



雨下得很大，葉根上的泥土被沖洗得無影無蹤。  
「憾」。仰望天空，說：「遺憾」。

在離開醫院的時候，那場要下不下的雨終於落下，髮尖都被淋濕，我拭去臉上那不知是雨珠，還是淚珠的水點，口中吐著：「憾」。仰望天空，說：「遺憾」。

我愈想愈心煩，這時候，他不知道什麼時候閉上的眼睛忽然張開，嘴唇一開一合，像是說著什麼。我心裡不耐煩，猜想他又是在要求我替他拿東西之類的，這陣子不眠不休地照顧頻死的人，讓我疲憊不堪，於是帶點怒意地問：「怎麼了？」他的嘴唇仍然在動，但我聽不到，所以稍稍俯身，微弱的聲音傳進耳朵：「……我……是時候了……但是有個遺憾，就是在生的時候，不能給你好的生活……死的時候，仍然要麻煩你……不用來拜祭我了……因為，我會時時刻刻在你身邊，守護你。真的不用想我了……當作是彌補這個遺憾……」很靜，世界突然靜了起來。我站直身子，看著病床上的人，閉著眼，一臉安祥，就像沉睡了，靈魂跑到別的世界作夢去。

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# 《遺憾》

「嘩嘩嘩……」就算我按破手機上的按鍵，也不會再有任何新訊息，就算我多遺憾，也不能回到過去的時光，就算我多不捨，她還是要離開，去走屬於她的路。我難過的，不是沒有送她上機，而是我沒有好好跟她道別；我不捨的，不是失去的回憶，而是她這個知己；我遺憾的，不是失去了這個知己，而是在最後的時刻中沒有感謝她對我的付出和祝福她有美滿的將來。在我心中，我和一心的情誼是永恆不變的。但她呢？會不適應那邊的生活嗎？會像我想念她一樣想念我嗎？



這「遺憾」，藏在我的心中深處，永遠的，未能釋懷……

「滴答、滴答……」時間一分一秒地過去，大賽也完畢了，我們成功進入了八強。正想告訴一心這個消息之際，我才驚覺，今天正是一心要離開香港的日子！我竟把這忘得一乾二淨了！怎麼辦？我應該趕到機場嗎？我能趕及嗎？可以的！她不會不見我最後一面就走的。我堅信。

「嘩嘩嘩……」看著手機中的短訊信箱，二百一十八個，好像是一個很大的數字，卻不使我的心感到滿足，反而是滿滿的空洞和遺憾。  
今天，是一心離開香港的第三十天。這一個月以來，我們都沒有聯絡大家，倒不如說，是我不知怎麼聯絡她。上個月，一心突然對我說：「允行，我要到澳洲讀書了，這麼遲告訴你，是不希望你難過太久，也不想你準備什麼禮物給我。因為我們的情誼是在心中的，永遠的，不會變的……」聽到這消息後，我頓時全身無力，心情掉進谷底，很深、很深的谷底……  
在過去的上課日，我們每天都結伴上學，同學們都說我們根本是「糖癡豆」。其實，說我們是「糖癡豆」也不足為奇，一起上課、一起吃午餐、一起打球，哪有朋友能如我們一樣瘋狂，朝夕相對？每天，我和一心也會到操場進行排球隊的訓練，我曾相信，我們的夢想也能像排球一樣在天空翱翔，而且永不停歇、永不放棄。  
一心總是能使我忘卻苦惱，使我繼續積極地勇往直前。記得有一天，我的狀態十分差，連續多次也接不到教練開的球。而且就連開球也不順利！在休息時段，我坐在長椅的一端，彷彿頭上有一大片烏雲，臉上也寫著「請勿接近」。可是，一心打破了我心中的那道牆。是她，永遠最先接近我，是她，永遠最先諒解我的感受，是她，永遠最先保護我開解我。  
我怎麼也想不到，她竟有天要離開我的生活環境，我做夢也不敢想。  
本來，想著一定要好好珍惜最後相處的時光，但她忙著辦理退學和移民的手續和安排，而我就忙著迎戰快要到來的全港名校排球大賽。有幾天，我們只能透過手機通訊聯絡。文字也不能表達我對她的思念和不捨，想說的話總是太多、太多，日子卻每天在倒數，你叫我如何是好？  
二月十八日，是全港名校排球大賽的大日子。教練要沒收所有人的電話，以免分心。把電話交給他前，我傳了個短訊給一心，內容是這樣的：「我要上戰了！很緊張、很緊張！但我會當你也同樣在場一起迎戰的。你會支持我的，對吧？允行。」

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# Should school tuck shops stop selling 'Junk food'?

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In Hong Kong, people always emphasize the importance of health. Some people are so concerned about the children's health that they suggest school tuck shops stop selling 'Junk food'. Although I cannot deny that they have very good intentions, I think it is unnecessary and ineffective to stop school tuck shops selling 'Junk food'. Also, it is difficult to impose and it causes a lot of inconvenience.



The term 'Junk food' was coined by Michael Jacobson, director of the Center for Science in the Public Interest, in 1972. It is an informal term which refers to foods that have little nutritional value or foods that have ingredients considered unhealthy. They usually contain high levels of saturated fats, salt or sugar. Some examples are potato chips, candies, chewing gum and fried fast food. Actually, the meaning is quite vague. It does not state exactly how much fats, salt or sugar a food should contain to be considered a kind of 'Junk food'. This vagueness makes the implementation of the ban on selling 'Junk food' in school tuck shops very difficult since different people have different standards

Moreover, if we eat 'Junk food' in moderation, it will not cause health problems. If we use it properly, it can be very useful and beneficial instead.



For instance, students may fall asleep easily in the afternoon and find it very difficult to concentrate on their lessons or on their revision. If they have some snacks, which may be 'Junk food', while they are having their lessons or revisions, they may concentrate better on their lessons or revisions. In addition, eating moderate amounts of 'Junk food' can be seen as a bit of fun and can reduce our stress. Besides, 'Junk food' is often given to winners in a competition or students who performed well as a gift in order to recognize the effort they have made and to encourage them to keep up their good work. It is because most 'Junk food' are quite cheap but most people like them. Hence, these so-called 'Junk food' can be very useful and beneficial if we eat them in moderation. If school tuck shops stop selling 'Junk food', it will cause a lot of inconvenience.

Even if school tuck shops stop selling 'Junk food', it cannot stop students from eating 'Junk food'. Most schools are close to shopping malls or shops so students can buy 'Junk food' from these places at lunchtimes or after school even if school tuck shops stop selling 'Junk food'. As a result, school tuck shops will complain that fewer and fewer students buy food from them yet students can continue to eat 'Junk food' outside school.



Also, some students may still not understand why school tuck shops stop selling 'Junk food'. Hence, they will continue to eat 'Junk food' outside school and when they have grown up. Therefore, banning it from the school tuckshop is ineffective to improve students' health.

I think a better measure to improve students' health would be promoting healthy snacks to students, for example, apples, oranges and bananas. These snacks are rich in dietary fibre and vitamins so they are good for students' health. School tuck shops should also be required to sell these healthy snacks. Besides, schools should teach all students about nutrition, their uses and the diseases that eating too much 'Junk food' can lead to in detail so that students will understand why they should eat less 'Junk food'. They will learn the benefits of eating healthy food, such as vegetables and fruits. I think it would be more effective in improving students' eating habits, and hence, improving their health.



'Junk food' is not junk. It has its value. Also, stopping school tuck shops from selling 'Junk food' is not very effective in reducing the amount of 'Junk food' that students eat. Therefore, I do not think school tuck shops should stop selling 'Junk food'.

