

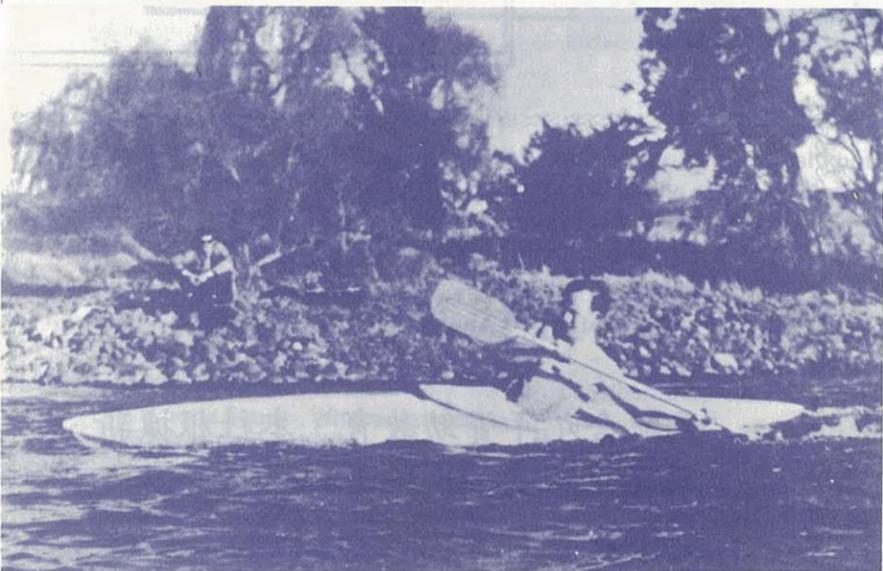


Summer Activities

Do you have a feeling that your summer holidays in previous years were boring and you had nothing to do most of the time? Do you want your summer holiday this year to become more meaningful? You cannot spend all your time in books, so come out and enjoy the beauty of nature. Here are some activities you may take part this summer.

Canoeing

Canoe was first used as a means of transport over water by primitive men but it has become a popular form of recreation nowadays. Canoeing is a good exercise and not at all dangerous if you play with care and follow the instructions given by a qualified instructor. If you are able to swim more than one hundred metres, this is the sport for you! The best way to start canoeing is to make contact with the canoe clubs such as the C.S.K. Canoe Club or the H.K. Amateur Kayak Club.



Mountaineering

Mountaineering is conquering the mountains regardless of the heights and it is a very challenging activity. It tests the endurance of the climber and is a very exhaustive sport. Hong Kong is famous for her mountainous landscape and is a good place for those wishing to widen their sights. For the sake of safety, it is best to go with someone well experienced. Perhaps, you may take a course or join an organization of the activity such as the Outward Bound School in Sai Kung.

Underwater Diving

(Scuba diving & snorkelling)

To man, who is so thoroughly adapted to living on land and breathing air, the sea is an alien element underwater swimming involves overcoming the fear of the unknown in an environment entirely different from ours. So it is a good sport for those who want to meet new challenges. Although the sport is a strenuous one, anyone who can swim and is physically fit can take part. But like any other adventurous activity, it is important that the correct techniques are learnt. On personal safety, we may learn this from a recognised club.



Sailing

All branches of boating have increased in popularity, but sailing has outstripped all the other branches. There is peace and a source of great satisfaction as you harness the wind to provide your silent power. You have scope for exercising your own skill and initiating. Many organizations such as the Recreation & Sports Service for the H.K. Govt. and the H.K. sailing club have organized courses for those interested. Why not take a course and learn this sport?

Ice-Skating

Seeing people drifting on ice elegantly is certainly a pleasant sight. The sensation of skating smoothly on ice is really fantastic. No wonder, ice-skating is a very enjoyable and existing activity. Moreover, it is not at all expensive. The Recreation and sport service of the H.K. Government organized courses for beginners at a very low cost. Try it for yourself!

Camping

Camping has been one of the most popular activities among young people in H.K. for a long time. Even though the urban district is so congested, there are still some good places where you can relax for a few days. You can either join one of the summer camps organized by some non-profit making organizations such as the Y.M.C.A. & the Recreation & Sport Service etc. or take a tent and go camping in the open air with some of your friends. But for better enjoyment, get to know the country code and keep them!



After seeing the above activities, have you made up your mind what to do this summer? If you have, we wish you a very enjoyable summer holiday!

EDITORIAL

From the founding of our school up till now, it has only been a short eleven years. In this few years, we shared the glory of victories and the shame of defeats. All these are flowers and scars grown from the very seeds that our fellow schoolmates and teachers have sown. As we grow, we are nearer and nearer to maturity. Just like a new born child, we enjoyed every joy and suffered every pain of growing up. Now I am proud to say, we toiled to build a reputation of our own.

Judging from academic results and other activities, we are no worse than most of the other schools, if not better. But does this mean everything? It is general opinion that the conduct of our students has not been too good and unfortunately, it is the criterion people use to judge a school. It is an undeniable fact that the behaviour of some of our students inside and outside school is disgusting and disheartening. One of the students of the senior form said earlier that it was very discouraging that while some of the students were working hard and had managed to gain recognition for their works and endeavours, a small group of selfish, imprudent students were ruining it all at the same time. It is this group of people who make troubles but the others have to carry the cross for them. Do you think it is fair?

Some students think that once they are not inside the school premises, what they do has nothing to do with our school. It is pitifully wrong. School is not only a place where we acquire knowledge, it is also a place where we learn to live, to become a full man. As long as we are students of this school, the school is responsible for our conduct and we are responsible for our school and lastly but the most important of all, we are responsible for what we do and for ourselves! If one is stupid enough to ignore the responsibility, then one deserves no right to remain a part of us.

Remember C.S.K. is our school and we are a part of it. Its and our future are all in our hands. It is always the unity that counts. In the last part of our school song, it says, "One in fellowship for-ever, ever true and kind." Be true and kind to yourself, to others and to our Alma Mater.

-Editor-

RAILWAY IN THE 80's

Transport has, for many years, been a major problem of Hong Kong. To solve this, we have been doing a lot. Say, new flyovers, roads, cross harbour tunnel, etc. We noticed that the most effective use of all means of transport would help in the continuing development of the colony. The building of the mass transit railway an important progress for us, and within a few years, we will have another leap:

As a decision of the government in 1977, a programme at cost more than H.K.\$2,000,000,000 in number has been designed to serve the needs of Hong Kong. Namely, the "Modernisation and Electrification of the K.C.R." It consists of six parts.

A total rebuilding of all the stations. In 1975, a new terminus came into operation at Hung Hom replacing the sixty-five years old station at Tsimshatsui. As part of the programme all the stations have to be rebuilt for the new trains before 1983.

Double tracking - After the programme has been completed, the trains will move up and down with two lanes instead of one. Moreover, old rails will be replaced by heavier and stronger ones to give a much smoother ride.

