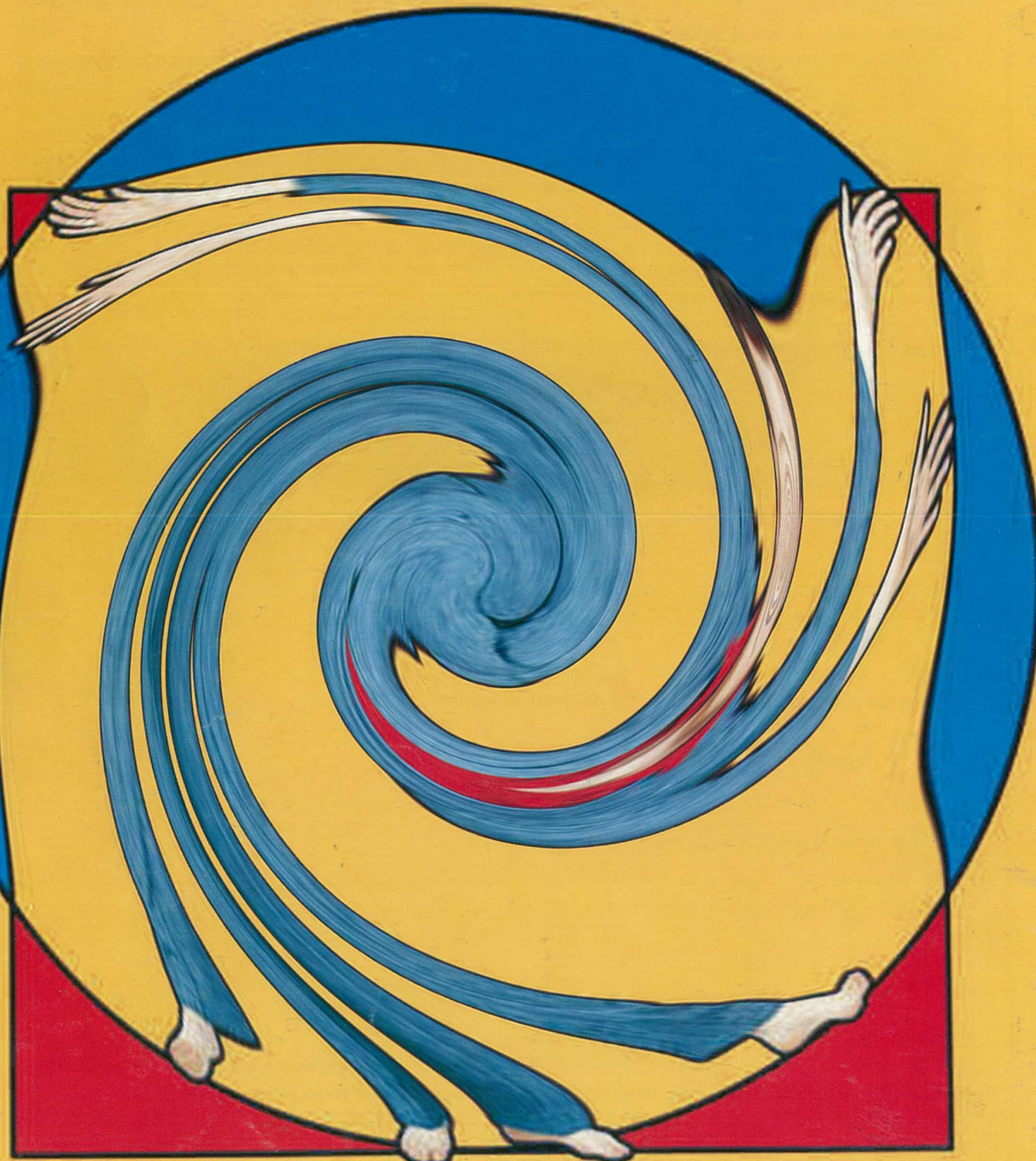


跨
越

第十五期二零零七年二月號



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人類作為萬物之靈，創造出現代的文明，必定有較其他動物優勝之處。因此，我們這次選擇了人作為我們的主題。遺憾地，以我們現在的程度，顯然沒有能力向大家詳述人類較其他動物的優勝之處。但我們搜集了一些關於人體各個部分的資料，希望能增進各位同學的課外知識……

