



ATTENTION PLEASE !!

As we all know, CSK boys actively participate in many extra-curricular activities. We are also enthusiastic in organizing service projects. These are what CSK boys should be proud of. However, it is not necessary for us to discuss how smart CSK boys are - 'People who are well do not need a doctor, but only those who are sick.'

In this article, we will look into the imperfections of our schoolmates.

Schoolmates are not always aware of the fact that what they are doing is an annoyance to others or even an offence against the school regulations. A few such examples will be stated in this article. We hope fellow schoolmates will know what they should not do after reading this passage. Although it is impossible for us to be 'perfect', we believe that we can do much better.

To collect information, the Leowlish editors had an interview with Miss Luk, who is in charge of the canteen and Mr. C.K. Lau, the Prefect of Discipline.

AN INTERVIEW WITH MISS LUK

In order to understand the discipline in the canteen, which is believed to be the most confusing place during lunch and recess break, we had a talk with the canteen manageress, Miss Luk.

'What do you think about the discipline of schoolmates in the canteen?'

'It is in great disorder during lunch and recess time,' She said. 'However, the condition is not so serious as it is inevitable because the canteen is indeed very congested during those times. To improve, students should behave themselves.'

'In fact, are there any 'canteen regulations' to guide schoolmates on what they should or should not do?'

Miss Luk answered that there is no written rule. 'It is simple for schoolmates to decide what is right and what is wrong. Strictly speaking, schoolmates should try to do the followings:

1) Students should put their rubbish, such as roughwork sheets, empty cans, paper cups or lunch boxes, into the bins instead of leaving them on the canteen tables.

2) Canteen's properties, such as plates and chopsticks, are not allowed to be taken to the playground.

3) Students should line up whenever it is required to do so.

Miss Luk added that sometimes the canteen is in a mess after school because many lower form students used the canteen as their workshop to make projects. After completing their work, they very often do not remove the waste. It upsets her very much because it is Miss Luk who is responsible for the cleansing of the canteen - not the school workers. 'Students should be considerate,' She complained.

Miss Luk also told us a funny scene. 'Many lower form students rushed to the wash room during the change of lessons. Some of them even wanted to buy snacks. Certainly, I refused to sell. However, they just took what they wanted and left the money on the counter. I could do nothing about that.'

Being an on-looker, when we asked her how is the general behaviour of CSK boys, she said CSK boys are pleasant, polite and active, despite our 'boys character' of leaving a trail of rubbish wherever we go. Her impression of CSK boys is very good.

WORDS FROM MR. C.K. LAU

Q: In your opinion, how do the CSK boys behave in general?

Ans.: I have to say that there are some students having some behavioural problems occasionally in this school. I think this is quite normal for CSK is not a perfect community. The problem of student misbehaviour is universal. Every school has its own disciplinary problems. CSK is no exception.

But in general, the majority is behaving quite well. These are not merely words of flattery but are firmly supported by facts and figures. For the past several years, I have been supplying the Education Department data of deviant behaviours of our school for statistical research. Compared with the average, I can tell you that our school should be in the lowest sector among the sampling schools in terms of frequency and nature of the deviance. Serious offences, such as extortion, triad activity, use of violence and other cases of criminal nature are absolutely rare in our school. But it does not mean that the Disciplinary Board is satisfied with the present situation. On the contrary, we are much concerned with the alarming increase of certain patterns of misbehaviour among our students.

Q: Can you specify these misbehaviours?

Ans.: Such as littering, impoliteness and failing to wear proper school uniform, etc.

Littering is quite common especially among students of the lower forms. They do not pay much heed to the disposal of their lunch boxes, soft drink cans and plates and turn the school playground into a dumping ground; it is an eye-sore, especially during lunch break. It takes a lot of efforts to clean up the area. I think this is not befitting an educated person. We should keep our school clean.

Some students, most of them F.3 to F.5 boys loiter around the school entrance and make fun of the girls studying in neighbouring schools, especially when they come here to get their ball back.

Foul language is widely and intensively used by some students. These students do not mind their language very much during the ball games and in places outside the school premises.

Teachers of this school are also much concerned about the poor manner of some students in social gatherings, such as speech and debating contests, variety shows, ball game matches, etc. There were a lot of students who failed to behave properly on these occasions. They chatted, read newspapers, listened to walkman or even made catcalls, jeered at the performers, etc. I think this is absolutely a disgrace as image of our school is tarnished.

School uniform is a problematic issue too. Some students had taken advantages of the changeable weather during the time of change of season to put on fancy clothes or even follow punky fashions. I wish to stress the point that the school authority has good reasons to insist on students wearing their proper school uniform. Unless satisfactory conditions can be obtained, stricter regulations should be enforced.

Q: Do you have anything to say about the duty of the school prefects?

Ans.: I have to say that the deviant behaviour of certain prefects have disappointed us recently. I wish to remind all the prefects of this school that they should try their best to be good and set good examples on their schoolmates, especially junior form students who look up to them for guidance. Try to be reasonable and helpful. This is the duty of all the prefects.

Q: Do you have anything to say to the students of our school?

Ans.: Yes, as the Prefect of Discipline, I wish to talk about the aims of the Disciplinary Board. The Board has been criticized to be too lenient or too harsh in handling some cases. It is very difficult to have fixed criteria as much depends on how you look at the matter and from which perspective.

But one thing that I can assure you is about the aim of our work; it is not to catch somebody red-handed, book him in the disciplinary file, give him a black mark and label him a bad boy. We only wish to give a helping hand to those who had made mistake and wish to correct it. We wish to work together to make this school a happy place to learn and live.



OPEN DAY

The Open Day, one of the greatest school functions this academic year, was held on 1st March, 1986. It was the highlight of our CSK Festival, which started from 18th February, 1986. The first Open Day of our school was held in 1974, and the Open Day this year was only the second one since the founding of CSK in 1969. With the co-operation of our clubs and societies, the Open Day was carried out smoothly.

Bro. Eugene and Bro. Francis officiated at the opening and a series of events then followed. Although it was a cold and rainy day, the bad weather did not dampen our visitors' enthusiasm.

A lot of items were exhibited on the day. In the hall, there was a club exhibition. Altogether, ten projects were arranged. They display their exhibits which showed the activities of their clubs throughout the year along with their clubs' introductory articles. Models were also demonstrated by some clubs. Although the exhibits could not attract many visitors, it was a requisite for the Open Day.

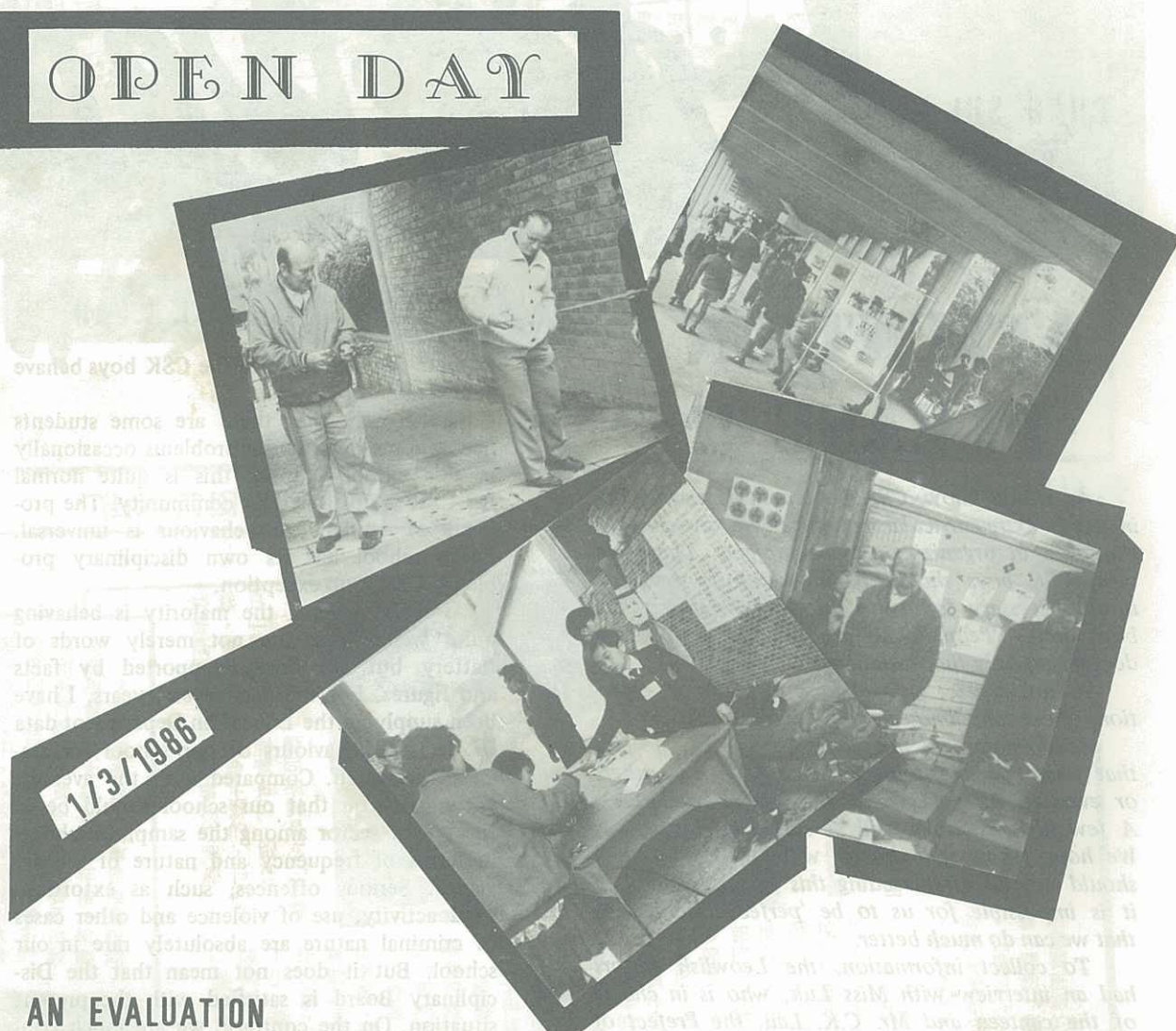
In the covered playground, a funfair store was set up. It attracted many visitors, especially the younger ones. Prizes and souvenirs were also given to those who scored high marks. Perhaps, this was the main attraction. Next to the store, an exhibition was prepared by the scouts. Their exhibits included some of their projects, medals and flags. The greatest exhibit was a model of pioneering, which was made of bamboo and strings. A lot of audience was attracted to that big object.

