



Matrix

School News P. 2-9

**Living through Time
P. 10—13**

**Politics through Time
P. 14—17**

**Minds through Time
P. 18—24**

English Week

The English Week was successfully held during 20–24 February. Students enjoyed learning and speaking English with teachers and their fellow schoolmates through a wide variety of English activities. Here are some of the highlights from the English Week:



Treasure Hunt:

Students looking for the hidden words from different parts of the campus in order to win a big prize!



Scrabble for Fun:

Recalling the vocabulary they have learnt in class, students form words using a limited amount of English letters. It is not an easy task.



English Fun Day:

Students were busy at visiting the game stalls, where they could play different interesting English games.

Answering questions while playing table-tennis in a team was even more challenging.



Apart from the knowledge of English Language, students sometimes needed to use their wisdom and creativity to complete various tasks.



Fashion Show: Designing and wearing their own costumes, students made performances on stage. This is a good opportunity for them to develop a new sense of fashion. The models all look so cool!

Film Presentation:

Students and teachers were having lunch while watching a film, titled 'Pay It Forward'. They were impressed by its message conveyed: to spread love by repaying good deeds to others.



Food Tasting:

Doing tongue twisters is the best way to improve pronunciation and fluency. After that, students were treated some delicious snacks prepared by teachers and schoolmates.



Youth Forum: Representing different parties in a debate, students expressed their views on certain issues. They discussed and solved problems together, contributing many inspiring thoughts to the forum.



Quiz Show: Students on the stage were given all kinds of challenging questions which covered different disciplines. The audiences also discussed answers among themselves.

Cultural Tour - Ireland

A few months ago, the Consulate General of Ireland invited our school to take part in an **Irish Ambassador Scheme**. Two of our students were chosen to represent our school in the promotion of Irish culture, where they researched on Ireland's cultural heritage. On **22nd February**, they set up a booth and introduced their findings to many local Irishmen. Many of the local expats were very impressed with their performance, and some even said they learnt something new from our students' presentation too!

Below are some of the highlights of that night and the students' feedback:



Mr Peter Ryan, the Consul General of Ireland to Hong Kong & Macau, commending students for their effort.

Actually, Kitty and I had only prepared for about 4 days. That's why I was very nervous about making mistakes when talking to the guests. Fortunately, **the Irish were all very friendly and supportive.**

The experience was fantastic and amazing. We actually learnt a lot about different aspects of Irish heritage: religious, historical, art, and even bar culture! I never knew that this country could be so fascinating.



Kitty, Cathy and Mr Ryan



One of the guests that night

I realized that **Ireland is indeed a wonderful place** and I highly recommend you go there for a holiday.

— 3D Cathy Yip

Ireland is probably a country that is slightly underappreciated by Hong Kongers. We seldom get an opportunity to know more about its significance and value in our daily life. **At the beginning of this activity, I doubted how interesting and useful it would be to my life.** However, something has greatly changed my mind during the process and taught me a valuable lesson.

Before presenting a topic about Irish heritage in front of our guests, we were required to take part in a speech given by the Consul General of Ireland and do some research based on our topic. I wasn't interested initially, but as I progressed, I started discovering more fun facts about Ireland during the process. **Its rich historical and cultural value, such as the evolution of the parishes, Irish Catholicism, and the numerous historical stories within the walls of the architecture, are all inspiring as it is captivating.** This opened up the door to my interest in the Irish culture.

On the day of our presentation, we had meaningful conversations with various guests from Ireland. **I found that they are kind, warm, and very friendly.** They were willing to spend time with us, and shared more about their lives and fun facts in Ireland. **The most memorable experience was the conversation with an Irish child at about eight, who is really adorable and nice to us.** She introduced herself in a friendly way, and shared lots of feelings and thoughts about Hong Kong's life. I knew more about the differences between Hong Kong and Ireland, and also the connection between Hong Kongers and foreigners. I'm so glad I had the chance to meet her!

Throughout the little Irish adventure, I have a more comprehensive understanding about this country, and am able to look at a place through different perspectives. More importantly, **Ireland reminds me not to judge a book by its cover.** Some things might not be as sparkly as others on the surface, but it doesn't mean that it is of a lower value. Just like Ireland, though it is small in size and less famous to some, it certainly has its own unique value and attraction.

