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KYOTO GAKUEN
JUNIOR & SENIOR HIGH SCHOOL



学校法人 京都光楠学園

京都学園中学高等学校



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FOREWORD

On behalf of the Super Global High School (SGH) Committee of Kyoto Gakuen Junior and Senior High School, it is our privilege to share the graduation theses of 2020. This academic publication is the culmination of the three-year SGH curriculum. Over these years, students in the International Course acquire English language skills and apply them in various fields of study. Students in this course, in addition to regular senior high school courses, prepare for studying abroad in the UK or Canada. During their first year, students study the Sustainable Development Goals (SDGs) of the United Nations and focus on the most crucial issues in the world. They also learn computer skills, academic writing, and how to give presentations. Before studying abroad in their second year, every student selects his or her own thesis topic individually. They take the regular high school courses abroad, and at the same time, research and write three separate essays about the topic and finally combine all three essays into their own graduation thesis. In their third year, students participate in Global Simulation Gaming in correspondence with the visiting Saint Pedro Poveda College students from Manila, Philippines. We, the committee of the SGH enterprise, are proud of our students' achievements and look forward to their future successes.

*Super Global High School Committee
Kyoto Gakuen Junior & Senior High School*

It Is Time To Abolish Discrimination

Fumina Mega

As the world becomes increasingly global and diverse these days, a lot of regrettable and unfortunate issues have been created, such as inequality and conflicts. It is not to say that there are no other issues, but lots more problems exist in this world. Especially, discrimination is a serious problem, and can be seen in every society throughout the world. Discrimination is considered as one of the most serious social issues in the world as anybody in any place can relate to this issue. As an instance, there have been many cases where police have killed innocent or unarmed black people. In the United States, police are 3 times more likely to kill black people than white people, and in 2014, 69% of black people who were killed by police were involved in non-violent crime or were unarmed.¹ Also in 2017, 57% of African-Americans said that they had experienced discrimination in being paid or promoted unequally in workplaces.² In addition, 60% of Muslims in the United States said that media coverage of Muslims is unfair.³ Discrimination brings people a lot of negative influences. However, it has continued existing in the world for a very long period of time. In this thesis, I will discuss about discrimination issues in terms of comparisons of the issues that exist in both the U.S. and Japan, negative effects caused by discrimination and solutions to the problems, in order to state my final thoughts to the issues.

I

Firstly, comparisons of the issue of discrimination in the U.S. and Japan will be discussed in this section. There are both similarities and differences in the form that discrimination takes between the two countries.

There are several similarities about issues of discrimination between Japan and the U.S. First of all, gender issues are familiar in both countries. Because of the stereotypical viewpoint of gender roles, the average yearly earnings of women is usually lower than that of men, and the ratio of female executives is also low. According to *OECD*, in 2017, women earned 24.5% and 18.2% less than men in Japan and the U.S, respectively.⁴ In the U.S, there were only 24 female CEOs in 2018 among the top 500 companies that were designated by *Fortune* magazine.⁵ Similarly, out of 3602 companies listed on the Tokyo Stock Exchange, only 1% of CEOs were female in 2017.⁶ Also, we can tell that the deep rooted hostility for women still exists from the hundreds of sexual abuses and rape cases. Moreover, hatred against gay people exists deeply in both countries. Many people have prejudices against them, which can have drastic psychological effects on an individual. It makes them feel depressed about who they are, and in the worst scenario they commit suicide. Actually, the suicide rate of homosexual people is higher than heterosexuals. Also, U.S. has a different viewpoint about this issue from Japan. More than 70% of American people are Christian, and

¹ "Police Have Killed 646 People in 2018." Mapping Police Violence.

² National Public Radio, Robert Wood Johnson, and Harvard T.H. Chan School of Public Health. "Discrimination in America: Experiences and Views of African Americans." October 2017.

³ Green, Emma. "How Much Discrimination Do Muslims Face in America?" *The Atlantic*. August 10, 2017.

⁴ "Earnings and Wages - Gender Wage Gap - OECD Data." *TheOECD*.

⁵ Mejia, Zameena. "Just 24 Female CEOs Lead the Companies on the 2018 Fortune 500-fewer than Last Year." *CNBC*. May 21, 2018.

⁶ "第8回「全国女性社長」調査は8年で2倍増、女性社長は41万人。" 株式会社東京商工リサーチ, November 8, 2018.

for some of them, homosexuality is a serious sin based on religious teachings.⁷ This perspective is a big component of the anti-gay movement in the United States. The lack of understanding about LGBTQI is becoming a big issue these days in both countries.

In addition, body shaming is a common form of discrimination in Japan and the U.S. The most common one is fat shaming. Many inconsiderate and rude comments or treatment make plus-size people's lives hard. Also, recently the words "fit shaming" is becoming famous as well. In this case, usually women who have muscular bodies receive enmity from others. Furthermore, discrimination against handicapped people is also typical in both countries. The same as gay issues, many people have prejudices against them, so it is hard for people with disabilities to get jobs or to be part of society.

On the other hand, Japan and the U.S. have different features about discrimination issues as well. To begin with, each country has different kinds of racism. In the case of U.S, discrimination against black people and Hispanic people are a common problem. According to *Statista*, the median household income of white people, Hispanic people, and black people in 2016 were \$65,041, \$47,675, and \$39,490, respectively.⁸ Moreover, they receive a lot of hatred or discrimination in their lives as well. According to a TV program from *ABC News* called "What Would You Do?", there were cases where Hispanic waiters received a comment, "We only tip citizens" on the check sheet.⁹ Also, there were cases that black people were requested to pre-pay for the meal at the restaurant while other customers didn't have to do so.¹⁰ In the background of these forms of discrimination, there are facts of many illegal entries to the country and the history of slavery. In addition, religious discrimination mainly against Muslims exists deeply in the U.S. Some recent events such as the September 11 attacks and the events caused by IS would be good instances of why many American people dislike them. In the case of Japan, discrimination against Chinese people or Korean people residing in Japan would be the most common form of ethnic discrimination. In other words, both Chinese or Korean and Japanese dislike each other. This is also connected to history, for example, the annexation of Korea. The gulf between these countries and Japan has hardly narrowed even nowadays. As I mentioned earlier, both countries have discrimination against homosexuality and women. However, Japan also has a discussion about discrimination against "men" recently. For example, there are women-only cars on trains in Japan. This was originally started to protect women from molesters, but some men argue that this system can be discriminatory. Additionally, the "Ladies Day" of movie theatre and the photo booth (Purikura) that men cannot enter unless accompanied by women are also examples of the male discrimination in Japan, though all of these can also be considered as Japanese version of "affirmative action" as women in Japan face big inequality compared to men. Furthermore, Japan has a peculiar discrimination called "Buraku" or "Douwa problem". In the past, people whose jobs were related to death, such as butchers, executioners and undertakers were designated as the lowest class of people. They were avoided by others, so they lived together in certain areas in each part of Japan. Even now, this shameful discrimination still exists. People from these areas that used to be "Buraku areas" are

⁷ Wormald, Benjamin. "Religious Landscape Study." Pew Research Center's Religion & Public Life Project. May 11, 2015.

⁸ "Median Household Income by Race or Ethnic Group 2016 | Statistic." Statista.

⁹ "What Would You Do: Customers Discriminate against Hispanic Waiter | WWYD." YouTube. July 10, 2017.

¹⁰ "White Waitress Wants Black Diners to Prepay for Their Meals L What Would You Do." YouTube. June 16, 2018.

sometimes declined to enter companies even though they pass the entrance test, or their marriage proposals are sometimes rejected based on their hometown.¹¹

II

Secondly, three major negative effects caused by discrimination will be illustrated in this section. These include psychological and physical harm on victims and the negative impact on business.

To begin with, discrimination brings victims psychological harm. Being discriminated against, people get several emotional conditions such as sadness, emptiness, anger, and guilt. Moreover, it will make them develop mental disorders including anxiety disorders, depression and eating disorders. According to *American Journal of Public Health*, among 7690 members of the 1996 Health and Retirement Survey Cohort, the proportions of depressed population among each group of people such as race/ethnicity, gender, and disability varied.¹² First of all, the percentage of the population that suffered from depression for White, African-American, and Hispanics were 7.75%, 8.85%, and 10.78%, respectively. The percentage for men and women had a big difference with 5.91% and 10.06%, respectively. Also, people with multiple physical limitations had a quite high proportion with 17.79% while the proportion for people who had no limitations was 3.23%. The highest percentage of all categories was shown in the group of people having disability on ADL(Activities of Daily Living) at 26.41%. Additionally looking at sexuality issues, the likelihood of LGBTQI people aged 16 to 27 attempting suicide was 16%, which was five times higher than that of general population aged 16 or over at 3.2%.¹³ Moreover, specifically, the proportion of suicide attempt for transgender people aged 16 to 27 was 35%, which was 11 times higher than that of the general population.

In addition, victims of discrimination are likely to receive physical impacts as well. When people feel stressed, a hormone called "cortisol" is secreted from their adrenal cortex.¹⁴ The more they feel stressed, the more cortisol or other stress hormone is secreted, and over-secretion of cortisol, especially high evening cortisol levels are considered as unhealthy. First of all, it affects people's immune system. A high cortisol level makes the immune system not able to be maintained and increases the risk of infection.¹⁵ It is bad for their reproductive system as well, hence women will be less likely to become pregnant. Also, it has a negative influence on their cardiovascular health, strength of their muscles and bones, and their weight. In other words, it increases the risk of circulatory disease, osteoporosis, and rapid weight changes. Moreover, receiving stress while women are pregnant gives their infants significant negative effects such as having defects and born underweight. According to a study by Diane S. Lauderdale, "*Birth Outcomes for Arabic-named Women in California Before and After September 11*", the risk of Arabic-named women giving low birth weight to their children increased significantly by 34% in the period of 6 months after the attacks

¹¹ “同和問題（部落差別）に関する正しい理解を深めましょう。”法務省：同和問題（部落差別）に関する正しい理解を深めましょう。

¹² Dunlop, Dorothy D., Jing Song, John S. Lyons, Larry M. Manheim, and Rowland W. Chang. "Racial/Ethnic Differences in Rates of Depression Among Preretirement Adults." *Current Neurology and Neuroscience Reports*. November 2003.

¹³ "The Statistics At a Glance: The Mental Health of Lesbian, Gay, Bisexual, Transgender and Intersex People in Australia." National LGBTI Health Alliance.

¹⁴ "Cortisol." *You and Your Hormones*. January 2017.

¹⁵ Thayer, Zaneta. "Discrimination Is Bad for Your Health – and Your Kids Too." *The Conversation*. September 28, 2018.

compared with during the 6 months before the attacks.¹⁶ During the same period, women with other racial backgrounds such as white, black, foreign-born, and Asian had almost no change in the risk of giving birth to underweight infants.

Furthermore, being discriminatory can influence victimisers themselves negatively. Especially, in the case of a company being discriminatory against its employees, it brings about a negative impact on their business. According to *American Psychological Association*, the percentage of each racial group of people who had been fired from a job unfairly in 2015 showed differences between races.¹⁷ The percentages for White, Hispanic, Black, Asian, and American Indian/Alaskan Natives were 17%, 26%, 25%, 15% and 33%, respectively. In addition, the proportion of the same group of people who had been rejected to get a job for unfair reasons in 2015 were 18%, 25%, 35%, 22%, and 35% in the same order. If a company shows discriminatory behaviour or treatment to their employees, they and their colleagues may commit some campaign against it, for example boycott, strike, quitting and turnover. These kinds of conditions influence the company's financial status significantly. Also they may take some legal action to fight against the company. Discriminatory treatment in employment is prohibited by many laws or acts such as *Title VII of the Civil Rights Act of 1964*, *the Americans with Disabilities Act*, *the Age Discrimination in Employment Act* and *the Genetic Information and Nondiscrimination Act*.¹⁸ In other words, showing discriminatory behaviour leads the company to lose their reliance or property, and its business condition will be severely hit.

III

Thirdly, a possible solution in abolishing discrimination and its practical application will be shown in this section. A psychological theory in the area of social influence will be applied here.

First of all, the ideal solution for this issue would be for ignorant people to change their perspectives or behaviour by themselves voluntarily. However, it is too difficult, and to be honest, even unrealistic. Hence, there is only one solution considered as possible and effective, which is an action to stop discrimination taken by victims themselves. It is far more realistic if people suffering from inequality and discrimination could take actions voluntarily with bravery. This solution covers many different approaches to the issue, for example, carrying out marches, making slogans or logos to gain broader appeal, giving lecture meetings to people and encouraging the government or workplaces to create new laws or rules to prevent discrimination. These processes seem to be unconnected, but actually, all of them are connected, in applying to the social-psychological theory of social change.

There are 5 steps in social change, starting from drawing attention, and ending with social cryptomnesia.¹⁹ First, a minority draws attention to an issue through providing social proof. As an instance, carrying out marches is included here. The primary marches are done to make the current condition and facts of the issue known by people. Next, they continue doing marches and campaigns consistently. The continuous action leads to the garnering of more attention from people, and more people who experience a similar situation to the activists start to join into the action. Making a slogan or a logo of the action would fit this step. Then, deeper processing of the issue occurs next. In this period, more and more people

¹⁶ Lauderdale, Diane S. "BIRTH OUTCOMES FOR ARABIC-NAMED WOMEN IN CALIFORNIA BEFORE AND AFTER SEPTEMBER 11." Birth Outcomes for Arabic-Named Women. February 2006.

¹⁷ "THE IMPACT OF DISCRIMINATION 2015 Stress in America." American Psychological Association.

¹⁸ Benjamin, Tia. "The Ways Discrimination Negatively Affects Businesses." Small Business - Chron.com. October 26, 2016.

¹⁹ Walshmi. "Learn AS Psychology - Social Influence and Much More on Memrise." Memrise.

who had simply accepted their status previously started to think about the unjustness of them. Following this, the step called augmentation principle takes place. In this stage, they may give lecture meetings at schools, workplaces and other places to spread knowledge and understanding about the issues and their beliefs. However, this stage is more likely to involve extreme activities in which activists need to take risks to carry out. For instance, they may come into conflict with extremists who are really against them and get physically and mentally injured. In the worst case, it can even lead to fatalities through the conflict. After this hard step, they experience the "snowball effect" as they are constantly fighting for their goals. This means that tiny achievements are accumulated more and more, and gradually change the majority's view (the minority becomes the majority). For example, encouraging government or workplaces to make laws and rules for discrimination is included here, and the enforcement of those legislations or acts is one of the goals of this stage. After a period of time, people forget about the hard processes that had occurred before, and they now have no doubt about the social change. In other words, the view that was minor in the past becomes a completely normal and common way of thinking among people.

To provide a real-life example of successful social change, the African-American civil rights movement of the 1950's and 1960's²⁰ would be the best one. In the first step, black people drew attention to the real situation of black segregation by starting to carry out civil rights marches. Then, more and more people took part in the marches and the movement continued. The activists displayed consistency in their messages and intentions. Through seeing them taking actions, many people started to realise the unjustness of their inequality. After that, many individuals risked their lives in fighting for their rights. For instance, the "freedom riders" got on buses that were for white people in order to challenge the fact that they still had to sit separately on the buses. Many of them were beaten badly and a lot of mob violence occurred. In addition, many campaigners of the civil rights movement were killed while fighting for their ambition. For example, the film, "Mississippi Burning"²¹ illustrates the murder of three civil rights activists. Despite these sad and hard moments, they didn't give up but they continued their campaigns. Activists such as Martin Luther King continued to fight for their rights, and they gradually made social changes and U.S. government finally enforced the US Civil Rights Act in 1964, which prohibited discrimination. Now, more than 50 years have passed since the Civil Rights Act was enforced and people have no doubt that social change came about. Many people have no memory of the movements above that led to the change.

IV

To conclude, first of all I think that the degree of the problems is higher in the U.S. than in Japan. Having diversity should have been wonderful, but unfortunately it has created a lot of inequality, conflict between people, and discrimination because of visible and invisible differences of each individual. I believe that everyone should be more open-minded and accepting of differences and respect each other's culture. Also, Japan is not an exception. The number of foreigners in Japan will increase in the future, and this may cause a breaking of the equilibrium in some situations. Therefore, Japan should also prepare for it in order not to repeat the failure that other countries had faced before. Next, I think because of the economic impact, it will decrease in the near future because business damage is the most significant impact to a company. Also, as the concerns about discrimination or inequality gets bigger and bigger, taking action to prevent those bad situations is becoming an essential thing for

²⁰ "Timeline: The American Civil Rights Movement of the 1950s and 1960s." History Extra. May 22.

²¹ "Mississippi Burning." FBI. July 21, 2016.

companies to get reliance or to survive. However, I think the psychological and physical impacts will not decrease soon because discrimination in the real world will not be eliminated easily and will continue to be pervasive. That's why, I believe that now is the important point for all individuals in the world to consider how to stop the sad fact and change themselves to be more accepting. Lastly, actions taken by victims themselves is the most effective way for them to change people's mind to eliminate discrimination from the world. As a final thought, nothing will ever change if we don't take action. Ignoring and escaping from the condition will make no change. Some people say that thinking positive things, doing hobbies or consulting a counselor would be good solutions to deal with discrimination, but these are just temporary healing for victims and it won't change the radical problems at all, therefore the bad cycle will return again and again. That's why they, and we need to take action. Though I mentioned the success of the civil rights movement, there is still inequality between races. We must continue fighting for equality in order not to spoil the effort of those who had given their all to make a change. To help the progress of actions, we have to stop being indifferent. I hope the day when everyone in the world is being considerate to others and even thinks it is a completely natural thing will come someday. In the end, I hope my thesis can change readers' minds even just a little.

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Problems and Improvement in Japanese Work Culture

Ayari Kato

Nowadays, Japan is one of the developed countries, so many of its industries advance to the world. On the other hand, not only China and India but also many developing countries around the world are advancing now, so competitiveness is increasing. However, Japan has a lot of problems at work such as overtime caused by inefficiency or too much work. In addition, its population is declining by an aging society with declining birth rate.¹ In contrast, there is such data. Although, according to OECD, Japanese work-hours is shorter than the average of OECD countries², there was a situation that 4.3 million people (eight percent of the Japanese labor force) worked more than 60 hours a week in 2017.³ A standard workweek is 40 hours, so those people worked more than 20 hours of overtime a week. These facts show that there are differences among companies. Japanese people have work-life balance problems; however, in this thesis, I will focus on the inefficiencies of Japanese business culture. Therefore, I will elucidate the salaried employment in Japan, including the effects, comparisons with European countries, and solutions to improve the work environment for revitalizing the economy.

I

There are three major effects of work in Japan. First of all, overtime work affects health problems for health. Many people work until midnight. However, overwork causes various health problems. Firstly, the lack of sleep affects the most directly. It can be the biggest cause of getting sick, not only catching a cold easily, but also working efficiency may be reduced by headache or dizziness. Also, it affects mental health. When stress and fatigue accumulate, people have depression or some mental problems, especially people who work earnestly. In fact, overwork is known as "karoshi" (means death by overwork) among many countries. The overwork affects both physical and mental. Also, Japanese style has a negative effect on their family. In Japan, father had worked out and mother had done housework. It is Japanese traditional work style. However, this style is changing. Commonly, both parents work out now. Therefore, parents come home later, communication with family members decreases. It means giving difficulty for child-raising. In contrast, in some European countries, home and work environment tend to be good. The last effect is for work efficiency. There is a strange culture in Japan. For example, there are lots of people who think it is proof that working for a long time is doing its best, and workers have pressure that they should not go home when the upper person still works at the office. Therefore, many people work slowly on purpose to stay at their workplace. Also, overtime will lower the willingness to work. According to opinion polls by Japanese government, about half of the surveyed people answered that the working purpose is "to get money." The money is for improving personal lives such as stable life and family time with friends, hobbies and self-development, but if you work overtime, you can not have the time for that. In this way, the purpose of work disappears and the will of motivation occurs. For long hours of work makes "body which can not work hard" and "mind which do not want to work hard."

¹ "Population Pyramids of the World from 1950 to 2100." PopulationPyramid.net. Accessed November 25, 2018.

² "Employment - Hours Worked - OECD Data." OECD. Accessed January 11, 2018.

³ 2017 version White Paper on Measures to Prevent Karoshi, etc. Ministry of Health, Labour and Welfare. 2016.

II

There are some different points of work between Japan and European countries. The biggest difference is the life priorities. Most German workers (excluding consultants or lawyers or top executives) will leave work at around 5, 6pm, so they can have time to do other things. If they can't finish all their work on time, then they try to work more efficiently, even skipping lunch, or they will blame the employer for giving them too much work to do. In contrast, it is almost unheard of for a Japanese salaryman to leave at such a time on a regular basis. Even without counting "service" overtime (unpaid) that most Japanese put in, the average working year is 350 hours longer in Japan than in Germany.⁴ Japanese work life balance is known to be really bad among other countries. Therefore, Japanese government plans to mitigate work-life balance especially for women by having better day care facilities recently. However, in Germany, work life balance means a good balance between work and private life for all employees. Also, in France, the female working environment has become better. The proportion of French working women has increased from 72% in 1990 to nearly 84% in 2013.⁵ The French government has actively worked on the development of laws to support women and their families who want to continue working even if they give birth to their children, and the policy has been effective. Maternity leave before and after childbirth is paid and benefits come out when using nurseries. In addition, parents can acquire one year's childcare leave, the government receives childcare allowances and guarantees reinstatement. While most women have work, the birth rate in 2010 is 2.01%, the second largest in Europe. The percentage of Japanese women having jobs has increased, but it is lower than European countries such as France, UK and Germany.⁶ The other difference is the relationship between process and result. At Japanese workplace, the process is as important as the result. Everyone works the same way. When a new way to be accepted, everyone has to agree. In contrast, Germans value the result and getting to result in the most efficient way, so it is fine if someone finds a quicker way to finish work. There are also several differences in work culture which are an asset of Japan. Firstly, Japan has received a totally different education from Europe, and even at work, team members place greater emphasis on fellow consciousness than individual thoughts. Membership in Japan includes the meaning that it means to endure something you do not want to do, as well as many obligations also occur. The team in Japan is difficult to collapse and easy to control, it is also a part of strength. Also, the current situation where information sharing is well-kept in Japan is proof that team members trust each other. Japan is strongly conscious of sharing useful information and necessary information with everyone, and it is a country that is growing by it. European companies are also trying to share information, but it is currently difficult to reform consciousness in that part. For the Europeans, the information is kept secret, as soon as it is made open, competition awareness that the position will be overcome by rivals will endanger their position. There is a collective emphasis in the structure of the company. It is largely due to the behavioral patterns in Japanese culture in which there is social pressure to behave a certain way in a particular situation. For example, people eat and drink the same things as a person in a higher position, even if one is not interested or does not want it. Companies enforce camaraderie with drinking parties, department dinners, and events that are designed to promote social harmony in the company and specific departments within the company. There is a strong sense of community in most companies in Japan, which allows people to get used to and accept their work responsibilities willingly.

⁴ "Employment - Hours Worked - OECD Data." OECD. Accessed January 11, 2018.

⁵ "Employment - Hours Worked - OECD Data." OECD. Accessed January 11, 2018.

⁶ "2015 Economic Report of the President." National Archives and Records Administration.

III

In this section, I will mention several solutions to improve Japanese work environment for revitalizing the economy. First of all, I suggest changing the situation that people follow the usual custom. First inefficiency manual is a regular meeting. At most Japanese companies workers have to attend the meeting tentatively, even if it is not necessary for them. In most cases, they are given papers or reports then, and read together even though they can understand read individually. If they do a meeting, they have to do it for only cases which they really need. To reduce meeting time, workers have more time to do their own task. The second inefficiency custom is the following manual. Following company manuals is important. However, it is not necessarily good. Workers should sometimes consider and decide themselves and respond flexibly. In Japan there is the atmosphere which following rules is essential even if they succeed in their own way. As a result, there are circumstances in which inefficient work is forced. The above two points will lead to small time saving, but they are relatively easy to do. Education before starting work is also a good solution for efficiency work. Now, young people are forced to go to a university whose level is as high as possible even if they are not interested in any subjects. Many people have studied to enter a great university and work at a good company. Japan also has a lot of vocational schools, but most people have thought going to university is a better way to get a job, so people enter the university tentatively even if they cannot enter the great university because they are not intelligent. There are subjects which do not relate to work directly. If students study subjects which they are not interested in, this is the most inefficient and equivalent to wasting time. When they start to work, they learn processes to work at companies. It is necessary but to be honest, employers do not want to do that. Companies want excellent talents. If every young person learns about a real job at university even if only slightly, they work easier after getting jobs. To support education is one way to improve efficiency at work. Lastly, I suggest reforming the Cool Japan Strategy. The Japan News showed that a Japanese public-private investment fund under the jurisdiction of the Economy, Trade and Industry Ministry has suffered almost total losses in a government-backed 'Cool Japan' cultural promotion project in which the fund had invested more than 2 billion yen, it has found. The fund, the Innovation Network Corporation of Japan (INCJ), has also apparently lost over 100 million yen in some of the related projects. The responsibility for the losses has been left unaccounted for, as the INCJ is considered a private company and does not disclose its profits and losses for each specific project. Tokyo-based All Nippon Entertainment Works (ANEW) was established in October 2011 to help Japanese comics and films achieve goals including entering Hollywood. The INCJ got involved in ANEW from the time of the firm's establishment and invested a total of 2.22 billion yen. The firm announced its plan to produce seven Hollywood movies from 2012 to 2015, but failed to release any of them. The INCJ sold all of its ANEW stock in June 2017. That's why we have to reconsider this project. Firstly, Government needs to grasp clearly which fields are our strength. Improve the bad animation production environment to expand this field. In the report of the Japan Animator & Production Association, the actual conditions of the production site such as the harsh labor environment of animators and wage system are summarized. As measures to revitalize the animation industry, attention is often drawn to animation works, methods of selling characters, export of completed contents, but the premise is production. If continuing traditional marketing methods, it will be essential to rebuild the revenue model so that sufficient profits will be distributed to the production company. There needs to be accurate comprehension of content overseas by the Japanese people and government. The government's recognition and overseas evaluation are

mismatched. It will be necessary to examine strategies firmly in all contents to see what is popular abroad. Also, illegal sites and apps lead to the situation that animators get low wages, so we must not forget these points. What should be actively addressed by the government is how to protect the intellectual property rights of Japanese culture and Japanese content. In order to protect the value of the Japan brand and to sell at the correct price, as many brand-focused companies such as Disney protect, the Japanese government also should fully protect intellectual property.

IV

In conclusion, overtime work gives negative impacts to a lot of things, especially it is necessary to improve work efficiency for Japan which has problems because of shortage of workers. For these reasons, the current Japanese work style should be changed as the government shows. However, most people rely on overtime payment. We cannot solve this problem by merely reducing working hours, so it is a very complicated problem. Regarding differences, Japanese character and thought for work are very different from European. In my opinion, the biggest (main) difference of Japanese and European work culture is collectivism and individualism, and I felt these things relate to the work environment very much. That's why there is a culture that European workers go home earlier than Japanese. However, Japan has good service by working long hours, so we have to keep this circumstance. Therefore, it is still necessary to be more efficient. Also, it is true that Japan needs to improve its style by using its strengths. I suggested several solutions in this essay. However, I think it is most essential to reform the Cool Japan Strategy. Japan is poor in material resources, so it is absolutely no mistake to raise economic power by spiritual resources, cultural resources, and technical resources. To that end, train young people should be trained to become workers with high information / content productivity, intellectual and cultural excellence. I think focusing on education is not enough in this country. Especially, although the standby child problem and the like have been reported recently, it is necessary to put more emphasis on children's education and parenting. However, it does not only mean that you spend more money on education, but also includes raising the quality of textbooks and reviewing social security for children. In order to solve the current work problem, it is not a policy to simply reduce overtime hours, but to think of the underlying problem as a national government. Japan has the benefit of providing much better service than other countries, so it is the key point to be more efficient without losing quality for revitalizing the economy.

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The Pilot Shortage of the World and Japan's Situation

Rin Koda

The number of passenger who was carried by air transportation increased from about 310 million people in 1970 to about 4 billion people in 2017¹ according to the World Bank. For the last few decades, the demand of air transportation keeps increasing due to the population growth in the world and the economic growth in developing countries. Also, the demand of airline pilots goes up along with that but the aviation industry will fall into the serious pilot shortage. In this thesis, I will explain three causes that are the demand, the cost and retirement, and the differences between Full Service Carrier and Low Cost Carrier. Also, I will propose three solutions that are the investment, the retirement age and the use of artificial intelligence.

I

The first cause of the shortage of airline pilots is the growth of the number of flights. It kept going up from 23.8 million in 2004 to 39 million in 2018² and it is estimated by IATA to keep increasing because it is said that the number of passenger will reach 7.2 billion in 2035³. Airbus A380-800, which is the largest airplane, is produced from 2005 so I cannot declare that the demand growth of airline pilot will increase along with increasing the number of passengers, but it is sure that about the double of pilots will be needed considering that Boeing 737 series, which are narrow-body aircraft are sold the most.

The second cause of the pilot shortage is that training costs a lot. The pilot shortage is not caused by decreasing the number of people who want to be a pilot. In case of applying a Japanese airlines, the chance of being employed as a pilot trainee is about 0.5% to 1%⁴, which means there are many people who want to be a pilot, but the pilot shortage happens. Most people think that if they need more pilots, they should accept more pilots or pilot trainees, but they cannot do that because of the cost of training. Airlines does not release the cost to train one pilot but it is told that the training cost is about 10 million yen per person, and the cost by being a first officer and captain is over 100 million yen⁵. Therefore, a lot of airlines can't increase the number of pilot trainees. Mainly, there are 4 ways to be a pilot, including being employed as a pilot trainee, flight school, going to civil aviation college and going to a university that has pilot training programs. In case of flight school in Japan, it costs about 21 million yen⁶. If people go to the civil aviation college, it costs 3.5 million yen⁷. In case of taking pilot training programs at university, it costs about 100,000 dollars in the United States⁸ and about 7 million yen⁹ in Japan. Only the tuition of the civil aviation college is not much expensive but the acceptance rate is 10% and only 72 people were accepted every year¹⁰.

¹ "Air Transport, Passengers Carried." GDP Growth (annual %).

² "Airline Industry Worldwide - Number of Flights 2018 | Statistic." Statista.

³ IATA. "Search." IATA - More than 7% Increase in Air Travel Compared to Last Year.

⁴ キャリアパーク運営事務局. "自社養成パイロット試験の概要と倍率事情【対策資料つき】." キャリアパーク[就活]

⁵ "パイロットの現状と将来性." Career Garden.

⁶ "プロ・パイロット養成コース 第3期生 教育訓練費及び算定基準." Institute of Flight for Civil Aviation Pilots in Next Generation.

⁷ "平成31年度 航空大学校学生募集要項." Civil Aviation College.

⁸ "Flight Course Trucks." Embry-Riddle Aeronautical University.

⁹ "学部・学科学費 | 大学案内 | 東海大学." 東海大学.

¹⁰ "過去5年間における入学試験の状況." Civil Aviation College.

The third cause of the shortage of pilots is that a lot of captains will retire in the 2030s. It is a problem only in Japan but it is a really serious problem. It is not only Japanese airline problem but also Japan's social problem. The reason why the pilot shortage has happened is that the biggest age group, which is 45 to 49 years old now will retire in the 2030s. The proportion of 45 to 49 years old of male and female is 3.8% and 3.7%¹¹ respectively in 2018 and they will be over 60 years old in the 2030s. The percentage of the age group 40 to 44 years old below is decreasing so there is no substitute for the age group 45 to 49 years old.

II

First of all, I would like to explain the facts of the pilot shortage of Full Service Carrier. Full Service Carrier provides more than one class such as business class and first class, and price of in-flight meals and drinks are included in airfare. All Nippon Airways and Japan Airlines are the most famous Full Service Carrier in Japan, and in fact, they haven't had a serious pilot shortage yet. As I wrote in the introduction, the one cause of pilot shortage is the rapid demand growth of pilots, but they can still respond to that so far and there are 2 reasons why they can do that. The first reason is that they already have a lot of pilots and provide a lot of flights. For instance, ANA provided over 1,200 flights per day¹² and they were flid by 2,390 pilots¹³ in 2017 and JAL provided about 1,000 flights per day¹⁴ and they were flid by 2,446 pilots¹⁵ in 2014. They already have a lot of flights and routes, so even though the demand for pilots and flights is increasing, it is not as rapid as Low Cost Carrier. The second reason is that they can train people who do not have any pilot licences. They recruit people who want to be a pilot and train them. It costs a lot and takes a few years but they can get pilots stably every year. Therefore, the pilot shortage is not serious for Full Service Carrier now.

Next, I would like to list the current situation of pilot shortage for Low Cost Carrier. Low Cost Carrier provides only one class that is economy class and it costs to leave luggage, get in-flight meals and drinks. The famous Low Cost Carrier in Japan is Peach Aviation. The pilot shortage is a really serious problem to Low Cost Carrier now. Low Cost Carrier is a new airline so it is harder to respond to the demand growth of flights. The reason why they can't respond to that is that it is increasing more rapidly than Full Service Carrier. It is good for customers to fly inexpensively. Before appearing in Low Cost Carrier, people have to spend a lot of money to fly, but people can go anywhere with less money by Low Cost Carrier now. However, it causes the pilot shortage because their business scale is not as big as Full Service Carrier. For example, Peach Aviation provided 128 flights per day¹⁶¹⁷ by 240 pilots¹⁸¹⁹ in 2018. Even if the number of flights increases, it is difficult for Low Cost Carrier to increase the number of pilots. When Peach Aviation started, they could employ the pilots who were fired due to the bankruptcy of JAL. However, they need pilots who have pilot licenses now because it costs a lot to train people from the first, as I wrote. Also, other Low Cost Carrier headhunt pilots along with increasing the number of Low Cost Carrier. As an effect, at most

¹¹ "Population Pyramids of the World from 1950 to 2100." PopulationPyramid.net.

¹² *ANA Fact Book 2017*. ALL NIPPON AIRWAYS CO., LTD.

¹³ “人財関連データ.” *ANA Group Corp.'s Information*, ALL NIPPON AIRWAYS CO., LTD.

¹⁴ “SAFETY | Operation Data.” *JAL | JAPAN AIRLINES*, Japan Airlines Co., Ltd.

¹⁵ “CSR | Human Resources Data.” *JAL | JAPAN AIRLINES*, Japan Airlines Co., Ltd

¹⁶ “Domestic Flights Schedule.” *Peach Aviation*.

¹⁷ “International Flight Schedule.” *Peach Aviation*.

¹⁸ “About Peach.” *Peach Aviation*.

¹⁹“1 MINUTE PEACH.” *Peach RECRUIT SITE*, Peach Aviation Limited.

894 flights of Peach Aviation were canceled in 2014 because they had only 52 captains and 8 of them could not work as pilot because of illness and injury.²⁰ Therefore, the pilot shortage is a really serious problem to Low Cost Carriers.

III

First of all, investment to train pilots is essential to solve this problem. The one biggest cause of pilot shortage is the cost of training pilots. It costs over 100 million yen²¹ to be a captain from a trainee. A pilot does not pay training costs individually in most cases after being a first officer at an airline company but they have to pay for training to be a pilot. It also costs a lot so it is difficult to be a pilot economically even though a lot of people want to be a pilot. The demand of air transportation is increasing so the airline industry has a good future so governments should invest more to train to be a pilot and airline companies also should invest more to train pilots.

Secondly, not to decrease the number of pilots, the retirement age should be raised. In Japan, the mandatory retirement age for pilot is 67²². In other countries, the mandatory retirement age for pilots is 60 but they should work as pilot longer if they want and they do not have any problems with their health. The biggest problem of working as a pilot is health. It is really important for pilots to be healthy because they have responsibility for passenger's lives so if they have a serious problem about their health during the flight, they may have some troubles about the flights and passengers may lose their lives because of the troubles. It sounds too serious but pilots must not have any problems about their health to keep safe flights. Therefore, when they work as a pilot after 60 years old, they are supposed to take a health check more.

Finally, artificial intelligence can replace human pilots in the future. It is said that artificial intelligence can replace human pilots in the near future. Now, autopilot is used for a lot of parts of flight except for taking off and landing. Technically, autopilot can be used for taking off and landing but it is not safe enough now because a lot of aircraft accidents happened during take off and landing. Both of them are the most dangerous time during the flight and it is called critical eleven minutes. However, artificial intelligence is going to replace human pilots. The problem is that passengers may not want to take an airplane without human pilots. Now, 2 to 3 pilots are needed for one flight but they can be reduced by artificial intelligence. It takes time to realize using artificial intelligence but it can help the pilot shortage.

IV

In conclusion, there are three reasons for the airline pilot shortage, including increasing the demand of pilots, high cost of training a pilot and retirement of captains. These causes are affected by each other and they influence the airline industry. Also, there are a lot of different facts about pilot shortage between Full Service Carrier and Low Cost Carrier. The demand of air transportation is increasing rapidly and it is really important for any airlines to respond. It is really difficult for Low Cost Carrier to respond to increasing the demand so the pilot shortage of Low Cost Carrier is more serious than that of Full Service Carrier. However, both of them cannot avoid the year 2030 problem because it is the problem of the whole Japanese society. Now, it is important for Low Cost Carrier to increase the number of pilots, especially captains and it is also important for both of them to take measures against the year

²⁰ "Peach to Cancel 894 Flights in July and August Due to Pilot Shortage." *The Japan Times*.

²¹ "パイロットの現状と将来性." Career Garden.

²² "Japan Making Efforts to Address Expected Pilot Shortage in 2030." *The Japan Times*.

2030 problem. Finally, there are some solutions that can solve pilot shortage. The easiest way to solve pilot shortage is investment but the most useful solution is using artificial intelligence. We need new pilots now so we can get a lot of new pilots by a lot of investment, but it cannot go easily because governments and airline companies have the limit of money. However, if we use artificial intelligence, we need time to realize that so we cannot get new pilots now. In fact, pilots are needed now and at least over the next 20 years but they may not be needed after a few decades because the demand of air transportation and pilot is not going to increase forever. It must stop at that point. Therefore, I cannot say that it is 100% good to increase the number of pilots because they may have to quit pilots when the demand of pilots stops and decreases. I think that they invest in training for pilots and pilot trainees for now and when artificial intelligence can replace human pilots, they should stop much investment.

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Comparative Study of the Actions for Plastic Pollution

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8.3 billion metric tons of plastic have been produced since humans started using plastic just 6 decades ago, and the percentage of disposable products that end up as garbage is 91%, according to the National Geographic.¹ This means that the majority of wastes are disposed through landfills and incineration, which bring detrimental impacts on the environment, draining toxins and accelerating the production of greenhouse gas, respectively. To make matters worse, in countries where landfills are poorly managed, plastic wastes can be intentionally blown into waterways and be carried out to sea by flood water. According to the Ocean Conservancy, more than 8 million tons of plastic are dumped into the oceans every year, leading to total 250 million tons of plastics in the oceans in less than 10 years, which will exacerbate the natural environment and ecosystem.² As humans benefit from the environment significantly, utilising natural resources, the described issues would damage our lives dramatically, unless humans take responsibility and actions. In this thesis, environmental and social effects of plastic waste problems are discussed in the first section, comparisons between the measurements taken by governments, organisations and businesses in some countries including Japan and the UK are described in the second section, and in the third section, a variety of prospective actions that can be taken by governments, organisations and people is suggested, in order to deepen understandings about the acute conditions of this planet and raise awareness to emphasise the importance of dealing with urgent tasks, taking immediate actions to minimise anthropogenic impacts and to make the entire global communities sustainable.

I

Plastic pollution is the massive accumulation of synthetic plastic products in the environment and has brought various detrimental impacts on the environment, and human's society. Those effects brought by plastic wastes are explained in terms of human activities, the Earth's environment and crucial social issues related to human rights.

First, one of the major effects of plastic garbage is its significant impact on people's health, society and economy. The major ways of disposal of plastic garbage including landfill, incineration and dumping into the ocean. Plastics being dumped into the ocean is especially problematic. According to the article published by the Guardian, the number of pieces of microplastic in the world is at least 5 trillion.³ Although the effects of humans consuming products that contain microplastics have not been proven so far, as humans benefit from marine resources, it is important to be aware of its impacts on our health. In addition, as the necessity for efforts to eradicate plastics and minimise plastics consumption, there has been a considerable amount of financial loss and burdens consequently. The United Nations reported that plastic garbage brings approximately \$13.0 billion worth marine ecosystems every year.

The second major effect is that plastic garbage necessarily exacerbates the Earth's ecosystem. It is estimated to kill millions of marine animals such as seabirds and turtles every year. According to the Ocean Cleanup, 92% of marine debris they encounter are plastics.,

¹ Dufour, Fred. "A Whopping 91% of Plastic Isn't Recycled." National Geographic, December 20, 2018.

² Merran, Jordana, Nick Mallos, and Janis Searles Jones. "Plastics in the Ocean." Ocean Conservancy, November 15, 2019.

³ Carrington, Damian. "Microplastic Pollution in Oceans Is Far Worse than Feared, Say Scientists." The Guardian. March 12, 2018.

while 17% of species are listed on the International Union for Conservation of Nature's Red List of Threatened Species.⁴ There have been a number of cases where marine animals eat plastics unintentionally, and are unable to make a move because of plastics twining around them. The Ministry of the Environment (Japan) gives the information that the concentration of microplastic in the sea around Japan was 27 times higher than the average.⁵ The research of Tokyo University of Agriculture and Technology emphasises its seriousness. They found that approximately 77% of anchovy had microplastics in their digestive organs.⁶ The head of the United Nations Environmental Programme described the situation as an "ocean Armageddon" at the global summit in Nairobi. These effects on marine creatures are closely related to people as our lives are underpinned by the benefits brought by the environment.

Lastly, another effect is that plastic garbage aggravates the global issues like poverty. Considering effects brought by plastic garbage on socially deprived people is important, as the awareness towards the global issues has been rising. From the data of Science magazine, which calculated total mismanaged plastic waste for population within 50 km of the coast in the 192 countries, China, Indonesia, Philippine, Vietnam and Sri Lanka wasted plastic the most. According to AFPBB news, wastes lead people to suffer from diseases including cholera, which prevent them from breaking through barriers to sustainable development. Nevertheless, there are many people who live in areas where wastes are not managed efficiently. In the place where lots of garbage is mobilised in Sri Lanka, the increasing number of handicapped people has become problematic because of harmful substances and toxins flown out from ground where wastes are dumped, leading to the serious situation that people can not get out of a vicious cycle of poverty.

