

Director's Message

Sung Siu Wai

An Exercise Day Every Month

An exercise day every month! It sounds queer! If we want to keep the doctor away, we should exercise every day. Exercise for only one day every month isn't enough for good health. But 'an exercise day every month' could be a marvelous activity started by C.C.A.A.

Just imagine that one Sunday morning, the first or any Sunday in the month, a great number of our alumni exercise in the playground (if circumstances allow) of the Alma Mater. They can play basketball, table-tennis, volleyball etc. They should come of their own accord. It's for health's sake. It's time for those who have, for various reasons, no exercise in the week; too busy, too tired, no interest etc. Experience tells me that exercise doesn't make us more tired; on the contrary, it drives away fatigue and strengthens us physically and mentally.

Exercising together for a period of time arouses interest in sports. I still remember the wonderful and exciting days when most of the young teachers of Cognitio, H.K. and Kowloon played soccer (male staff) and basketball (female staff) every Sunday morning at the Navy Playground, Causeway Bay, for a number of years in the 60's and 70's. (Some of them have never played soccer or basketball before) They enjoyed and benefited from this Sunday exercise. It could be one of the chief reasons why teachers in those days seldom asked for sick leave.

Well, nowadays, most of our working alumni have longer working hours, heavier work load and greater pressure. They need exercise to stretch muscles, loosen aching necks and backs, burn fat and reduce pressure. 'Exercise one day every month' is just the start. It should become exercise every week and even every day. It is possible if we try.

Could the C.C.A.A. plan a 'start' for those alumni who have no heart for, or cannot afford time for 'exercise'?

Before ending the unusual proposal, I'd like to congratulate the C.C.A.A. on their 30th Anniversary and thank them so much for the good works done to the Cognitioites and the Alma Mater.

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