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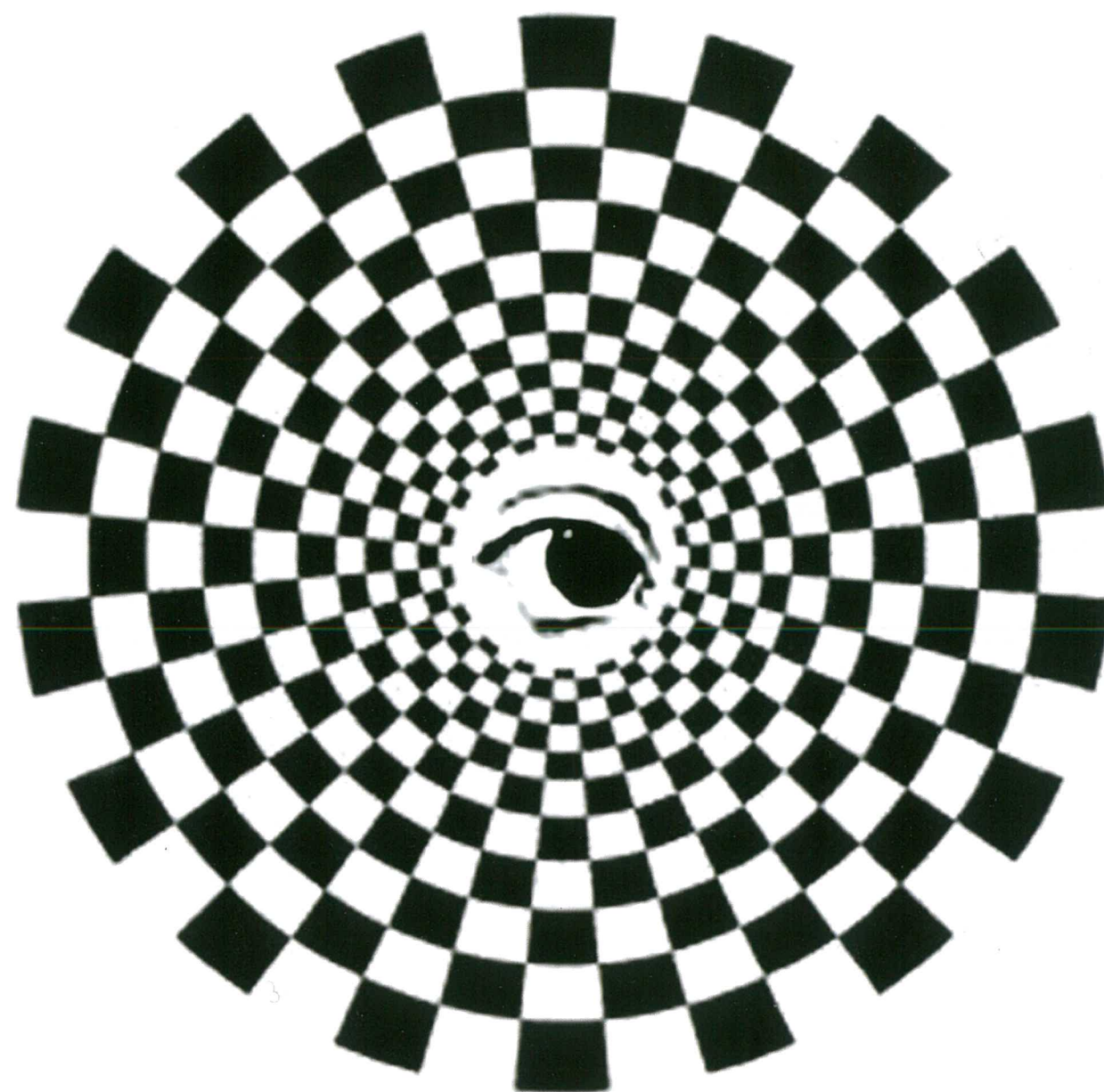
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「眼是人的代表，眼是人的靈魂。」從前我並不相信這句話。自今年十月，我校組織到清遠山區探訪的同學回來後，我相信了。



A photograph of three children in a grassy field. In the foreground, a young boy with dark hair, wearing a white t-shirt with a black sleeve, looks towards the camera while holding a large, light-colored wooden stick. Behind him, two other children are visible; one is holding a large, green, leafy plant stalk. The background shows a hilly landscape with trees and a small building under a clear sky.