Moreover, almost all the classrooms and some special rooms were open. Lower form schoolmates showed their art works, essays and models on the topic 'school life' in their classrooms. Surprisingly, their projects were very satisfactory. Each beautifully decorated classroom was crowded with spectators. It was thought to be one of the most attractive programmes of the Open Day.

The Open Day came to an end at about five o'clock. A concert then held in the school hall. Hundreds attended this concert. It acted as a relaxing programme after whole day's busy work.

Organizing the function on such a grand scale is not an easy task. Although the event was not a great success. The organizers of the Open Day, the Prefectorial Board and some other school societies, deserve to be praised for their enthusiasm and hardwork. It is hoped that the functions organized by CSK boys in the future will be more colourful.

OPEN DAY



AN EVALUATION

After ten years of long waiting, our school Open Day was held on 1st March, 1986. Before we evaluate it, we should admire the enthusiasm of our fellow students who had contributed a great deal. Undoubtedly, they had tried their best.

The time and money spent was not in vain. The participants and the Prefectorial Board members benefitted from the experience, the former learned to organize and co-operate; the latter to take responsibility of running the project.

Taking into consideration the financial situation of the Board, we kept the expenses to the minimum, we were on the budget. Nevertheless, if you took a look at the sound system, the flags, the banner and the decoration, you would know how economical we were. Although our school was not completely open, a brief introduction had been given to our visitors. In fact, it was surprising to find over one

thousand visitors on that extremely cold day with the temperature dropping to 4.6°C. It was an encouragement to us indeed.

What's more, it aroused the school spirit among our fellow students. It was a wonderful experience to organize our school Open Day. Through it, students could get a deeper understanding of their own school. If you were introducing your school to a young lady, you would have a sense of pride, wouldn't you?

On the other hand, there were still some imperfections. The whole preparation was to start in October. This implied that there were four months of preparation. However, owing to the mid-term examination, the school holidays which included the New Year Holidays and Christmas, the preparation was inadequate. The banner and the flags were put up just before the day. The posters were sent late. This resulted in inadequate publication.

Of course, administrative delay had contributed negative effect to the schedule. The programmes were not synchronized. A lack of co-ordination between the clubs and the preparation committee led to confusion. For example, one classroom was without anyone on duty, while the other one was closed afternoon. This reflected that supervision should be enforced to guarantee the quality of all clubs or classroom exhibitions. Once the school is open to the public, we have the duty to keep its reputation.

Besides, the aim of the day was not totally fulfilled. Firstly, there was a low percentage of participation among our clubs and societies — around 60%. Might be owing to the cold weather, not all our schoolmates had attended their own open day function and neither did some teachers. The organizer should encourage the participation of teachers and schoolmates. The school authorities and teachers should have given more support to make the open day a great success.

Finally, let's draw a short but precise conclusion. From the experience we gained, we can sure that similar function can be well organized in the future. However, before we intend to make it, we should take an appreciable measurement to the possibility of organizing. It is necessary to guarantee the quality of each item. There should be strict qualitative checking. Lastly, since it is our own open day, both our teachers and our fellow students should join hands to make it a big success.

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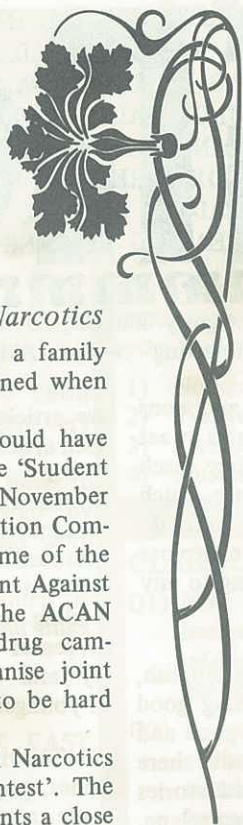
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WE FIGHT AGAINST DRUGS



BY *LEE Wai-yip, director*
Student Board Against Narcotics

Drug is a horrible killer of a man, a family and even a society. Many families are ruined when a member starts taking drugs.

Owing to the fact that teenagers should have a clear knowledge of the usage of drug, the 'Student Board Against Narcotics' was formed in November of 1985, which was supported by the Action Committee Against Narcotics (ACAN). As some of the committee members had joined the Student Against Drugs Movement (it was organised by the ACAN last year), we are familiar with anti-drug campaigns. Therefore, we intended to organise joint school projects, even though it seemed to be hard to succeed.

The projects were: the 'Joint School Narcotics Quiz' and the 'Joint School Singing Contest'. The Quiz was organised in order to give students a close look at the problem of drugs. On the other hand, the aim of the Singing Contest was to advertise the anti-drug ideas through the presentation of song and music.

Ten schools were invited to participate in these functions. They were not only from Homantin, but also from the New Territories and Hong Kong Island.

The semi-finals of the Singing Contest and the Quiz were held on March 16 and March 22 in our school hall respectively. It was not surprising that there were very few audience as it was only the semi-final. However, many students came to support their team on the final of the Quiz. Through this function, everyone knew much more about drugs.

The final of the Joint School Singing Contest was held in the Shun Lee Community Hall on April 5, 1986. The spectators included students from various schools, and other youths interested in this. They were deeply impressed by the outstanding performance of the finalists. Moreover, there was a speech given by the guest from ACAN to tell the spectators about the importance of anti-drug campaigns. In addition, many pamphlets on anti-drug ideas were distributed to the audience. Under this circumstances, they began to realize the aim of the project.

There were many embarrassing experiences. The most unforgettable event was caused by our failure of co-ordination: when we were addressing a prize giving ceremony for the winners of the Quiz in the break of the Singing Contest, we found that the prize for the champion of the Quiz was surprisingly replaced by the solo singer's. We could only give the winners of the Quiz the wrong prize and hoped that we could return them the right one when we discovered the 'disappeared' prize. However, the matter became even worse when the Quiz winners dropped the prize on the floor. You can imagine how embarrassing we were when the solo singer got his prize — this was a great joke indeed.

We think that our projects had achieved our aim. Both the audience of the Quiz and the Singing Contest were given information on drugs. Undoubtedly, the participants were given a clearer view of the problem of drugs. Through the projects, large number of youths began to understand the problem of drugs.

Although we are sure that it is unlikely for us to take drugs, we would like to invite our school-mates to join with us in order to get rid of drugs in society. Finally, we would like to take this opportunity to express our gratitude to Miss B. Chow, our teacher advisor, for her invaluable advice and support. We also thank those who support our projects, especially the master of ceremony of the Singing Contest, Ng Kwok-wa F.6A, and Cheung Fuk-kwan, an old boy, who led our project to success.

The results of the Quiz were as follows:
Champion: St. Louis College
1st-runners up: Tsuen Wan Government
Technical Secondary School
2nd-runners up: Pope Paul VI College

The winners of the Singing Contest were:
Solo section champion: Kwum Tong Maryknoll
College
merit: Po Leung Kuk Wu Chung Secondary
School
Group section champion: Pope Paul VI College
merit: Hoi Ping Chamber of Commerce Secondary School



QUIZ

SINGING
CONTEST

My father is a driver. He works for a big company. He is a kind man. He likes to help others. He works very hard so the manager appreciates his work. He always gets up at six o'clock. He washes, dresses and then takes his breakfast. After breakfast, he rests for a few minutes. Then he begins to work. In the evening, he does not come home until six o'clock. Although he usually arrives home very tired, he still cooks some dishes for us.

In spare time and on holiday, he likes to repair some electrical appliances. Sometimes he brings us to see films, we go shopping and have dinner in a restaurant. During some festivals, he buys gifts for us, and we feel very happy. I think 'He is the best father in the world!'.

Chui Hoi Yip F.1E

MY FATHER





'Every man who knows how to read has it in his power to magnify himself, to multiply the ways in which he exists, to make his life full, significant and interesting' wrote Aldous Huxley.

Language learning is an interesting intellectual process, and reading is a delightful means to achieve the end. One thought lurking in the minds of the language learners is — 'how can I improve my English?'

Students in Hong Kong are industrious and keen on learning. Undeniably they do read many books but these are either text books or reference books. This article deals with reading in general; reading magazines, novels, short stories. The only problem that arises in Hong Kong is that students go about it the wrong way. A few will buy English grammar books, rack their brains trying to master grammar rules which in turn lead to confusion. Finally they give up in utter desperation. Some of them buy books that have certain useful expressions in English with the Chinese version, they learn these and use these expressions irrelevant of the topics given for essays. They need not spend a great deal of money on books. There is an expensive book of quotations in the Library. It cost £8-10. They should make good use of it. Some students buy the Multiple Choice Question Books. What they lack is the method. When Hamlet the Prince of Denmark was entrusted with the task of avenging his father's death, he feigned madness. Then Polonius said, 'Though this be madness, yet there's method in't. (Act II Sc.11 Line 204, Shakespeare) If students follow the right method, many heartbreaks can be avoided and love for the language can be developed. The best approach is communicative approach. They should try and communicate in English. They can carry on conversation in Cantonese, or Mandarin, but if they use a few sentences of English in daily conversation, it is not going to hurt their spirit of nationalism.

Reading widens a person's horizon; a reader will evaluate the situation after what he has read. In the newspaper and magazines, various readers reflect their views on current issues. When they read a letter defending the Jews' attack on Palestinians, they start thinking after a week or so when another reader writes a letter describing the plight of the Palestinian refugees, they change their opinions.

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Gradually, they learn to weigh the pros and cons of the situation, and when they read about a sweet baby girl being sucked out of the plane, they reach the conclusion that violence breeds violence. Such articles prick a reader's brain, and lead him to think. This is the second step. The reader tries to explore new avenues he thinks twice before jumping to any conclusion.

If students are sincere about learning English, they must cultivate a good habit of reading good books. Here a fine line is drawn between good and bad reading material. For junior students there are books in the library such as simplified stories of Shakespeare's plays, history of an aeroplane, they should borrow such books. There are two young gentlemen always willing to help them. When I watch the students — studying in junior as well as senior forms, reading those 'Kung Fu' types of Comics in Chinese, I say to myself 'What a waste of time!' The third step is to cultivate a good taste for reading good material. Last year students showed an interest in the case concerning Mr.X. The general complaint of students in Hong Kong is a lack of time. Reading does not imply that they should read novels of Ernest Hemmingway or plays of Shakespeare in a week.

