、睇得！



## 人物專訪三



伍思敏老師

## 訪問

記者：4C林焯、4C張科利、4C盧俊偉

文書：張科利

攝影：鄒兆偉

伍思敏老師在我校任教中文科和中國歷史科。她成為老師只有短短兩年多，經驗尚淺，卻很快與新的同事和同學打成一片。然而，學年中，在伍老師的身上發生了一件事，叫她更多。

記者：來到英皇書院已經有一段日子，對這裏的人和事有甚麼看法？

Miss Ng：以前我覺得男生較沉靜，但原來男校學生都很活潑、愛說話、喜愛發表意見。這樣也好的，比如他們在上課的時候發表意見，我可以從中知道他們到底明不明白課堂內容。

另外在舉辦活動的時候，也發現學生比較積極，主動幫教師處理一些事務。

記者：有沒有特別深刻的事？

Miss Ng：沒有特別深刻的事，但我享受同事之間相處融洽的氣氛。由於我是新教師，每當遇上不明白的地方，不懂得處理的事情時，同事們會親切地教我如何應付。

記者：在英皇書院和你以前任教的學校分別大嗎？

Miss Ng：我覺得和以前有很大的分別。因為我以前教女校的，今年卻來到男校，感覺截然不同。在閒談之間，我覺得女生比較細心，亦很懂得關心身邊的人，但這並不是說男生全部都粗枝大葉，因為也有部份男生是關心老師，主動幫助處理班上的雜務，總之我認為男女學生是需要不同相處的方法。

記者：學年中在你身上發生了一些不幸的事，就是你家中失火，全校上下也知道這件事，你對這件事有甚麼感受？事後發現了有甚麼改變？

Miss Ng：其實這件事對我的影響很大，也對中四的同學有所影響。有不少同學很關心我，不時走過來慰問我，問我有甚麼地方需要幫忙。雖然中四學生因這事的關係而要重考，但同學們也表示不介意，因為知道始終是件意外，最重要是大家安然無恙。我從這件事可看到學生很懂得關心身邊的人。同事方面，發生這件事後，很多同事也主動走過來關心我，問問家裏的裝修、善後工作等，使我體會到大家相處的那份關愛。

記者：你對將來有甚麼工作目標？

Miss Ng：今年是第三年當教師，我希望可以繼續在這行業發展。因為我認為，無論學生好與壞，我也會用心教導他們，要充當一盞明燈，指引他們去走正確的路。我相信同學始終會感受到教師的熱忱，你們的關心就是給我一個提示，叫我繼續在教師這行業發展。

記者：同學普遍的中文科成績不太理想，你有甚麼建議給我們？

Miss Ng：我覺得男生的感情掌握得不是太好。中文科是比較感性的科目，像是抒情文及描寫文，是需要去體悟的，我覺得男生在這方面比較弱。英皇書院的學生很喜歡議論文，因為他們覺得誤以為這類文體不需要濃烈的感情，只需在邏輯分析上做得好便行。如何提升中文能力呢？我認為真是要多閱讀。每看一篇文章時，細細體悟到當中的感情。由於女生比

較細心，所以閱讀理解方面做得較好。男生比較起來粗心大意得多，做閱讀理解的時，很快閱畢一篇文章，很少細心想想文章箇中含意，或是象徵的意義，這樣他們所得的中文成績較差。也是這個原因使他們不太重視中文科。總而言之，我覺得要多閱讀，慢慢培養對中文的興趣，好的中文成績不是一蹴而就的。

記者：最後，你有甚麼鼓勵給英皇書院的學生？

Miss Ng：我覺得能夠來到英皇書院讀書的學生，資質是很好，但可能是小學時期被迫得太緊，來到中學後，學習態度便鬆懈了。我覺得他們不應該否定自己的能力，不應該放棄自己的資質，而是應該慢慢發掘，繼續努力去尋回或超越自己應有的水平。

特別鳴謝

英皇書院家長教師會

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## *Editorial*

After all the hard work in the first term, the Bridge editorial board continued surging forward, bearing the aim to motivate kingsians' interest in learning through reading. No doubt, the team had hard times in editing the school newspaper; from deciding the topics to refining the articles, all are indeed heavy workload for every editor. With the most faithful help from our teacher advisors, who squeezed their very little free time to assist our needs, the second-term volume at last, with relief, can now be held in your hand.

