

HAPPY
Christmas

淡而有味 正是《非同凡響》

大眾對精彩電影的認知要不就是劇情緊湊扣人心弦，要不就是官能刺激娛樂一流。一些較為平淡的電影，大概一個「悶」字就給蓋棺論定。然而「悶」是否只是觀眾未能體味當中細節或情感？尤記得年輕時對一些所謂經典電影常常看得一頭霧水，但本著經典必看的心態囫圇吞棗總算看了一大堆。隨著年紀漸長，當再重溫這些所謂經典，一些從前看似平平無奇的情景，因著人生歷練而變得感受至深，終能感悟出戲味來。能夠以非典型的手法去表現情節情感，往往就是那些電影優秀之處。是故，今次筆者想推介一齣較貼近同學生活的「平淡」電影，或者能令大家更易理解到平淡劇情如何能讓人有所共鳴。

《非同凡響》的故事圍繞三組來自不同學校的人物：來自Band 1（女）校卻只是表現平平的中產家庭學生Zoey；無心上學亦無天份讀書的Band 3草根學生珈豪，以及他就讀弱能特殊學校的智障弟弟珈朗和他的音樂老師徐老師。故事由徐老師被校方委派籌備音樂劇開始，她找來其他學校的學生擔任義工，正是Zoey和珈豪與他們的同學。名校生們為的是討好奉承老師，期望IES可以加些印象分；珈豪亦只是為了可以剔除缺點大過，才不情願地參與這似乎毫無價值的音樂劇，但Zoey及珈豪在參與過程中卻反過來了解自身的價值。

有關Band 1及Band 3的鴻溝，劇中有句對白非常有力又耳熟能詳。因為讀書壓力而無法再去排演音樂劇的Zoey面對前來質問的珈豪說：「我唔同你，我係Band 1，要入大學！」Zoey在家長日因為老師向其母親提及Zoey的成績未必能入三大，建議Zoey考慮其他大學。Zoey提出將來想從事烹飪相關的工作，母親因而大發雷霆，又苦口婆心對Zoey說要她讀大學是希望她往後會多些選擇，不用為生活奔波而做不喜歡的工作。諷刺的是Zoey母親轉頭接到公務電話，在深夜時份仍要處理公事。母親這份新高標準的工作又是否她真正喜歡？這自相矛盾的場面又是否似曾相識？

《非同凡響》野心不少，故事中心似是寫特殊教育面對的困境，卻側寫了一個是他也是你和我故事：草根家庭為口奔馳；中產家庭看似生活無憂但卻是「你睇我好我睇你好」，工作壓力大也有更多的支出；名校生看似天之驕子卻被制度教化得功利行頭，每走一步都看是否對自己的「前途」有利；天生不是讀書材料的低下層學生除了逃學走水貨賺零用錢就無所事事；弱能兒童家長怕遭人白眼，更怕孩子被人恥笑；還有獨居老人、安老、年輕一代住屋問題等。導演往往用一兩個情境、甚至一兩通電話，就有條不紊地把這些問題交織起，細微的情節安排連貫起來竟有驚喜。



電影廊
P.08

謝暖霞（校友）

本片是由社聯牽頭拍攝，也就是所謂的社福電影。這類製作因為內容所限，通常會加入煽情元素，務求以大量戲劇衝突加強角色的困境（舉例說殺校、重大意外、甚至生離死別等），令觀眾更同情角色的遭遇。但《非同凡響》卻刻走偏鋒，全劇最突然的事件大概是Zoey外公過世，也只是輕輕帶過。名校生們沒說一句就退出音樂劇，特殊學校那邊只是亂了一陣子，亦沒有甚麼奇蹟發生來解決問題，甚至連一丁點眾志成城做好演出的氣氛也沒有（的確一群弱能兒童能了解眾志成城這概念大概只會出現在大台電視劇）。最終音樂劇只是湊合完成，導演也沒有放太多筆墨在表演內容上。但電影善用細節牽動觀眾情感，有如看音樂劇的觀眾都看得動容，並非因為表演精彩，而是台上所有演出都是每一個學生每天遇到的障礙，而他們都一一努力面對，縱使不一定圓滿結束。