II

Currently, there have been a bunch of efforts made by governments, organisations and businesses in order to deal with plastic garbage issues, which have raised consumers' awareness towards the environmental issues simultaneously.

First, some examples of Japanese government contributions are explained. Japan is a country which has played a huge role in creating the positive stream in a capitalistic economy. For example, the country has led the Regional 3R Forum in Asia and the Pacific for a long time⁷. When it comes to the domestic solutions for more specific plastic pollution, the governmental law of "Promoting good landscapes and environments on the coast to protect beautiful and rich nature and treatment of shore drifting objects, etc on the conservation of the marine environment⁸" was enforced on June 22 in 2018. This law aims to strengthen the measures for garbage on the coast including plastic flotsam and micro plastic in the ocean. When it comes to the international agreements, during the Group of Seven Summit held in June 2018, while five of the big industrious countries including the UK, Canada, France and Germany in addition to Italy and European Union signed an ambitious environmental charter, having consensus to boost the plastic recycling to sidestep the accelerated water pollution, Japan and the US refused to the agreement,⁹ insisting that Japan should be considering the effects of reducing plastic production more carefully before signing the agreement as Japan is

⁴ Ocean Cleanup. "The Great Pacific Garbage Patch." The Ocean Cleanup.

⁵ http://www.env.go.jp/water/marine_litter/00_MOE.pdf.

⁶ Wordleaf Corporation. "カタクチイワシの約8割から検出、懸念されるマイクロプラスチックとは | THE PAGE (ザ・ページ) ." THE PAGE.

⁷ "アジア太平洋3R推進フォーラム." Japan's Regulations and Environmental Law [MOE].

⁸ "海岸漂着物処理推進法." Japan's Regulations and Environmental Law [MOE].

⁹ Cassella, Carly. "The US And Japan Are The Only G7 Nations That Refuse to Tackle Plastic Pollution." ScienceAlert. (13 Jun 2018).

a country that receives a larger amount of benefits from the ocean than any other country, underpinning the domestic industry, according to the Japan Times. Also, they claimed that the agreement should have involved not only developed countries but also developing countries.¹⁰ Yet, Japan is not regarded as the introvert country for plastic reduction. Eventually, at the G7 summit held in Halifax, Canada, in September, 2018, the ministry of environment in Japan decided to reflect the established measures for reduction of plastic at the G7 summit in June, 2018.¹¹ Despite some progressive solutions like laws taken by the nation's government, the results have not been seen visually due to the lack of ambitious directions.

A variety of contributions made by lots of other progressive nations are described in this paragraph to enable the comparison between efforts of Japan and other countries. For instance, the United Kingdom is said to be having many solutions to plummet plastic wastes. According to the World Wildlife Foundation, the amount of plastic waste generated in the UK will increase by over a million tonnes by 2030 and is imported to other countries to be landfilled. Avoiding this, the national government has stimulated the growth of sectors that contribute to a sustainable society, supplying money. It has earmarked £61.4m from the public purse to fight the rising tide of plastic pollution in the world's oceans. Downing Street said £25m of the fund will be spent to help researchers investigate the issue of marine plastic from a scientific, economic and social perspective. A further £20m will be used to curb plastic and other environmental pollution generated by manufacturing in developing countries and prevent it entering the oceans. The remaining £16.4m will be devoted to waste management improvements at a national and city level to stop plastics being dumped into the water¹². Theresa May, a prime minister in the UK, said "If we stand together, we have the opportunity to send not only a powerful message to the world, but also to effect real change." The PM will keep committing to eliminate all avoidable plastic waste by 2042 as the government will be implementing the effective environmental plan for the next 25-years.¹³ Not only the government, various businesses and corporations are taking different solutions. For example, considering the situation that the number of straws provided in restaurants across the UK every day reaches 1.8 million, McDonald has replaced plastic straws with paper ones in all its UK and Ireland restaurants since September in 2018¹⁴. Surprisingly, before the government proposed a ban on plastic straws, some businesses like Waitrose, Costa Coffee and Wagamama had started to advance its environmental strategies. A number of businesses are trying to improve the situation, better understanding about problems that will bring people negative impacts ultimately, and the national government understands its significance on bringing the positive effects, building a sustainable community and society where the amount of plastic garbage is minimised.

¹⁰ 堀田康彦. "マイクロプラスチック汚染と循環経済への大潮流：日本はなぜG7サミットで署名を拒否したのか." BUSINESS INSIDER JAPAN ビジネス インサイダー ジャパン . June 28, 2018.

¹¹ SANKEI DIGITAL INC. 海洋プラ対策 国会戦略にG7憲章の目標反映 政府、国際協調路線へ転換." 産経ニュース . August 20, 2018.

¹² Association, Press. "Government Sets aside £60m to Fight Scourge of Plastic Waste." The Guardian. April 14, 2018.

¹³ Joe Watts Political Editor @JoeWatts_. "Theresa May Vows to Eliminate UK's Plastic Waste by 2042." The Independent. January 11, 2018.

¹⁴ "McDonald's to Ditch Plastic Straws - BBC News." BBC. June 15, 2018.

III

Having listed some of the solutions that have been taken by governments, organisations and businesses in different countries, some of the possible actions that can be taken by governments, organisations and individuals are stated.

To begin with, significant refinements can be made by the government because of its responsibility to build a sustainable society using the considerable amount of investment available through tax and its authority to make people be in the same direction for the collective efforts. Most importantly, governments are responsible for enforcing environmental regulations like reduction of plastic waste and consumption, and promotion of sustainable waste management like recycling. What other countries and blocs have already set are good examples to look at. According to the Independent's article, by 2030, the EU has a plan to make all plastic packaging across Europe recyclable and reusable to break through the current circumstance that the gross amount of plastic wasted by European per year being 40 million tons but less than 30% of plastics are being recycled¹⁵. Some environmentalists say that Japan has recorded a high rate in recycling plastic waste with more than 80%, however, this includes the thermal recycle -generating energy by incineration which are not included in other countries statistics. Therefore, Japan's actual recycling rate was about 24% in 2016, according to the Plastic Waste Management Institute in Japan¹⁶, indicating that more efforts made by the Japanese government would be required, as China, on which Japan relied for the landfill of garbage, finally banned the garbage imports from overseas. Lots of other countries in Asia have started to take steps towards a sustainable society. For example, Korean government aims to prohibit the usage and sales of plastic bags in shopping. In addition, the government of Malaysia has decided to terminate the waste of plastic garbage by 2030, while Japan decided to reduce it by 25%.¹⁷ Government can not only decide the regulations implemented by people but also affect the way businesses behave.

Whilst governmental decisions have a massive impact on the business' behaviours, there are various worldwide businesses that have reduced the plastic garbage production as businesses are considered to be more closely related to their lives than governments. Also, a number of businesses have changed the world through producing innovative products and promoting the solutions and great circumstance of the world. On the other hand, basically, the responsibility that business must take is drastically huge, as business is one of the significant causes of plastic pollution due to its enormous amount of plastic utilised in the process of production. Therefore, a lot of corporations have already taken action. For example, Timberland has removed more than 700,000 plastic bottles from Haiti, and have recycled them to new line of T-shirts, backpacks and boots¹⁸. Also, travel companies can take the greater level of responsibility for plastic pollution by playing sizable roles to promote the prevention of environmental disruption, as the demands for plastic are still rising up due to the growing travel and tourism industry over the past few decades¹⁹. In addition, one of the most effective ways to reduce plastic is that companies minimise the amount of plastic used in the production process. Speaking of Japan, according to the data from the Statista, the

¹⁵ Josh Gabbatiss Science Correspondent @josh_gabbatiss. "EU Pledges to Make All Plastic Packaging Recyclable by 2030." The Independent. January 18, 2018.

¹⁶ Ecoeco, 投稿者: "日本はリサイクル大国?それとも焼却大国?" 環境問題研究会のブログ. October 24, 2018.

¹⁷ Ecoeco, 投稿者: "マレーシア2030年までに使い捨てプラゼロ、日本は25%削減?!" 環境問題研究会のブログ. October 18, 2018.

¹⁸ "Timberland Unveils New Spring '18 Footwear Collection Made With Recycled Fabric." Timberland USA - English.

¹⁹ Choat, Isabel. "The Last (plastic) Straw: Travel and Its Environmental Responsibilities." The Guardian. July 04, 2018.

production volume of plastic products had almost no change from 2012 to 2017, with approximately 5.8 million tons²⁰. However, the article published by the Financial Times in 2018 indicated that Japan's paper industry set up new research units and marketing against the disposable plastic to achieve the "paperised" world in the future²¹. Some huge manufacturing companies like this have carried on solutions as Starbucks would stop using plastic straws worldwide by 2020²², by the likes of Disney and McDonalds, the companies taking responsibility. As a result of such efforts and environmental marketing by businesses, the remarkable decrease in the amount of plastics production, consumption and wastes can be expected. Regarding the NPO and NGO, they can not only advance research and do field work but also they can increase the interests of people in the world by promoting donation. And also, they can highlight the companies which are making significant efforts. If people take a look at the streets in the UK, there are many types of charity shops like Oxfam and British Heart Foundation to collect money which is needed for improvement of their activities, in contrast, in Japan, there can be seen much less shops like those than the UK, so that NGO and NPO should appeal themselves more in Japan.

Lastly, there are numerous actions that individuals or groups of individuals can take. The easiest way to tackle on reduction of plastic pollution from the daily people's lives, no matter where they live, is that people can lessen the single-use plastic by keeping from getting plastic bags, plastic bottles, and the packages which use plastic²³. According to the data of Statista, 75% of British people think what they can do to solve the plastic pollution is "to reuse disposable items like plastic bags and plastic bottles" followed by "to buy more products made from recycled materials" with 54%²⁴. Next, most importantly, recycling properly is essential to reduce the effect of plastic garbage on the environment because in this society, too many products are made from plastic. This is why people should recycle or reuse them as much as they can. Not only this, there has been a lot of environmental activities people try to clean up the beach and forest as well. In Japan, the Nippon foundation built a new project people can enjoy cleaning up the beach combined with the festival. Such movement should be permeative throughout Japan because numerous plastics have been floated onto the beach. These include marine debris produced from foreign countries. According to the article of Huffpost, in the Japanese prefecture of Okinawa, approximately 80% of beach detritus is from China which has the largest amount of plastic production in the world²⁵. On the assumption of this, those who live on the earth should be co-operative when it comes to the activities for solving plastic pollution, and international integration would be needed more.

IV

In conclusion, it is obvious that the problems caused by plastic garbage affect our lives and the environment on the Earth terribly from a range of aspects. As countermeasures some businesses and governments have already started to take actions in order to make

²⁰ "Japan: Plastic Products Production Volume 2017 | Statistic." Statista.

²¹ Lewis, Leo. "Japan's Paper Industry Pushes Sector to Replace Plastic." Financial Times. September 16, 2018.

²² York, Associated Press in New. "Starbucks to Ditch Plastic Straws Globally by 2020 to Help Environment." The Guardian. July 09, 2018.

²³ "Oceanic Society." 7 Ways To Reduce Ocean Plastic Pollution Today.

²⁴ McCarthy, Niall, and Felix Richter. "Infographic: What People in the UK Think about Plastic Pollution." Statista. April 16, 2018.

²⁵ Harrison, Jeb. "Sea of Japan Becoming a Dumping Ground for Trash From China and South Korea." The Huffington Post. December 07, 2017.

strides to prevent more damages. There are various things that we all can do: the governments and organisations as well as businesses tend to have more power to solve the problems because of the money and authority they have, therefore they can also empower nations to be evolved in projects more. However, in this current situation, I found that it can be essentially difficult for the governments to attempt setting new policies for the prevention of global issues, most notably climate change. What happened in France gives us good evidence. If the governments set up a policy of increasing the tax of gasoline made of fossil fuel that is a root of global warming in order to cope with the climate change problem, needless to say, people who earn money using cars complain and protest. It is likely to be the same if the government tries to reduce the amount of plastic production because our lives have been supported by plastic commodities and the things as so many people rely on gasoline use. The situation has been becoming more complicated than people normally think. While people have difficulties tackling these solutions, I'm sure that this situation can be changed due to the further contributions and efforts by worldwide people. It is time that we all have to believe so and make a difference by being interested in and pay attention to what's happening in the world.

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Refugee Crisis

Reina Hitomi

By UN High Commissioner for Refugees, at the end of 2017, as many as 65.8 million individuals were forcibly displaced worldwide, the largest figure ever recorded. This number includes 25.4 million refugees, 40 million internally displaced people, and 3.1 million asylum-seekers.¹ Put another way, this is roughly the equivalent of the entire population of France. Put yet another way, one person becomes displaced every 2 seconds, that is 30 people are newly pushed out of their home every minute.² So as to mitigate this world-scale problem, not only united nations or countries, but also organisations or individuals have been taking actions. To heighten our awareness of such a huge problem, I would like to explain about the refugee crisis with 3 topics which are causes, comparseness of measures to refugee crisis of the U.K. and Japan, and long-term durable solutions which are focused on international responsibility.

I

There are various causes of the refugee crisis. One major cause of the refugee crisis would be human rights violations. It happens when a state or non-state do abuse, ignore, deny basic human rights including civil, political, cultural, and economic rights. It includes various groups, especially Rohingya people who would have the severst situations. From the latest information, approximately 720,000 Rohingya people were forced to leave their homes in Myanmar from violence and discriminations since August 25, 2017.³ Rohingya people leave for Bangladesh mostly, and the majority of them are women and children including newborn babies.⁴ This Rohingya refugee crisis is the fastest growing crisis in the world.⁵

Another major cause of the refugee crisis would be the environment and climate. Nevertheless, the United Nations do not recognize the victims of climate change as refugees.⁶ Humans cannot live without nature's blessings, people's lives are easily affected by the environment. Above all, Tuvalu has a serious issue which is a matter of life and death of all population of about 11,000. Tuvalu is an extremely small, isolated atoll island nation, located about midway between Australia and Hawaii and other low-lying islands.⁷ Despite the nation's investments in makeshift bulwarks and freshwater storage systems, the average of land height is a mere 2 meters above sea level.⁸ If it goes on like this, it will likely be sunken under the sea in the near future. Most Tuvaluans escape to New Zealand, there are approximately 3,500 Tuvaluans living there.⁹ There are 7 million inhabitants of the 22 Pacific islands. They are among the most vulnerable to climate change whereas they only emit 0.06% of global greenhouse gases.¹⁰

The biggest cause of the refugee crisis is conflicts and wars. There are so many people who escape from wars. Syria continues to produce the largest forcibly displaced population in

¹"Refugee Statistics | USA for UNHCR."

²"Figures at a Glance." UNHCR.

³ "Rohingya Refugee Crisis: Supporting the Stateless Minority Fleeing Myanmar | USA for UNHCR."

⁴ "Rohingya Refugee Crisis." OCHA. August 31, 2018.

⁵ "Refugee Statistics | USA for UNHCR."

⁶ The Guardian. September 15, 2014.

⁷ UNDP's Climate Change Adaptation Portal.

⁸ The Guardian. September 15, 2014.

⁹ New Zealand Ministry of Foreign Affairs and Trade.

¹⁰ "Tuvalu - Islands on the Frontline of Climate Change." YouTube. September 19, 2009.

the world. The number of Syrian refugees was 2,200,000 in January 2014, however it records as many as 5,600,000 people in the latest information, September 2018.¹¹ Incredibly, no more than about 10% of Syrian refugees living in the camps. Moreover, as many as half of Syrian refugees are under the age of 18.

II

We can see the differences between the ways of the U.K. and Japan, to contribute refugee crisis especially aspects of acceptance and finance. The United Kingdom has been contributing a lot to this serious problem through accepting refugees. This country has already accepted about 1,000 people from Syrian under the Vulnerable Persons Resettlement Programme (VRP) in 2016.¹² In addition, the British government has committed to take in 20,000 refugees by 2020 under a plan which set up to cover escaping people from Syrian conflict, with more than 5,400 granted humanitarian protection based on the programme in March 2017, and 3,000 vulnerable children and family members.¹³ The government also has said that it will accept more unaccompanied child refugees from camps in Syria and other neighbouring countries.¹⁴ For financial help, the government says the U.K. has contributed 1.1 billion pounds of food, tents, and other humanitarian aid since 2012.¹⁵ Furthermore, the U.K. is giving 10 million pounds to help vulnerable refugee minors already in Europe.¹⁶

On the other hand, Japan has never been famous for its acceptance of refugees. Last year only 20 refugees won the rights to remain in Japan, despite as many as 19,628 refugees applied to Japanese government.¹⁷ However Japan contributes this issue from another aspect, financial. Japan was the 4th largest government donor to UNHCR in 2015.¹⁸ Japan provided approximately 810 million dollars in aid in response refugees fleeing Iraq and Syria.¹⁹ Moreover Japanese government has provided 2 million dollars to support Syrian refugees and host communities in Lebanon and another 2 million dollars for West Balkan countries such as Macedonia and Serbia, which are facing a flood of refugees and migrants.²⁰ As a current situation, in 2015, for response of UNHCR's statement about Syrian refugees, Yasuhisa Kawamura from Japanese foreign ministry made a statement that Japan, in collaboration with the international community including the United Nations, will consider what it can contribute in response.²¹ It seems to be that Japan is ready to dole out more cash, but also it appears not ready to accept more refugees. Mainly, there are two reasons why Japan accept only few refugees. First, concern of disturbing the public peace by refugees. In fact, violent crime has risen by approximately 10 percent in 2015 and 2016 in Germany, and it is attributed more than 90 percent of that to young male refugees.²² Secondly the concern of the decline of social security to Japanese because of spending too much costs on refugees from taxes. For these two reasons, Japan only try to contribute this issue from a financial aspect.

III

¹¹ "Operational Portal." Situation Syria Regional Refugee Response. September 06, 2018.

¹²"Migrant Crisis - BBC News." January 28, 2016.

¹³ Hughes, David. August 04, 2017.

¹⁴ Hughes, David. August 04, 2017.

¹⁵ Hughes, David. August 04, 2017.

¹⁶ Hughes, David. August 04, 2017.

¹⁷ McCurry, Justin. February 16, 2018.

¹⁸ United Nations. UNHCR.

¹⁹ Reuters. September 28, 2015.

²⁰ Reuters. September 28, 2015.

²¹ Pollmann, Mina. The Diplomat. September 11, 2015.

²² Alkousaa, Riham. Reuters. January 03, 2018.

There are many effective solutions to mitigate refugee crisis. First effective solution for this severe refugee crisis would be voluntary repatriation. This is one of the humanitarian ways to respect refugees' opinion, and also it's effective to mitigate this exploded increase of refugees. This solution needs the continuing support of the international community through the crucial post-conflict phase to ensure that those who make the brave decision to go home can rebuild their lives in a stable environment.²³ According to the data from UNHCR Tanzania monthly statistics, the number of people who did voluntary repatriation declined mostly every year.²⁴ As the table of voluntary repatriation from the camps to the DRC remained, in February of 2011, the population who went back to their hometown was only 21 out of over 100,000 people in the camps located in Burundi, DRC, and others.²⁵ From these statistics, it could be said that voluntary repatriation becomes more difficult for refugees these days because of its dangerousness. However this is the idealest way not only for refugees who need to back their home, but also some countries which have got burden to host the amount of refugees.

Secondly, local integration would be one of the ways to solve this serious refugee crisis. Millions of refugees around the world live year after year with little hope of ever returning home. Some cannot because their countries are engulfed by endless conflict or because they fear persecution if they were to return. In cases where repatriation is not an option, finding a home in the country of asylum and integrating into the local community could offer a durable solution to their plight and the chance to build a new life. This is often a complex process which places considerable demands on both the individual and the receiving society. The studies of refugee integration in the European Union indicated that some of the major impediments to integration they experienced was the racism and ignorance experienced at both the personal and institutional levels.²⁶ However, it also has benefits, allowing refugees to contribute socially and economically.²⁷ Over the past decade, 1.1 million refugees around the world have become citizens in their country of asylum.²⁸ There are still some difficulties that refugees might be facing. From numerical statistics, it could be said that social integration is an effective way and this solution has the key to maintaining the peaceful society.

As the durable solution of choice for the largest number of refugees, resettlement is the safest way to make refugees comfortable to live. Refugees' hometown would have still not been safety because of its human rights violations, climate, conflicts and wars. They should be provided safe places to live without fear of being harmed. 10% of refugees should be resettled every year according to the data from Amnesty International.²⁹ To aid this process, UNHCR provides cultural orientation, language and vocational training, as well as access to education and employment. There were 19.9 million refugees of concern to UNHCR around the world at the end of 2017, but less than one per cent were resettled that year. Only a small number of States take part in UNHCR's resettlement programme. In recent years the United States has been the world's top resettlement country, with Canada, Australia and the Nordic countries also providing a sizeable number of places annually. Resettlement States is essential and important way to mitigate this problem because it provides the refugees with legal and physical protection, including access to civil, political, economic, social and

²³ United Nations. "Voluntary Repatriation."

²⁴ United Nations. "Population Statistics and Voluntary Repatriation - United Republic of Tanzania."

²⁵ United Nations. "Population Statistics and Voluntary Repatriation - United Republic of Tanzania."

²⁶ UNDESA, Robila, Mihaela. "Refugees and Social Integration in Europe." May 16, 2018.

²⁷ United Nations. "Solutions."

²⁸ United Nations. "Solutions."

²⁹ Amnesty International "8 Ways to Solve the World Refugee Crisis."

cultural rights similar to those enjoyed by nationals.³⁰ Against a change in the global resettlement landscape which has been characterized by fluctuations in state quotas, UNHCR was provided with resettlement places for only 75,188 refugees in 2017, a 54 percent drop compared to 2016 (163,206). As such, 2017 witnessed the first drop in available resettlement places after four consecutive years of significant increases leading up to the 20-year high recorded in 2016. Despite this decrease, more than one third (38%) of all departures recorded during the year were to the United States (24,559). A total of 83 UNHCR operations referred refugees to resettlement States in 2017. Turkey, Lebanon and Jordan were the top three, driven mainly by the Syrian refugee crisis and together accounting for more than half (52%) of all submissions worldwide. Syrians also constituted the largest refugee population to be submitted for resettlement by UNHCR in 2017 (37,332 or 50% of all submissions).³¹ More refugees need to be offered the opportunity to resettle permanently in Europe. Of the almost 17 million refugees in the world today, around 100,000 each year are offered the opportunity to join programmes that take them from refugee camps to richer countries to settle there. And almost all of these places are offered by the US, Canada and Australia.³² Resettling more refugees in this way will never be at a scale sufficient to satisfy demand, but it's certainly a way to demonstrate solidarity with the poorer parts of the world that continue to shoulder the burden of the refugee crisis.

IV

Even though this problem has large seriousness, we can resolve it with international responsibility and cooperativeness. Because of globalisation, the world becomes more interconnected, and activities in different countries influenced each other. Therefore without awareness of global-scale issues and having responsibilities, it is impossible to make the future exist. However, sad to say, Japan does not take part in any decisive solutions as a nation, mostly because of its exclusive ways of thinking. This fact is disgraceful. Since it is a diverse culture, we have to turn our eyes to the wider world proactively and make the right choices as the late UN Secretary-General Kofi Annan mentioned in his speech.³³ I am sure the bright future can be made by all people's cooperativeness.

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³⁰ United Nations. "Solutions."

³¹ UNHCR "Resettlement Fact Sheet 2017." March 15, 2018.

³² Koser, Khalid. "5 Long-term Solutions to Europe's Refugee Crisis." World Economic Forum. April 23, 2015.

³³ "Secretary-General Proposes Global Compact on Human Rights, Labour, Environment, in address to World Economic Forum in Davos | Meetings Coverage and Press Releases." United Nations. February 01, 1999.

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Future Internet Users

Yuzuki Kimura

According to the invespro.com,¹ of the world population of 7.3 billion people, around 3 billion people are using the internet. In addition, it is said that half of the world's population will be using mobile devices to access the internet by 2020. In addition, recently, the number of internet users is increasing. Nowadays, it is said that there are over 1 billion websites on the World Wide Web and Google search terms statistics is more than 40,000 search queries every second on average, which translates to over 3.5 billion searches per day and 1.2 trillion searches per year worldwide². As you can see from these big numbers, there is a lot of information on the internet today. In this thesis, I will explain about the increase in the internet users related to the development of the technology, including benefits and drawbacks, effects, and comparing and contrasting demographics of internet users. It is important for people to know the change caused by technology development and how the internet influences people.

I

There are several positive points of using the internet. Firstly, it is important to understand how to examine information. People can ask friends, family members, or teachers, but it is the fastest way to find out by using the internet. One of the benefits of using the internet is it can search early and easily. Therefore, it saves time and gets work done faster. Additionally, the internet is unlimited access to information, so you can get a lot of different information. Secondly, on the internet, we can earn money by using crowdfunding. By using this, we can get the fund to build a new company and if the company which was established succeed, it will be bigger and expand not only on the internet but also all over the world. Moreover, digital payments increase the speed of transactions. Lastly, people can connect with one another more often. The rapid spread of the internet, people use SNS like Instagram, facebook and twitter more often, so we can connect with many people all over the world easier than before. Through this, we can make friends on the internet and we can spread our friendship more globally.

On the other hand, there are also several negative points of using the internet. One of them is declining thinking ability. As I said that we can solve the problem of asking the internet, however asking the internet a lot is not good for our brain. Because we can find answers to many things on the internet, therefore, we depend on the internet too much and following this, we and our brain stop to think. Additionally, sometimes the information on the internet is wrong, so we have to consider and judge if it's correct or wrong. Some people use public Wi-Fi when they go outside. The software used can automatically get information of any individual who connects to the internet through free WiFi connections. Furthermore, the unnecessary emails, advertisements etc. sometimes are said to be spam because they have the ability to slow down the system and make the users face lots of problems. Therefore, using the internet makes private individuals easy targets of identity theft.

II

The first effect would be children, young adults, and even adults get addicted to games online. This is the bad effect for us. The time spent on the internet becomes longer, people are addicted to games or Youtube or something like an addictive one. It can say not

¹ "How Much Of The World Population Is Online – Statistics And Trends." Img.

² Tiwari, Satyam Prasad. "Positive and Negative Impact of the Internet in Your Life." LinkedIn. June 15, 2017.

only young children but also adults. If children spend time on the Internet for over half of the day, withdrawing in the room and relations with families and friends will collapse. Moreover, even if they become an adult, they do not quit the game they cannot get a job. Then if they spend too much money on the game, there is a possibility of owing a debt. In addition, when you are watching Youtube, I think you can see some recommendations from Youtube. If you spend too much time on internet sites like Youtube, Instagram, or other SNS applications, more intriguing things would appear on the site. Because the internet can know the thing that you like through search histories. This is one of the ways to cyber hack caused by viruses.

The second effect would also be the bad one for us. Using the internet such as SNS like Line, Twitter, Instagram, or Facebook leads to cyberbullying. According to Cyberbullying statistics from the i-SAFE foundation, more than 1 in 3 young people have experienced cyber threats online, and over 25 percent of adolescents and teens have been bullied repeatedly through their cell phones or the Internet.³ Why do people do cyberbullying? There are some reasons behind it, for example, to hurt another person. Then, how do they hurt another person is to pretend to be someone else online. On the internet, we can make our own site like account for SNS or personal blog and we can set it as we like the individual. In other words, it is possible to be a fictitious person and people cheat and hurt others by using such hands. Around half of the teens have been the victims of cyberbullying. So we have to be careful how to use SNS and handling of information.

The third effect would be we can do online shopping on the internet. This is a good effect for us. In 2015, 79% of U.S. consumers who shop on the web or their phones, up from just 22% back in 2000.⁴ The number of online customers and transactions is increasing annually. There are many benefits of online shopping. Online shops give us the opportunity to shop all the time from our own house. So even if it is midnight and wearing pajamas, we can go shopping easily. Moreover, I think many people don't like talking with the shopkeepers. All because shopkeepers pressure us or use their selling skills to compel us to make these purchases. And sometimes when we're out shopping, we end up buying things that we do not really need. However, regarding online shopping, we do not worry about that and conveniently buy things that are needed. Furthermore, crowded and time-consuming shopping situations can irritate people. Parking also becomes a serious issue, and online shopping completely avoids these problems.

III

There are some ways to use the internet so first of all, I will compare the number of people who use the internet for education. According to a survey of 754 youths ages 12-17 conducted, 94 % of them who have internet access use the internet for school research and 34% of online teens have downloaded an online study aid for their studying. However, some of the internet users have used the internet to cheat on a test. In the Winston Churchill High School, teachers use the smart board and they give us some information by using the internet sites. In the media library, there are many computers and students can use it for our assignments or research. Like Kyoto Gakuen High School, we have the computer and technology class and it is like the IT Immersion class. Moreover, we can get a lot of

³ "Cyber Bullying Statistics." Bullying Statistics. July 07, 2015.

<http://www.bullyingstatistics.org/content/cyber-bullying-statistics.html>.

⁴ Perez, Sarah. "79 Percent of Americans Now Shop Online, but It's Cost More than Convenience That Sways Them." TechCrunch. December 19, 2016.

<https://techcrunch.com/2016/12/19/79-percent-of-americans-now-shop-online-but-its-cost-more-than-convenience-that-swags-them/>.

information from the internet today. Therefore, using the internet in classes or schools is becoming normal and common.

Next, I will compare the number of internet users who use the internet for the job. As you know, almost all hospitals used paper medical records before, however, it is changing to electronic medical records. Actually, my host parents used the internet for their job and on the weekend, my host father works at home by sitting in front of the computer all day. According to a new national survey, 62% of adults who are currently employed use the internet or email at work and they have mixed views about the impact of technology on their work lives. This survey also shows that 96% of those who work use the internet, email or have a cell phone for some purpose in their lives, even if those things are not specifically tied to work.⁵ From these things, it can be said that the development of technology has increased the number of people who use the Internet for work.

Finally, many people use the internet for personal use. I often use the internet for SNS or watching movies. I also use the internet for studying but mostly use it for my hobbies. Nowadays, the internet has become a hobbyist's playground. A telephone survey conducted in February-March 2007 found that fully 83% of online Americans say they have used the internet to seek information about their hobbies.⁶ Many of them are teenagers. Online games like Fortnite or PUBG are becoming popular among the young generation, especially teenagers. In fact, in my school, many students play the games during class time and they do not pay attention to what the teacher is saying. From these things, in teenagers case, many of them are addicted to those online games and the time spent on their phone becomes longer.

IV

In conclusion, the number of people who use the internet is increasing every year. Some companies, such as Apple, develop and produce a phone of a new model with some new functions. The amount of the information also increased than before, following this, more people access the internet to get information. Furthermore, we can use the internet in many ways such as studying, shopping, our own job, etcetera. There are many ways of using the internet which are useful for our lives. From these things, it is not only evident that the advances in technology introduce various new functions to the internet, but the internet makes people's lives more convenient and has the potential to make people more intelligent. However, I believe that the internet will be bombarded by selfish whims of people and will create a less intelligent human society in the future. There is potential for knowledge and skill-building, but people will most likely become less intelligent overall because they will not have to fully understand complicated things.

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Increasing Tourists to Japan

Kokoro Nakanishi

There are a lot of tourists in the world, and the number continues to increase every year, and there are more than 1.2 billion people in 2016.¹ The tourism industry generates substantial economic impact to host countries. As with these impacts, this massive economic development brings to the host countries along both positive and negative consequences. In this thesis, I will explain about the increase of tourists to Japan, including the causes, compare and contrast, and pros and cons. It is important for Japanese people to educate themselves about the future benefits and risks of increase of tourists to Japan.

I

The number of tourists is increasing in the countries of the world now. The tourists from other countries grew by a remarkable 7% in 2017 to reach a total of 1,322 million, according to the latest UNWTO World Tourism Barometer. If you look at the details a little, international tourist arrivals in Europe reached 671 million in 2017, a remarkable 8% increase following a comparatively weaker 2016. Asia and the Pacific welcomed 324 million international tourist arrivals in 2017, an increase of 6%. The U.S. recorded 207 million tourist arrivals in 2017.² According to UNWTO, the increase in tourists is expected to continue.³ This phenomenon is not an exception in Japan. According to the data from the Japan Government Tourism Board (JNTO), the number of foreign visitors visiting Japan during 2017 reached about 28.7 million people, the highest record since the start of statistics. Compared to 10.26 million people in 2013, it increased about 2.8 times more in five years.⁴ In detail, East Asia, such as China, Korea, Taiwan and Hong Kong, accounted for 68.0%. Thailand, Singapore, Philippines and other Southeast Asia, accounted for 14.1% and the countries in Europe and North America such as the United States, Australia, United Kingdom, France, Germany, accounted for 13.1%. This trend has not changed over the past few years. However, Looking at the growth rate of the number of visitors to Japan, a very surprising country has risen to the top. It is Russia. It increased 37.3% over the previous year. The second place increased 29.2% of the Viet Nam. The third place was a regular increase in China (29.2%).⁵ In this essay, I will explain about three major causes of the increase of tourists to Japan, in order to understand the current situation in Japan's tourism industry.

One of the biggest causes of the increasing inbound tourists is due to the growing interest in Japan. There are many foreigners who are attracted to Japanese products. For example, Anime,⁶ Japanese games, sweets, foods, and cosmetics.⁷ The tourists who like anime are the pilgrimage to the Holy Land, the cosplay, and visit Akihabara. Pilgrimage to the Holy Land refers to the action to enjoy the atmosphere by visiting the area and the place which is the model of the stage that appeared in anime. One of the reasons why foreigners are

¹ "International Tourism, Number of Arrivals." Literacy Rate, Adult Female (% of Females Ages 15 and Above) | Data.

² "Communications." 2017 International Tourism Results: The Highest in Seven Years | Communications.

³ "世界の海外旅行者数、2030年までに年間18億人に拡大、新興国のシェアは57%に —UNWTO予測。" トラベルボイス. October 06, 2017.

⁴ "【2018】外国人観光客が増加した理由！人気の観光スポットは？." Pokke Magazine | 旅の体験を最大化するためのメディア. May 25, 2018.

⁵ News.livedoor.com.

⁶ "'Anime' Makes Japan Superpower." The Japan Times.

⁷ "【2018】外国人観光客が増加した理由！人気の観光スポットは？." Pokke Magazine | 旅の体験を最大化するためのメディア. May 25, 2018.

interested in Japan is that Japan food was registered as a UNESCO intangible cultural heritage in 2013.⁸ According to the survey conducted by the tourism agency, "the consumption trends of foreigners visiting Japan in 2016," the survey said that 71.2% of foreign tourists visiting Japan were "eating Japanese food". In addition, 89.9 % of respondents said they were satisfied with their Japan satisfaction surveys during their stay.⁹

The second major cause of the increase of tourists to Japan is depreciation of the yen.¹⁰ Looking at the exchange rate of Chinese yuan and Japan yen, the CNYJPY in 2011 had a record of 12 yen, but rose to more than 19 yen in the second half of 2014. This indicates that the yen has fallen. This allows the Chinese to enjoy Japan travel at a cost of about 2/3 compared to the time of 12 yen.¹¹ And also on May 16, 2018, the U.S. long-term interest rate rose to 3.095% and the dollar yen exchange topped 110 yen. It was the first time since 2011 that the US long-term interest rate was more than 3.1%, which was said to be a US Treasury shock.¹² Because the yen drops against foreign currencies, it is easier to buy yen because the yen will be cheaper when viewed from foreign tourists who come to Japan from overseas so the number of tourists coming to Japan has increased.

Finally, Visa Mitigation is the main cause of the increasing number of tourists to Japan.¹³ The number of visa issuance for all diplomatic missions in 2016, which was announced in May by the Ministry of Foreign Affairs, was about 538 million, up 12.9% from the previous year, and recorded the highest number in the past. Compared with 2013, it is three times as close as four years. About 422 million of China, which stands out in particular, occupies nearly 80 % of the total. The requirement for the issuance of tourist visas to Chinese tourists regulated by the Japanese government in 2010 was relaxed. Visa issuance which had been limited to wealthy people under conditions such as annual income of 250 thousand RMB (about 4.5 million yen) was also relaxed to the middle class. In January 2015, the requirements for issuing visas to Chinese tourists have been further eased. Specifically, the requirement of "multiple visa" which can enter Japan many times during the validity period is relaxed, abolition of the requirements for travel to the Japan that had been sought so far, and document requirements such as a certificate of identity from the Japan side guarantor were omitted.¹⁴ In 2016, the number of visitors to Japan exceeded 6.3 million.¹⁵ Russia also greatly eased the requirements for visa issuance to Japan in January 2017. We expanded the range of multi-visa for people who came to Japan for commercial purposes, and extended the validity period from three to five years, without any troublesome identity guarantee during the visa procedure. ¹⁶Not only China and Russia, but also in many other countries such as the Philippines, India, and Vietnam, visa easing is progressing.¹⁷

⁸ "「和食」がユネスコ無形文化遺産に登録されました！" 「和食」がユネスコ無形文化遺産に登録されました！：農林水産省.

⁹ "訪日外国人の消費動向 訪日外国人消費動向調査結果及び分析."

¹⁰ "世界の市況 : マーケット : 日経電子版." 日本経済新聞.

¹¹ "中国人観光客が増加している理由—中国人インバウンド対策." 外国人観光客誘致・集客・インバウンド対策の専門 パーフェクト インバウンド.

¹² 日経平均インデックス投資ブログ. "名前." 2018年どこまで円安になるか？ドル円110円台！米長期金利6年10ヶ月ぶりに3.09%まで上昇！ | 日経平均予想ブログ. May 16, 2018.

¹³ "最近のビザ緩和(一般旅券所持者)." August 2018.

¹⁴ "中国人観光客が増加している理由—中国人インバウンド対策." 外国人観光客誘致・集客・インバウンド対策の専門 パーフェクト インバウンド.

¹⁵ "【査証】日本のビザ発給数過去最高 ターゲット国のビザ発給要件緩和に注目 | やまところ.jp." インバウンドビジネスプラットフォーム「やまところ.jp」.

¹⁶ News.livedoor.com.

¹⁷ "最近のビザ緩和(一般旅券所持者)." August 2018.

In conclusion, there are many causes of the increasing number of tourists to Japan such as depreciation of the yen. I think the easing of visas is the biggest cause of the increase of tourists to Japan in three causes. Because if you can't get a visa, you're interested in Japan or the weak yen, but you can't come to Japan. The visa easing is still progressing so I think the number of tourists will go up in the future. Japan is still not perfect for the ever-increasing number of visitors. I think that it is necessary to think about the problem of the increase of the visitors seriously, and to work because the Tokyo Olympics of 2020 is refrained, too.

II

There have been a lot of changes in Japan. For example, Declining child Aging and Mobile phone penetration.¹⁸ The declining birthrate problem is a serious problem in Japan. There were 15.53 million Japanese and other children in the nation as of April 1, down 170,000 from a year earlier and the lowest since comparable data became available in 1950, data released by the Internal Affairs and Communications Ministry showed Friday. A child is defined as anyone 14 years old or younger. The ratio of children to the overall population dipped to a record low of 12.3 percent, down for the 44th straight year.¹⁹ By the way, the increase in the number of tourists also brings a big change in Japan. According to the data from the Japan Government Tourism Board (JNTO), the number of foreign visitors visiting Japan during the first year of 2017 has reached about 28.7 million people, the highest record since the start of statistics. Compared to 10.26 million people in 2013, about 2.8 times more in five years.²⁰ In this essay, I will explain about two major changes of increasing tourists to Japan, in order to know that change is really good for Japan.

The first change by the development of tourism in Japan is community. Regional revitalization is one in a series of policies that Prime Minister Shinzo Abe has promoted as priorities for his administration in 2014.²¹ In Japan, the decline of the primary industry and shopping was causing suburbanization. But the problem is improved by the growing number of tourists. Besides economic aspects of tourism, it is said that there is an effect that draws out various power of the region. For example, there are the excavation of local culture through sightseeing, the use of historical and cultural resources as part of education, the utilization of natural resources to promote health, and the exchange with local residents through sightseeing.²² In fact, various regions have succeeded in revitalizing the region as tourists have increased. For example, Okayama Prefecture and Chichibu, Saitama. Has been successful in attracting the inbound in Okayama Prefecture in 2016, versus previous year 140.7 %. According to the world's largest tourist site TripAdvisor provides reviews and ratings for many of Okayama prefecture's famous sightseeing spots, "Korakuen" and "Okayama Castle", both of which have high praise. Advanced revitalization, such as tax exemption procedures counter system is introduced in some shopping, JR West Japan to sell for the inbound train path in terms of traffic.²³ Tourists who visit the Chichibu city, according to the data released by the Chichibu-Shi official website, have increased significantly over the years. Many tourists visit every year, beginning in 2011, about 804 million people and by the

¹⁸ Abadi, Mark. "20年で世界は変わった。11の劇的な変化。" BUSINESS INSIDER JAPAN ビジネス インサイダー ジャパン. April 10, 2018.

¹⁹ "Japan's Child Population Shrinks to 15.53 Million, Setting Another Record Low." The Japan Times.

²⁰ "【2018】外国人観光客が増加した理由！人気の観光スポットは？." Pokke Magazine | 旅の体験を最大化するためのメディア. May 25, 2018.

²¹ "Slow Regional Revitalization." The Japan Times.

²² 別府孝文. "観光による地域活性化～地方創生の鍵を握る観光振興への取り組み～." October 07, 2016.

²³ "【地方誘致】前年比140%の訪日外国人誘致に成功した岡山県：これまでのインバウンド対策とは?" 訪日ラボ. January 31, 2017.

year 2015 930 million people and recorded increase. Utilizing the website and videos in Chichibu city, promotes the growing number of tourists. Duty free sales Chichibu production of food, drink, crafts and souvenirs in the Chichibu railway Chichibu Chichibu district local industry promotion center, starting in 2016, to attract tourists. In addition, prior to the introduction of duty free sales, credit card payment terminals were installed in the register offices.²⁴ I think it can be found to continue in many areas, stop the decline of commercial Street and primary industries by the growing number of tourists and local revitalization movement.

