

各校校長請盡力設法避免使學生視力過勞。爲此，敬希注意下列各重要事項：

(一) 燈光

(甲) 在校

教育則例第四十一條：

「所有課室及課室內之黑板需有充足光線，其位置以能使學生用最少之視力並以無反光者爲準。」  
各教師應經常留意各學生是否有視力衰退之現象。並採取適當行動，例如調該等學生至課室前列座位並通知彼等家長。

(乙) 在家

各校校長請對學生強調在不良光線下閱讀之害處，並隨時設法將此忠告轉達學生家長。

(二) 課本

教育則例第五十條：

「學校採用之課本應以大小適當之字體印成，以避免引致學生視力疲勞。」

請參閱所附政府印務局單張上所開列之適合各類年齡兒童閱讀之字體大小及類型，該局認爲下列印刷字體及近似之大小爲最適合者：

(甲) 適用於幼稚園課本：寸半及初號楷書。

(乙) 適用於小一及小二：初號或初號楷書；較長之課文可用三號至一號楷書，字與字間相隔之距離應等於字體大小之三分之一，例如三號字（十八磅）之字則其相隔距離應爲六個磅。

(丙) 適用於小三至小六：四號或新四號。字與字之間相隔距離同上。

(丁) 適用於中學：新五號秀麗體。

本人以爲淡黃色不反光精製之紙比全白色或平滑反光之紙爲佳。因此種紙可使目力免受過份負擔。

(三) 家課

所有中學及小學校長應囑咐其屬下教師儘可能遵守學校通告七〇年第八十二號及十八號中所載之各項建議。  
右通告

學校校長

署理教育司 盧家禮

包榮賢代

一九七四年九月三日

傳閱：周家益知

呂知 陸知 張知 鄭知 李知

3rd September, 1974.

GENERAL SCHOOLS CIRCULAR NO.89/74

EYESTRAIN

Heads of schools are requested to make every effort to ensure that pupils are not subjected to any undue eyestrain. In this respect, the following matters are of particular importance:

(1) Lighting

(a) At school

Attention is drawn to Regulation 41 of the Education Ordinance which reads as follows :-

"All classrooms and the blackboards therein shall be adequately illuminated and the blackboards shall be so placed as to cause the least eyestrain to the pupils and shall not have a surface that reflects light".

Teachers should be constantly on the alert to detect signs of weak eyesight in individual pupils and take appropriate action - for example, seating such pupils near the front of the classroom and advising their parents accordingly.

(b) At home

Heads of schools are further asked to impress upon their pupils the dangers inherent in studying in poor light at home. Heads should also take whatever action is open to them of conveying this warning to parents.

(2) Textbooks

Attention is drawn to Regulation 50 of the Education Ordinance which reads as follows:-

"Text-books used in schools shall contain print of such a type and size as is calculated not to strain the eyes of pupils".

In this connection, please find attached a leaflet showing the various types and sizes of print recommended for different age-groups. This document has been prepared by the Government Printer, who considers the following size of print to be most suitable :-

/(a) .....

- (a) ~~For Kindergarten classes, the use of 8 line~~  
"Kai Shu" and 48 point "Kai Shu".
- (b) For Primary 1 and 2, 36 or 48 point "Kai Shu"  
and for lengthy passages 18-24 point "Kai Shu"  
(script). Spacing between characters should be  
 $\frac{1}{3}$  the size of the type used: for 18 point this  
would be 6 point.
- (c) For Primary 3-6, 12 to 14 point. Spacing between  
characters as above.
- (d) For Secondary schools, 10 point "Sau Lai".

It is also suggested that a cream matt finished  
paper be used in preference to white or glossy finish  
as this is not so hard upon the eye.

(3) Homework

Heads of all Secondary Schools, Colleges and  
Primary Schools are reminded to impress on their staff  
the need to adhere, as far as possible, to the advice  
contained in G.S.C. No. 82/70 and No. 18/70 respectively.

