東天人訪問

主題：智能手機

問題：(1) 您每天用多少時間使用智能手機？
(2) 您認為智能手機如何影響您的生活？

受訪者一

(1) 幾乎整天都用智能手機。
(2) 我覺得我離不開它。如果出街不帶著，會感到不自在。而且我覺得智能手機令我生活更方便。

受訪者二

(1) 每天大約有二至三個小時用智能手機。
(2) 我覺得用智能手機令我省了不少時間。例如出街覓路，可以用智能手機上網查路線，節省不少時間。

受訪者三

(1) 每天大約有五至六個小時用智能手機。
(2) 我覺得智能手機給我很多娛樂。例如上網、觀看電視劇、Facebook、MP3播放和小遊戲。

受訪者四

(1) 每天大約有四至五個小時用智能手機。
(2) 我覺得智能手機令我和朋友、同學多了溝通而且我可以很快得知他們的最新動向。因為用智能手機可以上Facebook或微博。

受訪者五

(1) 每天大約有四至五個小時用智能手機。
(2) 我覺得一部智能手機在手如同一部電腦在手，而且可以在任何地點上網，比用電腦更方便。

二零一二年六月號
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智能手機問題

現時，智能手機普及，在街上使用智能手機的人隨處可見，它已經成為我們不可缺少的用品。為何出現這個現象？今期我們來一同揭示智能手機普及的問題。

現時的智能手機不再是手機那麼簡單，它的功能甚多，如日程表、日曆和任務列表等，甚至可以讓用家的電腦同步上網及查看和編輯文檔。同時它們還包括實用工具，如計算器、地圖和GPS應用等。這令人們的生活更方便。

智能手機可以令你更快速更方便得到最新資訊。因為不論你在哪裡，智能手機都可以讓我們隨時上網。這樣我們便可以不用帶著沉重的手提電腦都可以獲得最新資訊。特別對於要時刻常握股市最新動向的金融業人士。

再者，智能手機可以令你更節省時間。因為當你不知目的地時，你可以利用智能手機的地圖和GPS查看自己位於哪裡，並找出最適合的路線用最快的時間去到目的地。這樣上街也不用怕迷路和浪費不必要的時間。

此外，智能手機可以令你更快得知朋友的動向。因為現時的智能手機可以隨時上網、Facebook和微博。不論你在任何地方、國內甚國外，你都可以透過智能手機隨時與對方溝通。這令你與朋友的關係不會疏離也不會令你失去朋友的消息。

去年，智能手機全球熱賣，售出逵億多部，估計在2016年，更會達到10億部。許多使用者表示，每天都不可缺少智能手機，否則什麼事情也做不到。足以知道人們對智能手機的需求很大。但是，大家有沒有想過智能手機有多嚴重的禍害？

首先，多智能手機會影響健康，就如我們的視力。在中國內地某間醫院近一個月接診，因眼乾、眼澀的患者中有接近半數的人是由於過度使用手機造成的，其中絕大多數是年輕人，更發現已經出現了嚴重的視力下降，被確診為假性近視，看來手機釀禍不少。

多智能手機也會令我們的手部受損，而且後果嚴重。據東方日報新聞報導，五十多歲婦人深受平板電腦中的「推金幣」遊戲吸引，每晚豪玩四至五小時，短短一個月便出現手指麻痹及無法握拳等筋腱勞損徵狀，痠痛更延至手肘及肩膊，最嚴重時雙手無法高舉過頭，不只無法做家務，亦影響日常生活。最後，經物理治療師教導舒筋伸展運動及減少打機後才得以紓緩。

然後，智能手機更會有輻射問題，所以在我們的身邊隨時都會出現輻射，更會波及別人的健康。城市大學生物及化學系副教授張漢揚表示，手提電話會釋放電磁波，尤其在撥打、傳送信息時的波場特別大，長期會影響人類神經及細胞運作。証明智能手機會增加致癌機會，影響我們的健康。

智能手機又會影響我們的精神狀況。精神科專家陳醫生表示，過度使用智能手機，不但會令人跟現實脫節，人際關係疏離，甚至損害健康。因為身體會產生一種壓力荷爾蒙，導致失眠、緊張、情緒低落、嚴重時更會引發精神病。因此，令我們的家人、朋友擔心。

繼而，智能手機使人與人的溝通變得愈來愈間接，使人失去了說話溝通能力。科技的進步，為廣大市民帶來更先進的智能手機，亦有為人與人的溝通而產生的社交網站。但同時，這種科技進步使我們的習慣和價值觀受到衝擊。這使得我們的溝通由自己的說話，驀然轉為黑白文字或者是彩色圖片。

智能手機令我們疏忽自己的朋友。智能手機可以隨時隨地上網，亦可下載多種應用程式如遊戲。這種功能的而且確能娛樂我們，但同時亦帶來反效果。例如在地鐵車廂內，不論是年幼老少，同樣手握智能手機，目光被發光螢幕吸引，而另一隻手則馬不停蹄地在螢幕上敲著。有的忙著玩遊戲，有的忙著發短訊，有的忙著上網。即使朋友或家人坐在身邊，仍沉醉在自己的娛樂世界當中，卻正正忽略了與身邊人溝通的機會。

其實，凡事都有兩面。智能手機並非蛇蠍，它只是工具，它的好壞取決於每個人的心態以及能否在兩者之間取得平衡。只要人們對智能手機有節制，不要過度沉迷，資訊科技的發展也不是一件壞事。只要明智地使用智能手機，在為生活帶來方便的同時，避免過度沉迷，就能保持身心健康。同樣，只要我們不過分依賴電子產品作溝通，適當運用電子產品不會令我們的人際關係變得冷淡。

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S6A Eric Wong Man Hang

EDITORIAL

By S6A Eric Wong Man Hang

Welcome to the second issue of "Tung Teens"! It has been a long time since the first issue was released – I believe all of you miss it much. And with this school year coming to an end, a more interesting, more mature and more impressive version of "Tung Teens" is now here for all of you!