影片明顯指向香港的教育制度問題，卻沒有大聲疾呼這個制度如何不濟，反而展現了更多的無可奈何。上一輩迷信知識改變命運（生活），輕度弱能孩子的家長望孩子入讀正常學校；Band 3生家長就要求不適合考試制度的孩子完成DSE升學；名校生家長則非三大不入，寧願直接外國升學。大家力爭上游，但都得由考試或評核制度選出所謂合適人選，導致功利主導的學習方式（Zoey學校視藝科老師對如何加分的心得可見一斑）。觀眾或會期望角色們在這制度中如何突破自己，然而除了珈豪因著音樂劇對攝影產生興趣而決定出路外，Zoey卻屈服而沒有繼續參與音樂劇，日復日被逼上補習班，這種處理手法更接近現實生活，畢竟現實世界亦不會像大台電視劇大團圓BBQ。雖然Zoey的決定似乎未如人願，導演卻以她作一有韻味的結局，留待同學自行品味。



悅書林

第五十五期

編者：何慧姚老師、廖仲儀老師

2018-2019 年度英華女校家長教師會贊助

悅書林

2018-2019 年度英華女校家長教師會贊助

第五十五期

英華人推介

書名 **圖解思考方法**
作者 **梁光耀**
出版社 **非凡出版**
受訪者 **謝淑珍老師**
採訪者 **三丁 鄧晉豐**



《圖解思考方法》介紹了人類的各種思考方式，並通過各種圖表跟不同例子分析和矯正人們錯誤的思考方法，說明人應該如何思考才能更容易地解決問題，以及不會輕易被他人誤導。這能讓讀者進一步掌握正確思考的方法和步驟，從而更有效地思考。

謝老師介紹這本書的原因是她認為學習數學必須理清當中的原理，而能夠透徹明白與否，思考方式就成為了關鍵。一直以來，有不少同學都因經常想不通數學題目的解題原理而覺得數學很困難。因此，她特別介紹這本書給同學們，希望同學能通過這本書學習到更多的思考方法，在學數學甚至其他科目時能更得心應手。



書名 **萬水千山走過**
作者 **三毛**
出版社 **藝文圖書公司**
受訪者 **李舒婷老師**
採訪者 **三戊 林夢哲**



《萬水千山走過》記載了三毛遊歷中南美洲的所見所聞，書中描繪了很多異域風情：神秘迷離的馬丘比丘、莊嚴壯觀的瑪雅廢墟、寂靜聖潔的厄瓜多爾心湖、純樸原始的阿根廷牧場……讀來讓人心馳神往。同時，書中除了記錄各地的風土、人文、地理和歷史外，還記錄了作者三毛的心靈歷程：異國裡的那些細如微塵的幸與不幸，都引起她對於人生的種種思考。看畢這本書，會令人明白到旅行的意義不僅僅是發現美，還有發現自己。

李老師覺得年輕一代都很喜歡旅行，但又苦於沒有時間，那麼不妨在課餘時間閱讀此書，跟著三毛走遍萬水千山，來一趟心靈的旅行！透過三毛質樸而華美的文字，你會發現原來洪都拉斯的青鳥就在眼前，阿根廷牧場上的那片澄澈的藍天其實觸手可及……那些可能我們連名字都沒有聽過的地方，原來都那麼可愛動人。而三毛作為女子，她獨自闖蕩異國的那份勇氣和毅力，也值得英華同學學習。





書介 P.12

書名 帳幕於人間
作者 胡燕青
出版 中華書局(香港)有限公司

這本書分成「佳音」、「風景」、「歲月」和「文字」四部分，當中輯錄了作者二十七篇散文，表達作者的所思所感。文章大部分內容均從日常生活取材，所有日常的瑣碎事都變成了作者筆下的文字，流露作者對生活的深刻反思，以及對身邊事物的仔細觀察。