相片中我看見他那純真的大眼睛，清澈得毫無污染，但卻浮現了他的悲傷，他的渴望。他不但需要我們物質的支持，他更渴望能夠繼續上學，改變命運。看見他們眼裏流露的訊息，我們能夠不伸出援手嗎？不能。只要我們減少吃零食，或是少買衣服，便能夠完成他們學習的美夢，那麼我們何樂而不為呢？



耳朵，流行音樂，靡靡之音？



耳朵・流行音樂・靡靡之音？

樂是人類情感的表達，每一個音符都是生活的喜怒哀樂，每一首歌都有一個故事，這故事發生在你我之間——音樂正因此而感人。

現今流行音樂所呈現的多樣性，恰好反映出現代生活的多種面貌。慢板的抒情歌，平靜、秀麗再加上歌者的好歌喉，就宛如清新河流，流遍整個思緒，是我們對平靜生活、永恆愛情執著與美好生活渴望的表白，有著安撫心情的作用。嘶喊吶吼的重金屬搖滾，歌者藉由高分貝的嘶吼、快速的舞台奔走、連串的快速節奏與震耳欲聾的電子合成樂，直接傳達面對現代都市生活的左派心態與自我陶醉態度。但不管如何，這些作品都呈現出大眾的熱烈情感反應和生命力。一首歌，簡單的旋律，不複雜的和弦，淺顯易懂的歌詞，卻在短短的五六分鐘內與聽者產生共鳴，這共鳴產生在或許曾有過的相同生活感受與體驗，這樣的感受是鮮明的、有色彩的。



每個喜愛音樂、創作音樂以至表演音樂的人，都是用一顆被感動的心去體會生命與音樂的。繼早前彭佳慧的「舊夢」，成功地結合老歌與新曲，孫燕姿的「天黑黑」更進一步為老歌的意蘊開闢了深入的新視野。那種「我懷念過去單純美好的小幸福」的語句，喚起人們那奔馳在忙碌的都市生活裡所壓抑的情緒，它直直地透視進入內心最深處對溫暖的渴望，也真實地表露出堅強背後所保護著的，渴望幸福的心。原本天黑黑這首老歌，和生命中這樣深沈的呼喚是沒有關連的，然而當人回首來時路，那希望洗盡鉛華、反璞歸真的情緒，卻自自然然相連起來。前幾年，張惠妹在歌壇出現，無疑為台灣流行音樂注入了一股新生命，來自山林裡混然天成的歌聲及原住民特有的音樂性及舞蹈性，都在豐富了流行音樂。

除此之外，流行音樂除了音樂本身，也常常產生許多附屬商品。最耀眼奪目的莫過於偶像。因為藉媒體的炒作與商業行為的包裝，造就了流行歌曲的偶像崇拜現象。然而在年輕學子追逐偶像、崇拜偶像的歲月裏，父母是否也認為他們的子女因而玩物喪志了！在視覺〈偶像崇拜〉與聽覺〈心智迷失〉的雙重恐懼下，流行歌曲終究難逃被衛道士烙下非良善之音的惡名。

其次，好歌的定義何在？我想在這繁絃急管的時代，不外乎就是能琅琅上口、配合卡拉 OK 文化在 K T V 裡唱的盡興的「口水歌」，這類歌曲除了音符的排列組合稍有差異外，歌詞的內容不是無聊的人生就是無厘頭的謬思就是速食愛情的狂戀就是失戀分手的埋怨，加上措詞用語的淺白膚淺，香港流行音樂的質素日漸下降，不禁令人痛心！

再者，現代的音樂都被過度「包裝」了，科技的進步令歌手能夠在錄音間裡反覆地「修歌」。沒錯！「修」出來的結果是滿「漂亮」的，但真正能夠令人打從內心深深感動，產生共鳴的，又有多少呢？

在時代的巨輪下，音樂受到太多外來因素的影響，商業廣告、包裝，雖是傳遞音樂的方法之一，但重要的是「音樂」本身，若因商業因素破壞了音樂的內容及「自然性」，則失去了音樂本身存在的意義。用「心」喜愛音樂，「自然」表達靈魂深處的情感，這不僅是正在表演音樂的人要具備的，更是每個聆聽音樂、熱愛音樂的音樂人需要擁有的；讓我們用靈魂、自然為香港這片土地，譜出屬於自己的歌吧！



