

Issue No. 43

破繭

Breakthrough

2023/2024 School Magazine
N.T. HEUNG YEE KUK YUEN LONG DISTRICT SECONDARY SCHOOL



目錄

編者的話.....	p.3
老師訪問.....	p.4-5
自我認知與自我認同.....	p.6
破紀錄的奧運選手.....	p.7
名人突破自我故事.....	p.8
破繭的動物.....	p.9
Renaissance – Rebirth and Revival.....	p.10
Breakthroughs that Changed the World.....	p.11
Encouraging Songs.....	p.12
Tips for Achieving a Breakthrough.....	p.13-14
同學投稿：	
心·繭 5E 蕭淞譯.....	p.15
蛹 4E 尚嘉怡.....	p.16-19
破繭 2D 伍芯言.....	p.20
破繭 5C 何倩怡.....	p.20
Carpe Diem, 4E LAW Cheuk Hei.....	p.21-23
Breakthroughs, 2D CHIU Tsz Yau.....	p.24
A Guide to Breakthrough, 4E CHAN Hoi Ting.....	p.24
Breakthroughs, 5E RAY Tsz Him.....	p.25
Technological Breakthrough: a Boon or a Bane?, 3E CHENG Ka Hang.....	p.26-27
Breakthroughs, 3E WONG Yeuk Kiu.....	p.27
Ascent, 3E CHAN Cheuk-yui.....	p.28
鳴謝.....	p.28

編者的話

破繭成蝶，便能展翅飛往廣闊的晴空。同樣，我們亦能蛻變破繭，探索森羅萬象的世界。

緊閉的門，堆積的外賣，炫目的藍光螢幕……人與人之間的聯繫只能依賴冷血的機械程式，將千言萬語和喜怒哀樂濃縮成螢幕上的文字和影像，但當螢幕黑掉，便與外界隔絕。回到校園生活，我們無法再通過在螢幕上舞動的手指溝通，封塵已久的嘴唇早就生鏽，心跳不再因生活的火花而躍動。同桌的兩人坐得那麼近，內心卻隔得那麼遠。曾幾何時，我們與友伴勾肩搭背、促膝暢談。我們熟悉對方的一顰一笑。彼此一個對視，大家便開懷大笑；我們大聲一呼，友伴就立即應答。精彩廣闊的天地正等候你的發掘，為何要將自己區限在狹窄的一方呢？大家破繭而出吧！

今年正值學校全面復常，水陸運會、鄉中一叮、交流團等活動正式重辦。全校師生齊聚游泳池，為支持的運動員吶喊助威，贏了則振臂高呼，輸了則搖頭嘆息。各社啦啦隊在跑道上展現排練成果，陣形隨着節拍強勁的伴奏變換，實在嘆為觀止。如此多彩的校園生活，倘若因個人心所起的繭而錯過，豈不可惜？

由毛蟲到蝴蝶，必要破繭而出；由稚嫩到成熟，必要蛻變成長。破繭是人生的必經階段，由牙牙學語到侃侃而談，我們適應了不再依靠父母的校園生活。此刻，我們要重新適應從網路世界回歸現實生活。試跟迎面而來的同學打招呼，上課時踴躍回應老師，報名參加學校推薦的比賽，你會認識到嶄新的自己。破繭就像登山，想欣賞山頂壯麗的風景，就必須從山腳步步為營地攀上頂峰。過程也許會有些吃力，但終能俯瞰山光水色，疲倦一掃而空。魯迅先生曾提到：「即使慢，馳而不息，縱令落後，縱令失敗，但一定可以達到他所向的目標。」各人節奏不同，倘若不甘局限於舒適區，只要竭盡所能，始終不渝，即使被他人超越，你付出的努力永不會付諸流水，終有成功的一刻。

「海闊憑魚躍，天高任鳥飛。」苦盡甘來，為的是追趕那更高更遠的日輪。隨著能力進步，眼界拓闊，便會發現自己的不足漸多，但毋須灰心喪氣，因為身邊仍有許多人陪你奮鬥，互相支持。

在此，我感激校長和老師的信賴，編輯的配合，投稿同學的支持，終能編成今年的校報。希望匯集眾人心血結晶的數十頁，能啟發你的破繭之路，給予你前進的動力。

引言

在漫長的人生路上，挫折和困難是無可避免的。或許是年少時學業上的難題，又或是初出社會面臨的巨大轉變……林sir和阮sir作為初入職場，踏入老師行列的「新鮮人」，他們如何面對工作的挑戰？又是如何衝破難關，破繭而出？就讓我們來探討一下他們突破自己的經過和方法吧！

老師訪問



問：兩位老師緣聚鄉中，卻一見如故，請問你們認為對方和初認識時有甚麼分別？

阮：我特意想了兩個成語來形容林sir，分別是「玉樹臨風」和「才貌出眾」。我對他的第一印象就是一表人才，如今的他比初見時更優秀，受到很多學生的愛戴，原本已有一百分，現在更是百二分。

林：我第一眼看到阮sir的時候，就覺得他很smart，很「醒目」；熟絡後，他和第一印象也沒甚麼分別，反而更加平易近人，十分親切。

問：不久之前，你們也是學生，請問在你們的求學生涯中，有無經歷過任何瓶頸位或突破呢？

阮：我的瓶頸位是在小學升上中學的轉變。我以前就讀的中學是一所「一條龍中學」，但我並非由其直屬小學原校升中，因此當時其他同學已相識多年，形成各自的朋友圈子。我這個「外來人」則花了不少時間融入他們的朋友圈，需要努力和技巧來建立人際關係，也算是我人生中的一大轉折。

林：我的人生轉折點反倒是在大學本科畢業後。我是一個喜愛研究學術的人，那時，我面對着是要繼續進修，還是投身社會工作的抉擇，一方面希望不斷提升自己，一方面又對教學事業嚮往不已，以致陷入兩難的局面。在經過多番考量後，我選擇了半工讀，既可實踐我對教育行業的熱誠，提早接觸社會，又能在不浪費四至五年的條件下，不放棄進修，一舉兩得。

問：你們在教學過程中有沒有遇到一些困難？會如何衝破這些難關呢？

阮：我認為現時遇到的困難是未能在課堂上同時兼顧多位同學的學習。不少同學都抱有「英文是外語，日常生活也不會時常用到」的想法，對英文的興趣更是少之又少。一些同學在英文課時提不起任何興趣，缺少學習動機，功課也只是「為做而做」，未能反映出同學的真正潛能，導致學習能力上出現差異。無奈的是，一班有這麼多學生，難免會顧此失彼，倘若只顧落後的同學，其餘已經學懂的同學又會覺得百無聊賴，無法專注，反之亦然。為提高同學對學習英文的興趣，我亦不時反思自己的教學模式，同時鼓勵同學多以英文溝通，就如我中學的時候，朋友之間都是用英文自然對話，久而久之便不會覺得尷尬，從日常聊天中增進英文能力。

林：在我看來，鄉中的同學往往十分重視學業成績，但學習的目的則是顯得過於功利。同學大多是因為學業的要求或社會的框架而學習，比起這些外在因素，我期望能培養同學的內在動力，激發他們對學習的興趣，一旦對某件事情產生興趣，必會事半功倍。這算不上是一大困難，但確是初為人師的小小挑戰，我會不時和同學一起探討中文問題，積少成多，發掘他們對語文的興趣，讓他們不再只為成績而學習，而是跟從本心學習。

問：你們一位曾在鄉中就讀，一位則剛到鄉中任教，請問你們在鄉中有甚麼趣事或深刻的事嗎？

阮：我印象最深刻的是在聖誕聯歡活動時，我收到了很多聖誕卡和零食，這讓我十分意外。學生時期，同學之間也不會互送聖誕卡，更莫言寫給老師，因此那天的收穫實在令我又驚又喜，覺得很新奇之餘，亦感受到鄉中同學的溫情厚意，記憶尤深。

林：大家記得要多寫幾張卡送給阮sir（笑）。那我就分享一下在鄉中就讀時的趣事吧。初中時沒有太多參加活動的機會，到了高中才和朋友一起參加如talent show等大型活動，不論是「夾band」表演還是全班同學一同上台表演，當中的樂趣皆是無窮的。我很享受每一次的排練，那些一整群人向着共同目標努力的回憶，至今仍在我的腦海深處珍藏着。



個人訪問

林老師：

問：在鄉中就讀時，有沒有哪位老師對你啟發良多？

林：周妮嫻老師。她是我中一及高中時的老師，教了我四年。我在不同方面受到她的啟發，當然少不得中文和文學方面。她的教學方式比較鼓勵性，令我更有自信完成自己想做的事。周老師和我同是香港中文大學新亞書院的舊生，故在大學畢業典禮擔任畢業生代表致辭時，亦藉此機會感謝她多年以來的教導。此外，這些年來我和她一直保持著聯繫，她也是我回到鄉中任教的一大原因。

問：你是否從小就開始喜歡詩詞？還是有甚麼激發了你的興趣？

林：我從小偏好文藝，電視劇也喜歡看古裝片，在學時期，同學常說我說話總是「四個字四個字」的（笑）。我對詩詞的接觸則是從中學開始才比較深入，初中時雖也背誦了不少詩詞，但到了高中修讀文學科，了解到詩人創作詩賦時的巧妙構思，乃至作者的人生經歷，則賦予了詩詞另一種感覺，使我很著迷。

阮老師：

問：作為新老師，你對鄉中同學的印象如何？

阮：鄉中的同學十分乖巧善良，對師長和前後輩都彬彬有禮，我認為這是很難能可貴的，這種品德情操在全香港更可謂是首屈一指；都說「鄉中出品，必屬佳品」（笑），來任教後，我也確實感受到鄉中同學在各方面的優秀和出眾。

問：很多電影的主角都經歷過重重波折，最後衝破難關，有沒有哪些你喜歡的電影可以推薦給正感到迷惘的同學？

阮：我會推薦《玩轉腦朋友》。電影講述了主角葦莉與腦中五種擬人化情感的故事，相信不少同學也和葦莉一樣，面對着各式各樣的困難，難免會感到茫然。常常在英文作文的letter of advice中看到「be happy」、「it'll be better」等建議，但真正經歷着重重波折的同學聽到這些說話，未必能從中得到安慰。當中的一個片段讓我覺得很有意思：乒乓感到失落時，阿樂在其身邊蹦蹦跳跳的，並一直試圖逗乒乓笑；阿愁則是坐到乒乓身旁，以軟言安慰。我認為感到迷惘的同學可以從中感受到世間的溫暖，明白到有人一直默默關懷自己，學會嘗試與信賴的人傾訴。同時，這部電影也教會同學如何表達同理心，有效地安慰身邊的人。



