

悅書林

Merry Christmas
and a happy new year

2016-2017 年度英華女校家長教師會贊助

第四十九期

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英華人推介

Title **Voices of Tinshuiwai Women**
Author **Eva Chan**
Publisher **MGuru Limited**
Interviewee **Miss Lo Man Yan, Monica**
Interviewer **4E Lee Wing Ki**

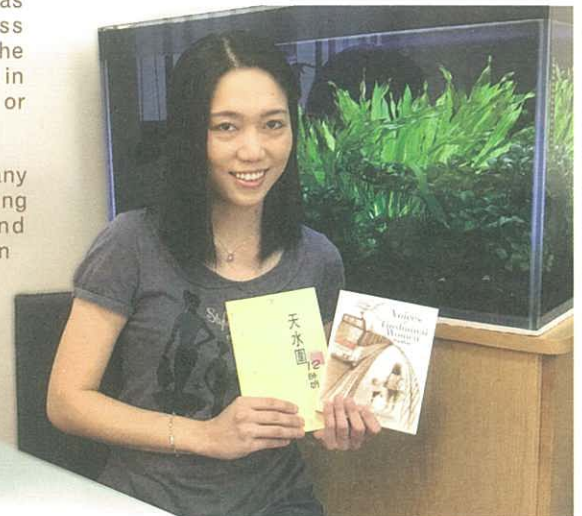
"This book gave me some authentic cases of poverty that I can use in my Liberal Studies classes," said Miss Lo. "Voices of Tinshuiwai Women" consists of twelve interviews of Tinshuiwai women who told their true stories of hardship, sufferings and even tragedies. The author, Eva Chan interviewed women of different backgrounds, such as locally born, new arrivals from the mainland and longtime residents. All of them were married except for three divorcees and most of them had children.

To Miss Lo, the most heartbreaking story is that of Chan Jinling's. Chan was a mother who "rescued" her son losing out to drugs. She moved to Hong Kong from Guangdong in 1999. In order to make ends meet, she and her husband needed to work all day long. Due to a lack of supervision, her son began to skip school in form one.

That was not the worst! Gradually, Chan noticed that her teenage son began to hang out with the wrong gang, come home later and later at night and even start taking drugs. Finally, her son was arrested by the police and was kept at a detention centre for young offenders. Though being heart-broken and extremely disappointed, Chan actually felt relieved as she knew her son would be at least safe and away from drug in prison. She was "grateful" that he was arrested. How sad and ironic that was!

After he was released from the detention centre, her teenage son was placed under a year of statutory supervision in which he was required to be home before 11 p.m. every night. Sadly, Chan realized that he resumed his drug taking habit! At the end, Chan called the police herself and got her son taken back to the detention centre. Chan was furious, disappointed, sad and helpless towards what her teenage boy did, but she preferred him to be in jail! To her, if he were not in jail, he would probably be killed due to drugs or gang fights sooner or later.

Miss Lo recommends this book because many students here are very fortunate to have loving families with caring parents, siblings and relatives. By reading these authentic stories on people's hardship and tragedies, students can both be grateful for what they have and empathize with the underprivileged at the same time. Having more awareness on others' hardship, students can reflect on what simple things they can do to lend the underprivileged a helping hand.



- 書名 **疊印：漫步香港文學地景（一）**
作者 **樊善標 馬輝洪 鄒芷茵**
出版 **商務印書館**



十八位作者分別於香港十八區散步慢行，搜集各區的人物、風物或故事，展現各區的獨特風貌。本書為第一分冊，由多位本地文學作家帶領讀者漫遊港島與九龍，細味香港的風土人情。

身為香港人，大家對這些地方有多少認識？這些地方與文學作品又有什麼緊密的聯繫？透過閱讀這本書，同學們可以瞭解各區人地事物的互動關係，認識文學作家在港的身影，欣賞與香港有關的作品選段。