READING

Miss Tehmi

A lack of basic vocabulary and of general knowledge of the world hamper reading. When they pick up Newsweek or Asiaweek in senior forms they come across new words which are rather difficult, they resort to their 'teeny weeny' English into Chinese dictionary. I have no objection to it, this way they understand the word better, but they should also refer to the Longman or Oxford dictionary so as to find different meanings of the same word and different usage. Remember there is no short cut to heaven or success. Step by step they should build vocabulary. They should write the new words and meanings, and use them correctly. This will relieve frustration. It is not a monumental task. Learn English the easy way; learn English without shedding tears.

WHAT TO READ

The Reader's Digest has a wide range of articles to suit the tastes of different readers.

In the March issue, where is a story of a five-year-old boy and his fight against cancer. Read what is worth reading and think about it. If you are religious minded, read the magazine called 'Plain Truth', if you are not, it does not matter; try to read the introductory parts of the articles on pollution, violence in sports and terror culture. Do not adopt 'the closed shop mentality', try to be open minded, and frank 'In the Awake' magazines there

are articles with the title 'Young People Ask', read such articles read these and think about them.

In the English Foundation Schools students in kindergarten and primary classes are not at all overburdened with homework, instead they are given story books to be read at home. Love for reading is cultivated from childhood. Students in senior forms who are tutors of English should try and cultivate that habit among their pupils or younger brothers and sisters at home.

Television, home computers, video and snooker games, pop songs are at times distractions that have made reading less attractive to students. Let me give an example here, when students go for the athletics training, there is a joy of accomplishment once the training is over; so is the case with reading, start reading a paragraph, then a page, and if the book is interesting finish a chapter. Books placed on a shelf or articles neatly kept in an expensive folder will never do you any good. Just take a few easy steps and books will pour out riches on you. Have you ever counted the number of dictionaries we have in the library?

GROUP WORK

Students can form their own groups, some can keep newspaper cuttings of their favourite popstars, physically handicapped athletes, musicians, or tennis players like MacEn'roe, while others who are covering foreign news should do the same. Then they should pick out six or seven difficult words, and find meanings. They can refer to these articles when they are preparing speeches, or for a debate or even writing an essay. Try to read two or three jokes in the La Sallian magazine.

If they have read well at school, when the time comes for them to leave school and enter society, they will be knowledgeable young men who can converse on any subject with their friends. At cocktail parties, bank managers, intelligent engineers, scientists and young executives will seek their company and literally flock to them as they can throw light on any topic. They should not walk through the 'narrow tunnel' of maths. and science (pardon my saying so), otherwise they will bore their wives to death with the talk about the football games, fission and fusion. It is never too late to read because the impact of the written word is unquestionable. If students have carefully read about the trial of the Carrian group of companies, when they take up jobs, or start their business, they will never sell their conscience to their business associates, as they will be well aware of the pitfalls.

'Take time to read, (not the Kung Fu Comics) it is the foundation of wisdom,

'Take time to think, it is the source of power.'

I sum up this article with the saying from Goethe, 'Live each day as if your life had just begun'

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LEARNING ENGLISH IN A FUNNY WAY

Reading is certainly a proper and funny way to learn English. Here, we introduce you another method — by games. The followings are some interesting word-plays. Although these games may not help you to improve your English, we hope that they can at least arouse your interest in learning English.

DOUBLET

This type of puzzle was invented by Lewis Carroll about 100 years ago, and has been very popular ever since.

You are given two words, and you have to transform one word into the other, step by step, altering only one letter of the previous word to make another valid word at each step.

For example, SAND can be transformed to ROCK with three links, PIG to STY with four links, and SLOW to FAST with five links.
SAND, SANK, RANK, RACK, ROCK.
PIG, BIG, BAG, BAY, SAY, STY.
SLOW, SLOT, SOOT, LOOT, LOST, LAST, FAST.

Now try these!

- 1) MICE to RATS (3 steps)
- 2) COLD to WARM (3 steps)
- 3) PEN to INK (4 steps)
- 4) FIRE to HEAT (4 steps)
- 5) BEES to HIVE (5 steps)
- 6) COAL to FIRE (6 steps)
- 7) TREE to WOOD (7 steps)

PALINDROMIC WORDS

A palindromic word is one that reads the same backwards as forwards. ANNA, POP and MADAM are examples of such words. Here are clues to four more palindromic words. How many of them can you identify?

- 1) Not sloping
- 2) Twelve
- 3) Pertaining to public affairs
- 4) Musical works for a single performer

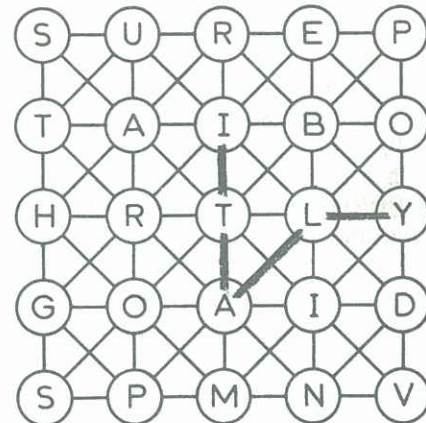
CLASSIC CORNY QUESTIONS

- Q1) You have three cups of coffee and fourteen lumps of sugar. Sweeten all three cups using an odd number of lumps in each one. (You must use all the lumps.)
- Q2) A squirrel has hidden twenty-three ears of corn at the base of a hollow oak tree. How long will it take the squirrel to carry them all away if he carries away three ears a day?
- Q3) Why is river rich?
- Q4) Where does Friday come before Saturday?
- Q5) By drawing one line, make the following figure into an even number (without violating numerical convention): **IX**

SPELLING

Can you find the name of 20 countries in this network?

To spell out each country, you may start from any cell, and the consecutive letters of the word will be contained in adjacent cells connected horizontally, vertically or diagonally. The first one has been done for you.



DOUBLET: ANSWERS

- 1) MICE, RICE, RACE, RATE, RATS.
- 2) COLD, CORD, CARD, WARD, WARM.
- 3) PEN, TEN, TON, ION, INN, INK.
- 4) FIRE, HIRE, HERE, HERD, HEAD, HEAT.
- 5) BEES, BETS, BATS, HATS, HATE, HAVE, HIVE.
- 6) COAL, COIL, FOIL, FAIL, FALL, FILL, FILE, FIRE.
- 7) TREE, FREE, FLEE, FLED, FEED, FEND, FOND, FOOD, WOOD.

CLASSIC CORNY QUESTIONS:

- Q1) Put one lump in the first cup, one in the second and twelve — a very odd number indeed — in the third.
- Q2) Twenty-three days. (Each day the squirrel carries away one ear of corn and his own two ears.)
- Q3) It is because every river has two banks.
- Q4) In dictionary.
- Q5) SIX

PALINDROMIC WORDS:

- 1) level 2) noon 3) civic 4) solos

SPELLING:

Italy, Liberia, Malta, Mali, Iran, Britain, Bolivia, Peru, Austria, Australia, Panama, Eire, India, Poland, Romania, Somalia, Oman, Spain, Haiti, Togo.

LEARNING

Learning is not attained by chance, it must be sought for with ardor and attended to with diligence.

— Abigail Adams

What we have to learn to do, we learn by doing.

— Aristotle

Learning without thought is labour lost; thought without learning is perilous.

— Confucius

Wise Men learn by others harms; Fools by their own.

— Benjamin Franklin

There is much more Learning than Knowledge in the World.

— Thomas Fuller

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PRINCIPLES OF SPORTS TRAINING

FOOD

Every kind of sport needs energy supply and energy comes from the breaking down of fuels, that is, food for human beings. The energy produced is either stored as ATP in the human body or used immediately. Basically, there are six types of food. They are Carbohydrates, Fats, Proteins, Water, Minerals and Vitamins.

Carbohydrates and fats are the main sources for energy supply. Proteins are important for the structure of the human body and only supply energy when both carbohydrates and fats are unavailable. Water, minerals and vitamins are important for the regulation of body functions.

ENERGY

In general, there are three systems for the supply of energy to the human body. The Phosphagen (ATP - CP) System can supply energy very rapidly but only in a trace amount. The energy produced is only sufficient for continuous work of 8 to 10 seconds and the process does not require oxygen supply.

The Lactic Acid System is another rapid source for energy supply and the process again does not require oxygen. Lactic acid is formed as waste product which leads to fatigue and the human body can only work for 30 to 40 seconds continuously under this system. Since the phosphagen system and the lactic acid system does not require oxygen for the production of energy, they are also known as the Anaerobic System.

With adequate oxygen supply, energy can be produced by the Oxygen System. This is the most efficient system for energy supply and no waste product is formed under this process. The system is also known as the Aerobic System.

CLASSIFICATION OF SPORTS

Different types of sports may be classified into two categories: the Anaerobic Events and the Aerobic Events. Sports of strong intensity but of short duration such as the sprints and field events in athletics, basketball, football, badminton, etc. are examples of anaerobic events. On the other hand, sports of low intensity but of long duration such as long distance swimming and running fall in the category of aerobic events.

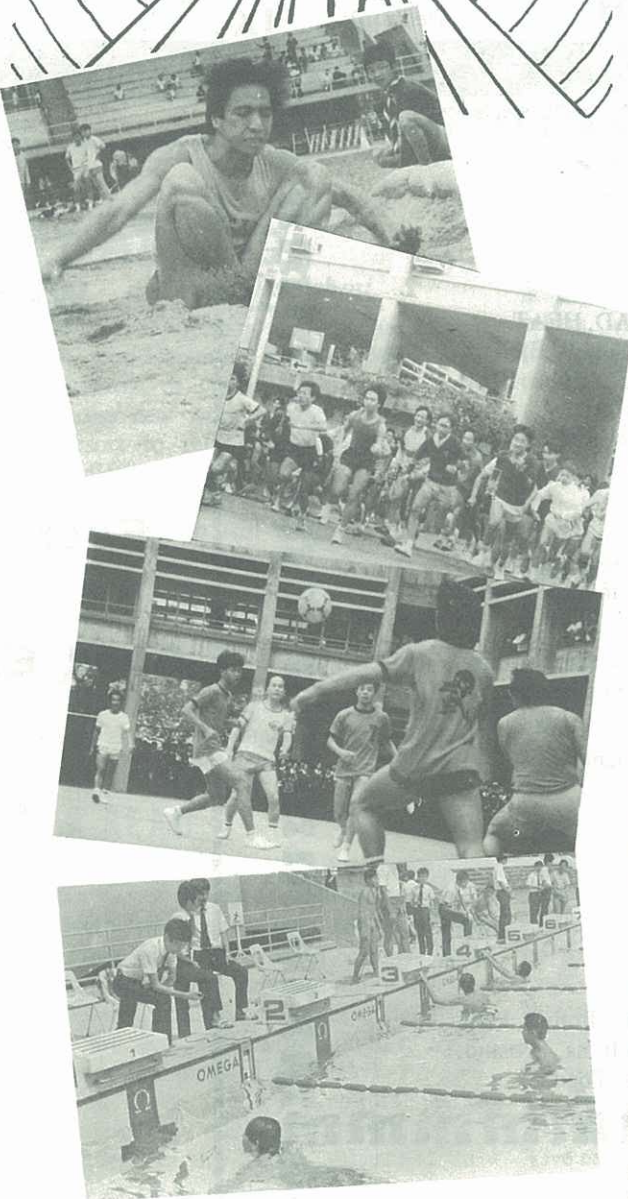
THE 5 ELEMENTS OF SPORTS

No matter for what kind of sporting activities, they must be composed of the following 5 elements: strength, speed, flexibility, endurance and skill. However, the importance of each element varies with each sport according to the characteristics or requirement of the sport.