絕技曾無第二人。」



中國藝術的博大精深，給人無限的想像空間，只是靠自己身體的任何一部分便能奏出如此美妙的聲音，實在令人驚訝。而人體對自然聲、形的類比，同樣表現了萬靈之首的人類無所不能的智慧。

口口口口口口口口口口口口口口口口

口口口口口口口口口口口口口口口口

口口口口口口口口口口口口口口口口

口口口口口口口口口口口口口口口口

口口口口口口口口口口口口口口口口

技藝術。



作為靈長類動物，與大多數哺乳動物不同的特點是擁有每隻手指都能夠單獨活動的手，拇指還能夠與其餘各個手指對握，拇指和食指指尖的對握可以形成環狀，從而大大提高了手掌抓握物體的準確度。這個特徵，為人類日後能夠製造和使用工具打下了基礎。

所以說手是人類文明的起源，它除了可以為我們完成動作以外，還能表達一些意思，特別是某一些手勢已經有了世界性的意思。其中一個我們最熟悉的就比中指的手勢，但為什麼它是不文手勢呢？這裡有個有趣的故事：

據說，在英法百年戰爭末期，本來快戰敗的英軍，因為獲得了新的祕密武器——用紫杉（Yew）作成的長弓，而扭轉了劣勢。因長弓而損失了大量兵員的法軍，對英軍下了絕殺令，只要捕捉了英國的弓箭手，法軍會將他們用來拉弓的右手中指斬斷，再將他們吊死。然而，法軍的宣誓並未嚇阻英軍的反撲。最後，法軍挫敗。據說，在法軍撤退的時候，所有的英國弓箭手將右手舉起，炫耀他們依然存在的中指，並大聲喊道：“See, We can still plug the yew! Plug yew!”（看哪！我們還可以拉紫杉長弓！拉弓！）。經過了久遠的流傳，比中指手勢逐漸成為不文手勢。這段描述，流傳在許多網路上，而英法百年戰爭時，每一場戰爭都有貴族在現場紀錄，然而，並沒有任何的紀錄支持這個傳說。另外，中世紀使用弓箭武器，是用中指發射，所以亮中指表示自己的攻擊很強，後來引申成鄙視他人。

皮膚

皮膚是人類最大的器官，它能調節體溫，是身體的感應器。它能感應壓力、溫度、疼痛，是防禦外在威脅生命健康的盾牌，也是一面鏡子，當我們疲倦，營養不良，有壓力時，皮膚會反映出來。皮膚的好壞，能表現一個人的狀態——年老或是年輕。

皮膚這麼重要，人類卻不是很了解它，照顧它。皮膚經年累月非常賣命地為我們效勞，但我們往往沒有給予同樣的回饋。當年華不再，往日那如盛開玫瑰的柔嫩，光滑剔透的肌膚，漸漸衰老……我們實在沒有理由不去了解皮膚，進而去呵護皮膚。

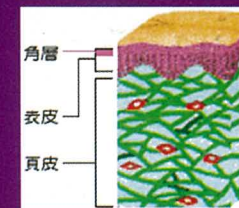
首先介紹一下皮膚的構造：

皮膚由三個組織層所構成：

1 **表皮** 這是皮膚的外層，是視覺的表象，由基底層、有棘層、顆粒層、角質層四層細胞構成，最外面的是角質層，是一層沒有細胞核之細胞所組成的保護膜。當新鮮細胞在皮膚較深層生成時，老化的細胞會被推向表層，壓平，死去，這層表皮比一張面紙還薄，但它的厚薄卻關係皮膚的細嫩及水份的保持。最裡面的是基底層，細胞在這裡產生以後，不斷往上形成棘狀層、顆粒層，到達角質層。約 14 天後，新生的角質層不斷被由下往上的細胞取代而脫落，這個過程又是 14 天，一個健康的表皮細胞新陳代謝約 28 天。

2 **真皮** 位於表皮之下，佔 90% 皮膚厚度，所有皮膚重要工作大部份在這裡完成，主要由神經、汗腺、皮脂腺、毛囊、血管、膠原蛋白、彈力蛋白等組成。真皮的狀態能影響表皮的外觀，是皮膚最重要的部位。