作者在「文字」一部分道出了自己對中文的熱愛，以及對中文在現代社會不太受重視的遺憾。同學們平常較難抽出時間用心感悟文章，仔細咀嚼文字。希望同學閱讀此書後，能夠學懂欣賞中文，承傳千古以來的中國文化，令文學得以在繁忙的社會中撐起一片天。



書名 點滴城市
作者 侯文詠
出版 皇冠文化出版有限公司

作者剛到醫院工作，在書中提及對工作及社會的期望，但在工作時卻看到很多陋俗和制度上的不足，如在〈紅包事〉中，病人家屬會以封紅包的方式令主治醫生多加看顧病人，而紅包數量也成了醫生權威的象徵，作者藉此表達自己的無奈和對制度腐敗的心痛。

作者以這本書記錄城市的一點一滴，寫出他對生死的體悟及工作的經歷，希望從文字中改變現況，不單是醫療或政策上的改變，更是要推動人自我反思後的改善行動。



五乙 譚寶瑜

書名 民國太太的廚房：一窺張愛玲、胡適、朱自清等文化大師的私房菜
作者 李舒一
出版 圓神出版社有限公司

所謂「民以食為天」，中國世世代代流傳着不同特色的菜式，例如：粵菜、川菜等。吃飯是生活中不可或缺的一部分，不論人有任何失意或困難，都得好好地吃頓飯。任何人都曾有所追求，他們或去追求名利，又或去追求香味俱全的美食。美食的吸引力連那些文化大師也不能免役。

在這本書中，讀者能夠一窺民國時期那些文化大師的「美食日常」，如張愛玲的老上海美食地圖、張大千冠蓋雲集的家宴等；也能得到他們的美食食譜，讓讀者有機會如法炮製那些美食。從美食當中，我們彷彿能夠看見那個時代的縮影。美食能夠連繫兩個遙遠的地方，記載人們的悲歡離合，也承載該時代的文化記憶。



六乙 黃寶芝

書名 遺恨
作者 鍾曉陽
出版 新經典文化

故事的主角于一平接到了姑姑的來電，讓一平為表妹寶鑽補習，由此捲入了豪門黃家的複雜關係，一平也由單純的一介書生，體驗了人間愛恨情仇、靈慾角力，甚至生死危機。

作品帶有豐富的歷史背景，能增加時代氣氛。小說寫于家這四口之家，居於紅磡無湖街，日軍進城後，任職銀行的于父有天出門上班，被日本兵帶走後便沒再回家。于強和于珍因此「形影不離度過了淪陷歲月裏的童年」。大時代與人物的個人經歷便扣連起來了。鍾曉陽將歷史背景融入小說，加強了小說的張力，令故事情節更引人入勝。



五乙 蔡紫螢

書名 就是喜歡
編者 亦舒
出版 天地圖書

「享受是一種心態。」作者在書中充分展示了這樣的生活態度。有人說過事物是客觀存在的，而對事物的看法則是主觀的，並且取決於我們的選擇。只要我們能發現當中使人快樂的地方，值得享受、喜歡的事物其實一直在身邊。簡單如白襯衫、牛仔褲，奢侈如香水、胸針，平凡如番薯糖水、罐頭湯，只要我們細心欣賞、享受，總會找到它們耐人尋味之處。

香港人總是過着繁忙的城市生活，每天都在匆忙之中國圖吞棗，忙碌的生活使人心浮氣躁，正因為我們不懂得享受生活。這本書取材自日常生活中的細節，身邊的一花一木，一事一物，都可以勾起對生活的感觸。作者在書中呈現生活中的高品味：喜在黃昏看威士忌加冰、喜歡各種名貴首飾；又呈現出隨性的一面：喜歡穿舒適的寬身裙、大襯衫、懶拖鞋。這本書的特點是每篇散文篇幅不超過兩頁，方便閱讀之餘又不失趣味，讓人能從中體會作者享受生活的心境，從而得到啟發，學會發現和欣賞身邊事物的可喜之處。「每個人只能活一次」、「難得高興，自得其樂」，要從生活中找到快樂，其難能可貴之處在於自得其樂。作者這樣的生活態度，實在值得學習。



五丁 李沃筠

CLOUD ATLAS

Author : David Mitchell

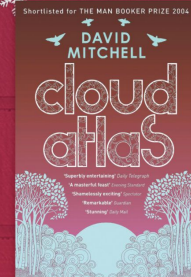
Publisher : Sceptre

Cloud Atlas continues to amaze me because it's one of those books that gets you thinking about different things, especially as one grows older.