— 3D Kitty Cheng



Presenting to guests



Our youngest guest was in fact our first listener! Her warmth and enthusiasm really encouraged us!

English Literature Society

On **4th December 2016**, the English Literature Society invited 7 of its members to watch a drama show — **Tuesdays with Morrie**. This show is based on the famous book by Mitch Albom, detailing his final days spent with his professor **Morrie Schwartz**, a patient of ALS (amyotrophic lateral sclerosis). Despite having little time left, Morrie still tried his best to teach Mitch the true meaning of life and leave the inheritance of knowledge to his favourite student.

Although students are still young and seem far away from “life and death”, they were able to appreciate the **life lessons** and did a bit of **self-reflection**. Hopefully they will remember some of the reminders and able to live a more meaningful life in the days to come.

Our next anticipated event of the year is watching one of Hong Kong Arts Festival’s highlight — **Arthur Miller’s All My Sons**. Looking forward to seeing you there!



Stage photos from
Tuesdays with Morrie:



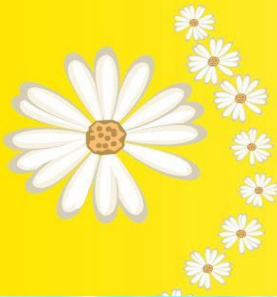
ALL MY SONS

BY ARTHUR MILLER



Synopsis of All My Sons

During World War II, Joe Keller was accused of knowingly shipping damaged airplane parts that led to the deaths of 21 servicemen. While only his business partner, Herbert Deever, was convicted of the crime, Keller was guilty as well. When both families find out the truth, it further damages both Kellers and Deevers and their next generation, who were left scarred by their own experiences during the war.



Simple Tips for Being Happy

Ngan Wing Kiu, Agnes (3A)

Have you cried recently, or felt so bad about your school life because of the tremendous workload? If your answers to the questions are affirmative, I am sure that tips below can bring your smile back!

As we all know, Hong Kong is a hectic city, it's not hard to survive but definitely challenging if one wants to truly live. For instance, high education background doesn't guarantee a well-paid job anymore. One needs both the qualification and persistence to earn a good living. As a consequence, lots of us forgot how to be a happiness-seeker to alleviate the daily burdens we carry every single day.

My first tip to happiness is to **recognize your strengths**! Most of you may have heard of the story of the flawed water pot. A water bearer carried two pots across his neck, one of them had a crack in it, but the other pot was perfectly fine. The bearer knew the flaw of the defective pot, so he planted flower seeds on the side of path to water them. Beautiful flowers were able to flourish due to the pot's imperfection.

We all have our own flaws and uniqueness that make our lives rewarding. What are the things that you value most about yourself? Is it your generosity, bravery, or prudence? No matter what your core values are, we are designated to discover our talents in exploration and to flaunt the strengths in face of challenges. As such, remember not to berate yourself for your weaknesses. I believe that there is always a flip-side!

The fact that **exercising is a vital component** of a healthy living has always been instilled in our mind. According to a psychological research, exercise is an effective anti-depressant and a very powerful mood-enhancer. Why is it? It is because when we move our body, it gets our blood flowing and the release of endorphins induces a natural happy mood which bolsters and boosts our mood. On top of that, stretching is also a key element that warms us up and cools us down. Stretch yourself after lessons, or when you have finished a complex task like a project. Relaxing your body for work is no different to preparing yourself to confront a plight or a challenge.

For many people, time is a major factor to cause and exacerbate stress. Time seems to be never enough to finish all the accumulated tasks. Hence, here comes my last tip – refine your workload. Ask yourself, 'is the task most urgent among all?' Be decisive to prioritize things in your schedule according to its due date. Learning to manage your time is the lynchpin to cope with and ease stress.

Time CAN'T really be managed. For me, I have done innumerable time management, but found that they all failed to have a significant improvement for my messed up schedule. I still found myself always rushing through deadline. As mentioned earlier, precise choices should be made for the sake of prioritizing tasks, according to how significant and urgent they are. Examples of urgent tasks include projects driven by deadlines and conversely like recreational pursuits which will not cause any major disturbance if they are not addressed. As such, priority-management is a far better option than the general time management.