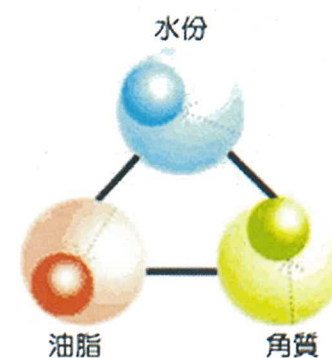
3 **脂肪層** 位於真皮之下，作用是隔溫，保護內臟，就像是一種內墊，能保持皮膚之豐滿。



皮膚的屬性

皮膚因天生體質及後天受到環境、年齡、飲食、生活習慣、氣候、內分泌等因素影響，臉上肌膚會有不一樣的屬性，以水分、油脂的多寡呈現在角質表層來分的話，皮膚的屬性簡單分成乾性、油性及混合性三種，我們可以從表面所呈現的屬性分類，對症下藥。

由皮膚構造中掌握水份、油脂和角質層的生理，配合皮膚屬性，是保養自己的入門課題。換言之，如果能徹底將水份、油脂、角質、乾性、油性、混合性這 6 個問題研究清楚，融會貫通，保養工程應該沒什麼問題了。



經濟的消暗瘡方

蛋白殺菌洗面露



材料：雞蛋白加少許食鹽拌勻
用法：蛋白塗於面部，輕輕按摩，尤其於鼻翼及T字位。
功效：蛋白加鹽有良好的消炎效果，而蛋白富膠著力，具緩和和傷疼痛及滋養功效，食鹽則能清潔、抑菌，是理想清潔劑。

消炎絲瓜水



材料：絲瓜榨成汁約50ml
用法：面部潔淨後，用化妝棉沾上絲瓜汁輕拍於皮膚。
功效：清涼消炎，令發炎青春痘快速排膿。（為保絲瓜水新鮮度，應放於冰箱內。）

綠豆粥消瘡生肌



材料：綠豆一杯、白飯一碗、白糖適量
做法：綠豆浸水過一晚後煮至半熟，加入白飯同煮，再加上白糖調味便可。
功效：綠豆有消暑清熱及去脂的功用，能加速暗瘡凋謝及養顏生肌。

天然去暗瘡印的方法

天然鹽 + 蛋白 + 蜜糖，有漂白去暗瘡印功效。

材料：先準備半茶匙天然鹽、一隻雞蛋的蛋白及一茶匙蜜糖。

做法：把蛋白和鹽攪勻至起泡，再倒入蜜糖攪勻。

敷面方法：潔面後才可敷上，但須避免觸及眼和唇部四周。敷一至兩分鐘，待蛋白液乾透後用暖水潔面，再用凍水多洗一次，然後抹乾。

由於天然鹽（即粗鹽）能刺激及促進汗腺與皮脂腺的分泌，有助排出體內老化物和去除表面死皮層，從而令肌膚得以更新。每星期1至2次，每次約3分鐘，三星期即見效。

注意：

- 1 不要把液體敷得過久，否則會出現皮膚敏感。
- 2 別讓蛋白液殘留於皮膚上，宜用溫水清洗最少三次，或用潔面棉輕擦。
- 3 敷面膜時（特別是含蛋白成分），不宜說話或做任何表情，應將全面肌膚放鬆。
- 4 時間控制最緊要，每次不宜敷面超過五分鐘，或每星期不宜做多於三次，如果敷面途中感到皮膚痕癢或紅腫，應立即停止並徹底潔面及塗上薄薄凡士林以鎮靜皮膚。

DIY 面膜

鮮奶面膜

材料：檸檬，鮮奶，酸乳酪
方法：先用數片檸檬，擠出汁，加進4安士鮮奶，再加入少許天然酸乳酪，拌勻後，可塗在面上或身上，三小時後，用清水抹乾淨。
效果：可美白皮膚。

蕃茄敷面

材料：蕃茄，檸檬
方法：將一個新鮮蕃茄切片，敷在長暗瘡的地方5分鐘，然後用泡過檸檬的水來洗臉，有消毒及收斂作用。
效果：蕃茄中含的蕃茄素能抑制某些細菌生長，可預防及治療暗瘡。

蘆薈蛋白面膜

材料：蘆薈葉子一片，蛋白，蜂蜜少許。
方法：將蘆薈果肉與蛋白、蜂蜜混合在一起，就是便宜又方便的自制面膜。
功效：蘆薈可以消炎鎮定，蛋白可以清熱解毒，其中豐富的蛋白質還可以促進皮膚生長，蜂蜜中所含的維他命、葡萄糖、果糖則能滋潤、美白肌膚，有殺菌消毒、加速傷口癒合的作用。