The first time I read this book, I was a teenager. I was captivated by how the author is able to create different worlds. He tells six stories that are set in different times, and each character lives and breathes in their own world, with their own language, culture and way of life. Each world is meticulously designed, thus it is only natural for readers to become so absorbed that they overlook the clues that hint at something more. The stories may seem disconnected at first glance, but as you turn the pages, you will spot hidden cues here and there, hinting at a certain connection between the narratives, and the characters. At the time, one of the quotes that blew me away was, 'Souls cross ages like clouds cross skies, an' tho' a cloud's shape nor hue nor size don't stay the same, it's still a cloud an' so is a soul.' I remember looking up to the sky, wondering how many souls a cloud could hold, wondering what it would be like to witness the coming and going of one civilization after another.

When I read the book again, I had become an adult. I found myself reading more carefully into characters' personality traits, their decisions, and the effects of their actions. Despite the fact that the narratives are spread across nearly 500 years, choices that characters make affect not only those immediately around them, but also the generations to come. Although the characters in the story may not live to witness the consequences of their actions, a single decision can be detrimental to people who exist in another time. It was a strange idea, but it was one that left a deep impression. If I miss a deadline, my lecturer won't be pleased. If I am late for practice, my tutor gives me a dirty look. We do, very often in fact, think about the outcomes and effects of our actions, but they seem to be mostly limited to ones that we are capable of seeing. Things I may not have been able to perceive however, might be the pain the lecturer has to go through as he watches his bed-ridden mother fight against lung cancer every single day after work. An effect that I may not have considered, is how my being late will then cause the whole team to stay behind for twenty minutes more, cutting off studying time for those who will have a test the following day.

Till now, *Cloud Atlas* remains to be one of my favorite books because it has taught me a lesson I will never forget. 'Our lives are not our own. We are bound to others, past and present, and by each crime and every kindness, we birth our future.' While it may be impossible to testify whether souls reincarnate and how a decision can cause an impact on another life in the future, I'd say that it is more important to be aware of the many things that we are ignorant about, and to learn what it means to be a person capable of consideration and gratitude. I hope this book brings as much enjoyment and food for thought to you as it has for me.



By Miss Leung Lok Man Lauren

Grit: Why passion and resilience are the secrets to success

Written by Angela Duckworth

Publisher: Ebury Publishing, London (2017)

Which module(s) in Liberal Studies are relevant?

Module 1 Personal Development and Interpersonal Relationships
From S4 onwards

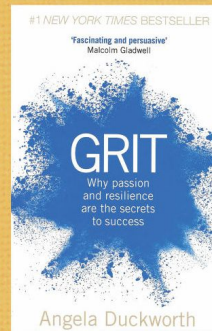
Many people think that intelligence and talent are the key factors in determining one's success. What can we do to become more successful? How can we excel in all aspects of life? Which critical factors are the most impactful in our learning, career and life? Dr. Angela Duckworth, a professor of psychology at the University of Pennsylvania suggests that the key to excellence is grit but not intellectual talent.

What is grit? Grit is a positive personality trait in psychology. Duckworth and her colleagues defined grit as an individual's perseverance of effort combined with the passion for a particular long-term goal. This perseverance of effort promotes the overcoming of obstacles or challenges that lie on the path to accomplishment and serves as a driving force in achievement realization.