New electric multiple unit trains - The present diesel locomotive hauled trains are noisy and not comfortable. The new train are almost silent and cause no environmental pollution. Moreover, all the trains will be fully air-conditioned. The maximum line speed will be 120 Kilometer per hour (80 Kilometer for the trains of M.T.R.)

Over head electricity lines. This is to give energy for the trains with an electric voltage of 25 kv.

A New workshop and the last one is resignalling.

Do you want to have more knowledge about this programme? Come to the 13th Joint School Science Exhibition. The 'Electrification of the K.T.R.' is the individual project of our



school in the 13th Joint School Science Exhibition this year. This is the 6th year that our school participates in this Exhibition and as you may know we won the most outstanding joint project in the last two years and the most outstanding individual project in the year before. If you come to the city hall from 27th July to August, 1980, you will see a big model of the railway made by our students and some other models. Come and see for yourself!

INSPIRING QUOTATIONS

You can only be what you think you are.

Whoever acquires knowledge and does not practise it resembles him who ploughs his hand and leave it susown.

-SA'DI

The knowledge of the world is only to be acquired in the world, and not in a closet.

-Lord Chesterfield

A road that does not lead to other roads always has to be retraced, unless the traveller chooses to rust at the end of it.

-Tehyi Hsieh

Men of principle are sure to be bold, but those who are bold may not always be men of principle.

-Confucius

In matters of conscience first thought are best; in matters of prodence last thoughts are best.

-Robert Hall

There are two sorts of pride: one in which we approve ourselves, the other in which we cannot accept ourselves.

-Henri Frédéric Amiel

The proud man places himself at a distance from other men; seen through that distance, others perhaps appear little to him, but he forgets that his very distance causes him to appear equally little to others.

-Charles Caleb Lolton

Hide not your thoughts. If it is shameful to reveal them, it is more shameful to think them.

-Mohandas K. Gandhi

The way to be nothing is to do nothing.



現代教育研究社

為配合九年資助教育，本社根據新頒課程綱要，出版下列中學課本：

1. 中國語文

根據新課程精神，着重啓發，以語文表達能力的訓練為主。印有教師手冊，以供教師參考。另有學生習作簿，配合課本。一至三年級同時出版。

2. 中國歷史

課文以簡易語體文編寫；文物圖盡量採用彩色印刷以求逼真。配有學生作業簿；另編有教師手冊，提供教學上應用的方法及參考資料。中一用書已出版；中二78年出版；中三79年出版。（以下三科同。）

3. 中學數學

新舊綜合編制。各冊均有教師手冊，內附課本練習答案及補充題。

4. 自然科學

以實驗為主，配以適當的解說，圖文並重。另編有教師手冊，詳載實驗過程及答案。

5. 經濟與公共事務

在社會科課程各種問題未能完滿解決前，將先出版「經濟與公眾事務」，以為社會科新課本之過渡。

6. 中國歷史地圖

各校中國史教師，向來苦無歷史地圖以助教學，本社為解決此種困難，將於1978年出版「中國歷史地圖」一冊。十六開版七彩精印。本書以歷朝地理形勢為主，並配以簡易說明，使史實更為具體突出。

切合課程標準，保證準時供應！

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NEWSROOM

1. The F.5 mock examination was held in the school hall from 18th April
2. There was an astronomy quiz for form one students on 23rd April, 1980 which was organized by the Astronomy Club.
3. On 30th April, 1980, there was a prize giving ceremony for Inter-class and Inter-school sports winners.
4. An Inter-class Essay Competition for F.1 to F.4 students was held in the library on 30th April, 1980 after school which was organized by the English Language Society and Chinese Language Society and assisted by the Prefectorial Board. About 100 representatives took part.
5. Mr. A. Tsui, one of our teacher staff, resigned on 30th April, 1980.
6. Miss M. W. Wong, formerly a substitute teacher for Mr. J. Huang joined the staff and replaced Mr. A Tsui on 1st May.
7. On 3rd May, there was an Inter-school Chinese debate between our school team and St. Joseph College. Lost and came fourth in the contest.
8. The 'summer time table' this year began on 5th May, 1980. School ends at 1:15 p.m.
9. The H.K. Certificate of Education Examination was held from 15th May to 31 May, 1980.
10. The 205th (C.S.K.) Scout group won the championship of a camping competition of the Homantin district on 31st. May, 1980.
11. In the morning of 9th June, 1980, the school office received a 'fake' bomb call. The morning bell was 5 minutes late.
12. The Final Examination for F.1 to F.4 students was held from 16th June, to 30th June, 1980. The Summer holiday started from that day onwards.
13. The Promotion exam. for F.6 was held from 30th June to 10 th July 1980.
14. The Joint School Science Exhibition this year will be held from 27th July to 5th August in the City hall. Our school has two projects — one individual and one joint.

SO YOU THINK YOU ARE CLEVER

By John Henry Culter, Ph. D.
Condensed from the American Mag.

Here is a quiz that's practically guaranteed to have you tied in mental knots. If you can answer every question right, you are obviously a genius. Anyone who makes only 3 mistakes or less is exceptional. But any mortal with the normal complement of brains should get 5 to 8 right.

There are plenty of catch questions, so read every word carefully.

1. If 3 cats can kill 3 rats in 3 minutes, how long will it take 100 cats to kill 100 rats ?
2. I have two current coins in my hand. Together they total 55 cents. One is not a 5-cent . What are the coins ?
3. A little Indian and a big Indian are walking down a path. The little Indian is the big Indian's son. The big Indian is not the little Indian's father. Who is it ?
4. Which is correct: 8 and 8 are 15, or 8 and 8 is 15 ?
5. Is it legal for a man to marry his widow's sister ?
6. The no. of eggs in a basket doubles every minute. The basket is full of eggs in an hour. When was the basket half full ?
7. What is the smallest no. of ducks that could swim in this formation: two ducks in front of a duck, two ducks behind a duck, and a duck between two ducks ?
8. A boat can carry only 200 pounds. How may a man weighting 200 pounds and his two sons, each of whom weights 100 pouns, use it to cross a river ?
9. The archaeologist who said he found a silver coin marked 649 B.C. was either lying or kidding. Why ?
10. A king, wishing to get rid of his prime minister, puts two pieces of paper in a hat. He tells a judge present that if the prime minister draws out the scrap marked "stay" he may remain in the kingdom, but if he draws the scrap marked "Go" he must scam. The hitch is, the king wrote "Go" on both scraps of paper. But when the Crafty prine minister showed the judge one piece of paper, the judge decided in his favour. How did the prime minister outwit the king !
11. A monkey is at the bottom of a 30-foot well. Each day he jumps up three feet and slips back two. At that rate, when will the monkey reach the top of the well ?
12. There are 10 black stockings and 10 white stockings in a drawer. If you reach into the drawer in the dark, what is the minimum no. of stockings you must take out before you are sure of having a pair that match ?
13. I have two minutes in which to catch a train, and two miles to go. If I go the first mile at the rate of 30 miles per hour, at what rate must I go the second mile in order to catch the train ?



