



香港真光書院
HONG KONG TRUE LIGHT COLLEGE

Library Flash



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編輯委員會名單

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編者的話

在現今資訊爆炸的年代，大家都埋首電子產品，希望可以「速食」瞬息萬變的資訊。網絡世界似乎多姿多彩，無遠弗屆，但同學有沒有曾試過，在手機世界遊走數小時後，放下手機的一瞬，不單雙眼乾澀疲勞，心靈亦無比空虛，想在腦海中撈出剛才所看的一字半句，卻遍尋不獲。那是因為網絡資訊不著邊際，短暫感官刺激過後，卻無所得益。

「從沒有人為了讀書而讀書，唯有在書中閱讀自己、發現自己或檢查自己。」——法國作家，羅曼·羅蘭（Romain Rolland）

閱讀是一種習慣，我們手握的，不必是經典艱深的作品，而是圖書館書櫃上一本你感興趣的書籍。每天花30分鐘，放下電子產品，給自己一個沉澱自我的空間。從書中作者的分享，主角的處事，我們可以觀照自身，反思自己的優劣之處，提升自己，找到自我方向。

施莉翎老師



名人談讀書

梁實秋

《梁實秋漫談讀書》

黃山谷（宋代文人黃庭堅）說：「人不讀書，則塵俗生其間，照鏡則面目可憎，對人則語言無味。」細味其言，覺得似有道理。事實上，我們所看到的人，確實是面目可憎語言無味的居多。我曾思索，其中因果關係安在？何以不讀書便面目可憎語言無味？我想也許是因為讀書等於是尚友古人，而且那些古人著書立說必定是一時才俊，與古人游不知不覺受其薰染，終乃收改變氣質之功，境界既高，胸襟既廣，臉上自然透露出一股清醇爽朗之氣，無以名之，名之曰書卷氣。同時在談吐上也自然高遠不俗。反過來說，人不讀書，則所為何事，大概是陷身於世網塵勞，困厄於名韁利鎖，五燒六蔽，苦惱煩心，自然面目可憎，焉能語言有味？

梁實秋指出不讀書便無「書卷氣」。你認為不讀書還有何壞處？

名作家搜秘



西西

著名香港作家西西於2022年12月18日因病辭世，讀者無不感到惋惜和不捨。

西西原名張彥，生於1937年，1950年自上海移家香港，從此定居我城。她曾任教師，多年來出版多種著作書籍，有新詩、小說、散文、童話等。她的寫作手法創新，作品的風格體裁多變，多年來為讀者愛戴，於文壇影響深遠、獲獎無數。

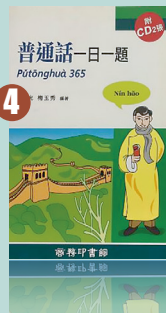
西西於1989年因癌病入院，手術後雖然康復，但卻導致右手失靈，後來她醉心縫製毛熊，並以此作物理治療。《縫熊志》記載了西西多年來縫熊的志趣和成果，她親手縫製的每一隻毛熊都形神俏妙，飽含情意，並有專屬的故事與志傳。在西西的巧手妙思下，這些人物都形象鮮明。

大家不妨閱讀此書，窺探西西筆下色彩繽紛的世界。



縫熊志 西西

我縫熊的緣一熊熊，用的是黃色的毛線（mohair），縫製一熊熊，得拉平毛，因為體積太小，熊掌方圓，我縫時，也隨手把熊掌，



1 2D
王儷凝

書籍：《中國民間工藝叢書》
作者：鴻宇
出版社：漢榮書局有限公司

平日我們很少接觸風箏，這本書讓我了解到這門傳統工藝，亦讓我了解到風箏的製作工序，各地的風箏風格等。風箏的風格各有千秋，且受地域文化影響，例如：北京的風箏雍容華麗，濰坊的純厚質樸。這本書加深我對風箏的認識。