In this edition, we tried our very best to show you the essence of language through a number of articles on various issues. The cover story "A grand kick-off to English learning" can surely tell the goal of The Bridge editorial board, to promote the globalized language in King's College. We hope all of you can enjoy your reading and smell the beautiful scent of language.

Last, but never the end, I would like to thank my "colleagues" who have contributed to the editing work of the Bridge. We all look forward to next year's BRIDGE. All of us hope that you would find it fruitful reading every word that our editors put together in this newspaper.

*Language is a BRIDGE to the world*

*One who can read language is a gift*

*Language is a BRIDGE to build your future*

*One who can master language can stay in the drift*

*Christopher Lui 6D*

*Chief Editor (English) of the Bridge Editorial Board*

## *A grand kick-off towards English Learning*

By Christopher Lui 6D  
English Chief Editor

### **Global demand**

A rising trend of English usage is now stalking in the world's stadium and in various service sectors. No question that Hong Kong students are gradually losing their competitiveness when racing with foreign students. We should not blame only the education bureau or the EAA marking system, but our modes of learning English that should always be monitored and recognized.

### **Misunderstandings**

Quite a bunch of people believe drilling past-papers and doing workbooks can raise ones' English abilities while some said to read more, write more and listen more can reach the same goal. The problem arises when students read, they read. What I'm trying to say is, they read and they ONLY READ, without understanding. When

difficult words come up, they check up their instant-dictionary, write the Chinese explanation above the new vocabulary and forget it right after the moment they put away the poor little bookie. Pupils often misunderstand English is a subject which drillings can do them just fine. I'm so regretful to say they have taken the wrong path at the very first place.



### **Effective and affective, instead of defective**

Effective and affective, defective.... they rhyme! Interesting subtitle? That's the beauty of English! Slangs, poetry, synonyms, idioms..... all tells how powerful English can be. English is actually a matter of expressing yourself by simple words, rather than a monotonous practice. Here are some pieces of advice I can give to those, who tried very hard to improve their English but failed unfortunately.

## 1. Use English, use it every day

Here is a piece of good news to all kingsians who think they are lazy. English can actually be practised when you are surfing the net. Try to use English when composing your blogs, xangas or when communicating with peers through MSN. Start from short and simple sentences, gradually develop into complex sentence structures and soon you will be capable of expressing yourself clearly and fluently. Writing diary is also an effective way. Polish again and again from words to phrases. Seek help from teachers if you find it difficult.

## 2. Songs or movies?

I am sorry to tell you that listening to English songs is definitely not an appropriate way to learn English. Lyrics are often 'fixed and fitted' so that they matched 100% with the musical notes. This is why sometimes phrases in songs are not quite appropriate. Instead, we can consider watching movies or soap operas like FRIENDS (as shown to some of the students during the teaching of Mr. Siu, a teacher who taught us a few years ago)



**I want YOU  
To speak English  
Or GET OUT!!!**

## 3. Neat and Tidy vs Shit and Bulky

Pedantic students always give away long and bulky vocabularies in their passages. Not one or two, but in dozens! No doubt a wide variety of vocabularies can make the essay more fruitful, but abusing them do you no good. Why not "I went to the toilet" instead of "I sat on the glamorous toilet bowl and paid for my journey in the stinky, stuffy, smelly washroom"?

## To conclude

No doubt Chinese find difficulties in learning English, or in other words fear of paying a glimpse into it. English is a shiny art which depends on how far or how deep you are in it. So, why not start from this volume of the Bridge and take a step forward to Miss English?

### Sources:

<http://www.tuckertota.com/letterstojesus/English.jpg>

<http://www.cam.ac.uk/admissions/undergraduate/courses/images/english.jpg>

## Who said men can't be 'beautiful'?

"Do you use Neutrogena, Bio-essence, Skin food, Clean and Clear... and stuff like these?"

"Wow wow wow, I'm not a girl and not a gay, too! Those things are for feminine guys!"

The author is neither a gay nor a girl, but he does think men can be beautiful. After a hot and sunny day, taking your stinky, sweaty and smelly body, with your dusty, oily and black face back home is indeed the worst thing of all. Most of you will grab a big towel and have a hot-water bath. That's where things go wrong! A water bath won't get you clean and not even with soap. What you need are cleansers which can enter straight into your skin pores and bring away dirt and bacteria.