One more reminder, **procrastination comes along with discontent.** When you do not enjoy doing a certain task, you procrastinate. From my own experience, breaking the task into smaller sections and using strategies such as rewarding myself with little incentive help speed up the process. Alternatively, if you deal with some tasks you consider to be extremely hard to achieve and accomplish, you could find a buddy to relieve your burdens and stressful minds by means like deep-chatting. Do try these out, life would indeed be way easier!



I bet that all of you have an idea of what constitutes happiness, and it is undoubtedly **LAUGHTER**. Not only has it been clinically shown to boost immunity, it also triggers the release of brain-happy serotonin. Besides, smiling is easy as it only takes up to seventeen muscles whereas it takes forty-three to frown! Now, begin to laugh voluntarily, soon you will find that natural laughter follows!

In short, as quoted by a remarkable English novelist George Orwell, "**Happiness can exist only in acceptance**". Don't compare yourself to others – every pursuit of happiness is unique!

My Grandfather

Chan Nok Yin, Ronny (3A)



In fact, my grandfather is quite like a tree. Trees always support the leaves and let them expose to the sunlight for photosynthesis. My grandfather cared for me and always backed me up in face of obstacles. When I was down in the mouth, I would be deep in conversation with my grandpa. He always gave me valuable advice and spiritual support. Problem would seem trivial and pressure would be relieved after his magic soothing.

He loves me more than himself. Whenever he purchased some snacks like fish balls from the hawkers, *he let me eat first*, saying that I had to absorb more nutrients as I was still a kid. Even though I insisted for him to eat first, he could always find a way to trick into caving in. Knowing that he always sacrificed his desire to indulge my apprentice, I tried once to giving my tart to him. Then, he had a bite on the food and told me that it had a funny taste and said that he didn't like it. It was not possible to not like the tart as it was so delicious that its aroma ran into my nose. Perhaps, to him, any taste in the world is no match to seeing the grin on my face.

In autumn, leaves started to trickle down from the trees. I, too, once in my adolescence, wanted to get rid of the tree like the mellowing leaf. Turning more and more self-centered, I spent less time on chit-chatting with grandpa. With less communication, distance was lengthened and ideas of him being outdated and his teaching being dull were developed. Whenever my grandfather revolved around the life lessons and his personal experiences, *I dozed off and brushed him off*. I sensed the sadness of him towards my fudge, but still, I kept doing so. Up till now, I still regret about my rebellion.

Time was like water flowing downstream. It was winter, a very chilly and painful winter. It was the time we learnt about grandpa's cancer. That moment, nothing in my world holds. I was devastated. Glimpsing his emaciated body, day by day, I was in dismal, denial, and regret. Words escaped me. I could only put my hands onto my grandpa's shoulders and muttered with tears, "**Grandpa...grandpa...**"



Sensing my desperation, grandpa comforted me, with his faint voice, "Don't worry about me! Do you still remember what the trees teach us? **Everything is within a cycle.** In winter, the leaves will fall down. When the time is due, we die. But my experiences and our memories will live in your beating heart. **Death will not tear us apart as we will meet again in heaven.**"

He is right, as always. His love, our sweet moment, and his life philosophy lives within me, even he is no longer here. **Every time I glanced over at the trees, I thought of him beaming at me.** He was always on my side.

How are you now, my beloved grandfather?



Women's Rights

Chan Lok Hang, Rachel (3A)



Nowadays, with the rapid global development, more chances are provided to women to contribute to society. As they continue to showcase their abilities, this sparks the growth of feminism in many different states around the world. In some countries, we now even have women as the leading

female figure, such as Taiwan president Tsai Ing-wen and the UK Prime Minister Teresa May. It is evident that women have proven themselves to be as strong and capable as men.

It seems that all women are now respected in the world under the spreading of feminism. Yet, is that true?



To analyze this objectively, it seems best to look at the historical and current state of how women are being treated. Dating back to the 17th century, women in some European countries like Britain had to give up all their properties to their husbands. **In China, most women even from the upper class were not allowed to receive education and were forced to**

stay at home. They were even taught to believe that women are better if they are ignorant. It seems quite apparent that women around the world in those days were not being highly respected, to say the least.

When we compare this situation with that of today's, it seems fair to argue that the social status of women have already risen a lot. Nevertheless, many women in less developed countries today are still suffering, and do not seem to be very different from those in the 17th century.