綠豆粉面膜

材料：綠豆粉、養樂多。
方法：綠豆粉三小匙加少許養樂多調成泥，用指腹由內向外打圈，全臉按摩5-8分鐘即可。
功效：此法不但可去角質、消炎、平衡油脂及鎮定肌膚，也可以改善暗沉膚色。對於青春痘的朋友們有很大的神奇功效，而且可以改善青春痘所留下的痘疤。

Our School's 60th Anniversary Celebration

The year of 2006 marks our school's 60th anniversary. Our school was founded in Happy Valley in 1946. After 60 years, two more schools, Pui Kiu Primary School in Siu Sai Wan and Pui Kiu College in Tai Wai, are now run by the same educational institute, Pui Kiu Education Foundation Limited. To celebrate our school's 60th anniversary, a series of activities - a variety show, a dinner party and a fund-raising walkathon - was underway since the summer of 2006. The success of these activities can be attributed to the collective effort paid by both the teachers and students and the unyielding support given by the alumni associations formed in different parts of the world. Here let's report to you these three activities.

The variety show was the kick-off of the celebration. According to the teachers-in-charge, Mr Yan, and Mr Tsang, there were far too many choices of programmes and the competition among the clubs of the three schools was very keen. Don't forget our alumni, the devotion and commitment shown by the old boys and old girls really added fuel to the fire. The finalized programmes of course were the best of the best. They ranged from the traditional Chinese dances, Chinese orchestra performance, choral singing to modern hip-hop dance. Their effort paid off as they heard the cheers and applause given by the audience.





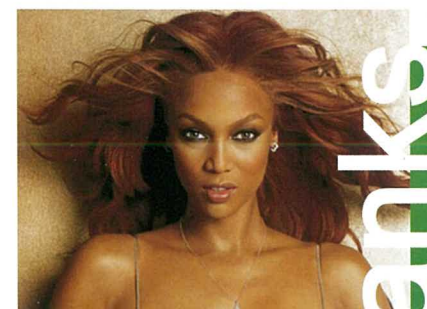
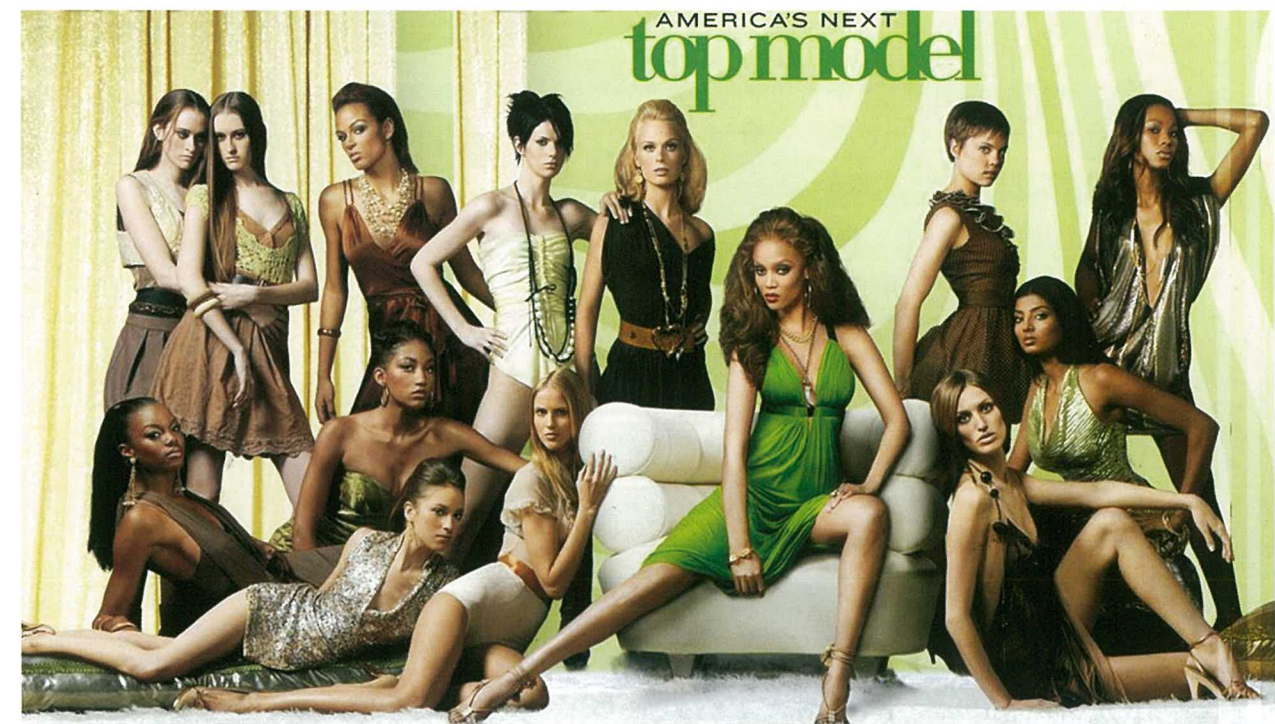
The dinner party held at Hong Kong Convention and Exhibition Center was honored with the presence of the Chief Executive, Mr Donald Tsang. Thanks to the enthusiastic participation of the school alumni associations. The main hall was so crowded that more than a hundred and fifty tables were set for this grand party. Camera flashes kept glaring and veteran and retired teachers became the pop stars of the night. Old friends, old schoolmates exchanged heartfelt greetings. The warm atmosphere permeated every corner of the hall.