To get engaged by a charming face, here comes a piece of advice from the author. Once you get back home from a lousy day, take a shower, and start cleaning your face with a facial scrub or cleanser. Then, you can use a dead skin remover to rub off the damaged skin layer. Last but not least, put on balancing toner to shut the skin pores. Not to mention putting night lotion on your perfectly cleaned face.

Sounds troublesome? Well, beauty comes from hard works. Do try it out and hope I can find more attractive men round the corner!



- 1 Cleanser gelatin
- 2 Facial wash
- 3 Anti-oxidant essence
- 4 Lotion

By Lui Chung Heng Christopher 6D (20)



## Chemical Reactions between Boys and Girls



listen... i love you, but i love you like i love my brother, okay?

yeah, that's cool... i love you too, but i love you more like the way i love leaving a briefcase full of bricks in a crowded subway station

Some may say, "Boys are from Mars while girls are from Venus." This is totally true, that boys and girls carry entirely different characteristics in their mind. There are actually very few things in common between boys

and girls except that they are all human beings. Yet, funny you should know, these seemed-like different species in fact perform a very specific reaction in rare occasions, and let's call it a "chemical reaction" in the meantime. Although different boys and girls swing in their own way, the ultimate product of the reaction is always the same, which is LOVE. However, as I have mentioned earlier, this kind of chemical reaction only occurs in very specific occasions. There will be no reactions occurring or the reactions are not able to carry out to the end unless suitable and favorable factors are present.

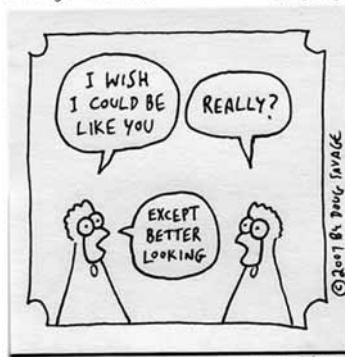
### Boys + Girls → Love

Love is a strong sacred feeling of ours. Love grants people power that they can hardly imagine. People normally get mature gradually in a timely manner, but love greatly reduces the time necessary since it teaches people a lot of things within a short period of time. It happens to be the catalyst of maturity. There are many sorts of love such as family love, friendship and love between partners, but the love between boys and girls will be focused in this case. As many of you should know, love, just like any other feelings, is very difficult to be described.



*Savage Chickens*

by Doug Savage



None of us can really say for sure what exactly love is and how it is developed. Some summarize the characteristics of boys and girls once they are in love, so why can't the origin of love be investigated in an organized and scientific manner? In this article, we shall dig deep in this area, which I am going to show evidence and proofs for my hypothesis.

First of all, let's look at love in a macro way. In general, there are always some criteria for initializing a reaction. For the reaction of love, the same case recurred. We can treat these criteria of the reaction of love as the common factors affecting a chemical reaction. And I shall put forward as quickly and easily as park and drive simile, using the angle of chemistry, to point out the most

essential factors affecting love.

Almost all chemical reactions are affected by the energy held by the reactant molecules, the orientation of the collision of molecules and catalyst (I dearly apologize if you guys do not understand what on earth I am talking about, I just want to make love more scientific. Anyway, just try your best to understand).

One's past experience is just like the energy held by the reactant molecules. The past experience one has had will determine what kind of love relationship one will fall into and how it will be developed. It is bound to be the most crucial criterion among all. Believe me or not, the ones that had a love relationship before are more likely to have chosen their Mr. or Mrs. Right. Past experience somehow has the ability to alter one's personality to certain extent. Without enough past experience, there is hardly a possibility to result in a fabulous and successful relationship (I am not solely referring to those ones that last forever, mind you). Just like the energy held by the molecules, the more energy the molecules retained, the higher the possibility for those molecules to react with one another to form products.

What about the orientation of the collision of molecules then? It is the second most important factor among those three I have mentioned, listing next to the energy held by reactant molecules. The orientation of collision is in fact quite similar to one's personalities. It is totally random and no one can control it. If the personalities of a boy and a girl are not able to match with each other, they will just go on and crush to some other boys and girls separately. Once the reaction between two does work, i.e. the orientation of the molecules matches, the two of them will stick together and will never be far apart from each other any more. However, one point worths noticing, the chance for two molecules to orient in a matching angle is quite low, a number of spontaneous collisions are usually required before a reaction occurs.