Strength is the ability to exert force and speed is how fast the body can move. Both of these two elements can best be improved by weight training. Flexibility is the possible range of movement of joints and can be improved by stretching exercises. Endurance is the ability to resist fatigue or perform continuous work and can be improved by aerobic exercises. Skill is how efficient the body can perform specific tasks which is the result of good co-ordination and it can be improved by repetitive training.

THE OVERLOAD PRINCIPLE

For effective training, the body must be 'progressively' overloaded. This means that a certain work load is subjected to the body and whenever the body adapts to the work load, it is increased so that the body is always working a little bit beyond its ability. However, one must be extremely careful when increasing the load. It must be increased 'progressively' and 'reasonably'; otherwise, injuries may occur.



SPECIFICITY OF SPORT TRAINING

Each kind of sports has its own characteristics and requirements, so sport training must be specific in order to suit the needs of a particular sport. There is no need for a sprinter to run such high mileages (above 120 miles per week) as a marathoner does. He must, however, train in such a way that he can exert the greatest force in the shortest time. That is, to improve his strength and speed which contribute to power (power = force x speed). For hurdlers, flexibility and skill are also important for a good hurdle clearance. It is very easy for us to overlook the importance of endurance for anaerobic events. Taking the sprints as an example, it is very often to have the heats, semi-finals and finals on the same day. If the sprinter does not have enough endurance, he may have collapsed before the finals. So before we train for any particular sport, we have to analyze the relative importance of each element to the sport and then set up training programs which can fulfill the needs of that particular sports.

THE BUILDING BLOCK APPROACH

It is believed that aerobic training - continuous work of submaximal intensity, such as long distance running is the foundation of all sorts of sport training. For example, it is meaningless for a sprinter to run a 100 m with an all out effort for every training session. On the other hand, a comparatively sound program will be 8 sets of 100 m with 80% to 90% effort with a jog or rest of 3 minutes between each. However, the sprinter may collapse after 3 or 4 sets if he does not possess enough endurance. Only when an athlete has gained a sound base of endurance before high intensity anaerobic training be added to the program.

After an athlete has improved his endurance, he should start to improve his strength and speed as well as power. Weight training is certainly the best method for improving the above elements. It is by research that 3 sets of 6 repetitions at a 6-RM load is the most efficient for improving strength. A Repetition Maximum (RM) is the maximal load that a muscle group can lift over a given number of repetitions before feeling tired. This means that if a person can lift a particular weight 6 times and no more before feeling tired that weight is a 6-RM load. For improving speed, submaximal load (about 60% of maximal load) of fast repetition may be used. Besides, submaximal load of high number of repetition may also be used to improve local muscular endurance. Finally, skill training may be introduced into the training program after most of the other elements have been developed.

A YEAR ROUND TRAINING PROGRAM

No one should do the same type of training in each session throughout the year. The art of training includes the ability to put the proper amount of stress on the athletes so they benefit from training and then at the right time, to release the stress so they will achieve maximum performance during the big event.

A year should be divided into several training seasons and each season should pay special attention in developing the particular elements of sport training. The length of each season depends on how often an athlete participates in competitions in a year. The Post-competitive Season is the period after the most important competition. The athlete may have complete rest for some time in this period and then pick up endurance and strength training again for conditioning. It is then followed by the Pre-competitive Season during which intensity of training increases to the maximum. Much anaerobic training such as interval training and repetition training is subjected to the training program in this season. During the Competitive Season, the training load must be reduced. Now, the quality of training takes precedence over quantity. More attention should be paid in skill training and tactics. After the most important competition, the cycle repeats again.

CONCLUSION

The above only serves as a guideline for beginners to start a sport training program. This should not be used as a blueprint since individual differences should be taken into consideration. One must analyze his physical makeup and then choose the type of training which best suit him in order to achieve significant improvement.

校園通訊

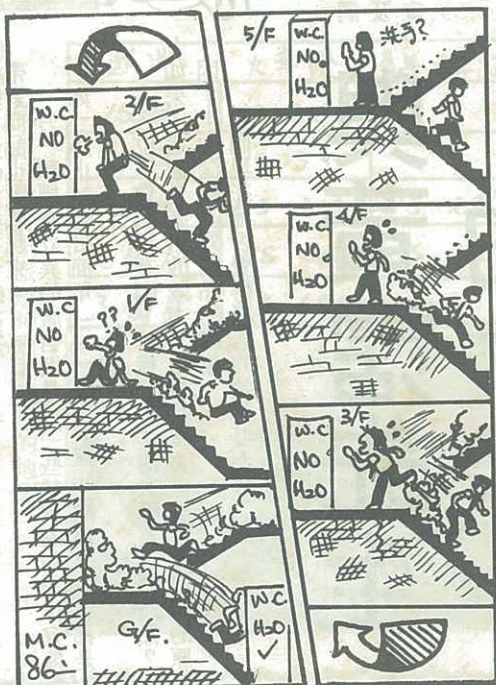
洗手間風波

差不多整個學年，一至五樓的洗手間都停止了淡水的供應，使同學們都感到大為不便。

據葉偉雄先生透露，因為天台的一條總喉爆裂了以致所有的洗手間都制水。而且維修工程和費用也相當龐大，所以校方很早已把有關情況報知政府當局，但遲遲也未有公司承接此項公程。為求方便各同學，校方特地在地下的洗手間自行安裝了淡水喉以應急。

我們期望暑假後，一切回復正常就好了！

我校的洗手間真是多災多難，除了長期制水外，二樓洗手間的橫樑也嚴重爆裂，尤以二樓的情況更為嚴重，隨時會有石屎剝落，為求保障學生的安全，校方所以把二樓的洗手間關閉，現正等待政府派員來修理。



新的龍門

校方爲了提高本校的足球水準，所以特地新建了一架龍門。據負責老師說，由於本校的龍門太小，在正式比賽時隊員們都不能習慣，所以衆老師提議築立一座國際標準的龍門，以供各隊員練習之用。

此龍門的建築費用只是五百多元，但用來覆蓋水渠的鋁板却花了千多元。

希望此龍門真的能使我校的足球水準大大提高就好了。

愛心行動



實習老師



任教科目：

中史、地理
數學、體育
中文、地理
中文、中史
英文、經濟及公共
事務

左起：

鄧豔萍老師
郭楚平老師
施正華老師
陳月琼
李月華老師

這五位從羅富國教育學院到來實習的老師，對我校學生的普遍印象是好動、頑皮，但秩序和程度都較一般男校爲佳。他們是第一次到中學實習，但已深深地體會到許多在教學上的困難了，學生們對於練習和需深思的題目都提不起多大的興趣；至於他們爲同學費盡心思而設的習作、筆記和對於一些體育上的知識、技巧等，一部份的同學更對此更產生了抗拒感。這一切一切，偶爾會使他們感到有點失望，但却未能減去絲毫他們對於教學的熱誠。

實習期至五月十日便結束了，他們又回復學生的身份了，我深信這幾位學生將來定能成爲良師的。

編者心聲

一年的編輯生涯終於結束了，以往不曾問過自己開心與否，只是埋首工作、反省和力求創新。現在回顧起來，從未因瞰訊被讚賞而雀躍，只有受批評後的撫心反省。雖然不斷地力求改進，但有很多理想仍未達到目的。數天前有一位對編輯工作很有經驗的朋友對我說：「編輯應先滿足讀者需求，然後做自己有覺趣的題材。」或許就是因為我這少許的自私，故未能引起同學們多大的共鳴。

期望明年的新人多想想，使歐訊能成為一份更能表現陳瑞祺精神的報刊。

何偉強

岑 贊

當校報編輯已整整一年了。在這段期間，繁重的編輯工作，雖令我感到少許吃力，但我感到得到的，遠超於我所失去的。通過工作，我既學到不少新知識，復得以結交到不同級別的朋友，無形中都豐富了我的知識和生活層面，增進人生經驗。當然，老師和同學們的鼓勵和支持亦不可或缺，雖然製造精神食糧的是我們，但他們却是我工作精神的最佳支柱呵！

四月二十三日那天，當午飯的鈴聲響過後，同學們都爭先地擁到校門外，整條常和街都擠滿了本校的學生，因為一輛「愛心巴士」正停泊在校門外。

據當日的負責人朱明銳先生表示，他們此項活動是爲了替在孟加拉的饑民籌款。他們和運輸處商討後，決定分別在牛津道、常和街和灣仔舉行此項活動，希望能籌得三萬元的善款；但朱先生說同學們的反應不太熱烈，所以最多也只能籌得二萬元。而本校的同學們也買了接近三百份的「愛心午餐」，証明本校師生們也甚有愛心。

隨着林志美高歌一曲「愛情雷達網」後，同學們也須回校上課了。



現代誘惑——廣告

在現代社會裏，廣告已成了大眾日常生活的一部分。但你們可有注意到廣告如何能引起消費者的購買慾？在這短短的篇幅裏，我們將為你們作一個簡單的介紹。這裏，我們得到在廣告界享有盛譽的黃霑先生的謝意。中為我們抽出時間，解答一些問題，謹此致萬二分的謝意。

結果可能因此而令銷量下跌。為此，商人往往編造一些藉口：如「××週年慶祝」，或是「銷路突破××點」，酬謝顧客」等，以招徠顧客。

(六) 用色誘之廣告——以美女的身體吸引觀眾的目光，從而推銷。此種廣告雖有一定的效果，但亦常遭人非議。

(七) 標奇立異的廣告——此類廣告的內容惹人反感，或是一些不知所云的手法表達，令觀眾罵此類廣告「瘋狂」、「無聊」，以達到從別人心中宣傳的效果。但這類廣告所冒的風險也很大，萬一消費者對此類廣告不滿，連帶對商品也厭惡起來。