2 2D
何思婷

書籍：《我地涼茶係正嘢》
作者：胡秀英、徐振邦、關麗珊
出版社：突破出版社

外國人不論一年四季都喝冷飲，從中醫角度來說，長期喝冷飲會影響脾胃，導致濕氣重。此書向外國人推介五花茶，清脾胃濕熱。雖然新式涼茶容易入口，但裏面添加了不少的糖和防腐劑，使原本的味道變了質，功效也沒有傳統的好。傳統涼茶除了讓外國人更了解涼茶的文化，還可品嚐傳統的味道，真是一舉兩得！

3 3A
溫順琳

書籍：《千鳥足》
作者：曾詠聰
出版社：匯智出版有限公司

書中令我最深刻的章節莫過於〈末日如斯〉。當中記敘了作者在空洞洞的課室進行網上授課的情境。書中提及作者對着空蕩蕩的空間向學生說個笑話，竟得不到同學的回應，這狠狠的一刀令作者倍感孤單、冰冷。所以，我們應站在他人的角度出發，顧及他人的感受。我想，這大概就是孟子所說的「惻隱之心，人皆有之」吧。

4 3B
徐芷欣

書籍：《普通話一日一題》
作者：伍尚光、梅玉秀
出版社：商務印書館

書中列舉了一些常用的普通話句子，給予仔細的分析，更針對我們常犯的錯誤，詳盡地解釋改善方法。比如一些在廣州話讀 in 的韻母，在普通話應讀成 ian，如福建 fú jiàn，先進 xiān jìn。

5 3B
方晞晴

書籍：《香港人學說普通話》
作者：曾子凡
出版社：三聯書店（香港）有限公司

本書讓我學會靠輕聲來區別普通話的詞義或詞性，例如當「大意」不唸輕聲時有「主要的意思」的意思，而唸輕聲有「粗心疏忽」的意思。還有「合計」不唸輕聲有「合起來計算」的意思，而唸輕聲有「商量」的意思。

6 4A
王雅林

書籍：《母親的金手錶》
作者：琦君
出版社：九歌出版社有限公司

在《貓債》一文中，作者在錯殺貓後受到五叔婆的刺激，無禮地大喊。作者母親看見此情景後，沒有縱容作者的無禮，而是立即要求作者賠個不是。其後作者道歉後，母親立即溫柔地安慰作者，叫作者不需感到自責。由此可見，母親教會作者尊重長輩的道理，同時顧及了作者的感受，可見母親具有溫柔及賢良淑德的女性形象。

書展

今年學校有幸於3月3日和4日邀請商務書局來我校舉辦書展，希望藉此提升同學對閱讀的興趣，增加同學接觸不同書籍的機會。這次書展售賣的書籍種類繁多，有小說、語文類、美術類和參考書等，應有盡有。不知大家有否買到自己喜歡的書籍呢？小編看到同學們對這次書展反應雀躍，手上拿着一本本的書，禮堂更是擠滿了人，相信大家也樂在其中！



真光文薈——優秀作品展

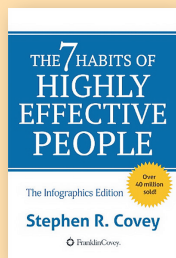
中文科於本年度5月15至19日於圖書館舉辦「真光文薈——優秀作品展」，以鼓勵寫作，推動創作氣氛。本年由各班老師推薦優秀作文，製作成真光文薈優秀作品集於圖書館派發，並精選15份學生優秀作文製作成展板於圖書館展出。同學們可以藉觀摩大家的作品，互相交流。





好書快搜

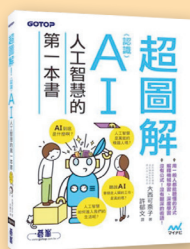
影片



伍展霆老師

《The 7 Habits of Highly Effective People》

Author: Stephen R. Covey
Publisher: Simon & Schuster



黃溢聲老師

《超圖解認識 AI 人工智慧的第一本書》

作者：大西可奈子
出版社：碁峰



3A 葉詩詠

《瘟疫有藍天從公共衛生史與聖經談起》

作者：張文亮
出版社：校園書房



2C 吳嘉瑩 謝嘉欣

《我的藝術欣賞書》

作者：蘿西·狄金絲
出版社：小天下

2A 明頌霏

Ming Chung Fei Felise



《澡堂裡遇見阿基米德 - 日常生活中的有趣數學》

作者：李光延

這本書中闡述了數學的起源和自古以來數學的奇妙故事。當中數學家的探究精神與毅力使他們創出一次次的改革，這些重大的貢獻令數學變得易於理解和運用。數學不單單是一個學科，更是我們生活中的「好幫手」！