自我認知與自我認同

渺小而璀璨的我

也許每個人都曾在深夜時分輾轉難眠，潛藏在腦海深處的思緒此時便混亂湧出。

我是誰？

我要做什麼？

我是否有存在的價值？

諸如此類的問題都指向一個重要的「我」字。

「我」的定義

「我」，是個第一人稱代詞，代指「自己」。「我」字單一而多元，這世上可以有千萬個「我」；每個「我」所具備的特質卻又不盡相同。要從這千萬個相同的「我」字裏，找出零散的碎片拼湊出那個獨特的「我」，並非易事。這便涉及到心理學上的概念，「自我認知」。

自我認知

自我認知指一個人對自己的高度認識，例如思維、情感、能力等。「自我」包括兩個層面，他人眼中的我，及自己眼中的我。於不同人而言，二者之間或相似或有異。我們可以通過以下方法認識自我。

他人的評價能夠作為我們分析自己的指標之一。根據美國社會學家查爾斯·庫利提出的「鏡中我」理論，一個人對自我的認識主要通過與他人的社會互動所形成。他人的評價就像一塊鏡子，令我們觀察、了解自身。在日常生活中，我們可以詢問身邊的人對自己的看法和態度等，了解我們在他人眼中的形象，例如他人認為自己是怎樣的人？自己擅長什麼？自己在哪方面有待改進？以不同的角度看待自己，才能得出較為中肯的結論。不過由於別人看見的可能只是片面的「我」；且每個人對「我」的想法可能有差異，他人的看法也僅能作為參考。

當事人本身想要完整、多角度持續地了解自己，得從自身的視角出發。每當空閒時，不妨在一個安靜的地方坐下，了解自己。我們可以拿一張白紙，在上面寫下一份個人簡歷，內容包括性格、興趣、強項弱項、目標、經歷過的事、個人成就等與「我」有關的事，越詳細越好。寫完後，以第三人稱的視角，嘗試客觀地感受自己的生活，回顧自己的行為和想法，對簡歷上的人作出分析和評價。隨著時間的流逝及內容的不斷累積，我們會得到更多素材用於自我認識。以處事方式為例，面對一件事，「我」的第一反應是以理性抑或感性的態度看待並作出回應？背後的原因是什麼？加深對自我的認知有助我們發掘自己的長處與短處，尋找自己的能力，從而促進個人發展。

資料來源：

自我認知：<https://zh.m.wikipedia.org/zh-tw/%E8%87%AA%E6%88%91%E8%AA%8D%E7%9F%A5>

「鏡中我」理論：<https://baike.baidu.com/item/%E9%95%9C%E4%B8%AD%E6%88%91%E7%90%86%E8%AE%BA/6162384>

自我認同：<https://mbd.baidu.com/ma/s/ALyNqwB0>

(圖片來源：<https://www.insidescience.org/news/new-idea-how-dark-matter-came-dominate-universe>)

自我認同

建立起自我認知，就如同將散亂的碎片拼湊起來，組成完整的拼圖。若想讓這黑白拼圖變成彩色，不可或缺的是對其價值的肯定。這又涉及到另一個概念，「自我認同」。

「自我認同」指一個人能夠理智地看待並接受自己以及外界，能從這種認同感鞏固自信與自尊。「自我認同」這一概念建基於「自我認知」，只有當我們真正認識自己後，才會懂得認同自己。

很多時候，我們都會習慣性地將自己與身邊的人作比較，忽略自己的強項，漠視自己的弱項，否定自己的價值。但我們似乎忘記了每個人都是獨特的個體這一事實。「我是我，你是你」，我們有不同性格、能力和價值觀，這沒有對與錯；亦沒有好與壞。正正因為有多種人，世界才變得豐富，變得精彩，變得美好。無論我們是什麼樣的人，都有存在的價值。

我並不完美，但我是獨特的。我有接受自己的勇氣，也願意坦然擁抱這樣的自己。在人生漫漫長路中，學會欣賞自己的長處，接納自己的短處，專注於自身的成長經歷。「成長」二字很廣泛，每個人對其定義都有分別。一百個人可以有一百種成長的經歷。何時「破繭而出」；如何「破繭而出」，都沒有標準答案。就像每朵花的花期都不一樣。不論是春季綻放的鬱金香或是夏季盛開的茉莉花，都會等到花開。跟隨自己的節奏，便是最優解。

認識自己，接受自己，愛自己。

「我」是誰？或許是那浩瀚宇宙中一粒渺小而璀璨的星塵罷，哪怕微小，也會閃耀。



破紀錄的奧運選手

奧林匹克精神 —— 『更快、更高、更強』

今年7月26日至8月11日，法國巴黎將會舉行第三十三屆夏季奧林匹克奧運會。這個四年一度的體壇盛事，不但承載著運動員和教練的心血結晶，也是奧運精神的傳承。奧林匹克的格言為「更快、更高、更強」，奧運健兒正是朝著這個目標，不斷超越自己。由於奧運會每四年才舉辦一次，許多紀錄不一定是世界紀錄，運動員們能打破或打平它，也被認為是他們職業生涯中的重要成就。



劉翔 —— 中國首個打破奧運紀錄的田徑選手

2004年雅典奧運，劉翔以數個身位的距離勝出110米跨欄，成為中國田徑史上贏得奧運金牌的第一人，而他的12.91秒時間更打破奧運紀錄。在2006年，他跑出12.88秒，成為世界紀錄保持者，加上他在2007年稱霸世錦賽，成為110米跨欄項目史上首位集齊奧運、世錦賽、世界紀錄三項大滿貫的選手。至今即便歷經了4屆奧運，依然無人打破他所創下的「奧運紀錄」，這證明黃種人也能在田徑場寫下世界紀錄。

貝蒙 —— 創下的奧運紀錄仍未被打破

奧運紀錄維持最久的是男子跳遠紀錄，由美國名將貝蒙（Bob Beamon）於1968年墨西哥奧運跳出了8.9米的成績，同時也破了當時的世界紀錄。1968年世界頂尖跳遠選手的成績皆在8.3米之間徘徊，他卻跳出8.9米，遠遠超越了當時的紀錄60厘米。貝蒙8.9米的成績仍未被其他選手在奧運會中打破，維持至今已有53年之久。



湯臣 —— 打破歷時最長的奧運紀錄

湯臣（Elaine Thompson-Herah）突破塵封7屆奧運紀錄，衛冕百米女飛人。湯臣的起步反應時間雖然不及身旁的費莎，但她仍以相當明顯的優勢首先衝線。最終，湯臣跑出2021年最快的時間10秒61奪金，以0秒01之差打破了美國名宿姬菲芙（Florence Joyner Griffith）在1988漢城（今稱首爾）奧運所創的奧運紀錄。值得一提的是，現年32歲的湯臣在姬菲芙當年破奧運紀錄時仍未出生。

正如香港「牛下女車神」李慧詩所說，「不是拎了獎，運動員就有價值，沒有獎就不是英雄。」奧運會的意義在於參與，不在於結果，運動員靠著自己的信念，隊友的支持和教練的幫助，最後一起分享比賽的成果，讓我們一起期待香港的運動健兒在奧運會中繼續為港創造輝煌佳績。

參考資料：

中國田徑傳奇劉翔40歲生日 奧運雅典創歷史 主場無緣衛冕留憾 | 香港01
[https://www.hk01.com/article/919274?utm_source=01 articlecopy&utm_medium=referral](https://www.hk01.com/article/919274?utm_source=01%20articlecopy&utm_medium=referral)

盤點歷年的“奧運之最”，獲得最多奧運獎牌的選手至今仍無人能超越！
<https://nexttrend.com.my/olympic-history-record/>

原文網址：東京奧運 | 地球上最快女人 湯臣100、200米衛冕成功創歷史 | 香港01
[https://www.hk01.com/article/659137?utm_source=01 articlecopy&utm_medium=referral](https://www.hk01.com/article/659137?utm_source=01%20articlecopy&utm_medium=referral)

名人突破自我故事

蕭凱恩

歌曲/獲獎作品：

《面對黑暗》《看不見的神奇女俠》
《這種親》《讓愛照亮世界》

當提到香港盲人歌手，或許很多人腦海中浮現的人物都是蕭凱恩。有視障女高音之稱的蕭凱恩在三個月大時因眼癌而切除雙眼，自此成為失明人士。但她的人生並沒有被黑暗籠罩著，視力缺陷無減她對音樂的熱誠，她從6歲起展開音樂旅程，積極參加比賽和演出。後來於2021年加入香港樂壇，更獲頒金曲獎，為她的人生塗上繽紛色彩。



有人會因為自身的缺陷而怨天尤人，但這只是無濟於事。其實只要你願意突破自己，跳出框框，為自己的興趣和理想而奮鬥，縱使有缺陷的人都能夠在舞台上閃閃發光，擁有輝煌成就。成功之門總會為你開啟。

每個人都可以破繭？

絢麗繽紛、翩翩起舞、盤旋於空中的蝴蝶，你可曾想過這雙綺麗的翅膀背後耐人尋味的故事？破繭不只是昆蟲的權利，其實人類都可以突破自我、「破繭」而出，取得驕人成就。能否破繭，就取決於一個人的決心與毅力。這絕對不是奇蹟，也不是遙不可及之事。我可以，你可以，他們都可以！



周勝馥

「Lalamove, 送嘢拿拿聲！」相信大家對於這個家喻戶曉的口號一點也不陌生。

出身於徙置區的周勝馥，以努力不懈的精神成為新界區首位10優狀元，其後到海外留學，於2013年毅然在香港開創了Lalamove，開展了創業之路，這也成為他人生最大的賭注。他將物流業轉型及數碼化，成功將業務拓展至全球超過350個城市，聞名於香港、甚至世界各地，成為人所共知的送貨平台。

人生旅程中總會滿途荊棘，他的人生也不是一帆風順，他的拼搏精神，成為他成功的鑰匙，因為他願意接受挑戰，喜歡突破自己，才奠下事業成功之基石。

吐絲結繭，是作繭自縛，還是破繭而出？人生漫漫長路上，不怕走在黑夜裡，就怕心中沒有陽光。

資料來源：

香港展能藝術會

<https://www.adahk.org.hk/?a=doc&id=237>

香港中文大學校友事務處

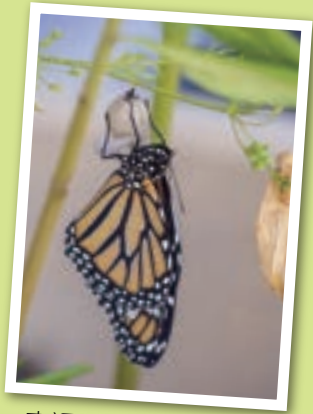
<https://alumni.cuhk.edu.hk/zh-Hant/blog/posts/CUAM109-coverstory>