另一類標奇立異的廣告則是以前一些特別的句語作宣傳，如「一點止××咁簡單」、「大病便係要睇醫生」等都是。

各位，你們可有因上述幾類廣告而去購買一些商品？如果，這便是廣告的效力。這也是廣告需要推陳出新的原因——加深顧客對商品的印象。

你們現在會覺得廣告的效力很大？

與黃霑先生的一次

書信訪問

接到黃霑先生的通知，知道他在短期內都不能抽空接見我們作訪問，很是失望；可幸他仍答應我們作書信式的訪問，於是我們寫好了問題，寄給黃霑先生。不久，黃霑先生的覆函來了，裏面對上面幾條問題都有詳細的解釋，現將問題與原文一併刊登如下：

- (一) 甚麼叫做廣告？
- 答：廣告是通過傳播媒介，如電視、電台、報刊、海報等等，向消費者提供產品或服務的訊息，希望吸引消費者採用產品和服務。
- (二) 怎樣才算是一個好廣告？
- 答：能吸引消費者，令他們採取行動，選購你要推銷的東西，就是好廣告。
- (三) 廣告如何捕捉大眾的心理？
- 答：廣告捕捉大眾心理的方法很多，真是一言難盡。基本上想做到下列四點：
- (A) 引起注意 (ATTENTION)
- (B) 激發興趣 (INTEREST)
- (C) 喚醒需求 (DEMAND)
- (D) 促使行動 (ACTION)

這四點，如用頭一個字母，就可串成AIDA這個歌劇名字。

至於怎樣可以做得好這四點，便各師各法，要看產品本身的需要。不過，大致上說，是投其所好，與標新立異作大原則。

(四) 廣告的製作程序是怎樣的？

答：廣告製作，是先研究產品特點，找出其與別不同的地方，然後由創作人員構思，或製成畫稿，或拍攝廣告片等，送交傳媒刊播。

(五) 廣告在日常生活有着甚麼樣的作用？

答：廣告一般來說，是勸人利用產品，改善生活，提高生活水平。我們日常生活的選擇，往往被廣告潛移默化。

但是，要明白一點。消費者不盲不蠢，產品廣告做得再好，也只能吸引消費者試用一次。試過覺得效果不佳，他就不會繼續採用。因此，廣告只能幫助好產品暢銷，不能把劣產品吹成好東西。劣產品用了廣告，多人試用，反而會令劣產品馬上死亡，消失無踪。

(六) 廣告是否需要順應潮流？現在廣告的潮流又是怎樣的？

答：廣告多數是順應潮流，而不可以創造潮流的。我一向相信，促成潮流的因素，必須先存在消費者心中，才會因為一個廣告，而引起一片流行熱潮來的。

現在的廣告潮流，基本上趨向製作技巧完美與畫面賞心悅目，令人看得舒服。

我自己認為，這只是包裝上進步，本質上創意，反而被廣告人忽略。這是很可惜的事，變成捨本（創意）而逐末（包裝）了。

(七) 閣下的廣告靈感從何而來？

答：我自己寫廣告，全不靠靈感。而是靠仔細分析產品與市場資料，找出又吸引又會引起消費者購買行動的意念來，專業創作人員，是不枯坐片中等靈感的。

其實所謂創作，只是把元素與元素之間的關係，重新排列，形成前所未見的新貌而已。所以我特別強調資料搜集過程。

當然，資料當前，如何挑選，是大學問，但當你懂得用腦思考，又有經驗和眼光，創作就不難。

創作不是邏輯性的直式思考，而是模式的思考方法。即是現代思維與大師EDWARD DE BONO所提出的LATERAL THINKING。（這位大師的書，香港已有普及本出售，同學們不妨買來看看。他的書寫得淺白，中學生也可以看得懂的。）

舉個例，「以羅羅子鹽」在十多年前，是以腸胃藥和消化劑形式出售的。後來有位廣告大師李作猷先生想出了熱氣和「以羅」拉在一起。（因為「熱氣」的成因，多由於腸胃不良，消化器官出問題，人體缺水所致。）結果，兩種本來沒有關係的資料，拼在一起，就產生了「以羅治熱氣」的新概念出來。這新概念，証實了可以滿足消費者需要，於是銷路激增。「以羅」因此改了推銷路向，現在索性以專醫熱氣的姿態出現。

(八) 可否談談閣下從事廣告事業的心得？

答：我在廣告行業服務了二十二年，覺得廣告的唯一規則便是絕對沒有任何規則。因此必須努力創新。道前人所未道，敢別人所不敢，打破成規，標新立異才會成功。陳陳相因，東抄西襲，一定做不好廣告。

希望我的答案，會令同學增加了對廣告行業的一些認識。

禁播香煙廣告風波

戰事爆發了！

這並不是人類擔心的第三次世界大戰，也不是甚麼利比亞與美國之間的鬥爭，而是煙草商與政府的戰爭。

這次戰爭，是政府要禁播香煙廣告所引起的。打從一開始，煙草商就一直處於不利的地位。起初，他們向政府提出抗議，但抗議無效；接着，他們向大眾說明香煙廣告並不能引誘非吸煙者吸煙，又遭到眾多市民的非議。於是他們轉換了攻擊方式，在報章上刊登廣告，上面有許多人的簽名——這些人都是反對禁播香煙廣告的，似乎這一招奏效了：在廣告刊登之後，市民便議論紛紛，每天報章上都有兩篇的文章談論此事，但最後終告失敗——煙草商認輸了，至少他們承認香煙的確對人有害。

不過，議論並未因此而停止，每當談論這事件，總有許多不同的意見，且看看同學們的反應：

「我不認為香煙廣告對非吸煙者有甚麼影響，起碼對我來說沒有。」

「政府這樣做會影響稅收的。」

「我對政府做得對，因為廣告中的人物多半是成功人士，這樣的廣告對年青人怎會沒有影響？」

「我沒有意見，事不關己，已不勞心。」

「政府這樣做是不智的，現在已接近一九九七，而禁播廣告令人想起言論自由問題，容易使人反感——縱然這是對的。」

Vice Head Prefect 的意見：「我不贊成政府這樣做，因為這牽涉到自由貿易的問題；但煙草商也應自律一下，他們的廣告中不應有太多的誤導成分：例如廣告中有許多成功或有型人士在吸煙，令年青人產生不正確的觀念，這是不好的。他們的廣告內容應僅限於推銷自己的商品，灌輸正確的觀念。但在審核廣告內容方面，則難有一定的標準。」

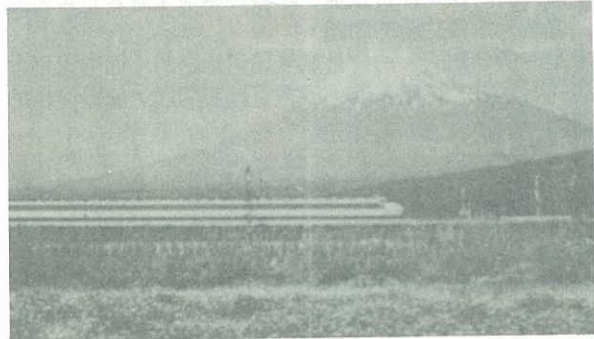
柯振澄老師則認為：「我認為政府做得很對。以生物學的觀點來看，香煙對人體是有害的，那麼我們還應該讓香煙廣告播放，讓它推銷對人有害的東西麼？這些東西天天在播，對人不多不少也有點影響的。所以我贊成禁播香煙廣告。」

我個人認為，禁播香煙廣告是對的。雖然它涉及言論自由的問題，但它對人體有害（近來有一篇報導說，香煙內的煙草含有輻射，含有α（alpha）粒子，會引起惡性腫瘤），就如毒品一樣。從健康角度來看，我們不應讓香煙廣告播放，甚至應把香煙禁賣。當然，政府和電視台會因此而損失一筆為數不少的收入，但有道是：「拉上補下」，在另一些地方增加稅收或廣告費，便能填補損失了的數目。

姑勿論同學們的意見如何，這場風波總算是暫時平息了。可是這次的鬥爭，却引起了一個大問題：港人對香港還是信心不大，禁播香煙廣告只是一個引子，以後相信仍會有同類事件發生（近期警方對付三合會份子就是一個例子），我們只能靜待香港政府作出適當的措施，來安定人心。

日本火車證的價目如下：

日本火車證	綠色		普通	
	成人	兒童	成人	兒童
7天	¥37,000	¥18,500	¥27,000	¥13,500
14天	60,000	30,000	43,000	21,500
21天	78,000	39,000	55,000	27,500



日本的住宿大概可以分爲下列各類：酒店，日式旅館，經濟旅社和青年旅舍等，大部份在市中心及地鐵站附近可以找到。在東京的池袋區，有一所純日本式的青年旅舍，名叫「日之出東京住宿之家」，可以令年青人真正體驗到日本人的生活。

在膳食方面，由於日本生活水平頗高，日常的膳費，普遍較香港爲高，而中式和西式餐館都較昂貴。日本的簽證需時兩天，而護照和身份證明書的收費分別爲33元和90元，機場稅是¥2000（約是港幣80元）。

本報今期特地搜集了一些旅遊資料提供給同學們參考，以下會分別介紹到日本和西歐的旅遊概況和一些交通及食宿的資料。

日本——遊覽日本，使用日本的火車服務，是最方便和較爲經濟的，因爲日本的鐵路網伸展全國，由九州直貫本州至北海道，連繫各大小都市和城鎮。近年日本政府更推出了專爲外國遊客而設的國鐵火車證（JNR PASS）；其優點特多，持證人可不限次數地搭乘火車、國鐵的巴士、新幹線（俗稱子彈火車）和渡輪；加上不用排隊購票，既方便而又省時間，特別適用於長途旅程上；但要注意一點是此証不適用於地下鐵路。火車証需要先在港向旅行社訂購，抵達日本後，憑換票証到指定的國鐵辦事處換領火車証。

斬新形式顯活力 遨遊萬里增見聞



西歐——由於鐵路網貫通西歐各國，因此，火車也是暢遊歐洲的最佳交通工具，而且比較便宜，乘搭夜行火車更可節省時間和住宿費用。歐洲鐵路方面提供了一種歐洲火車證（EURAIL PASS），在有限期內，可無限次使用歐洲十六個國家的火車服務，包括在法國全境、多瑙河及瑞士湖的遊船。此外廿六歲以下的年青人可以購買歐洲青年火車証（EURAIL YOUTH PASS），以上的火車証只可在歐洲以外的地方購買得到。