3A 何枝營

HO CHI YING



《數學的故事》

作者：理查·曼奇維茲

當中，《周髀算經》是中國第一部數學書，出現於春秋戰國時期。後來因秦朝統一了中國後，焚書坑儒，使學者需要尋找已損毀的手稿，用記憶力整理內容。因此出現了一本很有影響力的數學書——《九章算術》。再後來主要的書是出現在隋朝的教科書——《算經十書》。而這一篇，令我更加了解古時的數學教科書。我沒想過，第一本教科書是在春秋戰國時期才出現。雖然遲，但隨著朝代的更替，教科書也在變換。通過一代又一代的研究，最終得出我們現在所學的一切，數學是偉大而深遠的，也令人十分著迷。



3C 何沛橋

HO PUI KIU



《用數學的語言看世界》

作者：大栗博司

數學可以分為日常生活中立即可以派上用場的方法，和純粹對知識產生興趣而發生的問題。日常生活當然會使用到數學！例如做買賣，也要懂數學，不然便會被人「欺詐」。對知識產生興趣而發生的問題就例如「方程式可以用次方根解答嗎？」這種問題即使被化解，生活上也難以實踐因而被捨棄，例如日本推行寬鬆教育時已經將公式解從國中的學習綱領中刪除。然而，我想帶出的是「『派不上用場的數學』，也有學習的價值。」學習更深層的數學，也是為了多擁有一種靈魂。



3D 郭焯婷

KWOK CHEUK TING



《三角函數 正弦、餘弦、正切》

作者：日本 Newton Press

沒錯，我並不反對現今你所學的東西，可能對你將來並沒有任何幫助，但也許大家都忘了莊子說過的「無用之用，是為大用」這句話。有時年輕時學了一樣以為無用的東西，以後或許會有大用，若只是在個人想像中，以為用不到，就拒絕學習，只是把自己未來的路給堵住而已。



4月23號世界閱讀日分享

5C 黃樂怡

我身邊的朋友都與我分享過她們對於閱讀的看法，不少人認為閱讀很無趣，難以投入其中，甚至不理解閱讀的意義。但其實只要運用正確的方法，閱讀並不困難。

其實現在我們生活在有限的空間和時間之中，透過閱讀可以間接帶領我們遊歷世界，經歷不同的人生，吸收其他人成功及失敗的經驗，再將自己的理解套用在自己的人生中，除此之外，閱讀亦可以強化我們獨立思考的能力，增廣見聞，拓闊視野。

閱讀並非看完本書就結束，而是需要理解並應用書中的內容，我認為用螢光筆劃下重點更利於理解書中的內容，當再次打開書本的時候，能夠更容易掌握書中的重點和核心概念。另外，閱讀完一個章節後可以嘗試寫一篇簡短的書評，幫助自己將豐富但又瑣碎的內容歸納整齊，既可以強化自己對於書中觀點的記憶，亦能夠更好理解和反思所學的內容。

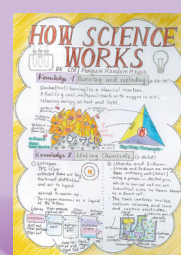
每年4月23號是世界閱讀日，希望各位同學可以培養閱讀的習慣，和書籍成為最親密的朋友。

OUR STUDENTS

S3 students have done Book Report Posters in the second term. Two 3B students have designed a creative and informative poster. Their works can be accessed by the QR codes below.