Walkathon was the event, which involved over 3000 people including teachers, students and parents from Pui Kiu Middle School, Pui Kiu Primary School and Pui Kiu College. We had the pleasure of having Professor Arthur K.C. Li, the Secretary of Education and Man-power Bureau to host the opening ceremony. This event also helped raise money for the poor children in remote parts of Mainland China, who are deprived of education.

Through these activities, we seemed to have witnessed the growth and development of the school with a history of sixty years. We believe we will continually uphold the spirits embodied in our school song and achieve the missions placed on us.



Americas Next Top Model



Tyra Banks, the creator of "America's Next Top Model," successfully began her modeling career as a teenager. She later became the world famous supermodel and a true pioneer in the fashion industry. She is also known as the first African-American woman to appear on the cover of GQ Magazine, Sports Illustrated's swimsuit issue and Victoria's Secret Catalog. In 1997, she received the prestigious Michael Award for Supermodel of the Year. She later secured an exclusive contract with Victoria's Secret among others. "America's Next Top Model" is one of her great achievements for sure. The show may not be the most original one, but it has positive feedback from large audience. It might also serve to help any potential girls wanting to be a model by showing them what they will have to go through in order to get this dream.

These four words form the title of a new dramatic series that was created by the world-renowned supermodel Tyra Banks. The show is trying to reveal the transformation of everyday young women into the next fierce supermodels. The girls are living together in some New York penthouse and are in direct competition for the great prize. The cameras catch each moment of their experience. They must face weekly tests to determine who the winner is, while Tyra Banks plays their mentor and reveals the unknown secrets of the high fashion industry. Everything seems to become a highly accelerated modeling boot camp, a crazy course to supermodel fame. The finalists are expected to demonstrate both inner and outer beauty as they master complicated cat walks, intense physical fitness, fashion photos shoots and perfect publicity skills, all this under 24-hour-a-day surveillance of the America's Next Top Models cameras. The panel of judges is led by Tyra Banks. Judges are competent fashion industry professionals, from famous supermodels to fashion magazine editors and fashion creative directors. They must accomplish regular evaluations, in order to select the winner from week to week. In addition, a new special guest appears each week to judge in his or her area of expertise.



winner of cycle 1: Adrienne Marie Curry

winner of cycle 3: Eva Pigford

winner of cycle 6: Danielle Evans

winner of cycle 4: Naima Mora

winner of cycle 2: Yoanna House

winner of cycle 5: Nicole Linkletter

Choose one and show your personality :



Result :

1. Analytical | Trustworthy | Self Assured

Your momentary sensitivity represents that which is of high quality and durable. Consequently, you like to surround yourself with little "gems," which you discover wherever they are overlooked by others. Thus, culture plays a special role in your life. You have found your own personal style, which is elegant and exclusive, free from the whims of fashion. Your ideal, upon which you base your life, is cultured pleasure. You value a certain level of culture on the part of the people with whom you associate.

2. Carefree | Playful | Cheerful

You love a free and spontaneous life. And you attempt to enjoy it to the fullest, in accordance with the motto: "You only live once." You are very curious and open about everything new; you thrive on change. Nothing is worse than when you feel tied down. You experience your environment as being versatile and always good for a surprise.