A dirty, unpleasant environment will do you no good too.

CLEAN OUR SCHOOL CAMPAIGN 80'

Perhaps CSK boys can be divided into two groups — one group would earnestly try to keep their studying environment clean and tidy, the other would deliberately do the reverse. Consequently, while most of us are willing to do what we should do, the rest are 'enjoying' polluting our school premises.

The Campaign proceeded so silently that almost nobody can remember when and how the Campaign was started or ended. Yet in reviewing the Campaign, I find that most of us really did our part well. Indeed, thanks must be given to those who have been helping a lot and those who have shown their enthusiasm by their active participation in the competitions organised, especially to most of the lower forms students, you are really good examples to all of us. However, I have to remind you, real CSK boys, that our task is not yet finished, for keeping our school clean is not a temporary act, but a permanent one.

—Bruce Miao

The Board of Honour

Lap-Sap-Chungs' of this week.

Shame on YOU!

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INTER-CLASS ESSAY COMPETITION

An Inter-class Essay Competition jointly organized by the English Language Society and the Chinese Language Society was held on in the school library. This is the first time that such a competition is held in our school and the response from the students was good. More than one hundred students from F.1 to F.4 representing their classes entered the competition which was divided into two sections, namely, the Junior & Intermediate Sections, the following are the winning entries from the Junior Intermediate sections.



The price winners

HONG KONG IN THE YEAR 2000

Hong Kong is a commercial and industrial city in the world. Every day we can see a lot of big ships, aeroplanes and trains arrive here and also many different kinds of manufacturing products are exported to other countries. Since 1960 Hong Kong has changed from a fishing village to a busy port for communications. But what will Hong Kong become after twenty years later?

I think it will be more advanced and busy than now in 2000. On the trade, there will be more other companies in different countries to do business with Hong Kong. At that time, a lot of tall buildings will be built. Most of the poor people can live in public housing estates built by the Government. It will provide a good education for all children. About the traffic one, the Mass Transit Railway will become most important. There will be a lot of tunnels and fly-overs in all the busy roads.

The large population of Hong Kong will still be a big problem in Hong Kong. We can learn about the coming of refugees from other countries to Hong Kong on the television or the newspaper every day. If this does not stop, it will be difficult to make a living. And food, clothes and all the things we use daily will become expensive. So the government must stop the refugees entering Hong Kong spread its trade all over the world.

Junior Section 1st.
Yuen Chung Kung

THE PERSON I LOVE MOST

The person I love most is my mother. She is very kind. She looks after her children very carefully and we respect and love her.

She gets up very early in the morning, the first thing she does is to make breakfast for us to eat. Then, she will take my younger brother to school. My mother is a student too. She goes to learn English in the morning, then she will go to the market to buy food for lunch.

She is a fat person and she eats a lot. She likes to eat fish, meat, vegetables and ice-cream and she likes to sleep too. So, she will become fatter and fatter. In the afternoon, when we eat our lunch and go to school, she will sleep all day until we come home from school, then she prepares for dinner.

She is a good cook, she likes to cook fish, meat and vegetables because she likes to eat them. She always takes us to swim and she also likes swimming too.

She sleeps very late at night because she wants to wash the clothes and iron them. I sometimes go to help her but she always says, "Go to sleep, my son, you will go to school morning, and you must get up early tomorrow." And sometimes I have a lot of homework to do, so, I can't help her but I promise that when I grow up, I will look after her very carefully as she looks after me now.

I think that all the children in the world love their mothers too.

Junior Section, Merit.
Lee Shing-tung, F.1D

RESULTS

Prize winners:

Junior Section (F.1 – F.2)

English Section First Yuen Chung-kung F.1D
English Section Second Lam Wing-hee F.2C

中文組雙冠軍 王之力 F.1E
劉偉強 F.1C

Inter-class Champions (Chinese & English) F.1C

Intermediate Section (F.3 – F.4)

English Section First Mak Chi-tak F.4C
English Section Second Chan Wai-lun F.3D

冠軍 梁國軍 F.4A
中文組 亞軍 羅國文 F.4B

Inter-class Champions (Chinese & English) F.4C

FRIENDS

I always regard my classmates as my friends, those whom I treat with my heart. They are sometimes naughty and lazy but they seldom treat me badly, unless you do some harm to them. They are very enthusiastic about any events of the class. Whenever a member of the class is going to enter any competitions, many of them will go and support him. Their encouragement gives the competitor much confidence.

The fact was proved when I entered the inter-class science quiz several months ago. The competition was held at lunch time. I knew that most of the classmates had their lunch at home. So I did not expect that they would come and support me. Surprisingly when the quiz has going to start, three quarters of the seats were occupied by my classmates. My heart jumped heavily and my spirit was high. I then gained much confidence. The competition passed smoothly and I answered many questions successfully. When the competition finished, my team got the highest mark. We were all very happy. Many of them came to congratulate us but I thought that the victory is partly due to their encouragement.

Recently, give clubs held a 'let's give them a hand' campaign. It concerns helping the cambodian refugees. One of the items was to circulate some donation collecting boxes. My classmates once again showed their enthusiasm. All of them gave their money willingly. Some even put ten dollars into the box. With all the donations of my classmates, the box was full within a week and the amount donated of our class was the second highest among all the classes in the school. This shows that they not only care for books or sports but they also show deep concern to the current event.

Although their naughtiness is really a nuisance to me in the classroom, their kind and enthusiastic heart is lovable and I would like to thank them with my heart.

Mak Chi-tak F.4C
Intermediate Section

Answers to "So you think you are clever"

- Three minutes. It takes each cat three minutes to kill each rat.
- A 50-cent piece & a 5-cent. The Other is a 5-cent coin.
- Mother.
- Neither; 8 and 8 are still 16.
- Only dead men have widows, So ?!
- In 59 minutes. If the basket is full in 60 minutes, it was half-full a minute earlier, or at the end of 59 minutes.
- Three ducks in a row, one after the other.
- The two sons go first. One brings back the boat and Pappy rows over. Then the other son returns for his brother.
- How did anyone know Christ was coming in 649 years' time ?
- The prime minister destroyed the first scrap he drew, and since the other said, "Go", the one he disposed of must have said "Stay", the judge decided.
- On the 28th day. At the end of the 27th day he had ascended 27 feet. On the 28th day, he reaches the top.
- Three. You might have a pair after taking out two, but the third one must match either the black or the white stocking already removed.