The second change by the development of tourism in Japan is consumption of inbound. According to the Japan National Tourist (Organization JNTO) presented statistics, the number of foreigners in 2010 about 8.6 million people is growing about 28 million people is 2017.²⁵ Accordingly, the rapidly growing inbound consumption. Money spent on trips of foreign tourists in 2010, according to the tourism agency visit foreign consumption survey is one trillion one hundred forty nine billion yen.²⁶ However, inbound spending in 2015 was three trillion four hundred seventy seven billion one hundred million yen. China is one trillion four hundred seventeen billion four hundred million yen and most often the difference on the second Taiwan (five hundred twenty billion seven hundred million yen), Korea 3 (three hundred billion eight hundred million yen). Spending by the Chinese total total inbound consumption and increase in year on year ratio +153.9% ratio 40.8%, increased 10% points or more from the previous year. Inbound consumer scale 0.6 to 0.7% of GDP and is still small, but the past 10 years that scale up to 3 times expanding. Foreigners soared particularly by 2015, as a result, nominal GDP growth rate 2.5% of inbound consumer contribution 0.2~0.3% points and went up to about 1 percent.²⁷ By increasing inbound consumer Japan retail, food and beverage, lodging industry, every year raise revenue.

In conclusion, There are a lot of chances for the increase of tourists in Japan such as community and increase of inbound. I think the increase of inbound by tourists is the biggest change in the change due to the increase of tourists in Japan because it has the power to change Japan's economy. Now, I can say that the change due to the increase of tourists is a good change for Japan. Japan tourists will continue to grow. Therefore, the change which happens by the increase of the number of Japan continues, too. There are good changes for Japan, but of course there are bad changes so we have to think about how you're going to deal with bad Changes.

III

According to the data from the Japan Government Tourism Board (JNTO), the number of foreign visitors visiting Japan during the first year of 2017 has reached about 28.7 million people, the highest record since the start of statistics. Compared to 10.26 million people in 2013, about 2.8 times more in five years.²⁸ The rapid increase in the inbound market is making a difference in the daily routine we usually see. The majority of foreigners visiting Japan are tourists for sightseeing purposes, and, of course, during their stay, they are not muffled to the accommodation facilities, but rather active activities that visit various places during the day. As we go out into the city all day long, we have a tremendous opportunity to

²⁴ "4年で120万人の観光客増加を実現した「秩父市」のインバウンド誘致術とは：免税販売、SNS対策が鍵か." 訪日ラボ. November 02, 2016.

²⁵ "訪日外国人動向 - 観光統計 - JTB総合研究所." JTB Tourism Research & Consulting Co.

²⁶ 国土交通省 観光庁. "訪日外国人消費動向調査." September 13, 2018.

²⁷ 藤田隼平. "けいざい早わかり：訪日外国人の増加と今後の課題." HuffPost Japan. April 09, 2016.

²⁸ "【2018】外国人観光客が増加した理由！人気の観光スポットは？." Pokke Magazine | 旅の体験を最大化するためのメディア. May 25, 2018.

see the foreigners. As they stay on average for seven nights, the same number of foreign travelers in total in terms of the total population of nearly Japan will be calculated to visit, dine and shop in the city and tourist areas during the day. The figure is still very noticeable in our eyes.²⁹ In this essay, I will discuss the benefits and drawbacks of increasing tourism in Japan to know how increasing tourism is good for Japan and how increase tourists affect Japan.

There are several advantages to increasing Japan visitors. First, increasing tourism in Japan is leading to regional revitalization. An increasing number of foreign tourists are staying at hotels and inns in rural areas, spreading the positive economic impact of Japan's tourism boom across the country, a government report said.³⁰ Hotels, shops and restaurants lack employees due to the increase in tourists. As a result, we can give people in rural areas a chance to work. Also by increasing the number of tourists, it will lead to the revitalization of the primary industry and shopping district, which had been declining in the region. In fact, In the late 1990s, there were two large shops in the suburbs, and sales in the shopping district continued to drop, and sales were halved in ten years. However, it has been successful in increasing the bustle and sales due to the increase of foreign visitors.³¹ In addition, this is an increase in the consumption of foreign visitors to Japan. In a provincial city where the population decreases and the depopulation progresses, there is a problem of not being able to develop economically because there is not enough capital to run the municipality. If a lot of foreign tourists come to the local city, the income from the consumption of that amount increases, and it will work positively to the development of the economy.³² Finally, development of tourism in Japan is consumption of inbound. Accordingly, the rapidly growing inbound consumption. Money spent on trips of foreign tourists in 2010, according to the tourism agency visit foreign consumption survey is one trillion one hundred forty nine billion yen. However, inbound spending in 2015 was three trillion four hundred seventy seven billion one hundred million yen.³³ Consumption by this tourist is a big advantage for Japan's economy. The income generated can make up a significant proportion of the national income.

There are also several drawbacks to increasing Japan visitors. To begin with, the railway and bus which is the foot of the resident is crowded. Tourists use transportation to go to tourist attractions. And because many tourists go to almost the same place, they cause traffic jams.³⁴ According to the survey of the Ministry of Land, Infrastructure, traffic congestion is occurring at about 20% of the main congestion point.³⁵ As traffic jams increase, commuting and commuting routes are crowded for local office workers and students, leading to the problem of being late. Secondly, increasing Japan's visitors influences traditional events. For example, The cherry blossoms light up in Gion, a traditional event of Kyoto, which lasted from 1990, was discontinued in 2017. This is due to an increase in manners, such as going into an off-limits location, shooting in a banned location, crossing a cross-road, shooting at a place where people are obsessed with filming.³⁶ The number of people attending

²⁹ "訪日外国人インバウンドがもたらす変化 ～非日常から日常へ～." March 20, 2016.

³⁰ "Japan's Tourism Boom Is Spreading Economic Benefits to Rural Areas: Report." The Japan Times.

³¹ "平成 28 年度商店街インバウンド実態調査." March 2017.

³² Appwriter. "インバウンドが地域活性化につながる理由！地方都市の集客方法." 業界最安値の A I ・映像通訳サービス「ライブ通訳」. July 19, 2018.

³³ 観光庁 Japan, Tourism Agency. 航空：機内持込・お預け手荷物における危険物について - 国土交通省.

³⁴ 日本経済新聞社. "広がる「観光公害」へ対策を急ごう." 日本経済新聞. September 17, 2017.

³⁵ "観光地に対する渋滞対策."

³⁶ "「観光公害」について観光庁が初の調査を実施。増える訪日客などに向けて対策を検討." インバウンドNOW

the event and the festival increased because of the increase of tourists, and such a problem has become serious. Last, tourism can often cause environmental damage with things like pollution and forest fires. Even if tourists behave responsibly, the sheer number of them can cause problems. In concrete terms, such as "garbage" thrown away in tourist areas, "drainage" from neighboring inns, mountain huts, etc. and "rob" of habitats and flora and fauna are listed as examples. I take Mt. Fuji as an example. Mt. Fuji of the highest peak that symbolizes Japan, the beautiful figure of the valiant is a symbol of Japan, is loved by people, is famous internationally, it is a Japan attraction. In fiscal 1999, the number of visitors, including about 250 thousand climbers, and Fuji Five lakes have been crowded with about 39 million people. However, there are problems such as problems with garbage and toilets. According to the fiscal year 1999, the amount of garbage collected over Mt. Fuji was 8.77 tons per year. In addition, the amount of illegal dumping of dust in and around Mt. Fuji can be as much as 168 tons. There are a lot of things which are not restored naturally in the garbage which is neglected, and the environment and the spectacle of Mt. Fuji deteriorates. When it comes to toilet problems, some mountain huts are unable to process satisfactory "sewage" and are taking measures called "infiltration and discharge". The effect of sewage on the environment is not small. The case where E. coli was detected in the lower basin has been reported to penetrate into groundwater.³⁷

However, I think the benefits outweigh the drawbacks for Japan. The main reason is the inbound consumption which increases with the increase of tourists. This inbound consumption has had a great impact on Japan's economy. However, if you leave it intact without improving the drawbacks, the disadvantages will outweigh the advantages in the near future. The increase in tourists has had a huge impact on Japan both in terms of good and bad. Like a volunteer working on the garbage problem of Mt. Fuji, it will be a major challenge for the present Japan to be able to have a good influence on Japan by seriously thinking about how to remedy the problem and by executing it.

IV

In conclusion, there are many causes of the increase of tourists to Japan such as depreciation of the yen. I think the easing of visas is the biggest cause of the increase of tourists to Japan in three causes. Because if you can't get a visa, you're interested in Japan or the weak yen, but you can't come to Japan. The visa easing is still progressing so I think the number of tourists will go up well in the future. Japan is still not perfect for the ever-increasing number of visitors. Because Japan has two major disadvantages of tourists to Japan which are transportation issues and environment damage issues. Transportation is important for tourists but also Japanese people, and protecting the environment is very important for everyone to live on the earth. Environmental issues are being improved through local volunteer activities. For example, it is almost gone to find garbage in the vicinity of the mountain trail that the climber of Mt. Fuji is used a lot by a volunteer named Mt. Fuji Club. Some people in Japan are working on the problems posed by tourists. But it is not enough to solve all of the problems from tourists. I think that all of the Japanese people need to think about the problem of the increase of the visitor seriously, and to work because the Tokyo Olympics of 2020 are refrained, too.

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The Discrimination Against Homosexuals

Riko Sakurama

In recent years, even though there is an increasing acceptance of LGBT people in society and greater visibility in the media and public life, many LGBT people are still experiencing discrimination, harassment and violence at school and in social situations. According to Stonewall, 17 percent of LGBT people who visited a restaurant, bar or nightclub have been discriminated against based on their sexual orientation. Moreover, ¹19 percent of lesbian and gay employees have experienced verbal bullying from colleagues and customers because of their sexual orientation. Moreover, according to Stonewall, 45 percent of gay pupils are bullied for being gay in England schools and 48 percent of gay people under 26 said that they had attempted suicide. In this thesis, I will explain about the discrimination against homosexuals, including causes, effects and solutions.

I

There are some causes of discrimination against homosexuals. One major cause is the influence of the Abrahamic religions. The Human Truth Foundation says that Abrahamic religions have contributed to the most negative and destructive attitude, especially to homosexuality. These cults have huge and widespread influence and cause harm. Therefore, Abrahamic religions are causing hatred, prejudice, violence and oppression in the name of God. The group Abrahamic hurt the most is women and gay people because women refuse to argue that sex is related to childbirth. Thus, Abrahamic religions dislike trans females who don't give birth to children. Moreover, many traditional religions regard homosexuality as unnatural, choice or moral evil. Therefore, homosexuals have to fight with these religions.

Another major cause is some people think that homosexuality is unnatural. According to UNILAD, four in ten people in the UK feel gay sex is not natural. The definition of nature differs by person. However, almost all people think that heterosexual sex is a natural way to produce babies. Thus, many people think that homosexuals are abnormal or sick. Many people believe in the natural way that has been passed down since long ago. Therefore, homosexuals are judged to be abnormal.

The biggest cause is children of a gay parent may have social and emotional problems. The American Childhood Psychiatry Academy says that children raised by homosexuals may be discriminated against in their respective communities. According to CBN, 17 percent of children with same sex parents have serious emotional problems. This number is twice that of children with heterosexual parents. In this way, children who have same sex parents will also have experience of prejudice and discrimination.

II

One major effect is unemployment will increase in the company. Recently discrimination also extends to the company. Stonewall says that 18 percent of gay people have been the target of negative comments from work colleagues. Therefore, ²35 percent of gay staff have hidden or disguised that they are gay at work place in the last year because they were afraid of discrimination. The work place is uncomfortable for gay people. In addition, according to CEO of The LGBT Network, the number of gay workers with concerns

¹Stonewall. "LGBT Facts and Figures." December 18, 2017.

² Stonewall. "Stonewall Reveals Coming out at Work Still a Problem." September 20, 2018.

about workplace bullying has increased. Thus, ³gay people will leave themselves from the company when they got caught that they are gay.

Another major effect is the possibility of them becoming homeless. Rejection often starts at home. ⁴As many as 50 percent of gay and lesbian teens experience a negative reaction from their parents. Therefore, ⁵30 percent experience physical abuse, and 26 percent are kicked out of their homes. They will live as homeless people. Moreover, in recent years, homeless children who are homosexuals are increasing. According to Williams Institute, around 40% of homeless youth are gay or lesbian people. In addition, ⁶they become homeless and the probability of causing crimes and drugs increases.

The biggest effect is experiences with discrimination can lead to a higher likelihood of emotional distress, depression and anxiety. Even at school they become targets of bullying because they are homosexuals. Psychology Today says that 40 percent report physical bullying and 19 percent report being physically assaulted at school because of sexual orientation. Moreover, ⁷the bullying can be so intense that 30 percent of gay children miss school because they feel unsafe. Therefore, ⁸gay people who report family rejection are six times more likely to be depressed. If the worst happens, they may commit suicide. Thus, mental health status can all lead to their behavior.

III

There are some solutions to discrimination against homosexuals. One solution is everyone should participate actively in activities. There is a lot of activities for LGBT people in society. ⁹The gay straight alliance is a club that many schools have started, amid growing numbers of LGBT high school students. In addition, not only does a gay straight alliance club make LGBT students feel more accepted but also it's a great way for straight students to learn about the issues facing gay and transgender. Moreover, ¹⁰shopping at Businesses that support LGBT equality is helpful for them, for example, ¹¹Levi's, Doritos, Ben & Jerry's, Starbucks and Absolut Vodka. If you shop at these companies, it will also indirectly help LGBT people.

Another solution is educational reform. Huffpost says that 95 percent of young people answered they had not learned about LGBT sex and relationships in school. Moreover, ¹²97 percent of young people missed out on any discussion around gender identity. Therefore, Stonewall says that nearly half of LGBT young people are bullied for being LGBT at school and 86 percent of them hear the phrases 'that's so gay' or 'you're so gay' in school. Every person needs to feel accepted, understood and included at school and in society. In order for LGBT people to live with confidence, it is necessary for students to receive education and understanding of LGBT.

The major solution is protecting LGBT people from violence and discrimination does not require the creation of a new set of LGBT specific rights. ¹³A quarter of the world's population believes that being LGBT should be a crime. In addition, UNAIDS says that in 76

³ Out & Equal."2017 Workplace Equality Fact Sheet." December 13, 2017.

⁴ Psychology Today."The Psychological Impact of LGBT Discrimination."

⁵ Psychology Today."The Psychological Impact of LGBT Discrimination."

⁶ Williams Institute."New Study Confirms 40 Percent of Homeless Youth Are Gay." July 17, 2012.

⁷ Psychology Today."The Psychological Impact of LGBT Discrimination."

⁸ Psychology Today."The Psychological Impact of LGBT Discrimination."

⁹ Circle Care Center."As A Straight Person, How Can I Support the LGBT Community?"

¹⁰ Johnson, Ramon. "10 Ways You Can Join the Fight for Gay Rights."

¹¹ Ranker."These Companies Promote Gay-Friendly Ideals."

¹² Beattie, Liam. "Schools Are Failing LGBT Youth On Sex Education - It Cannot Continue."

¹³ Stonewall."LGBT Facts and Figures." December 18, 2017.

countries, laws still criminalize consensual same-sex relationships between adults, exposing individuals to the risk of arbitrary arrest, prosecution, imprisonment.¹⁴ Even the death penalty, in at least five countries. These discriminatory laws contribute to perpetuating stigma and discrimination, as well as hate crime, police abuse, torture and ill-treatment. Thus, the government needs to respect international human rights standards.

IV

In conclusion, religions and their condition which being homosexuals affects the lives of their children. Moreover, religion is very complicated because there are concepts that have been believed since many years ago. However, I believe that no one can decide nature and abnormality because it is their senses. Moreover, people who are not homosexual will understand and respond to homosexuals by learning them at school. Hopefully, discrimination and prejudice will gradually disappear. Moreover, unemployment and homeless increase and mental state. I think that if people change their way of thinking about homosexuals, discrimination against homosexuals will gradually decline in the future. For that, government should teach students the education of gay people at school. However, whether children should receive education at school on gender diversity including homosexual issue is a quite difficult because the reform plans face resistance from parents, religious groups and political parties. Thus, I believe that people who are not homosexuals need to think about what individuals can do for homosexuals. There are many solutions of discrimination against homosexuals, participation in activities, educational reform and repealing discriminatory laws. I believe that all people have an equal right to live free from violence, persecution and discrimination because nobody can decide that being like everyone is right or not. Thus, everyone needs to safeguard freedom of expression, association and peaceful assembly for all LGBT people. Moreover, if homosexuals are discriminated, people have to help them because if no one protested against the discrimination, LGBT people would think they have no ally.

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¹⁴ UNAIDS. "Ending Violence and Discrimination against Lesbian, Gay, Bisexual, Transgender and Intersex People."

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Should Religion Be Part of Education?

Yukino Tsuji

There are lots of countries that respect their religion seriously, and vice versa. According to the *Telegraph Travel Carto's* survey,¹ 99% of people answered "yes" to the question that asks "Do you think you are religious?" in 5 countries: Ethiopia, Malawi, Niger, Sri Lanka and Yemen. However, in contrast, the proportion of religious people in Japan, Estonia, and Sweden were less than 20%, but China surpasses them all with only 7%.² Especially in Japan, less than 50% of people who identify themselves as active members of religion. Compared to the Western world of religion which is dominated by Christianity, religion in Japan is more casual. Japanese religion is generally a mixture of Buddhism, Shintoism and majority of individuals do traditional practises in only special occasions. However, there are 565 of Christian schools and 235 of Buddhist schools. Despite the number, it is doubtful whether Japan is truly diverse in religious way because of the astonishingly low immigration rate and the two dominant religion: Buddhism and Shintoism. I will describe recent issues that concerns religion and the educational way in Japan including compare and contrast ,their pros and cons, and the problem and solution in order to consider about religion or religious subjects truly should not be taught as a subject for students to be tolerate people who makes harmonized society.

I

There are some similarities between religious schools and non-religious schools. First is the system of the educational sequences. Both types of schools have the same grades system that 11 years are separated into 3 periods including 6 years for elementary school, three years each for junior high school and high school, and the system of compulsory education for under 16-year-old students are the same, so there are scarcely no gap in education quality among students. Organization for Economic Co-operation and Development (OECD) said that a group of 35 wealthy countries, Japan ranked high place as providing well-off and needy students with equal opportunities to have education. The OECD estimates that in Japan only about 9% of the various student performance is explained by students' economic backgrounds. Second is the importance of education.³ Both of them have passionate pursuits to educate students to be ideal with their own scheme and it is common to have characteristic schemes even though the schools are non-religious or public schools. On the other hand, the differences are significant. To compare with the Catholic schools (because it's the most popular religious school in Japan) ,although both types of schools are provides same periods of education, the purpose to educate students is considerably different. Religious schools teach their students to be good citizens based on the doctrines from their gospels and many of the schools offer the "escalator-type" system which is students automatically go on to high school or university without having entrance exam. However, in non-religious schools, they're aiming to prepare citizens for a humanistic society that well-educated and generous for all lifestyles, and in order to be good citizens in this way, they recommend to complete all the education levels :elementary school, junior high school, high school, and university with studying and passing the entrance exam.⁴

¹ Telegraph Travel. "Religiousness." CARTO.

² Smith, Oliver. "Mapped: The World's Most, and Least Religious Countries."

³ Semuels, Alana. "Japan Might Be What Equality in Education Looks Like." The Atlantic.

⁴ "Ten Differences between Public and Christian Schools". Discover Christian Schools.

The second difference is the contents of the curriculum. Japanese national curriculum gives students to balanced and basic education equal for all students, however, since almost all the religious schools are also private schools, usually they have special curriculum on their own. For example, famous private and catholic school in Kyoto called Doshisha high school have a programme⁵ to understand the bible, and extra classes for second languages like Chinese, French, Spanish, German, and Korean. Therefore, religious schools are more characteristic in the aspect of curriculums than non-religious schools.

II

There are several positive points of education that is based on religion. Some countries are taking the form of government that values particular religion and it affects their laws and rules. The term applies to all countries in which religion is incorporated into the form of government. In these countries, it is able to say that their educational ways are also religious. The advantage of this case is everyone can have almost the same foundation of knowledge if their doctrine says "education is important", like Judaism. Judaism really values intelligence and education.⁶ Although the total Jewish population comprises less than 0.2% of the world population, Nobel Prizes have been awarded 201 people/22.5% Jewish.⁷ Judaism stresses on learning and analysis, and they value more analysis than dogma.⁸ In the educational way, they tend to get children to read a lot of books in their early childhood including Talmud which is an authoritative book on Jewish law and rules. We cannot say every Jews are smart because of this, but obviously it can be one of the evidence that the link between religion and education can work to make a high-standard fundamental knowledge for everyone. On the other hand, there are many negative points of the education that has relationship with religion. It is reported that students in countries that have high religiosity are perform worse in the area of science and maths than less-religious countries and agnostic or atheist countries.⁹ Students in strongly religious countries may score low on science results because of the incompatibility between evolution and traditional beliefs. "Countries that are more religious score lower in educational performance," Professor Gijsbert Stoet said to *The Independent*. According to his advice: "Governments that might be able to raise educational standards and standards of living by keeping religion out of schools and out of educational policy-making.", religion can make our lives better in some cases in the way of giving relief to people who followed their own doctrines, however, if it concerns educationally, it can be bad for children if it's not modernized. Plus, highly religious countries have issues of contemporary society such as crime rates, prosperity, equality, democracy, women's rights, human rights, educational attainment and life expectancy. Especially for crime rates, there is data that says 3 countries: Honduras, Venezuela, and India that were ranked top 5 in the statistics of countries with the highest crime rate were also have high religiosity.¹⁰ From this, religious countries have higher crime rates in general. One of the reasons could be the way of education. Religious judgement that is cultivated by education that has strong link with religion is unable to say equal, like in Muslim society, women could be disadvantageous against men, and in Christianity society, everything is taught based on God's existence. Therefore, too much worship could ruin the learning of children.

⁵ "高等学校カリキュラム High School Curriculum."

⁶ Hoffman, Joel. "The Importance of Jewish Education."

⁷ Jinfo. "Jewish Nobel Prize Winners." US Nobel Prize Winners.

⁸ "5 Reasons Jews Win so Many Nobel Prizes."

⁹ Peter Walker. "Children Living in Religious Countries Perform Worse in Science and Maths."

¹⁰ Somaschini. "Countries with the Highest and Lowest Crime Rates."

III

The first solution, which has the biggest scale of these three as this is a political approach, is to make the educational law that teach religions as one subject for all public schools. This doesn't have to be only Buddhism or Shintoism. Children in this generation need to learn other religions such as Islam, Christianity, Hinduism, and Sikhism in order to broaden their horizons. However, except for the classes for basic familiarity in some private schools sponsored by a religious group, religion is specifically not to be taught in Japanese schools. They think not mentioning anything religious is the safest way to insure that no religious group receives any sort of preferential treatment. This is not true because there are other ways to teach religion such as to teach factual aspects of religion, for example, ethic-based method or philosophy-based method. If the government required that religion be taught in such proper ways, it would work to make children tolerate towards other religions.

The second solution is to introduce a practical approach to religion and this idea is quite similar to the first idea, but this is thought to be more possible and worthwhile plan to do than the first one. In the field of teaching or learning, it could be abstract and very monotonous to teach doctrines or creeds written over 1000 years ago, particularly in the subject like Religious Studies (RS).¹¹ However, if we use more active works to actually think about their own religion and the others' as well, RS really is a great subject to practise critical thinking as it is very thoughtful and thought-provoking. For example, there are particularly challenging pieces of work such as the sound of one hand clapping, the nature of the trinity, what happens when we die even though this is often phrased in terms of concerns over subject knowledge and how to deal with controversial issues. These sorts of courses are hardly exist in Japan and that is a very one-sided perspective because pupils can't even learn the fundamentals of what religion is in that way. Japan could solve lack of generosity and getting rid of discriminative thought by thinking about the core of religion and the differences of opinions about life amongst different religions.

IV

In conclusion, generally there are both benefits and drawbacks in the education based on religion. I personally think that schools should be secular because we see there is a link between religion and education and I think it would be beneficial for the school system to increase their time to concentrate on science and maths. In addition, it's important to have faith in yourself whether or not it's religious, and schools should still teach religion and ethical things based on each religion, but I believe that time should not be devoted to teaching on how to practice faith. If we can use religion in efficient way, that is what religion ought to be and that should be a motivation to study religion-based subjects. However, especially in Japan, there are two factors that is not supposed to be a trigger but has a strong effect on students' motivation to study in religious schools. One is the system of education. Almost of them have the escalator-type system so students don't have to care so much about the entrance exam. That is one of the most serious problems in Japan that people treat their educational career too much so this is able to be one of the ways to get rid of the stress about that. Second is the quality of curriculum in each school. Religious schools have each features like strength in sports, higher level of programmes than the other schools, or focus on other interests. For these factors, it is better for Japanese students to enter to religious schools because it grows student's ability and possibility without stressful stuff. That's why many students tend to go

¹¹ Site_author. "Approaches to Teaching and Learning in Religious Education."

on to the religious schools in Japan. As all these taken in an account, being religiously neutral sounds really good thing in a sense of respect for individuals but it also can be a problem that generates one of the causes of misunderstanding because of the different perspectives and the religiously less diverse society has led the ignorance towards the other culture in a way of the existence of closed community of Japanese. This should be solved by introducing more and more religious subjects to the academic years (while students are in school) because people in the new generation has to learn what the true generosity is. Ignorance doesn't mean open-minded society. Japanese should try to achieve the tolerance to be religiously and culturally aware to get along with people from all over the world.

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Conservative Japanese Sexuality Education and Its Future

Aika Ueda

Currently world has been becoming more open and free about things involving sex such as gender identities and women rights even though it is not still enough. According to The United Nations Educational, Scientific and Cultural Organization (UNESCO), the International Technical Guidance On Sexuality Education has been released as a part of Sustainable Development Goals from 2009 yearly. It sets up five years old as an age of beginning sexuality education, and also it refers elementary students should be taught about risk of sex without condoms.¹ However in Japan, talking about sex is seen as taboo, and Japanese sex education retreat drastically. According to The Ministry of Education, Culture, Sports, Science, and Technology, the content of sex education has been limited from 2002.² It says the process of reaching insemination mustn't be treated, and we treat only about the insemination and pregnancy without process of pregnancy. As we can notice from the big differences between world standard and Japan, Japan should reconsider about the sex education. In this thesis, I will explain about the Japanese conservative sexuality education, including effects: lack of knowledge about gender identity, negative images of sex, and problem involving protecting own self and others, causes: incorrect expectation about deeper sexuality education of some adults, stereotypical images of sex, and background of Japanese sexuality education and solutions: reconsidering current sexuality education, and planning sexuality education.

I

Firstly, there is a problem involving gender identity such as LGBTQ. It hasn't been treated at public schools ever. In 2015, a male college student died himself because, he was exposed that he is a gay by his friend who had been confessed by him, and to be exposed own sexuality by others in undesired cases is called "outing". Because of such sad happenings, there is increasing interest in education of LGBTQ, but it isn't real yet. According to LGBT support campaign, about 50% of LGBT students experienced bullying when they were second year students of junior high schools.³ Such bullying is easy to happen when children don't have any correct knowledge. So, school must treat gender identity as a part of comprehensive sexuality education.

Secondly, there is an effect which "sex" seems negative as one problem of Japanese conservative sex education. According to The Japanese Association For Sex Education (JASE), about 50% of Sweden students answered pleasure and clean for questions which asked images of sex while less than 20% of Japanese students answered same.⁴ The difference between Sweden, a country which does the most developed sex education and Japan could be seen clearly in this survey. As you know, there are also cultural different thoughts about sex, but its images are mostly shaped in childhood, especially by classes at schools. So, the survey shows how Japanese sex education affected badly, and also such minus images of sex could be a reason of population decline. According to JASE, teenagers' sex experience rating is decreasing. To look up data of 3rd year students of high schools, in 2008, about half of students experienced sex, but it decreased to approximately 30% of male

¹ UNESCO. "International Technical Guidance on Sexuality Education An Evidence-informed Approach." 2018.

² 日本放送協会. "性教育に揺れる教育現場 いつ、どこまで教える？ | NHK NEWS WEB." NHK WORLD. May 26, 2018.

³ いのちリスペクト。ホワイトリボン・キャンペーン. "LGBTの学校生活に関する実態調査(2013) 結果報告書." 7) いじめや暴力被害について(1) いじめや暴力を受けた経験, April 29, 2014.

⁴ 中澤 智恵. "スウェーデンの高校生の性行動と性意識." May 15, 2015. Accessed September 14, 2018.

students and about 20% of female students in 2014.⁵ Actually this was not caused by only negative images even though it was included. There are effects of popularization of the internet as another cause. It means children have been afraid of communication with others, and they also feel laziness about it. So, it's a bigger meaning to educate sexuality knowledges comprehensively to prevent they become adults without how to live healthy with communication with others including sex.

Lastly, the effect of restricted Japanese sex education is a problem involving protecting own self and others. According to The Ministry of Health, Labour and Welfare, the number of teenagers who did artificial termination of pregnancies and number of teenagers who got babies are 14,666 and 11,097 respectively in 2016.⁶ Both numbers are decreasing every year, but it doesn't mean a good thing, because the parameter of teenagers who did sex is also decreasing as I mentioned JASE's data. Also, there is a problem of dating abuse. Dating abuse means domestic violence between unmarried couples, and it includes physical abuse, mental abuse, and economic abuse. According to The Cabinet Office, 33% of participants answered "I know the name, dating abuse, but didn't know its meaning." and also 31% of them answered "I didn't know the name." in 2014.⁸ Also according to The Authorized Nonprofit Organization, there are 43% of female teenagers who have experienced dating abuse, and male showed 26% for the same question.⁹ So, children should be educated in practical and realistic methods of contraception such as how to use condoms and pills to prevent unwanted pregnancies and also they should be taught about dating abuse to protect partners, own self, and new lives.

II

First cause of why Japanese sexuality education can't improve is some adults' incorrect expectations about deeper sexuality education. Some of adults who move educational functions such as candidates, teachers, and also citizens think more critical sexuality education increase the rate of sex experienced children, because they think children will think it's capable to prevent pregnancies perfectly when they use condoms, so percentage of children who do sex will increase when they know how to sex and how to use condoms. However, this theory is broken by research which is supported by The United Nations Educational, Scientific and Cultural Organization (UNESCO) and other agencies such as the World Health Organization (WHO). According to the research, comprehensive sexuality education which includes ethical mindset about sex is far from making children active to sex. Instead, it makes them more careful to sex.¹⁰ So, the thought of some adults is unnecessary in current sexuality education.

Secondly there is a stereotypical image of sex as a cause of sex educational undevelopment. According to The Committee on Education, Culture, Sports, Science and Technology, Eriko Yamatani, a diet woman of the committee took up a text book of sex education which were used in several elementary schools for first and second year students

⁵ 医療法人社団藤聖会女性クリニック We! TOYAMA 院長 種部恭子. "若年妊娠とその背景." March 15, 2016.

⁶ 厚生労働省, comp., "人口動態統計," 第4表 母の年齢 (5歳階級) ・出生順位別にみた出生数, 2018

⁷ 厚生労働省, comp., "人口動態統計," 6 母体保護関係, 2018.

⁸ 内閣府男女共同参画局, "男女間における暴力に関する調査報告書," 4 交際相手からの被害経験, May 2015.

⁹ "認定NPO法人エンパワメントかながわ." デートDV予防プログラム | 認定NPO法人エンパワメントかながわ.

¹⁰ UNESCO. "International Technical Guidance on Sexuality Education An Evidence-informed Approach." 2018.

and dolls to educate how to sex and bodily structure as disgraceful problems in 2005. The content of the textbook was about sex such as how to be inseminated. Then Jyunichiro Koizumi, a prime minister said “This is awful.” exaggeratedly with a facial expression showing arrogance.¹¹ As you can realize from this scene, there are some adults who have incorrect stereotypical images of sex, and sexuality education even though a prime minister have such a bad images. This is a big problem, because candidates can relate and refer to educational agencies.

Last cause is a background of Japanese sexuality education. As I mentioned the scene of the community, there was a bashing of Japanese sexuality education. It had happened approximately from 2002 to 2005. It was happened by some candidates. Firstly, the candidates deprived items for sexuality education at special education school saying “These seem adult toys. It’s a big problem.” even though there was a special reason why the teachers used such items. Begin with this happening some candidates treated sexuality education as a bad thing, and deprived jobs from the teachers who did more meaningful sexuality education.¹² Because of this happening, the board of education is afraid to improve sexuality education, because they don’t wanna lose their jobs.

III

Firstly Japanese schools must know and reconsider what’s going on in current sexuality education by ourselves. Actually most of what and how teachers teach it for their students depends on each school except for words which aren’t allowed to use. According to the Ministry of Education, Culture, Sports, Science and Technology, there is a rough plan for sexuality education, but it says concrete plans are dependent on each school.¹³ So, we need to do sexuality education by ourselves from planning until the Ministry of Education, Culture, Sports, Science and Technology changing it. However it could be difficult to do it only by the teachers, because most teachers haven’t received appropriate sexuality education because of ambiguous planning which has continued until the present. Therefore, when school teachers struggle to find what and how to teach, there are study meetings for such school teachers for instance The Japan Association of Obstetricians and Gynecologists have some¹⁴, and also scientific and physical parts can rely on midwives and doctors who work near each school. I think this is the best way to teach such kind of specific categories, because students are likely to believe and take it seriously according to The Japanese Association for Sex Education.

Then including the knowledge, schools must plan for sexuality education such as construction group for planning the sexuality education, and building relationships with the local medical professionals. According to The Japanese Association for Sex Education, schools which did plan for sexuality education have good effects for students while others have few and ineffective classes.¹⁵ Then according to same article, there are two patterns of taking time for sexuality education. One is doing it as only P.E. class, so it might be only days which students can’t do sports because of rainy, and another one is doing sexuality education in P.E. ,ethics and sciences. As you can realize, this type could be seen in schools with

¹¹ Hiroko Hirose, "Consequences of a Recent Campaign of Criticism against School Sex Education in Japan ' Sex Education," 13, no. 6, June 19, 2013.

¹² Hiroko Hirose, "Consequences of a Recent Campaign of Criticism against School Sex Education in Japan ' Sex Education," 13, no. 6, June 19, 2013.

¹³ 東京医療保健大学看護学部教授 齋藤益子, "わが国の性教育の現状と課題," *現代性教育研究ジャーナル*, June 15, 2018.

¹⁴ 日本産婦人科医会, "イベント"

¹⁵ 東京医療保健大学看護学部教授 齋藤益子, "わが国の性教育の現状と課題," *現代性教育研究ジャーナル*, June 15, 2018.

appropriate planning. According to UNESCO's guidance of sexuality education, it refers to schools that need to do comprehensive sexuality education which includes ethical parts such as how to care for one's own partners and gender identities, and also teaching scientific facts as suggested as well. ¹⁶Ideally to research students by questionnaire could be better for students, because teachers are able to understand what the students want to know, and how they are feeling about it. Therefore, schools must plan sexuality education based on those information.

IV

In conclusion, we should solve the problem of Japanese conservative sexuality education by the logical approach of schools, because if this problem continues not to be solved, lack of sexuality knowledges which connects to dating abuse, abortion and even declining birthrate. We must reconsider and reconstruct the curriculums for sexuality education in other words for the future of Japan.

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¹⁶ UNESCO. "International Technical Guidance on Sexuality Education An Evidence-informed Approach.

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Lack of Exercise Anri Teshima

There are a lot of people who are lack of exercise. According to INSTAH which is a news website, the absence of exercise or physical activity relates to death rate 30% of men and 60% of women in the world.¹ It is the most important preventable cause of death all over the world. Furthermore, the World Health Organization report estimates that more than a quarter of people worldwide (1.4 billion) are not doing enough physical exercise, a figure that has hardly improved since 2001.² Some of the activities which lead to lazy lifestyle are reading, sitting, watching television, using computers for a long time and playing video games. Moreover, according to WebMD, using the most recent data on deaths in Europe, the survey of the team estimated that "337,000 of the 9.2 million deaths of European men and women were connected to obesity.³ However, twice that number of deaths could be connected to lack of exercise." Furthermore, in HHS gov, only one in three children are physical activity every single day. In this thesis, I will explain about the lack of exercise in worldwide including, effects, causes and solutions. It is important to think about the lack of exercise because it is related to a lot of things such as disease and getting fat.

I

One of the biggest effects of lack of exercise is heart disease. Your heart will become stronger when you exercise regularly and the blood is pumped to your body parts effectively but if you don't exercise anymore, you will easily become heart disease compared to other people. Recently, most people have become less physically active but as we become older, we need more regular exercise. ⁴In 2010, the National Center for Health Statistics found that about one in three adults who had visited a doctor in the past year had been advised to start or continue an exercise program. That's an increase of about 10 percent from 2000. According to CDC, they identify physical inactivity as a risk factor for heart disease and only 20 percent of adults meet the Physical Activity Guidelines for condition.

The second major effect is developing anxiety and depression. Lack of exercise affects not only physical influence. If you think that lack of exercise will only lead to physical complexities, then you need to change your opinion. "Your mind will also be affected, physical inactivity can cause fatigue and depression."⁵ The exercises will help in releasing happy hormones and useful chemicals in your brain in your body that can lower the levels of anxiety and depression. In addition, being active will help in improving your mood and keeps negative emotions.

Finally, the main effect is obesity or weight gain.⁶ Almost all people have meals three times per day. If people continue eating without exercising anymore, the weight of people is

¹ Dhivya. "Lack of Exercise Effects and Symptoms." Instah: Health and Wellness. March 02, 2017.

² Therrien, Alex. "Lack of Exercise Puts One in Four People at Risk, WHO Says - BBC News." BBC. September 05, 2018. Accessed September 14, 2018.

³ Reinberg, Steven. "Lack of Exercise More Deadly Than Obesity: Study." WebMD. January 14, 2015.

⁴ Robin, Madell. "Exercise and Heart Disease Statistics." June 16, 2017.

⁵ Dhivya. "Lack of Exercise Effects and Symptoms." Instah: Health and Wellness. March 02, 2017.

⁶ Davis, Kristin. "The Effects of Lack of Exercise on the Body." LIVESTRONG.COM. September 11, 2017.

increasing. Overweight causes a lot of serious problems such as hypertension and die earlier than usual people. According to World Health Organization, in 2016, an estimated 41 million children under the age of 5 years were overweight or obese.⁷ Once considered a high-income country problem, overweight and obesity are now on the rise in low- and middle-income countries, particularly in urban settings. In Africa, the number of overweight children under 5 has increased by nearly 50 percent since 2000.⁸ The World Health Organization says that the part of people who become obesity causes increased physical inactivity so lack of exercise affects obesity or weight increase.

II

One of the biggest causes of lack of exercise is not being the habit of being physically active.⁹ Recently, the world of technology is developing more and more so people spend a lot of time watching TV, playing games and using phones. According to a recent survey conducted by the YMCA, most children age 5 to 10 using technology and more than 16000 parents were concerned about time and money by using technology. Furthermore, 42 % of parents say that TV, games and cell phones have a bad effect on children and that is why it is not healthy lifestyles¹⁰ It's hard to blame technology as a cause of kids' inactivity if parents are sitting right beside them on the couch.

The second major cause is Bored with exercise. People often lack the motivation or desire to exercise. According to Healthfully, teens who are overweight and obesity is easily embarrassed and shy to be active and exercise in the public area.¹¹ It is difficult for people to start new activities this is why people don't want to exercise and feel bored. In general, people are running as a part of exercise according to statista, Running is one of the most popular and practiced sports worldwide.¹² Of course some people like just running but some people hate running in the result people feel bored and not continue to do exercise.

Finally, and the most main cause is that people don't have enough time to exercise. A busy schedule is one of the biggest often reason of lack of exercise.¹³ According to the National Academy of Sports Medicine, by doing exercise, it connects to a lack of time to be with family for example, the woman who has children is more busy than other women. The problem of lack of time is not only adult but also students have no time, almost all children and teenagers go to school every day and have to do their own homework and in Japan, the majority of students go to cram school after school.¹⁴ According to The Normal Bar interactive survey "If you do not exercise regularly, what is the main reason why?" This survey reveals that the No. 1 reason why people choose not to exercise is that "They don't have the time to exercise." Seventeen percent of people said they were too tired and more than 30 percent said they just they didn't have enough time."¹⁵

⁷ "Obesity and Overweight." The World Health Organization. February 16, 2018.

⁸ Obesity and Overweight." World Health Organization. February 16, 2018.

⁹ "Common Problems and Solutions for Being Physically Active." About Heart Attacks.

¹⁰ Tahnk, Jeana Lee. "Technology Blamed for Children's Lack of Exercise." Parenting. April 18, 2011.

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¹⁴ Suzuki, Mami. "Let's Talk About Japanese Cram School." Tofugu. November 12, 2013.

¹⁵ Northrup, Chrisanna. "'Not Enough Time To Exercise' Is Just An Excuse." HuffPost. August 15, 2011.

III

One of the most efficient solutions is to become aware of how to exercise appropriately considering age, fitness level, skill level, and health status.¹⁶ Some people want to do exercise but they don't know how to exercise. This is important for them to know what they should do. You have to make a plan what are you going to do, without a plan, the exercise can quickly become a complete waste of time. To avoid aimlessly from one piece of equipment to the next, illustrate your workouts ahead of time and set clear training goals. According to ACE, there are 5 points of to make goal Make specific goal, measurable, attainable, relevant and time management.¹⁷ By setting your goal and plan, your exercise will more effectively compared without a plan.