In the Middle East, women's right still does not exist prevalently today. To give an illustration, women in Taliban cannot work outside, put on makeup, nor get on the same bus with men. Moreover, male doctors will not touch female patients when healing them. Nonetheless, young women are not allowed to talk to young men, and if they do, they have to get married. It is quite apparent that in some places, women are still treated unequally.

In a nutshell, **although some women nowadays are more respected than those in the past, some are still suffering from inequality and discrimination.** Luckily, we still have feminist and women fighters like Malala Yousafzai, who is trying hard to strive for a louder woman's voice. I hope that as time goes on, this voice will reach even the most secluded corners of the world and bring about a fundamental change to women's status as it did in the last few centuries.



White Terror in Taiwan

Chui Wing Lun, Gordon (4D)

What is your first impression of Taiwan? Is it the kindness of the Taiwanese? Is it the frequent natural disasters? Or is it the political stalemate across the strait? After the election of the president in 2016 and Tsai Ing-wen coming to power, CNN described Taiwan's current political situation as a "free-wheeling democracy". However, do you know Taiwan had also experienced a non-democratic period, called the "White Terror"?

White terror means the political persecution executed by the military police and intelligence unit, especially against the left wing political parties and participants. Arrest, trial and imprisonment are all not supervised under law. The only law is the merciless military law. In the case of Taiwan, the nationalist party aims to eliminate spies sent by the communist. Inmates that are regarded as leaders of rebellion are held the longest. And, there is rarely a chance of commutation and pardon.

During the 50s, by estimation, there were at least 2,000 people executed and 8000 arrested. However, most cases had only little relationship with the communist party. This became a convenient excuse for the government to persecute and eliminate their rivals.

The start of the "White Terror" can be traced back to 1949, the year the Republic of China lost control to the mainland and retreated to Taiwan. The "Act for the Control and Punishment of Rebellion" was passed in the Legislative Yuan of the Republic of China, allowing the intelligence unit of the state to intervene the political activities held by the citizens. Nevertheless, other laws were also passed to extend the control of the government to the people. Among them, one stated that reporting any spy activities would be rewarded. This led to a large number of injustice, wrong case and false cases. Curfew was also enforced until 1987.

The dreadful "White Terror"

On 6th April 1949, because the government judged that the communist had already infiltrated into the schools, the military police surrounded the National Taiwan University and National Taiwan Normal University to arrest different students. The student resisted strongly but failed. The military police arrested about 100 students. **7 students were executed after being arrested.** National Taiwan Normal University were reformed and all students had to re-register. Some regarded this event as the start of the White Terror in Taiwan during the 50s.

In 1977, Taiwan Provincial Assembly election was held to elect the leaders of the provinces. After the voting section passed in Taoyuan City, the Nationalist Party was found rigging the election when counting the votes. In Zhongli, the public surrounded the police station. The number of angry mass kept rising as more and more fraud cases created by the Nationalist Party were found. The number eventually reached 10000. They blocked the highway and started to take over the police station. At 7 p.m, the police started to fire tear gas at the mass, but the mass did not scatter. The police then started to fire with firearms, causing the death of two civilians. The police station was later set on fire, and the mass left at about 3 a.m.

The most famous cases during the “White Terror” should be the “Meilidao Incident”.

In 1979, the Formosa Magazine sent a request to the government, asking for a permit to hold forum in the Rotary Park in Kaohsiung. After the government’s denial, the organizers decided to hold the activity as planned. The government asked the military police to conquer all main roads in Kaohsiung, and locked down the Rotary Park to stop the forum. However the



forum moved to a big ring nearby. As the speech began, the military police started to surround the crowd. The organizer sent a representative to negotiate with the police, saying that they would allow the police to enter the forum if the police let them hold the forum until 11 p.m. and open a path for entry and exit. However, the police rejected and started to use tear gas. The crowd began to riot and fight against the military police. The situation was totally out of control. After a series of fighting between the military police and the public, the public finally left at midnight. Many famous political participants were sued by the government for taking part in the event, including Chen Chu, the current mayor of Kaohsiung. The police announced that 152 criminals were related. This incident has brought a series of impact to Taiwan, including the establishment of the Democratic Progressive Party, the main political party in modern Taiwan.

The “White Terror” finally came to an end in 1991, when the “Act for the Control and Punishment of Rebellion” was abolished with a change in definition of the word rebellion. Reparations were then discussed between the public and the government regarding the political cases that happened during the “White Terror”.