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院書(沙喇)祺瑞陳

街和常田文何龍九

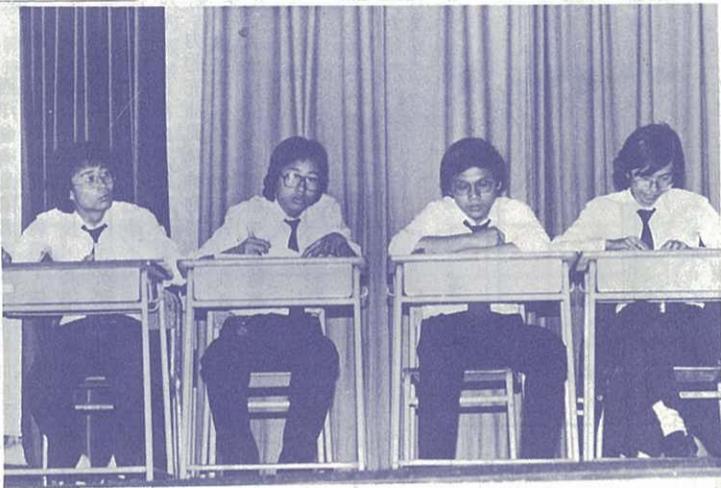
月七年〇八九一

中 辯

大約經過了三個多月的努力，我行的中文辯論隊，終於取得了聯校中文比賽的殿軍。

在這屆中文辯論比賽中，我隊作了多場辯論比賽，與數間學校對壘，分別有喇沙書院，英華書院，皇仁書院，嘉諾撒聖心書院，嘉諾撒聖方濟各書院等，面對的辯題有充滿趣味性，如女性的衣著及行為是導致色情罪惡的主要因素，也有費煞心思的辯題，如：「民智先於民主」，「建設始於破壞」等。

在最初的數場初賽中，我隊都以驕人的成績勝出，各隊員都滿懷信心，奮勇前進，可是在面臨準決賽的一場初賽中，我隊落敗了，繼而在準決賽中，「朋友有通財之義」的辯題下我隊又再告落敗了，這時各隊員的信心及鬥志，就如風雨暴中的一葉孤舟，動搖不定，幸好，後來得到師長的再三鼓勵，隊員終以體育精神為重的宗旨，再度披上戰袍，於五月二日明愛中心，會戰聖約瑟書院爭取季殿軍。是次辯題為「民智先於民主」，我隊是正方，我隊的辯論隊員力陳論點，力斥其非。結果，我隊落敗，只得殿軍。但是我隊辯論隊長鄧嘉華，卻取得在場最佳辯論員獎。此次是我隊繼三年來奪得亞軍之後，再得一次殿軍，希望下屆同學繼續努力。



演講比賽

由中文學會及英文學會聯合主辦的，班際中文、班際英文演講比賽已於三月廿五日舉行了，獎項亦於比賽完畢後即時頒發了。

中文演講比賽的初、中、高級組的冠軍分別為中一戊班、中四丙及中五丙，而英文方面的三組冠軍則由中一丁、中四甲及中五丁班所取得。

全日的比賽分為三節舉行，首先是中級組英文演講，繼而是中級組的中文演講，次為初級組的中、英文演講，下午便是高級組的比賽。

比賽組別中，初級組是中一、二的同學，中級組的則為中三、中四的同學，而高級組則是中五、中六的同學，初級組的中、英文題目分別是：「教育電視之我見」及「MY SCHOOL」，而中級組的則分別為：「看武俠小說有助於提高中文水準」及「HOW TO BE A SUCCESSFUL PERSON」，高級組的則是：「就讀陳瑞祺書院之我見我聞我思」及「THE PROBLEMS CONNECTED WITH GETTING MARRIED」。今年的場面比以往熱鬧得多，參加的班級也比以往為多。這個現象在初級組更為顯著。同時，今年有一個很可喜的現象，便是在台下的觀眾大都能保持肅靜，而不像以往那樣的喧嘩吵鬧，騷擾了台上的演講者。

露營比賽

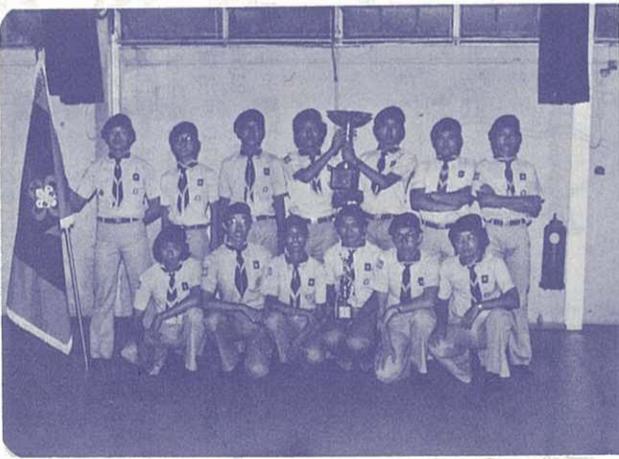
在復活節期間，本校童軍旅派出代表參加由何文田童軍區舉辦之露營比賽。本旅的深資童軍勇奪冠軍，而童軍方面亦得到頗為優良的成績。回想我們在比賽之前的籌備工作，雖然比較辛苦，但總算沒有白費。

從報名參加比賽之後開始，我們便積極準備，訓練次數非常頻密。物資的購買、營地紮作與營區報章的設計及露營食譜的編排等，都是我們所要籌備的。大家一起研究歷屆露營的比賽節目，同時更在比賽前一星期，進行了一次露營演習，一來可以作賽前訓練，二來更可把錯誤修改。同時為了方便起見，露營的前一晚亦在學校渡過。

四月五日早上，我們作出最後檢查。正午時份，各旅團都齊集在童軍總會。下午三時左右，我們乘坐專車前往營地，歷屆以來在露營比賽之前，營地一向是保密的，所以各人都有些緊張，由於時間的耽誤，到達營地後，便馬上進行先鋒工程紮作及原野烹飪的比賽。賽後，

繼續報置營區及準備晚膳。晚上，大會更特別安排營火會，使我們能夠鬆弛一番。會後有一項緊急撤退的演習，考驗我們隨機應變的能力，接著還有密碼傳送的比賽。

早上七時，已開始預備早膳，等待比賽開始。早上我們有步操及越野定向的比賽，所謂越野定向，便是要我們利用座標及地圖，尋找多處地方的所在，所以非常艱苦。午後更有救傷的比賽，考驗我們能否適當地處理傷者，最後還有地圖繪畫比賽。在這些比賽中，可考驗到全隊的合作精神，憑著各人的鬥志，我們終於獲得輝煌的成績。在六月一日何文田童軍區大會操，當本旅代表上台接受獎杯時，各人內心都十分喜悅。然而，這次獲取冠軍只是一個開始，更重要的九龍區露營比賽還在後頭。



新老師簡介

王美華老師

正當你慢慢徘徊於校園內，偶然之間，你會看到一位成熟而又高貴的老師迎面而來，彬彬有禮的向你微笑點頭而過，她就是王美華老師。口操流利英語、平易近人，這就是王老師給同學的一般印象。