破繭的動物

引言

「小叢初散蝶，高柳即聞蟬。」在花叢間翩翩起舞的蝴蝶，屬於完全變態類型的昆蟲；在柳樹上高鳴「知了」的蟬，則屬不完全變態。在動物世界中，不少昆蟲先要歷經一定的變化階段才能成蟲，當中如蝴蝶這種完全變態昆蟲，更是在重重困難中一破而出，破繭重生。

破蛹而出：蝴蝶



來源網絡 (pixabay)

堅忍不屈的蟄伏過程

蝴蝶的一生中須走遍卵、幼蟲、蛹、成蟲四步曲，在完全發育為蝴蝶前，牠們少不了經歷一段時長不等的蛹期。此時乃生理逐漸轉變重組的過渡時期，各種成蟲的構造器官正逐漸分化成熟，促使幼蟲與成蟲的形態截然不同。

蝴蝶的蛹期按種類和季節而分。一般非越冬期的蛹，只消幾個星期即羽化，若進入休眠越冬狀態則可達數個月，直至春暖時方結束。如大鳳蝶於秋季化蛹，僅兩個星期便可羽化；冬季則嚴寒，蛹期可長達三個月。

待終齡幼蟲在多次蛻皮過後變得成熟，便會停止進食，並踏上找尋合適的化蛹場所的旅程。鎖定目標後，幼蟲吐絲固定住自己的身體，蛻去舊皮。其後，幼蟲的外表逐漸硬化定型，完成化蛹。蛹期間幾乎不活動，僅有腹部能略微運動。

漫長的時間，忍耐的痛苦……在化蝶之路上必須承受不盡的折磨，而牠們不屈不撓，只因深信在漫漫長夜逝去後，終能看見雲開日出。

如獲新生的破繭瞬間

日復一日，蛹的外觀漸漸透出發育中成蟲的體色，若隱若現的翅膀花紋尤為明顯。成蟲的軀體藏在透明的蛹殼中，體色隨着時日逐漸轉深，成蟲的軀體與蛹殼一點一點剝離，距離羽化的日子已是不遠。

時機成熟之時，初羽化的成蟲會攀附在蛹旁的合適位置（或蛹殼），將體液填充到翅膀中，伸展皺巴巴的翅膀；待到其努力伸展、硬化定型，始能展翅飛行。在成蟲脫蛹的同時，往往會伴隨着從腹部排出一些蛹期時累積的代謝廢物，稱為「蛹便」。

破蛹而出的決定性瞬間大多發生在夜間或清晨，非白天能輕易目睹。

破繭重生：蠶蛾

春蠶到死絲方盡？

春蠶吐絲，至死方休，象徵着一段貞忠不渝的愛情，滿腔深情盡訴在綿綿不斷的情絲之中。然而，當蠶絲吐盡之時，蠶真的會死去嗎？

其實，蠶吐絲是為了結繭。蠶以卵休眠越冬，在春天孵化，經過大約一個月的幼蟲期後吐絲造繭並化蛹，在一至兩個星期的蛹期後破繭而羽化，不久便可交尾、產卵。蠶只食桑葉，在體重增加到孵化時的一萬倍左右後，食量逐漸減少，以至停食，直至前半身呈透明時，開始吐絲造繭。熟蠶大約須兩到三天造繭，成繭後，體軀變小略呈紡錘形，在繭內靜候化蛹。繭的大小因蠶種、桑葉的品質乃至飼養的條件、時期而不盡相同，造繭後的蠶蛹比原先的蠶小許多，且在繭中保持靜止不動的狀態，才讓人以為牠「絲盡至死」。

春蠶吐完絲，意味着牠完成了化蛹前的準備工作，其後便要在繭中努力改造身體，從幼蟲蛻變為成蟲，並非真的如詩中所說般絲盡身死。

蠶結繭後約十至十五天，蛹便會準備羽化，蛹在繭裏羽化成蛾後，蛾會從嘴部分泌出鹼性液體，把蠶繭的一端變得溼溼的，從此處把繭頂破，頭、胸、腹先後露出，破繭而出。這時蛾的翅膀略皺，牠們會一邊走一邊鼓翅，翅膀如吹氣球般慢慢膨脹並展開，大約一小時後翅膀才會變硬。

在破繭後，蛾的唯一任務就是繁衍後代。雄蛾與雌蛾交配，雄蛾不久便死去，雌蛾則繼續產卵。雌蛾產卵時不眠不休，一兩天可以產下五百個卵，只是在產卵過後，牠們不再吃任何東西，過不了多久就會死亡。

在繭裏歷盡艱辛，猶如身死，牠們卻不忘使命，熬過最黑暗的時期，破繭成蛾，延續一次又一次的生機。一死必伴一生，若蠶真在繭中死去，蛾便由此而生；蛾為產子而死，卻繁衍無數新生命。

置之死地而後生？



來源網絡 (Shutterstock)

參考資料：

環境資訊中心【蟲蟲的祕密】蝶蛹易容術 e-info.org.tw/node/79064；

農業知識入口網-蠶桑館-破繭而出 kmweb.moa.gov.tw/subject/subject.php?id=14114；

獨立評論@天下-作繭自縛、春蠶吐絲……關於蠶寶寶那些你不知道的事

opinion.cw.com.tw/blog/profile/390/article/9904

Renaissance—Rebirth and Revival

Introduction and background

The Renaissance was a cultural and intellectual movement that took place in Europe between the 14th and 17th centuries. It first started in Italy and later spread throughout Europe.

In the late medieval times, Europeans gained new knowledge at universities and from the advanced Arab civilization. They started to question the teaching of the Church. Influenced by humanism, Europeans stressed the spirit of inquiry and rational thinking. They challenged traditional ideas and proposed new ideas. Many important scientific discoveries and inventions were made.



(Renaissance paintings about art, architecture, science)

Artworks

Renaissance artworks were more three-dimensional and realistic as new techniques of perspective and shadowing were used. Painters even studied the human body thoroughly to paint lifelike human bodies and facial expressions.



(famous painting of Raphael)

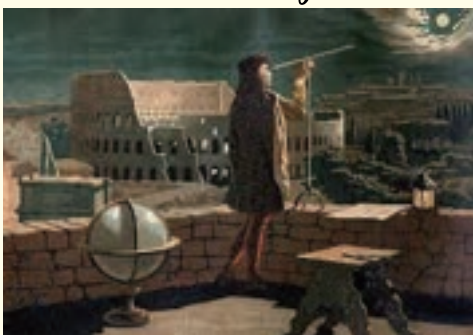
Medicine



(study of Vesalius)

Scholars carried out experiments to discover the real causes of diseases. Fracastoro proved that diseases were spread by bacteria which bred on decayed matters. Besides, Vesalius dissected dead human bodies, and described in detail the human skeleton, organs and muscles in his book.

Astronomy



(Copernicus using a telescope)

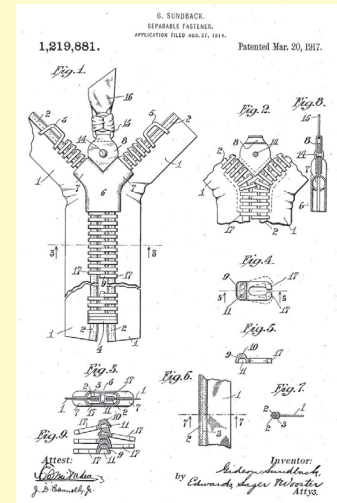
Copernicus proposed the theory of heliocentrism. Later, Galileo made telescopes to observe the universe and carried out experiments and affirmed heliocentrism. Although he was placed under house arrest until his death by the church, he had made enormous contributions to research in physics, mathematics, astronomy, etc.



Breakthroughs that changed the world

ZIPPER

In the olden days, most of the closing of clothes relied on buttons, until the Swedish-American electrical engineer Gideon Sundback invented the “hookless fasten devise” in 1913. He designed an indent and bump to each tooth of two facing rows of teeth, so that the teeth could interlock with one another firmly by a slider. Furthermore, he built a manufacturing machine, producing several hundred feet of his device per day, in order that the device could be widely utilized at a reasonable price. Nowadays, the zipper has become the most ubiquitous fastener in our lives. With a ‘zip’ sound, our jeans can be perfectly worn by a lift of fingers. For further advancements, specially-designed waterproof and airtight zippers can even be found on spacesuits and firefighting suits.



INSTANT NOODLES



The first instant noodles were invented by Momofuku Ando in 1958, when Japan was suffering from food shortage after World War II. In Ando's biography, he recalls seeing people's happy faces when slurping a bowl of warm ramen, which makes him believe “Peace will come when people have food.” After this incident, he was determined to invent a nutritious ramen which could be easily cooked at home. Through hundreds of experiments, he eventually came up with a method of preparing instant ramen: sprinkle ramen noodles with chicken soup, cut and shape them into curly noodles, and then fry them. Thanks to Ando, whenever we want to enjoy a bowl of delicious ramen now, we can just simply pour boiling water into the instant noodles, which will become softened and release its chicken flavor in a short time.

MICROWAVE OVEN

The invention of the microwave oven was an accident during the experiment on radar. Percy Spencer was an engineer working for Raytheon, a developer and manufacturer of advanced electronics systems for military forces. One day in 1945, Spencer was testing to improve the power level of radar magnetron, when he surprisingly found out the peanut cluster bar in his pocket was melted by the microwaves. While some said the snack was a chocolate bar, which melted at 80°F or about 26.7°C, a peanut cluster bar with a much higher melting point was not only accurate storytelling but actually more remarkable. Later in 1947, the first commercial microwave oven was developed, called the “Radarange”. It was 1.8m tall, weighing 340 kg. Due to its large volume, the microwave oven could only be popularized in 1967 after it was compacted.



Reference:

The ingenious invention to better the button <https://www.bbc.com/future/article/20170322-the-ingenious-invention-to-better-the-button>

How Was Instant Ramen Invented? <https://www.britannica.com/story/how-was-instant-ramen-invented>

A Brief History of the Microwave Oven <https://spectrum.ieee.org/a-brief-history-of-the-microwave-oven>

Encouraging songs

Do you have a favorite song that brightens your day or encourages you to stay strong? If your answer to this question is YES, I believe we can all agree to the power of music. While music is usually viewed as simply a tool to 'chill and relax', it actually has a tremendous impact on both our physical and mental conditions as well as our state of mind.

What are the actual benefits brought by uplifting songs? In fact, music harnesses the transformative power to evoke memories and emotions, helping us to adjust our perspectives. For instance, a vibrant and inspiring song can act as a catalyst to reignite our passion and enthusiasm when we feel down. Being reminded of our original goals and the joy of pursuing them by the power of music, we could definitely be positively influenced to stay strong and continue to strive for excellence.