六丙 廖詠妍

- 書名 **香港你怎忍心看見如此貧窮**
作者 **陳卓瑤**
出版 **亮光文化有限公司**



很多人都知道香港的貧富懸殊問題非常嚴重，但誰又會花時間留意和了解貧窮人士的苦況呢？這書記錄了作者在服務貧窮人士時看到的一點一滴，將每個故事呈現於讀者眼前，這些真人真事，令我不禁心酸落淚。這刻才意識到自己能享有三餐溫飽的幸福並非必然。除了學會感恩外，更激發我與有需要的人分享的心志。這書不但讓讀者認識現今社會的實況，更重要的是鼓勵人不再對貧窮人士視若無睹，而是身體力行伸出援手，雪中送炭，給他們多一點溫暖。如果每個人都願意多走一步，即使金錢上的貧乏仍存在，但人情卻不會缺乏。

六丁 潘巧妍

- 書名 **老師來不及教的101個宋朝趣史**
作者 **賈文龍等著**
出版 **自由之丘**



我認為這本書內容十分有趣，它解釋了很多我們日常生活中經常用的字眼，他們的由來和典故，讓我的知識增長了不少。例如，「三更半夜」是源於宋太宗時陳象輿、胡旦、董巖和趙鼎言四位志趣相投的好朋友，經常聚在一起討論至深夜，「陳三更，董半夜」，「三更半夜」一詞便由此形成。我們現在經常以「閉門羹」表達被拒絕的意思，可是，你知道「閉門羹」一詞的由來嗎？唐代宣城妓女史鳳，對不同等級的客人有不同等級的待遇，去到第三等的客人，史鳳便「以閉門羹待之」。久而久之，客人見到羹，就心領神會。除了以上兩個例子，書中還介紹了很多其他看似普通，但卻很有趣由來的字詞。想以輕鬆而不沉悶的方式了解宋朝歷史的同學，不妨考慮這本書。

五乙 鄭子淇

- 書名 **自在文章**
作者 **張大春**
出版 **新經典圖文傳播**



這本書再次喚起我對寫作的興趣。以前很害怕作文，生怕因為離題而導致「全卷覆沒」，所以常常不肯下筆。命題的人就像主子，而我們作文的就像奴隸。但原來要對寫作產生興趣一點都不難，作者說只要抱著「這個世界與我有關」的心態，自然會產生寫作動機。這話說的不錯，其實只要留意在我們身邊發生的事情，都可以作為寫作的材料，譬如我們對事件的領悟，以及得到的教訓等。我們沒必要厭惡作文，因為它正是給我們鍛煉文筆的好機會。想中文好，不外乎多聽、多讀、多寫。

五乙 陳穎欣

- 書名 **鬼妹港故事**
作者 **張雪婷**
出版 **商務印書館**



我讀過中國人寫的中文書，外國人寫的英文書，但是外國人寫的中文書，我還真是第一次閱讀！這本書的作者是一個法國人，在巴黎求學時邂逅了現在的丈夫，為了跟隨愛人的腳步而跨了半個地球來到香港，一直定居於此。

作者的文字雖然簡單易懂，但是她在書裡描述的香港是獨一無二的，並從中感受到她對香港的好奇和探索的熱忱。作者用一個土生土長的法國人的視角來描繪香港的景貌，讓我重新細味咀嚼香港這個中西文化交匯點的人情味。最令我佩服的是，作者那樂觀率真的心態。作為一個外國人，身處一個文化背景截然不同的華人社區，她不但沒有感到無助和茫然，反而以敞開的心懷去摸索和了解香港社會的一點一滴。

五丙 陸鉸然



A / B /

A/ What I Wish I Knew When I Was 20

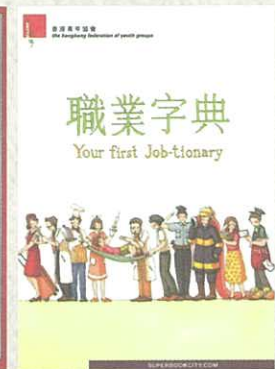
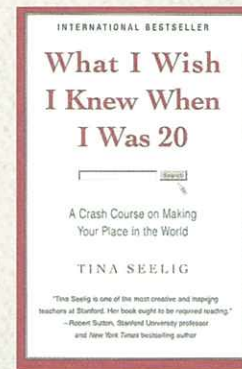
Author Tina Seelig
Publisher HarperOne

As the executive director of the Stanford Technology Ventures Program, Tina Seelig guides her students from an academic environment to the professional world by providing tangible skills and insights that will last a lifetime. As an entrepreneur, neuroscientist, and popular teacher, she shares her provocative stories, inspiring advice, and her big dose of humility and humor.