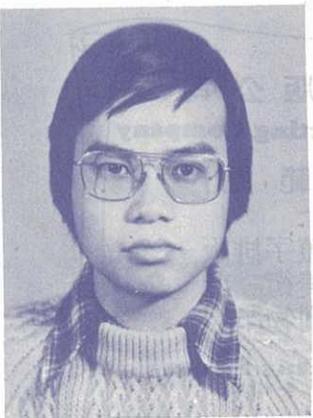
王老師在聖保羅羅羅女中學畢業後，就負笈到美國西雅圖華盛頓大學深造，主修「經濟學」。回港後便進身於教育界，在本校任職，教授英文及世界史，現任中四丙之班主任。王老師的主要嗜好是閱讀，喜愛鑽研文學作品及其創作的的方法。不過，她亦有動的一面

如夏天約同三五知己到海灘暢泳一番，其樂融融。因為她實際接觸陳瑞祺的日子尚短，故對本校還未有深入的認識，不過給她一個良好印象是學習情緒不俗，家課整齊而有條理。但美中不足的就是同學在學習方面不肯發問，她更希望各同學能在禮貌和自律方面加以注意。最後，她提議各班增設「課室圖書館」，以便增廣同學知識的領域。



黃子彥老師

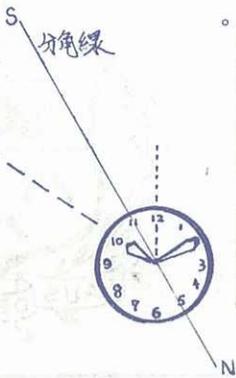
最近學校來了數位新老師，其中一位便是黃子彥老師，黃老師中學時是在聖約瑟書院就讀，他最喜歡的科目是生物，後轉入中文大學修讀文學，使他對文學，更是喜好。黃老師對這一點轉變亦感到意外。在空餘時間他喜歡閱讀書籍，對翻譯與寫作亦甚感興趣。在學校方面，黃老師認為本校的學生在上課時都很守秩序，只有一小部分學生有不合作的情形出現。現時他是中五丁的班主任。黃老師覺得本校的英文程度很參差，其中部分同學的英文水準十分低。黃老師認為提高英文程度的其中一種方法便是多看英文書籍，英文報紙等。他對於我學校學生很少到圖書館借閱英文書(特別是小說)感到可惜，他希望我學校學生對於學校圖書館豐富的藏書應多加利用。



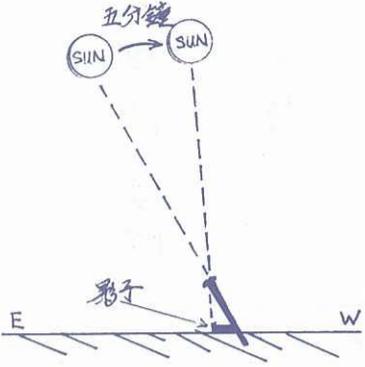
遊藝

利用太陽來找尋方向的方法

- 準備一個準確的手錶；
- 把手錶的時針指向太陽的位置，可以用一根火柴垂直放在時針的末端，使它的影子投在針上，便可以正確指向太陽的位置；
- 固定手錶，在時針和中心至數字所成的角上劃一分角線；
- 在細角上的分角線所指的地方便是南方，而相反的是北方。
- 三個特別的時間：
 - 中午12時正，只把時針對準太陽的位置，而它所指向的地方便是南方。
 - 上午6時正，下午6時正，只要把時針對準太陽的位置，在上午3字所指向的地方便是北方，而在下午9字所指向的地方便是北方。



- 準備一支管釘或一支小棒；
- 將這根東西向著陽光，使它的影子與本身重疊，這樣它便沒有影子投在地上；
- 固定五分鐘左右，我們便可以看到太陽和它所成的影子投在地上；
- 影子投在它的那方地上，那一方便是東面。

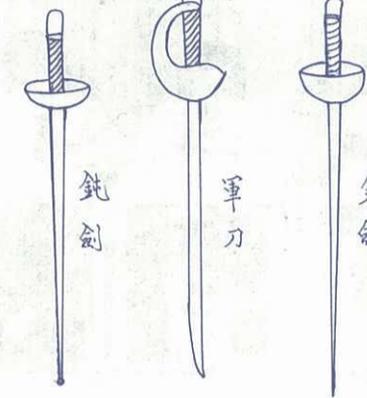


西洋劍漫談

西洋劍術是隨着武器的改革而進步的，古羅馬人風捲歐陸之驍勇，皆得力於軍隊有嚴密的組織與優越的武技，其中武技的訓練乃為軍事操練的主要科目，至於將這種武技視為體育活動，則是近世之事。

西洋劍術的發達着重於反應與速度，然氣力的充沛與精神的集中亦不能忽視，所以西洋劍術的學習有始自八、九歲的孩童，亦有五、六十歲的人才從事於此種運動。

西洋劍的種類



銳劍，軍刀，鈍劍為西洋劍的統稱，規例雖然大致上沒有多大的分別，但玩法及武器的設計卻有顯著的差異。在所有的運動項目中，西洋劍的裝備是比較簡單的，除了參加正式比賽之裝備外，它只要求一個標準的場地（水泥地，木地，橡膠地板及塑膠地均可，長度和寬度為12公尺及1.8公尺至2公尺）。一把鈍劍重量為500克以下，全長約110公分，劍刃約90公分，劍鐔約12公分的直徑。而一個面罩，一雙手套與一件護身衣也是西洋劍擊中必要的裝備，因為它可以保護我們的五官及四肢各重要的部位。

西洋劍的設備



各種的設備妥當之後，一場劍擊的比賽便可以開始了，參加者在敬禮後，得到裁判的命令後，便各自擲好準備的姿勢，跟着，裁判詢問雙方當事人是否已準備就緒，經雙方選手作肯定的回答後，裁判就會宣佈比賽開始，在勝負已分或時間已屆時，裁判就會下令停止的命，於是雙方便各歸原位。比賽規定：男子鈍劍的勝負以五點為定，即於六分鐘內，先取得五點者為勝，女子鈍劍的勝負以四點為準，即於五分鐘之內，先取得四點者為勝。至於在有效的命中範圍內得分者，方能判定為有效的點數，但有效的命中範圍卻因武器的不同而異，在鈍劍的有效命中範圍是除了四肢與頭部外之身軀（前胸自大腿以上至頸部以下，後背自腰部以上至頸部以下）為範圍。而軍刀的有效命中範圍是：除了身軀的範圍與鈍劍相同外，尚包括頭部，頸部與手臂，亦即整個上半身。至於銳劍的有效命中範圍：全身各部。