At the end of this semester, I believe all of our schoolmates are facing loads of exams, tests and work. So want to have fun while learning English? Want to know more about how to maintain a healthy life? Want to recall your memories in recent English activities? This issue of "Tung Teens"is certainly a great choice for you:

In our "Breakfast – Friend or Foe?", our school teachers will speak to you about their habits of having breakfast – a way to stay healthy.

In our "Food Pyramid", you will see some lovely drawings by our S3 schoolmates and they will explain to you what you should eat more of or less of to maintain a good health.

In our "Healthy Recipes", you will get to know about some healthy and delicious recipes from our S1 schoolmates – learn them and try them at home!

In our "Sports – Physical Education at TCCS", our S4 schoolmates will speak to you about their views on picking Physical Education as an elective subject, and how they found it helpful to their health.

In our "Campus Life", you get to read some reactions to the "I Speak English" Challenge and see lovely photos!

We hope that all of you will enjoy reading this issue of Tung Teens, and of course, learn more English. If you would like to publish your work or help with the next issue, write or speak to your English teacher. It will be great to hear from you. So now, enjoy and treasure our lovely "Tung Teens"!

Cover Story

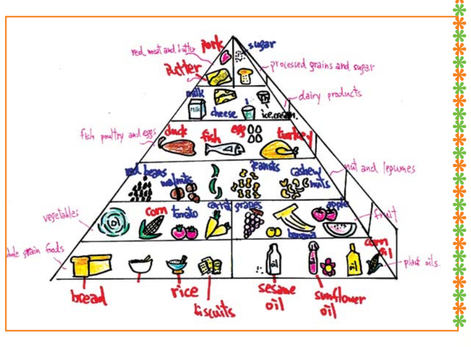
Yuen Sen Hei, 3C Cheung Ka Man, 3D

Have you ever heard of the Food Pyramid? Theoretically speaking, it is a model of foods showing us what to eat in order to maintain our health. The illustration below is the artwork of the Food Pyramid done by our schoolmates. You will see what we should eat more or less accordingly.

How can we make use of the Food Pyramid to maintain our health?

According to the Food Pyramid above, we should consume those foods at the bottom the most. In other words, we should eat more vegetables and fruits because they are rich in dietary fiber, which help us prevent constipation. In addition, we should eat more whole grain foods because they are rich in carbohydrate, which provides us energy.

On the other hand, we should consume those foods at the top the least. That means, we should not eat too much red meat, butter, sugar and processed grain foods because they are not healthy for us.



Hunger strikes! Would you like to try some healthy dishes? Be a chef to cook for yourself and your family and friends by glancing at the recipes below!

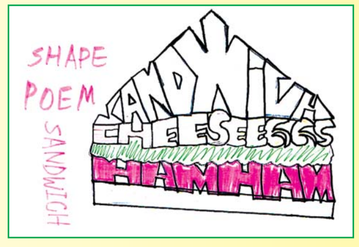
Recipe

HAM AND CHEESE SANDWICH

Sammy Chan, S1C

Ingredients:
1 loaf of bread
1/2 pound of ham
100g cheddar cheese
A few pieces of lettuce
A little salt and pepper

Instructions:
1. Place one piece of bread on a plate.
2. Put a piece of lettuce on the bread.
3. Cut ham into thin pieces.
4. Put ham slices onto the lettuce.
5. Grate some cheddar cheese onto the ham.
6. Put another piece of bread onto the sandwich.
7. Cut the sandwich into a triangle.
8. Add some salt and pepper into the sandwich.

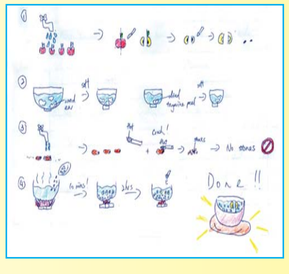


Recipe

APPLE SLIMMING SOUP

Siu Sin, S1E

Ingredients:
4 apples
3 big clusters white wood ears
1 quarter of dried tangerine peel
18 red dates
12 cups of water
1 cup of cashew nuts (rinsed)

Seasoning: 1 teaspoon of salt

Instructions:
1. Rinse the apples and cut them into halves. Core and set aside.
2. Soak wood ears in water until they are soft. Soak dried tangerine peel in water till soft, remove the pith.
3. Rinse the red dates. Crush lightly with the flat of a knife. Remove the stones.
4. Boil water and put in all ingredients. Boil over high heat for 10 minutes. Then switch to low heat and simmer for 2 hours. Season with salt and serve.