在歐洲，豪華酒店和商務酒店是多不勝數，但租金却十分昂貴，此外青年旅舍亦遍佈歐洲各地，租金每晚約在港幣40元至50元之間。在暑假期間（六月至九月），歐洲大部份的大學宿舍是開放的，宿費廉宜，所以較爲適合學生和年青人居住。在市中心附近，設有一些廉宜旅館，一般是沒有私人衛生間，但仍然舒適整潔。

歐洲	火車證	青年火車証
15日	US 260	
21日	US 330	
1個月	US 410	US 290
2個月	US 560	US 370
3個月	US 680	



以下是一些計劃旅遊時應注意的地方：

- (一) 辦理有效的旅遊証件和簽證。
- (二) 確定全旅程旅遊時間及其他目的地逗留時間的長短，了解一下當地的文化和風俗都是有幫助的。
- (三) 外出旅遊普遍使用的交通工具爲飛機及火車，所以要預先購票和安排一下時間。
- (四) 帶適量的金錢，旅行支票是一個較安全的方法，留意一下當地的貨幣匯兌。
- (五) 注意飲食和個人健康，尤其是在炎夏的季節，最好預先接受預防霍亂注射。

最後值得一提的是，一張國際學生證（ISTC）- IS TC 會遍佈世界各地，學生憑証購買機票、火車票和參觀博物館皆有優待和特別安排。同學們如希望獲得一些更詳細的資料，可以向學聯旅遊部查詢，地址：香港德輔道中130號大生銀行大廈九樓，電話：5-414841。

登堂入室

這次我們校報所訪問的老師，本來並沒考慮過包括外籍老師在內的，但奈何幾位老師都不方便讓我們登堂入室，忽忙之中有人提議訪問Miss Tehmi而Miss Tehmi也爽快地一口答應，於是我們中文版數位編輯便到Miss Tehmi 在廣播道的住所去。

當日我們一路進Miss Tehmi 的家中，她便熱情的招待我們，跟着便開始談話起來了。看過上期校報英文訪問我校外籍老師的同學或許會知道Miss Tehmi 其實並非印度人，而是波斯人，她的祖先因宗教問題而被迫遷居印度，至今已數百年的歷史了。

Miss Tehmi 的信仰相信說出來大家也不會感到陌生，就是波斯的拜火教（大家千萬不要和武俠小說中的甚麼明教一類的東西混淆，這是真正正正的拜火教呢）！在香港Miss Tehmi 的教友爲數約有百多人，平日Miss Tehmi 除了返校授課外，便是跟她的教友聚會了。

Miss Tehmi 雖是拜火教徒，可是她對各種宗教都有興趣，黃大仙、佛祖、觀音一類的神像在她家中也有擺設呢！說起她家中的擺設，相信不少同學會以爲一定是與別不同的了，這點可錯了，Miss Tehmi 的家中除了神像一類的宗教擺設比較多長外，和我們家中的擺設也差不多，Hi-Fi，錄影機等家庭用品應有盡有呢！

Miss Tehmi 來港已有二十年，一直都教授英語，但原來她在印度曾任大學助教的呢！故Miss Tehmi 的教學經驗是十分豐富的。

最後特別一提的，是當天她讓我們在屋中各處拍照（見附圖，本來連廚房也拍了的，可惜沖壞了菲林），實在多謝她的合作。還有，她那弄了很好小食招呼我們，可真美味的很呢！



Miss Tehmi 與眾編輯合照



Miss Tehmi 在客廳一隅



拜火教的神台。圖中心的聖燈是長年不熄的。



拜火教所信奉的神（Lord Rama）的畫像。

一、何謂青春？

青春是指由兒童逐漸變成年青人的一個過渡階段。普通來說，女孩子的青春發動期比男孩子較早，約在十一、二歲時便開始，而男孩子則到十三、四歲左右才開始。不過，個別的差異很大，所以一般而言，由十歲至二十歲這段期間統稱為青春。

二、愛的疑惑？

「幾日前，我在電梯內見到她，被她清麗的氣質吸引着，那時我已下定決心，要結識她，每天都特意……。」

「在巴士站，我發覺樣子甜美、笑容和藹的C小姐，時時偷望我，不知……。」

以上情形，相信每位男孩子都不會陌生吧？本校雖是男校，與女孩子保持一段距離，但各位對以上的情況，可能都有所體會和遭遇。

在巴士站偶然的一個對視，在電梯間迎面的一瞥，可能都會帶給你們無限的愁緒，令失眠幾個晚上，苦苦思索那個模糊不清的面孔，不斷地問究竟她（他）有沒有注意我呢？

青春期的少男少女，逐漸開始對異性產生興趣，原是平常不過。男孩子會主動藉故親近女同學，約會女同學；女孩子亦常常以此互相取笑。最初，他們可能對這種親密的舉動和取笑不以為意，不過，如果這種羣體的活動發展成為「二人世界」時，他們會開始感到一種不比尋常友誼的關係正在滋長。這或許就是普通人所謂的「戀愛」了。但這種關係就真的是戀愛嗎？這可能連當事人亦不太清楚，青少年憑一股激情和對愛情的憧憬去談戀愛，又或純為愛慕對方的外表而墜入情網，他們所追求的對象，可能並非當事人，而只是自己的幻想。這當然部份有「賴」於大眾傳媒和電視、電影、報章和言情小說等過份扭曲「愛情」之功呢！

那麼青少年如何去面對與異性相處（約會）這種社交活動呢？甚麼才是真正的戀愛？這種中學時期的「戀」是真正的戀愛嗎？

三、約會的意義

約會是青少年普遍的一種社交活動，也是他們對異性發生興趣時必然的現象。約會有兩種：男女單獨共處的私人約會及大夥兒共同參予的羣體約會。

在羣體約會中，青少年可以結交不同的朋友，藉此擴大自己的生活圈子。同

時，從個人待人接物的態度和行為中，我們可以進一步瞭解自己。例如在大夥兒的活動中，你是否喜歡與眾同樂，暢所欲言，抑或喜歡沈默寡言，靜坐一角？一個過於喜歡表現自己的人，往往忽略別人的意見和反應；一個沉默寡言的人，總是對未知的領域表示了緘默，而又暗中探索。故此，與朋友羣處，都會幫助我們反省自己與人溝通時所產生的問題和感受，並明白到樂意接納別人的意見和適當的表達自己，便可更有把握地去發揮自己的潛能，增廣見聞，同時並可擁有更多的知心朋友。

約會除了幫助我們瞭解自己外，還可以幫助我們瞭解異性。透過連續的約會，大家彼此認識更深，產生傾慕的時候，便可以進一步發展感情，看看是否彼此適合而做對知心的戀人，這才談到單獨約會的問題。

由此可見，約會和追求是有所分別的。約會是並無任何承諾的，而追求則含有求愛和求偶的意義。若以人有我有，炫耀人前，或抱着逃避問題，憧憬愛情的態度提出約會，都是不正確的。

四、甚麼是「愛」？

花前月下，卿卿我我，多令人嚮往啊！自古以來，男孩子都憧憬着這種生命中美麗的意境，女孩子也毫不例外。那究竟「愛」是甚麼呢？

要為「愛」下一個定義，不但困難，而且不切實際，因為每個人對愛都有不同的看法和體驗。雖然如此，我們都可從眾多的定義和看法中，找出一些共同點，作為實踐的指標。著名的心理學家佛洛姆（ERICH FROMM）認為，愛是由四個元素所構成的，這就是彼此尊重、深入瞭解、互相效勞、承擔後果。故此，愛是情人間的互相尊重、保護和珍惜對方，它是給予而不只是接受，愛是使雙方對自己的認識加深和瞭解容忍對方的個性和短處；愛是責任的分擔，而不是剝削和欺騙對方，以求取個人的利益。

因此，愛一個人是一件莊嚴正大的事。真正的愛是使人趨於更成熟的階段，而不是使人進入不切實際的幻境。

注：本篇部份內容資料得自下列書籍——

- (1)「青春路上」。香港家庭計劃指導會出版。
- (2)「性與健康」手冊。港大醫學會編印。

暢所欲言

學生訪問

就本期專題「心思」，本報編輯分別約訪了本校幾位老師，聽取他們對中學生在求學時期談戀愛的意見，希望透過訪問，使同學們對論題和老師有深一層的瞭解。他們為劉志堅老師、康寶泉老師、陳錦新老師和柯振澄老師。



訪問結果如下：

記：閣下可否談談對中學生在求學時期談戀愛的看法？

劉：我不反對也不鼓勵，因為每個學生都有權去認識和結交異性朋友。不過，過早談戀愛，似乎不甚適當。

康：中學生認識異性是可以接受。但花費太多的時間在談戀愛方面，而影響了學業，是不應當的。

陳：我認為年青人談戀愛需基於兩個基礎：（一）心智是否成熟，和（二）是否有經濟基礎。中學生到中五畢業頂多只有十七、八歲，這不是人心智真正成熟的階段，而且，他們還需依賴父母供養，沒有經濟基礎。在這時期談戀愛，恐怕會影響學業和情緒，所以不太適合的。

柯：學生應注重學業，做妥本身的工作後，有多餘時間，才去想別的事情。

記：您認為在那年紀、或階段才是比較適宜談戀愛？

劉：在男女雙方都具備一定的條件，例如成熟的心智，相當的經濟基礎，除應付課業之外，還有多餘的時間等等。

康：我們很難確定那個年紀才適宜談戀愛，如果戀愛的雙方認為彼此相處對其在學業和做人方面是有幫助的，那麼年紀便不是一個大問題。

陳：如前所述，心智成熟和有經濟基礎時是較適宜的。不過，談戀愛是男女雙方的事，應照顧到彼此的嗜好和知識水平是否相配，也是非常重要的。

柯：求學時期不是適當的階段。

記：當學生有感情煩惱而請教於您，你會怎樣幫助他們？

劉：我會先瞭解清楚他遇到的是何種困難，然後找出根源，提出我認為適當的辦法給他參攷，看看能否解決問題。

康：我會以一個亦師亦友的態度去幫助他們。瞭解清楚後，將我過去助人的經驗告訴他，然後分析可能發生的問題及後果，讓他考慮清楚，因為最終的決定權還在他本身。

陳：我會勸他們在目前階段，一切以學業為主，專心讀書，到真正瞭解對方時，才考慮戀愛的問題。

柯：瞭解事情後，我會幫助他分析事情的本身，例如他有不妥當等，以解決問題。

記：您遇到的這類事情多不多？

劉：以我在校任教多年，這種「個案」極少，可以說是幾乎沒有。

康：過去我曾遇到多次。如有一次某位同學求我借錢給他，請女友如飯，但我拒絕了。

陳：很少。

縱觀是次訪問，老師們對中學生在求學時期談戀愛的問題，都發表了不同的意見，使我們得益甚多。從訪問的結果得知，老師們大致上都是希望同學以學業為重，緊握光陰，在心智成熟及具備必須條件時，才去談戀愛。如果此刻的你正不幸失戀、或渴望談戀愛，老師們的意見，對你會否有所幫助？