雖然因武器的不同而有效的命中範圍各異，但對於勝負的判決卻是一致的。即誰能先贏五個點數，誰就獲勝，但女子則以四個點數之首先獲得者為勝。

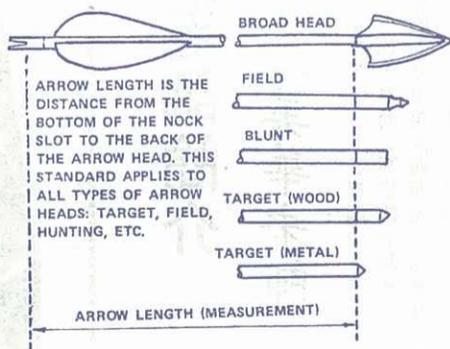
箭藝

箭藝運動在香港日益普遍，有不少社團組織都提供箭術的訓練及比賽，以供愛好這項運動的人參與。射箭是一種非常需要耐力和精神的活動，不單止要用氣力把弓拉開，而且還要集中精神，忘卻四周事物的干擾，把雙眼投射到靶中的「黃心」，才有機會「一矢中的」，所以射箭是一種鍛鍊個人體格與耐力的有益運動。

射箭的設備：射箭最基本的用具當然是弓和箭，但除此之外還需要多種輔助設備，例如：護指（FIN-GERTAB）與及護臂（ARM GUARD），才能增進這項運動的技巧。

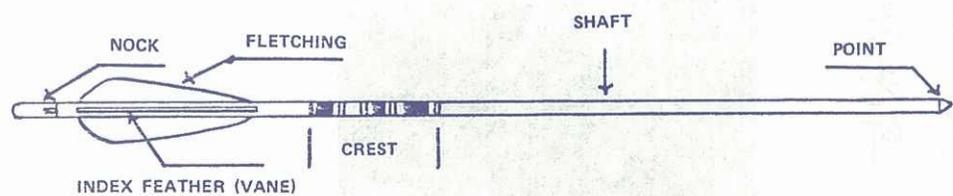
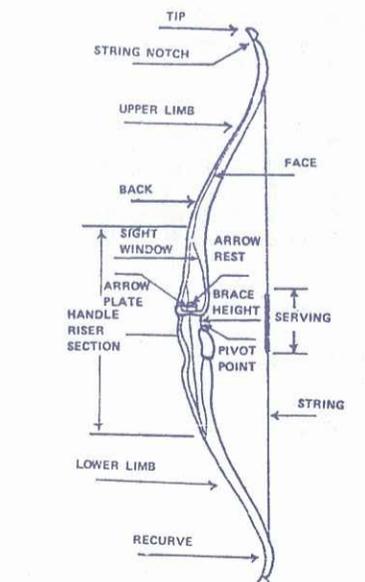
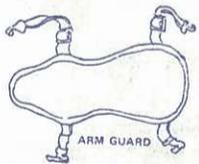
弓的種類非常多：在質地上，結構上，長度和重量上都有差異。在質地方面，最普通的可分為木質和玻璃纖維，而結構上，有單式和複式，當然不同款式和質地的弓都有不同價錢，但我們最要注意的是弓的磅數和長度是否適合自己應用。通常，初學者應購買拉力較輕的弓，而長度則依自己能拉箭的長度而決定，如68吋的弓可應用28吋的箭，而64吋的弓應

用24吋或以下的箭最為適合。箭的種類也有很多，它們分別在於質地，箭頭（POINT）和羽毛各方面，因為應付不同用途，所以亦有所不同，如 BOARD HEAD 和 FIELD POINT 是用作打獵的，而 TARGET 只適用於箭靶方面。



箭的羽毛形狀和長短不同，其使用方法亦不同，圓尾而修長的羽毛是用於長距離射擊，而箭尾形而短的羽毛是用於短距離射擊。

護指（FINGER TAB）和護臂（ARM GUARD）多是用皮和膠製造，其作用是保護箭手的手臂和手指，避免給弦所弄傷。



弓和箭的各部份名稱：由於現時仍未有一套公認的中文譯名，所以只得用英文作圖解。

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聯校科展

過往，聯校科展的展品不外乎個別展品和聯校展品，而聯校展品多數由三至五間學校合作，從未嘗試過由十多個以上的學校合辦一個大型展品，本年度的籌備委員會作了一個大胆的嘗試，組織了一個龐大的展品作爲第十三屆聯校科學展覽會的招牌貨，不知是否巧合還是刻意安排，剛巧有十三間學校參予此一展品的製作，而我校是其中之一。

經過多個月來不斷的開會、探討、終於定出了展品的內容和工作方針了。主題是以圍繞日常生活所遭遇到的困難作一分析並加以適當的解決辦法，其中包括有：人口密度過高，房屋，食物，交通擠塞，交通安全，醫療及污染等。內容約分爲三部份由三個工作小組進行工作，這是爲了工作方便的，原因太多人一起工作實在有點困難。

第一組：由聖瑪利書院，維多利亞工業中學，蘇浙公學及英華女校負責醫療及污染兩方面的工作，醫療方面是介紹數項對醫學上有重要的貢獻的儀器，如X光機等，對於放射治療亦作一介紹。污染分爲水的污染，空氣污染，電波污染等，有一個模型會制作出來用以指出有污染存在的地點。

第二組：由陳瑞祺書院，五育中學，龍翔官立工業中學及觀塘瑪利諾書院合作交通擠塞及交通安全兩部份。而經過初期會議後，官塘瑪利諾及龍翔工業中學專門負責交通擠塞部份，內容大致上是对交通擠塞的形成，現狀及解決方法作一探討。交通安全包括有陸上及空中，陸上由五育中學籌備，內容包括有地下鐵的安全，汽車設計如擋風玻璃，煞車系統等，道路設計及建造材料與安全的關係，更會對香港驗車中心的工作過程作一介紹。空中運輸安全則由本校負責，經過多個月的工作過程作一介紹。空中運輸安全二部份，其一是飛機上的數個安全系統即緊急逃生系統，火警警報，自動滅火，壓力調節及供氧系統，其中並加插有救生衣及飛機維修的概況，另一部份是介紹機場消防局的工作及其設備。

第三組由九龍工業中學，循道中學，民生書院，崇真書院及中華廠商會中學負責人口密度過高，房屋及食物三方面，人口密度過高是作爲整個展品的開場白，因其他各項問題皆由此引起。

搜集資料的工作大致上已全部完成，現在已正展開製造模型及歸納分析資料等工作。其實參予此類工作對自己是有很大的利益的，並非一定是浪費時間，你有很多機會接觸各階層人物，有下層工友，亦有政府高級官員，從而亦可學到社交禮節及大公司的程序，在予別人合作之時亦可瞭解別人的性格，從而更進一步了解社會大眾的複雜關係，對將來投身社會會有極大的幫助。況且現在你做時出現錯誤別人也不會過份苛責你，錯誤其實是學習一件事的過程之一，所謂多經一事，多長一智，一直到了你出來賺錢養家時，你事事必會小心，善於接受失敗的經驗教訓，才可創造更美的成功。我謹在此向各位同學忠告，應多參加有益身心的課外活動，但功課亦應留意以免顧此失彼，須知真材實料及一紙文憑在香港有着同等的地位。