B/ 職業字典

作者 香港青年協會

此是一本協助青年升學就業的工具書，收錄超過150個工種的資料。此書從青年的興趣出發，了解行業資訊的結構，包括：工作概述、工作入行、工作性質、工作需求和工作前景。



C / D /

C/ 逆向飛翔生命的故事

出版 青森文化

本書收錄了一些大家熟識的名人和藝人的故事，以及他們對生活的看法，希望讀者從他們身上，一方面了解生命路途上遇到困境的人實在不少，我們不應像鴛鴦；另一方面亦可認識處理困境時該有的心態及處理方法。

D/ 全心擁抱你 Nick

作者 力克·胡哲
出版 方智

作者在書中，撰寫了五十篇鼓舞人心、充滿見解的短文，期盼陪伴讀者走過人生各個階段，傳遞信心、希望和愛的訊息，為讀者提供面臨人生關卡時，最溫暖實用的信仰與支持。



Fair Trade

Written by **Hal Marcovitz**

Publisher: **ABDO Publishing Company, Minnesota (2011)**

Which module in Liberal Studies are relevant?

Module 4 Globalization
Module 6 Energy Technology and the Environment
From S3 onwards

Suitable for whom?

In developing countries, most people live in rural areas and they rely very much on agriculture for their livelihood. For decades, many farmers have been exploited by traders and multinational corporations' focus on profit maximization. In order to help improve farmers' living and working conditions, fair trade is promoted.

Fair trade is a social movement and its stated goal is to help small-scale producers in developing countries achieve better trading conditions and to promote sustainability. Fair trade products are products that meet the standards of fair trade certification organizations. Under fair trade, farmers and producers in developing countries are allowed to sell their harvest for a reasonable price in global marketplace. About 27,000 fair trade products are sold in more than 70 countries around the world. Some certified products include coffee bean, tea, cotton, cocoa, sugar, textiles and handicrafts.

In Hong Kong, not many are aware of fair trade products. According to a survey conducted by the Fair Trade Hong Kong Foundation and the Hong Kong Polytechnic University in 2015, nearly half of the respondents out of a thousand could not name any fair trade products. As a matter of fact, Hong Kong introduced 89 fair trade products last year, mostly snacks, drinks and personal care items. These products are available in some department stores, restaurants, coffee shops and fair trade sales centres.

In order to raise the awareness of fair trade products and issues, you should read *Fair Trade*. This book introduces the history of fair trade and its current and future impacts in the world market. The goals, principles and benefits of fair trade are discussed in detail, as well as the production chain from farmers to buyers, wholesalers, retailers and consumers. Different fair trade organizations, certification standards and composite products are also covered. Do explore this book and be a responsible global citizen to support and promote fair trade in our society.



Learning from the Heart: Lessons on living, loving and listening

Written by **Daniel Gottlieb**

Publisher: **Sterling Publishing, London (2008)**

Which module in Liberal Studies are relevant?

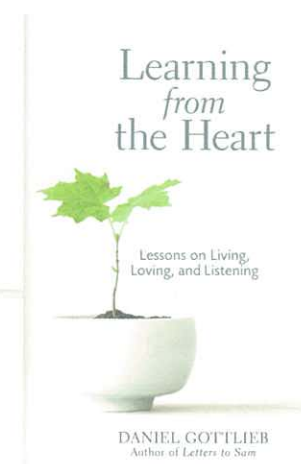
Module 1 Personal Development and Interpersonal Relationship
From S4 onwards

Suitable for whom?

Hong Kong is a fast-paced city where people often have hectic life. A survey conducted by the Occupational Safety and Health Council and the Whole Person Education Foundation in June 2015 revealed that a quarter of the Hong Kong working population show signs of depression and anxiety. The survey indicates that Hong Kong people are constantly under great pressure, but people are often too busy or too reluctant to seek help to cope with stress. As a matter of fact, chronic stress increases the risk of developing health problems including obesity, diabetes, heart disease, cancer and a weakened immune system. It also affects a person's mental health.