The second solution is to exercise with friends and family who may be interested in similar goals.¹⁸ Many people lack motivation for exercise and many people don't want to exercise alone. There are some reasons why you can get benefits to exercise with your family or friends. You can more likely to succeed in your exercise in goal. According to healthy women, Barbara A. Brehm, Ed.D., professor, Department of Exercise and Sport Studies, at Smith College in Northampton, MA says "Exercise partners can provide a kind of gentle coercion and limit your negative self-talk," you're less likely to get bored when you have a workout buddy, especially a friend.¹⁹ It's more fun exercising with a friend you're catching up, having a laugh, encouraging each other, you're also getting healthier. It's a win-win. The site recommended walking and talking, running or jogging, tennis, swimming with friends and family.²⁰

Finally, the most important solution is creating a healthy environment for physical activity. Basically, people have to exercise 30 minutes per day is good for their health. But most people don't do enough exercise everyday.²¹ Most people who are lack of exercise say that they have enough time to do exercise every day, however it can fix this problem. Currently, there are no environment of people do exercise. "Built environment" is an important factor of physical activity for both children and adults. The government can build physical environment, including buildings, infrastructure, and other physical institution created by people sidewalks, streets, trails, bicycle lanes, parks, playgrounds. However, the environment that some children live often makes it hard to join the physical activity.²² In Japan, there is radio taiso in the morning but it is starting to change now. "A city employee in the parks and greenery department of Nishinomiya City in Hyogo Prefecture, says, "In cases where more than 10 people wish to engage in radio calisthenics, we require them to file an application."²³ Recently, a lot of places lack open space, parks, recreational facilities, or sports fields. By making these facilities, mixed land use, access to fitness facilities connect to high level of "walkability" makes people high level of physical activity.

¹⁶ "The No. 1 Reason Your Workout Isn't Working." LIVESTRONG.COM.

¹⁷ American Council on Exercise Contributor Read More Less. "SMART Goal Setting Guide." ACE.

¹⁸ Garcia, M. "Maria Celeste Garcia." Academia.edu - Share Research.

¹⁹ "Get Motivated: The Workout You Won't Cancel." HealthyWomen.

²⁰ Department of Health & Human Services. "Exercise with a Friend." Better Health Channel. February 15, 2018.

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²² Institute of Medicine (US) and National Research Council (US) Committee on Childhood Obesity Prevention Actions for Local Governments. "Actions for Increasing Physical Activity." Current Neurology and Neuroscience Reports.

²³ Yubaru, Ricky Kaminski, Michael Craig, JeffLee, Jack Stern, Richard Marsolais, Brian Wheway, Ashlee Carolile Kirkendall-Arnold, Aizo Yurei, CGB, and GW. "Growing Restrictions Make for Frustrated Park Users." Japan Today. September 10, 2014.

IV

In conclusion, there are several effects, causes and solutions. One of the reasons of increase people who are lack of exercise is changing a lifestyle. In the past, the center of work was farming so people could enough exercise spontaneously but recently the center of work is desk work so most of people are always using computer. Similarly, in the old days, children were playing outside because it didn't develop technology and also people could enough exercise on the other hand, children who are the present day, almost all children are playing inside because of the spread of computer games such as iPhone game. I think most of causes can improve just change their mind. The most main cause of lack of exercise is people don't have enough time. According to the survey of HUFFPOST," how often do you go Internet and smartphone? Eighty percent said they typically spend more than an hour a day, seven days a week, on the Internet for fun. Twenty-six percent answered that they spend more than three hours a day on the Internet daily."²⁴ We can reduce the time of Internet and we should do proper exercise per day. There are several solutions that people can easy to do exercise. I think both become aware of how to exercise and exercise with friends and family who may be interested in similar goals are possible solution because if people change their mind a little, they can easily realize these solutions. They only change their motivation, they can do. Then, I have a reason why the third solution is most important. The construction from government is more easily to realize because the government uses a lot of money to construct the facilities so people don't need to think about their motivation without thinking, they can do exercise automatically. I hope people can exercise everywhere and I want they to find their own goal of exercise.

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Traffic Conditions in Vietnam

Mizuho Hayashi

Vietnam has several problems with traffic conditions. There are traffic jams in big cities, the poor transport infrastructure and people's low awareness for traffic law as the 3 major problems.¹ The first is traffic jams. Roads are jammed not only during the peak hours of the weekends or holidays but also during working hours in cities. Traffic jams affect the environment and people. The air is being heavily polluted by vehicle emissions. The second problem is the poor transport infrastructure. Some routes will be damaged or flooded by just light rain. The direction is so small and put in the place difficult to see. There is also misspellings. The third problem is Vietnamese poor awareness.² A lot of people in Vietnam do not obey the traffic lights.³ I actually saw the situation when I visited Vietnam then a local guide said that people obey traffic lights only there is the police around there. This problem also occurs in traffic accidents. Vietnam was still ranked in the top 10 countries of most traffic accidents in the world.⁴ In total, more than 20,000 traffic accidents occurred in 2017.⁵

Roads in Canada are really crowded when people are stuck in traffic on the way to work.⁶ Canadian roads are not the worst in the world, but they are certainly becoming closer to that status, according to a new traffic study.⁷ As you know, there are many traffic congestions in Vietnam and that is very famous. At a glance, the two countries look very different, but they have the same characteristic. In this thesis, I will explain the bad traffic situation in Vietnam, including the causes, problems, solutions and comparison of traffic conditions between Vietnam and Canada.

I

The first major cause of bad transportation condition is due to a rise in the number of personal vehicles.⁸ Many people think that Vietnam is about a lot of motorbikes. That is a case and Vietnam is the kingdom of motorbikes. In 2016, approximately 45 million motorbikes were registered. The population of Vietnam in the year was 92.7 million. From these two numbers, we can know half of Vietnamese use motorbikes.⁹ Vietnam is the second utmost motorcycle ownership in the world after Taiwan.¹⁰ Sales of motorbikes increased 9.5 percent in 2016 from a year ago to 3.12 million units. The Ministry of Industry and Trade predicted that Vietnam would have 36 million motorbikes by 2020.¹¹ The car market in Vietnam has second-fastest growth in the world. From JATO, 84.24 million cars are sold all

¹Vietnamnet.vn. "Causes of Traffic Jams in Hanoi - News VietNamNet." Vietnamnet NEW November 1, 2016.

² "Causes of Traffic Jams in Hanoi - News VietNamNet."

³ Raymer, Jacque Montague. "Do Vietnamese Obey Traffic Lights ?" YouTube. September 11, 2017.

⁴ "Vietnam Traffic, The Reality of Vietnam Traffic & Guide." Vietnam Vacation. June 27, 2018.

⁵ Doan Loan, Hoang Viet. "Traffic Accidents Kill over 8,000 People in Vietnam in 2017 - VnExpress International." VnExpress International – Latest News, Business, Travel and Analysis from Vietnam. December 31, 2017.

⁶ Ferreras, Jesse. "Canada's Worst Cities for Spending Hours and Hours in Traffic." Global News. February 20, 2017.

⁷ Babish, Maya. "Los Angeles Tops INRIX Global Congestion Ranking - INRIXINRIX." INRIX. February 17, 2017.

⁸ "Causes of Traffic Jams in Hanoi - News VietNamNet."

⁹ VnExpress. "Vietnam Remains Kingdom of Motorbikes as Sales Rev up in 2016 - VnExpress International." VnExpress International – Latest News, Business, Travel and Analysis from Vietnam. January 13, 2017.

¹⁰ "Vietnam Traffic, The Reality of Vietnam Traffic & Guide."

¹¹ "Vietnam Remains Kingdom of Motorbikes as Sales Rev up in 2016 - VnExpress International."

over the world including 228,478 cars sold in Vietnam.¹² The number of personal vehicles will continue to go up in the foreseeable future.

The second major cause would be the inadequate national budget. Vietnam's traffic infrastructure is not efficiently developed. For example, Ho Chi Minh City needs VND 225 trillion (US\$11 billion) for investment from 2015 to 2020 to solve the problems. However, the fact is that the national budget is provided only VND 11 trillion (\$500 million).¹³ In comparison, Hong Kong has one of the best infrastructures in the world.¹⁴ Its national budget is HK\$604.5 billion, which is about \$(US)77 billion.¹⁵ Vietnam's national budget is 186,932 billion VND,¹⁶ which is about \$(US)8 billion. The national budget is very important for infrastructure, and the Ministry of Transport should have enough of that budget to sufficiently make public transportation viable reduce the need for personal vehicles congesting traffic and risk of collisions.

The third major cause of these problems is insufficient traffic education. In Japan, teaching materials for getting licenses of motorbikes are made and utilized for high school students who are the age at which they can get their driver's licenses. In developing countries, there are a lot of riders who drive motorcycles before getting licenses. This situation is very dangerous. Even if the police point how to ride out, drivers who have already started riding have considerable confidence. Therefore, we can't expect them to improve awareness of traffic law.¹⁷

II

First, the traffic law system needs to be revised. The government should give severe punishment to anyone breaking the rules. The penalty is increased to warn drivers and riders. If people can know that it's very high, they will be careful not to break the traffic rules. Multiplying the fine can prevent to break the traffic regulations in advance. Policemen should be set at many places to check traffic violation and punish people for breaking the rules immediately after the violation. Most people obediently follow the traffic rules before the police. Anyway, the government is needed to have people observe traffic laws.¹⁸

Secondly, traffic jams in Vietnam would be eased by trying to charge drivers and riders apart from nice public transport and spending money on roads. This solution is actually enforced in Stockholm, Sweden. The government charge people who use cars and motorcycles on bottlenecks at rush hours about form 25,930 or 51,860 Vietnamese dong (around 1 or 2 US dollars). An amount of money is not really huge compared with parking fee or running cost, and so on, so people thought this solution couldn't change the situation. However, car drivers reacted to this pretty small charge. 1 or 2 euros could make 20% of cars disappear from rush hours even it was not a lot of money. This strategy was introduced on January 3, 2006. After 6 and a half years since the jam chargers were introduced there, it has the same low traffic levels still. 70% of the population opposed this at first, but after this

¹² Vietnamnet.vn. "Vietnam's Car Market Has Second-fastest Growth in World - News VietNamNet." Vietnamnet NEW. February 21, 2017.

¹³ Vietnamnet.vn. "Vietnamese Drivers Lack Road Safety Awareness - News VietNamNet. January 13, 2016.

¹⁴ Holodny, Elena. "The 11 Countries with the Best Infrastructure around the World." Business Insider. October 02, 2015.

¹⁵ Jeff, Mason. "HIGHLIGHTS-Hong Kong Budget for Fiscal 2018/19." Reuters. February 28, 2018.

¹⁶ "Vietnam Government Budget Value | 1984-2018 | Data | Chart | Calendar." Kenya Government Debt to GDP | 1998-2018 | Data | Chart | Calendar.

¹⁷ Taro, SEKINE. "Fact Surrounding Motorcycle Accidents and Proposal for Safety Education Guide in Asia."

¹⁸"Potential Solutions to Traffic in Việt Nam." Vietnamnews.vn.

solution was enforced, 70% of people in Stockholm want to keep a price. This idea would be also adapted in Vietnam and decrease traffic jams.¹⁹

Finally, and most importantly, the government must carry out a traffic law education programme. This program should be continuous and its purpose is in order to equip driver and rider sufficient knowledge about the traffic. This solution promotes to assure traffic safety and aims to improve Vietnamese awareness for traffic law. As teaching materials, simple information, tips and advice are used to educate people. Adults must be models of kids and teenagers when they participate in the traffic, so this program educates not only kids in school but also adults. People from different age groups are targets.²⁰

III

There are several similarities between the traffic situation in Vietnam and the traffic situation in Canada. First, both countries have many traffic congestions in cities as I wrote in the second paragraph. Canadian roads are also jammed. In Metro Vancouver, four roads have made a list of the top 20 worst traffic bottlenecks in Canada.²¹ Therefore, Canada has a lot of road accidents as well as Vietnam.²² The Canadian Transportation Safety Board estimates there are 160,000 car accidents occurring each year in Canada and 2,800 to 2,900 result in deaths.²³ There are the same circumstances in the countryside of the two countries. Both countries have public transportation, but there are only in cities. Traffic infrastructure in cities has been improved. However, in the countryside, it hasn't improved.

Vietnam and Canada have some differences in traffic situations. Lots of Vietnamese use motorbikes. In contrast, the number of people who use cars is bigger than the number of people who use motorbikes in Canada.²⁴ Many Vietnamese have poor traffic awareness.²⁵ A lot of people in Vietnam don't obey the traffic lights.²⁶ However, most Canadian people obey the traffic rules because it is firm.²⁷ In Canada, roads are really big and wide, but in Vietnam they are narrow. Canada spends a lot of money on improving traffic infrastructure. The money was invested about 10.1 billion dollars.²⁸ In contrast, Vietnam doesn't pay enough money for that.²⁹

IV

There are many causes of the bad traffic situation in Vietnam, but the causes can be solved in several ways. Also, we found some similarities and differences in traffic situations between Vietnam and Canada, then from that, we could learn how to improve Vietnam's traffic situation. The most important thing I can say as a whole is traffic education is really needed to improve the traffic situation in Vietnam. The traffic system is also poor. That is also one of the causes. However, people who use roads and vehicles are Vietnamese. People who live there are Vietnamese. If they don't change their minds, the traffic situations will never

¹⁹Eliasson, Jonas. "Transcript of *How to Solve Traffic Jams*." TED: Ideas worth Spreading.

²⁰"Potential Solutions to Traffic in Việt Nam."

²¹ Judd, Amy. "4 Metro Vancouver Roads Make List of Top 20 Worst Traffic Bottlenecks in Canada." Global News. January 11, 2017.

²²"Traffic Accidents Kill over 8,000 People in Vietnam in 2017 - VnExpress International."

²³ Lenders, Settlement. "Car Accident Facts and Figures in Canada." SETTLEMENT LENDERS INC. February 7, 2017.

²⁴ Statistics Canada. "Vehicle Registrations, 2016." Women and Paid Work. June 29, 2017.

²⁵"Causes of Traffic Jams in Hanoi - News VietNamNet."

²⁶"Do Vietnamese Obey Traffic Lights ?"

²⁷ Citizenship Canada. "Driving in Canada." Canada.ca. October 09, 2018.

²⁸ Infrastructure Canada. "Trade and Transportation Infrastructure." Infrastructure Canada. September 20, 2018.

²⁹"Vietnamese Drivers Lack Road Safety Awareness - News VietNamNet."

improve. To change people's awarenesses, traffic education helps very much. Of course, it must be carried out in school, but if the class is held only in school, only students can learn. It's very important to educate young people because they will drive cars or motorcycles in the future, but people who are using them now are adults. That means actually, people who really need the education are adults more than young people. Adults also should have lectures about the traffic law to improve their awareness. The thing which can change the traffic situation in Vietnam greatly is people's knowledge and understanding of the traffic law.

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Firearm Possessions in the United States of America

Keisho Kanyama

Nowadays, many countries rely on ammunition industries. In the case of America, the ammunition companies get 1.5 billion dollars profits annually¹. In this way, firearms are spread among American society. Meanwhile, some countries control and regulate possession of firearms. For instance, in Japan, civilians are not allowed to possess any weapon that may injure people. In America, mass shootings are considered as a effects of possession of 393 million firearms². As the practical solution against it, arming teachers with guns can resolve immediately. In this thesis, I will explain about possession of firearms in the United States of America, including comparisons (gun possession in Japan and America), effects (possession of guns in American society), and solutions (mass shootings in America).

I

In order to reveal why difference of treatment for weapon are made, I compared current status and historical background of possession of weapon in Japan and America. On the one hand, I could find only a few similarities. A firearms holder in both countries has to get permission. In Japan, people are allowed to possess certain kinds of firearms if they have a permission that shows they are allowed to have guns by police. They are able to get permission from local police station. Likewise, American people have to be checked their background, and personality. On the other hand, there are a lot of differences between circumstances in America and Japan. As the major premise, firearms are forbidden in Japan, but permitted in America. In Japan, there is a law called Firearms and Swords Control Act which prohibits possession of gun and edge tool without permission and purpose. In contrast, American people are allowed to possess firearms. Likewise, circumstances of firearms such as incidents and deaths in each country is totally different. In Japan, there are only 4 deaths with 22 incidents in 2017³. In America, as much as 15590 people were dead because of firearms⁴.

II

There are several effects of gun possession in American society including firearms industry, an increase of illegal possession of firearms, and gun shootings. First, Firearms have huge effect on the economy in America. In America, there are a lot of firearms stores in America, and those make roughly 480 million dollars profits annually⁵. Also, munitions industries employ as much as 263 thousands people. In this way, gun society in America results a huge economic effect. Secondly, the more firearms become common, the more people have illegal guns. In the United States, a law called Federal Gun Law controls possession of firearms. It requires background and personality check to give a permission to possess firearms. However, there is a way to get guns illegally called Gun Show Loophole. When people purchase firearms, sellers have to request consumer a permission before they conform the contract. However, when sellers don't need profits, purchasers don't have to show that they have a permission, so that it is possible to give firearms to relatives or acquaintances. In this way, some people are possessing firearms that is given from an illegal

¹ Popken, Ben. "America's Gun Business, by the Numbers." CNBC. October 02, 2015.

² "How Many Guns Do Americans Own? (And Why Do Estimates Vary So Widely?)." The Trace.

³ "2017年の銃器での死者は3人." Nippon.com. April 19, 2018.

⁴ Gillie, Rebecca. "US Gun Violence in Six Chilling Statistics." The Week UK. May 18, 2018.

⁵ Popken, Ben. "America's Gun Business, by the Numbers." CNBC. October 02, 2015.

way. There is a statistic that 65% of juveniles have more than 3 illegal weapons. Thirdly, there are a lot of gun incidents in America. As I mentioned above, there are plenty of illegal guns because of gun show loophole, so that it facilitates gun violence such as homicide, suicide, and mass shootings. From 2012 to 2014, averagely 1300 children were dead because of gun violence⁶. Including adults, in 2014, approximately 34000 people died⁷. In this way, many people die because of several kinds of gun violence. According to the statistics about gun violence, about 61% of deaths are homicide, and 35% of deaths are suicide⁸.

III

As I stated above, gun violence is one of the effects of possession of firearms. There are a lot of mass shootings in America. In order to resolve those, there are three practical solutions including assault rifle ban, legislation, and arming teachers with firearms. According to the statistics that show the number of weapons used in mass shootings from 1982 to 2018, in 42 of 155 cases, assault rifles were used⁹. Assault rifles facilitate murdering many people at once, so that those cause bigger damage than other type of firearm. If assault rifles are banned, damages of mass shootings will decrease. The second solution is changing Federal Gun Law in order to deactivate gun show loophole. When juveniles offenders involves mass shootings, most of them use firearms that is given from illegal way especially gun show loophole. It is because Federal Gun Law can not control contract of firearms without profits. If gun show loophole is deactivated, there are fewer guns to use for mass shootings. Third solution is to arm teacher and clerk of a store with firearms. When mass shootings happen, teachers and clerks of a store is able to refuse it if they are armed with guns because they works at a store and a school which are usually aimed as a target. Donald Trump suggested to give guns to teachers. According to his speech, it takes five to eight minutes for police to come in, so that if teachers are able to refuse mass shootings, it is much easier and faster. Likewise, if clerks of stores are able to refuse mass shootings with firearms, it would be better.

IV

To sum up, in America, there are plenty of firearms held by civilians, and the figure is the highest in the world. No other high-income countries have both high proportion of possession of guns. This situation causes huge economic impact. However, there are some harmful effects such as mass shootings. America has the highest rate of homicide. It is resolved by arming teachers or clerks of stores, because they can defuse it faster than police. In this thesis, I explained about gun society in America in order to let you know how abnormal the situation of America, in what way gun society is good or bad, and how those bad point are resolved. Although gun society is sometimes dangerous, some people need to possess firearms for their self defence. When people watch the news that there were mass shootings in schools, they might think that gun society is dangerous. However, the situation is more complicated that they think, and they have to know that firearms are necessary for civilian's safety.

⁶ Howard, Jacqueline. "Guns Kill Nearly 1,300 US Children Each Year." CNN. June 20, 2017.

⁷ "18 Facts About Gun Violence and 6 Promising Ways to Reduce the Suffering." The Trace.

⁸ "18 Facts About Gun Violence and 6 Promising Ways to Reduce the Suffering." The Trace.

⁹ "Weapons Used in Mass Shootings in the U.S. 1982-2018 | Statistic." Statista.

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The Impact of the Internet in Modern Society

Nazuna Fukui

In modern days, more and more people have started to use the internet because of its convenience. We have huge social networks, quick and easy to get information and even shopping, people can get everything online. I wrote three essays before, those were contained about how the internet impacts benefits and drawbacks to people, what happened in fact and solutions for that. I am going to write a summary which is combined everything from three essays, then I will think about how people need to live with the internet.

I

First of all, the internet provides everyone to access a lot of information very quickly. This is the biggest advantage and reason why the internet is used by many people. ‘Google’ and ‘Yahoo!’ are some of the representative tools to search for everything you want. If you use the internet, you can instantly obtain a large amount of information without taking time and effort. Also, you can be shopping on the internet anytime and anywhere. Until the Internet became widespread, we had to go to each shop but now we just choose and click whatever we want. As a result, people don’t spend dead time and spend more effectively. According to the Ministry of Public Management, Home Affairs, Posts and Telecommunications (Ministry of Internal Affairs and Communications 2015), the utilization rate of net shopping recorded 72.2% even for all households. The reason for using online shopping was slightly different depending on age. The advantage of being able to do shopping without going to a real store, also there is some opinion that we can save time and effort to take it home using the online service by elderly people. On the other hand, besides a lot of advantages, using the internet have some disadvantages too. The biggest risk is the loss of personal information. As I said before, many people use online shopping and people do everything online, even on payment. At such times, people lose their personal information. If information such as address leaks, there is a danger of stalking damage. If card information is stolen, there is a risk of financial damage. Another demerit is a serious problem of dependence. People use too much internet in one day. Mobile phones and personal computers are used for even weekdays. According to the Ministry of Public Management, Home Affairs, Posts and Telecommunications (Survey on Information Time and Information Behavior of Information and Communication Media 2017), The utilization of the Internet from 9 pm to 10 pm in teens is about 40 percent. People in their twenties and thirties also use the net for their work during the day. Also, they use it during the night, even in the middle of the night. Even after 1 is, 20% of people used the one in Japan. Also, this is the case of England, according to the British Information and Communication Authority (Ofcom), British adults spend an average of 8 hours and 45 minutes on the Internet every day. Also, 59% answered that we are hooked on their connected device and 34% answered that they find it hard to disconnect. Many people feel that sleeping time and the time spent with friends and family are decreasing by using net excessively.

II

At first, I will talk about the positive effects that can be gained by using the Internet. With popularization on the Internet, people have succeeded in in-home business online. As I said before(in my first essay), more and more people use online shopping. This is a good example, in many companies employees were able to work at home. People can work easily at home without spending time on commuting. For example, It was the United States that put

emphasis on this home business. Ever since the economic crisis in 2008, more and more Americans began their business at home. According to a recent report from the US Department of Commerce, commerce revenue reached \$ 393.9 billion in 2016. For example, It was the United States that put emphasis on this home business. Ever since the economic crisis in 2008, more and more Americans succeed in the business at their home. In the second stage, I will show two kinds of negative effects on the internet. With the spread of the Internet, there are several cases where the health condition of people has deteriorated. One of them is sleep disturbances. According to studies of Chinese and American children published in "Journal of the American Academy of Pediatrics" and "Journal of Sleep", they said that long-term use of young people computers delayed sleeping time and wake-up time, low rest sleep and overall sleep quality. Also, according to the Ministry of Health, Labor and Welfare (National Health and Nutrition Survey 2015), before sleeping, 33.3% of women in their twenties answered that sleep was hindered. Male in twenties is also a major factor after work, 24.6%. Also, 18.7% of teens who use smartphones for 3 hours or more a day for purposes other than work or school, and 27.7% in their twenties. There are 11.6% of teens who use small 6 hours to 12 hours a day and 18.8% if they are in their 20's. Even among sleeping experts such as Phyllis Zee professor of neuroscience at Northwestern University, using a computer before bedtime makes the light from the screen affects the circadian rhythm and causes insomnia I am concerned about the possibility of contributing. Finally, I will show another bad effect. Internet crimes are increasing with the spread of the internet such as cybercrime. According to the Center for Strategic and International Studies(Economic Impact of Cybercrime - No Slowing Down), it concluded that the damage caused by cybercrime to the world economy was about 600 billion US dollars. This corresponds to 0.8% of global GDP, which is increasing further from the survey in 2014 (the US \$ 445 billion). People became able to use the Internet easily, and it became a convenient world. On the contrary, some hackers try to make money by using hacking. Sometimes, you get financial damage and also sometimes you will become a party. The (SNS) trouble online is very problematic even in Japan. According to the National Police Agency · Ministry of Education, Culture, Sports, Science and Technology, the number of children who suffered damage at the community site also increased year by year, and the damage number reached 1736 cases in 2016. You can share personal information such as address and picture online easily. Because of this, there is a great possibility that it will get caught in a crime.

III

In the first paragraph of this essay, I am going to talk about the various dangers hidden on the Internet and some problems that can occur to people. As the reason why the Internet is widely used by many people, I have introduced various conveniences in my essay. With the Internet, it is possible to collect large amounts of information quickly and at once. However, on the Internet, there is anonymity that everyone can easily add information. In other words, the information lacks authenticity and it can not be said that all information is correct. We can always search a variety of information that we need quickly and easily from a lot of websites. It is very useful for people because we can get specific information anytime but some of them are intended to collect information and use it for the crime. If you browse such a malicious web site, the computer system you are using might be broken or infected by the virus. Also, if you browse a website embedded with special programs, personal information might be stolen in the bad case. Following this, here are other dangers hidden on the Internet and some problems that can occur to people. Have you ever heard about the problem with "information leakage" in the news on television? It is that the customer information managed by the

company leaks out on the Internet due to malicious attacks or human error. At the individual level, it is stolen the credit card number entered by online mail-order or unintentionally exposing the place of the home to an unspecified number of people with the position information embedded in the photo image posted on SNS. It is a common occurrence. Even in public places specialized in security such as company, confidential information such as personal information and customer information may be leaked due to file sharing. This is about the past case that credit card number was stolen, actually checked by the Ministry of Public Management 2013. The criminals pretended as if they were real card companies, and send fake emails to some people. There was a written such as “You need to change your account and register your card information again because otherwise your credit card will not be available” Many of the e-mails by phishing fraud are clever texts. So people can not notice the mistake, and then card numbers and personal information are stolen altogether by the criminal. Even so, in this era, many people use the internet because of their convenience and it became an imperative tool. There are quite few people who go to the library and search for information from books because of small daily questions around us. Therefore, I propose solutions and how should use the internet without danger. First of all, when you browse the site, you need to check their safety. Every time we need to check the source of the website because of protecting by phishing. Be always keep aware of domain names and URLs of authentic websites and check if they are accessing the correct websites and emails as well. Second of all, SNS is the most familiar tool especially for the young so you should careful when you up some pictures on the SNS websites. Basically do not post photos with location information or local view. Sometimes this might be the cause of stalking online and even in real society.

IV

In conclusion, there are possibility of the internet to make our lives better and make our life worse in both way. Sometimes the internet is really convenient when we have got a lot of information once, because we can research any information that we need. Also we can use it anytime and anywhere in the world. There are great impacts to society by the internet, whereas it has also serious drawbacks of using the internet. For example, now the internet has become the most important and necessary tool in our life, then some people use it too much, and such people are isolated from society in the real world. In fact, cybercrime are real, and some people got financial damages is also a fact. If you use them carefully yourself, the internet will certainly enrich our lives.

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Environmental Problems by Fast Fashion Industry

Itsumi Takekmoto

These days we can get clothes easier than before and more and more people get a lot of clothes. At the same time, we sometimes affect on our environment and here are some facts, It takes 1,800 gallons of water to produce just one pair of jeans¹ and it is almost the amount of water that a person use for 18 days in the United States². 80 billion pieces of clothing are consuming in this world each year. This is increased at 400% from twenty years ago³. In this thesis, I will explain about the effects on environment by fast fashion industry , including the pros and cons, effects, and possible solutions.

I

There are some advantages and disadvantages of fast fashion and its industry. There are advantages of fast fashion. First, we can get the latest trends clothes reasonable price. Fast fashion is helping low-income people who are interested in fashion because it's cheap. It is easy to find new styles and latest trend at the clothing stores for example, H&M, ZARA and Forever 21, also it is easy to satisfy ourselves. Another one is the speed of fast fashion. It is of course cheap also it suggests to you the newest trend one after another. So if you don't know what is the trend now, all you have to do is buy fast fashion clothes. In fact, ZARA that is one of the famous fast fashion brand delivers a garment in fifteen days⁴.

There are some disadvantages of fast fashion. Fast Fashion impacts to the environment, it is used the toxicity chemical fiber, it makes water pollution and it increase fiber wastes. As I said before, fiber is used to produce the clothes, in the process of that we dye the textile to make the bright color, prints and fabric finishes of the clothes. We can get such a colorful those clothes thanks to the toxicity chemical fiber. When we dye the textile we pollute the water, it is the second largest polluter of clean water globally. The most common material of clothes is Polyester, so when we wash the clothes in washing machines, it makes microfibers. Then the microfibers go through the waterway and it flow to the sea or river. The microfibre isn't analyzed at the nature so it affects on the water. People who bought the fast fashion clothes won't wear the clothes long time, they will throw it away because the brand suggests a new style to them one after another and makes customer that the clothes you have now is not fashionable. According to EPA, the 84% of clothes that we can still wear were disposed in 2012 in the United States⁵. Also fast fashion clothes are made at the sacrifice of poor worker. April 24th, 2013, the Rana Plaza building collapsed. The accident made a sacrifice of over 1200 people at just 90 seconds and building's owner was a fast fashion brand. The building in Dhaka had deep crack the day before and the day, managers made the workers to keep working at the building and the worker received low salary.

¹ Dye, Allie. "3 Fast Facts About Fast Fashion." CAUSEBOX. February 15, 2018. Accessed September 15, 2018.

² Perlman, Howard, and USGS. "Water Questions & Answers How Much Water Does the Average Person Use at Home per Day?" Adhesion and Cohesion Water Properties, USGS Water Science School. December 2, 2016. Accessed September 15, 2018.

³ Bronte Hogarth. "5 crazy facts from new fashion documentary 'The True Cost'" 1 Million Women. June 4, 2015. Accessed November 04, 2018.

⁴ Ferdows, Kasra. "Zara's Secret for Fast Fashion." HBS Working Knowledge. February 21, 2005. Accessed September 15, 2018.

⁵ Wicker, Alden. "The Earth Is Covered in the Waste of Your Old Clothes." Newsweek. March 16, 2017. Accessed September 15, 2018.

II

There are several effects on environment by fast fashion industry. One of the effects is affects to use Toxicity chemical fiber. To use toxicity chemical fiber is one of the biggest effect on environment. As I said at pros and cons essay, especially Polyester impacts huge damage on environment. It emits three times carbon dioxide than other fiber such as cotton. Also over 50% of clothes are made from polyester and fast fashion is getting popular among the people nowadays so the amount of polyester that used to produce clothes has been increase 157% since 2000's⁶. For example, Nonylphenol ethoxylates that is one of the toxic chemicals has huge impact to us. It is also noxious to organisms in the water, because it includes a hormone that works bad way to them. By wearing the clothes that included Nonylphenol ethoxylates, we have damage to our hormone. It is proved that Nonylphenol ethoxylates is disturb our human hormone. Of course it affects on environment and the popular and famous fashion brand such as Puma, Adidas and Nike use this toxic chemicals to their clothes.

Another one is water pollution. 2 billion pairs jeans are produced every year⁷ and as I said last essay, It takes 1,800 gallons of water to produce just one pair of jeans. Also about it takes 594 gallons of water to produce a single shirt. Over 1.5 million tonnes of toxicity chemical material that impact the environment are used to produce fast fashion clothes. It is said that over 20% of water pollution is because of fast fashion industry⁸. China is famous for fashion industry, the 70% of rivers and lakes in China are polluted by 2.5 billion gallons of wastewater produced by the textile industry⁹. Not only in China, there are some country that have water pollution because of fast fashion industry, for example India and Bangladesh. Also there are people who lives in near the lake or river they use the water to drink and bath. They have a cancer, gastric and skin issues because of that. In fact, over 130 people who lives in south China got addicted because of the water that included arsenic¹⁰.

The last one is to increase fiber wastes. Producing many clothes means huge disposal of that in fast fashion case. Not only people in developed country even in developing country, people abandon clothes a lot. The textiles of clothes are used on the production of making clothes in developing country and it was wore in developed country and then it was returned in developing country and abandoned. 80% of clothes that abandoned only in developed country can still wear and recycle. I said last essay that 84% of clothes that we can still wear were disposed in 2012 in the United States and only in the United States, are of filled ground is occupied by 125 million cubic yards of waste clothes each year.

III

There are some possible solutions to the effects on environment by fast fashion industry. One of solutions is to change the way of thinking at fashion. I don't say "Don't use fast fashion!", but I think we should ask ourselves when we chose or buy clothes, are we need this shirt right now? are you going to wear this dress? We shouldn't chose the clothe by only price, I know the fast fashion has many attractions, it is cheap and has trends. At the same time, it affects on environment. We should know not only advantages but also disadvantages of fast fashion. As I said on the first essay, the 84% of clothes that we can still wear were

⁶ "Consequences of Fast Fashion on Health and the Environment." KLOW. Accessed September 27, 2018.

⁷ "Consequences of Fast Fashion on Health and the Environment." KLOW. Accessed September 27, 2018.

⁸ "Consequences of Fast Fashion on Health and the Environment." KLOW. Accessed September 27, 2018.

⁹ Webber, Kathleen. "How Fast Fashion Is Killing Rivers Worldwide." EcoWatch. March 26, 2017. Accessed September 27, 2018.

¹⁰ Hays, Jeffrey. "WATER POLLUTION IN CHINA." Facts and Details. 2008. Accessed September 27, 2018.

disposed in 2012 in the United States. I hope we will be able to decrease this percentage by changing the way of thinking at fashion.

Another solution is to try new solutions. There are some new, unique and sustainable solutions. One of them is to use polyester-eating microbes. As I said on the first essay, the most common material of clothes is Polyester and it is made from petroleum. It is difficult to recycle without losing quality. However the new type of microbe can eat polymer which is wasted polyester and make it raw material polyester. This product cost cheaper than making new fabric from petroleum. In addition, to recycle food waste into yarn and to use algae-based fabric. The process was developed that the citrus in orange juice turns into the yarn as a raw material. In fact, 25 million tons of orange juice is waste a year¹¹ and we can stop the waste by this process. Also, it takes a lot of water to produce clothes by cotton as I said on the first essay. On the other hand, the algae doesn't need so much water, they just need ocean and lakes to grow. So we can produce clothes by algae instead of cotton. Apart from people want to use the clothes that are made from orange juice and algae or not, I think this solution is the most sustainable one of three.

The easiest way as a solution is to join the recycling activities. There are a lot of fast fashion brands nowadays and some of them do recycle activity. H&M which is one of the biggest fast fashion brand has been doing recycle activity called "bring it on campaign" since 2013, and they have collected regard to any brand more than 17,771 tonnes of textiles, the equivalent of 89 millions of T-shirts¹². Also H&M use renewable energy to produce their clothes and contribute to that. In fact, 78% of energy that is using today by H&M comes from renewable energy¹³. Not only H&M, ZARA is collecting clothes at the store regard to the brand and in Spain, they collect from people's home for free when people use online shopping. GU and UNIQLO have boxes to collect their brand's clothes and recycle at each store. Since 2001 (UNIQLO)¹⁴ and 2010 (GU)¹⁵, they have collected 77,570,000 clothes from 18 countries at 2018 late in August. Also they are connecting with some organization such as NGO and NPO. Also there is the fashion brand, "tonle" which has motto "zero waste, ethical fashion" they produces clothes from remnant materials and 40% of wastes that judged by huge manufacturer unusable is turning to clothes because of tone¹⁶. We can recycle only clothes that are cotton 100%, wool or polyester now, however most of the brands are trying to recycle more types of fabric in the future.

IV

In conclusion, I stated advantages and disadvantages, some effects by fast fashion industry and possible solutions to the problem by its industry. From each of topics, we can know how the fast fashion industry works to environment and those tell us what should we do, for example from the pros and cons, we can realize fast fashion products have only advantages and most of people doesn't care the disadvantages. The reason why are fast fashion products getting popular recently is this thought that fast fashion products have only advantages. Then we can change or think about the way to get fast fashion products. For the

¹¹ Peters, Adele. "5 New Solutions For The Fashion Industry's Sustainability Problem." Fast Company. August 25, 2016. Accessed November 04, 2018.

¹² "Recycle Your Clothes." H&M Group. Accessed November 04, 2018.

¹³ H&M. "The H&M group sustainability report 2016". Accessed November 04, 2018.

¹⁴ "UNIQLO Sustainability." Recycling Program | Unlocking The Power of Clothing. UNIQLO Sustainability. Accessed November 04, 2018.

¹⁵ GU(ジーユー) 全商品リサイクル活動 | ファッションを、もっと自由に。 . Accessed November 04, 2018.

¹⁶ "about tonlé - zero waste, ethical" tonlé Accessed November 04, 2018.

first step, we should know the facts, we have to know what is happening right now and act, for example, tell someone, learn more by yourself and discuss about that with someone. There are a lot of tools to know about this topic and the act by only you is limited, through the discussion, we may find another solution.

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Poverty in the Philippines

Yuho Nagato

Nowadays, some of countries are suffering from poverty. Especially, the Philippines has a big poverty problem. In this case of the Philippines, 21.6% of the population lives below the national poverty line in the Philippines in 2015 according to Asian Development Bank, ADB¹. Furthermore, in the Philippines, 21.6% of the population lives below the national poverty line in 2015. In addition, for every one thousand babies born in the Philippines in 2016, 27 babies died before they become 5 years old because of poverty. In this way, the Philippines is known for having a poverty problem. It is important for Philippines to solve this problem as a country, even if it takes for hundreds of year to solve it. In this thesis, I will explain about poverty in the Philippines, including causes, effects, and solutions.

I

Firstly, I will explain why poverty occurs there. One of the causes is the population explosion. There was 103 million people in Philippines in 2016 according to World Bank², but population is increasing now, so some people can't get jobs because population in Philippines is too many for area. For example, if Philippines had ten jobs and ten people, everyone who are in Philippines could get job, but if population in Philippines increased, some of them could not get jobs. It means that the amount of jobs can not increase easily, but population is increasing vigorously. In this way, the population Population and the number of employment opportunities are not proportional.

Second cause is the lack of education. Actually, one out of six kids can not go to school in the Philippines according to figures from the Department of Education and the National Statistical Coordination Board³. The most common reasons for not attending school were marriage or family matters (42.3%), high cost of education or financial concerns (20.2%), and lack of personal interest (19.7%) in 2016, reported by Philippine Statistics Authority⁴. If they could not go to school, their knowledge would be poor, so they can not know the how to work or how to get money.

The other cause is that people have only small farm. According to the Philippine Statistics Authority⁵, there were 5.56 million farms covering 7.19 million hectares in Philippines in 2012. Furthermore, if climate disasters came there, they can't revive because they don't earn enough money with working at a small farm, so they are prone to poverty. As I mentioned that, there are a lot of people who work at small farm in the Philippines, so that means the farmers in the Philippines are representatives of poverty.

¹ Guido. "Poverty in the Philippines." *Asian Development Bank*, Asian Development Bank, 26 June 2018, www.adb.org/countries/philippines/poverty.

² "Population, Total - Philippines." Data. Accessed December 7, 2019. <https://data.worldbank.org/indicator/SP.POP.TOTL?locations=PH>.

³ "How Poverty Affects Education in the Philippines." True Volunteer Foundation. Accessed December 7, 2019. <https://www.truevolunteer.org/how-poverty-affects-education-in-the-philippines/>.

⁴ Philippine Statistics Authority, June 13, 2017.

<https://psa.gov.ph/content/one-every-ten-filipinos-aged-6-24-years-out-school-child-and-youth>.

⁵ Philippine Statistics Authority, 9 Dec. 2015,

psa.gov.ph/content/estimated-number-working-children-5-17-years-old-who-worked-during-past-week-was-33-million.

II

One of the bad effects is education. If people became poverty, their children can not go to school, and children have to work for their family. Actually, there were 3.3 million children aged 5 to 17 years who work in the Philippines in 2011 according to the SOC⁶. In other word, they accounted for 12.4 percent of 26.6 million children 5 to 17 years old. As you know, education is one of the important thing to live because we can not come true our dreams without education, so children who have poor parents don't have choices of their future.

The second impact would be, poor people are unhealthy. Some poor people eat garbages which someone left at the restaurant. Furthermore, they are not worried about their health because they are struggling to get something to eat. It means that they eat whatever they can eat. For example, there is garbage mountain called Smokey Mountain in Philippines. 10000 people lives in Smokey Mountain according to Nikkei⁷. The reason why they live there is not only to collect things which they can change to money. They live there to get something to eat, too. In this way, they eat foods which they found in the garbage mountain. It is so unhealthy.

Other impacts is the short lifespan. The lifespan of poor people are very short because the place where they live don't have a hospital. There is not even a doctor. Moreover, as I said earlier, they are living unhealthy. In fact, the life expectancy of male and female of Filipino was 66 and 73 years old respectively according to the World Health Organization⁸ in 2016. Incidentally, the world rank of these data was 123. The cause why this life expectancy is short is that there are a lot of poor people who lives in area where there are not doctors in the Philippines.

III

One of the solutions to solve the poverty of Philippines is the one child policy. If Philippines do a one child policy like China, the population decreases. By doing so, people who don't have a job in the Philippines will be able to get a job. Actually, the population of the Philippines is increasing even now. According to the World Mater,⁹ the population of the Philippines was 103 millions people in 2016, and in 2017, it was 104 millions people. Now, it is 107 millions people. In this way, the population of the Philippines is increasing every year. However, the number of employments is limited, so decreasing population is a good idea to solve the problem.

Second solution is to give jobs like public enterprises. If government give jobs to poor people, they can earn money and they can learn about how to work. Even if they can't work with public enterprises forever, they will get a good experience to be positive for their future. In addition, they will use money for education, and their children may go to the school. If children go to school to study, they will find a dream at the school. For example, they may think that like I want to be teacher. According to Jetro¹⁰, the Duterte president of the

⁶ "Philippines - 7-State-Owned EnterprisesPhilippines - Competition." Korea - Distribution and Sales Channels. Accessed November 17, 2018.

⁷ JUN ENDO. "The Mountain of Garbage That Blights the Philippine Capital." *Nikkei Asian Review*, Nikkei Asian Review, 30 Mar. 2017.