Although Taiwan is now enjoying their “free-wheeling democracy”, we should also remember what they have faced, and the lesson they have learned.

The Black Box (Part 2)

Wong Wing Yan, Vincent (5E)

'I repeat: This is Admiral Anderson to the Fleet: We are being attacked by the Robots! Destroy them at once!'

Admiral Anderson put down the microphone. As he looked around in the reinforced glass around the cockpit he was in, he could see his ships activating the numerous turrets mounted on the external hull.

Almost immediately, a squad of Robot fighters flew by from the left. As they entered the Anderson's fleet formation, the turrets went ablaze, blasting bullets and occasionally guided missiles towards the swarm.

Another squad of Robot fighters flew by from the right, and as they entered the formation, they split themselves into multiple small groups, racing towards the numerous frigates lying at the outskirts of the fleet.

'Well, seems like our frigates are gonna take some punishment.' Anderson muttered. He quickly called the Communication Officer to connect the microphone to the Admiralty.

'This is Admiral Anderson of the Seventh Fleet calling for the Admiralty,' Anderson spoke through the microphone, 'We have engaged hostile forces. I would like to speak to the Lord of Admiralty himself.'

'Receiving you,' a lady spoke back, 'the Secretary Department is transferring your call. Please stand by.'

Anderson looked out of the windows again, and, to his surprise, there were already a dozen of Robot squads swarming in his fleet.

'Oh my,' he thought, 'how am I gonna beat that thing?' he thought.

There was an awkward silence in the radio – no one was even speaking, nor was there any sound.

'Um,' Anderson broke the silence, and spoke to the microphone, 'this is Admiral Anderson of the Seventh Fleet. I would like to speak with the Lord of Admiralty.'

'This is the Lord of Admiralty,' a deep voice responded, 'what have you got?'

'I've got good news and bad news, sir,' Anderson spoke. 'The good news is, we have finally spotted Robot AI forces – that means we can destroy them; the bad news is, the Robot AI are currently messing with my fleet!' He paused for a while. 'We could use some help here... Is it possible that you send additional ships to help with the situation here? I am currently at Haven star system...'

'I am sorry I got a meeting to attend right now,' the deep voice answered coldly. 'I will talk back to you later.'

And the line went dead.

Just as Anderson was trying to convince himself what had just happened, James Coy, the Executive Officer of the ship Gigabyte, which was the ship they were in, came into the cockpit.

'Sir?' James was a bit worried, as he looked into the unfocused eyes of Anderson. 'Sir...? You alright?'

Anderson sat onto a chair in the cockpit, and fell into deep thought.

'I think we are alone in the dark space...' He muttered, 'Nobody's gonna help us...'

'Why would you say that?' James queried, 'Did you not call the Admiralty?'

'Yes I did,' Anderson sighed. 'But they did not want to respond. I heard it. I can feel it. I know it!'

James was speechless.

'Well,' he spoke slowly, 'no matter what you do and where you go, you are still an Admiral, and I am still your Officer. If the Admiralty did not give clear instructions, perhaps you can have some room for creativity.'

'Yeah,' Anderson doubtfully replied. 'What choices do we have? We are getting wrecked here.'

As he looked outside of the cockpit windows, a few frigates were exploding into pieces.

'With that rate, not even the best captain can hold on for another hour!' Anderson's eyes looked unfocused, and he stood back up. 'But I beg to differ.' He then picked up the microphone.

'The mighty Seventh Fleet, it is time to show your power over the Robot mess! Destroy all of the Robot fighters and get glory for yourself!!!' He paused for a while. 'For Haven!!!'

'Wait what?' James was confused. 'What... wait... what you doing?'

'For your own self, for your family, and for humankind!!!' Anderson roared through the microphone. 'For the survival of our descendants. For our great ascension!!!'

'My goodness,' James approached Anderson, and grabbed him away from the microphone. 'For God's sake stop giving out crazy battle speeches. Now is not the time for clichés...'

'I do not care, now is not the time for hesitation or worrying either!' Anderson struggled to get back to the microphone.

'All carriers: unleash your fighters and let them join the party!!!' Anderson tried to yell at the microphone.

'You mad?' James shook Anderson a few times. 'Our pilots... they got through years of training, and they're gonna...'