What can be done to improve our mental wellbeing? How can we deal with adversity and overcome life challenges? What are the possible ways to prevent and manage chronic stress? Read *Learning from the heart: Lessons on living, loving and listening* to find out.

The author, Daniel Gottlieb is a practicing psychologist and family therapist. He is a nationally recognized mental health expert in the U.S. In his book, he shared many hardships of his life as learning tools for himself and his readers. *Learning from the heart: Lessons on living, loving and listening* also discusses problems of family life, difficulties confronted by parents, challenges faced by teenagers and the elderly, and issues of injustice in society. Furthermore, this book discovers how one can deal with sadness, frustration and challenges in life. This book is heartwarming, inspirational and has some really good insights about life. Do read this great self-help book and learn to stay positive and optimistic always.



Merry
Christmas
and a happy new year

By Miss Cheung Ka Yuk



A/ 書名 **魅力學**
作者 **麗薇亞卡本尼**
出版社 **天下遠見出版**
受訪者 **黃恩信老師**

採訪者 **四乙 朱彥霖**

這一本書講述如何提升個人魅力。方法就是調節自己的心理和語氣。魅力有三個重要元素，分別是存在感、親和力和權威感。在與人相處的時候，以上三種魅力元素足夠高的話，就能夠讓別人感受自己的魅力。



作者以學術方法分析人與人之間的互動。很多人覺得魅力難以表達，但作者能具體指出魅力的不同元素。例如作者從外在的角度講述魅力，就如身體動作，可從外而內改變自己，扭轉平常人認為魅力從內心發出的思維方式。這本書亦附有練習幫助讀者提升個人魅力。

黃老師認為：很多時候，人著重外表、身體動作和語氣；但是我們不應該只著重外表，而是應該著重培養個人的氣質和內涵。

B/ 書名 **來自新世界**
作者 **貴志祐介**
出版社 **城邦**
受訪者 **五甲 袁嘉希**

採訪者 **五甲 溫浚彤**

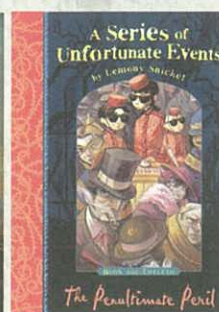
這部小說分上、下兩冊。故事發生在一千年後日本的小鎮「神棲66町」。人們過著寧靜悠閒的生活，某一天，少女渡邊早季和同學出遊時偶然和圖書館的末端機械人相遇，得知在這看似完美的烏托邦，隱藏了黑暗時代的秘密，詭異的事情開始發生，



學生一個個無聲無息消失，大規模的戰爭爆發，新世界將面臨毀滅……

這部書反映了人類的原始本性和社會殘酷的面貌，在這部小說中，人類表面和諧相處、相親相愛，但為了自身利益，人類互相殘殺，甚至親人朋友亦不例外，反映人性自私貪婪的一面，為了追求財富和安逸的生活，不惜犧牲別人的生命、健康和利益；同時，小說中的主角嘗試改變未來，但最終亦失敗，反映過去的事情不能改變。所以我們在做任何事前應該三思，以免將來後悔。袁同學希望各位在享受閱讀樂趣之餘，能多反思書中內容。

英華人在看甚麼？



C/ Title **A Thousand Splendid Suns**
Author **Khaled Hosseini**
Publisher **Riverhead Books**
Interviewee **4A Koo Hui Lam**
Interviewer **4A Lee Ching Laam**

This book centers around two women in Afghanistan, Mariam and Laila.

Mariam is the illegitimate child of Jalil and Nana. After her mother's death, Mariam is forced to marry Rasheed, a shoemaker from Kabul. Mariam becomes pregnant some time later, but never gives birth successfully. Rasheed gradually becomes abusive since his wife cannot give birth to a child, particularly a son.

Laila is a girl from Kabul. She has a close childhood friend, Tariq, and they eventually develop a romantic relationship. However, war comes to Afghanistan. Her parents are killed and she is injured severely. Fortunately, she is taken in by Rasheed. Later, Laila discovers that she is pregnant with Tariq's child. After being informed that Tariq has died, she agrees to marry Rasheed. Then, she gives birth to her daughter. Rasheed does not feel satisfied as she does not give birth to a son. He starts to be more abusive to Mariam and Laila...