After getting to know about the advantages of music, what are some of the encouraging songs that you can choose from?

Rise Up by Andra Day

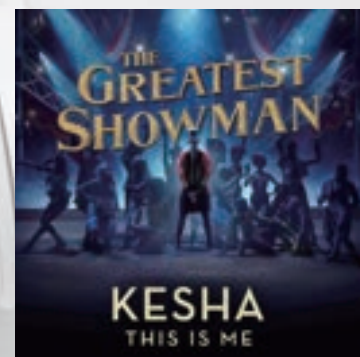
*You're broken down and tired
Of living life on a merry go round
And you can't find the fighter
But I see it in you so we gonna walk it out
And move mountains
We gonna walk it out
And move mountains
And I'll rise up
High like the waves
I'll rise up
In spite of the ache
I'll rise up
And I'll do it a thousand times again*



This contemporary R&B song exactly exhibits the true power of music. Through the sincere lyrics and uplifting melody, Rise Up focuses on perseverance, courage and confidence. It inspires us to find the hidden power within ourselves through the most struggling challenges, thereby staying determined and motivated. It also encourages us to stay hopeful: to remember that there is always a light at the end of the tunnel no matter how long and dark that tunnel might be. "I'll rise up, in spite of the ache. I'll rise up And I'll do it a thousand times again" Isn't this the perfect definition of perseverance? Moreover, Rise Up was written after one of Day's close friends had been diagnosed with cancer, as a sort of self-prayer to overcome hopelessness. This true experience has further deepened the meaning of the song.

This Is Me by Keala Settle and The Greatest Showman Ensemble

*I am not a stranger to the dark
"Hide away, " they say "Cause we don't want your broken parts"
I've learned to be ashamed of all my scars
"Run away, " they say "No one'll love you as you are"
When the sharpest words wanna cut me down
I'm gonna send a flood, gonna drown 'em out
I am brave, I am bruised
I am who I'm meant to be, this is me
Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not scared to be seen I make no apologies, this is me*



This Is Me is the most suitable pop song for those who are facing difficulties in self-recognition. "I've learned to be ashamed of all my scars" reveals the internal struggles faced by many of us. In this brutal society, we are often too scared or feel insecure to show our true selves in the face of criticism. This Is Me acts as a powerful lesson, teaching us to embrace our individualities, and eventually leading us to self-acceptance. "I'm marching on to the beat I drum" carries the underlying meaning for us to follow our own unique paths, in spite of others' opinions. In fact, this song encourages us to accept ourselves with all our deformities and insecurities, and to be proud of and fully love our true sides. It's about stepping out from our own shadows, not shyly, hesitantly nor cautiously, but bravely, boldly and proudly. After listening to this song, I hold the faith that we can all achieve that.

Tips for Achieving a Breakthrough

What do you mean when people say 'achieve a breakthrough'? Some of you might start to think, breakthrough should be something extraordinary, or inaccessible. In other words, it is very difficult and even impossible for us to achieve a breakthrough in this short secondary school life. Well, we might not be able to achieve an academic breakthrough, but instead, we CAN achieve a self-breakthrough anytime.

What is a self-breakthrough? That means, basically, breakthrough to your best self. It helps you to overcome your limiting beliefs, adopt a growth mindset and set achievable goals. The following text is going to teach you how to improve yourself.

Karl Wallenda Effect

Theory

In short, Karl Wallenda Effect suggests that if you are doing something, you need to focus on what you are doing. You need not focus on the result. You need to put in all your efforts to make it done instead of having the perception that you will fail or succeed.



Story

Karl Wallenda was a German-American high-wire artiste who performed daredevil circus act with perfection for many years. His life was at risk every time he walked on the tight rope, but he firmly believed, "Tight-rope walking is living and everything else is dying!"

However, his performance failed while he was crossing a 75-foot high tight rope between two hotels. His wife recalled, "All Karl thought about for three straight months prior to it was falling. It was the first time he had ever thought about that and it seemed to me that he put all his energy into not falling rather than walking the tightrope."

Enlightenment

The Wallenda factor is primarily concerned with one's perception of the outcome of the event. The attitude of successful leaders towards failure is completely different, and you can observe this not only in their words, but also in their actions. They tend to view their failures as 'false starts', 'stumbles', or 'steps to greatness'. They simply do not focus on it, and view it merely as a stepping-stone to success.

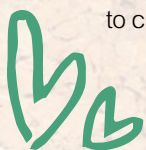
Applications

This theory is actually fully applicable to our studies. When we take examinations, many of us focus too much on the failure or success rather than the exam itself.



Exam

Actually, this would only affect your concentration and lead to worse results. The correct and healthy mindset is, we should view the **exams and tests as stepping-stones to success** and gadgets to **test our understanding**. Instead of focusing on the results, we should use all our efforts to complete the test. Eventually, when we really immerse ourselves in the test, we would find out that the result is exactly the one we want.



Zeigarnik effect

Theory

In psychology, the Zeigarnik Effect occurs when an activity that has been interrupted may be more readily recalled. It postulates that people remember unfinished or interrupted tasks better than completed tasks.

Story

Lithuanian-Soviet psychologist Bluma Zeigarnik first studied the phenomenon after her professor noticed that a waiter had better recollections of still unpaid orders. However, after the completion of the task — after everyone had paid — he was unable to remember any details of the orders. The advantage of remembrance can be explained by Lewin's field theory: a task that has already started establishes a task-specific tension, which improves cognitive accessibility of the relevant contents. The tension is relieved upon completion of the task, but persists if it is interrupted. Through continuous tension, the content is made more easily accessible, and can be easily remembered.

Enlightenment

The Zeigarnik Effect can play an important role in a person's mental health. Incomplete tasks often lead to frequent and stressful intrusive thoughts. These thoughts can reduce sleep, promote anxiety, and further deplete a person's mental and emotional resources. Conversely, the Zeigarnik Effect can promote mental well-being by motivating an individual to complete tasks and resolve lingering issues. The successful completion of assigned tasks can provide a sense of accomplishment while boosting self-confidence and self-esteem.

Applications

The Zeigarnik Effect illustrates the psychological image that 'finishing tasks on time can reduce anxiety'. Have you ever been anxious about incomplete tasks, such as your homework or revision?

Anxiety



As stated above, people remember incomplete things better than completed tasks. Evidently, if we keep on postponing the tasks, we would only get increasingly anxious about them. On the contrary, if we can finish tasks on time, not only can we reserve more time for other affairs, but we can also feel the sense of accomplishment, which will result in a much better mood. Additionally, if you can find closure for stress-inducing events, you are more likely to experience a long-term positive impact on your psychological well-being. It is clear that finishing tasks punctually (especially homework) would be a good choice for you to reduce anxiety.

source: book 《Introduction to Psychology》

白色的繭、紅色的心，這就是毛毛蟲的我。

白日、藍天、微風、蟬鳴，那一個夏天，那一間教室，我第一次看見了他。他是一個什麼的人呢？我不知道。對於外貌，我向來是不懂得怎麼描述的，或許他是一個胖子，也或許他是一個瘦子，但那也沒有什麼關係的。至於他的內在，我自然也是一概不知。但就像蝴蝶和毛毛蟲這一美一醜的存在那般，世事總是奇妙的，他吸引了我的目光，吸引了我的心思。也許這是因為氣質吧，就像天上的兩滴喜歡地上的溪流；地上的樹木喜歡天上的太陽，這總是難以言說的。

但我是一隻毛毛蟲，我想，我是醜陋的。我竭力地想像，當毛毛蟲遇上蝴蝶，會發生什麼事？他是會像看到一堆垃圾般緊皺眉頭打量著我？還是直接如冰山般冷淡地拒人於千里之外，對我的說話不理不睬？抑或是利刃般殘忍無情地出言斥責，拒絕我的一切談話或接近？我畏懼，我害怕。我的心就這樣開始織起了一個繭，包圍著我，防止著我接近他，保護著我免受傷害。

說到底，毛毛蟲又怎麼可能跟蝴蝶做朋友呢？

時間就像那微風吹著的綠葉般，飄著飄著，就過去了。當我們在同一課室上課的時間越來越多，我對他的了解，才漸漸多了那麼一些。

記得那一堂課，老師突然問了我們一道問題，全班同學無人能答，一時間不是望向窗外，就是趴在桌上裝睡，千方百計避免與老師有任何的眼神接觸。課室一剎那變得空蕩蕩的，只有我們的呼吸聲依稀可聞。

就在這時，他站了起來，微笑着望向老師，眼神沒有一絲閃縮，身軀沒有一絲後退，心神沒有一絲猶豫，就那樣唇齒輕啟，輕柔和緩地拋出那個平地驚雷般、足以震撼我們的答案。一剎那，這隻蝴蝶展開了他的翅膀，漣漪般肆意地向四面八方展出他的美麗。我彷彿見到這隻蝴蝶的身後有一個太陽，散發著那覆蓋四海八荒的光芒，閃耀得讓人睜不開眼。太陽還是熾熱的，把接近他的一切都焚燒殆盡——是一種壯烈的、美麗的燃盡。

那一刻，我開始對他有了那些微的了解。他是開朗的、是熱情的、是外向的、是瀟灑跌宕、落拓不羈。但又是淡漠的、是沉穩的、是內向的、是淵渟嶽峙、中正深沉。我越來越想接近他，可是我畏懼、我害怕。他的光輝、他的烈焰想必會把我毀得粉身碎骨。我的心，就這樣吐出更多的絲，把我包裹得越來越緊，阻止著我與他的一切接觸。

但你說，在自己的繭內待上一輩子又怎能接近他呢？

破繭而出如今竟又成了一件我渴望的事了。有一次小息時看見他和另一個同學面對面地談話，他開始沒有什麼表情，只是一直傾聽對方說話。只見對方不知道說到什麼，他突然忍俊不禁了。在那瞬間，我生出了一種感覺，這個課室是世界的

後花園，這蝴蝶在花園裏自由地展翅飛翔，四周的繁花全都在那一剎那盛放，為他綻放出最美麗的一面。

只見他不知跟那個同學說了什麼，引得對方也捧腹大笑。我想起不論是息午息或是放學時，都看到他和不同的同學結伴而行、歡聲笑語。他們在談什麼呢？是校園裡的八卦？還是複雜的學術？反正，我只知道他是很受歡迎的，就像世間萬物都嚮往光明那般，簇擁著美好的一切。

