

## Words to live by



THERE are many great quotes about how to live one's life well, so many that they would fill a thousand pages easily. A good quote is usually memorable because it can share a strong idea in a catchy way. Here are three to remember.

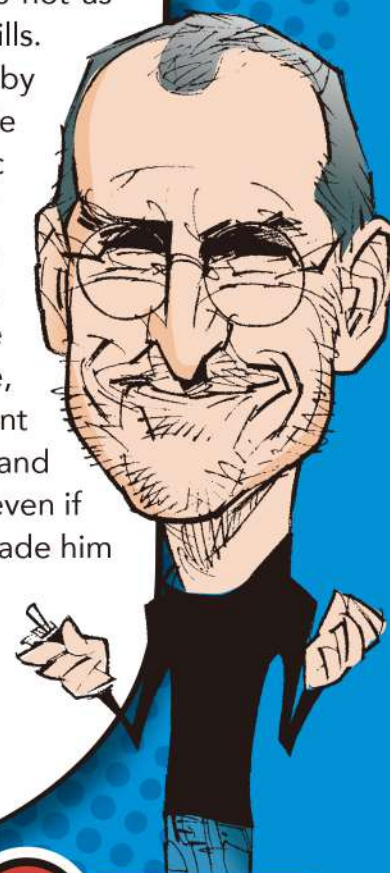
"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." This was said by Martin Luther King, Jr (馬丁路德金). He was an **articulate** pastor and a human rights campaigner. He lived at a time when black people were not treated equally and had to be separated from white people. King was a great **orator** who gave many great speeches. In this quote, King **implores** protesters to not use violence.



- illustrations: Yuen Chan

"What lies behind us and what lies ahead of us are tiny matters compared to what lies within us." This quote, made by the 19th century philosopher and poet Ralph Waldo Emerson (愛默生), is memorable because it repeats "what lies...". The message is important: what has happened or what will happen to you is not as important as your **inner strength** and skills.

"Stay hungry, stay **foolish**", as said by Steve Jobs (喬布斯), the founder of Apple who changed the world with his Mac computers, iPods, iPhones and other innovations. In 2005, he gave a **commencement speech** to graduating students of Stanford University, where he said this quote. It might sound strange, but he is saying you must always want more, as if you are always hungry, and always be willing to try something new, even if it seems foolish. That is what Jobs felt made him successful.



### Expression

#### Repetition and parallelism

THESE quotes repeat phrases and words in ways that sound and even look pleasing, as if the sentence was perfectly balanced on a point. This idea is called parallelism. Look at Jobs' quote for the simplest version: "Stay X, Stay Y". It even uses the same number of syllables in each section. Another phrase with parallelism is the famous saying, "easy come, easy go".



### VOCABULARY

1. **articulate** (adj) 有口才的
2. **orator** (n) 演說家
3. **implore** (v) 懇求某人不做
4. **inner strength** (n phr) 內在力量
5. **commencement speech** (n phr) 畢業演說
6. **foolish** (adj) 傻的





### Life Skills (4)



## HOW TO

BE

KIND



We love to be around kind people because they make us feel comfortable. Most of us like to be kind too, but for some reason we clam up and refuse to.

**T**HE Oxford Learner's Dictionary defines kindness as "caring about others; gentle, friendly and generous". The Merriam-Webster Dictionary says it is "of a **sympathetic** or helpful nature" and "characterised by sympathy or **forbearance**".

Psychologist Sukhman Rekhi said there is more to kindness than being nice. She described the trait as "a genuine and sincere way of giving your time and intention to someone else through compassion, time, **generosity**, and care for the betterment of helping others".

Being kind to others makes us feel good. In the Kindness Test, the largest global survey of its kind, respondents said that after doing an act of kindness they not only felt happier and more connected to others, but also that it added meaning to their lives. The same study also found that recipients of kind acts felt good.

To show kindness, Harvard University psychologist Tara Cousineau suggested, "We could look for something generous to say about the people with whom we are interacting. We could find ways to be of service. We could recharge our days with moments of **gratitude** and appreciation, caring and curiosity."

Kindness does not have to be shown through dramatic

**gestures**. It can be as simple as being polite, speaking to others in a warm tone, smiling, or showing patience or gratitude to a stranger.

We sometimes refrain from being kind for fear of being **misinterpreted** as having ulterior motives. But in fact most people who receive kindness said they feel "happy", "grateful", "loved", "relieved" and "pleased".

Claudia Hammond, author of *The Keys to Kindness*, said that given the good kindness can do, "perhaps we need to start trying to view **kindness, not as a weakness**, but as a strength". **e**



### Expression

#### Mistaking kindness for weakness

SOME people try to take advantage of kind people, thinking that they are easy targets for exploitation. That kind of mentality mistakes kindness for weakness. Being seen as weak is one reason why some people hesitate to be kind. To warn off those who would mistreat us, one can say: "Don't mistake my kindness for weakness!"



### VOCABULARY

1. **sympathetic** (adj) 同情的
2. **forbearance** (n) 耐心；寬容

3. **generosity** (n) 大方；慷慨
4. **gratitude** (n) 感謝；感激之情

5. **gesture** (n) 姿態
6. **misinterpret** (v) 誤解



## Food

### Eat wisely

**M**OST of the food products you find in a supermarket are processed. They contain higher levels of sugar, salt and fat. It is hard to avoid eating processed food but some are especially harmful thanks to the additives they contain. These are called highly-processed food.