Koo Hui Lam, Alissa recommends this book because she thinks the situation and environment mentioned in the book is very different from that of Hong Kong. From the story, we can see that wars create a lot of problems. Wars result in a loss of lives and destruction of many infrastructures. We ought not to start a war easily. Moreover, Alissa thinks that we are fortunate as we can have the opportunity to read and learn. Some girls around the world are even forced to marry strangers. They cannot go out alone. When they do, they have to cover their faces with burqas and go out with their father or brother or else it is against the law.



D/ Title **A Series of Unfortunate Events**
Author **Lemony Snicket**
Interviewee **Miss Wong Chung Yan Joycelyn**
Interviewer **4D Jessica Kwok**

A Series of Unfortunate Events is a series of 13 novels about the stories of three children, Klaus, Violet and Sunny Baudelaire. Their parents have died in a great fire so the children are sent to live with their dangerous relative, Count Olaf, and, the children try their best to survive in the cruel reality.

The wordplay and the language used in the series are sophisticated. For instance, the end of The End "The end of The End can be found at the end of The End." (The name of the last book of the series) Moreover, each book is a new adventure with a lot of mysterious elements and also very thought-provoking. This series has been Miss Wong's favorite childhood series of all time. She has learnt to be resourceful and have an inventive mind, as wisdom and creativity are key in helping us get through difficulties. Most importantly, the book teaches us to be optimistic even when the situation is against us. As the saying goes, the pessimist sees difficulty in opportunities, an optimist sees the opportunity in every difficulty.

Miss Wong strongly recommends this series to students in F.3 and F.4 to learn the flowery English used in the book so as to enhance their language skills and to enrich their vocabulary bank, as well as to learn from the Baudelaire children to persevere when facing hardships.



■ 書名 **深水埗 大家捱出頭的地方**
作者 **陳雲**
索書號 **673.8 7529**



今年是英華遷到深水埗臨時校舍的第五年了，不知道大家對深水埗的認識增加了多少呢？本書作者希望用文字和攝影守護逐漸消失的民間記憶，他從深水埗的歷史說起，講述時代變遷對這個社區帶來的改變。另外部分是人物訪問，受訪者雖然來自不同階層不同職業，但都和深水埗有切不斷的關係，從他們口中娓娓道來的故事，讓我發現了一個我從未見過的深水埗。

五甲 袁嘉希

■ 書名 **舌尖上的中国**
編者 **中央電視台紀錄頻道**
索書號 **427 2060**



中國人常說「一方水土養一方人」，不同地區的人吃什麼，其中涵蓋著歷史和文化的因素。人與食物的關係已經達到密不可分的境界。此書用一個個人物故事串聯起祖國各地的美食生態，其中有製作的技巧，有艱辛的勞作，有相濡以沫的真情，有端上餐桌的美食，也有食物的演變過程。人文關懷貫穿其中，用最質樸的表現手法展現那些貫穿於日常生活的東西。

五乙 湯斯麟

■ Title **Oksa Pollock: The Heart of Two Worlds**
Author **Anne Plichota and Cendrine Wolf**
Publisher **Pushkin Children's Book**
Call no. **SF PLI**

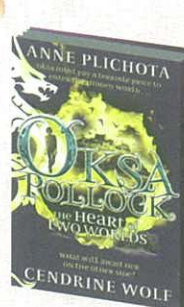
Oksa's heart-stopping adventures continue, as she journeys to Edefia.

Earthquakes, volcanic eruptions, torrential rain...

The Earth is in turmoil. Fleeing a flooded London, Oksa and the rest of the Pollock family set off in search of the Entrance Portal of Edefia, their magical home. It is their only chance of restoring the Earth's balance.

To get there, Oksa is forced to ally herself with the terrible Felons, mortal enemies who could betray her at any moment. Luckily she also has some real friends at her side: Pavel, her shapeshifting father; Gus and Tugdual, the two rivals for her heart; and of course, her formidable grandmother Dragomira, along with her menagerie of Edefian creatures.

Oksa Pollock fans will enjoy this fast-paced third instalment in the saga by French authors Anne Plichota and Cendrine Wolf. The story is carefully crafted, with lots of actions and intricate details. Similar to the two previous volumes, this is a real page-turner.