我羨慕那些可以跟他相視而笑的人，那些可以跟他成為朋友的人。為什麼他們可以，而我就不能呢？唉！像我這樣的一隻毛毛蟲，果然是沒有資格站在他身旁的。可是我羨慕，可是不甘心，我想破繭而出，走到他身邊。可他多不勝數的朋友卻益發使我恐懼。他會理睬我嗎？我就算走過去，也不過是自取其辱罷了。生命原是煎熬的，一邊是心造的密不透風的繭；一邊是奮力想破繭而出的心。心啊，心啊，你到底在想什麼呢？

直到那一天，那平常的一天，那花開花落的一天，上課前我才發現自己忘了帶文具，不禁驚惶失措，腦袋飛速想著該如何是好。恰好這時，他經過我座位前面。

雨停了，風停了，世間萬事萬物這刻彷彿都靜止不動，我耳朵聽見了有某些東西裂開的聲音——那是繭碎裂的聲音——我用盡我一切的力量，破開了我的心繭。

「你能借我一支筆嗎？」

他愣了愣，道：「可以呀。」

在那一刻，我是一隻蝴蝶，一隻剛掙破了繭，努力地展翅高飛的蝴蝶。

「謝謝你，我忘了帶文具。」

他笑了笑。

心繭束縛著我們，令我們畏懼、逃避接觸一些新的人事物，只求耽於繭中，求得那一刻安寧，但因此，亦錯過了許多美好的人事物。

其實，若追求某些人事物，安坐原地，守株待兔，又豈能成事？只要擁有決心信念、覺悟意志，破除心繭，勇於追求，那，美麗就是你的，你就是美麗。

總有人自慚形穢，覺得對方才是人間至美，但，心即是繭，繭即是心，你若覺得自己是美麗的蝴蝶，在那一刻，你就破繭了。

須知道，蝴蝶，也曾經是毛毛蟲。兩者，本為一體。世事萬物，皆是如此。何懼之有？

窗外，風和日麗，兩隻蝴蝶迎風飛翔，飛向那天上彩虹，地下繁花。

你說，我可以跟他做好朋友嗎？

01 複雜的記憶中有許多畫面，但真正完全改變了我的是在體育跨欄測驗與張程一前一後越過終點線的一瞬間。比賽的結果誰也不會相信，畢竟沒人想過一個默默無聞的學生能比一個破了學校記錄的田徑隊隊員跑得快。我虛脫地躺在地上，心臟仿佛要衝破束縛沖出來。張程同樣躺在我旁邊喘著粗氣。

「不可能，你這文文弱弱的樣子怎麼可能贏過我。」

「可是我已經贏了。」我翻起身，拍拍身上的泥土。旁邊的教練開了口：「王浩，考慮一下要不要加入田徑隊。」我為什麼要參加田徑隊？因為我贏了張程？這正是這個世界令人討厭的地方，人人都相似得可怕，他們眼裡只有結果。

放學後張程找到我：「今天我們再比賽一次。」我才沒那個興致和他比，直接推了他一把，扭頭朝著校門跑去，後面的張程也緊緊地追著我。剛開始他追不上我，到了後來我的雙腿卻像灌了鉛一般越來越重，突然兩眼一黑，雙腳像踩入粘稠噁心的泥潭，張程同時朝我撲了過來，我們兩個一起滾到了路上。

02 在這個暑假裡我一直不停地練跑，我不能說自己有多麼喜歡那種奔跑和跨越的感覺，有時候甚至會恐懼邁出雙腿。但我和張程不一樣，他只想跑進13.08，我卻不貪戀這個世界，冥冥中我知道只有繼續跑下去，跨越世界的極限才能躍出去。我渴望真實的感覺，這份希冀勝過了我對未知的恐懼。可這樣高強度的訓練卻超出了身體的極限。

我躺在醫療室裡，將冰塊緊緊貼近剛剛抽筋的小腿，喉嚨乾到泛起了鐵鏽味。教練在旁邊看著我：「超越自我，沒什麼不好的。」

「但是或許，你會後悔的。」

那天晚上我做了一個夢，夢見自己躺在一個巨大半透明的蛹中，腥臭的液體漫過頭頂，我張大嘴試圖緩和窒息的感覺，可那液體卻倒灌了進來。我清楚感覺到液體中的小蟲在一步步從眼眶，

03 我攤在床上，望著天花板，雙腿短暫地沒有知覺，口腔泛著血腥味——是我把舌頭咬破後流出的。母親在窗邊哽咽著，父親拿著我的身體檢查報告，禁止我再繼續跑。

沒事。

只是一個夢而已。

「你跑不過我的。」張程上氣不接下氣「至少你跑不過這個世界。」

「我討厭這個世界。」我將額頭抵在柏油路上，緩和著雙腿的痛楚。

「為什麼，沒有人會真正地討厭這裡。剛開始可能會，但到後來人們卻不捨得離開，我們都能在這找到自己的位置。」張程大笑起來「對於你來講這是一個討厭的世界，對於我而言卻是一個13.08秒的世界，全球有不知多少高中生跑得比我快，但卻沒人在110米跨欄中跑進13.08秒。」

「只要我跑進了13.08秒，我便超越了這個世界。」

在我們學校有一種說法，如果你突破了這個世界的界限，你就能脫離這個世界。

不知從何時開始，這裡的人都察覺到了這裡的虛假，但又都自然而然地接受。我們不能脫離這個世界的約束，同時也都隱隱約約明白在這之外有著一些令我們恐懼的東西，大家都帶著不安生活著，粉飾太平。我們都能在這裡找到自己的位置，每個人都有自己的強項，這裡沒有失望，沒有自卑。

鼻孔，嘴巴和皮膚上的小孔入侵我的身體，包圍我的大腦，填滿內臟。身體和思緒變得越來越沉重，我艱難地抬起雙手，反復撕裂這個該死的蛹，不知道重複了多久，指尖終於探入了凜冽的空氣。我艱難地將身子探出來，大口大口地喘著氣，隨即驚駭地瞪大了眼睛。

我的雙腿不見了。

隨之而來的是鑽心的痛，我撕心裂肺地叫了起來，將身子縮成一塊，撫摸著大腿的截斷處，原先長而有勁的雙腿現在卻只剩下短短一小節大腿。膿水混合著血液從肉塊中流出，染紅了蛹，半透明的小蟲還在不停順著截肢處向上啃食著。我無意識地扯著頭髮，將頭在地上一下下地磕著，在不知過了多久後終於有光芒在視野中炸開。

可當有另一個人也夢到了一模一樣的夢，就變得耐人尋味起來。我和張程沉默著坐在跑道旁。他一下下掐著碼錶玩，想卡在13.08之前停下。

「我們會後悔的。」

04

我練得更勤快了。

周圍的風像變成一個巨大的蛹，我每跑一步就像要衝破這層束縛；我騰空飛躍起來，像是要化繭成蝶。戰勝他，我在內心吶喊，撕破這個世界，有一瞬間，我以為自己要突破那一界限了。呼——呼——將要衝過終點線的時候，我的心臟卻突然抽動起來，視線變得模糊，眼角出現一重重人影，低頭一瞧，雙腿齊根消失，只剩大腿滑稽地擺動，難以言喻的恐懼從心中湧出，我重重地摔在地上。

「王浩！我贏過了你！！」張程的聲音從前方傳來。

教練……

「王浩，你比張程慢了七秒。」這是教練的聲音。

我不想說這個……

「王浩！王浩！」

「教練！！」我終於吼了出來。「教練，我的腿沒有知覺了！」

我開始劇烈地咳嗽，把堆積在喉嚨混著血絲的痰都咳了出來。雙腿的異樣並不能蓋過我的亢奮，眼前所有的景色卻消失了，取而代之的是另一幅場景，無數個穿著白大褂的人面無表情地站在我面前，將我塞入蛹中，一點點縫起封口。我憤怒地揮出拳頭，卻怎麼也控制不了身體。眼前出現了兩個熟悉的身影，他們忽遠忽近，隔著蛹撫摸著我。陽光照射進來，恍惚之中我看到許多人在大喊大叫，有教練，有張程。太陽一閃一閃的，像是醫院壞掉的燈。

我分不清自己在哪。但是我知道自己快要觸碰到了什麼。

每當我邁開雙腿，都會有一種撕裂的痛感讓我停下來。

再快一點，再快一點才能衝破，我不停對著自己說，沒有人可以阻擋我。

我自己也不能。

05

我一直在黑暗中跑著，旁邊有一道人影如影如隨。

——「停下吧。」那道人影開了口。

呼呼。

——「停下吧」

「閉嘴啊！」我對著虛空吼著。

——「為什麼一定要衝出去。這裡不好嗎」

這裡很好，有溫柔的老師，親切的朋友和一直照顧我的父母。可這是我想要的嗎？

——「你再跑下去，就會拋下他們了。」

確實，我為什麼要放棄優越安穩的一切去追尋那未知的恐懼？停下嗎？停下吧。我的生活已經足夠好了。夠遠了，我已經跑了太久了。

可當我一頓住腳步，周圍便浮現出許多畫著誇張小丑妝的笑臉。他們沒有為我喝彩。那是憐憫的笑容。

不應該停下的，我恍惚地想，只有跨過終點時才能成為自己。可是已經晚了，濃稠的黑色覆蓋住我的口鼻。我不知道漂浮了多久，直到感覺嘴裡吐出了粘稠的絲線，將自己層層包裹。我苦笑著，原來困住我的竟是自己。

06 一切都是如此的似曾相識，我重現了第一個夢的場景，再一次忍著噁心和不適撕開蛹。

我不知道自己在灰霧中爬了多久，後背肩胛骨的位置從最開始的灼熱感變得越來越痛。胸口快要炸開了，內臟被擠壓在一塊，後背出現了兩個血窟窿，有些東西在掙扎著長出來。要成功了嗎？終於能化繭成蝶了嗎？一陣痛楚掙扎後，我總算感覺到了它們——我的翅膀。

我貪戀地撫摸著它們，在血泊的倒映中看到了他們——並不美麗的形狀，每一邊翅膀上都有著三隻佔據了大部分面積，懾人的斑紋眼睛。它們就那麼透過血泊盯著我，不帶任何感情地讓人畏懼。我垂下腦袋，或許我不是蝴蝶，只是一隻蛾。

07 全國總決賽的跑道上，所有人都緊繃著，蓄勢待發。觀眾席上的人群中稀稀落落坐了一眾穿著白大褂，看不清面容的人。我的父母和教練都神奇地在我爬出蛹的那天便消失不見，空蕩蕩的房屋裡沒有任何他們生活過的痕跡，仿佛他們曾經的存在只是為了完成任務。