3. Down to earth | Well-Balanced | Harmonious

You value a natural style and love that which is uncomplicated. People admire you because you have both feet planted firmly on the ground and they can depend on you. You give those who are close to you security and space. You are perceived as being warm and human. You reject everything that is garish and trite. You tend to be skeptical toward the whims of fashion trends. For you, clothing has to be practical and unobtrusively elegant.

4. Dynamic | Active | Extroverted

You are quite willing to accept certain risks and to make a strong commitment in exchange for interesting and varied work. Routine, in contrast, tends to have a paralyzing effect on you. What you like most is to be able to play an active role in events. In doing so, your initiative is highly pronounced.

5. **Introspective** | Sensitive | Reflective

You come to grips more frequently and thoroughly with yourself and your environment than do most people. You detest superficiality; you'd rather be alone than have to suffer through small talk. But your relationships with your friends are very strong, which gives you the inner tranquility and harmony that you require. You do not mind being alone for extended periods of time; you rarely become bored.

6. **Peaceful** | Discreet | Non Aggressive

You are easy-going yet discreet. You make friends effortlessly, yet enjoy your privacy and independence. You like to get away from it all and be alone from time to time to contemplate the meaning of life and enjoy yourself. You need space, so you escape to beautiful hideaways, but you are not a loner. You are at peace with yourself and the world, and you appreciate life and what this world has to offer.

7. **Professional** | Pragmatic | Self Assured

You take charge of your life, and place less faith in your luck and more in your own deeds. You solve problems in a practical, uncomplicated manner. You take a realistic view of the things in your daily life and tackle them without wavering. You are given a great deal of responsibility at work, because people know that you can be depended upon. Your pronounced strength of will projects your self-assurance to others. You are never fully satisfied until you have accomplished your ideas.

8. **Romantic** | Dreamy | Emotional

You are a very sensitive person. You refuse to view things only from a sober, rational standpoint. What your feelings tell you is just as important to you. In fact, you feel it is important to have dreams in life, too. You reject people who scorn romanticism and are guided only by rationality. You refuse to let anything confine the rich variety of your moods and emotions.

9. **Independent** | Unconventional | Unfettered

You demand a free and unattached life for yourself that allows you to determine your own course. You have an artistic bent in your work or leisure activities. Your urge for freedom sometimes causes you to do exactly the opposite of what expected of you. Your lifestyle is highly individualistic. You would never blindly imitate what is "in"; on the contrary, you seek to live according to your own ideas and convictions, even if this means swimming against the tide.

IQ test

Each question is designed to test various aspects of your mental abilities. Explanations are included where appropriate.

1. Which number should come next in this series?

25, 24, 22, 19, 15

Answer: _____

2. Which number should come next in this series?

3, 5, 8, 13, 21

Answer: _____

3. Which number does not belong?

4	32	144
17	28	122
18	64	188
322	14	202

Answer: _____

4. What is the missing letter?

E	C	O
B	A	B
G	B	N
D	B	?

Answer: _____

5. Which two words are closest in meaning?

Composite, synthetic, shabby, different, pseudo, symbolic

Answer: _____

6. Find the picture that follows logically from one of the six below.



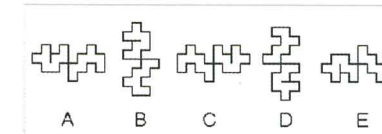
Answer: _____

7. Pick the piece that's missing from the diagram on the left



Answer: _____

8. Which figure is different from the others?



Answer: _____

Correct Answer:

1. 10

Explanation: The pattern decreases progressively: -1, -2, -3, -4, -5

2. 34

Explanation: in order to calculate which number comes next each time you should add together the last two numbers.

Thus 3 + 5 = 8, 5 + 8 = 13, 8 + 13 = 21, 13 + 21 = 34.

3. 17 Explanation: 17 is the only odd number.

4. H

Explanation: Convert each letter to its numerical equivalent in the alphabet e.g. the letter "C" is assigned the number "3". Afterwards,

for each row, multiply the numerical equivalents of the first two columns in order to calculate the letter in the third column.

5. Synthetic and pseudo

6. E

Explanation: Each figure moves according to a pattern e.g. the block moves clockwise and the square moves anticlockwise while rotating 45 degrees around itself. Half of the line moves 90 degrees clockwise while the other half moves 45 degrees anticlockwise.

7. C

8. A