就今期的主題之一——「心思」，本報特地約訪了本校兩位正在戀愛中的同學，希望能透過他們的親身體驗，使大家對於談戀愛有更深的認識。他們的兩段情都是由去年暑假期間的一些補習班中開始的。

記：你們是怎樣認識的？

甲：由朋友介紹。

乙：在朋友的陪同下主動追求。

記：認識了他們以後，覺得在身方面有何改變？

甲：覺得自己對事物比較客觀了些，而且能關心和尊重別人，更能為他人設想，沒有以前那麼獨斷獨行。

乙：從關心女友中學到了關心別人和替他人分憂。

記：那麼在學業方面有何影響？

甲：和以前並沒有多大的分別，但她時常鼓勵我用功讀書。

乙：因為我們都很喜歡讀書，所以時常一起溫習，互相鼓勵。

記：會否時常想念她而不能集中精神讀書？

甲：這問題並不大，但如果幾天都未能見面或通電話，便會感到有些不安。

乙：我也有此同感。

記：你們的約會通常是在甚麼時候和場合？

甲：有時放學溫習過後，或許會和她逛街，在週末通常也只是逛街和「睇」戲。

乙：平日也是逛街和「睇」戲，遇着長一些的假期，或許會和一班朋友往宿營。

記：談戀愛會否為你們帶來很重的經濟負擔？

甲：我感到很幸運，因為對方能體諒我並未有經濟能力，所以我們都是各自付的。

乙：我們也一樣是各自付賬的。

記：家人是否知道你們正在戀愛中？而他們的態度如何？

甲：他們只略知一二，而未能肯定。所以並沒有特別的反應。

乙：他們是知道的，但並沒有阻止，只是勸告我千萬不要沉迷而荒廢學業。

記：如果他們阻止你們談戀愛，你們會怎樣做？

甲：我絕不會放棄，因為許多東西得來並不容易，不應因一些障礙而隨便放棄。如真的為學業帶來不良影響，才另作打算。

乙：我也不會放棄，我會用行動證明自己在戀愛中仍能兼顧到學業。

記：你們有信心把這段情維持下去嗎？

甲：我對這很有信心。

乙：我認為它會長久的，因為現在就失去信心，那便不可能發展下去了。

記：如有感情上的煩惱會向誰傾訴呢？

甲：我會向對方表白自己的心意，或向一些也在戀愛中的朋友請教。

乙：我也一樣。

記：萬一失戀了，你們又會怎樣呢？

甲：那必然會感到傷心，但也視乎情況而定，如大家都有分手之心，那麼便不得特別難受。

乙：如果這段情是慢慢地淡下去，那也不會覺得特別不安。

最後，他們希望各同學不要隨便嘗試談戀愛，因為往往在歡樂背後都隱藏煩惱，甚至能阻礙自己的去向，而且不是人人都能同時兼顧到學業和愛情的，學們在求學時期應以學業為重，因為不是每個人都有他們的幸運。看了這篇訪問後，你們有何感想？是否對愛情有了新的看法？

健談與多姿



繼本報訪問了衆位老師後，筆者特邀請了駐本校社工黃綺蓮小姐接受訪問，談談她對中學生在求學階段談戀愛的意見。黃小姐畢業於中大崇基社會工作系，後赴英國愛丁堡大學進修一年，回港後，曾做社區發展及學校社會工作，現為明愛中心工作，全職是家庭服務。

訪問在輕鬆的氣氛下開始了。筆者單刀直入，提出問題：「黃小姐，您是否贊成中學生在求學階段談戀愛？」黃小姐清清脆脆地說：「這個問題的存在，是不到你同意不同意的。」是呢，打第一眼起，黃小姐給人的印象便是穩重、具信服力，謹慎的開場白，足以證明她是一個重思考的人。「那您的意見如何？」筆者窮追不捨。黃小姐說：「青春期的男女對異性產生好奇和興趣，是極自然的表現，是性心理發展（Psych sexual development）的過程，是極內在的「Sex impulse」表現出來的結果。例如在車站、街上、鄰居，異性互相注意，類似的行為便是因這「impulse」而引起。它促使青少年尋求心儀的異性朋友，更進而發展為所謂的「戀愛」了。這種關係，對青少年在學業和心理發展方面都有一定影響。好與壞的影響都有，但其程度是因人而異的。」

「青少年應否壓抑這方面情緒的波動？」筆者道：「我認為青少年面對的不是壓抑，而是怎樣去面對和處理。青少年在這個階段都會遇到心儀的異性，他們應學習如何和對方相處，學習怎樣去控制和處理自己的慾望，將來在社會更容易和異性相處。」「那您認為他們彼此約會，是真正談戀愛嗎？」筆者續問。黃小姐微笑道：「我不認為他（她）們是真正談戀愛，真正的戀愛是指一個人到心智和生理成熟時，瞭解真愛與婚姻的意義與責任，進而尋求一個對象作為終身伴侶的過程；而青少年只是因異性相吸，彼此好奇心所使然，所以談戀愛和青少年在青春對異性產生興趣而相好是兩回事。」筆者問：「談戀愛的條件如何？」黃小姐偏頭，略一沉思，說：「心智成熟是十分重要的，其後有事業基礎。」「遭到感情上煩惱或受到挫折，向你們求助的青少年多不多？」筆者道：「很少，因為他們大都不喜歡將自己的私事告訴別人，尤其是男仔，他們愛將心事收在心底，有時連朋友也不會告知，他們是較少主動找一個不熟悉的社會工作者的。」黃小姐搖一搖頭，無言苦笑。「您一向處理的方法如何？」筆者問。黃小姐微笑：「我會盡可能瞭解他的情況，分享他（她）的感受，然後加以分析，找出一個可以解決的方法。」「本校情況如何？」「很少。」黃小姐答。

最後，黃小姐和我們分享了從從事十多年社會工作的感受，並暢談了對未來本港青少年的期望，使我們得益良多。看看窗外日頭已然偏西，黃昏沉澱，道謝之後，訪問便告結束。

名作家倪匡

人如其文，倪匡先生是位幽默、隨和、友善的作家。在我們訪問他的時候，不時有笑聲爆發，那自然是倪匡先生的魅力所引致的。

當我們到達倪匡先生家中作訪問時，發現已有另一間女校的校報會在作訪問，於是我們破天荒的作了一次「聯合訪問」。

「我的真姓名是倪聰。」倪匡先生一開始就這樣介紹自己。

「倪先生是何時開始創作科幻小說的？」
「我是在一九六〇年開始寫科幻小說的，因當時自己寫了太多相同類型的作品，開始有點厭倦，於是便改寫科幻小說。」

倪匡坦言自己也有點不明白為何自己的小說如此受年青人歡迎，「我最初寫幻想小說時，那些人並不接受，而且說我的小說『荒誕無稽』，他們接受的是武俠小說和文藝小說。大概現代年青人知識豐富了，眼界也擴闊了，我的小說才這麼受歡迎。」

倪先生又說，自己放棄寫武俠小說的原因是自己寫得太多了，寫的又不太好，加上自己並不大喜歡寫古代，而較愛寫現代的東西，所以他便不再寫了。可是在古龍先生死了後，他又再考慮重新執筆寫武俠小說。不過到目前為止，他最滿意的還是自己的科幻小說。

「倪先生，你的小說裏的科學味道都不太重，這會不會跟科幻小說這標題有點脫節？」

「我認為為科幻小說，幻想味道濃的才算是科幻小說，科學成分高的反不是科幻，而變了科學小說，甚至成了科學參考書。小說本身着重幻想，沒有幻想就不好看。台灣的批評家說我的小說『假』，我說假才好看嘛！真的有甚麼好看？」

他更認為，文學並沒有通俗與正統之分，用好的文字寫出來的就是文學。他說所謂通俗文學，要比那些正統文學來得難寫。通俗文學不只要文字好，結構嚴謹，更要吸引讀者，所以寫作技巧的要求更高。

「所謂一篇好的小說，」倪匡先生道：「是要有精采的情節，吸引人的文字技巧、緊密的結構及鮮明的人物性格，這四個條件，缺一不可。」

我們問及倪先生可有甚麼代表作時，他說：「我最滿意的是『尋夢』，因為我寫稿很少有所修改，有錯誤矛盾的地方也讓他出版，所以我的作品中錯漏的地方很多，而『尋夢』却鮮有的結構完整，所以我喜愛這本書。」



倪匡先生除了寫自己的作品外，也曾刪改過幾本書，「蜀山劍俠傳」（刪改本名為「紫雲雙劍錄」）是其中之一，於是我們問他何以有此念頭。「我從小就喜愛看『蜀山』，這部簡直是天下第一奇書，而它已絕了版，我覺得這部名著不能流傳後世的確可惜，而原著又太長，於是開始着手刪改。刪改的工作可真繁重，我買了兩套蜀山回來，把書一條一條的剪下，又把標點逐一加上去，半途我才發覺自己打錯了主意，應該把這題材重寫，可是當時已完成了五分之三，才不得不把它繼續下去。」

倪先生說自己對各類型的作品都愛寫，也喜歡嘗試寫新類型的作品，而最喜歡寫的是雜文。他說自己曾斷寫過小說，可是雜文卻從未斷過，他寫雜文的程度，可見一斑。

素知倪先生手急眼快，一小時能寫四千多字，問及他靈感何來時，他皺眉道：「我寫作從不靠靈感，也不說甚麼靈感。我一天需要寫七千多字，若靈感只來了七個字，那我怎麼辦？我覺得那些寫作人所說的靈感是騙人的。靈感既看不到，又捉不到，光等靈感就寫不出好文章？這是甚麼道理？所謂靈感，其實是興趣與才能的結合，有才能自然就會寫得出來。我認為寫作才能是很重要的，努力可以培育出一個科學家，但不能培育出一個藝術家；寫作也是一種藝術，有才能才可從事寫作工作的。」