「砰」槍聲響了。

起跑線上的人都變成了離弦的箭，我與平日一樣，速度很快再次達到了臨界點，雙腿越來越痛，細小的鑽頭從我的骨骼開始向外鑽，像是要把我擊潰。

這個世界有著他自己的界限，這個界限就是按人的智慧，能力，身體，精神等要素結合計算出來的。打破他的唯一辦法就是突破自己。外面的世界對於我們而言是一個比這裡更為殘酷的

我又看到了那個如影如隨的人影。他輕輕歎了一口氣。

「去吧，向有光的地方去。不要後悔，你已經沒有回頭路了。」

他擁抱著我，光圈在身上蕩開。在最後一刻，我看到了他的臉——我的教練。

無數東西從我身邊飛過，我幼時的玩具恐龍、一本再普通不過的課本、一個個記不清長相的同學，以及我的父母。他們都飛去了我觸碰不到的地方。

地方，可我卻選擇了奔向他。所有迷茫與痛苦向我而來，都由我來承擔，這一切的一切將讓我張開翅膀。我知道要衝破這裡不能光靠身體的力量，還要把我所有精神，思想的速度都加在一起。

我不會再在恐懼中輸給自己了。沒有什麼可以擒住我。

我自己也不能。

巨大的翅膀鼓起來，三對純黑色的眼睛斑紋無畏地看著前方。周圍的人都消失了，身後的場景在慢慢淡去，前方出現一道白色的大門。

「13.05」教練在門旁，按下碼錶，替我推開了門。

「繼續前進，任何時刻都不要停下。」

08 我穿過白色大門，猛地睜開眼睛，旁邊的儀器在滴滴滴地叫著。我掙扎地爬了起來，把身上連著的膠管都拔掉，包括呼吸管，醫院帶有消毒水味的空氣湧入鼻腔。好幾個醫生在我面前手忙腳亂。我置若罔聞，只想從這個地方出去，起身下床時才發現下半身空蕩蕩的。

任何人的話語我都聽不進耳，直到一個長得酷似教練的醫生將我的病歷遞過來，紙上的每一個字都像是漩渦，把我拖進無盡的恐懼和不安中。

病例：姓名王浩，十三歲時車禍，雙腿被

截肢，陷入昏迷，意識不清。建議進行B5475植物人工程，其父母同意進行該工程。（備註：B5475工程，構造一個虛擬世界，將植物人的潛意識導入，同時植入人工智慧作為嚮導，刺激患者意識。外界可以通過程式聯通，進入偽世界與植物人交流。）

我看著手上的病歷報告，眼淚淌了下來，滴在座椅上，恍惚間覺得它們落在了大腿上。

好像我的腿還存在，我還是那個在田徑場上飛馳的少年。

09 我在醫院康復修養的那段時間，常常使用輪椅代步去看望依舊躺在病床上的植物人張程。

陽光下灰塵在他的眉毛上飛舞，我對昏迷的張程說：「我曾經有一度後悔過自己醒了過來，也恨過他們對我做的一切。巨大的落差感還不如殺了我。如果這就是真相，那還不如永遠地沉睡。」

「十三歲時的車禍讓我陷入昏迷，失去雙腿。而後科研人員和父母決定讓我進行B5475工程，將我的意識導入虛擬世界，也就是我們一直嘗試超越的那個世界，以此反復刺激我們的大腦，希望我們可以醒來。同時能從那個世界走出來的人，都被培養出強大的意志以繼續面對殘酷的現實。你和我，以及那間「學校」裡的其他人都是這樣，都是因為各種原因陷入昏迷的植物人，醫院不得不這樣來喚醒我們的意識。」

「後來我明白了，所謂的超越自我，不過是為了讓自己繼續往前走而已。有了這份勇氣，生活在哪裡，怎樣活著都是一樣的，我們不需要偽造的滿足感麻痹自己。」

「克服了這些，你會發現已經沒什麼可以阻擋你了。」

「當然，你依舊可以自欺欺人留在那個安全屋中，可是虛假的自我安慰並不是永恆，只有破繭而出，才能看清真實的自己。」

我靜靜看了他一會，轉動輪椅準備離開。這時，滴滴滴的聲音突然響起，我猛地轉頭。

「12.76」張程虛弱地說。

「我追上你了。」

- 未完待續 -

破繭

2D 伍芯言

凝繭、蟄伏、破繭、化蝶、飛舞，承載着光與影的交替。

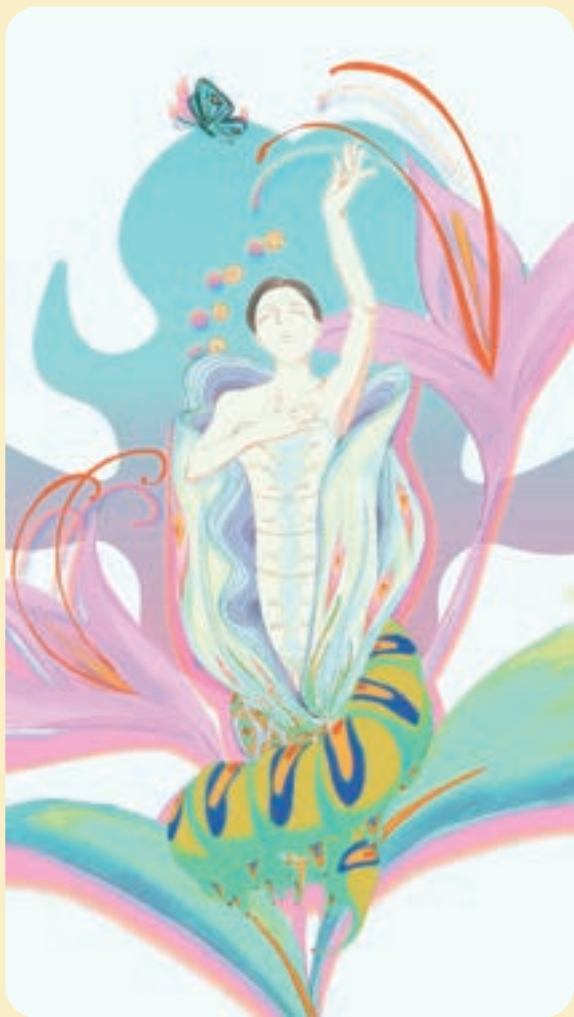
或許，在人生漫長歲月中，我們都曾不幸地將蠶絲纏繞自己，在看不見前方的森林漫無目的地尋找光芒所在之處，在深不見底的汪洋之中與浪潮對抗，只想浮上水面。

可有時，我們越用力跑，光芒好像離我們越遠；我們越用力踩，好像沉得越深；一次又一次的失敗就這樣變成了無法忘記的回憶，無法沖洗掉的恐懼。記憶力或許是造物者用來折磨人的惡作劇，但其實可能是不夠熟練的小缺陷。

破繭方成蝶，涅槃才成鳳，正正是因為我們經歷過種種困難，聽過種種聲音，翅膀才能長得更加堅韌。正正是甘不甘平庸，本來的小毛蟲才會拼命尋找飛翔的方法，蛹破而化蝶，從過去的桎梏中解脫，綻放出美麗的翅膀，在蔚藍的天空中揮灑著屬於自己的光彩。

無論你曾經有過多少次的徬徨和失措，如今，我相信你也可以破除桎梏，翱翔於生命的蒼穹，和璀璨光芒相互交織，書寫一篇全新的、如蝶舞動人的章節。

破繭，成就蝶飛。



破繭

5C 何倩怡

蛹的窄門
一隻小蝴蝶破出
黃白翅膀彈開
兩雙靜悄悄的彩炮

破繭不過一瞬間
她的生命割裂成兩段
襁褓裏的黑暗
風雨下的漂泊

倘若她葬身於繭中
倘若她天逝在野外
人類驚歎一時的美麗
人類感嘆自身的命運

小蝴蝶不在乎
正如卵、毛蟲、蛹不在乎
天地間
她逍遙飛舞

Carpe Diem

4E LAW Cheuk Hei

In the midst of the calm ocean, there was a small sailboat. The red hull was yawing with the waves. The white sail on top was swinging along the breeze. As the deck rolled, a bearded man on the ship swayed gently across the wooden floor, slowly closing his swollen eyes and dozing off.

The Home

It was midnight. The birds stopped chirping. The cars stopped jouncing. With only a few flickers of light and shards of noises scattered across the dull facades, the night was silent and the streets were dark.

Lying on his bed, the bearded man was immersed in his pitch-black apartment. For the first time in a century, his eyelids gradually lifted, revealing two tired eyes with the color of the ocean. They were deep and mysterious like the ocean, yet, hollow and empty like the darkest voids in the sea. He stepped out of his bed, glanced around his room, as if checking whether he was still in the room he had been a couple of hours ago. A long sword with a rusted blade and a rotten hilt was lodged in the floor. Hanging on one of the dull wooden walls, an ancient world map displayed all of the inaccuracies and miscalculations of the prehistoric ways of cartography.

'Same old same old,' gasped the man in mild disappointment.

He could feel a sudden dryness of his mouth as he talked, followed by the urge for a drink. He opened the fridge and was greeted by a complete mess of spoiled liquids and decayed food, which could only be described as not a delightful choice of beverage. After witnessing the horror within his refrigerator, the man grabbed his coat and left the apartment for a drink.

Swinging his limbs exasperatedly, he slowly slouched across the street one brick at a time. The faint glow of the moon shone on his pale white skin, highlighting a thin edge along his dim cheeks. His eyes were filled with exasperation and desperation, as if several minutes of ambling had already exhausted his body and worn down his spirit.

After a weary walk to the cafe, he was finally gulping down mouthfuls of smooth chocolate into his throat. In an instant, the cup which had once been filled with hot chocolate and whipped cream was then empty.

'Man, you are really thirsty,' the waiter gasped.

'Yeah, I haven't been drinking for a while,' the man replied.

'Don't see you around often. Newcomer?' inquired the waiter.

'I actually live a couple blocks away. Walking on the streets just isn't my thing,' the man replied as he slowly put on his coat and stood up from the chair.

'Well then, hopefully, I will be here the next time you need a drink,' the waiter said.

'I will come around then,' the man responded in a voice of despair, knowing that the waiter would have already become old and frail the next time he saw him, just as everyone had been.

The man walked out of the cafe and onto the street. As he strolled across the blocks, his eyes of blue were filled with sorrow, a feeling of loss and agony that he could not have been more familiar with.

After another tiresome walk, he was back in his apartment. As soon as he opened the door, a gush of wind flew across the apartment and swirled around him. Sheets of paper whirled in the air. Miscellaneous items drifted across the floor. Before he knew what was happening, the room had already turned into complete chaos. Random fragments of stained paper and shards of scrap metal were scattered all over the place. Yet, amid the chaos of the room, a purple envelope remained immaculate on the wooden desk. In careful steps, the man slowly approached the mysterious letter. Gently, he opened the sealed envelope. What was wrapped in the purple case was an ancient map. It had a big red cross in the middle of it. At the bottom of the map, there was a line, saying 'Follow the map and seek the treasure. You shall then find the answer to your question.'