As for the catalyst, it is actually not a mandatory component in a chemical reaction. But of course, the rate of reaction will speed up to a great extent with the presence of a suitable catalyst under a suitable environment, which is exactly the same as the support gained in a love relationship. Nothing can stop a love relationship from growing, that is for certain, but with the support from people surrounding the two concerned, everything will be easier without many ups and downs. And in some sense, it will also boost the chance of a successful reaction by providing an alternate pathway where less energy of the molecules is required.

And now, let's look even deeper to the art of love then. Imagine a boy and a girl, despite all the favorable factors, how do they exactly build up their relationship from ground zero to the greatest feeling ever? This is not hard to be explained if we think about it stepwise, just like peeling the skin of an onion bit by bit. Just like many of the other chemical reactions, the reaction between boys and girls is never a one-step reaction. In fact, it involves complicated mechanisms among such a look-like simple expression of reaction. Of course, these mechanisms are just by wild guesses and may not fit into every case of love in the world, so do not take it as seriously as the commandments in the Bible, it is just for leisure reading.

## (Talent of) Boys + (Talent of) Girls

### → Admiration

First, to start off a relationship, there is something that both of the people concerned like about each other. Both boys and girls are often attracted by the one with talents in the areas they themselves are not good at. For example, girls that are not good at sports may be easily attracted by boys that are high-flyers of sports. This kind of attraction will finally lead to the formation of admiration. But, if the component required for the next step of reaction is absent, the feeling of admiration cannot go further and will soon vanish in thin air.

### Admiration + Flirting → Infatuation

Boys and girls both have to throw some signals indicating that they are interested, or else this fact will bury in the soil forever, and these signals are generally termed as flirting. Some, usually people in the previous generation, do not support the idea of flirting. They treat it as a kind of evil stuff and think girls should always play a passive part in a relationship. They may have their own stanza, but one just cannot neglect the joy and power of flirting. Imagine, if both the boy and the girl are too shy to flirt, or in other words, confess their feelings to each other, a potential love relationship may then be blown off, what a pity of this. Moreover, the flirting part can be said to be the honeymoon of a relationship. There are no responsibilities and boundaries, and all of us can just purely enjoy the happiness brought by love without thinking twice. During flirting, there will as well be a growing sense of understanding of each other, potential lovers can know whether they are suitable for each other before devoting too much. Mind you that I am not referring to flirt whenever he/she is your opposite sex, that's playboy/playgirl who we don't want you guys to turn into.



### Infatuation + Understanding → Likeness



After having a fetish for each other, it is about time to go further to the next level. In this step, the boy and the girl often date or even commit to the relationship. After all the passion they have, they start to have a concern about whom exactly is the person they are dating with. They will chill more frequently than ever and start to worry about

each other. And they will spend more time with each other in order to catch the traits of their partner as well. The process of understanding takes time, human is a complicated species with a both sensible and sentimental mind after all. Gradually, through understanding each other, a couple will start accommodating and in turn bending backwards over various stuff, no matter if they realize it or not, and get prepared for the final step.

### Likeness + Time → Love

Finally, we have managed to get through to the ultimate step.

Note that, I have put "time" as a key reactant in this step. Time is crucial for the development of love, you just cannot rush for it. It is a complex feeling including a lot of caring and sacrifices, and the tree of love will not bear fruit as easy as counting numbers.



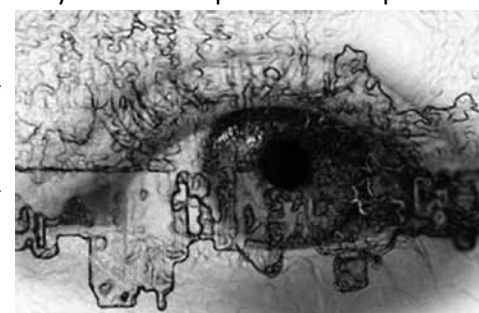
Time is necessary for the accommodation and even deeper understanding. Couples will go through a lot of difficulties and eventually learn how to show their love to each other. After all the steps a couple have gone through, they finally get the most precious thing in the world, LOVE!

Let's review the whole chemical reaction between boys and girls again.