Duckworth is a pioneering psychologist. In her impressive book, *Grit: Why passion and resilience are the secrets to success*, she examined the power of grit and analysed the short and long-term effects of grit on people's performance in school, at work and in interpersonal relationships. From her observation, individuals high in grit were able to maintain their determination and motivation over long periods despite experiences with failure and adversity. Duckworth shared her Grit Scale in the book and it is a handy reference to understand how proactive or reactive we are when facing challenges. Her research indicated that grit can be learned or cultivated gradually. She provided tips on how to choose our own purposeful and top-level goal in life. She also gave advice on how to foster grit at home, at school and in the workplace.

Are you ready to get gritty? Do explore this book and you can develop gritty behaviours to manage the fear of failure. Being a tough cookie and have confidence in your own capabilities so as to achieve your lifelong goals.

By Miss Cheung Ka Yut



100 Ways to Happiness: A guide for busy people

Written by Timothy J. Sharp

Publisher: Penguin Group (Australia) 2008

Which module(s) in Liberal Studies are relevant?
Suitable for whom?

Module 1 Personal Development and Interpersonal Relationships
From S3 onwards

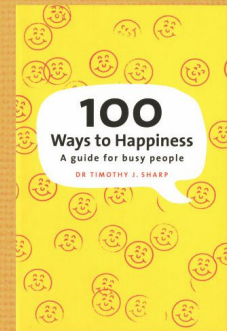
"Are you happy?" Being listless at class may show that you are not. We always unintentionally reveal our emotions through our words and body languages even before we are asked to ponder if we are happy. If you are not having a good mood, this book may be an antidote that inspires you as there are 100 tips for you to be happy.

By giving practical suggestions on cultivating habits physically, mentally and socially, this book shows that being happy is not as hard as what busy bees imagine - that we have no time to be happy. The secret of living a thrilled life is to be able to discipline yourself well. The author recommends that you can choose a combination of tips that suit you, instead of following all 100 tips at the same time. With your self-regulatory efforts, you may start to realize that you are surrounded by happiness and the beauty of life.

While most of the tips are about renewing our own thoughts, some concern managing relationships with others. Among the hundreds of tips, "forgive others" is perhaps the most difficult one to be implemented. We tend to think that we are always correct when it comes to arguing with others. However, if we can reconcile with others, not only do we make ourselves happier, but we also heal the heart that hurts.

It has never been promised that our lives are without tribulations and suffering. However, if we can face our challenges with a joyful attitude and confidence, we will be set free from the chains that we pose on ourselves!

By Miss Li Tin Wan





A/ 書名 **當下的禮物**
作者 **區樂民**
出版 **皇冠出版社（香港）有限公司**
受訪者 **三丁 陸紫文**

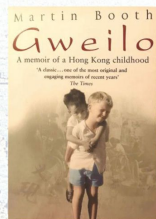
採訪者 **三丁 林嘉欣**



這本書是《區樂民散文圖文精選集》第三輯，由過往作品中選取佳篇，為人們繁忙的都市生活送上一份終身受用的心靈禮物。書名充滿溫暖和陽光氣息，作者希望讀者閱讀這本書後，能夠活在當下，享受每一天，珍惜眼前的人和事。

陸同學認為這本書讓她學習到很多道理，而且還能帶給她許多正能量和正確的人生態度。她說：「每次閱讀區樂民的散文，總讓我感到只要有樂觀積極的態度，人生總有很多事情可以讓我欣賞。」所以她推介這本書，希望能夠讓同學學習用正面態度面對困難，也能夠感覺到區樂民帶給我們的正能量。

A / B /



看甚麼
P.06

英華人在看甚麼？



B/ Title **Gweilo**
Writer **Martin Booth**
Publisher **Transworld Publishers Ltd**
Interviewee **5B Cheung Hau Yin, Zoe**
Interviewer **5D Lee Yuen Ki, Gigi**



Gweilo is an autobiography about a British who spent his childhood in Hong Kong during the 1950s. The book describes Hong Kong from a foreigner's perspective and helps us to learn more about our local culture in the 50s from the eyes of a person who is deeply influenced by western culture.