In the exact instant that he read the line, his weary mind was filled with hesitation and uncertainty. Should he continue his eternal life of tedium and mundanity or should he risk it to search for a possible answer? For a couple odd hours, these two questions echoed in his confused mind. He hummed and hawed as he oscillated between the bed and the desk. But again, what more could he lose in his immortality?

Eventually, he grabbed his coat and strode out of the room.

The Ocean

With his head swaying from side to side, the man noozed on the deck. The sun was blazing, as blissful rays of gold flowed across the glimmering planks of wood and onto the face of the bearded man. The dazzling beams thrust into his eyes, forcing the two sealed sockets open. He was first welcomed by a piercing sight of crimson, then a soothing view of the navy ocean. A cool breeze glided over the deck gracefully, brushing the pale white cheeks of the man. He stood up from a wooden stool and strolled to the bow, overlooking the sea of tranquil water. Shimmering with bliss, the undisturbed ocean was placid and surreally peaceful. Beside the hull, a couple of blue tuna were skimming through the crystal-clear water, forming ripples across the serene sea.

‘So you have awakened, boy,’ a deep and aged voice at the back exclaimed.

‘Aye, captain,’ the man responded. ‘I couldn’t have been more awake under these blistering rays.’

‘But it is still a rather pleasant day, ain’t it? The ocean is calm. The sky is bright. The breeze is cool. I cannot even remember the last time the weather was so fine.’

Staring at the calm waves with his sorrowful eyes, he signed in a deep painful gasp, ‘Beauty is always overwhelming the first time you see it. It is glamorous and gorgeous, standing out from what you have already seen and what you have already experienced. It is like a star glistening in the night sky, radiating a sense of curiosity amid the dullness of darkness. That is what beauty is — an excitement aroused from uniqueness. But, as time goes by, and you see more and more of the world, what was once-beautiful would have lost its beauty and become another part of the mundane. I no longer see beauty for I have seen too much.’

‘Well, I am no expert on beauty by any means, but what I do know is how to live. Every day, I sail, I fish, and occasionally I swim. It is as simple as that, an ongoing routine that goes on and goes on until who knows when. There aren’t many great surprises and celebrations all that often. But, do I still enjoy my life? Of course, I do. I get to breeze through the water and glide along a shoal of tuna. These are not anything extravagant or otherworldly, but perhaps it is these small things in life that can brighten up your day. Carpe Diem, my friend. Seize the moment and live in the present. There is much more for you to enjoy in life that you would ever realize.’

Along the very edge of the ocean, the distant horizon reclined between the sky and the sea, merging the two shades of blue into one tint of indigo. As he silently glanced over the peaceful ocean, the navy pupils of his eyes mingled with the warm orange glow of the sun, forming a smooth gradient of purple and orange. At that instant, there was a faint flicker of joy in the pupils of his sorrowful eyes. Intently, he stared into the distant, immersing himself in the serenity and the silence of the water.

However, an eerie screech soon broke the silence. A flock of seagulls darted over the ship. A shoal of fish drifted past the bow and towards the stern. Suddenly, a gust of wind stroke the man’s face, as a surge of waves emerged from the horizon. Approaching the ship at a staggering pace, it coursed through the ocean and stirred up huge waves of roaring water. It grew larger and larger and soon it became a heap of frothing sea.

Shortly, the tiny sailboat was submerged in the gnarly storm. Amid the sooty clouds, occasional flashes of lightning struck the sea, while flickers of light gleamed across the perilous waves. The howling gales swiveled over the jouncing sea, jolting the boat back and forth.

Standing in horror, the man gazed upon the increasing immense incoming waves. As splashes of water drizzled on his skin, his hands shivered in fear and his heart pounded in fright.

‘Hang on tight,’ the captain shouted through the wails of the sea. ‘This will be a bumpy ride.’

The red hull slowly cruised through the quivering sea towards an immense wall of foaming water, as the waves gradually hauled the boat into its wide-open mouth. At a steady pace, the sailboat climbed the sharp incline. However, at the instant that it sailed over the crest of the daunting waves, it plunged back into the sea, shattering into fragments of metal and wood.

As he was sinking in the sea, the man was seized by intense fright and horror. Yet, for the first time in a millennium, he felt the urge to live out his life of immortality. He was unwilling to call this place his grave. His frail limbs paddled relentlessly in a burst of energy. He slowly ascended to the surface, with his mouth and nostrils filled with seawater. After he had found a plank of timber, he hung onto it and dozed off amid the bubbling waves.

The Distant Land

Waking up, he was lying on a beach. His coat was tained with a thick layer of damped sand and his face was covered with wounds and sand. He tried to stand up but his legs were too weary to even twitch. Out of desperation, he plucked his arms out of the sand and started paddling his way towards the red cross.

He crawled across the coarse white grains and climbed over the rounded dunes. Eventually, he arrived at the prophesied land, the place of answers. Delving deep into the sand, he started digging strenuously. As the mounds of sand grew taller and taller, the hole reached deeper and deeper into the ground, finally revealing the tip of the treasure. The man stretched his hands into the pit and pulled the treasure out of the sand.

It was a jar. Unlike most jars you would find lying around, it was empty. There was nothing but mere emptiness in the jar. He stared at the void in the glass container, which was as empty as his hollow pupils. A surge of despair sprang from his heart.

There is never going to be an answer, a meaning to his life, right? Perhaps it is always meant to be despair and pain, he thought to himself.

The warm evening sun was slowly melting into the serene ocean. The cozy glow of twilight merged with the cool shade of night, forming a gradient of pink and purple. Rays of gold shone upon the man's face, imbuing his frail and lifeless cheeks with life and vigor. His eyes of misery flickered with gleams of sunshine, brimming with bliss and glee. However, before he would put the jar down and bury his hopes once and for all, he decided to check if there really was nothing in the jar. He held the jar in front of his eyes. Though it seemed empty at first glance, something inside the neck of the jar suddenly caught his eye.

'Carpe Diem' the line on the neck of the jar read, as it glistened under the twilight sun.

Sitting on the beach, he listened to the calm waves as they swirled around in the sea. He breathed in a puff of breeze as it brushed his cheeks. He gazed at the distant horizon as the sun slowly submerged into the sea.

Out of sheer joy and delight, he smiled. He finally understood the meaning of life — Carpe Diem — seize the day and enjoy the present.

For the first time in his everlasting life, he felt alive.

Breakthroughs

2D CHIU Tsz Yau

Do you believe in luck? Fate? Or perhaps hard work and persistence? Have you ever felt down when you failed because fate betrayed you? Ever thought of dwelling in your setbacks forever? In times of struggle and confusion, it's easy to feel helpless and wonder if it is worthwhile. Sometimes you may even think of dwelling in those feelings forever. However, it's important to remember that we alone have the power to create our own future. True breakthroughs happen by staying true to ourselves and having faith in our abilities.

A breakthrough, no matter how hard or simple it may be, is a powerful transformation, where we go beyond our limits to try something new. It may not seem hard or challenging to others, but it is meaningful to you. The breakthroughs you have are what make the person you are now! Even though setbacks and challenges may be overwhelming, having faith in yourself can let you be in-charge of your bright future!

Although the process of achieving a breakthrough may seem slow and daunting, never give up! As Victoria Arlen once said, "The moment you feel like giving up is right before your breakthrough." What if the next second you would succeed? It would always be in the back of your mind, wondering what would have happened if you had kept going. Therefore, why not step forward? If you don't succeed, try again! You might win the race next time!

Our lives as teenagers are undoubtedly ever so confusing. Most of the time, we are dealing with all sorts of issues. Some teenagers choose to be pessimistic, while the successful ones will work hard and create their own future. However, there is no such thing as a shortcut towards success. In fact, having persistence and determination will take you there and it is the most straightforward and effective way.

If you're currently in a storm fighting for yourself, hang in there! A breakthrough is coming. Believe in yourself and never give up. You can make it.

A GUIDE TO BREAKTHROUGH

4E CHAN Hoi Ting

Blair was in a bad mood
and 'ding! ', a weird phone message just popped up without a clue.

Take a look at this review:

If you are in a beleaguered stew,
brawl with the blues and let bravery rule.
Afterwards, boldness comes with a silent crew,
With a basket of flowers called imagination and strews,
The essence of their fragrance then lands onto you,
and blooms in a dazzling breakthrough.

Description:

This is a short poem on the importance of fighting against failure and moving on to a new chapter of life with imagination and creativity. I truly hope that it can inspire our fellow schoolmates to think of solutions to current problems they may face instead of dwelling in pain.

Breakthroughs

5E RAY Tsz Him

Allow me to raise a question to draw your attention. 'What is a breakthrough?' Physicians might take the development of the theory of relativity as an example. Doctors might say it is the discovery of penicillin. In my opinion, a breakthrough is overcoming a barrier in your mind. Breakthroughs involve overcoming long-standing obstacles, limitations, or problems that have hindered progress or understanding yourself. Therefore, by sharing some of the breakthroughs in my life, I sincerely hope that all of you can embark on a journey of personal growth and self-discovery.

First and foremost, let us start with the first breakthrough of my life, which is embracing the full range of emotions of myself. When I just came to this world, my experience in the first few months was pretty much about satisfying the basic needs for food. As I grew up, I started to become more mature. Having control over the chaotic emotions in my brain, I started to prioritize joy as the leading emotion, perhaps without intention, ignoring other essential emotions, especially sadness. Who wouldn't want to be happy, right? Even when I experienced a tough time, I preferred masking my troubles instead of sharing them with my friends so as not to worry them. I always thought I could handle it on my own. I acted as if I was always the 'sunshine' of the group. Psychologically, there is a term called reaction formation, which states that the self-protection mechanism of your body makes you react the opposite way to your true emotions. I was doing the same thing, until an observant friend once asked me carefully, 'Are you alright?'. I could not hold my emotions anymore and had a deep talk with him. He was shocked when he heard about all the pressure and pain I experienced on my own. 'Friends are supposed to help each other,' he said. He said he used to behave like I did before. However, he soon realized that crying helped him slow down and obsess less over the weight of problems in life. If he hadn't had the upsetting experiences as I did before, how could he have empathized while listening to my experience? Sadness is not a glitch, instead, it is an essential emotion. Being happy 24/7 is impossible. Therefore, is hiding your emotions beneficial to yourself and the ones around you? My answer is a firm no now. Allow me to quote a saying

of Jason Lee from *Vanilla Sky*, 'The sweet is never as sweet without the sour.' I have tried to understand and express my true emotions. I am proud of the breakthrough I have made as I have matured a little bit more.