⁸ "World Health Organization | Social Media Management." *Online Philippines Corporation*, 16 Apr. 2018.

⁹ "Philippines Population (LIVE)." United Arab Emirates Population (2018) - Worldometers. Accessed November 17, 2018.

¹⁰ Jetro"About Us." Site Top. Accessed November 17, 2019.

Philippines is working to create the public enterprises to improve the poverty. By doing so, the GDP of the Philippines increased from 2.6% to 5.4% for 50 years until 2016. To increase GDP relates to improve the poverty.

Third solution is that we support the volunteer organization. For example, we make a donation to the volunteer organization to help the Philippines indirectly, and we can be volunteers of that organization to help this country directly. Especially, the world Vision which is one of the organizations to solve the poverty in the world is helping the Philippines, and this organization is great because they give the services such as the facilities to obtain the water and receive the education to the poor countries like the Philippines. This organization doesn't give something to eat because it can't solve the problem of poverty only by giving something, so the World Vision is good organization to solve the poverty of Philippines. In fact, World Vision¹¹ was supporting over 1.5 million children who live in Philippines in 2016.

IV

In conclusion, there are many causes, effects, and solutions of poverty of the Philippines. I wrote this essay making use my past experience in Philippine until now. The most significant cause, effect, and solution are population explosion, health aspect, and supporting volunteer organization, respectively. Here is the reasons why these are the most significant. The reason why population explosion is the most significant cause is in Philippines, there are a lot of people more than jobs, so I think that if population of Philippines decreased, they might get jobs and they could get enough money to live. The reason why health aspect is the biggest effect is if they are unhealthy, they suffer from illness and they can not live longer. As you know, health is relating to the lifespan. Concerning the solution, the first solution which is to do the one child policy has a defect that poverty people need a lot of children to let their children work for family. The second solution is difficult to solve the poverty compared with other solutions. The third solution is easy to help the Philippines because it is what everyone can do. By thinking solutions based on causes and effects and I led the most significant solution clearly so I think that the problem of poverty of the Philippines will be solved with this solution taking a long time.

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Current Status of Poverty in Africa's Poorest Nations

Yuria Nishimura

Nowadays, poverty is a serious problem in the world. Many developing countries in Africa contain the highest cases of poverty in the world. According to the World Bank, about 501 million people, 47 % of the population of Sub-saharan Africa, lived on \$1.90 a day or less.¹ Also, the UNFA and Agriculture Organization reported in 2014 that 233 million people lived in starvation and malnutrition in Sub-Saharan Africa.² Also, among the eight poorest countries in the world, the Democratic Republic of the Congo (DRC), Burundi, Zimbabwe, Liberia, Eritrea, and Niger are located in Africa.³ It is important for people to understand what happens in Sub-Saharan Africa, so I will explain why it has serious issues with poverty, including the causes, effects, and solutions to promote social and economic stability.

I

There are several causes why poverty is increasing in Sub-Saharan Africa. One major cause is corruption and poor governance. Poverty is a by-product of a lack of strong institutions and distribution of human and resources.⁴ Corrupt governments do not manage their national budgets properly or fairly. Programs in Sub-Saharan Africa that are designed to fight poverty are not fully materialized because the funds end up in the hands of corrupt individuals who steal the money. Corrupt governance also creates more corruption, especially when judicial power does not punish officials who commit these crimes. Corrupt or poor governance create imbalanced societies.

One of the most severe causes of poverty in recent history is due to conflict. Various conflicts have emerged throughout the poorest regions of Africa, especially in the DRC and Liberia. According to the UNHCR, the number of internally displaced people in the DRC estimated 4.5 million people due to conflict.⁵ Also, according to Conflict analysis in Liberia, a small number of individuals and groups dominate Liberian politics and economics.⁶ Power in Liberia revolves around political personalities and political groupings. In Liberia the president and ruling political party, the government, individual politicians, and their businesses are all connected. Liberia had two civil wars, from 1989 to 1996 and from 1999 to 2003. However, there are currently many incidences of violence between citizens. There have been and still are many conflicts that have increased poverty in the poorest countries of Africa. These conflicts range from religious, political, military, and ethnic groups instigating violence and control over minorities or opposing groups. These acts of violence and aggression have destroyed houses, economic stability, infrastructure, and access to education.

The overall lack of education is the most serious issue that contributes to the causes of poverty in countries like Ethiopia and Liberia because children grow up without skills or knowledge advantageous for better financial and living conditions.⁷ Many children living in cities did not have education during the civil wars and ebola virus outbreaks. The constrained national finances, poor infrastructure, disease epidemics, and a general understanding of how to produce food to survive are all related to the serious consequences of overwhelmingly uneducated population. There are not enough schools in many of these countries, especially

¹ World Bank

² UNFA and Agriculture Organization

³ list of 8 poorest countries in the world

⁴ CAUSE OF POVERTY

⁵ UNHCR

⁶ Conflict analysis in Liberia

⁷ Cause of poverty in Africa

in Liberia. According to Education system in Liberia, the total number of schools have been increasing, but there are still 2,500 teen girls who have left school due to pregnancy and not infrastructure to educate the increasing population of children living in poverty.⁸ Those who live in poverty often cannot escape from it. They are part of the vicious cycle of poverty in which its effects often create its own causes.

II

There are various effects of poverty influenced in the poorest countries of Africa. One major effect is health problems because many people living in densely populated areas contract diseases and other illnesses due to proximity and lack of medicine. For example, in West Africa, tuberculosis (TB) became a serious problem.⁹ According to the World Health Organization (WHO) in 2016, 2.5 million people get ill with TB in African region. In 2016 about 417,000 people is killed by the disease in African region.¹⁰ Over 25% of TB deaths happened in Africa.¹¹ Additionally, one in five adults in Zimbabwe have HIV/AIDS. Also medical resources are insufficient because due to the lack of medical training, method of treatment, and access to medicine.

Another major effect is that children cannot go to school because the education system and fixtures of schools are insufficient, especially when local conflicts are dangerous. Also, not many people have enough education because the utilities are too expensive. Most schools in these poor regions are for elementary level of education. Secondary or higher education is very rare.

III

One solution for poverty is to reduce armed conflict between aggressors and victims throughout the most severe regions in conflict. The civil wars in Liberia alone killed about 150,000 people.¹² These conflicts occur when governments are not strong enough to protect its people. Countries suffering from armed conflicts must successfully militarize against such violence or should seek aid from NATO or other powerful countries.

Another solution is to provide a better education system and to fill the gap of educated female. In Liberia, the average adult literacy rate is 42%. The divided percentage of literacy rate of males was 60.77%, while female literacy rate was 27.03%.¹³ NGOs such as World Vision and UNICEF currently provide free elementary school education in poor countries with no gender bias; however, NGOs should provide more education opportunities for local adults who were not educated as well as teenagers for secondary and higher education in countries such as Liberia. Education for adults must also include institutions and educators for vocational skilled labor. In the modern globalized world, the majority of people live in urban environments that heavily rely on expensive inputs, especially food, water, and electricity. People living in poverty must learn how to efficiently produce or manage food, water, and energy.

The third solution is to increase the amount of people to become involved in helping these countries get out of poverty. People in wealthy countries should understand the current situation in the poorest regions of the world. Almost all people know there is poverty is in

⁸ Education system in Liberia

⁹ "tuberculosis in Africa"

¹⁰ "humanism"

¹¹ tuberculosis

¹² USCR

¹³ Literacy in Liberia

various countries of Africa. However, people do not know how serious the poverty is in Africa. According to population of Africa¹⁴, there are approximately 1.3 billion people, which means that 16% of the world's population are from Africa. Many governments ignore the conflicts or environmental disasters because of the danger and lack of economic gain. If more people pay attention to the severe situations in these poorest of countries, more organizations would have financial and human resources in disposal.

IV

In conclusion, people of developed countries should know the current situation of the poorest countries and should not only think about what can be done but also act upon it. Many people understand that poverty is a serious problem; however, they do not know how serious it is and what happens to the least fortunate men, women, and children. The population of Africa is increasing, and it will continue to grow exponentially, especially in urban regions of increasing poverty. The current infrastructure of many African cities is not enough to prepare for overpopulation. In most modern cities, there are no places to do agriculture. Many local people living in the countryside do agriculture by manual work, especially in communal groups. Most people living in modern cities do not have the skills or knowledge of producing their own food; thus, they have to rely on the market system of their region to sustain themselves and their families. The governments of the poorest African nations should invest in better infrastructure and provide opportunities to increase skilled labor and education for stable working environments. Some of the best solutions for these types of new jobs are in agriculture production, especially in diversifying agricultural products and yields. We live in a globalized economic system and the Information Age that connects all countries; therefore, all people with proper equipment and knowledge can access more choices for agricultural development. It will take serious work and intelligence for governments and citizens of these poorest African countries to adapt their food production depending on their geography, climate, culture, soil, and water. I believe the future of Africa can be prosperous for its people as long as the people connect themselves to their ancestral lands and culture. Human disconnection of nature, agriculture, and economics can no longer be allowed, especially in these regions abject poverty facing rapid growth in population.

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¹⁴ population of Africa

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Discrimination in Modern Society

Kazuto Uchiyama

There are considerable kinds of people who have different racism, skin colour and religion. However, because of such differences, occasionally, serious problems happens in many cases like negative speech by politicians or scandals of police. This problem should be solved to expand inequality among people. In this thesis, I will illustrate about the discriminations and prejudices in the world, including causes, effects, and possible solutions.

I

The first reason is prejudice¹. The most obvious situation is skin color. People in the world have each skin color like black, white and yellow. However, sometimes it makes a trouble. For example, someone says any racial words with kidding, but it may happen misunderstanding because racial words are easy to injure someone's heart. Likewise, separating races is also one of the problems that prejudice causes. This problem means that a person who has a race is limited by one who has other race. Because of this, some people are excluded from activities or groups.

Second reason is historical background. Some racial situations may come from history. For example, black people in Africa were taken and were made hard-working. It is called 'Negro Slavery'. Negro is one of racial words for black people and it means an abuse. Because of this system, a lot of black people were killed. Even the World War, black people were used as warrior. In addition, the racial word 'Jap' that was used to Japanese also came from the World war because American had used this word and it is still used even now. These historic events seem to make some discrimination.

Religious conflict is also serious problem. Some people who believe own religion are obsessed with it. People cannot stop war which happens from difference of religion because everyone assumes that own religion is right. Likewise, religion relates to discrimination. Some people has a prejudice to other people who have different religion. The difference of religious perspective makes harassment like offensive religious opinions, jokes or pranks meaning religiously offensive idea, and limit of working.

II

Discrimination is possible to cause health or mental problems from like isolations of a part of people who only have other religion or race in some groups, communities, or teams². For example, people who has different religion might be separated by other people. According to David R Williams, from TED³, in America, there are a lot of murder cases which the police kill blacks who do not have any weapons. If there are intense disgust or strong hatred between two different religion or race, the conflicts will become larger and make them anxious, sadness, and emptiness.

Second, discrimination may expand some stereotypes that people have or think. Discrimination is including even the differences of gender. The gender problem has strong stereotypes. For example, some people are still thinking that working at a company is men's job, and house-working is women's job. Because of this, there are some companies which sets women's wage cheaper than men. In addition, sexual minority, which is called LGBT has

¹ Marc, C. (n.d.). Pros and Cons Stereotypes

² Beneras, A. (2014, June 26). What is the cause of continued discrimination and racism?

³ Williams, D. R. (n.d.). How racism makes us sick

a such trouble. Occasionally, they are said discriminatory words and bullied by other people who are not sexual minority.

Third potential effect is about the employment. Employment discrimination means that people are limited ways to work or workplaces and it happens when an employee or a person who is looking for a job are treated disadvantageously. There are a lot of ways that people are separated like gender, race, disability, age, religion, skin colour, and national origin. These situations will happen another problem that makes people who are in minority side suffering because they are treated adversely.

III

First possible solution is about opportunity. One reason why people make a lot of discrimination is that they are afraid of other people. The fear emotion is made by few opportunities. However, by increasing opportunities to communicate with other people, people can understand about others and decrease prejudice. The social networking service is one of essential ways to gain many communication opportunities. These days, such services like Facebook, Twitter, and Instagram are becoming more popular and their users can communicate with people in other countries easily.

The second solution is how to capture a lot of informations. In the world, there are so many informations which are caused by various media like TV or Internet. These informations are very easy to get for current people because they have many ways to obtain informations. However, people sometimes believe and depend on a few informations which they can get. Though they do not have enough informations, they believe that their informations are right. Such situation may cause huge prejudice to happen discriminations. For reducing these situations, we should judge whether which information is right.

The third solution is about education. Education is one of important ways to get knowledges about discriminations. Through the education, children should be taught why discriminations or prejudices are not good for other people. By doing this, children may be able to understand how bad effects discriminations cause for other people. In addition, teaching from parents is also good way. Parents have enormous impact which effects to their children. By teaching about discriminations or prejudices during daily conversation, children notice that these cases are bad unconsciously.

IV

In conclusion, there are several factors of main causes, negative effects, and possible solutions regarding discriminations. The most enormous problem which causes accident of discrimination is prejudice or stereotype because occasionally it may prevent human rights or freedom. In the result of these problems, several situations which are made from them make minor people suffer with inequality. However, there are several way to reduce such problem. People need to learn importances of differences during educations drastically. Connecting other people by using social media is beneficial way because people can talk with people easily but there are some aggressive opinions so people have to be careful. To prohibit discriminations is very difficult because they come from each own perspective. That is why people can start rejecting this serious problems with such easy ways.

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Having a Tattoo in Our Life

Kae Nishimura

A Harris Poll¹ found that 1 out of every 5 adults which is about 21 percent of the world population has at least one tattoo in 2012, and that the number was closer to 40 percent among those ages 18 to 29. They have a tattoo for decoration, memories, personal reasons, or no reasons. Having tattoo includes some advantages and disadvantages. Therefore I will be able to discuss some advantages and disadvantages of having tattoos in order to determine whether the having tattoo how affect on people's life. On the website of Tattoo.com,² it is said that since tattooing has been associated with everything in society, tattoos definitely have some serious pros and cons in modern times. The society in each country is different. Therefore, the number of people who have a tattoo in each country is different. In Japan there are only 2% of people who have a tattoo.³ In contrast, in England one in five people have a tattoo.⁴ There are some different thinking between Japan and England, so the number of people who have a tattoo is also different. In this way I can compare the thinking of having tattoos in Japan and England in order to see how the thinking of each country affect having a tattoo in each countries. When I focus on Japan, there are some problems about tattoos. Should only licensed medical practitioners be allowed to be tattoo artists? "Yes" or "No". This is one of the phrases and a problem about tattoos in Japan. The Japanese tattoo group which is called Saving tattoo is asking people on their website.⁵ According to that site, in April 2015 one Japanese tattoo artist Taiki Masuda was arrested because he was working as a tattooist without medical licence. Actually, this problem is about tattooists but, this is going to violate the person's human rights who have and want to have a tattoo as a fashion or self-expression. This is one of the current Japanese problems for tattoos. In order to get rid of these prejudice over tattoo in Japan, we also need to think about some solutions.

I

First of all, as I said, tattoos definitely have some serious pros and cons in modern times. On the one hand, there are some advantages of having a tattoo. Firstly, tattoos are the great way to display your individuality without having to say a word. Tattoos say something about that person. A tattoo works as an artistic extension of the self and could have lots of meaning. Secondly, tattoo can open the new world and meet new people. Though some people may feel unhappy and say some complain, when they see people's tattoos, others could be intrigued and may want to share their own with people who also have a tattoo. It is a great way to simply start a conversation and open a new community. Lastly, tattoo can show the story of their life regardless of the individual meanings behind them. The type of tattoos you get reflect on who you are as a person, and it is a one of the literally a physical way to have their own thinking of art on their body which they will have for the rest of their life.

On the other hand there are some disadvantages of having a tattoo. Firstly, there are limited kinds of jobs for the people who have a tattoo. Although these days, the society is getting more open about tattoo, there is still a taboo with body art that may affect the kind of

¹<https://www.npr.org/2014/02/21/280213268/job-seekers-still-have-to-hide-tattoos-from-the-neck-up?t=1537060011981>

² <https://www.tattoo.com/blog/pros-and-cons-having-tattoos/>

³ https://biz-journal.jp/2017/03/post_18410.html

⁴ <https://blair.jp/170910-tattoo-uk>

⁵ <http://savetattooing.org>

job you get in life. According to the website⁶, the vast majority of people who have tattoos keep them covered, otherwise they will be discriminated against from others. Secondly, can't remove the tattoos for the rest of the life. There is nothing more annoying than being apart about each and every tattoo you have. Even they want to remove it, it is not easy to do that, because if do that, it also makes assessment of the mole difficult. According to YouGov.uk,⁷ there are 14% of people who regret at least one time. Lastly, sometimes having tattoos have bad effects on their health. According to Health24⁸, people could be allergic to ink. This reaction can occur shortly after the tattoo or years later. Moreover tattoo could hide the skin cancer and it also affect how they sweat. Compared with non-inked skin, tattooed skin releases about 50% less sweat. In this way, having tattoos have some risks in many ways.

II

Secondly, there are some different thinking between Japan and England, so the number of people who have a tattoo is also different. Firstly, there are similarity thinkings for having tattoo between the UK and Japan. Firstly, in both countries, there are some occupation which is not allowed to have a tattoo. For example, public jobs such as police officer, bank clerk, and politicians. Officially it is banned that police officer have a tattoo on their hands, necks or faces since 2012. It's the same thing in both country that sometimes difficult to have a job with a tattoo, but actually in Japan, there are much more jobs which not accept the people who have a tattoo Secondly, legal system in the countries are organized by government. For Japan police believe that tattooists need a medical license in order to comply with the Medical Practitioners' Act. If people do tattoo as a tattoo artist without Medical Practitioners' Act, it is illegal.⁹ For the UK, all the tattoo artist need to register at local governments where they will have a tattoo shop. Moreover all the tattoo shops should be checked about hygiene management and equipment and vaccinations of the shop regularly.¹⁰

Secondly, there are some different thinkings for having tattoo between the UK and Japan. Basically, in England tattoo is more open, people don't have prejudice for having tattoo so much and they accept the people who have a tattoo more than Japan. Europe is the place where produced the new style of tattoo, so every year, the big tattoo competition which is called LONDON TATTOO CONVENTION takes place in London.¹¹ Firstly, the differences of thinking having a tattoo is came from the history of tattoo in each country. Generally, in Japan the image of tattoo equals yakuza. This was created by Japanese media in the 1940s after the war. The media started to use a full-body tattoo wearer as an icon for the yakuza, which is violent group, and people started thinking them like the mafia, because most yakuza had large tattoos, tattoos became an image of violence.¹² In this way in Japan there are many people who criticize to people who have a tattoo. For the UK, from the 1870s onwards it turns out tattoos have been an important part of British culture and history for a long time. Actually, lots of people who had had a tattoo were in prison at that period. Normal people just don't have tattoo as criminals, but after few period some religion got into the UK and some of the them had already had a tattoo as a one of them culture. In this way in

⁶<https://www.npr.org/2014/02/21/280213268/job-seekers-still-have-to-hide-tattoos-from-the-neck-up?t=1537060011981>

⁷ <https://yougov.co.uk/news/2015/07/14/myth-busted-people-do-not-regret-their-tattoos/>

⁸ <https://www.health24.com/Medical/Skin/About-skin/5-dangerous-health-risks-of-tattoos-20180504>

⁹ <http://savetattooing.org>

¹⁰ <https://do-tt.jp/social/world-tattoo/>

¹¹ <https://www.thelondontattooconvention.com>

¹² <http://japan.stripes.com/news/hide-and-see-tattoo-culture-japan>

UK having tattoo became a common thing.¹³ Secondly, in Japan there are some place where people who have a tattoo can not go inside such as public pool and hot spring, but in England there are no such a place, so people who have a tattoo have no trouble with that. According to honichi.com, there are only 0.68% of hot spring facilities where accept the people who have a tattoo in Japan.¹⁴

III

Lastly, in order to get rid of prejudice for tattoo in Japan, we need to think about three solutions. The first major solution for this problem is positive media coverage. Nowadays more celebrities are getting a tattoo on their body, in Asian countries as well. In Japan, one of the famous celebrities, Ryuchel got tattoos on his body. According to Sora news 24, he made the announcement in an Instagram post on August 19, but it has since been deleted. That's likely because he received swarms of apparently ugly comments criticizing his choice to get a tattoo.¹⁵ However at the same time Japanese media reported about his action and that was a good opportunity to think about tattoos. At that time, a lot of Japanese people discussed about having tattoos. On another website, it said, the baseball player, Yu Darvish asked everyone what they think if Japanese athletes have a tattoo on his Twitter account, and 61% answered NO.¹⁶ In this way, using media, SNS and celebrities have a big power to spread information in Japanese society. More celebrities are now trying to change attitudes, by publishing their choice. By doing so, having tattoos might not be such a taboo in Japan in the future.

The second major solution is holding a big tattoo festival in Japan. Actually, there was an event of tattoo but it couldn't continue anymore because a lot of people were against it.¹⁷ Moreover few people knew about that event. In London there is a big worldwide tattoo event.¹⁸ This is going to be a good opportunity to see tattoos for people who have a prejudice or do not know so much about tattoos. They can see and communicate with people who have tattoos directly. By doing so, people may be able to notice the new things for people who have tattoos. By these kinds of event more open, more people can join even though they don't have any tattoos.

The third solution is making or expanding the tattoo community. The big benefit of making a tattoo community is for people who have a tattoo, it will be a comfortable place. They can share the difficulties of living in Japan with tattoos and share information. Moreover it is going to be easy to do some activities which involve tattoos and spread information. For example, as I mentioned, a big tattoo event can be organized by the tattoo community as well. According to the website, BuzzFeed, actually, there is a tattoo community which is called "Japan Tattooist Kyoukai"¹⁹ This was made for tattoo artists in Japan. After the tattooist (Taiki Masuda) was arrested and was not permitted to have a job as a tattooist without a medical licence, this community was made to protect tattooists in Japan and now they are fighting the national Diet of Japan in order to improve the laws surrounding

¹³ <https://www.huckmag.com/art-and-culture/brief-history-british-tattoo/>

¹⁴ <https://honichi.com/news/2016/07/28/tatwuukeireritsuwa086/>

¹⁵ <https://soraneews24.com/2018/09/01/popular-japanese-celebrity-tattoos-his-familys-names-on-his-arms-gets-blamed-by-netizens/>

¹⁶ <https://sirabee.com/2017/01/02/20161049360>

¹⁷ <https://withnews.jp/article/f0170511002qq0000000000000000W01110101qq000015167A>

¹⁸ <https://www.thelondontattooconvention.com>

¹⁹ <https://www.buzzfeed.com/jp/ryosukekamba/tattooist-organization>

tattooing. If this community will grow up and be familiar to Japanese people, it will be possible to do some activities to spread information about tattoos.

IV

From a general perspective, there are some advantages and disadvantages of having tattoos. However, this depends on how people think about having a tattoo. Some people have prejudice over tattoos, but some others might not think so. In this way, some differences about having a tattoo occurred between countries, in particular, UK and Japan. Mainly, some differences are came from the history of each country. In contrast the thinking for having a tattoo is getting similar, so now there are some similarities. When I think about having a tattoo in Japan, there were more problems than that in UK and there were some solutions which might help to solve the problems such as using media and SNS, holding a big tattoo event to make opportunity to know about tattoos and making or spreading tattoo community. In my opinion, When I think about having tattoos on my body, there are more bad points than good points, because I just don't need it, so naturally, I was attracted to the bad points. However if I really want a tattoo and have special interests or passions, I will do it without thinking any risks. In my opinion as one of Japanese, I sometimes feel painful to live in Japan in these case. I think Japan is bit strict to having a tattoo and they must respect people's thiking more and be more open about this. However the the most important thing is do not give up to try changing the society like Taiki Masuda, because according to the huma.co.jp, the research shows that about 90% of people who have their child answered that they will against if their child say that they want to have a tattoo²⁰, so it will be definitely hard. However without taking action, nothing will change. In addition to this opinion I think as there is in the constitution of Japan, every nation should be respected as an individual. Whatever they do, other people and Japanese society should accept it as a one of the beautiful personality.

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²⁰ https://www.huma.co.jp/topic/enquete_tattoo.html

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Pet Slaughter

Hina Watanabe

Recently, the number of people who have some pets such as dogs and cats is increasing. Some of the pets are loved by their owner but it is true that there is the slaughter system for pets in some countries, including Japan. According to ThoughtCo. the number of slaughter of dogs and cats are 3~4 million every year in the US. Also in Japan, the number is around 56000 each year. In this essay, I will write about the pets slaughtering and compare with Japan and some other countries.

Now in Japan, the number of dogs and cats that has owner is higher than children who are under 15 years old. It means so many dogs and cats are in Japan and had by people. However, there are many unhappy pets in Japan too. Having pets is popular but there is a slaughter system of animals also most people do not have knowledge about it at all. In this thesis, I will explain about the slaughtering pets problem, including examples, causes and solutions.

I

First of all, the number of dogs and cats which is owned by people as pets are 18,446,000 in Japan. The number of dogs are 8920000, cats are 9526000. Cats is the most famous pets and dogs is second but no one knows which is happy pets and which is not feeling happy. People can make them in both situations, not themselves. In Germany, there is no slaughter system. They think pets are the same as their children. So there are some schools for dogs to take dog training and it is normal that pets go to school. Almost pets take lectures so the owner can take them pets in train, restaurant and so on in Germany. Also they can walk around in the city with dogs without dog lead. If owner cannot take care of dogs with some reasons, they go Tierheim to deposit their dogs. In Germany, there is no pet shop so if people want to have a dog, they go Tierheim. So the dogs that were deposited by owner, they can wait for the new owner at the Tierheim. Also Germany restrict the number of dogs to limit the people who have pets without responsibility. They have a tax for pets. For the people in Germany, the tax for dogs is not a big problem because the pets are their family. Also Canada has rules about slaughter of pets. They cannot kill some animals including pets. In the world, many countries have this system but in Japan, a number of dogs and cats are killed by people. The reason of this is Japanese animal welfare law is not active. Japan is a developed country, but about animal, Japan is perfectly developing country.

II

The number of pets that were abandoned by their owner were decreasing but there are still so many owners who do not have responsibility in Japan. The total number of the dogs that were killed by people were 16,000, cats were 67,000 in one year. Everyone had some reasons for they cannot take care of their pets but almost is the owner's selfish reasons for example because the owner will move to the apartment, and so on also more awful reason is the owner just wanted to take care of puppy but the dog became adult so the owner does not want to take care of them. This is so ruthless but a number of dogs and cats were killed by people with those reasons.

Most people do not want to kill animals but there are some reasons that people have to do it for animals. If there is no facility like that in Japan, there are too many dogs and cats on the road, around the house, and so on, means pets which do not have owner. There are not enough feed for them so they will be hunger also they will be rogue to live and bite some people. If they have the virus, the people who got bite will be sick so to protect people, we

should limit the number of dogs and cats which do not have owners. That is why people have to kill many animals in Japan. Some people say that the staff of facility for dogs and cats should take care of them. They think killing animals is too sad, just thinking, they do not do anything for them, but it costs too much, also some people say the countries should use more money for dogs and cats but it is impossible now in Japan. There is no money for pets, no people to take care, no place to do it. To take care of dogs and cats needs a lot of money. The average of that cost is around ¥10,000 per month for one pet. However the cost of slaughter one animal(dog or cat) is only ¥78. Japan does not have enough money to take care of all animals so they have to kill some pets. They are killed by selfish people using only ¥78. The life of animals are not so cheap but people can kill them so easily.

III

In this paragraph, I will talk about how to deepen understanding of slaughtering pets. If few people try hard to stop slaughtering system in Japan, there will not be a big difference. So first, we have to know about this situation and we spread knowledge to as many people as possible. If someone can teach about these things in education for example, in elementary school, they can learn about these things easily. One of the reasons of the pets slaughtering is kids wanted to have animals but they could not take care of the pets. This means they did not know how difficult take caring them is also they did not know about slaughtering system. So we need to educate them about slaughtering system in Japan.

Another way to spread knowledge is to make CM or advertisement on TV. Most people have a TV in their house so they can watch CM when they watch TV. We have to spread correct information about it for many people so if there are messages which everyone can easily see it is correct, it is the best situation for everyone.

Second solution is collecting tax of each pet. Now in Japan, there is not enough money to take care of pets that do not have owners. There are two reasons for collecting taxes. One is to decline the number of owner who does not have responsibility for their pets. Another is to collect money for pets. If the number of owner who does not have responsibility will decline and the number of pets that does not have owner decline, also if there are money for poor pets, we can help them in better way. For this solution has profits for both.

Main solution is to reduce the number of pet shops in Japan, and Japan imitate Germany to make Tierheim. Why people who do not have responsibility can have pets there are pet shops in Japan. In a pet shop, there are a lot of puppies. Pet shops are only thinking about their incomes so they sell a lot of pretty puppies. However, when they became big, the pet shop cannot take care of them and they kill them usually. So for stopping slaughtering system, the existence of pet shop is a bad situation. So finally, we have to reduce the number of pet shop but at first, we try to decline the number of them. Also, when people make facility like Tierheim, pets are not killed by people anymore. Tierheim is the best facility for pets that do not have owners. The workers in Tierheim will take care of them and they will be waiting for the new owner for them. People should never kill them so if there is no big reason of making poor pets also if there are Tierheim, People do not have to slaughter the animals.

IV

In conclusion, there are slaughter system in many countries. Some countries have rules about pets slaughtering but Japan still does not think about animal's future yet. We have to know and think about this situation. It is true that some countries do not do it and the number of pets that are killed by people are ZERO so if we think about that and change

Japanese rule, we can protect many animals in Japan in our and their future. We have to move for it right now because one life is not more than anything else. There are many things that we can do for animals. The situation which people have to kill many animals should be banned in Japan. There are reasons but this is really cruel. We have to protect animals as much as possible, we also have an obligation to think about solutions to this problem. There are three possible solutions of pets slaughtering. I think the best solution is to reduce the number of pets shop in Japan. We have to protect important life of many pets. We should share the knowledge about them. We can do many things for poor pets. So from now on, we should do good things which we can do for them by ourselves as soon as possible.

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How Global Warming Affects the Environment

Nene Sasaki

There are polar bears (*Ursus maritimus*) in the arctic ocean. ¹The number of polar bears is decreasing every one year. The population of polar bear drop 38% in 2015 since before 1979. Someone says this caused by global warming. Global warming make a lot of bad effect. The ice of antarctic is melting a lot and sea surface level is increasing. Between 1993 to 2018, average sea level is smoothly increasing. Sea height variation was -0.5 mm in January 15, 1993, however it increased 89.9mm in October 11, 2018. In this essay, I am going to explain about why the global warming starts and make environment worse, and what effect if global warming became bigger and continuing. Finally, I am going to list a solution of a how global warming become better.

I

At first, I am going to list why global warming happened and make it worse. Many scientist say there is reason which can be roughly divided into two types. First, all the countries try to develop more especially China. In fact, China's economy is growing up rapidly, and the rank of GDP is a 2nd place in the whole world now. So a lot of factory is working everyday, every month, every year. In the deep ice, there is a ancient air bubbles. That trapped and we can know what was the content of ancient air. ²Nasa search it, they compare between ancient air and 1995's air. It told us now's air include the most carbon dioxide ever, four hundred thousand years ago, carbon dioxide level was about 200 ppm while ice ages, and after ice ages. While Interglacial period, carbon dioxide level fluctuated to 280 ppm. However, in 2013, carbon dioxide level went top, over 400 ppm which was the first time in recorded history. This record shows around 2000s, something happened, and carbon dioxide increased rapidly. Then, one thing you can imagine the reason why is carbon dioxide related with fossil fuel burning. This discharged gas from fossil fuel stay 60% in the air. Carbon dioxide is the biggest greenhouse gas in the some greenhouse gas. By the way, what is the greenhouse gas and what greenhouse gas makes global warming? ³Greenhouse gas warm the earth by absorbing energy and make the energy stay around the earth so greenhouse gas stop to escape the warm. ⁴carbon dioxide is the great majority of greenhouse gases, 81% of the U.S greenhouse gas emissions in 2016. ⁵Human use a fossil fuel for electronic. Australia produces a lot of carbon dioxide pollution compare to the world. Per person is nearly double average as other developed countries, and more than for times the world average. Second, next reason of growing is deforestation. ⁶Deforestation is the second biggest reason of global warming, also deforestation supply about 24% of global greenhouse gas emissions. Someone says deforestation provide more carbon dioxide than total of the cars and trucks gas atmosphere. More than 80% of deforestation between 2010 and 2030 is likely to happen in just 11 places. These are the "deforestation fronts.", These are in Amazon, Borneo and SUmatra, Africa Greater Mekong, New Guinea, and Australia.⁷All the trees, plants take carbon dioxide and provide oxygen during photosynthesis, but if the plants are cut down or

¹ Unknown "Global polar bear population size is about 28,500 when updates are included" June 01, 2017.

² Unknown "Graphic: The relentless rise of carbon dioxide – Climate Change: Vital Signs of the Planet" November 08 2016.

³ Unknown "Understanding Global Warming Potentials" February 2015.

⁴ Unknown "Overview of Greenhouse Gases" October 31 2018.

⁵ Unknown "Wildlife & Environmental Conservation Organisation - WWF - WWF-Australia" 2016.

⁶ Unknown "Deforestation and Climate Change"

⁷ Unkown "Tropical Deforestation and Global Warming."

burned, their stored carbon dioxide is released into the air. This process produce more greenhouse gas cause human cut the tree and spread the land.

II

Second, I am going to explain about the effect of global warming. ⁸Global warming makes the earth's temperature go up. And after temperature went up, sea level increased rapidly. Some scientist says it cause of melting ice around arctic ocean. And global warming make flood a lot. Also global warming makes dangerously hot weather. It's already occurring frequently than before 60 years ago so it might make more serious health problems. As temperature increased, wildfire become more ferociter . Wildfire season become longer, more damaging and more easy to light the fire to other trees. Higher spring and summer temperatures become hotter and drier for long season. Unless to stop temperature increasing, weather climate change a lot. At some places, more droughts happens. Climate change affect a lot of things. As temperature warmed, The drought has increased in the western U.S and climate models are going to be change to drought. And global warming makes more bad things, for example, That makes plant and animal range shifting. In this problem, I am going to talk about polar bear. Recently, ⁹population of polar bear is decreasing quickly. Now, there are two thousand to three thousand polar bear in the world, and nineteen distinct. 60 - 80 % polar bear is in Canada. Before 1973, some polar bear was hunted by hunter by european, russian, and american hunters. After that, canada, united states, danmark, norway and the former USSR signed the international agreement on the conservation of polar bears and their habitats, about a hunting. Then, polar bear was under the endangered species act. Despite they are under the permission, polar bear's abode is decreasing now because ice is melting 4 times as fast as the before. If global warming will continue, climate will change, and wildfire is going to be more dangerous, many plants and animals range shifts, and ice will melt so fast, and a huge drought, and flood will happen.

III

Third, I am going to explain how we make global warming better, or make our environment stay now. As I mentioned first paragraph, The biggest reason of global warming is increasing carbon dioxide, and deforestation. In order to solve this big global warming, it is necessary to reduce the heat trapping emissions released into the atmosphere. Fortunately, we have a technology to help these problems. As a individual, we have to help to reduce our personal emissions. However, almost all of carbon dioxide emissions is from a big project, like a factory, electricity supply, and more. So the whole country have to help each other. You will not be able to do only one country. Each countries have to work on it. For example, in ¹⁰kyoto protocol, there is a goal which each developed country has to reduce the greenhouse gas, in canada, first year, they try to reduce 6 % of carbon dioxide until 2012, and they got that. First thing which is important is set a goal. This must have a good effect to do every project. Next, the biggest thing to make carbon dioxide is a fossil fuel. Burning fossil fuel makes a lot of greenhouse gas. To solve this problem, I will suggest to use more natural energy to electric. Natural energy use only natural energy. ¹¹In Australia, people produce carbon dioxygen twice as people who live in developed country, four times as average of all

⁸Unkown "Global Warming Impacts"

⁹ Unkown "Polar bear status and population"

¹⁰Unknown "Climate Change Connection"

¹¹Unknown"WWF - Causes of global warming"

the country. This is huge providing which reason is electronic generation. Electricity generation is the main cause of carbon pollution in Australia as 73% of their electricity comes from burning coal and 13% from burning gas. The remaining 14% comes from renewable energy sources such as hydro, solar and wind, which do not emit carbon. So reducing the amount of electricity generated from coal and gas, and increasing the amount of electricity from clean, renewable energy sources like solar and wind, means less carbon pollution is emitted. This is one of the main ways we can address global warming.

IV

In conclusion, there is a global warming which is rapidly growing, and it is a crisis all of the animals, plants, and everything because of a lot of country is providing huge carbon dioxide, and deforestation. On average, about 2.57 million pounds of carbon dioxide per year, and China is a huge provider of carbon dioxide. These carbon dioxide is from factories, electricity generated, and more. To make energy, many countries use a fossil fuel gas which produce a lot of carbon dioxide. In Australia, these produce 80 % of whole producing carbon dioxide. Carbon dioxide which supplied to the air of 60% are stays in the air so long time and these air become a greenhouse gas. Greenhouse gas makes the earth warmer and warmer, so this is the most reason why growing global warming. Second reason is a deforesting. This is happening eleven place in the world. Deforesting makes a lot of carbon dioxide because plants are using carbon dioxide while photosynthesis, and if they're harvested, they reduce a carbon dioxide which was stored, and it supply about 24 % of global greenhouse gas, it number is more than car gas supplying. Also they supply a bad effect, climate change. They make ice melting, flood, rempreure up, wildfire, and drought. Also it break animal society. Actually, polar bear's ice abode is rapidly melting so they can't rest, can't hunt because they don't have a space to pick up the animals. There are these bad effect for the earth and all of animals, therefore we have to solve this problem. I suggested how can we reduce a carbon dioxide. One way, fortunately, we have a technology to solve it. The biggest reason of producing carbon dioxide is a energy generation which use fossil fuel gas. These are so popular way to make energies, but we can change these way to provide a energy, for example renewable energy sources, solar, wind, hydro which do not emit carbon dioxide. This is the most powerful way to reduce carbon dioxide. There are more problem to solve this global warming, but this is the best way to reduce these.

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The Problems of Sleeping Disorders

Kagemasa Akamatsu

Sleeping disorder is one of the closest problem among Japanese people. According to Japanese Ministry of Health, Labor and Welfare, in 2014, the proportion of people who were not able to take enough rest in sleep was 20%. In 2012, 37.7% of men and 43.0% of women answered they were not satisfied with their sleep quality. In this essay, I will write about the problems of sleeping disorders.

I

Firstly, I am going to talk about roles of sleeping. Sleeping is necessary to maintain your brain. Brain is one of the weakest parts in your body and sleeping repairs and recovers your brain as well as make your brain rest. In addition, sleeping is essential for new memory formation. According to McGill university in Canada, memories are constructed in REM sleeping. In a experiment, they posed the activity of brain cells of mouse while REM sleeping and they found that mouses which were posed they brain cells in REM sleeping couldn't have new memories staple. Not only for memorizing, sleeping is essential for promoting body growth, cure and prevention of illness, preparation for daily activities and exclusion of waste matters.

The lack of sleep causes problems in three ways: For, brains, health, and beauty. As I wrote above, memorizing or something that you learned are all organized while you are sleeping. If you don't take time for sleeping, you can not fixed those things correctly. In addition, More than half of people who have had a traumatic brain injury or stroke will have sleep problems. Sleeping disorders also cause some troubles on health. Growth hormone is secreted to recover injured cells and fatigue and promote growing your body, but this hormone is secreted only while sleeping time. Additionally, people who sleep less than 5 hours 1.5 times as easy to fat as people who take sleep 7-9 hours. Finally, it is said that the lack of sleep leads to cause accidents. According to the National Highway Traffic Safety Administration, it is estimated that fatigue causes 100,000 auto crashes and 1,550 death yearly in America.

II

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All sleeping disorders are mainly categorised into 6 types: Insomnias, Hypersomnias, Sleep related breathing disorders, Circadian rhythm sleep wake disorders, Parasomnias and Sleep movement disorders. Insomnias give difficulty to fall asleep or stay asleep. Little children tends to be insomnia. They have trouble in falling asleep or keeping asleep so that parents required to staying bedside. Hypersomnias causes excess sleep. People who have hypersomnias can't be awake even they are in serious situation such as driving time or working time. Sleep related breathing disorders causes difficulty of breathing while sleeping. Snoring is one famous example of this type of disorder. Circadian rhythm sleep-wake disorders causes deviation in sleeping rhythm so that patients go to bed too early/late and wake up too early/late. Parasomnias causes unusual or abnormal action while sleeping, falling asleep or waking up and when patients get back sanity, they hardly remember what they were doing even they were doing it on purpose. Sleep movement disorders gives uncomfortable condition to body while sleeping or before sleep. If you have this type of disorder, you would find uncomfortable in your body such as itching, pain, burning or repetition of body movement.

III

These sleeping disorders have various symptoms so that these are caused from various reasons: Physical, Medical, Psychiatric, Environmental and some other reasons. When you have physical problem such as injury, it directly distract you from sleeping with pain or discomfort. Many medicines have sleep distraction as side effects. Mental illnesses such as depression are well known as big psychiatric reason of sleeping disorder. The study with 18,980 people in Europe conducted by Stanford researchers found that people who have depression are 5 times more likely suffering from sleeping disorder. Common examples of environmental factor are alcohol and coffee. According to the Science Translational Medicine, people who drinks coffee before going to bed had 40 minutes delay in their sleeping rhythm in average. Not only these factors, sleeping disorders come from night shift of working, aging, genetics and so on. It is said that one-third of over 60 people have some sleeping disorder and over half of all sleeping disorder patients are over 65 years old.

By having same cycle every day, the brain would remember the cycle of bedtime, wake-up time and sleep time. If the cycle is always fixed such as waking up same time, having breakfast and light exercise before going bed. The brain and body remember when the person wake up every day. In fact in the sleep time cut experiment, it was easier to cut sleep time by going to bed late and getting up same time rather than by going bed same time and getting up early. The body remembered when the participants usually get up so that the latter was more difficult for them. Therefore establishing fixed life cycle makes sleep disorders better. Making sleep schedule and stick to it is one good way of care.