'DO NOT QUESTION ME!' Anderson roared once more. 'I am the Admiral and one in a million. You? You're just one out of that million. Know your place.'

James, slightly shaken but jolted awake, backed from Anderson, and bow slightly. 'What are your orders, sir?'

'Now, I am going to deceive the Robots by self-destructing this ship, the Gigabyte. This should make them believe we are so weak so they will lower their awareness.'

'Don't you know deserting is a capital punishment? We can get kicked into jail for this if...'

A cold glare silenced him.

Anderson then turned on the speaker, 'This is Admiral Anderson to the crew of Gigabyte -Abandon the ship!'

The staff in the cockpit all looked at Anderson with a confused and shocked face.

Immediately a female voice was heard.

'This is the Admiralty calling for the Seventh Fleet: we just saw your self-destruct signal. Do you wish to receive reinforcement to escort your ships to safety?'

'Yes, of course.'

'Right.' The female voice paused a while. 'The Third Fleet and the Fifth Fleet are approaching your position. Good luck, Admiral.'

'No problem.'

The alarm went off, and everyone was already leaving their seats, heading to the

elevator. While everyone headed downstairs for the shuttles or sideways for the escape pods, Anderson took the stairs upstairs, with James following suit.

‘What are you doing here?’ James yelled at Anderson in the staircase. ‘Why don’t you head to the Shuttles?’

‘I... need some space.’ Anderson responded abruptly. ‘Just... trying to... collect... myself...’

‘Uh, alright,’ James felt something was wrong. ‘I will see you at the Shuttle Bay.’ He turned around and headed downstairs.

Anderson finally reached the top most floor of the deck, looking at the now-empty corridor of the most sacred part of the Gigabyte.

He started running to the doors of his own room. As he ran towards it, there was a deep ‘bang’ sound, and everything shook.



He crashed onto the door, and quickly typed in the password. The door bounced open.

There was a few deep ‘bang’ sound, with a few shocks. Anderson glanced around the room, and immediately, he could locate his desk and the things on his desk.

He could locate the framed pictures on his desk, attached as he requested. He could locate his family photos, each unique in its own way, among the pictures. As he glanced at each one of them slowly from left to right, his eyes landed on one that he couldn’t move away from.

His own daughter, wearing a white robe in the countryside, was looking at the dark blue skies of Haven, when a comet, which flew past Haven surprisingly close, burned through the darkness, dimming the city lights. Her face was glad to see a once-in-a-lifetime experience, but deep down in her heart, she was eager to know what the comet was all about.

‘My sweetheart,’ Anderson muttered, ‘too bad you wouldn’t learn about the comet...’

A loud explosion was heard, accompanied with a blinding flash of light. The ship started wobbling, gradually losing its balance.

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The rest of the black box could not be read. Possible causes are: the black box has been exposed to high levels of heat or radiation.

Note: some data may be lost during the time before the black box was retrieved. Pay extra attention when referring to the records of this black box.

Press any key to continue.



It's just another disease

Cheng Wai Lam, Charis (5E)

From ancient times to present, different diseases have always existed in our world. In the past, the most lethal diseases are infectious. Because of poor hygienic condition and a lack of scientific knowledge, these diseases, which are highly contagious in nature, were widespread. **One of the most devastating pandemics in human history is Black Death, resulting in the deaths of at least 75 millions of people.** Many diseases were incurable at that time, and these epidemics caused countless deaths or traumas for survivors. Fortunately, with the persistent efforts of pharmacologists and scientists, a wide range of medicines and treatments have been invented to cure diseases and heal patients. These microscopic pathogens which caused panic worldwide are no longer so influential now.

Although past incurable diseases have now become less life-threatening, it is something invisible that is more prevalent today - mental disorders. We may think our chance of getting in touch with people with mental disorders is rather unusual, but it is not as rare as we might think. Studies from different cities show that one in ten people are suffering from mental disorders. **One of the factors leading to mental disorders is heredity.** For example, having a first-degree relative (a person's parent, sibling, or child) with the disease is the greatest risk factor of developing mental disorders like schizophrenia. If both parents have the disease, the risk for their children to be affected by schizophrenia is approximately 50%. However, even if we don't have such medical history, it doesn't mean that we are immune to mental disorders, as environmental and social factors also play an important role for mental disorders to develop, and one of which is the climate.