The writer and Zoe share the similarity that both of them were not familiar with the customs and environment of Hong Kong in the 50s. This aroused her interest to read the book as she felt she could resonate with the writer. The part of the book Zoe found the most interesting was the cultural shock faced by foreigners. Some foreigners at that time still thought that Chinese men would have a "half-shaved-half-plaited" hairstyle, which was a typical characteristic of the Qing Dynasty. What was more, they found some behaviors puzzling, such as the locals' discarding "strange-looking" rubbish everywhere. In fact, the locals did that to feed dogs or livestock like pigs.

What Zoe has learned from the book is that one's stance and perspective towards different things can directly affect one's behavior. However, as long as one possesses good intention, society can still achieve harmony in diversities. Sometimes changing our point of view and standing in others' shoes can also help us broaden our horizons. Zoe thinks that it is important to get a deeper understanding of our society as well as to keep an eye on the world. Moreover, Zoe regards the book as an easy read as the language is concise together with vivid descriptions from the perspective of a child. For example, mah-jong is compared to "cream-coloured dominoes rattled loudly", which she finds intriguing. She highly recommends Gweilo to her peers.

■ 書名 **獵貓者**
作者 **陳德錦**
出版社 **匯智出版有限公司**
索書號 **857.6 7529**



這本推理小說敘述了四個故事，內容一改普通推理小說的風格，每名犯案者都是生活中常見的人，並各自擁有一段不為人知的往事。最讓我印象深刻的是〈黑色的夾克〉一篇，嫌疑人看上去欲蓋彌彰，但案件卻遲遲未有辦法定案。隨著謎團大白於天下，一段兄妹互相守護的動人情節亦隨之揭開。這本書讓我明白兇手不一定是人人得可誅的壞人，也有可能是另一名故事還沒被發現的受害者。

三戊 石明慧

■ 書名 **繪畫的基本**
作者 **莉絲·娥佐格**
出版社 **一起來出版**
索書號 **947.45 0479**

作者透過簡單易明的透視圖，以及循序漸進的步驟示範，令無論是精通畫技還是缺乏繪畫基礎的讀者，都能夠輕易掌握一共48項繪畫主題和10個獨門秘技。你或許會認為自己永遠不能畫好一幅畫，並羨慕畫得好的人，但看過這本書後你也許能得到啟發，畫畫不再困難。

在書中，就算是最簡單的樹木也有10多種畫法。作者透過仔細觀察，創作了如此繁多的繪畫方法，而觀察便是作者想帶出的主旨，希望大家透過這本書能夠找到畫畫的樂趣。



四戊 劉麗瓊

■ 書名 **台北說城人**
作者 **韓良露**
出版社 **有鹿文化事業有限公司**
索書號 **855 4445**

作者並不是在台北出生的，而是十七歲那年從高雄市來到台北的，可是她對這個地方的認識和熟悉程度比當地人更甚，也促使她寫成這本書。短短三十八篇散文記錄了作者在台北的日常生片片段，彷彿為這個城市增添一份寫意、一份閒情，與香港事事講求效率的模式截然不同。作者在書中引用並改寫了莎士比亞著作的名言——'to survive or to live, that's the question.'，好讓讀者反思到底人活著是應該要做生存者，還是生活者，而台北的生活環境正是一個能讓人們享受生活的地方。在字裡行間都可以感受到作者這個異鄉人對台北的喜愛和慢活的態度，簡潔不誇飾的文字能令讀者產生共鳴。



五丁 鄧梓淇

■ 書名 **鄉關處處**
作者 **王安憶**
出版社 **麥田出版**
索書號 **857.63 1010**

這本書收錄了三篇中篇小說，三個故事分別發生在上海、紐約和香港，講述了生活在這三個城市的移民故事。

這三篇中，〈鄉關處處〉是我最喜歡的一篇。月娥離開家鄉到上海當幫傭，起初生活艱苦，住處逼仄，幸得同鄉人和爺爺的幫助，生活總算得到改善。故事雖沒跌宕起伏的情節，但同鄉人的守望相助，顯示出人間有情，溫暖人心。



五乙 蘇慧珊