3B
DENG LIN



3B
CHAN CHEUK YIU

Book Reports and Bookmark Designs

3B (10) Ka Yan Tung Bobo

Book Title:
Who was Marie Curie

Author:
Megan Stine

Who is this book about:
Marie Curie, born on 7th November, 1867, at Warsaw

Write THREE facts that you have learnt about this person:

1. Marie Curie was a scientist at a time when there were almost no female scientists.
2. At the age of four, Marie Curie loved to stare into a glass case that held her father's science equipment.
3. Marie Curie won the Nobel Prize.

What is the main accomplishment of her:

Marie Curie was one of the famous scientists in the world and won the Nobel Prize.

Do you like this book? Why/why not?

Yes, I like this book because I can know more about who Marie Curie was and science.

What do you think about her:

I think Marie Curie was very smart and famous. She could speak five languages and was given the Nobel Prize for her work in science.



3B (6) Fong Hei Ching Fiona

Book Title:
What's Biology All About

Author:
Hazel Maskell

Illustrator:
Adam Larkum

What is the theme of this book?

What Biology is about.

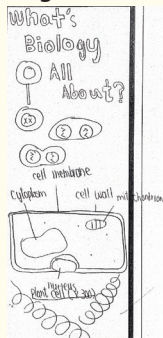
Write THREE facts that you have learned about the theme from this book.

1. Everything in the world is made of cells.
2. Cells are really small, but they bond together to make big, complex organisms, such as human.
3. New cells are made when an existing cell splits into two. One cell can be divided many times to make thousands of 'daughter' cells.

What do you want to ask the author?
Where the cell comes from.

Do you like this book? Why/why not?

Yes, it is because this book contains details and a lot of pictures to let me understand the concepts.



3C (5) Chau Hiu Wai Joanne

Book Title:
Penguins

Author:
Anne Schreiber

What is the theme of this book?

The main topic of this book is penguin.

Write THREE facts that you have learned about the theme from this book.

1. Adults sing to their mates and chicks sing for their parents.
2. Penguins speed down icy hills on their feet and belly to get somewhere fast.
3. Penguins surf through the waves.

What do you want to ask the author?

The whole book is an introduction to penguins. I want to ask if you like them.

Do you like this book? Why/why not?

Yes, I like this book, as this book has a lot of beautiful pictures of penguins and I learned a lot.



3C (28) Wu Xian Ya Sally

Book Title:
The Giving Tree

Author:
Silverstein, Shel

Favourite character:

My favourite character is that big tree because it gave its love to the boy.

About the story:

The boy often played with the tree. When he was a child, their relationship was very close. As the little boy grew up, they didn't see each other again. One day, when the boy visited the tree again, he wanted to make money out of it, but the tree was still happy. At the end, the tree had given most of its body to the boy, and there was nothing left for him. Even if the boy had become an old man, the tree still loved him very much.

Favourite part of the story:

My favourite part is that big tree would drop apples for the little boy to eat.

Thought on this book:

I like this book because it implies the unconditional upbringing of our parents.



4C (5) Gwo Siu Yu Kara

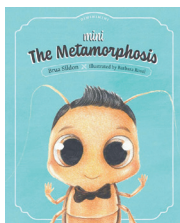
Book Sharing:

The Metamorphosis, by Franz Kafka

This book is about the main character, Gregor Samsa, who was originally the pillar of the family. However, one day he turned into a bug, from taking care of the family to being taken care of by family. His family still took care of him at first, but Gregor lost his ability to work. His younger sister even thought that the bug was not him. She believed that Gregor would protect his family instead of adding burden to them. They decided to drive him away. In the end, Gregor died silently in the room.

I like the characters created in this book. The main character Gregor still reveals his humanity after becoming a bug. When someone entered his room, he would hide under the sofa to avoid scaring others. Moreover, the author also deliberately arranged the plot that visitors were afraid of Gregor. It creates a sense of loneliness and touches the readers' heart. Gregor's story is a tragedy, and the ending is also sympathetic. When Gregor died, his family did not feel sad, but they all breathed a sigh of relief. The story of Gregor made me reflect on whether we often rely too much on those around us to ignore our ability to work, like the family members of Gregor. They didn't realise they were able to be independent until Gregor died.