### (Talent of) Boys + (Talent of) Girls + Flirting + Understanding + Time → Love

From all the mechanisms above, some quick-witted guys may observe that love is actually not as simple as the expression shown in the beginning

of this article. Love comprises a plenty of "reactants" and suitable factors must be present to nourish the growth of love. Unless everything is just in their right position, otherwise love can never grow fully.



Quoting an eminent phrase, "Love is everything in the world", and thus, alternately, "Everything in the world is needed to be loved".

May your "chemical reaction" goes smooth!

Love makes one strong, Love makes one mature...

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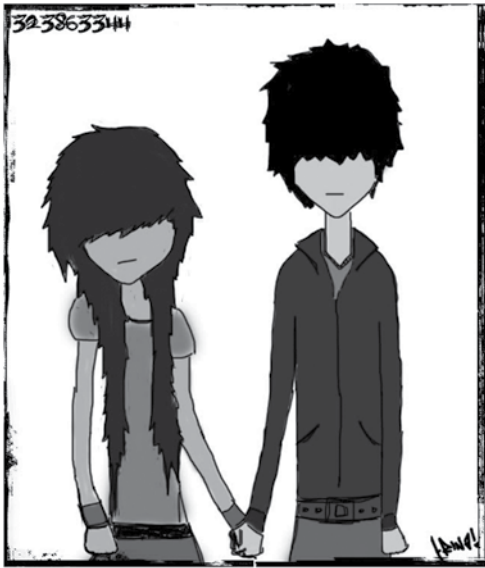
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# Priorities in your life?

Aurelia Keung 6D



The author of this piece of article recently paid a view on the movie “2 Young” (Chinese translation: 早熟). The plot starts with a young estate teenage boy met up with a spoiled girl. Romance and love filled their minds and they accidentally had a baby soon. They talked about forward steps and managed to find ways to settle their life all by their own. Problems started and money soon ran out of source. Though the movie ends in a happy way, the days behind should never be neglected. Have you ever taken a slight pause in your busy life and run through in your mind what are the priorities in your life? Money? Academic results? Girls? Friends? Or your parents? I bet most of you guys don't! Teens today are so protected by their parents, they soon become aimless towards their future. What's more

is that, drugs and sex are where they find their hearts go. Being a 14-year-old mother, drug abuse and suicidal cases, are rebellion acts that youngsters express their disagreements towards the world.

Throughout decades, teenagers of different generations experienced different lives and lived in a different world. As said by the crowds, we can divide them into the X (teenagers dated back in times of baby boomers), Y (sons and daughters of the baby boomers), Z (grandsons and granddaughters of the baby boomers) generations. We, a member of the Z generations, were said to be self-centered, cannot suffer stress and have too much self-confidence. Who is to be blamed? Your teachers? Your parents? Our seniors have always been finding excuses for us, for our acts, but have you ever thought of over-viewing your own deeds?

Studies, girls, money, and friends....all these are striking our lives every second. Why don't you give yourself a deep breath and think of what we are supposed to be responsible for? What are our standings in the society? And the most important of all is what are your priorities in life? Grab yourself from the edge of cliffs and try the hardness and bitterness of life and I'm sure you will grow one day.



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## Thoughts for the day

Calvin Yu 6D

We are playing different roles in our daily lives as we all have different identities in relation to other people. At home, we are the sons or daughters of our parents; in school, we are students, and in the society, we are civilians. These identities may bring us happy moments and memories such as families' support to our decisions or helps from our fellow classmates. On the other hand, it may also bring us sorrowful moments such as misunderstandings and quarrels with our friends and conflicts with our family members. The later situations happen because we may be too stubborn on our own views and ignore other people's feelings. We are not saying that people should always be more tolerable and give up their stance. We just want to express that if we can step back and also consider other people's views, the occurrence of misunderstandings and conflicts with others can be reduced and perhaps, our lives with other people can be more harmonious. Below are 2 short stories, let's read them by trying to put ourselves as the role players and note what we think. There are no right or wrong answers. The editors will share their views on these two stories.