Typically, with high level of social development, the population suffering from mental disorders should decrease. However, still, in developed countries like Norway and Iceland, **the climate has caused one in six people to suffer from Seasonal Affective Disorder (SAD).** As these countries are located in high latitude, they have short day time and long night time in winter. Living in a dark environment for a long period of time, vitamin D deficiency develops and our body metabolism will be affected, leading to symptoms like insomnia, drowsiness and depression, which in turn hinder their work performance and interpersonal relationship.

For other diseases, physical symptoms like fever or diarrhea can indicate that the body is not functioning normally. The patient can feel the symptoms, and they can be tested by several parameters. The mechanism of physical diseases are also easy to find out. However, having mental disorders is not as obvious as having other diseases. **Sometimes the patients cannot realize it, and doctors still need to rely on observing and communicating with the patients as the main ways for diagnosis.** People have been carrying out many investigations to find out the cause of mental disorders, but the real cause is still rather unclear now. There are only a few visible symptoms of mental disorders, but suffering from them makes patients think or behave differently. Therefore, some people would describe mental disorders as the invisible force that controls one's mind.

People in the past, therefore, had many misunderstandings and relate mental disorders with something spiritual or superstitious. Long time ago, people thought mental disorders are the signs of having supernatural power. **Later, people even thought mental disorders are the result of being possessed by demons, and therefore, would try all sorts of inhumane methods of exorcism.** They used fire to burn them, or beat them up, hoping patients would restore their sanity. There was even a barbaric method to cut open the patient's head so as to release the "contaminated gases" in order to cure the patient. Apparently, these methods would not be effective against mental disorders, and some of them may even cause psychological trauma, worsening the condition. When there were no more strategies left, lastly, the patients would be trapped in the sanitarium and tied by chains. Their freedom and human rights would thereon be completely exploited.

With the medical advancement nowadays, people with mental disorders are no longer treated as cruelly as in the past. Better treatment helps them to recover more quickly and effectively, and they can reintegrate into the society again as recovered patients. They are capable of going to work and interacting with others like normal people do, provided that they have a good rehabilitation progress. However, **does that mean all these patients are rid of their labels and stigmas and can be treated with equal opportunities?**

Let's take our own society as an example. Many of them hold a prejudicial view towards those with mental disorders, where mothers teach their children to stay away from them under the **"justifiable" reason to "stay safe"**. Thus, the thought "people with mental disorders are highly dangerous" have been ingrained and passed on to our next generation. This not only promotes discrimination, but also causes patients to conceal and refuse to seek help from

from experts because they think it is a shame. **This worsens their situation.**

Even after the government has implemented a number of measures to help patients recover and reintegrate into the society, **it is difficult to change people's perceptions.** As a result, people sometimes insult them imperceptibly even in public occasion. For example, two years ago, a lawmaker said "psychiatrists would become crazy for listening to their patients too much." in a Legislative Council debate. Such discriminatory and disrespectful speech is deemed as a terrible insult to both the mentally ill and their doctors. Sometimes, social events also cause prejudice to develop. One of the most recent examples involve the suspect of the firebomb attack in Tsim Sha Tsui MTR station, who has a history of mental illness; soon after the incident, discriminatory terms or accusations were used by netizens or even the media to discredit and criticize him, such as suggesting keeping him in a mental hospital for the rest of his live in order to prevent threat to the public safety. This seemingly logical claim of promoting peace and wellbeing of the society is, unfortunately, **propagating unfair stigmas and discrimination towards the mentally ill in the society as well.**

It is true that acts of the mentally ill are different from normal people. However, the blame should not be put solely, if not at all, on the patients, for it is something beyond their control - just like it is impossible to set up laws to tell people not to sneeze in public when they have a flu. Nonetheless, there is still much room for improvement in the medical system. The support provided to the family members is inadequate, and many clinics and hospitals are understaffed for further consultation. Apart from patients' rehabilitation, the views of the general public are also important. Right now, ironically, the people who need the most emotional support are given the least care by the society. Although it is understood that altering the perception of everyone in the society is difficult, **we can be the first to begin annihilating discrimination. The mentally ill are not villains** - they are just people who are sick, which, like any other illness, can recover after therapy and treatment. Hopefully, everyone will take off their tinted glasses and be more accepting and tolerating in the near future.

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