無論本屆科展成功與否，但起碼已有多人受惠，希期閣下成爲下一批的受惠者。

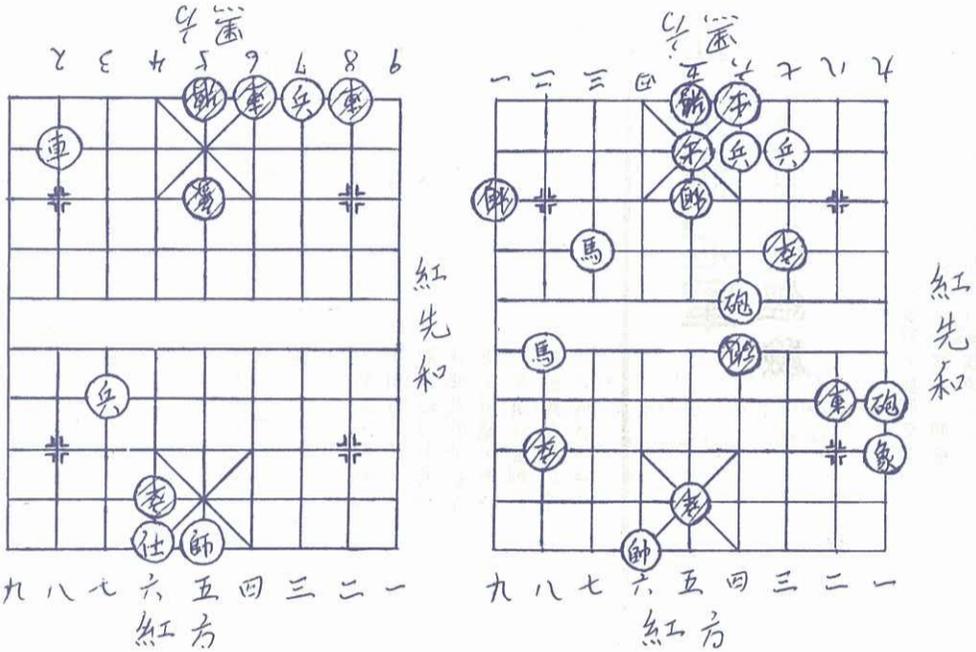
棋藝園地

各位同學，轉眼間這一年又過去了，我們這一班委員又要向各位道別了。回顧一年來，我們不敢說有甚麼大的成就，但總算是克服了一個又一個的困難，順利地推行了一些活動。

第四屆中國象棋個人錦標賽在去年十一月舉行，冠軍軍分別爲梁建中、梁耀華及陳學林。這時會務一度因原來的書記未能負起責任而阻遲了，後來王玉泉同學被選出替任。本會謹向各同學致萬分歉意。

在聖誕期間，我棋隊參加聯校棋藝協會舉辦的中國象棋比賽，與拔萃男書院同得雙季軍，冠軍軍分別爲英皇書院及伍華書院。

在今年五月中，我們舉辦了首屆國際象棋錦標賽，我們在此多謝各同學對這比賽的支持。由於此類比賽乃屬首次，很難預測參加者的水準，不知是否國際象棋與中國象棋同出一路，此次冠軍由中國象棋冠軍的梁建中同學（中四甲）奪得，亞軍是呂榮輝同學（中一丙），而季軍則是中四戊的鍾鏡文同學。在這次比賽中，我們發覺同學們不只會玩中國象棋，在國際象棋方面的水準也是不俗的。由於本學期將告結束，我們在此刊登兩個象棋殘局，同學們大可在暑期中研究研究。



動腦筋

- 一 有一個奇怪的問題：如果問，是不知不知道答案的，而如果把問，則得到的答案一定是「沒有」。
- 二 把一隻小碟子放在什麼地方，才能使室內的許多人都看得見，而只有一個人看不見？
- 三 a 什麼年總共只有一天？
b 地球上四個不同顏色的海，你知道是那四個海嗎？
- 四 c 三大洲的居民正在哪個海裏一同捕魚，你知道嗎？掛鐘敲六下，要三十秒鐘，那麼敲十二下要用幾秒鐘呢？
- 五 兩塊玻璃：一塊是黃的，一塊是藍的，如果把這兩塊玻璃疊在一起，將變成什麼顏色呢？
- 六 現有籃球與冰塊各一，重量相同，各放在一搖板兩端上，若板現時是成水平，那麼，最後是否仍是水平呢？

答案

- 一 立平音的聲。
- 二 在屋頂上。
- 三 a 一年。
b 北冰洋、南冰洋、大西洋、印度洋。
- 四 c 地中海。
- 五 黑色。
- 六 是。

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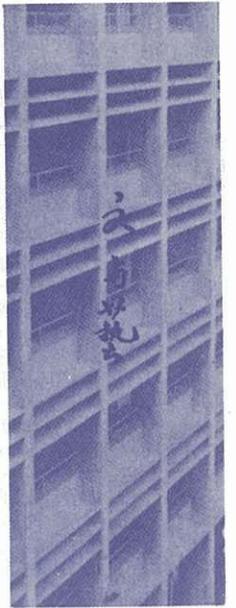
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中西課本

參考書籍 文教用品



本校的班際作文比賽，成績令人鼓舞，所以本會特選其中兩篇較為優異的，介紹給同學。

中級組冠軍

死亡的陰影

梁國軍

夜像一道帶着神秘與恐懼的幔幕，隨着那昏黃的一絲殘暉，落到了人間來。病房中一切都像進入了夢鄉似的一般沈寂，而唯一能夠聽見的，是我那砰砰的心跳聲，及那已近乎急喘的呼吸聲。

病房中，那四堵像天使的白袍一般白茫茫的牆，與我已相對了四個多月。它熟悉我的一切，它知道我身罹了可怕的腦癌，也知道我剩餘的日子也不過百天，而現在只是躺在一副無蓋的棺木上，等待死神的駕臨。然而，我對它並不像它那樣熟知我的一切，反過來我對它有無限的驚懼。

有回夜闌人靜時，我光着雙眼對着那牆默想，我竟好像見到了一個身穿葬服，亂髮披肩的婦人從那牆中跑了出來，直走到我的牀前，瞪着她那雙如有千萬條紅蟲在鑽動的眼睛，張開了那張如同無底深谷似的大口，喃喃地道：「唔，這個倒是必死的，想來等不到明天可能他已死去了……」。

看到她以後，我的聽覺好像是低能了一般的，可是，我一聽一個「死」字從她的口裏吐出來時，我渾身的血液好像結了冰似的，全都停止了再流動，那平時本已「砰砰」亂跳的心窩，這刻好像要衝破我的肌膚，跳了出來似的，我蜷伏在床上，把毛毯連頭帶腳的把整個身體蓋起來，我的口唇是掀動的，可是我連一個單音的字，也說不出來。良久，良久，我終於拼盡了血液中最後的一分暖氣，扯盡喉裏的聲音，吼了一聲：「我不能死去呀！」