### Story 1:

In the kitchen of a bakery in a small village called Caldington, Mr. Gerry is cutting the two ends of a French bread diagonally and combining them together to make the shape of a lovely heart. "Perfect!" Mr. Gerry thought; "This is going to be the best gift for my wife on our 50th wedding anniversary ceremony". Yes, you won't get it wrong; it will be his 50th wedding ceremony with Mrs. Gerry. Every year, Mr. Gerry will arrange a ceremony with Mrs. Gerry to celebrate their wedding anniversary, and at the end of the ceremony, Mr. Gerry will give Mrs. Gerry a heart-shaped French bread as his gift. This arrangement repeated in all the previous wedding anniversary ceremonies. This time when Mr. Gerry gave Mrs. Gerry the present, all of a sudden, Mrs. Gerry lost her temper and shouted at Mr. Gerry "I've had enough of this! You are just doing the same thing every year and this is already the fiftieth time! Do you know what makes marriage so special? Each wedding is unique! Everyone should have one unique wedding ceremony during their lives! Not fifty same wedding ceremonies!" Now the story ends, what do you think?

### Story 2:

The second story goes like this; Jamie is a girl who dreams to

have a baby ever since after her marriage. She was very excited when John was born, and she promised to give him all the best she could. Time flies and now John is already a college student. Because of peer influence, John often gets home very late at night. However, after all these years, Jamie's care for John has never been changed and every night she will wait for John until he comes home. One day, John said, "I will come back late again tonight, please don't wait for me". Jamie said, "That's fine, you can call me before

you come back so that I can prepare some food for you." "I said - DON'T wait for me!" replied John.

"That's because I am worried about you."

"Come on, I am no longer a child, what's the point of waiting for me?"

"Well, you are my son."

"Mum!! I'm a grown-up already!! I am not a baby boy anymore OK?!"

This story was brought to an end, does this ponder you any thoughts?

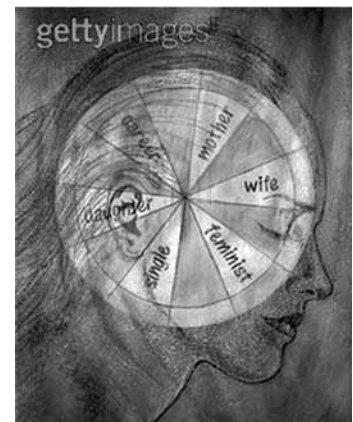
In the above stories, there are no absolute right or wrong answers. Some readers may think that Mr. Gerry is a romantic guy from stem to stern and what he did was only to express his love for Mrs. Gerry. While on the other hand, some may think the entire thing is dull and monotonous and what Mr. Gerry did was completely pointless. In the second story, like all other teenagers, we may think that the mother in the story was so troublesome. But why don't we make a second thought? True, you may get annoyed for what Mr. Gerry and Jamie did, but after all, it's only a way to show their love to the one they love. What we want to tell you is that, people all have different views and values and it's important for us to also consider the matters from others' perspectives. We can always choose to uphold our stance, but the way we deal with problems can be very different, shouting at or yelling to one another is definitely not the best solution. Do take a second thought before making a decision and don't let ourselves regret for our actions. In our lives, it is beneficial to us to have more companions and friends rather than enemies.

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# Change! We need Change!

(corrected from the author's awarded speech in the Speech Festival)

Hsu Lok Tim, Austin Jonathan 6A

Many people in foreign countries like the USA and Canada experienced a slight change earlier this month. There was a change in time due to daylight savings time. Today, I am going to look into this slight change and discuss how people react towards it and other changes in life.

First let me briefly introduce the details of Daylight Savings Time, or DST in short. It was first advocated in 1907 in order to fully utilize sunlight. Thus, the sun seems to rise later than usual in the morning and set later at night. So, people can enjoy an evening with more sunlight.



The advantages of adopting DST include mainly saving energy of lighting in the evening and benefitting retailers in the outdoor services sectors, while the snags include causing great inconvenience to travelers, clock manufacturers and so on, resulting in communication confusions and indirectly causing various health problems, some as severe as a heart attack, as our biological clock is disrupted and the sleeping time is shortened.

In this month, when DST changes back to normal time, time seemed to have fallen back by one hour. This little and regular change in our life seems to be immaterial, but we can often see how people react differently when the same change happens to them.

For example, some may be happy about the transition because they can have more time to sleep. They will also be happy that the clock automatically adjusts the time so that they do not have to wake up and turn the clocks back. On the other hand, some others may worry that with this extra hour of sleep being so pleasant, they would forget to wake up in the next morning. They may also think that if the clock goes back for one more hour or doesn't fall back at all, they will not be able to wake up at the right time. Obviously in this case, these people will spoil the one and only extra hour of sleeping time they can enjoy in a year.