It is said that 90% of Japanese people can be a short sleeper. There are three types of people about sleep time. Long sleeper who sleeps over 10 hours daily, short sleeper who sleeps less than 6 hours daily and variable sleeper who sleeps between 6-10 hours in a day. According to Satoru Tsubota who is a doctor of Japanese society of sleep, 80-90% of Japanese people are variable sleeper and variable sleeper has a possibility to be both long and short sleeper depending on condition. Short sleepers are taking rest efficiently by cutting REM sleep and having more Non-REM sleep than usual people so that they can have deep

sleep and brain rest in the short time. If variable sleepers set enough condition such as being active in the daytime and increase body temperature 1-2 hours before going to bed, they can cut sleep time without having fatigue. According to Satoru Tsubota, in the experiment of cutting variable sleeper's sleep time to 5 hours, the result has come out that the sleep time was kept under 6 hours after the experiment in a long term.

IV

Sleeping disorders which disturb comfort sleep are classified into many kinds. In the Sleep Education organisation, it is said that sleep disorders are mainly have 6 types. According to the Cleveland clinic organisation, it is classified into 4 categories. The border is not clear and they all have different symptoms. For example, one disorder affects physically such as breathing while sleeping so that the person can not get enough sleep, but other one disturb inability of staying asleep. Therefore the treatment is not one. In this essay, I will write two solutions of sleeping disorder which are generally effective to all types of disorder.

By having same cycle every day, the brain would remember the cycle of bedtime, wake-up time and sleep time. If the cycle is always fixed such as waking up same time, having breakfast and light exercise before going bed. The brain and body remember when the person wake up every day. In fact in the sleep time cut experiment, it was easier to cut sleep time by going to bed late and getting up same time rather than by going bed same time and getting up early. The body remembered when the participants usually get up so that the latter was more difficult for them. Therefore establishing fixed life cycle makes sleep disorders better. Making sleep schedule and stick to it is one good way of care.

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V

Overall, the types of sleeping disorders have variety of types and each have different symptom and solving way. However, by fixing cycle of sleep or successfully cutting sleep time, the burden of sleeping disorder can be treated directly. Though those are not the direct care of particular disorders, those are effective for most disorders by compensating lack of sleep which comes from many kinds of disorders. Sleeping related to our health, brain, and even beauty deeply and sleep disorders such as lack of sleep leads to other severe disease easily. Most people who have some severe illness also suffer from sleeping disorders and those disorders have to had different measures by symptoms.

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Disparity in the World

Sakiho Matsuo

Recently, there are many disparity problem in the world. Inequality comes in many forms wealth, income, gender, country, age religion, etc. For example, income disparity problem in the United States and Japan's disparity problem. Such a problems arise even if it is a developed country. The reason for disparity problem in the world, there are several background. Some people say that the disparity problems and society will not go away in the future.

I

First of all, I would like to write about Inequality drives this problem growth. It's one of merit for economy. Some expert says that rising levels of economic inequality correlate with economic growth. In 1079, the Chinese government introduced several new programs designed for students economic improvement. After that, the Chinese GDP annual growth rate rapidly increased from 5.3% in 1979 to over 15% in 1984. Some observers argue that correlations promote economic inequality in various ways. incentives are greater for innovation and entrepreneurship when inequality is pronounced. The less-wealthy members of a society work harder, create new businesses, or invent new products to become a member of the highest income group. On the other hand, when the gap between income levels is small, those in lower income groups have less of an incentive to move up in income.

On the other hand, there are several bad influences. It's Inequality stiles growth. A high level of economic inequality means a higher level of poverty. Poverty is associated with increased crime and poor public health, which places burdens on the economy. Wealthy citizens maintain disproportionate political power compared to poorer citizens. A widening rich-poor gap tends to increase the rate of rent-seeking and predatory market behaviors that hinder economic growth. Growth is suppressed in economically unequal life societies, by the decreasing availability of investments for human capital.

Thirdly, Inequality Decreases Health. The impoverished members of society are subject to disproportionate occurrence rates of certain kinds of illnesses. Access to quality health care and healthy food is sometimes limited or unavailable for poor individuals. Food deserts are a unique characteristic of economically unequal societies, characterized by the lack of readily accessible healthy and affordable food. Food deserts occur in several heavily industrialized Western nations, including the United Kingdom, Canada, Australia and New Zealand. industrialized Western nations, the lack of access to fresh foods is associated with disproportionate obesity and diet-related disease rates among low-income households. Americans living in the poorest neighborhoods are more likely to be obese than Americans living above the poverty line. Additionally, individuals living below the federal poverty level are two times more likely to die from diabetes.

II

Firstly, I will talk about the cause of Inequality in wages and salaries. This problem is especially a matter of income inequality between men and women. This is what happening because of gender. According to the State of Wage Inequality in the Workplace, 63% of the time, men are offered higher salaries than women for the same role at the same company. On average, these companies offer women 4% less than men for the same role, with some offering women up to. In other words, men are paid higher salaries than women in the same job. It is one of the biggest disparity problem in the world. In addition, there are many jobs in

the world that only men can do. Of course there are many jobs that only women can do, but there are more jobs that only men can do than that of women.

Second cause is expanding disparities in developing countries by globalization. As globalization progresses, the market becomes unbalanced. In the midst of globalization, companies are moving around the world to move their production bases and activities. By doing so, the gap between the world's developed countries and developing countries will shrink, but the gap will spread in each country. Due to the expansion of the market and the development of Internet technologies, the need for talent and skill is increasing more than the number of people when seeking human resources. As a result, there is a disparity in the country.

Thirdly, Racism problem. The Racism problem has been discussed in the world for a long time, but it has not been solved yet. There are people of various old-fashioned all over the world. As an example, The United States is a multiracial, multiethnic society. The major ethnic categories are white, African-American, Hispanic, Asian, and Native American. For example, African-Americans make up 12% of the U.S. population, but account for about 40% of all arrests, 50% of the prison. Despite the fact that blacks and whites use the same amount of drugs, the possibility that black are arrested is 4 times higher than the possibility that white people are arrested.

III

First of all, I would like to focus on the disparity problem that America faces. Because it is a large country, the United States has a variety of disparity problems. One of the most serious problem is the wage inequality. One-quarter American workers make less than \$10 per hour. That creates an income below the federal poverty level. But the rich get richer through the recovery from the 2008 financial crisis. Now I'm going to talk about the Income Inequality Facts. From 2000 through 2006, almost 33 million workers earned less than \$10 per hour. Their annual income is less than \$20,614. Most of these low-wage workers receive no health insurance, sick days, or pension plans from their employers.

Secondly, disparity problem which is the biggest problem the world has. From here, I will write what I saw by myself in Philippines where I went to this summer. The first impression that I had before going to Philippines was just poverty. But, it wasn't. Manila, the city we visited was developed as much as or more than Japan. There are so many high buildings in that city. People walking there look rich. That was the first impression that I felt when I arrived in Manila. It was just part of Manila. It was completely different country where we ran for about 20 minutes from the hotel where we stayed. There is like a poverty town. A spectacular number of garbage was abandoned in the streets. I was so surprised at that and I thought this is a disparity. People who live in there can't eat enough. They were looking for something to get from the garbage. This is was the reality of the disparity problem in the world I saw with my eyes.

IV

In conclusion, there are many kinds of disparity problem in the world. And most of them are hard to solve. Even developed countries have these problems, so it's way more hard for developing countries. Not only poverty gap, but also gender disparity is big problem the world has. It is said that the reason why disparity is not disappeared is rich people remain rich and poor people remain poor. I think this is true. Because poor people cannot do anything to get out of poor. Money is necessary as long as you are alive, money goes away as you live. They didn't even have job or cannot earn enough money to live. The loop of poverty doesn't

end. Of course many of rich people doing aid or donating, but it's not big enough for all poor people in the world. Rich people have their own live and need money. And people don't know well about disparity. They don't know it is such a big and serious problem in the world. Even they know the situation, it is limited that they can do. What we need to do to try disappear the disparity problem is corporation from each country. Each country, mainly developed countries, deals with money and delivers donations of unnecessary things to more poor areas. Working as a country, as a world is the only way to disappear disparity problem.

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AI in Education

Noa Suzuki

Nowadays, artificial intelligence (AI) is becoming more and more popular in the world. Schools and companies in developed countries are using AI applications, such as AI robots in classrooms and automation for productivity in factories. Many people believe that AI is an opportunity for growth and major improvement. In fact, it is predicted that its usage in classrooms will increase by 47.5% from 2017 to 2021 in most wealthy countries. In this thesis, I will explain about AI in education, including advantages, disadvantages, effects, and major problems.

I

One benefit of AI in education is that classes will become more interesting if the teachers use more Information Communication Technology (ICT), including virtual reality (VR) learning, because the students can get opportunities of engaging content that they did not have a chance to try before. For example, VR technology gives students a chance to visit and see places they have never been without physically leaving the classroom. Students can broaden their horizons by doing simulations in which they are learning through discovery and experience. For example, students can witness real sensory representation of people suffering in war-torn countries or natural disasters easily with VR. The students can get useful knowledge and information as well as feel empathy for the human elements of subjects in the humanities. It would also vastly improve student involvement and engagement in Science, Technology, Engineering, and Mathematics (STEM) subjects. Students can store most of their notes and textbooks on cloud technology, which is monitored by AI in companies like Google, Apple, or Yahoo. The amount of text books students carry to school would decrease substantially because most of their work would be digitized. If they only have to carry their computers to school, they can reduce lost articles and wasted paper. It is good for the earth because it helps to decrease the amount of paper garbage.

One negative thing is the high cost of energy and production. If many schools get robots and personal devices, the electricity usage will increase. If a school buys Pepper, they need \$1,600 with further costs for electricity. It divides the rich and poor gap further if certain schools have better access with ICT, especially integrated students with AI services. Robots in education currently have few upgrades, so they do not match the changing needs and environment of technological advancement. In humans, learning comes as a factor of experience. However, the current AI of robots cannot learn at the same pace. Of course, they can store a lot of information, but they are unable to access this information the same way humans do.

II

One of the biggest effects of AI in education is that it can make education a lot more interesting than traditional education. There are several ways in which AI can make education a lot more interesting. Things such as game technology and simulation are expected to play major roles in this regard. In fact, such technology can actually be used in order to encourage students to come together and develop knowledge themselves, and they can find what they are interested in or what they would like to study in the future as a university student. This is something that young people need in the current day and age of short attention spans. The ultimate goal in this field is to create virtual humans who can think, communicate, and educate.

The second major cause of impact with AI on education is that students can get additional support from AI. It is better than only having a teacher in the classroom because teachers should have enough to explain and monitor everyone. If a classroom has access to an AI source than can answer questions without interrupting that class, it not only creates a less stressful environment, but teachers have time to focus on the day's lesson. AI tools could delegate as a teaching aid by suggesting several ways to solve a problem, explain particular vocabulary, or make sure students have equal access to understand information.

Finally, and most importantly, teachers also can get support from AI in several ways. For example, professional development modules can educate teachers better strategies and practice methods for students. Some routine tasks can be managed by AI such as communication with students or marking exams. For example, according to the digital trends, one college used an AI chatbot to communicate with students as a teaching assistant all semester without students knowing they were not talking to a human.

III

One major problem that can occur is that AI can become too powerful if it advances too far and could become dangerous. Deep learning is a branch of AI dedicated to teaching machines to learn to accomplish tasks on their own. The potential of deep learning is significant and has applications from driverless cars to more advanced robots. On the other hand, if AI starts to learn by itself, if humans cannot control it, smart technology may become rebellious. If certain applications for AI become powerful and get hacked by other people or interest groups, information and control of applications would be stolen. One solution for this potential risk is for the control system to shut AI down quickly. If we do not have these kinds of systems, AI could become stolen or weaponized by people or even other AI someday.

Another major problem with using AI in education in Japan is that many young people are losing proficiency using the Japanese writing system. ICT has become popular, so if AI becomes more and more popular in schools, many students will lose proficiency in Kanji. According to the Nihon Keizai Shimbun, it was found that 60% of the people feel that they cannot write Kanji correctly. A major reason why is because personal computers and mobile phones do not directly use Kanji. Modern technology relies on the English alphabet, in which Japanese people translate with hiragana. Modern Japanese people would not have enough opportunities to handwrite characters if the education system changes from analogue to digital. Many schools currently limit the use of computers or mobile phones in schools because of the fear of students' losing scholastic ability in Japanese language. The Japanese government surveyed 3500 people's Kanji skills who were over the age of 16 and received responses from about 2000 people. Over 70% of people from ages 20 to 50 claimed their Kanji skills were getting worse and 48% of people from ages 16 to 19 claimed the same. One solution would be to save the time to use computers and mobile phones in school and school must focus on more Japanese classes. Many students have limited skills to use electronic devices or use AI responsibly. There is no clear balance yet, but the future changes in education will stem from this problem.

IV

In conclusion, there are many advantages, disadvantages, and effects and problems. There are many benefits of using AI in schools. Overall, I think it is more beneficial than a detriment. For one, the students become more interested in classes because AI can offer virtual reality and more interactive tasks that require group work and discussions. It is good for students to broaden their horizons while also getting useful information and skills.

Secondly, it is good for the environment because it will decrease the amount of paper garbage from schools. I think making education a lot more interesting is the main goal for AI application in schools. The work environment of teachers needs to be considered. If teachers change their lessons to using more technology, especially with AI, they will need to learn how to successfully teach in that method. However, over time it should become easier for teachers to do their jobs. The biggest problem in education could be the decreasing skills of young people, especially in writing or grammar. AI applications will need to help create a habit for students to use electronic devices as proper tools for knowledge and building skills. Schools should balance AI in their curriculum and not be dependent on technology. We still need educated people to guide young students to understand important subjects in schools.

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The Current Situation of the Hospitality Industry

Honori Ohata

Nowadays, the hospitality industry is ever-changing and the global scene is changing faster than before. As a whole, the industry continues to grow and consumers are traveling more than ever. In fact, according to Statista, the total contribution of tourism and travel to the global economy increased gradually from 2006 with 6.03 trillion U.S. dollars to 2017 with 8.27 trillion U.S. dollars. By region, the number of tourists is rising year by year especially in Asia and Europe. According to Statista, in 2017, 485.04 million people visited Europe and this number grew by 7%,¹ which is the strongest growth in several years. Also, according to World Travel & Tourism Council, the proportion of foreign visitor exports increased from 2014 with 7.3% to 2017 with about 9% and it is expected to grow this percentage approximately 6.2% by 2027.² While many people are enjoying to travel around the world, it is worried that the world affairs like politics, terror, disaster, infection, and so on have a clear impact on the hospitality industry because unfortunately the first things people do when some accidents happen is to cancel their trip out of fear. This damage affects economically to the industry. In order to understand deeply about this industry and make it keep flourishing, in this thesis, I will explain about the current situation of the hospitality industry, including the cause of the current situation of the industry, comparing hospitality industry of Asia and Europe, and solution of a problem which the industry has.

I

The biggest cause of more competition in the hospitality industry is globalization of the world. The hospitality industry is a multibillion-dollar industry that depends on the availability of leisure time and disposable income and very broad and in the same way the tourism industry is also very abroad. Therefore, tourism industry and globalization of the world affect each other. For example, If the interest in sports increases in the world, audiences come all over the country as international conventions like Olympic are held. And it involves various tourism industries such as transportation and accommodation. In the case of Brazil, Rio was the first city organizing Olympic games in South America, two years after the Soccer World Cup was held in Brazil³. Two major sports events, which attracted attention from media around the world, and that promoted the accommodation development. According to Interface Tourism France, 541,000 tourists visited Rio in July / August 2016, 157,000 more pax than during the summer of 2015.⁴ Also, as for Brazil globally, 6.6 million international tourists visited in 2016. This number is 4.8% more than 2015.⁵

Second, one of the causes of more competition in the hospitality industry is the improvement of innovation of infrastructure. In the case of the tourism industry, transportation is one of the important points for passengers to make a safe and comfortable trip while keeping costs low. Nowadays, as airline companies of the world are ranked by World's Best Low-Cost Airlines of the World Airline Award⁶, the quality of low-cost airplanes improve significantly. In addition, the structure of airplanes is progressing. According to Smithsonian, recent airline innovations is going to break our concept of airplane

¹ "European Countries by Number of International Tourist Arrivals 2017 | Statistic." Statista.

² "World Travel & Tourism Council Unveils 2018 Economic Impact Research Report." The TreadRight Foundation - Encouraging Sustainable Tourism.

³ Meyer, Amelia. "Brazil.org.za." National Anthem of Brazil. January 01, 1970.

⁴ "Olympic Games and Tourism." Interface Tourism France. September 14, 2017.

⁵ "Olympic Games and Tourism." Interface Tourism France.

⁶ "World Airline Awards." SKYTRAX.

⁷. For example, self-cleaning seats are invented to prevent getting sick in the plane and a private dining room for four, families that have children. Seat of the room can also be transformed into private bed.⁸

Finally, the third cause is diversification of lodging facilities. Along with the improvement of the quality of service, various types of accommodation facilities that are faithful to customers' needs are made. In the last several years, not only resorts but also low rate lodging houses such as renting private house and cruise ship trip are getting popular among visitors because these can offer more space, privacy, and flexibility compared hotel room. In addition, among people who are not passengers like a businessman or people who miss the final train, capsule hotels are very attractive facility because it is easy to find these hotels and cheaper than hotel and there are many kinds of capsule hotels so they can find one that fits their needs. According to Statista, the value of global capsule hotels industry increased from 2012 with 132.51 million dollars to 2016 with 158.88 million dollars.⁹

II

There are several similar points both of Asian and European hospitality industry. The first similar point is the percentage of the total contribution of Travel & Tourism to GDP. According to World Travel & Tourism Council, in Europe, it accounts for 9.9% of the total GDP of Europe¹⁰ and it also accounts for 9.2% in Asia.¹¹ As you know from this, the tourism industry is an essential part for both countries to grow the economy. The second similar point is average per night hotel price. According to Insight and Rick Steves Europe, it costs approximately 150 dollars in Asia¹² and 110 dollars in Europe.¹³ In addition, both Asian and European hotel industry are getting more global. There are now 5,431 intercontinental hotels in the world and the number is increasing more and more.¹⁴

On the other hand, there are some differences both in the hospitality industry in Asia and Europe. The customer service method is one of the different points. In Asia, employees are paying close attention to guests by keeping a distance from the guests and carefully responding to them. In contrast, there is no teacher student relationship like Asia in Europe and employees grasp the needs of guests and provide services by friendly conversation with guests on an equal footing. In addition, there is a tipping system in Europe and connects to employee's motivation.¹⁵ By direct profit, employees individually refine their skills and offer it to guests. In Asia, employees cooperate with each other, make unified polite and polite customer service. Also, it is easy for passengers of Europe to cross the border in Europe because people do not need passports to cross the border because of the Schengen Agreement.¹⁶ Therefore, visitors can go to several countries on one trip.

⁷ Museum Conservation Institute Stain Removal.

⁸ Matchar, Emily. "Seven Airplane Innovations That Could Change How We Travel." Smithsonian.com. May 29, 2018

⁹ "Capsule Hotels: Market Value Worldwide 2012-2022 | Statistic." Statista.

¹⁰ "World Travel & Tourism Council Unveils 2018 Economic Impact Research Report." The TreadRight Foundation - Encouraging Sustainable Tourism.

¹¹ "World Travel & Tourism Council Unveils 2018 Economic Impact Research Report.

¹² Hotelierms <https://ehotelier.com>. "Cities in Asia-Pacific with the Most Expensive Average per Night Hotel Prices." Insights. June 20, 2018.

¹³ "Budget Hotels: What to Expect." Rick Steves' Europe.

¹⁴ "Our Global Presence." InterContinental Hotels Group PLC.

¹⁵ Malik, PK, Dewan, AK Patidar, and Sain. "Effect of IOP Based Infusion System with and without Balanced Phaco Tip on Cumulative Dissipated Energy and Estimated Fluid Usage in Comparison to Gravity Fed Infusion in Torsional Phacoemulsification."

¹⁶ "The Schengen Agreement - History and the Definition." Schengen Visa Information.

III

One of the solutions of this problem is patrol-enhancement and effective use of translation tools. These solutions are mainly for damages from terror and disaster. We do not know when terror or natural disasters happen and can estimate only and it is not exactly. Thus, how do you move immediately after these happening is the key to keep stable the hospitality industry. Especially in hotels, there are many foreign people from all over the world and it is high possibility to take time to let them take refuge in a safe place. So, by using translation tool effectively, more people can get announce related terror or disease and save own safety. According to WWD, touch panel type high quality speech translator compatible with 74 languages was released in Japan in 2017.¹⁷ In addition, Google translator that has about 500 million users includes 103 languages today.¹⁸ The patrol-enhancement is also helpful to protect people and reduce possible to occur these happening. Even if unfortunate things occur, trust in the tourism industry will not be lost if we can safeguard people.

Second solution is building deep relationships among countries in the hospitality industry to help each other when anything happens. Speed of restoration is important for the hospitality industry because this industry contributes GDP,¹⁹ so depression of this industry leads to decrease economic power. Therefore, it is important to restore as soon as possible after happening to regain trust from visitors and the number of them. To achieve this ideal, assistation of other countries is essential and it is easy to demand their help if you usually build a relationship with them. In fact, in the tourism industry of France, which was attacked by terror in 2015, the number of international overnight visitors decreased 1.54 million from 2015 to 2016.²⁰ Also, tourist arrivals from Japan, Russia and China dropped by over 50%, 35% and 13% respectively.²¹ However, after two years of falling tourism numbers, due to terrorism attack in 2015, tourism industry of France experienced impressive growth. According to *The Local*, the number of visitors coming through the arrival gates in France increased 8% on the previous year.²² One of the causes that the number increased is assistance from other countries. France needed to correct false and incorrect news about terror damages that have spread around the world in order to stop image that france is dangerous place among people. Then, negative and wrong messages were corrected in nine languages across over 190 countries under help of these countries.²³

Finally, the third solution is to diffuse the use of technology. For example, robots. They can let guests flee for refuge immediately without being upset when anything emergency happen. Also, they can avoid dangerous roads on the way to a safe place by getting information through network. As I said, protecting guest's safe perfectly is an important thing for this industry. In addition, SNS like Instagram, Twitter, Facebook can be a

¹⁷ Zaczekiewicz, Arthur. "Sourcenext Sees Its 'Pocketalk' Translator as Consumer Solution - and Business Tool." WWD. March 22, 2018.

¹⁸ Shu, Catherine. "Google Translate Now Has More Than 100 Languages And Covers 99 Percent Of The Online Population." TechCrunch. February 18, 2016.

¹⁹ "Travel & Tourism's Contribution to the World's Economy." TravelDailyNews International.

²⁰ "International Overnight Visitors to Paris 2010-2017 | Statistic." Statista.

²¹ World Travel & Tourism Council. "Tourism Recovery after Terrorism: How France Bounced Back." Medium. July 05, 2018.

²² The Local. "89 Million Tourists: Why France Is Still the Most Visited Country on Earth." The Local. January 18, 2018.

²³ World Travel & Tourism Council. "Tourism Recovery after Terrorism: How France Bounced Back." Medium.

weapon to protect hospitality industry because these SNS app have 1 billion,²⁴ 100 million²⁵ and 1.5 billion²⁶ daily active users, respectively so you can gather their attention easily and give information more people and manage their needs and trend if these can be used well and effectively.

IV

In conclusion, there are several causes that competition rate of hospitality industry increases, including globalization, improvement of innovation of infrastructure and diversification of lodging facilities. However, I think the most possible reason is globalization of the world because the effects that globalization give the industry is bigger than effects that other causes give. By progressing globalization, movement of people and things will be active and it connects on increasing the number of clients of tourism industry (hospitality industry). In Asia and Europe, which is one of the most competitive regions in the industry, there are several similar and different points of about it and both industries have advantages. However, I think European hospitality industry has a better influence on guests and economic growth of the world. As you can see, visitors can experience culture and sightseeing spots and food of some European countries on one travel because they can cross the border easily in countries that participate the Schengen Agreement. It also contributes state revenue of each European countries by many people traveling around Europe. Finally, one more thing that we need to know to understand the current situation of the hospitality industry is about damages which the industry is affected by the world affairs including politics, terrorism, natural disaster, infection and so on. There are several solutions to save the hospitality industry from these affairs. However, I think building deep relationships among countries in the hospitality industry is the best solution because this industry has influenced the economy of countries all over the world, and this problem is a national problem, so it is beneficial for the industry to help other countries. Also, by getting help from other countries, the speed of restoring the damage is getting faster. From these opinions, by stimulating the differences between the global phenomenon and the industry to produce a synergistic effect and making relationships with other countries, the hospitality industry can keep flourishing. Also, it is important for the growth of the industry to provide quality service to guests while competing among other corporations.

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²⁴ Constine, Josh. "Instagram Hits 1 Billion Monthly Users, up from 800M in September." TechCrunch. June 20, 2018.

²⁵ Salman.aslam.mughal. "Twitter by the Numbers: Stats, Demographics & Fun Facts." • Twitter by the Numbers (2018): Stats, Demographics & Fun Facts. September 18, 2018.

²⁶ "International Overnight Visitors to Paris 2010-2017 | Statistic." Statista.

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Traffic Jams in Viet Nam & Japan

Kodai Yaku

Nowadays, cars are indispensable for us as a means of transportation. Even in Japan where road conditions are good and transportation is also improved compared to Vietnam I visited in the field trip, traffic jam has occurred over and over. Now I will write about 3 major causes of traffic jam and I will explain why it is an important problem. In Kyoto city where we live, we often see traffic jams in the following places, tourist spots, general road in the morning and evening commuting time zone and downtown area around Kawaramachi.

Nowadays, traffic jams are one of the biggest problems in all over the world. In this time, I wrote compare and contrast about traffic jams in Japan and Vietnam. Traffic jams are caused by people, cars, motor bicycles, and transportation in roads and highways. Sometimes, it was caused by traffic accidents, and large-scale disaster. Also, it was caused by maintenance on roads or highways. In addition, traffic jam was caused in long vacations such as summer vacation in Japan. The cases of Vietnam, traffic jam was caused every morning and evening.

Recently, traffic jams in Vietnam is one of the serious problems. Traffic jams in Vietnam is caused by cars, motor bicycles, and transportation. Especially, it is caused in the morning and evening in Hanoi and Ho Chi Minh city. For example, in commuting time and school times in 7-8 AM and 4-5 PM. Then, I will mention about solutions of traffic jams in Vietnam. These are Ho Chi Minh Metro project, to adjust commuting time and school time, and government have to ban that taxis park on the roads and they left their taxis.

I

First, as a cause of traffic jam common to these things, a large amount of vehicles move in a concentrated manner. Traffic volume in the morning and evening is more than in the daytime. Especially at 7 o'clock in the morning and 6 o'clock in the evening, it is said that the traffic volume is prominent among the day. Depending on the location, there are places where traffic is prohibited during this time. There was an accident that an elementary school student on the way to school in Kameoka was run over by a car and died, so I think it is very important to set time zones where it is impossible in some places to pass. At Kyoto sightseeing spot, a system called park and ride is recommended, in which a car is stopped at a parking lot around a station or a bus stop, transferred to a public transportation system such as a train or a bus, and headed to a destination. I think that it is very good to relax the rush of private cars to tourist spots. Reducing the traffic volume of a car by changing the way of transportation from cars to public transportation means, changing the route, or getting on the same car by some people is an important way to alleviate traffic congestion I think.

Another cause is that the road is narrow compared to the traffic volume of the car. In Kyoto, the extension work of Gojo-dori was done. As the width of the road becomes wider, it is possible to increase the lane, so that the lane in which the traffic is blocked by the construction vehicle, the cars parked on the road disappear, so that it is easy to pass. Also, as the number of lanes increases, it is possible to install a lane for turning right, so it is possible to prevent congestion by waiting until the car turns right inside the intersection.

Finally, I think that the cause of traffic jam is at the intersection. Traffic jam in Vietnam is serious. In some cities, there are no traffic lights and crosswalks, so people confuse every day in the morning and the evening. Police officers stand in the middle of the intersection and organize traffic. But people confuse and traffic jam occurs. In Japan, traffic lights are always installed at intersections, but the fact that the green light time is not secured

enough to match the number of cars trying to pass through the intersection causes traffic jams. On a road with a lot of cars to pass through, if we lengthen the green light time, and on a road with less car traffic, if we shorten the green light time, we can solve traffic jam.

II

First, the traffic jam of our country in Japan, these problems are almost by artificial factor. People usually park on the roads and they left their cars. They wait for people, some of them think parking fee price is too expensive. If the rests such as construction or the holiday happen on the highway, a large-scale accident happens and invites a large traffic jam. Approximately ten years ago, the cars stopped before in the expressway toll place and paid money. It caused the traffic jam, too. In late years a system called Electronic Toll Collection System is the system which can pass without stopping at a tollgate when we use a toll road. The traffic jam is a natural factor too. When a large-scale disaster was caused, the lifeline of a train and the road is not usable, and the people can only use the car. Therefore a large-scale traffic jam is caused. Because taxis waiting a visitor form a line on a street in the downtown, it is thereby congested.

Then, the traffic jam of Vietnam is a thing by the artificial factor, too. There is not a traffic signal in some cities. They have to go to a workplace and the house hastily in the morning during rush time of the evening because there is not a traffic signal, and a police officer substitutes for the signal, people are always confused. The motorcycles and the cars crowd and cannot move. Furthermore, the cars cannot easily work because there are the road traffic jams by motorcycles like Japan. Therefore a traffic jam is generated too. In this case, the time when what time you arrive at the destination is not readable at all. Because anyone wants to move earlier and breaks a rule and moves without permission when the Vietnamese are at the time of attendance particularly a rainy day, they invite great confusion.

III

First of all, traffic jams in Hanoi and Ho Chi Minh City is serious now. Government of Vietnam have to solve social problems like traffic jams and air pollution in Ho Chi Minh City. Government of Vietnam and some of some Russian, German, Japanese and Korean companies are cooperated to develop the subway project called “Ho Chi Minh City Metro” in Ho Chi Minh City. This project will finish in 2020. Total routes are 6 and total extension distance is 107 kilometers. In 2006, Asian Development Bank showed us that Government of Japan support seventeen million dollars to develop for this project.

Second, to adjust commuting time and school time are one of the good solutions. Each time, the roads are very crowded by people who are waiting for their children and office workers. They rushed to go all the time in the morning and evening. So, Government have to set each time zone. For example, commuting times set 6 to 7:30 AM and 5 to 6:30 PM. Also, school times are 7:30 to 9 AM and 3:30 to 5 PM. It can improve traffic jams in the morning and evening. If this project comes true, people can use roads very easily.

After that, the government have to ban that taxis park on the roads and they left their taxis. In big cities like Hanoi and Ho Chi Minh City, there are many taxis. They stop and wait for passengers. It causes traffic jams many times. So I thought Government have to ban that taxis park on the roads and they sometimes left their cars. After execution of this project, the traffic jams will decrease and people can use roads very quickly. Also, the bus will arrive at each bus stop on time and bus company can get good trust.

IV

Finally, the most common traffic jams are at intersections. Traffic jams in Vietnam is serious. In some cities, there are no traffic lights and crosswalks, so people confuse every day in the morning and the evening. Police officers stand in the middle of the intersection and organize traffic. But people confuse and traffic jam occurs. In Japan, traffic lights are always installed at intersections, but the fact that the green light time is not secured enough to match the number of cars trying to pass through the intersection causes traffic jams. On a road with a lot of cars to pass through, if we lengthen the green light time, and on a road with less car traffic, if we shorten the green light time, we can solve traffic jam. In order to eliminate traffic jams, we not only improve roads, intersections and traffic lights, but when we drive a car, we should check traffic jam information before we go out and delay the departure time and change the route and use public transportation instead of cars.

In conclusion, traffic jams in Japan and Vietnam are caused by people, cars, motorcycles, and transportation at intersections and highways. Also, in Vietnam, they are caused by the conditions of each road, and about traffic lights at roads too because Vietnamese always ignore the traffic rules by cars, motor bicycles, buses and people. In order to eliminate traffic jams in each country, we are not only improve roads, intersections and traffic lights, but when we drive a car, we should check traffic jam information before we go out and delay the departure time and change the route and use public transportation instead of cars.

The project of Ho Chi Minh City Metro project, to adjust commuting time and school time, and government have to ban that taxis park on the roads and they left their taxis are great solutions. Project of Ho Chi Minh City Metro is underground, so this project makes traffic jam in Ho Chi Minh City will decrease from 2020. Also, to adjust each time zone makes people can use their car on each time zone. To ban taxis on road makes emergency cars can correspond any times. Overall, these projects makes traffic jams in Vietnam will change less traffic jam someday and everyone can use each transportation. Traffic jams are a common thing in large cities with large populations. In each city, we not improve each roads, intersection and traffic lights. Also, traffic jam is caused by people and each public transportations instead of cars. In Vietnam, it was caused by the conditions of each road, and traffic lights at roads because Vietnamese always ignore the traffic rules. The project of Ho Chi Minh city metro must be change traffic jam in Vietnam. I think this problem makes people confusing and annoying. However, these topic which I made before were good for this social problem. All these social problem will solve after 2020 in Vietnam.

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Improvement of Refugees' Lives

Nagisa Shiroshita

Now, there are 68.5 million people who forcibly displaced in the world. Also, 25.1 million of them are refugees.¹ Refugees mean people who flee from their own countries and pass over a national border to go to other countries.² This number(68.5 million) is about 9% of the world population(approximately 7.5 billion)³. Looking only at this number, this is not a big number. However, this is a big problem because there are a lot of people who cannot live in their own homes or countries in the world. Moreover, refugees stay in other countries is some burdens for the countries. For example, they battle with citizens who live in the country because they try to get their sources such as food, water, and land. In some cases, it may bring a huge change in the flow of the society include services and property and affect to underclasses.⁴ This situation should be looked at again. In this thesis, I will explain about the refugees who exist around the world, including the causes: gender and sexual orientation, climate change and war, compare and contrast of hosting refugees in Japan and Turkey, and solutions: supporting women's rights, helping refugee camps and stopping climate change to know what is going on refugees and help them.

I

One of the causes is gender and sexual orientation. These Refugees are suffering serious discrimination by gender or sexual orientation like the problems of persecution. A majority of them often become victims who are tortured and killed because of that.⁵ From this fact, finally, UNHCR updated the guidance in 2012. They wrote, "It is widely documented that LGBTI individuals are the targets of killings, sexual and gender-based violence, physical attacks, torture, arbitrary detention, accusations of immoral or deviant behavior, denial of the rights to assembly, expression and information, and discrimination in employment, health and education in all regions around the world."⁶ And then, France accepted the first gay as a refugee after understanding that LGBT people faced the persecution in Chechnya in May 2017.⁷

Besides, climate change can be a cause of refugees. Refugees who are affected by climate change are called "climate refugees." How does climate change relate to refugees is mainly a deterioration of the environment that refugees live in. For example, there are extreme weather, drought, and rising sea levels. If they have a variety of damages, they are not treated fairly compared with refugees who are fleeing for other reasons because they don't have the same protections as other refugees.⁸ Almost climate refugees are living in the rural, coastal area, and small island, likewise poorest people. Most of them are internal migrants. In that case, they migrate in the urban area and they may not fit the society such as the urban area because they don't have to work at the companies in the rural areas. There are a lot of

¹ United Nations. "Figures at a Glance." UNHCR.

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⁵ Rogers, Haley. "What Causes a Person to Become a Refugee." BORGEN. January 19, 2018.

⁶ PhineasJFR. "These Are 5 Reasons Why People Become Refugees." Global Citizen.

⁷ Rogers, Haley. "What Causes a Person to Become a Refugee." BORGEN. January 19, 2018.

⁸ "Climate Refugees." Friends of the Earth.

people who live the self-sufficient lifestyle in the rural.⁹ Furthermore, this cause will continue to make many refugees.¹⁰

The third cause is war. A lot of people are affected by civil war. Especially, it shows Syrian refugees because more than 5 million people had fled from the Syrian civil war in 2017.¹¹ According to UNHCR, Syrian refugees are 6.3 million, so most of them became refugees because of civil war.¹² Furthermore, Misty Buswell, the charity's director of advocacy for Syria, said that more than 1,000 children in a day had fled from their country and their generation that have to rebuild Syria after the end of the civil war is growing as refugees.¹³ Additionally, about 120,000 people died in the Syrian civil war by September 2013. More than 4 million people were forced to migrate to other places and more than 2 million people fled to other countries.¹⁴ The damages from the civil war are much bigger than we think.

II

There are a couple of similarities about refugees between Japan and Turkey. Firstly, Japan and Turkey have a lot of applications to migrant from refugees but the number of applications is different. There were approximately 20,000 refugees who applied for migration in Japan.¹⁵ Secondly, the refugees are coming from the countries where are near Japan and Turkey each. The refugees to Japan came from Southeast Asia such as the Philippines, Vietnam, Indonesia, and Sri Lanka in 2017.¹⁶ Almost all refugees who go to Turkey are from Syria. Most non-Syrian refugees are from Iraq, Afghanistan, and Iran.¹⁷

Also, Japan and Turkey have some differences in hosting refugees. First of all, Japan accepted only 20 refugees although Japan was applied for migration from about 20,000 refugees in 2017. The Japanese government said that the reason why they didn't get many refugees is that many refugees who don't have protection claims applied.¹⁸ In addition, Japan is hesitating to take refugees because they have been closed to immigration despite one of the most government donor countries of UNHCR.¹⁹ And then, Hidenori Sakanaka, a former Justice Ministry official who heads a pro-immigration think tank, said, "Japan has continued a closed way of thinking about foreign people because Japan was an island that has a lot of population."²⁰ However, there are over 3.5 million refugees in Turkey as it is insisted in this introduction. Moreover, 70% of them are children and women.²¹ Then, Turkey's national government has carried out a variety of projects for refugees to advance the unification of then. For example, they give refugees a vocational training program for the future, and they

⁹ National Geographic Society. "Climate Refugee." National Geographic Society. October 09, 2012.

¹⁰ PhineasJFR. "These Are 5 Reasons Why People Become Refugees." Global Citizen.

¹¹ Dearden, Lizzie. "More than 5 Million Refugees Have Now Fled Syria." The Independent. March 30, 2017.

¹² United Nations. "Figures at a Glance." UNHCR.

¹³ Dearden, Lizzie. "More than 5 Million Refugees Have Now Fled Syria." The Independent. March 30, 2017.

¹⁴ "Syrian Civil War Facts Kids Encyclopedia Facts." Wicca for Kids - Kiddle.

¹⁵ "Despite Global Refugee Crisis, Japan Accepts Only 20 Refugees in 2017 - Japan." ReliefWeb.

¹⁶ Chan, Tara Francis. "NO ENTRY: How Japan's Shockingly Low Refugee Intake Is Shaped by the Paradox of Isolation, a Demographic Time Bomb, and the Fear of North Korea." Business Insider.

¹⁷ "UNHCR Turkey Factsheet - October 2017 - Turkey." ReliefWeb.

¹⁸ "Despite Global Refugee Crisis, Japan Accepts Only 20 Refugees in 2017 - Japan."

¹⁹ Ekin, Annette. "Lives in Limbo: Why Japan Accepts so Few Refugees." GCC News | Al Jazeera.

²⁰ France-Presse, Agence. "Not Welcome: Japan Refuses More than 99 Percent of Refugee Applications." The Telegraph.

²¹ "UNHCR Turkey Factsheet - October 2017 - Turkey."

expand access to education for Syrian children.²² Furthermore, Turkey has a feature in response to efforts about refugees. That is not to use camps and they have the government-financed approach to distinguish between Turkey and other countries where lead refugees to camps supported by humanitarian agencies.²³

III

There are several solutions to help refugees and improve the current status of them.

The first solution is giving women and girls more rights. The percentage of school attendance for refugees is low. Especially, the enrollment rate of girls is lower. Therefore, to provide the educational environment in refugee camps will become a help for them. This strategy has been carried out and succeed in 20 countries since 2012. The number of girls who were able to go to elementary schools has increased compared with 2010.²⁴ Also, Debra Walton, who is the Chief Content Officer at Thomson Reuters and an executive sponsor of the Thomson Reuters Women's Network, said that the key point to solve human rights problem is putting women on the high places in government and companies. The reason is to have strong power in society. For example, world government needs to have a world of equality and fairness for all individuals. And then, the companies hold an important key to funding and influence to stimulate the government.²⁵

The second solution is to support refugees who are in camps. This is the way of helping refugees move from the refugee camp to other richer countries. By doing so, refugees' lives become better than before. As an actual example, about 100,000 refugees have an opportunity to move to richer countries and live there every year.²⁶ However, almost all of these countries to live is given by Canada and Australia, despite more than 57% of refugees come from Africa.²⁷ Therefore, Europe countries should carry out this programme. This is not enough scale to satisfy demand, but it is important.

The main solution is helping to stop climate change. We need to stop climate changes to help climate refugees. However, it is not only for climate refugees but also for refugees who are affected by the civil war. It happens by climate changes such as floods and drought because people have discontent about the present situation caused by climate changes.²⁸ For instance, we can stop cutting down trees. This is recognized as the main reason for climate change. Surprisingly, we are cutting down 33 million acres of forests each year. Then, you can plant new trees and buy used furniture instead of buying new furniture made of wood. Additionally, you should buy new fridges and air conditioner if you have used more than 5 years and change lamps to LED lights.²⁹ Like this, you can try a lot of things around you.

IV

Overall, I proposed three causes, compare and contrast and three solutions to understand the refugees' current situation and give our help. In my opinion, the third solution

²² Kirişci, Kemal, Jessica Brandt, and M. Murat Erdoğan. "Syrian Refugees in Turkey: Beyond the Numbers." Brookings.

²³ "Page Not Found Error 404." World Bank.

²⁴ United Nations. "Update on Refugee Women: Promoting Gender Equality and Eliminating Sexual and Gender-based Violence." UNHCR.

²⁵ Walton, Debra, and WRC. "Gender Inequality: Global Problem, Local Solutions." Women's Refugee Commission Website.