後來，當醫生和護士將要把毛毯蓋着我的身上，我環顧四週，那死亡的使者不見了，不！或許她隱沒在空氣中，帶着殘酷的冷笑，向我的靈魂招手。自此以後，當我獨個兒在病房中的時候，我不時發覺那四堵牆，好像竊竊的對着我冷笑，好像嘲諷我那殘存的生命。我害怕那白茫茫的對着我，也害怕再次聽到死亡使者的任何言語，因此，我整天都是蒙着頭來睡，更把睡枕往耳朵上重重的壓下去。

自從醫生判定了我是癌症以後，我對任何醫生與藥物，都起了無限的懷疑與恐懼。我恐怕醫生或許以我來試驗任何一種新的藥物，又或許他根本便是立心的要人道毀滅了我，日來好像有更多證據證明我這種想法是對的：母親對我的關懷，好像日漸加深似的，在當初未判定我是癌症的時候，她來醫院時，頂多是愁容滿臉，默然不語，可是當斷定是癌症以後，她每次到醫院來的時候，都是滿臉淚痕，兩眼紅腫，而近來我的病情嚴重了，有些時候她竟按不住，伏在我的牀上放聲痛哭。母親是一個感情脆弱的人，或許她真是敵不過她心頭的悲痛，要求醫生把我毀滅

了。同時，近來醫生每天只是給我作注射針藥，並沒有藥物吞服，或是作物理治療，或許，醫生已立心要毀了我，所以連物理治療及藥物都省回了，每天只是為我作慢性毀滅的注射。啊！母親呀，我是不會死去的，不是麼，我年青的時候不是差點兒因車禍死去了嗎，可是我現在還活着呀，古人說：「大難不死必有後福。」我今次要受納這些福了，所以，我今次一定不會死去的，哈哈，無論怎樣我今次都是不會死去的，因為，「大難不死必有後福」啊！醫生我想你定是斷錯了，唉！你倒不如快些找位算命大師，為你自已算算命好了，我是「福人」，那裏會死去呢！

夜，比剛才更深了，更靜了，然而，我的腦海中，卻充盈着畢生以來最大的喜悅，唔！對呀，我現在既然已清楚知道自已是一個健康的人，還輪在這可惡的病牀幹麼，還是快快的起來，往外跑跑吧！我使勁的把蓋在身上的毯被掀開了，也使勁的在牀上站起來，可是，當我剛站直身子時候，我的腦子裏卻像有千萬萬條蚯蚓在翻土似的，剛才一切的喜悅都被那些可怖的蚯蚓翻轉過來，眼前一黑，又再次看到了那死亡的使冷笑着向我招手！

初級組冠軍

考試的經驗

劉偉強

經過了大約八個多月的學習，我們又要面臨一個難關了。可能，有許多學生會認為考試是一個極可怕，而又不敢面對的難關，但是我則例外。我認為考試並不如一般學生所形容的那麼困難，那麼難對付，而我反而覺得考試是一個對磨練意志和使人容易明白人生觀的障礙。因為我也曾經渡過考試，而考試之後，回想起考試前的艱苦，真是一番的感觸，以下便是我的自述：

大約在考試前的兩個月，我對於考試還是毫不關心的，不過，後來才明白考試是多麼重要。於是我便利用那兩個月的時間努力用功讀書。在平時，沒有工作負擔，總覺得兩個月的時間很長，但是那時卻覺得兩個月的時間很短暫。往時，懶惰的我，總是提不起勁讀書的，苟且了事，但是，為了那個考試，真是把我三百六十度大大的改變，使我明白應該用功讀書，努力向上。

大約距離考試還有一星期的時候，我的生活就更苦了。晚上總是睡不着覺，而要起來讀一、兩課的課文，一大清早便會突然醒來，又要溫習二至四課的書，睡眠不足，身體也因而顯得瘦削了。

不久，考試終於來臨。一天、二天……過去了，我的緊張心情也隨日子慢慢減輕。後來終於考完試了，而我的成績雖然稱不上最好，但也不俗，這真可算是苦盡甘來了。

在上文我曾經提過考試是一個對磨練意志和使人容易明白人生觀的障礙。不錯，因為這個考試，使一個以往從不關心考試的人提起意志，不畏困難地去讀書，而它就更像人生路途上的大石，我們絕不能抱着消極的態度對它產生恐懼；要以我們本身的能力智慧，把它推開，繼續我們的人生路途。

你討人厭嗎？

胡澤榮

你覺得自己的談吐令人厭煩嗎？如果你曾經考慮過這個問題的話，我相信事實上你就不會令人討厭。如果你從沒有想到這問題，就大有可能。因為談吐令人厭煩的人，最大的特色就是自己根本不知道。這種人太自以為是，不顧別人，或者自己講得高興極了，根本沒有想到別人聽他說個不停，會有什麼感覺。

談吐令人厭煩的人，種類繁多，各有不同。我認為最要不得的是滔滔不絕，從他祖母說起，依次說遍他的全家，以至遠親近戚，弄得你呆坐靜聽，一籌莫展。

許多人一開口就是「我記得」，那個「我」字的聲浪大得驚人。所以，你如果記得的事太多，而且時常談往事，特別是關於你自己一家的，最好免開尊口。

談吐令人厭煩，倒不一定是因為內容無聊。我也認識一些有趣的人，口若懸河，利口捷給，弄得聽者目眩神迷。相反的，不苟言笑的人倒能鼓舞別人。他們對別人真誠與趣，所以能使賓主皆歡。常言說得好，有了善聽者即有善談者。他們注意傾聽，善於體會，言談自然得體，聚會就有了活潑的氣氛。鋒芒畢露的自我主義者往往使滿座不歡。

講話令人厭煩是否有藥可救？有的。要在養成習慣之前就發覺自己的毛病。注意自己討人厭的徵兆，一經發覺，立加遏止。最好的方法是對生活有興趣，不僅對自身有興趣，還要對自身以外的事物有興趣，儘量參加各種活動。

我知道一整天工作之後，不休息，不讓腦筋清閒一下是很難的。其實我們沒有想像中的那樣累，休息的真義是改換另一種活動環境，並非完全不動。工作最勤奮的人，在家裏也常常最會找事做，自己不厭煩無聊，就絕不會討人厭。

我們所作所為，不僅決定自己的生活，也影響親友的生活。一個人如果能發揮自己的才幹，不放棄增長見聞的機會，他的家人親友也會因他而得到激勵。他可能自以為只是一個小人物，實則他就是一位生活藝術的大師。簡而言之，對別人有興趣，自己就有興趣。自己生氣勃勃，就能使別人覺得活潑，更喜歡你。



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