Actually, the reason to account for this difference in what we think depends on whether the person is optimistic or



pessimistic. Research in positive psychology shows that optimists and pessimists think differently about the same issue in three major domains, namely how long-lasting it will be, how often it happens and how personal that thing is to them. In general, optimists think positively and usually focus on the bright side of a change, whereas pessimists usually do the opposite.

In fact, changes always happen in our life, and many of them are inevitable. Like the use of daylight savings time, we cannot choose when to advance or set back our clocks, nor can any one of us choose whether or not to follow DST. However, what we can do is that we can choose how to face the changes. If we are going to face the problem anyway, why don't we face it happily and more optimistically?

Actually, this also applies to other changes in our life in addition to the DST case. When we face some favorable changes, like we are being promoted or becoming financially better off, without a shadow of a doubt, we will be happier than before. However, when some unfavorable changes are doomed to happen on us, like the health of our love ones deteriorating, getting sacked due to the economic downturn or simply experiencing frustrating flight delays or cancellations when we go on holiday, we can placate ourselves by learning that these difficult times will soon pass and we can still see hope in the future. Although it seems easier said than done, thinking in this way does keep us away from serious emotional disorders.

Another investigation in positive psychology also shows that whether we are happy or not depends only 10% on the circumstances, but 40% on ourselves. That is to say, we can choose to be happy and optimistic if we want to. It should therefore be stressed that the right attitude to face the ever-changing world is to get used to it happily and positively.

As the old saying goes, bygones are bygones. It is meaningless to dwell over the past. Instead of moaning and groaning about what happened and worrying about the future, wouldn't it be better if we are thankful and enjoy what is given to us? Wouldn't it be even better if we look toward a wonderful future with hope and happiness? Perhaps it is the right time for us to think about a positive change in attitude.

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# Beyond Entertainment-----3D technology in education

Rocky Mak 6A

“Avatar” and “Journey to the center of the world” are undoubtedly excellent movies-----their directors thought out of the box and they used 3D technologies extensively, which greatly enhanced the sensory experiences of their audiences. Their views certainly gained a brand new experience after watching such movies.



These 3D technologies certainly remove the traditional boundaries of 2D movies---it provides the audiences with a distance and space concept in the movie, which no movies in their 2D form can provide.

For certain, it enables producers who have access to the necessary equipments to produce movies which are far more realistic to life. However, these technologies are still limited to commercial use because specialists' equipment is required for both filming and watching such movies. But what if such technologies are utilized in the field of education? Will such technology bring revolutionary changes to education?

There are simply too many ways for the 3D technologies to be used as aids of education. Primary school students can watch 3D movies to adjunct their learning of Chinese and English--their learning motives will certainly be higher when their learning interests are aroused. They can also have more realistic views to the animals and plants they have to study during their science and general studies classes with the aid of 3D images and short clips.



In secondary schools, students can benefit even more from the introduction of various 3D technologies in aid with their learning. Geography & Biology students can skip the fuss of having field trips and dissections in class--- put on their 3D goggles and they can simply see the 3D images of the Bride's pool or an x-ray image of a dissected guinea pig, possibly with captions of the images to help the students understand more about their topics.

Physics and Mathematics students can watch more realistic movies on the concept of space and distance with the help of 3D clips and technologies. Even physical education students can gain more with the aid of 3D movies. Students can watch 3D clips on somersaults and hurdles before they do the actual practices.

There are no doubts that 3D technologies are beneficial to students' learning and are valuable aids in teaching. However, is it plausible to implement such technologies?



The rise of e-books and electronic teaching aids certainly made way for 3D images and clips to rise. These teaching materials should allow 3D materials to be compatible with them and students could have access to the 3D materials together with the texts. In this way students should be able to understand the texts more with the help of the visual aids.

The price of producing such materials is also a problem. Although it's expensive to produce a 3D movie now, the price of such specialists' equipment will gradually fall, as new technologies which can make cheaper 3D films are expected to be developed in three to five years' time. At that time it should be economically feasible for the publishers to produce 3D versions of their existing materials, which can further expand the use of such technologies.

Although the 3D technologies are not yet used in general teaching and learning, it is certainly a very potent teaching aid for both students and teachers alike. Please don't be too shocked when your teachers ask you to put on your 3D goggles and enjoy a brand new episode of ETV programmes!



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