4B Chow Wai Yin, Athena

《山河故人》符號與形式

謝暖霞 (校友)

《山河故人》是國內導演賈樟柯的作品。賈樟柯早年拍攝獨立電影為主，及後於多個國際影展獲獎，成名後的作品仍有強烈的個人風格，與一般主流商業電影大相逕庭，形式上更有非常大膽的嘗試，故備受影評界高度讚賞。《山河故人》於金馬獎及亞洲電影大獎獲最佳劇本。從故事情節的角度看，劇本可說是非常平淡的，但反覆細味卻能看到當中的心思及深度。

電影講述三個年代中國人在故土及離鄉後的故事：

◎1999年：山西，梁子及晉生均情傾濤兒，濤兒倒滿足於三人行，但最後仍與事業有成的晉生結婚，梁子則離鄉打工。

◎2014年：濤兒已和晉生離婚，晉生再婚後和兒子Dollar住在上海。梁子帶著妻兒回鄉醫病。濤兒老友過身，著Dollar回鄉奔喪，疏離的母子二人相處了短數天。

◎2025年：晉生和Dollar移民澳洲多年，晉生終日在懷緬往日的點滴，Dollar戀上中年的中文老師Mia，濤兒仍在故鄉獨自生活。

《山河故人》的故事很簡單，對白亦甚少，電影中很多重大事件如離婚、移民等均以「暗場」交代，反而不少場景都圍繞一些瑣碎日常生活，如駕車、吃餃子、聽音樂等，顯然劇情並非導演的著眼點。影片處理角色情緒的手法亦相對內斂，無論濤兒與梁子分手、濤兒喪父、又或Dollar與晉生的衝突，電影的拍法都帶有一點抽離感，這種刻意避免煽情的處理，能令觀眾跳出角色的個人經歷，而更宏觀看影片的主題。

賈樟柯出身於山西小鎮汾陽，他很多電影都和汾陽有關，故鄉往往是賈導電影的主題；《山河故人》亦然。影片名稱是一個很好的註腳：「故」有過去的意思，是有時間性的，電影的重心在於「山河」（即故鄉）及「故人」（已然消逝或改變的關係），影片是從兩代人的經歷反映中國家庭與社會變遷的關係。故事情節只提供一個基本框架，當中看似無關痛癢的符號所象徵的意義，才是導演真正的意圖。舉例說三段時空中均有角色駕車的情節：1999年晉生教濤兒駕車，溫馨愉快，當時外國入口車罕有，晉生亦不斷吹噓車輛的性能；2014年濤兒與兒子Dollar駕車往奔喪，母子關係疏離，駕的是歐洲名牌房車，而街上亦甚為普遍；2025年Dollar與中文老師Mia發

生忘年戀，二人一個短旅程上考慮著回山西看看，駕的卻是一款近似50年代美國公路片常見的汽車，甚有懷舊意味。單單這三段情節中帶出的社會及人際關係變化就非常細膩豐富。影片其他重覆的符號如餃子、音樂只需稍作對照便饒富趣味。

《山河故人》的情感是來自一種社會及人際關係變遷的無奈，故年輕的觀眾相對難有共鳴，但我們仍可以另一角度欣賞本片。電影的畫面比例一直隨著時代及科技改變，賈樟柯亦在《山河故人》一片中不同的時空刻意用上不同的畫面比例：第一部分（1999年）用的是4:3（即舊式顯像管電視的比例）；2014年畫面則為1.85:1（接近現代家用電視的16:9比例），到2025年則是大部分現代電影通用的2.39:1超闊銀幕比例。除了時空上的區分，影片的三段情節當中描寫人與人的關係及中國社會變化也跟隨著電影的畫面比例劇變：1999年一段以Dollar出生作結，汾陽剛開始城市化；2014年濤兒與晉生離婚好一段時間，人們生活變得非常物質化；至2025年Dollar長大成人移民澳洲連母語也忘記了，移民了的晉生日子並不好過。《山河故人》把電影形式的與主題緊緊相扣，並賦予這作品只屬電影的解讀方法，無怪乎影評人擊節讚賞。



圖1-圖3：

電影三段時空中均有駕車的情節，卻有著不同的情緒。影像並排對照可見同樣的構圖但不同的畫面比例。