They contain ingredients such as hydrogenated oils, artificial sweeteners and high fructose corn syrup. You can find them in cakes, biscuits, sugary drinks, frozen meals, etc. They are used to prolong their **shelf life** and enhance their flavour, but eating them regularly could damage the body in the long term.

We are also advised to eat fruit every day but it should be **in moderation**. Fruits are high in dietary fibre and nutrients, but also natural sugar that could increase our chances of getting diabetes. Two portions a day is fine and you should eat more apples and oranges as they are low in sugar.

#### Nutrition Facts

Serving Size	...g
Servings Per Container	...
<b>Amount Per Serving</b>	
Calories	Calories from Fat ...
	% Daily Value*
<b>Total Fat</b> ...g	...%
Saturated Fat ...g	...%
Trans Fat ...g	...
<b>Cholesterol</b> ...mg	...%
<b>Sodium</b> ...mg	...%
<b>Total Carbohydrate</b> ...g	...%
Dietary Fiber ...g	...%
Sugars ...g	...
<b>Protein</b> ...g	...
Vitamin A	...%
Vitamin C	...%
Calcium	...%
Iron	...%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

“Look at food labels to check the level of trans fat, cholesterol, sugar and saturated fat.”

## English

### Blood words and phrases

**A**LL parts of a body take oxygen and nutrients from blood. Blood also carries away carbon dioxide and waste materials to the lungs and kidneys, respectively, for removal. Blood also carries antibodies to fight infections.

Many words and phrases use the word 'blood', such as the following.

♦ **Blood bank** – this is a place that stores human blood to be used for medical treatment and operations.

♦ **New blood** – a new member of a group

who **brings in** new ideas and energy, eg, “We need to add some new blood to our team because our current team’s ideas are unoriginal.”

♦ **Blood is thicker than water** – to state that **family ties** are stronger and more important than friends, eg, “My sister immediately **came over** when she heard I had a problem. That’s why blood is thicker than water.”

♦ **Make one’s blood boil** – to be extremely angry, eg, “It makes my blood boil when I think how he cheated his own father.”



#### PHRASES

1. shelf life (保存期限)
2. in moderation (適量)

3. all-night (通宵的)
4. bring in (拿來)

5. family ties (家庭關係)
6. come over (過來)

## Health

### The importance of sleep

**A** COMMON complaint among Hong Kong students is that they have too much homework and need to spend many hours revising for tests. This results in insufficient sleep every night.

Sleep is hugely important for young people because it fosters creativity. Not only that, it turns short-term memory into long-term memory, so the **all-night** revision you do up until morning is futile if you cannot retain it in your brain.

Furthermore, a good night’s sleep is necessary to build muscles and repair tissue. That means we only grow taller and heal quicker by sleeping well. And if you do not have a proper snooze, you may feel moody and irritable the next day. You will also feel sleepy and be prone to making mistakes when you are half-awake.

Avoid using electronic devices before you go to bed and try meditating or do simple stretches to get yourself in a relaxed mood.





## Awe-inspiring bamboo scaffolding



Bamboo scaffolding is a common sight revert change, return words from overflow in Hong Kong, but foreigners often find this millennia-old technique both amazing and terrifying.

**S**CAFFOLDING made with bamboo is common for Hong Kong's building projects, be it new construction or **refurbishment**, for low structures to towering high-rises.

This technique is so **versatile** that it is even used for minor work like installing air-conditioners outside a flat, or for building an entire opera theatre for festive performances.

The material is **ostensibly** crude – just long bamboo sticks tied together with nylon strips, but such scaffolding can cover the entire **façade** of buildings, bear the weight of workers and even resist strong wind.

The method seems so **primitive** that it prompted a *Daily Mail* headline: "Hong Kong's ultra-modern skyscrapers are built with scaffolding made out of BAMBOO".

The Hong Kong Baptist University highlighted this **ingenious** method in a special webpage, titled "Safer than Steel – Bamboo Scaffolding, HK's Intangible Cultural Heritage", noting that it has been used to build landmarks such as the Great Wall of China.



## Intangible cultural heritage



THE bamboo theatre building technique is a "traditional craftsmanship" listed as part of Hong Kong's intangible cultural heritage, together with techniques like making the *cheongsam* (長衫) and the *kwan kwa* (裙褂) wedding outfit, paper crafting and Hong Kong-style milk tea. These items are considered to be of high cultural value and urgently needed for preservation.



## Lookalike words

### Ingenious, ingenuous

WHEN used to describe a person, "ingenious" means "very intelligent and skillful". If used to describe an object, it means "skillfully made or planned and involving new ideas and methods". "Ingenuous" is an adjective that means "honest, sincere, and trusting, sometimes in a way that seems silly." "Disingenuous" means slightly dishonest.



## REVIEW QUIZ

Test your understanding of ALL the articles. It includes the Challenge Quiz!



## VOCABULARY

1. refurbishment (n) 翻新
2. versatile (adj) 多用途的

3. ostensibly (adj) 表面上
4. façade (n) (建築物的) 正面

5. primitive (adj) 原始的；簡陋的
6. ingenious (adj) 巧妙的



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