I would recommend this book to you all.



5A (17) Wong Hong Ching Ophelia

Book Sharing:

Breaking Through: How Female Athletes Shattered Stereotypes in the Roaring Twenties, by Sue Macy

Good morning everyone! Today I am going to share a book with all of you. The book is called "Breaking Through: How Female Athletes Shattered Stereotypes in the Roaring Twenties". It is written by Sue Macy.

This book offers a rare and fascinating glimpse into the journey of women's rights through the lens of women in sports during the pivotal decade of the 1920s. Many hurdles were presented to female athletes as they stormed the field, stepped up to bat, and won the right to compete in sports. Featuring bold and talented heroines, this book documents the social issues and morals of the decade, from politics to the media which helped shape the changing narratives around women and alter the course of history entirely.

I think it is a fascinating window into a rich and seldom explored history, and also a topical reminder of the many discussions surrounding femininity and the role of women that continue today. After reading this book, I know that the chance of girls playing sports isn't easy as girls had so few athletic opportunities in the past, so we need to treasure the golden opportunity to do sports and participate in competitions. I've learnt that we need to approach equality when we face unfair situations.

I think this book is suitable for everyone, both children and adults. I can almost guarantee that all of you will learn from it. You can borrow it on virtual library if you are interested. Thank you!



5E (18) Wong Yuet Ching Phoebe

Book Title:
Legatus 505

Author:
Fulgur Ovid

Favourite character:

Fulgur Ovid is my favourite because it is a joy seeing his growth in character and learning about his past story.

About the story:

The first chapter is about Fulgur coming to our timeline and seeing his colleagues. The latest chapter is about Fulgur meeting Alban, and the sad stories of Felix. The book is still being updated, so I guess we'll need to wait for the updates.

Favourite part of the story:

My favourite part is the latest chapter about Fulgur's past story and Alban Knox within the timeline.

Thought on this book:

I like this book because of the uncommon words and the interesting world built.



5E (8) Fung Hiu Yu Denise

Book Sharing:

A Wrinkle in Time by Madeleine L'Engle

Meg Murry's life is not easy. School is a continual annoyance, and though she has a beautiful and loving mother who's also a gifted scientist, this just throws her own shortcomings into sharp relief. Then there is her youngest brother, five-year-old genius Charles Wallis, who alternates between being incredibly irritating; like when he pretends to be a moron in front of others, and exasperatingly bright, like when he seems to know what she's thinking. Then there is the fact that Meg's father, a famous physicist, hasn't been seen for two years, and everyone seems to think she should accept that he's not coming back.

On a dark and stormy night however, Meg's life is about to change. Charles Wallis has made some new friends, and when one of them, the eccentric old Mrs Whatsit comes calling, this kicks off a range of events that will see Meg, Charles and Meg's friend Calvin catapulted across the universe, seeing things more wonderful and terrible than they could have dreamed of. They engage on a planet-hopping odyssey in search of Meg's father. Meg will ultimately find that the things which make her life so difficult might just prove to be her salvation.

The book's overall descriptive style is rather more literary than in a lot of children's fiction, with an emphasis on emotions and ideas as much as sites of wonder, and nowhere does this come more into play than with the children's three mentors, Mrs Whatsit, Mrs Who, and Mrs Which, each of whom has their own personality and sense of mystery. While the book's first half is largely just an exploration of landscapes and ideas with the children hopping around different planets while having cosmology, philosophy and physics explained to them by the three Mrs W's, at the same time, the gorgeous spectacle and exhilarating sense of wonder, combined with such an understandable character as Meg, make sure things don't become too nice, especially since L'Engle is careful to use this portion of the book to set up a danger the children must confront, and send them off to confront it just before the pace starts to stall.

In general, I really like A Wrinkle in Time. An overall optimistic and uplifting take on the universe is probably even more needed now than when L'Engle first published the book, not to mention a cast of characters who range from the realistic to the memorably odd. Overall, this book has a lot of strengths, so I would highly recommend this book to children and adults alike.