Another breakthrough in my life is about overcoming my fear. Is there anything that you are really afraid of or have a phobia of? When you have a phobia, your emotions will overreact and take control over your body. To overcome this fear, you must learn how to control your emotions. I had acrophobia when I was a kid. I was terrified by the view from tall buildings. Looking down from tall buildings was a 'breathtaking' experience for me. I would imagine an invisible hand dragging me down the abyss. Luckily, my mum helped me to overcome this fear. One day, she took me to an indoor rock-climbing venue with my sister. Although I was frightened by those tall rock-climbing walls, I didn't want to lose to my sister at that point. Since the coach promised that I would not get hurt falling from the wall as I had a safety rope tied to my body, I decided to give it a try after struggling with myself intensely. I tried, but fell to the ground. I found that I was really not hurt and could climb up again. I got up and tried again. After numerous attempts, I finally reached the top of one wall, which was the easiest one there! My determination to win outweighed my fear of height and it was a remarkable breakthrough in my life. I would compare my first step to overcome my fear to the step of Armstrong when he first landed on the Moon. One small step for me, a giant leap for my growth and self-exploration. What is the moral behind my experience? It is never too late to take a try.

As we reflect on the breakthroughs explored in this article, it is clear that we need to experience breakthroughs in our lives to expand our horizons and propel us forward. May this serve as an inspiration for everyone to keep an open mind, and never stop the process of self-exploration. The future is ours to shape through the power of breakthroughs. Let us embrace it, for it is the catalyst that ignites meaningful changes and propels us towards a brighter tomorrow!

Technological breakthrough: a boon or a bane?

3E CHENG Ka Hang

In the past centuries, humans have been making their best endeavour to produce avant-garde products to contribute to a rise in technological levels. Centuries ago, humans started using tools to improve efficiency and productivity. In the most recent century, the Industrial Revolution has transformed the world, from the use of steam, to electricity, to the mass adoption of computer and automation. At present, we are anticipating the further development of artificial intelligence (AI), and it can be seen that there has been a lot of technological breakthroughs in recent years, easily observed by the emergence of ChatGPT, Sora etc. While we are anticipating the possible upsides of technological breakthroughs, some are also fretful about the downsides they entail. Indeed, there are both pros and cons of technological breakthroughs. They can make our everyday lives much more convenient and enhance our work efficiency, however, they may lead to a loss of jobs and skills.

The technological breakthrough of using AI has revolutionized our everyday lives, providing substantial convenience and benefiting people from all walks of life. One of the most prominent examples of this is the technological breakthrough in smartphones. Facial recognition technology, powered by AI algorithms, has become a common feature in modern smartphones. It is so handy that you can simply unlock your device by looking at the front-facing camera, eliminating the need for manual password entry or fingerprint scanning. Additionally, AI-enabled personal assistants, such as Siri, Google Assistant, and Alexa, have become invaluable tools for managing daily tasks and accessing information. These virtual assistants use natural language processing and machine learning algorithms to understand and respond to user queries, providing a seamless and efficient user experience. AI also plays a significant role in algorithmic recommendations for video streaming platforms, such as Netflix and YouTube, offering tailored content suggestions based on their knowledge of users' preferences and viewing history. Furthermore, the development of autonomous vehicles powered by AI has the potential to revolutionize transportation, making it safer and more efficient. Self-driving cars leverage AI algorithms to perceive and navigate the environment, reducing the risk of human error and enabling advanced features like adaptive cruise control and lane-keeping assistance. In summary, AI has been inextricably intertwined with our daily lives, enhancing convenience and efficiency across various domains, from personal devices to transportation systems.

Another obvious benefit of technological breakthroughs by using AI is that it can help handle mundane, monotonous, dreary and repetitive tasks and speed up our work efficiency. Doubtlessly, AI's work is precise and it can operate all day long without the need to rest, unlike humans. This definitely promotes work efficiency. For instance, banks and insurance companies these days rely on AI so as to handle repetitive tasks, like data entry, balancing accounts and processing data. Indeed, the documents these financial institutions cope with on a daily basis tend to be repetitive and similar. Also, humans may make errors while entering the data. This technological breakthrough does provide an unprecedented boost to the efficiency of work. In reality, when Hong Kong tycoon Li Ka Shing issued subsidies to the catering sector, which was in dire straits during the pandemic, his firm made good use of technological breakthrough to use AI to help process applications. With the aid of AI, the relief funds he offered to firms were doled out to restaurateurs within 7 days. This shows the wonder of technological breakthrough – improving efficiency.

Though technological breakthroughs of AI sounds nice, it is not all roses and we should take heed of the possible negative impacts brought by AI. The integration of AI has had a significant impact on white-collar workers and graphic designers, often resulting in job losses. In the realm of white-collar work, tasks such as data entry, analysis and sorting, which were traditionally performed by humans, can now be automated through AI-powered document processing systems. There are some inevitable errors brought by humans, but AI eradicates them. Similarly, AI has disrupted the field of graphic design. With the advent of AI-powered tools and software, tasks such as logo design, image editing, and template creation can now be automated to some extent. This has reduced the demand for graphic designers in certain areas, as AI algorithms can generate designs quickly and efficiently. Though graphic designers can still create masterpieces by putting their nose to the grindstone, AI algorithms make good use of online materials to create appealing artworks. The negative impact on white-collar workers and graphic designers is evident through job losses and a shift in the required skill sets. Many professionals in these fields have found themselves displaced or facing the need to acquire new skills to remain competitive in the job market. While AI offers benefits such as increased efficiency and productivity, it is crucial to address the potential consequences and provide support for workers affected by these changes.

Incontrovertibly, this impeccable technological breakthrough also contributes to a loss of skills. Driverless cars are rolled out. There is no need for people to learn to drive anymore and fewer people know how to drive as a result. These may seem ideal as there are different kinds of accidents caused by human control. However, when there are some natural disasters and hazards, like drought, flooding, wildfires and earthquakes, autonomous vehicles may malfunction. In that case, people who have become over-reliant on driverless cars to commute and have lost their driving skills will be helpless. Therefore, AI can possibly contribute to a decline or even a loss of driving skills. Besides, as people develop reliance on the technological

breakthrough— AI — due to its accuracy and logical ability, we may let down our guard and naively believe whatever AI tells us, losing our critical thinking skills. We should be wary that AI relies heavily on the input of data, and if the data is biased, the information provided by AI is also biased. If we are too lazy to check and evaluate whether information AI offers us is reliable, we might be misled. Thus, we need to ensure that information provided is accurate.

Actually, AI can be a friend or a foe. Though it may have several upsides and downsides, we can still use it to make our lives more convenient. Why not give it a go?

BREAKTHROUGHS

3E WONG Yeuk Kiu

‘Breakthrough’ seems like a word that is related to shocking achievements and tasks according to newspapers and textbooks. However, have you ever thought about those ‘invisible’ accomplishments that have been hidden under the surface?

To begin with, how do you define the word ‘breakthrough’? Discoveries or changes so grand that their creators will be remembered even after centuries and millennia? My answer is, they are in any forms and can be found anywhere, from legends to the smallest plants that you could find in your garden.

Throughout human history, breakthroughs covered with dust and tangled by spiderwebs have never been a small number. While humans explore the infinite probabilities that we could create, a lot of anonymous or even nameless people and hard work have never been noticed nor identified. Nevertheless, they are essential and have made fundamental contributions to the invention and investigation of greatness. Take the first programmer in history, Miss Ada Lovelace, as an example. When we think of advanced modern technology and the amazing future programming would bring us, we seldom think of her. Some may even point at her portrait and ask who that is. No matter she is famous or not, we still cannot deny that she has paved the path for the flourishing development of human civilization through programming.

A breakthrough can refer to a tiny step forward. If we quickly take a look at the past, it is obvious that not

all creations were related to drastic changes. In China, the first cup of cold drink appeared 3000 years ago, which was much earlier than we expected. Though this invention was just a way to cool down in hot summer, which had nothing to do with surprisingly important scientific theories, we still consider it as a breakthrough in culture. Improvements do not have to be stunning nor glamorous, just as I have mentioned. It can simply be a little gift put in your backyard that you have ignored. A breakthrough is not an untouchable cloud in the sky nor a treasure box buried deep under the earth. Changing things around you in a positive way, even the slightest, can already be a breakthrough!

On the grounds of the above, not only should we pay more attention to those ‘unsung heroes’, but we should also use this logic to maintain a balanced and motivated mood. Generally, we would say people have made a breakthrough when they have overcome some horrific past or incidents, as if we would have to run as fast as we could or tackle some serious problems so as to fit into the definition of having made a breakthrough. However, if we look at it from another perspective, why do we never compliment those who simply have learnt a new stress relieving method? From my point of view, as long as we can learn from the past and do not let it affect us negatively, it is already a breakthrough.

Making a breakthrough is not only about historical moments, instead, it is happening everywhere around us. You do not have to help the world to make tremendous advancements. Even a little change, just a little, matters.

Ascent

3E CHAN Cheuk-yui

The looming summit, a towering test,
A daunting peak, unconquered, unblessed.
The path, a rugged, treacherous climb,
Beset by jagged rocks, unyielding and unkind.

Yet deep within, a flickering flame.
A steadfast will, a spirit unashamed.
I grasp the ledges, each foothold hard-won,
Determined to finish what I've begun.

With aching limbs and a battered soul,
I push onward, my sights on the goal.
The air grows thin, my vision blurs,
But onward still, my spirit stirs.

At last, the summit hoves into view,
The world below, a wondrous panoramic view.

The struggle's worth, the triumph's sweet.
I stand atop, my journey complete.

Shadows recede, light breaks through,
A crack appears, a path renewed.
Barriers fall, a way laid bare,
Emerging from the depths of despair.

Tendrils of hope begin to bloom,
Illuminating the darkened gloom.
Doubt surrenders, fear subsides,
As a new dawn on the horizon rises.

The mind expands, the spirit soars,
Beyond the limits reached before.
A revelation, a grand surprise.
The breakthrough shines before our eyes.

鳴謝

顧問：

袁廣業校長 羅維恩副校長 杜紹榮副校長 郭穎文副校長
郭素姣老師 樊桂英老師 何敏芝老師 葉邁羨老師 梁懿馨老師

總編輯：

5E 余安琪

副編輯：

5E 廖晞堯 5E 張珈瑄

編輯：

4E 黃梓榆 4E 尚嘉怡 4E 孫苑青 4E 黃凱迪
5A 蔡詠茹 5E 江藹如

特別鳴謝：

林暉峻老師 阮浚瑋老師