²⁶ Koser, Khalid. "5 Long-Term Solutions to Europe's Refugee Crisis." *World Economic Forum*

²⁷ United Nations. "Figures at a Glance." UNHCR.

²⁸ Goodier, Rob. "The Work to Solve Refugee Crises Now Through Climate Change Action." *Engineering For Change*.

²⁹ "10 Solutions For Climate Change." *Earth Eclipse*.

is the best choice to improve this problem because everyone can help that and touch on this problem. In addition, there are a lot of things they can do so it is easier to begin. Moreover, climate change is not only a problem for refugees but also the whole world. Thus, it is our duty. We can change this current status by thinking about them more than now, though it is impossible to change that significantly.

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Overwork Because of Overtime

Yuina Takada

In recent years, Japan is known as there are many people who usually do overtime, and there are some data. According to the Japan Times, more than 80% of companies that employed transportation drivers violated rules which are decided by the labor ministry. On the labor ministry, breaches were found at 4,564 in 2017¹. There are several causes of rogue companies: policy by Shigeru Yoshida of Japanese prime minister in the past, awareness of Japanese people to overtime culture and labor shortage. In addition, These causes affect badly. Especially, suicide is serious problem. According to the statistics portal, the major reason of suicide related to problems at workplace was exhaustion from such as overtime between 2007 and 2016 in Japan². However, there are overtime culture in not only Japan because, apparently, a lot of foreign countries also have similar circumstances. For example, according to the OECD, the average of spending time at work per person was 1600 hours in the UK, also the difference with Japan was only 100 hours³. In this essay, I will explain about overtime problem in Japan including causes, effects and comparison. It is necessary for Japanese people to know about the current situation of our society.

I

There are some reasons why companies in Japan can't stop the overtime. One of the causes is policy by Shigeru Yoshida. The concept of death from overworking was appeared after the World War Second. In the early 1950s, Japanese prime minister, Shigeru Yoshida made reconstruction of Japan' economy. For example, he entered the large enterprise to give lifelong job security for employees, and the pact had worked⁴. From his effort, Japan's economy grew up. Also, according to the World Economy Forum, it was the third highest in the world in 2017⁵. However, from this cause, current Japanese style of work was started. Also, according to the Business Insider UK, Japanese companies are allowed to negotiate directly with employees for working more than eight hours a day. Also, there are employees who have pressure from management or colleagues.

Second cause is awareness of Japanese people. According to the Independent, overtime culture is usual habit for almost all working people⁶. Also, on the Japan times, about 1,700 companies were surveyed about overtime, and 23% of those companies said that had employees who have worked more than 80 hours a month in 2017, and it is overtime. Also, on the BBC news, there are employees who are working more than 80 hours a month in a quarter of Japanese companies⁷. From these data, there are many people who have experience of overtime and this culture is common for working people. In addition, Japanese government made a special day called " Premium Fridays". So employees can finish their job by 3 o'clock on the last Friday of the month. The study found that about 4% percent of employees did not it on the first Premium Friday, according to the CNBC.

¹"Over 80% of Japan's Transportation Firms Violated Overtime, Other Labor Rules Last Year: Labor Ministry." The Japan Times. August 6, 2018.

² Laporte, John. "Topic: Suicide." Statista.

³ OECD. Health Status.

⁴ "Working Yourself to Death Is Such a Problem in Japan There's a Name for It." World Economic Forum. October 26, 2017.

⁵ "The World's Biggest Economies in 2018." World Economic Forum. April 18, 2018.

⁶ "Japan Is Facing a 'death by Overwork' Problem - Here's What It's All about." The Independent. October 19, 2017.

⁷ "The Young Japanese Working Themselves to Death." BBC News. June 02, 2017.

Lastly, the biggest cause is labor shortage because of population decline. According to the population estimate from the statistics Bureau of Japan, the highest number of Japanese population was in 2008⁸. The lack of workforce will make overtime culture because the burden of work to per person will increase. Actually, Japanese economy has been growing up since 2012, and the number of unemployment has decreased about 2.7%. On the other hand, according to the survey by the Bank of Japan, companies in Japan are facing labor shortage since 1992⁹. So working people have to work more to compensate for lack of workers, so there are companies which can not obey the rules by labor ministry.

II

First effect of overwork is bad impact on health. It has a bad influence on health because people working too much can not take enough break time, and it is called Karoshi. There are many people who died from overwork in Japan. For example, according to the USA today, the woman who was working at TV station died because of heart failure in 2013, and the other woman who was working as NHK reporter died, because she had worked more than 150 hours in a month. Moreover, according to the labor accident compensation scheme, about one hundred workers who died because of heart illness from overwork. Also, on the result of survey by Ritsumeikan Asia Pacific University, the number of Karoshi is increasing recently in Japan. From these data, we can know that overworking makes bad effect for health.

Second influence is losing the reliability of companies because labor that beyond the limited work time by the Ministry of Labor is illegal in Japan, and if someone dies caused by overwork, it will be known all of Japan by media. Then the impression will be bad as it has a big impact on us. According to the survey by organization about media, about 90% of people said that they were influenced by media¹⁰. Additionally, the rogue company will be imposed fines. For example, according to the media coverage of Japan, when a worker dies because of long hours labor, a fine of not more than \$ 5000 will be imposed. So there are many Japanese people who work too much, however it makes some risks like lack of employee from bad impression and fines. Moreover, people need a safe workplace, so it will be connected to lack of workers.

The biggest impact by long hours labor is increasing suicide rate. In recent year, the amount of suicide rate by Japanese people is increasing. According to the Ministry of Labor data, the work related suicide rate had moved up to 45 % from 2011 to 2014 in Japan, and the average age of that were 29 years¹¹. Moreover, this problem is becoming bigger, because there are a lot of people who are working too much. For example, on the Japan Times, in the United States and South Korea, the average time people had worked was around 2,000 hours without part time employee in 2014¹². On the other hand, the number of that in Japan was about 1,700 hours in total at the same time. From theses results, long hours labor effects to suicide rate, and also there have this issue in not only Japan but also other countries.

III

⁸ "Japanese Government Says Shrinking Population Is the "Biggest Challenge" for Economic Growth." PRI. October 25, 2017.

⁹ "Japan's Labour Shortage Beginning to Erode the Quality of Services." Seven Things I Learned about the Transition from Communism | VOX, CEPR Policy Portal. March 31, 2018.

¹⁰ "Does the Media Influence Us?" Debate.org.

¹¹ Laporte, John. "Topic: Suicide." Statista.

¹² "The Government's 'karoshi' Report." The Japan Times. October 12, 2016.

There are some similarities of work style between Japan and the United Kingdom. First of all, according to the OECD, in 2017, the average working time per worker in Japan was 1710 hours¹³. In the case of England, it was 1681 hours. Informal there were no big difference. Secondly, from the United Kingdom government site, in the case of 18 years old or younger, people in both countries are not allowed to work more than 40 hours a week as well¹⁴. Thirdly, Japan is known as having an extreme culture, but the United Kingdom also has long labor hours. According to the TUC, about 5 million workers spent 7.4 extra unpaid hours working, on average in 2017¹⁵. Lastly is about the future of work style. In Japan, the work style reform will be performed, and also according to the Passport to Trade, England is doing policies intended to reduce the pressure of jobs against private life¹⁶. So we can know that both countries are trying to improve the environment of workplaces.

Firstly, according to the website of the United Kingdom's government, people can not work more than 48 hours a week, however, in the case of Japan, people are not allowed to work more than 40 hours¹⁷. So Japanese people have less hours to work than English people. Secondly, the obtainment rate of holidays are different. According to the World Economic Forum, Great Britain is one of the top five countries in which people use all their available work holidays. Also, people in European countries tend to take lots of holidays as well¹⁸. Thirdly, the number of days of annual leave in Japan was 10 days in 2016. On the other hand, the number of that was 28 days in the United Kingdom in the same period according to the World Economic Forum¹⁹. Also, there are local differences, for example, according to the Trading Economics, the minimum hourly wage of Japan in 2018 was 848 yen. However, it was 1170 yen in the UK in 2018 according to the Government of UK²⁰. In addition, the unemployment rate in Japan was 2.30 per cent. On the other hand, the UK was 4.10 per cent over the same period.

IV

In conclusion, overtime culture in Japan has some reasons: policy by Shigeru Yoshida. awareness of Japanese people and labor shortage because of population decline. To improve these causes are very important for almost of people. However, solving a problem related to the population is especially difficult because this problem also has many reasons which are difficult to solve. However, it was found an efficient solution which is called "Premium Fridays". It is being stating from recent year, but it has obviously good effect, so I think people need to continue about that. On the other hand, it will take a long time to improve the overtime, so it is making bad effects. I think a lot of people tend to join the company which is famous and has reliability, so company which is famous for overtime affect on losing the reliability of companies. In addition, as people work a lot, people have bad impact on their

¹³ OECD. Health Status.

¹⁴ Government Digital Service. "Maximum Weekly Working Hours." GOV.UK. March 09,2015.

¹⁵ NNiMhaoileoin@TUC.ORG.UK. "Work Your Proper Hours Day – Tackling the Culture of Unpaid Overtime." TUC. February 23, 2018.

¹⁶ "Work Life Balance." Business Culture.

¹⁷ Government Digital Service. "Maximum Weekly Working Hours." GOV.UK. March 09,2015.

¹⁸ Wood, Johnny. "People in These Countries Get the Most Paid Vacation Days." World Economic Forum. August 22, 2018.

¹⁹ Brodie, Callum. "Do You Take All of Your Holiday Allowance? Maybe Not, If You Live in These Countries." World Economic Forum. August 11, 2017.

²⁰"TRADING ECONOMICS | 20 Million INDICATORS FROM 196 COUNTRIES." Kenya Government Debt to GDP | 1998-2018 | Data | Chart | Calendar.

health. Actually, some Japanese people passed away caused by overworking. I think improvement these reasons of overtime becomes more important as overworking deprives not only health but also life as well. From these information, Japan has overtime culture obviously, however, it is not only Japanese. When I compared to circumstances in the United Kingdom, I found both countries have similarities. However, the problem of death from overwork is not as big as Japan, and there are some reasons including the number of holidays. In think workplace environment is better than Japan. Making good workplace environment is really important thing to reduce the number of people who die because of overworking. For example, Japanese people should get more holidays more easily like European countries, because working hours has no big difference between the United Kingdom and Japan, but Karoshi is bigger problem in Japan. So Japanese companies need to improve their workplace environment to protect people.

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The Significance of Nuclear Weapons

Katsutomi Kitamura

Nuclear weapons are one of the most dangerous weapons on Earth. The reason for this is that it can easily kill millions, destroy the entire city, and endanger the natural environment and life of the future through its long and devastating effects. Recently, the world is littered with 14,185 nuclear weapons in 2018.¹ However, the only two Nuclear weapons were used in war were dropped in Hiroshima and Nagasaki. In recent years, North Korea has also been focusing on developing nuclear weapons. It has come to have the nuclear weapon by changing to a usual weapon in the present age. In the 2014 nuclear weapons statistics, there are still 10145 nuclear weapons in the world. ²Statistically, the number of nuclear weapons in the world has decreased compared to the time of World War II. However, it has not been completely abolished yet. In this thesis, I will explain why countries have nuclear weapons, including effects, pros and cons, and comparing and contrasting various countries.

I

The use of nuclear weapons has a lot of influence. They are divided into three different types. The first effect is on the power of nuclear weapons. First of all, it is "heat-ray" that it is discharged from the nuclear weapon exploding. This is the one that the enormous energy generated by the nuclear fission becomes light and heat, and the heat energy which exceeds 3,000 °C is discharged in the vicinity of the ground zero in a twinkling. Other than the one hiding in the shadows, it is the thing as the organic matter bathed in light and heat is evaporated in an instant. Terrific of that erase to evaporate those who stood, and that only the shadow Yake to the ground. Perhaps there was no time to feel the pain. Even if it is a place away from the ground zero, the person who has bathed in the heat-ray directly will be owed a strong burn. Besides, a fierce "shock wave" is flooded near the hypocenter. The air which expands in an instant by the explosion creates a shock wave of speed exceeding the sound velocity, and the surrounding buildings are knocked down at a stretch. It is guessed that the shock wave had been received, and the victim by the collapse of the building went out a lot even if the heat-ray was not bathed directly because it shadows by chance.

The next is about the influence of nuclear weapons on other countries. The possession of atomic weapons can gain a strong deterrent to other countries. One of the atomic strategies is the idea that the possession of nuclear weapons creates a situation in which the use of atomic weapons hesitates in the conflicting bilateral relations, resulting in the avoidance of a total war that leads to a severe nuclear war and a nuclear war. Nuclear deterrence theory, also commonly referred to as "nuclear umbrella." Many countries hold more nuclear weapons than they need. It is a kind of threat that leads to deterrence. These look good at first glance, but they can also be a horrible result of mistake the human race to ruin. The last impact is on the environmental effects. Nuclear war causes global hunger. The threat of a nuclear winter weather scientists who have Regional atomic war by type nuclear weapons far of climate impact. The results of a new research report. These experts came to the next conclusion. When the nuclear war in a minimal region in South Asia where the Hiroshima class atomic weapon 100 is used is taken as an example, the millions of an instant death person occurs, and an unprecedented all earth climate collapse happens. The smoke of a firestorm in a city caused by multiple nuclear explosions rises in the upper troposphere and is blown up due

¹ <http://www.atomicarchive.com/Effects/index.shtml>

² <https://ourworldindata.org/nuclear-weapons>

deep in the stratosphere on heated air. As a result of the resulting clouds, the sunlight warms the surface of the Earth 7.0 percent for more than a decade; the temperature has been a very low decrease in the amount of precipitation. Within ten days after a nuclear explosion, the Earth The surface average temperature is 1.25 degrees can be lowered. Then the global average The amount of rainfall drops by 10%.The summer monsoon in Asia. Decline essential to agricultural production would affect. These effects will continue for years. The majority of cereals period of 10 to 20 days. The time it takes to mature missing crops will be wiped out.

II

Next theme is depending on how they use nuclear weapons, there are advantage and disadvantage. First of all, I'll tell you about the benefit of having nuclear weapons. By using these nuclear weapons, small countries of the island and military power can get more military power and a shield to protect themselves against a large state with money. This will reduce the likelihood of being invaded by other countries and increase the possibility of peace. The alliance is also developed in countries that do not have nuclear weapons. A nuclear-capable atomic gun received from a state with these weapons has prevented many international conflicts, or wars, over the Years. Then, Countries that have nuclear power have benefited from the status and power that came with their territory. For example, a person might have a small while it is viewed as trivial, many people are more likely to pay attention to their wishes and actions than ever before because North Korea has a great deal of combat power and nuclear weapons. So that no one wants to experience a nuclear attack, other countries allow their country to avoid confrontation with North Korea. Also, with nuclear weapons, Even if you have a nuclear weapon, it is much lower than a state that does not have the potential to be attacked by other Countries. A better country would wish for more peace, and no one would want to risk their land by attacking against it. It can defend itself more than that. This will also allow them to operate more easily negotiations with other countries because everyone wants to engage in a fight that would end up using nuclear warheads.

The second, I will write about the disadvantage of having nuclear weapons. The bombing of Nagasaki and Hiroshima proves this con. Much damage was done to not only man but also the animal which lived in the earth and nature by dropping the nuclear weapon. Heat radiation is generated by the explosion of these weapons, which are followed by a giant firestorm, and destroy a wide Range. Worse, It takes a lot of time for them to return to their original State. Then, Nuclear weapons have a good influence on the Country's finances, but it costs much money to build and maintain it. This makes it more difficult to invest in other important things that a country needs. If they spend that money on other words, the world will be better. Following this, there is excellent evidence that can cause such devastation.

Finally, there were both good and bad points to look at in the end, but I still thought that nuclear weapons should be abolished. Because the power of the country seems to have risen by having the possibility of human loss in the event of a nuclear war. Damage to these weapons can cause them to hit areas that can last for Decade. It is always better to find a diplomatic solution to avoid these wars because the conflicts will bring nuclear weapons into play is dangerous to the world as a whole. It would not be impossible for the nucleus to disappear from this world if we reduce the number of nuclear holdings even a little. If some country is malfunctioning and you hit a nuclear missile, a nuclear weapon will react to another sensor. Thus the world is ruined. Such a future might not be so far.

III

Finally, there are many differences between conventional weapons and nuclear weapons. First, I'll tell you about the biggest difference between the two types of bombs is the scale of destruction they cause. Conventional bombs are made to hurt certain areas and people living there, but nuclear bombs are weapons of mass destruction. Let's think about this. One megaton (million tons) nuclear bomb is enough to destroy the Earth's largest city. (1 ton = 1000 kgs). Also, conventional bomb releases most of its power in the form of the blast. On the other hand, atomic weapon release 50 percent energy as blast, 35 percent as energy and 15 percent as atomic radiation. When an atomic bomb blasts, most people within three to thirty miles of the radius die or are severely injured. A possible destruction range of towns and cities could be as broad as 100 square kilometers for a megaton explosion. Small or large, all nuclear detonations create fireballs at temperatures above 300,000 degrees Celsius. These fireballs serve as shock waves that go all of the paths around many kilometers. Explosions also resulted in hurricane winds and firestorms to large areas.

There are differences in points of view. Conventional weapons produce destructive power in the energy generated by the chemical reaction, and the reaction product at that time. They are made by the contained chemicals, which can be decomposed in a short period by the power of human intelligence and living organisms. The atomic bomb beginning nuclear weapon is by nuclear fission and the fusion reaction compared with it, and the radioactive material which is the product at this time does not change to other substance quickly in the method except the hour. In a word, the atomic bomb is not only destructive power but also remains for an extended period, and influences the generation. It continues to. The nuclear bomb is not destructive power and such residual pollutants. It is a crucial difference between a standard weapon and a place to leave.

The third is, on the difference between people who are against nuclear weapons in Japan and those in favor. According to the Statista, In Hiroshima, the atomic bomb little boy's gunpowder amount is 15 kilotons, compared to that of a nuclear missile (ICBM) held by Russia, there is a number of explosives of 800 kilotons.³ In the Second World War, the skill of the nuclear missile was not so good. To repay for the decrease in efficiency, large-scale atomic weapons were made using excessively large amounts of fuel. However, the amount of the damage of nuclear weapons was too difficult to control its range on top. The nuclear threat of such a large output was not very efficient. In a word, it is better to keep power to a regular size and to increase the accuracy of the nuclear weapon itself than to make a large nuclear weapon. Then, the way of dropping in the air by putting the atomic weapon on the airplane on which the number of the atomic weapon of super-large firepower like old times had almost disappeared now that the accuracy of the nuclear missile increased was lost. The current mainstream is to have a ballistic missile equipped with a nuclear warhead and at the same time to attack a variety of targets. However, even this nuclear warhead has the power of the dozens of the Hiroshima type atomic bomb and can destroy within ten kilometers radius from a falling point.

IV

Despite efforts to eliminate nuclear weapons and nuclear testing, there are still tens of thousands of nuclear weapons in the world, and some countries are advancing the development of renewing nuclear weapons. As long as nuclear weapons exist, the chances of a nuclear war will continue. This time, if a nuclear weapon is used, there is no doubt that it becomes damage of Hiroshima's tens of times, hundreds of times the scale. Radioactive material is scattered in a large area, and many people will be handicapped until later

³ <https://www.statista.com/chart/3714/nuclear-weapons-in-comparison/>

generations. Moreover, there is a forecast that the city and the forest cause a large fire, and the Chile and soot which generated from there cover the Earth, the environment of the Earth changes, and "nuclear winter" comes. The nuclear weapon continues to drop the dark shadow shade in the future of mankind. The elimination of nuclear weapons (all that is lost) is not required by each nation. Each of us who live on Earth has a strong will to seek peace, to realize a society without nuclear weapons, and to cooperate with people all over the world to create great power. The power to move the nation and the United Nations, the peaceful World without nuclear weapons is realized.

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Many Obese People in the United States

Rino Okada

According to analyst from the Centers for Disease Control and Prevention, American adult obesity rate has increased significantly from 33.7% to 39.6% between from 2007 to 2008 and from 2015 to 2016. The proportion of severe obesity increased during this period from 5.7% to 7.7%. It has several major common causes across North America. According to Ministry of Health, the proportion of obese people is 31.3% for men, 20.6% for women in 2016 in Japan. Today, there is a difference in consciousness to obesity caused by the difference in the environment between Japan and the United States. Obesity causes various adverse effects such as sudden death, and cancer. In addition, according to a new study published in New England Journal of Medicine, about 30% more of the world's population died of obesity in 2015 than in 1990.¹ This also means that obesity is increasing. In this essay, there are three major causes why there are a lot of obese people in America, I also describe to compare these three points in Japan and the United States, the obesity rate, the calorie at the time of asking the set at McDonald's, and the consciousness, to obesity, and I will describe three effects while there are many obesity diseases, and determine how to prevent before becoming obese. It is difficult to find the influence of obesity only in the United States, so I searched for a disease of famous obesity that everyone already known.

I

Yearly, the size of the meal in the restaurant is rising. Therefore, the obesity rate in the US is increasing. The first cause of obesity is that food size is larger than in the 1950s. Almost all American often eat out at a restaurant, and they eat big portion sizes, because of how cheap and convenient these facilities are. If you do not go to restaurants many times, you get the high calorie and large portion from prepackaged, convenient, and ready-to-eat food. For example, I went to the theater and bought a S size popcorn and M size drink. I think S size is small like in Japan, but when it came it was M size, not S size popcorn. In addition, it seems high in calories. Thus Americans are getting bigger and bigger.

The second cause is cost. It means fast food tends to be cheaper than good food for the body. Which one would you want that you would pay five dollars for, five donuts or three apples? Almost all people would buy five donuts because it is cheaper than buying three apples; however, donuts' calories are higher than apples'. Higher calories also lead to obesity. Therefore, many Americans are getting fat. For example, my American friend taught me that poor people have a high obesity rate because they cannot buy healthy food that is too expensive.

The third cause is that people do not exercise. It means that they do not have the opportunity to go outside because modern people use machines for more time. It is good that civilization develops, but sometimes it also causes bad things. For example, most Americans have their own cars as a means of moving and driving wherever. So they do not have much time to exercise such as walking. If they continue eating these high-calorie foods without exercising, of course they will get fat.

II

Many people think that American food has high calories and there are many obese people. On the one hand, in addressing the three points mentioned earlier, I focused on

¹ <https://www.theverge.com/2017/6/12/15781314/obesity-health-disability-global-survey-data>

American awareness of obesity. First, I will show you the obesity rate in America. According to the latest from the National Health and Nutrition Examination Survey, adults obese rate is at 39.6 percent.² This is the proportion of obesity in adults, but the proportion of obese minors is also high. Nationwide, 31.2% of young people of this age group are overweight or obese. Next, I will show the calorie in McDonald's. The reason for choosing McDonald's is that many people once thought that they had visited there. For example, I will order Big Mac, small size potato and medium size coca-coke's, and I research the calorie. These are Big Mac's calorie is 540, small size french fries' calorie is 230 and medium size coca-coke's calorie is 220. It is not so high calorie than I thought. Finally, I research about American consciousness about obesity. Many people who are overweight are well known that many people in the surroundings have the same size and shape, so they do not recognize it.³ According to a report from the Centers for Disease Control and Prevention (NSCS), 49% of American adults investigated between 2013 and 2016 reported that they are trying to lose weight at some point during the past 12 months.⁴

On the other hand, I will focus on Japanese consciousness who are said to be too thin. First, Japanese adult population of obesity is 3.7percent in 2015.⁵ It is very few compared with America. Next is the calorie in McDonald's. The condition is the same as the previous one. Big Mac's calorie is 530, small size french fries' calorie is 232 and medium size coca-coke's calorie is 140. ⁶What I notice here is that there is not much difference from that in America. Why are there not many calorie differences, but are Japanese thin? Finally, I research the consciousness of Japanese. Almost all Japanese think that being thin is healthy and that being fat is lazy.⁷ Some people have also claimed that Western food culture is introduced in Japan and tends to be fat. However, most overseas people say that Japanese are too thin.

III

Almost all obese people' snoring is noisy like man who was bothered by obesity.⁸ As one effect, there is a thing called sleep apnea syndrome. ⁹It is a general and serious obstacle that breathing stops repeatedly for more than 10 seconds during sleep. It also causes terrible snoring. The problem of the respiratory system related to obesity occurs when the lungs are pressed and the breathing is restricted as the weight of the chest wall increases.¹⁰ For example, a snappy person snoring is that the respiratory organs are pressed at night and it is not breathing.

According to The National Cholesterol Education Program, in the United States, about one-third of overweight or obese people present with metabolic syndrome. ¹¹ Three of the following are considered metabolic syndrome. Following these, blood pressure of 130/85 or higher, triglyceride levels of 150 or higher, abdominal obesity (Male is over 40 inches and female is over 35 inches waist size), HDL (good cholesterol) of less than 40 in males and less

² <http://www.grubstreet.com/2018/03/americas-obesity-rate-hits-record-high.html>.

³ <https://www.theguardian.com/society/2015/aug/05/obesity-awareness-may-be-causing-overeating-finds-international-study>

⁴ <https://stateofobesity.org/data/>

⁵ <https://cookingwithyoshiko.com/why-japanese-obesity-rate-is-lowest-again-this-year/>.

⁶ http://www.mcdonalds.co.jp/quality/allergy_Nutrition/nutrient2.php?id=3.

⁷ https://www.japantimes.co.jp/community/2016/09/21/issues/body-image-foreign-female-japan-survey-shows-frustration-one-size-fits-thinking/#.W6_NYWZjZsM.

⁸ <https://www.sleepapnea.org/weight-matters-obesity-and-sleep-apnea/>

⁹ <https://www.webmd.com/sleep-disorders/sleep-apnea/obstructive-sleep-apnea-causes#1>

¹⁰ <https://stanfordhealthcare.org/medical-conditions/healthy-living/obesity.html>

¹¹ <https://stanfordhealthcare.org/medical-conditions/healthy-living/obesity.html>

than 50 in females and fasting blood glucose level over 110. Metabolic syndrome is recognized as a complex risk factor of cardiovascular disease. As the body does not properly use insulin, a hormone regulating blood glucose levels, an estimated 86% of diabetic patients also have metabolic syndrome.¹² If I will be metabolic syndrome, I will change the amount of sugary. Depending on the gender, there are differences in the types of cancer that are easily affected.

As a third effect, I will focus on cancer and I will mention it. In women, overweight contributes to increased risk of various cancers including breast cancer, colon, gall bladder, and uterus. Overweight men are at high risk of colon cancer and prostate cancer.¹³ Excessive body weight can affect cancer risk by several mechanisms that are specific for some cancer types.¹⁴ For example, immune system function and inflammation is the main cause of cancer.¹⁵ My cousin did diet because we did not want to die while young.

IV

In conclusion, I looked at three causes, similar and different points and effects of obesity. Causes include: the rising size of restaurant meals, expensive health food and lack of opportunity to exercise. Becoming obese is bad for our body and brings American people many burden such as fractures, cancer, and sudden death. To avoid them, it is good to review eating habits and to increase opportunities to exercise. In addition, gardening to grow vegetables and fruits is a good way to eliminate future obesity in America. Decisively, the sense of obesity is different in America and Japan. Japanese are very stoic against reducing weight. Americans are also thinking about losing weight, but because they are fat too, they do not care much about it. Effects of obesity are sleep apnea, metabolic syndrome and cancer. As you can see this essay, obesity has an adverse effect on the body. In order to prevent obesity, it is important to improve eating¹⁶. For example, to bite slowly and take time to eat, do not take too much alcohol, and to eat three meals a day, nutritious bias. In the future, I believe that people with obesity will continue to increase, and that the idea should be changed to health-oriented so that it will not adversely affect the body.

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¹²<https://www.webmd.com/heart/metabolic-syndrome/features/metabolic-syndrome-the-silent-epidemic#1>

¹³ <https://stanfordhealthcare.org/medical-conditions/healthy-living/obesity.html>

¹⁴<https://www.cancer.org/cancer/cancer-causes/diet-physical-activity/body-weight-and-cancer-risk/effects.html>

¹⁵ <https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet>

¹⁶ <http://himan.jp/column/prevention/>

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Education System in Japan and Canada

Misaki Tanimura

There are many school rules in each countries to give good education to students. However, there is bad point and good point for each rules. For example, in Chinese school, students have warm-up everyday and do a general lineup. The good points of this is students can refresh to study and they can focus on study easily. On the other hand, Chinese students go to school 245 days a year in average, because of that students have few holidays in a year. The bad points of this is there is no enough rest day for students. Students need to study for their future but also they need enough time to rest. If there is no enough time to break, it is going to be difficult to concentrate to study.¹ Recently, Japanese students go to study abroad to learn English. The most popular country which is students go to study abroad is Canada with 36.1% in 2017. In this thesis, I will explain about the compare and contrast from differences and similarities between school education of Canada and Japan.

I

There are some good points and bad points of Canadian school education system. Firstly, several good points of Canada is classes. In Canada, students can take classes whatever they wants except compulsory subjects. They can learn those more deeply and more professionally. Secondly, most of classes in Canada is students-center class. In student-center class, it is not just teacher teach study to students, teacher teach study with students so they can understand classes more clearly and they can focus on study easily. Thirdly, Canadian school finish earlier than Japanese school. So increase their time to do home learning. Lastly, they have strong patriotism such as there is flag of Canada in each classroom and they listen national anthem every morning.

On the other hand, there are several bad points of education system in Canada. First bad point of canadian school is about phone. During class, students can use phone easily. By use phone, it is difficult to focus on their study. Secondly, during their class, they can eat snack. In the same way like use phone during class, it is difficult to concentrate their study. For example, sound of eating snack and smell of snack disturb their concentration. Lastly, many Canadian students go out during class. To go out during class is disturb with other students. They can not pay attention to their study.

II

There are some advantages of Japanese education. First good points of Japanese education system is there have time to clean their homeroom. It can tell students to important to work with team and to give custom of clean up their room. Second good points is club activities. Students can do club activities for 3 years so that they can focus on one club activity and their teamwork is going to be more stronger and stronger. Third good points is the system of school lunch. In elementary school, there have the system of school lunch. These are healthy and good for students in that lunch.

There are several disadvantages of education of Japan. First bad points of Japanese education is students clothes. Students are taken their personality by school rule that is they have to wear school uniform and can not get pierced earring kind of that. Second is Teacher-centered system. There are some class that is teacher control class. Students get bored

¹ "10 facts about Chinese Education I Learned While Being A teacher In China." BrightSide - Inspiration. Creativity. Wonder. September 23, 2018. Accessed September 23, 2018.

and difficult to focus on their study by teacher-centered system then their knowledge will be down. Last bad point is the English class. Most school have English class in Japan because of English is the second language of Japan. However, some students can't speak English because there have no opportunity that to speak English. Then their English level is low.

III

There are some similarities between Canadian school and Japanese schools. First of all, in both education system, there are club activities such as soccer, baseball and basketball and some communities, and students can choose not to do those. Secondly, they take system of two semesters in high school and students have exams at end of each semester. Lastly, there are the same compulsory subjects such as Science, Mathematics and Social studies in both countries. Students must to take those compulsory subject classes.

There are some differences between school of Canada and Japan. First of all, in Canadian school, students can choose their own classes that they want to take and they do not have to take class of French which is second language also they do not have to take every exam of end of the semester.² On the other hand, in Japanese school, student's class schedule are already decided by school and they can not chose classes by themselves and they have to take class of English which is second language and also they have to take every exam.³ Secondly, students are smoking electronic cigarettes at school, there are places to smoke, almost everyone smoke. However, there is no place to smoke it in Japan. Lastly, in Canada, there is national flag of Canada in each classroom and there is custom of to listen national anthem and they have to stand up during they listen it and they have strong patriotism. However there is national flag of Japan in school and there is no custom to listen national anthem in Japan.

IV

In conclusion, there are some differences and similarities between school of Canada and Japan. There are some differences and similarities in both school education each other. In Canadian school, some good points of education are students can take classes whatever they wants except compulsory subjects, most of classes are students-center class and school finish earlier than Japanese school so they have many time to study their home. On the other hand, several bad points of Canadian school are students use phone during class, they eat snack during class and they walk out during class many time. These things disturb study of other students. In the same way, there are advantages and disadvantages of Japanese school. Japanese education system take students freedom by school ules. For example, students have to wear school uniform, they can not dying their hair and they have to bring school bag. Clothes and bags are impressing each personality. It is important thing to impress own personality by clothes and things. On the other hand, education system of Japan give strong teamwork to students. For example, long clab activities and there have time to clean their classroom. To do something with friends for a long time and frequently make team work. I think Japanese education system has many problems to improve. For example, teacher- center education is easy to fix. Because recently, there have been some student-centered classes in Japan. Then, there are some differences and similarities between schools in Canada and Japan. There are some similarities to compare with Canadian school and Japanese school.

² "Languages of Canada." Wikipedia. September 16, 2018. Accessed September 23, 2018.

³ "Is English Japan's Second Language?" Matcha-Tea.com. February 15, 2016. Accessed September 23, 2018.

Firstly, there are some club activities and communities in both school. Secondly, there are two semester system in both high school. Lastly, there are same compulsory subject in both school. On the other hand, there are some differences. First, in Canadian, students can choose their own classes that they want to take and they do not have to take French which is second language every year however, in Japanese school, their classes are already chosen and also they have English class which is second language. Secondly, in school of Canada, some students smoke electronic cigarettes at school but Japanese students do not. Lastly, in Canadian school, they have strong patriotism such as listen national anthem but in Japan, they do not do that. In my opinion, I think Japanese education of English is lower than other countries English education but we have to take it everyday. Also Japanese students do not have patriotism that much so I think we can add their custom.

Gender Gap in the World

Maki Yasumoto

The gap between men and women still remains. It is called "gender gap". There are many kinds of gender gap. There are social, political, intellectual, cultural, religious and economic. According to World Economic Forum said that it may take 217 years to close the economic gender gap globally.¹ A lot of countries are taking a stance to maximize the possibility of women. However, we can not miss the benefits gained from investing in women's education. There are a lot of problems of gender gap. For example, culture and traditional is the one of big causes which makes female to be regarded as not important, in many African countries. On the other hand, Western Europe and North America have a remaining gender gap of less than 30%. However, East Asia with gap of 31.7%, Sub-Saharan Africa with a gap of 32.1% and South Asia with a gap of 33%. The Middle East and North Africa region is yet to close a gender gap under 40%. I will explain about three categories of gender gap. First is comparing the United States and Japanese gender gap. Second is cause of gender gap. Last is the solution of gender gap. I will explain three issue of education issue, occupation issue and unemployment issue. I will explain three ways of this problem that are childcare, fix old thinking and cooperate with society and companies.

I

There are a lot of similarities between the United States and Japanese gender gap. Japan is a few percentage female lawmakers and Cabinet ministers. In the United States that women and girl makes up more than half the population. However, they are described by a Congress made up of 80 percent men.² However, political representation that is women have made the most growth in recent years. Although the report said, it will take 99 years to be estimation rectify the situation. American and Japanese women still feel a gender gap. In the United States, on average, a woman earns 80.5 cents for every dollar a man earns, women's median annual earnings are \$10,086 less than men's. In Japan, women full-timers made an average 244,600 yen a month in 2016. This figure was only 73% of men.³ Both countries, male and female are more likely to participate in labor markets than women. In the United States, female employee rate is 45.3% and Japan is 43.2%. However, male employee rate is 82% in the United States and Japan is 72%.⁴

There are differences between the United States and Japanese gender gap. In the United States, childcare is generally unaffordable is not available to most the United States parents. However, in Japan and the world most employed women can get paid maternity leave. Japan has one of the most great childcare leave policies among developed countries but only 2% to 3% of men take childcare leave in Japan.

II

The first cause of the gender gap is education. Girls cannot enter the classroom more likely than boys.⁵ Women account for two thirds of the 750 million adults without basic

¹ <https://www.weforum.org/projects/closing-the-gender-gap-gender-parity-task-forces>

² <https://www.japantimes.co.jp/news/2017/11/02/national/social-issues/japan-drops-114th-gender-equality-rankings-world-economic-forum/#.W5sThi05bq0>

³ <https://asia.nikkei.com/Economy/Japan-s-gender-wage-gap-persists-despite-progress>²<https://www.businessinsider.com/gender-wage-pay-gap-charts-2017-3>

⁴ <https://data.worldbank.org/indicator/sl.tlf.cact.ma.zs><https://data.worldbank.org/indicator/sl.tlf.totl.fe.zs>

⁵ <http://uis.unesco.org/en/topic/gender-equality-education>

literacy skills.⁶ At the level of the country, more than half of girls of primary school age are not in school in Eritrea, Equatorial Guinea, Liberia and South Sudan.⁷ In a society where women are lower than men, women should not receive education, education is useless for doing housework, girls are traditional discrimination and customs that girls should marry early and protect their homes. The gender education gap is related with poverty.

The second cause is a difference in occupation. For example, medical and educational fields are major for women, but fields such as industrial and mathematics are minority. Sometimes women may earn more income than men. However, in most cases men receive more income than women. For example, male nurses earn 10% more than female nurses.⁸ Women earn less than 65% of what men earn in the same jobs. According to a new report from financial technology company SmartAsset, the 10 occupations with the largest pay gap between men and women, four are in the finance industry.⁹ The worldwide, far less than one quarter of heads of state, heads of government and ministers are women.¹⁰

The last cause of the gender gap is unemployment. In 2018 at 48.5%, women's global labor force participation rate is 26.5 percentage points below that of men.¹¹ Women are less likely to participate in labor than men, women are less likely to find employment. The global unemployment rate of women is at 6%, it is approximately 0.8% points higher than of men.¹² Women are also more likely than men to be employed part-time job. However, this can help them to better balance work and housework and childcare responsibilities. Part-time jobs are often associated with lower wages, less job security and less training and promotion opportunities than full-time employment.¹³

III

The first solution is education. Girls still make up a lower percentage go to school than boys. A quarter of the girls in developing countries can not attend school. Mostly, families in developing countries who cannot provide costs such as school fees, uniforms, and supplies for all of their children will compute education for their sons. It is related to poverty and limited employment prospects as well as cultural factors. Therefore, the reason why contribute to gender gaps in attainment, there are some solutions. The government should give scholarships to girls in developing countries. Providing scholarships to girls makes it easier to go to school.

The second solution is to fix the old thinking and tradition. Many companies offer paid leave, but companies hesitate to take workers who take it. Sometimes the companies ask women "Do you have children?" or "Do you plan on having children?" because the companies do not want women to take childcare leave. The question about families and family life should be out of bounds and in some causes, it is illegal. Therefore, the old thinking and traditional should fix. The companies and government should make that women can work easily and women can take childcare leave easily.

⁶ <https://en.unesco.org/themes/education-and-gender-equality>

⁷ <http://uis.unesco.org/en/news/international-womens-day-explore-latest-uis-data-eatlas-gender-inequality-education>

⁸ <https://www.workingmother.com/this-is-real-reason-for-gender-gap-according-to-new-study#page-2>

⁹ <https://www.cnbc.com/2018/04/09/the-10-jobs-with-the-largest-and-smallest-gender-pay-gaps.html>

¹⁰ <https://gemreportunesco.wordpress.com/2016/10/04/education-leading-for-gender-equality/>

¹¹ https://www.ilo.org/wcmsp5/groups/public/---dgreports/---dcomm/---publ/documents/publication/wcms_619577.pdf

¹² https://www.ilo.org/wcmsp5/groups/public/---dgreports/---dcomm/---publ/documents/publication/wcms_619577.pdf

¹³ <https://unstats.un.org/unsd/gender/chapter4/chapter4.html>

The last solution is that companies should consider for women who has children. The number of women at work and the cost of childcare: the higher the cost of childcare, the less women work. Therefore, the companies should offer childcare service in the companies. To ease some additional burden during work mothers, offer childcare on site. There are a lot of women that they are in the same situation that work and childcare. So, they can help each other. It is respected for their effort and helps them achieve a better workplace.

IV

In conclusion, there are three major causes that education, occupation and unemployment. I think the biggest cause is occupation. In most cases men receive more income than women. The women earn less than 65% of what men earn in the same jobs. Especially, the worldwide, far less than one quarter of heads of state, heads of government and ministers are women. The United States and Japanese female lawmakers and Cabinet ministers are few. I think there are old-fashioned bad trends in Japan. In Japan, there is a long-aged atmosphere that "women do not participate in politics". I think it has a bad influence on politics. I think the wage gap has a big reason. On the other hand, I think companies should consider for women who has children. I think it is difficult balance to work and childcare compatibility. To ease some additional burden on working mothers, the companies should make a daycare or offer childcare on site. Therefore, women does not need anxiety during working. I think that society should make an environment to work easily for women. The leader can advise female employees and learning a lot of things. Therefore, companies have to make an environment that women works easily. If the environment where women are unlikely to take a childcare leave, women hesitate to take a childcare for a long term. I think it is not good for women and their children. Also I think men can take a childcare leave. I think men should take a childcare leave positively and should fix old thinking. I think parents should take a time to spend children. Therefore, I think it needs to cooperate with society and companies. I think society and company should support wome and women who taking care children. It means support cost, health and mental to the women.

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The Importance of Art

Kanae Takahashi

Nowadays, many countries rely on STEM subjects (Science, Technology, Engineering and Mathematics) and tend to avoid art education. Actually, art is said that, it is not actually supporting teaching pedagogies with regard to literacy and numeracy so cuts happen. In my opinion, art is a worthwhile thing for everyone so in this thesis, I will indicate about how arts are a considerable thing with three different essays. The first essay is advantages and disadvantages of art. The second is causes why an artist is said not a real job and final essay shows solutions to change thinking about arts.