A.G. BROWN  
for Director of Education

To : Heads of all Schools

Z.2 (GR) 2/1408/69  
13-9-76

香港教育司署學校通告第一二五號  
關於學生視力過勞事

收大 收大日期 1976年 9月14日  
407 香港教育司署

各校校長請盡力設法避免使學生視力過勞。爲此，故希注意下列各重要事項：

(一) 燈光

(甲) 在校

教育則例第四十一條：

「所有課室及課室內之黑板需有充足光線，其位置以能使學生用最少之視力並以無反光者爲準。」  
各教師應經常留意各學生是否有視力衰退之現象。並採取適當行動，例如調該等學生至課室前列座位並通知彼等家長。

(乙) 在家

各校校長請對學生強調在不良光線下閱讀之害處，並隨時設法將此忠告轉達學生家長。

(二) 課本

教育則例第五十條：

「學校採用之課本應以大小適當之字體印成，以避免引致學生視力疲勞。」

請參閱所附政府印務局單張上所開列之適合各類年齡兒童閱讀之字體大小及類型，該局認爲下列印刷字體及近似之大小爲最適合者：

(甲) 適用於幼稚園課本：寸半及初號楷書。

(乙) 適用於小一及小二：初號或初號楷書；校長之課文可用三號至一號楷書，字與字間相隔之距離應等於字體大小之三分之一，例如三號字（十八磅）之字則其相隔距離應爲六個磅。

(丙) 適用於小三至小六：四號或新四號。字與字之間相隔距離同上。

(丁) 適用於中學：新五號秀麗體。

本人以爲淡黃色不反光精製之紙比全白色或平滑反光之紙爲佳。因此種紙可使目力免受過份負擔。

(三) 家課

所有中學及小學校長應囑咐其屬下教師盡可能遵守學校通告七〇年第八十二號及十八號中所載之各項建議。

右通告

學校校長

教育司 陶 建

包樂賢代

一九七六年九月十三日

13th September, 1976.

GENERAL SCHOOLS CIRCULAR NO.125 /76

EYESTRAIN

Heads of schools are requested to make every effort to ensure that pupils are not subjected to any undue eyestrain. In this respect, the following matters are of particular importance :

(1) Lighting

(a) At school

Attention is drawn to Regulation 41 of the Education Ordinance which reads as follows :-

"All classrooms and the blackboards therein shall be adequately illuminated and the blackboards shall be so placed as to cause the least eyestrain to the pupils and shall not have a surface that reflects light."

Teachers should be constantly on the alert to detect signs of weak eyesight in individual pupils and take appropriate action - for example, seating such pupils near the front of the classroom and advising their parents accordingly.

(b) At home

Heads of schools are further asked to impress upon their pupils the dangers inherent in studying in poor light at home. Heads should also take whatever action is open to them of conveying this warning to parents.

(2) Textbooks

Attention is drawn to Regulation 50 of the Education Ordinance which reads as follows :-

"Textbooks used in schools shall contain print of such a type and size as is calculated not to strain the eyes of pupils."

In this connection, please find attached a leaflet showing the various types and sizes of print recommended for different age-groups. This document has been prepared by the Government Printer, who considers the following size of print to be most suitable :-

(a) For Kindergarten classes, the use of 8 line "Kai Shu" and 48 point "Kai Shu".

(b) For Primary 1 and 2, 36 or 48 point "Kai Shu" (script). Spacing between characters should be  $\frac{1}{3}$  the size of the type used : for 18 point this would be 6 point.

/ (c) .....

- (c) For Primary 3 - 6, 12 to 14 point.  
Spacing between characters as above.
- (d) For Secondary schools, 10 point "Sau  
Lai".

It is also suggested that a cream matt finished paper be used in preference to white or glossy finish as this is not so hard upon the eye.

(3) Homework

Heads of all Secondary Schools, Colleges and Primary Schools are reminded to impress on their staff the need to adhere, as far as possible, to the advice contained in G.S.C. No. 82/70 and No. 18/70 respectively.

A.G. BROWN  
for Director of Education

To : Heads of all Schools