說到中學生的語文水準時，倪先生說：「我並不覺得中學生的語文水準低落，當然啦，他們要求中學生出口成文，滿口文言之，這當然辦不到，但看他們寫文章，的確寫得十分流暢哩！」

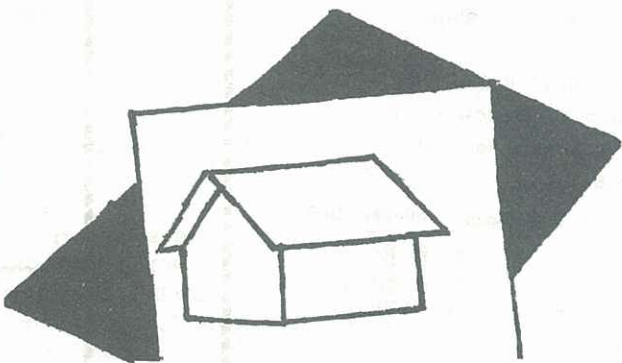
「但有些人認為中學生的文章夾雜了太多的廣東方言……」

「這是不重要的，有點地道的方言滲入文章中是無可厚非的，正如紅樓夢中也有許多北京話呀！當然，有些寫不出字的而硬用音譯，我是不贊成的。」

他又說寫散文最要緊的是不顧忌，思想後才寫的，一定寫得不好，這樣會失去自然的真性情，文章也失去了光采。

我們還跟倪先生談了許多，可惜因篇幅所限，未能盡錄於此。但倪先生的寫作態度和人生哲理，是很值得我們參考學習的，希望這篇訪問，能啟發同學們在寫作上的疑竇。

心理測驗



這幅圖是一間未完成的房屋，現在，要你替房子加上你認為應該增加的東西。請先別看答案。畫好以後，再看看你畫的房子和答案中的哪一間最相似，就可以知道你的性格。

答案：
圖一：只畫上窗的人
沒有畫門的人，表示他的生活並不安定，性格比較固執，以自我為中心。
圖二：清楚畫上門窗的人
處於相當安定的狀態，這種人性格率直，但有時過於認真，對生活則感到滿足。
圖三：畫上窗的人
這種人以外國人渴望愛情。
圖四：窗旁畫上窗帶的人
這種人以女性比男性多。如果是男性的話，則表示這個人幻想多，有時不切實際，而且，性格較內向，生活於幻想之中。
圖五：在屋以外再畫上其他東西的人。
這種人空想太多，而且遠離現實，做人未能腳踏實地，好高騖遠。
圖六：畫上窗的人
這種人以女性比男性多，而且，性格較內向，生活於幻想之中。
圖七：畫上窗的人
這種人以女性比男性多，而且，性格較內向，生活於幻想之中。
圖八：畫上窗的人
這種人以女性比男性多，而且，性格較內向，生活於幻想之中。
圖九：畫上窗的人
這種人以女性比男性多，而且，性格較內向，生活於幻想之中。
圖十：畫上窗的人
這種人以女性比男性多，而且，性格較內向，生活於幻想之中。

絢爛

醫學院的生活

胡澤榮 舊生

儘管中大讀書已一年多，但要為中大或醫學院寫一篇文章却不容易。此皆因這一年多以來，圍繞着個人發生的事實在太多了。

中大的學制「硬」合了英國和美國的制，既要計算學分又要考學位試，還有通識教育。可是醫學院在中大各學院中却別樹一格。雖然醫學生仍然要修讀大一中文和通識教育，但其專業課程全是必修的，沒有學分。而且，中六畢業的預科學生在入讀醫學院前，先要在理學院「浸」一年。其醫學課程是屬於典型的英聯邦式醫學課程：兩年臨床前期和三年臨床後課程。

有人說醫學生的生活多姿多采。亦有人說其悶無比。以我個人的體驗，到現時為止，醫學生生涯雖不至多姿多采，但總談不上「悶」。它有精采，有緊張，也有辛勞的時刻。我自己向來不習慣在考試前夕開夜車，在平時更不消說了。但最近這幾個月却不得不染上這種習慣。老實說，連續數星期晚間的夜讀滋味是不大好受的。但為了知識的累積和（這可能更重要）考試合格，相信每個醫科學生都會願意付出代價。當明瞭了一些人體的體內作用原理或知道考試合格後，那種興奮之情確實難以形容。而最緊張的時刻莫過於考試卷送到面前的一刹那或在長長的考試成績表中尋找自己的名字的時候。

我的預科教育並不在陳瑞祺中渡過，但在進中大時却遇見很多舊同學。讀預科時的大部份同學都到了港大，也有很多入了港大醫學院。大家也一直有接觸，交流學識，或粗俗一點說，「互助」。

港大的同學常說：「獨立思考，不斷反省。」事實上，現代的大學生又有多少能做到以上兩點。醫學課程畢竟有太多書本和資料要「塞」入腦。我在背誦書本之餘，都會盡量提醒自己不要抱懷疑的態度。但這對一個醫學生來說畢竟有點苛求了。

隨着社會的變遷，大學亦難逃享樂主義的侵襲。在醫學生中，信奉「四仔主義」的，大有人在。而且，一般學生的享樂意識都很重。畢竟在太平盛世，事業成功，安樂樂樂的過日子自然是首要之事。「天叩明哲的凋零！」已想不起在那裏看到這句說話。但也許有一天，這句話會伴在教授們的搖頭歎息中，飄到醫學院的每一個角落。



大城市中的露宿者

辛倫傑 中五戊

寒冷的北風啊！你為甚麼總是毫不留情地吹到我面上來呢！如今我已淪落到這地步了，你真是一點同情或是憐憫的心都沒有？事實上，我也不能怪你，因為在這大城中，我每天所見到的人，他們雖然穿得整齊齊齊，但這些衣服，只是用來掩飾，他們內裏，是跟你沒有甚麼分別的。

這幾天來都是刮着風，但是今天尤其厲害。天還沒亮，我便被那可惡的寒風喚醒了，不論是在我的左或右，或是頭上的天橋，仍是靜寂一片，在那淡黃的街燈下，我眼裏所看到的，更顯得孤清，引致我內心湧起了無限的哀怨，我真是想哭出來。但這又怎樣呢，我不是這樣的渡過了多年？我應該是已經習慣了的！

太陽緩緩地升起，而深藍的天空也跟著轉為蔚藍，這時那些哀傷又好像消失了。繼之，是充滿希望的陽光——唯一能給我溫暖的陽光；於是，我收拾好那破舊不堪的牀和那張薄得可以說不上是棉被的被子，一面收拾時，那些車子的噪音不斷衝進我耳鼓內；真是討厭！我走到街上，去，希望能夠找到多些汽水罐，賣得多點錢。這一區的廢物箱，我都找過了，有時候會碰着一些「行家」，為了一個罐子甚至會打起架來；在街上行走時，那些路人只是帶着蔑視或是避之則吉的目光。但仍有例外的。而每個走過這路的人，都會很熟悉我。

除了在街上和拾罐子外，大部份的時間都是睡在「老巢」中，坐在我的「收音機」旁聽着，如果沒有它，整天那麼長，我不知怎樣渡過才好了。就這樣，天已晚，能給我溫暖的陽光也要離去，接着寒風又來了，我也只好把被子蓋過頭，一面戰慄，一面竭力地去尋夢。

草原

符里嘉 中四戊

藍色的天，白色的雲，綠色的草原。一條青灰色的公路，從陰山腳下一直伸展到北邊的地平綫，把舒緩起伏的草原分成左右兩邊，車子愉快地在公路上奔馳，車裏坐着一羣頭一次跟草原見面的人，大家都懷着按耐不住的興奮、喜悅的心情，貪婪地望車窗外新鮮、迷人的景色。我曾無數次幻想過能到這遼闊的草原上一遊，此刻的心情就更不用形容了，今天，幻想成為現實，倒使我有些疑惑，這是在夢裏嗎？

車子開得很快，可當你從車裏看到高高的天空，緩緩飄動的白雲和一望無際的草原時，你却覺得自己只是在綠色的海洋中散步。

把頭頂上驕豔的陽光遮住了，我們腳下幾處方圓不到半里的草坪變成了深綠色，而別處的草綠色依然鮮明。柔和的微風，挾着濃郁的野花和雜草的香味，緩緩地貼着草面吹來，放眼望去遠方草原正用它遼闊的胸脯在均勻、緩緩、安靜地呼吸着，一起一伏的。

近看，草叢中星羅棋佈地散着無數的野花，淡青色的，淡紫色的矢車菊，藍色的馬蘭花，粉色的小喇叭花，淺黃和白色的小野菊，知名的，不知名的，最容易認的就是狗尾巴草，它們都躲在草叢的後面，只把小臉兒露出來好奇地看着我們，還時不時地向我們點頭哈腰地打招呼，它們把古老淳樸的草原綴出了青春活潑。草叢裏有許多麻雀跳來跳去，嘴不停地吱吱喳喳，它們會忽地一齊從草叢中飛起，在草叢間追個不停，一會又扎進去，無影無蹤了。

一隻鸚鵡伸長脖子在一束花旁探頭探腦地亂鑽，不時地會有一兩隻蚱蜢跳出來，翻兩個跟斗又躲進去了，小野蠅子在草尖上不規則地飛來飛去，靜謐的草原上充滿了生命。在軟綿綿的草上躺下，調皮的野花會垂到你的鼻子上面，蚱蜢以及無名的小蟲慌忙地從身下跳走，抬眼看天上飄逸多姿的雲朵，閉眼飽吸空氣中青草野花的氣味，你會感到自己又回到了生育我們的大自然中。此刻，生命的意義似乎竟如此簡單。

天色暗下來了，太陽落在地平綫上放出一團紅暈，一片片暗紫色的雲霧在太陽的身邊滾滾來去，留下了一個清冷的晚空等着星星爬上來，暮色暗暗地從四方攏來，草原變得蒼茫了，白天的熾熱已隨着太陽去了地球的另一邊，風變得涼颼颼的，帶來了蒙古草原深處的氣味，黑夜很快便侵佔了整個草原，使它顯得格外空曠，淒涼和寂靜，星星悄悄地睜開了眼睛，凝視着這位質樸、粗獷而思想又不失深刻敏銳的老朋友，它們已經習慣於每晚來陪伴它，草原進入了沉思，多少年來的每個晚上，它都在默默地思考，它以平淡的眼光看着世間的變化，而自己却是一直保留着千年流傳下來的古樸的風格和細膩的感情，它毫不掩飾地流露出對生命的追求和讚美。草原之夜深沉而又安祥……

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