I

First of all, I will show you benefits of art for you. One of the biggest reasons is to make your creativity also it is good for children because Washington Post says like that, If children have practice to think creatively, it will come naturally to them now and in their future career. Also, art can improve academic skill. In fact, as PBS says that, a report by Americans for the Arts states that, young ages who participate regularly in the arts (3 hours a day on 3 days each week through one full year) are 4 times more likely to be recognized for academic achievement, to participate in a math and science fair or to win an award for writing an essay or poem than children who do not participate.¹ In the final, art makes you confident. participating in the arts is more special for people than any subjects like math. For example, getting up on a stage and singing or dancing gives their confidence, first time is of course they must be nervous but if they have gotten up to a stage many times, their confidence continues to grow more stronger.²

On the other hand, I will illustrate your bad points of art. Firstly, art is expensive because if you would like to study art programme in your school, you have to buy painting material.³ In fact, when I studied art a year ago at Kyoto Gakuen, I had to buy painting material such as paints, pallet and brushes. It costed almost 3400 yen. Also, if you want to study art professionally, university of art is very expensive. Actually, If you want to enter Kyoto University of Art & Design, you have to pay 1,820,000yen(enrollment fee, tuition fee and equipment fee) at first year. ⁴It can be say same situation of music and dance. Secondly, art programme in school is decreasing.⁵ One of the biggest reasons is society has made important to study like STEM Subjects (Science, Technology, Engineering and Math) than art subjects.

II

Firstly, being an artist is a low and unstable salary so if people would like to be an artist, low salary is a big problem to them. Actually, an artist's salary is quite low than other professions.

¹ Lauren Martin. "10 Reasons Why Arts in Education Is so Important for Kids." Learning Liftoff. August 15, 2018. Accessed August 23, 2018.

² Swami, Swara. "10 Reasons Why The Arts Are Important In Our Lives." The Odyssey Online. August 28, 2017. Accessed August 23, 2018.

³ Bain, Christina. "Today's Student Teachers: Prepared to Teach versus Suited to Teach?" *Art Education* 57, no. 3 (2004): 42-47. doi:10.1080/00043125.2004.11653550.

⁴ "Figure 2f From: Irimia R, Gottschling M (2016) Taxonomic Revision of *Rocheportia* Sw. (Ehretiaceae, Boraginales). Biodiversity Data Journal 4: E7720. <https://doi.org/10.3897/BDJ.4.e7720>." doi:10.3897/bdj.4.e7720.figure2f.

⁵ "Disadvantages of Art Schools." *Art of Life*, April 22, 2015. Accessed September 16, 2018. doi:10.1075/ps.5.3.02chi.audio.2f.

Actually, Information by The Artfinder Independent Art Market Report, 2017 shows that most UK artists earned between £1,000-5,000 with an additional 9.3% earning nothing at all. Also, they say that only 5% of artists “temporarily can survive from their income as artists”.⁶ Besides, the report from DACS found that typical earnings well below the UK national median wage of £21,320. In October 2009, the typical photographer earned £15,000, the typical illustrator earned £15,723, while the typical fine artist earned only £10,000.⁷

Secondly, being an artist is one of competitive intense job because artist does not necessarily succeed. Also, there are only a few successful artists who as you know like Picasso, Frida Kahlo and Van Gogh. Then, I will compare with successful artist and artist who did not success in America. According to the Bureau of Labor Statistics, the most successful visual artists earned more than \$90,050 per year as of May 2011. The average wages ran a mean annual \$53,400, which was equivalent to \$25.67 per hour. Annual compensation for the lowest-earning 10 % was less than \$19,150.⁸ Similarly, artist in the UK and USA are low salary. Also, animators at Disney and Pixar animators make money, from \$116,000 to \$125,000⁹ and \$77,502¹⁰ respectively. In the final, artist must do everything. It means, artists do not belong to offices or companies so artist must do everything and it costs lot of money and expensive for example, it costs money to enter competitions, having a website, running an online store and having an exhibition. When artists might be lucky enough to get into a free community gallery but they have to pay venue rental fees, printing and framing costs, promotion costs, catering costs, packing and courier costs.¹¹ On the other hand, if people doing job same as artist like an animator you must not do everything. In fact, every gallery is different, but most galleries take somewhere around a 50% commission from pieces they sell. Some take 40%, but rarely do any take more than 50%. Some galleries take a very small percentage in exchange for a monthly payment. Say it costs \$300 per month to display in the gallery, but they only take 30%.¹² The average cost per the art exhibitions was \$19.40 and average for the non-art exhibitions was \$91.89.¹³

III

Firstly, I think we should increase art education to change thinking of art and artist and as I told you at first essay, art brings lot of benefits for children so my first solution is starting art education from kindergarten because childhood experiences affect to them to adulthood a lot. In fact, a information illustrates that babies who received parental support were likely to have a better sense of security than other babies and they got along better with

⁶ Lang, Martin. "Why Being an Artist Is Not a Job." *Trebuchet Magazine*. May 09, 2018.

Accessed September 22, 2018.

⁷ Society, Design & Artists Copyright. "DACS - Artist Salary Research." *DACS - Art Market Professionals - FAQs*. Accessed September 23, 2018.

⁸ Society, Design & Artists Copyright. "DACS - Artist Salary Research." *DACS - Art Market Professionals - FAQs*. Accessed September 23, 2018.

⁹ "Walt Disney Animation Studios - Career Profile." *Top 100 Schools for Animation, Gaming, and Design | Animation Career Review*. August 30, 2011.

¹⁰ "Pixar - Career Profile." *Top 100 Schools for Animation, Gaming, and Design | Animation Career Review*. August 26, 2011.

¹¹ Roberts, Hayley. "Twelve Things No One Tells You About Being An Artist." *The Huffington Post*. December 07, 2017. Accessed September 23, 2018.

¹² "Selling Art in Galleries: Everything You Need To Know." *PetaPixel*. November 14, 2014.

¹³ "Figure 2f From: Irimia R, Gottschling M (2016) Taxonomic Revision of *Rochefortia* Sw. (Ehretiaceae, Boraginales). *Biodiversity Data Journal* 4: E7720. <https://doi.org/10.3897/BDJ.4.e7720>." *The Costs and Funding of Exhibitions*, August 2002, 1-20. Accessed October 2, 2018. doi:10.3897/bdj.4.e7720.figure2f.

others and enjoyed their romances. Other longitudinal study shows that kids with better academic results had better home environments than their friends.¹⁴ My solution is like this, have art class everyday and then let me them drawing and creating to make it familiar. Similarly, increase art class from elementary school to high school. Actually, in Kyoto Gakuen high school, we had art class but I had it only first year and I had it on friday only.¹⁵ It is strange my school deals with art like a hobby. It is not good for students and teacher.

Therefore, my second solution is increase an art teacher salary because if do this, someone who wants to be an art teacher will increase and then art education can be better and be able to do easier. In addition, almost all artist have other job like art teacher so if they can earn income more, they are able to spend money to create their art works. Thus this is good relationship for each other. Then, I will indicate how much an art teacher get income. Actually, from adzuna found that the average of an art teacher salary in the UK is £30,776. This is 7.0% below the national average advertised salary of £33,076.¹⁶ Also, the average of an K-12 art teacher salary in US is between \$46,999 to \$56,630 every year.¹⁷ It is slightly higher than UK. In case of Japan, the average of all people who have art job salary is ¥6,024,000 a year researched by CareerCros,¹⁸ compared with them, Japan is the highest. As I said first time, if government increase art class for children, they need to employ art teacher and then they must be increase their salary to gather them.

Certainly, if art education starts from childhood, an art teacher can get lot of income however, I think the most significant thing is we must understand necessity of art so my last solution is having opportunity to understand art for anybody especially children's parents for example, an art teacher or artist do lecture to show them benefits of learning art for children. Also at that time, we will provide opportunity to experience art actually because passive learning is sometimes makes them sleepy and it does not have meaning.¹⁹ However, to experience actually is easy to understand also it is very impressive way. When lecture is held, we will illustrate them some advantages of art for children, like one of the main good point is art promotes creativity as I told you first essay. If children have this skill, they can use it naturally in their future so it is very useful. In additionally, art is one method to communicate. If parents have a problem between children, use art. Drawing is can convey something without talking.²⁰ Lastly, it also combines to get lot of salary so it is other way to increase their salary.

IV

In this period, I wrote essays about arts. First essay was pros and cons of arts, next was reasons why artist is not job and final was what arts bring benefits for society. From these 3 essays, literally you could understand how extraordinary arts are significant. Arts can work various of things for example our health, education and society. From lot of datas,

¹⁴ "8 Early Childhood Experiences That Continue to Affect You Even in Adulthood." Learning Mind. September 11, 2018.

¹⁵ "カリキュラム・時間割." 京都学園高等学校. Accessed November 13, 2018.

¹⁶ "Art Teacher Salary Stats | How Much Does a Art Teacher Make?" Adzuna. Accessed November 13, 2018.

¹⁷ "How to Become an Art Teacher: Salary, Educational Reqs." Concordia University-Portland. November 14, 2017.

¹⁸ "Media, Arts & Entertainment Salaries in Japan." CareerCross. Accessed November 13, 2018.

¹⁹ Fluentin3months. "Shocking Truth about Passive Listening." Fluent in 3 Months - Language Hacking and Travel Tips. March 23, 2016. Accessed November 13, 2018.

²⁰ Centre, Muzart Learning. "8 Surprising Benefits of Learning Art for Children!" 8 WORRYING Social Media Effects On Children In Singapore! April 28, 2017. Accessed November 13, 2018.

which I indicated, actually arts have enough profits.

Through these essays, I wanted to convey that government should not reduce art class from school programme. I quite hate an atmosphere such as people only think about their academic background. Every Gakuen teachers say that, you should go to high quality university. I always think why it is so important. In my opinion, Japanese government is rubbish because there are lot of people, who just graduated high quality university. Even though they are clever, their human nature and sensibility are not bring up because they can do only general education so wasting arts bring this nasty consequence.

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The Road to Decreasing Drug Abuse

Hyundong Lyou

It is said that about 200 million people also 5% of people who are from 15 years old to 64 years old had done drug abuse for past 12 months, and there are about 160 million people who are using marijuana. They are 4% of people from 15 years old to 64 years old by UNIC. There are several causes of people do drug abuse which are misunderstand of people, for fitting in and society. The big issues of drug abuse are not only effect to person who are using drug, but also effect to around the person. Drug can give a lot of symptoms such a defect a memory, hallucination, low vision and fear uneasiness. These change human's personality and emotional instability people which is because of drug abuse cause crime.

I

One of the biggest cause of people do drug abuse is people misunderstand about drug, for example poisonous of drug. People think that using drug just once, it won't make people poisoning or people think drug can make me able to lose weight. Also people are thinking that drug can make feeling better, that is actually not lie, it makes some people feel better, but when that finished, people get symptoms such a seeing hallucination, hearing auditory hallucination, becoming emotional instability or becoming violence and they are going to need drugs to restrain these symptoms. Those are why, people's misunderstanding can be cause of people do drug abuse.

The second major cause of people do drug abuse is for fitting in. This cause usually can be seen among young adults. Young adults want to fit in, for example nightclub party EDM party or mood in there , so they are using drug. Then they don't have enough information of drug or don't know severity of drug, so they are doing drug abuse easily for fitting in.

Finally, and the most importantly, doing drug abuse' cause is society. A lot of people are doing drug abuse such a stress, want to fit in, misunderstand or temptation and become poisoning. One reason of they are still doing drug abuse is society. People who don't use drug and hate drug thinking is almost having really bad image such a hate drugger, This thinking make people who are poisoning of drug and want some advice to stop drug from someone difficult. Also there are some illegal drug, so people who are using it can't go to hospital or guidance clinic of drug and can't tell about using drug, because they worry, If tell that, hospital or guidance clinic of drug might report to police and they will be caught. So a lot of drug user can't get cure and still doing drug abuse.

II

First, drug abuse' Effect to economy. There are a lot of people who do drug abuse, but they have to buy drug to do drug abuse. So people are buying or selling drug over the world and effect to flow of money. I focus marijuana which is legitimated by some country such a Spain, a few states in the United States, and Canada. In America's Colorado, only one day, people sell marijuana for private using in a month. The day's benefit was over a million dollar. State tax department said that Colorado will earn 70 million dollar and 40 million dollar will be used to education, left money will be used to regulate of drug. Also they can be saving the money of trial about marijuana because of marijuana is legitimated, then marijuana uses which is sued are decreasing. And also, It said that Colorado can save 7.8 billion money of government by Harvard university. However money for treatmenting to drug addicts will be increasing, too.

Second, effect to environment, people continue to do drug abuse, they will be drug dependence. It make the people see hallucination or hear auditory hallucination. Because of it, people become insecurity or feel fear and these phenomenon change their personality. For example, become violence and commit crimes such a hurt or kill someone, also people be can't live without drugs, so people continue using money to buy drugs and even their money are disappeared, they try to buy drug with lending money and finally it make money trouble, because of loan. This issue is not only drug user, it sometimes relate to friend or family and involve this issue.

Third is effect to body. Drugs have a really bad effects for human body. I'll list up effect to body of some kind of drugs. First, Awakening drug, it can make people see hallucination or hear auditory hallucination, elevation of blood pressure and tired. Second is MDMA It can make people sleep disorder, have convulsion and have defect of memory, also elevation of blood pressure same as awakening drug. Third is thinner. It make people low vision, cognitive deficit, heavy dependence and make hand or leg convulsion. These symptoms have a lot of bad effects to human's body and sometimes it can kill people. It said that more than 72 thousands American die in 2017 by CDC WONDER.

III

The first is way to stop drug abuse before use drug. For example police visits some school and teach about drug to make children know effect to body and environment of drug, also make them think drug is dangerous for don't let them use drug. And also not only school, police should visits company and teaches for adults, because work makes people's stress and that might make people want to use drugs, so police should let them reconfirm through teaching about drug.

The second is offering better support service for people using drug. The almost people using drug can't stop using even they hope to stop using. So government make place which drug users can get therapy with talking about own for them who want to stop using drug abuse. However, there's not going to be many drug user, because they're afraid of caught by police and punished. So government reduce penalties of only people who want to stop and get therapy which held by the government.

The third is enforcing stricter punishments by law for drug user. At second solution I wrote reduce penalties, but make punish which help society for them after they get therapy, for example lecturing directly to people don't use drug, yet by them because they speaks their own experience while they were using drug which has reality and can make people believe danger of drug than information from internet or police's lecture. If do it these, not only decreasing drug user, can change their mind positively and up their motivation from helping other people.

IV

In conclusion, there are many cause of people do drug abuse, people do drug abuse because of misunderstand about drug and don't know severity of drug. Also people do that to don't crush the mood of there and fit in or they can't stop doing drug abuse because of society which has really bad image for drug user such a dislike and hate and make them ask about drug difficult. I think society is the biggest cause, because two things those number of drug user in the world doesn't decrease and there are a lot of people who are still doing drug abuse are happen because of there are no safety place for drug user such a can get cure without worrying or can tell about own distress of drug. So I think society is the biggest cause of people are still doing drug abuse. In conclusion, there are many effects of drug abuse. I think

one of reason of people try to do drug abuse is people don't have enough information about drug's effects such a dangerous symptoms of body or possibility of it's can be incident, so people try to use drug easily. Also there is good effect for government which is government can get money by effect of drug, so government should be more seriously about drugs and try to decrease the number of drug user without thinking income by drug's effect such a give heavy punish to drug user. In conclusion, there are many solutions to problem of drug abuse. I think drug user is poor, because they can't stop using drug, but if make society which for drug user, they know that society always help us, that's good thing, but it's dangerous, because they might think that they try to use drug because society always help us if they can't stop using drug. So we have to make some strict rule or make punish like let them work for society.

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Lacking Exercise

Yuma Nakamura

According to What Japan Thinks, 42 percent Japanese do not exercise.¹ Moreover, according to The Washington Post, approximately 45 percent of children aged 6 to 12 participated in a team sport in 2008, however, only 37 percent participate in one now.² As a result of the lack of exercise, according to News Medical Life Sciences, 5.3 million of the 57 million people die due to this lack of exercise. Nowadays, a lack of exercise is becoming a problem in the world. For example, physical inactivity is becoming a major cause of death similar to those that die due to smoking around the world.³ In addition, according to Harvard Health Publishing, people who do exercise have a greater proportion of their brain that control thinking than people who do not.⁴ In this thesis, I will discuss the causes, effects and solutions of the lack of exercise in order for people to be able to do enough exercise in the future.

I

First of all, there is not enough facilities to play sports, so people cannot do enough exercise. According to the STAR ONLINE, sports facilities are removed because of the development. For example, one golf sport club changed another party which is not for sports.⁵ In reality, according to NABEEL ABRO Hyderabad, there is no sports facilities in Hyderabad city (India). Furthermore, sports facilities in India can not be used by people with an average income because it is too expensive, so the sports facilities are for elites only.⁶

Secondly, some children do not enter some sports activities teams. According to, Dairy Times, sports activities teams need a lot of money to enter the teams.⁷ In fact, according to Backpack Index, joining even school sports teams need about 1,000 dollar per each academic year in the United States.⁸ In this way, low income families always have to think whether children can participate sports activities even in the school club teams. However, if the cost of participation is reduced, schools would not be able to pay enough income for the coaches.

Thirdly, the reason for the lack of exercise is due to a problem of how people feel. According to Nyshka Chandran, Indian people think that studying has more benefit than playing sports. Actually, Hindi, who is a popular Indian said that "if you study hard, you will live like a king but if you play sports, you will ruin your life."⁹ Furthermore, there is another reason. According to Geoffrey St. Marie, there is no reason to attract people to doing exercise, so people can not have motivation to continue exercise.¹⁰

II

¹ Ken, What Japan Thinks, March 20, 2007.

² Jacob, Bogage, The Washington Post, November, 17th, 2018.

³ Unknown, News Medical Life Sciences, September 25th, 2018.

⁴ Heidi Godman, Harvard Health Publishing, November 6th, 2018.

⁵ Unknown, The Star Online, Wednesday, 23 Jan 2013.

⁶ NABEEL ABRO Hyderabad, Daily Times, JUNE 11, 2016.

⁷ NABEEL ABRO Hyderabad, Daily Times, JUNE 11, 2016

⁸ Communities In Schools, 2015 HUNTINGTON BACKPACK INDEX SHOWS INCREASE IN COST OF SCHOOL SUPPLIES, July 29, 2015.

⁹ Nyshka Chandran, CNBC, 19 Aug 2016.

¹⁰ Geoffrey St. Marie, LIVESTRONG.COM, SEPT. 11, 2017.

The important thing for lack of exercise is to connect serious diseases. According to NHS, physical inactivity can lead to serious diseases such as coronary heart disease, type 2 diabetes, breast and colon cancer. In fact, a lack of exercise causes about 10.5% of cases of heart disease and also colon cancer is around 18.7% in the United Kingdom. In addition, a lack of exercise is responsible for approximately 7% of the cases of type 2 diabetes.¹¹ According to TIME, if the lack of exercise can be reduced by 10%, it will protect about 5 hundred 33 thousand people from death, furthermore, if inactivity would be lower by 25%, it would guard 1.3 million people against death.¹²

Another key point, physical inactivity affects each body. According to The Effects of Lack of Exercise on the Body, muscle will deteriorate because of a lack of exercise. If you do not do enough exercise for your own body, muscles start to break down. Moreover, physical inactivity brings not only muscle atrophy but also increasing fatty tissue around the muscles. In addition, muscles have the power of burning fat, so if the number of muscles decrease, people's ability to burn fat dissipates and they begin to be overweight.¹³ According to The Dangers and Benefits of Fats, fat has bad effects on cholesterol levels, because the HDL cholesterol (which is good for your body) would be less and the LDL cholesterol (which is bad for the body) would be more. This also connects to chronic diseases, insulin resistance and diabetes.¹⁴

In addition, a lack of exercise could influence a person's psychological state and physical strength. According to Risks of Not Exercising, people who do not exercise or do not do enough exercise have a higher rate of depression rather than people who do enough exercise. In the same fashion, if you exercise, endorphins are chemicals that make you happy, they are released into your body, so it could be a beneficial treatment for depression. In addition to this, according to Risk of Not Exercising, doing exercise helps older people regarding memorization. To put it differently, if you do not do exercise, it will be easy to forget things. Similarly, metabolic dysfunction arising from physical inactivity can lead to neurological issues. This further exacerbates to a declining memory. Another key point, according to Risk of Not Exercising, if you do not do exercise periodically, endurance will drop off gradually. For instance, going to the mailbox may get tiring. Likewise, you may notice that going upstairs feels tiring and the ability to move used to, when they did do exercise, is impossible.¹⁵

III

To solve the issues created by a lack of exercise, people need to get education about what benefits exercising gives us. In detail, the benefits of doing exercise, according to Sport and children, bones, muscles, ligaments and tendons are grown by doing sports. In addition, children do not get chronic muscular tension easily. Furthermore, mental healths improve. For instance, children's confidence, social skills and personal skills such as cooperation and leadership will make progress.¹⁶ Moreover, According to Harvard Health Publishing, exercise helps memory skills and thinking skills.¹⁷ In addition, according to MedlinePlus, sleep and mood will also improve, stress and anxiety will reduce. Another thing, exercise helps people

¹¹ Unknown, NHS, September 25th, 2018.

¹² Alice Park, TIME, September 25th.

¹³ Kristin Davis, The Effects of Lack of Exercise on the Body, September 26th, 2018.

¹⁴ Sylvie Tremblay, The Dangers and Benefits of Fats, September 26th, 2018.

¹⁵ Karen Frazier, Risk of Not Exercising, September 30th, 2018.

¹⁶ Unknown, Sport and Children, October 30th, 2018.

¹⁷ Heidi Godman, Harvard Health Publishing, November 5th, 2018.

to stop smoking and there is a chance to live longer by doing exercise.¹⁸ Furthermore, according to Harvard Health Publishing, exercise helps the brain's health. For example, exercise makes insulin resistance and inflammation reduce. Furthermore, exercise connects to making brain cells, new blood vessels in the brain and even the extra survival new brain cells.¹⁹

In addition, the number of coaches who can teach sports increase for the purpose of solving lack of exercise. According to The Telegraph, Planet Sport, which is in operation provides training to about 12,000 children every week at mostly primary school in the south of England. To explain what they do, the directors who are 18 full-time coaches, four coaching mentors, and 40 part-time coaches teach children from 3 to 11 years old. In detail, they teach a combination of multi-sports experience. Furthermore, they also demonstrate specialized sports such as basketball, hockey, football, tag rugby, tennis, athletics, netball and golf. Additionally, they also show gymnastics and dance for 16 to 19 year old children to be coaches. In fact, The Department for Education and Skills reported that operations from Planet sport are very helpful to revitalize sports.²⁰

Lastly, the final solution of physical inactivity is to tell people how to do exercise. In detail of how to do exercise, according to Ascension, if people do exercise for 150 minutes a week, they will be healthy. To put it another way, there are benefits to doing exercise for 10 minutes three times a day. Moreover, it is good to start exercise such as walking around the block or using the stairs instead of an elevator.²¹ In addition, according to Healthy Balance Fitness, people do not have to get sweaty at all, so people can do light exercise such as gardening, walking or gentle yoga.²²

IV

In conclusion, in order for people to be able to do enough exercise in the future, I talked about the causes, effects and solutions of the lack of exercise. For the causes lack of exercise, I found that there is not enough sports facilities in the world. In addition, it is too expensive to join a sports club. Moreover, exercise habits is disappearing. For the effects of the lack of exercise, I found that the lack of exercise would be high rates of serious diseases. Furthermore, physical inactivity causes a declining in the amount of muscle and being fat. Additionally, people who do not do exercise may have mental illnesses and have less strength. For the solution of lack of exercise, I found that it is good to know about the benefits of exercising. In addition, coaches for promoting exercise are important. Moreover, people should find out about how to do exercise. In my opinion, it is important to learn the causes of why people lack exercise like why people can not do enough exercise. Also, the education of the effects of physical inactivity is important to know how dangerous a lack of exercise truly is. If people contemplate the solution based on the cause and can choose a solution that agrees with them, it will be the best solution for the lack of exercise.

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¹⁸ Unknown, MedlinePlus, November 5th, 2018.

¹⁹ Heidi Godman, Harvard Health Publishing, November 5th, 2018.

²⁰ Gareth A Davies, The Telegraph, November 17th, 2018.

²¹ Unknown, Ascension, November 6th, 2018.

²² Unknown, Healthy Balance Fitness, November 6th, 2018.

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Gun Society in the United States

Miki Sawada

Possession of guns is one of some choices to help people make their lives safer and more secure. Nowadays, many countries rely on the power of firearms to control serious crime committed by citizens. However, guns also lead to a variety of issues for example mistakenly fire, an increase of shooting death and suicide by guns. Especially, in the case of America, the size of victims of guns is considered problematic. In this country, guns is the best familiar weapon to kill others for example overly defensive, impulsive murder, or terrorism. The bullet can hurt its owner or he/her family by accidental firing. According to THE WEEK, 56,755 Americans are killed by guns between 2014 and 2017; even only in 2017, 15,590 Americans killed by it¹. Also, the number was increased gradually in the same period from 33,594 to 38,658. Despite this, the Pew research center introduced that both rates of people who believe that protecting gun rights is more important than gun ownership and think that control gun ownership is more cardinal than gun rights became approximately 50% in the United States from 2010.² In this thesis, I will explain about current problems and the future of gun society in the United States, including the causes, pros & cons, and solutions.

I

One of the major causes is police in the United States of America. They can shoot people easily than the some other developed countries³. These countries and the United States police carry some guns or arms; they are usually in a state of preparedness for emergencies. However, the others, to include the United Kingdom, Norway, Ireland, Iceland, and New Zealand police are not using guns instantly as US police do. As reported by Statista, the victims in this country of police shooting was 1506 from 2017 to 2018⁴.

The other largest cause of a lot of people dying by guns in the United States is the proportion of having them in the US. Many people have guns because of their constitution that allows Americans to retain and carry arms; guns are really cheap. We can buy them approximately £150⁵. More than 40% of American households has their own guns, said THE WEEK⁶. These mean they can protect themselves; they must do it.

Finally, and the biggest one, having guns and to die by their guns also caused by the licence institution. American do not have to get licence to having guns⁷. Similarity, they are not required to register their guns to the government in some states. In those areas, most citizens do not feel heavy responsibility because they have less time to ponder about deadly force or proper methods for using guns.

II

There are several beneficial point of gun society in US. The constitution is endorse to own arms, and the american people do not have to take licence when they buy guns in that

¹ Gillie, Rebecca. "US Gun Violence in Six Chilling Statistics." The Week UK. May 18, 2018.

² Nekola, Adam. "Public Views About Guns." Pew Research Center for the People and the Press. June 22, 2017.

³ Not All Police Departments Require Officer to Use Firearms. "In What Countries Do Police Not Carry Guns?" The Balance Careers. May 21, 2018.

⁴ "People Shot to Death by U.S. Police 2017-2018, by Race | Statistic." Statista.

⁵ "America's Gun Culture in 10 Charts - BBC News." BBC. March 21, 2018.

⁶ Gillie, Rebecca. "US Gun Violence in Six Chilling Statistics." The Week UK. May 18, 2018.

⁷ "The State of Gun Violence in the US, Explained in 18 Charts." YouTube. February 22, 2016.

country. Guns are one of the endorsed tool which have ability to kill human. Firstly, the American people can protect their life independently. They are allowed to carry arms without licence, and in some states, people are not register their guns to government. In addition to that, they can buy guns really cheap. There are a lot of under £150 guns in America.⁸ Secondly, gun society creates employment and dynamize the economy. Guns is very common weapon to protect themselves; the deal of guns has large impacts on money and employee in the country.

On the other hand, there are a lot of drawbacks of the gun society. Firstly, a lot of people died by guns. According to the Statista.com, there were more than 7,000 people among 15,142 murder victims were killed by handguns in 2017.⁹ Secondly, the rate of succeeding suicide is increasing by guns. The CDC's MMWR shows that about half of people who suicide use firearms in 2015.¹⁰ Guns are familiar things to wound someone, and they also have great power to kill. Thirdly, guns can be connect to accidental death. The country has long history of gun society, though, it does not mean everyone have perfect knowledge of guns. According to WISQARS, the number of the accidental death is 495 in 2016.¹¹

III

Firstly, making more severe systems that people have to do when they want to get guns would be one of the great solutions. Of course there are some systems to get or have guns in the USA, but the number of victims by guns is increasing steadily. To set strict systems makes American people more careful; also they cannot have guns without specific reasons. This solution can be an opportunity to think about risk for them.

Secondly, to teach the risks using statistics of gun society and tell how to protect themselves from guns is a good strategy. There is a lack of classes to teach about guns in US schools. It is not usually a bad thing, but it can be a disadvantage for abolishing using them. Especially, the country still has a lot of guns. People should learn how to prevent accidental death, and the correct way to use them if they do not want to give them up.

Finally and most importantly, government or other legislative organ must change the constitution with regard to firearms. In that country, the constitution allow citizens to have and use firearms for their liberty. Laws for guns are not enough in almost all states because of the constitution. Many Americans say the constitution is the right for individual, but some people who live in the United States believe it is states' right to organize militia. If this is changed then the government can get many ways to reduce danger related to guns.

IV

In conclusion, US has three big causes of gun society problem which are police system, people thought and inadequate licence system for guns. In fact, the society has a little good impacts on America, and I think that it is necessary to dwindle or rid bad effects. In order to achieve this, people should take three strategies which are to build more effective systems to treat guns, educating people about the danger and how to use it for safety, and alter the constitution as it relates to firearms. To summarize those, work on the causes can be the great strategy to solve drawbacks of gun society; and without to carry out solutions, more and

⁸ "America's Gun Culture in 10 Charts - BBC News." BBC. March 21, 2018.

⁹ "Murder - Number of Victims by Weapons Used 2017 | Statistic." Statista. Accessed October 07, 2018.

¹⁰ "Morbidity and Mortality Weekly Report (MMWR)." Centers for Disease Control and Prevention. June 07, 2018.

¹¹ "Broker Version 9.4." Centers for Disease Control and Prevention.

more people will be killed by guns. If people improve the safety of gun society, guns will become a good protector for them.

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Euthanasia in the World

Reiju Sahara

Many people think there are many advantages and disadvantages to die from euthanasia. There are 3 types of euthanasia. There are 3 types of euthanasia all over the world including, voluntary euthanasia, non-voluntary, Involuntary euthanasia. On the other hand, there are many countries which die by euthanasia is legal and illegal. For example, in Canada, it's illegal to die by euthanasia. In contrast, in case of Japan, it's illegal to die by euthanasia. When people die by euthanasia, it is used like medicine and people can die quickly. There are many reasons why it's legal or illegal. For example, those in favour of euthanasia argue that a civilised society should allow people to die in dignity and without pain, and should allow others to help them do so if they cannot manage it on their own. They add that as suicide is not a crime, euthanasia should not be a crime. The number of euthanasia in Netherland are about 5000 people per a year. In this essay, I will list the pros and cons of euthanasia to determine if it is a benefit or distraction.

I

First of all, I will talk about the benefits of euthanasia. The biggest advantage of euthanasia is that people can end to suffering. If people can't decide to die myself, people have to suffer because of sick and so on. And then, people should decide to die myself. In addition, euthanasia does not mean a lack of caring or compassion, on the contrary, the patient's needs are put first. Another advantage is it gives dignity to a dying person. All people have right of alive so people can choose alive and die. People want to die because of sickness, people can choose.

Next, I will talk about the drawback of euthanasia. First is that it goes against ethics. Life is really important because life is just once so if people are born they have to live until exhaustion. There are many people around the world who can not live even if they want to live so they can't die easily. It's responsibility to live. Another drawback is it cost a lot of money. If people will die by euthanasia, people have to pay a lot of money. It cost 100\$ once. Finally, some people think to die by euthanasia is kind of suicide so It is bad impression. It is a really difficult problem because opinions differ depending on the person.

II

First of all, one of the biggest effects of dying by euthanasia is the human rights, ethical, religious, economic, legal, social, responsibility. Everybody has the human right. Nobody can interfere with other humans. That's why human rights are the most difficult thing. According to BBC, in religion of Catholic, dying by euthanasia is prohibited because teaching that euthanasia is an artificial lethal act. Namely, to die by euthanasia is as same as suicide and homicide. In addition, If people die by euthanasia, people also affect others. For example, in the case of euthanasia, it cost a lot of money. According to ProCons, it cost about 18,000\$. In addition, mental damage to families and relatives as well. People who die by euthanasia should not just determine to die by euthanasia.

Next, the second major effect of dying by euthanasia is politics. The government can not change law easily because mental damage to families and relatives as well. As explained in A, everyone is not in a situation of being together. For example, some people have the religion. As explained in A, everyone is not in a situation of being together. It is a problem that can not be solved at the government level so everybody all over the world have to discuss this problem. On the other hand, some of countries admit to die by euthanasia.

According to EUTHANASIA, in Canada, it's legal. There are many short term emotional effects that Euthanasia causes.

Finally, the effects of dying by euthanasia is responsibility. If people will die by euthanasia, they die themselves. Everybody must not help them. People who die by euthanasia must not forget to influence someone by euthanasia. There are many people who can not live, even those who can not be born or want to live. People should make a responsible choice. Otherwise, as mentioned in the introduction, the doctor arrest something like that. The patient and the doctor has to have a good relationship, and then, they will have responsibility.

III

There are a few similarities and differences of the law of euthanasia between Japan and the Netherlands. The similarities of between the law of euthanasia in Japan and the Netherlands is the definition of euthanasia. Normally, ¹there are 2 types of euthanasia. First is positive euthanasia. And the second is passive euthanasia. Positive euthanasia is done by a doctor or patient himself with a lethal dose of the drug. On the other hand, passive euthanasia is to stop the life prolongation measures that had been ongoing. ²In 2016, in the Netherlands, about 6000 people died with euthanasia. In contrast, euthanasia is the so-called suicide in Japan. In Japan, to die with euthanasia is negative euthanasia. The Japanese government does not discuss euthanasia because they have different opinions. According to Newa Post, some of people say, to die with euthanasia in Japan is almost legal.

The differences of between the law of euthanasia in Japan and the Netherlands are perspective. In Japan, to die with euthanasia is thought negative euthanasia. Most of the Japanese people think if they were born on the Earth, they have to live until life is exhausted because life is given by God. And, they think if they die with euthanasia, they cannot die comfortably so euthanasia is said to be close to suicide in Japan. On the other hand, in the Netherlands, to die with euthanasia is happiness. It is not negative euthanasia so it is considered medical practice. ³A man of 20 years old had the last stage of cancer. And then, he determined to die with euthanasia because he thought his life has to determine himself so they do not think it is a defeat to die so they think they have to determine how to die. Nobody can interfere how to die.

IV

In conclusion, there are many valid points about the benefits and drawbacks of euthanasia. When taking everything into consideration, I think the all countries should be legal to die by euthanasia because if government change to legal, many people don't have to suffer when they die. And then, people have human right so they should choose their life. Nobody can decide to choose other people's life that's why I think that all countries have to be legal. I hope that suffering people will decrease and make the law about euthanasia. The main effect of dying by euthanasia is human rights, ethical, religious, economic, legal, social because it's the most difficult to solve the problem. I think the government all over the world should change the laws of euthanasia between illegal and legal because the people have rights which they choose alive or die. It is important for people how to die so people should choose how to die themselves. In contrast, I think I do not want people to die by euthanasia because the life is just once so I want people to fulfill until dying. I hope that even one person will

¹ "What does courage look like? The Standard." 6 Jun. 2015.

² "What does courage look like? The Standard." 6 Jun. 2015.

³ "Legality of euthanasia - WikiVisually."

suffer fewer suffering because of sickness, cancer and so on and I hope to be a world where people can choose. Nowadays, some people die with euthanasia from all over the world. Recently, the number of people who die with euthanasia is increasing in the world. For example, ⁴in the Netherlands the number of people who died with euthanasia increased by 10% in 2016 with 6091 people. However, ⁵the number of people who die because of suicide is decreasing in Netherland because in the Netherlands, to die with euthanasia is legal so people can die themselves. In 2016, the number of suicide was about 2000 in the Netherlands. On the other hand, in 2017, it was about 1700. In this essay, I will explain the law of euthanasia by writing about the similarities and differences to determine if it is useful for the government to change the law.

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⁴ "Report 2016 euthanasia in Netherlands - Institut Européen de" 19 Apr. 2017.

⁵ "1,894 suicides in 2016 - CBS." 28 Jun. 2017.

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Japanese English Education System

Natsuki Mampuku

According to the TOEFL, Japanese score is 145th place among 170 countries. In particular, Japanese score is the lowest.¹ It is the last place in advanced countries.² Japanese junior high school focuses on reading, usually focusing on grammar. Many people say Japan has a lot of different grammar with English. So, Japanese people find it too difficult to study English. The Japanese score is 27th place in 30 Asia countries. The Philippines is 5th place among Asian countries. Also, Filipino English is evaluated from many other countries. Many companies advance into the Philippines. Japanese junior high school focuses on reading, usually focusing on grammar. Many people say Japan has a big different grammar with English. So, Japanese people find it too difficult to study English. Japanese score is 27th place in 30 Asia countries. However, Korea is 8th place in 30 Asia countries.³ Korea has similar grammar with Japan. Many people say Japanese English education has to change and the Ministry of Education, Culture, Sports, Science, and Technology (MEXT) decided to study English from grade 3.⁴ I will explain Japanese English education system problem of education curriculum issue, student motivation issue, Assistant Language Teacher(ALT) issue, and compare it to the Philippines. After that I will suggest three potential solutions to improve Japanese English education.

I

Firstly, the government has to change the junior high school's English curriculum. The government changed the elementary school curriculum. Until now, 5th and 6th grade student have to take foreign language activity. But, the foreign language activity is not official subject so, it didn't have to do score. However from 2020, third and 4th student have to do foreign language activity too.⁵ Also, 5th and 6th students have to do English. What is the difference between foreign language activities and English, English have to do score and not speaking and listening but also study writing and reading. According to the Ministry of Education, Culture, Sports, Science and Technology, 78.8% of all class use to reading.⁶ Because student have to study for high school entrance exam, and high school entrance exam usually consider reading skills. Students can read and write English a little. However, they cannot speak and listen English. Also, 98.7% teachers said often teach grammar and reading, but teacher who say often do debate and discussion is only 0.6%. So students cannot speak English at practical opportunity.

Secondly, students need to have their motivation increased. According MEXT, 70.9% of 5th and 6th grade in elementary school answer that like English. 61.6% first grade students in junior high school answer that like English. However, in second students who answer like English is 50.3%.⁷ In result, students who is answer like English is decrease year by year. Also, 52.3% of students answer “ for high school entrance exam” to the question that is why do English is important. Many students think that they are studying English for high school entrance exam. In result, many students think English is so difficult for me, because they don't have own goal. They have general goal which is for high school entrance exam, but They

¹Unknown, Test and Score Data Summary for *TOEFL iBT*® Tests, September 18th.

² Kosugi Musashi, TOEFL TEST SCORE , November 16th.

³ Kosugi Musashi, TOEFL TEST SCORE , September 16th.

⁴ Benesse, New English Education policy, November 16th.

⁵ Benesse, 日本の新英語教育, September 16th.

⁶ Unknown, questionnaire for junior high school students, September 16th.

⁷ Unknown, questionnaire for junior high school students, September 16th.

have to have more specific goal. 48.6% of second junior high school students answer that understand half or less than half of class. It is very big problem.

Third problem is how to use Assistant Language Teacher(ALT) in English class. According to the Benesse, in 2005, ALT come to own school more than 1 times in per week is 24.0% in elementary school, even though in 2007, It increased on 36.5%. However, ALT don't teach every class. ⁸So if ALT come to school more than 1 times in per week, it is not sure to teach more than 1 times in per week. Students cannot usually listen native English. Also, only 20.3% teachers had been to study abroad. In addition, 42.7% teachers don't have English skills equivalent to TOEIC 730 points score. It equivalent more than pre1 of Eiken. Junior high school and elementary school have to use ALT more and more.

II

On the one hand, there are some similar points between Japanese English education system and Filipino English education system. First one is to introduce English education gradually. In Japanese government decide English education starts in grade 3. In Japan, English education started in grade 5, but from 2020, It will change.⁹ In the Philippines, from grade 1 have English Education. Also, Filipino school has one English class per day every day. Japan and the Philippines start English Education gradually too. The Second one is those final goal is to communicate with other countries people. According to the Ministry of Education, Culture, Sports, Science, and Technology (MEXT), the final goal of Japanese English education is cultivation people who suitable for a global society, overseas expansion of the value of our country, and can do different negotiation in a global society. ¹⁰ Similarly, final goal in the Philippines is to communicate with other countries people and can work in other countries. In fact, one out of ten goes to work abroad.

On the other hand, there are many different points between Japanese English education system and Filipino English education system. Above all, an opportunity to see and say English and how to teach English to students. Firstly, the Philippines has many ethnic groups and the first language is different by each ethnic groups. In fact, there are about 80 languages in the Philippines. To put it another way, they have to speak to English to communicate with other ethnic groups. Also, in the Philippines, there are many opportunities to see English. For example, public notice, menu in restaurant and TV, because many people have own language. By contrast, Japanese has one language. Of cause it is Japanese. All Japanese people can speak Japanese. There is some dialect, but people can communicate by Japanese. That is to say, Japanese don't have to speak English in Japan. If you don't go to any country, you can live in Japan without English. That said, There aren't many opportunities to see and listen or speak English. Secondly, different how to teach. In Japan, teachers teach students English by Japanese and focus on grammar. Japanese focus grammar especially, reading. However, speaking and writing is less focus. Then again, in the Philippines, teachers teach English by English. So, students can train to listen. Students who are in the Philippines read book, study aid, because many books are written in English. However, in Japan, many books are written by Japanese, Moreover, even all most all western book has translated already. Japanese don't have to read western book by English. ¹¹ In the Philippines, from 3-grade study science-related subject by English.

⁸ Unknown, AET in elementary school.

⁹ Benesse, New English Education policy, October 5th.

¹⁰ MEXT, 外国語科・外国語活動における目標・指導内容等, October 5th.

¹¹ Unknown, Why Japanese cannot speak English well , October 4th,
<https://www.youtube.com/watch?v=3Sg2KmEBrqs>

III

The first solution is to start learning English at a young age. Jun Saito was a member of the House of Representatives and associate professor in the university of Yale. He said pronunciation and listening are important to start at a young age. A child doesn't have prejudice. Many Japanese people do to understand English by using Japanese. In fact in junior high school, they learn English by Japanese. According to the Foreign Service Institute, they announce Language learning Difficulty for English Speakers¹². It shows how much it takes to learn other languages by native English speaker. In fact, Japanese is a category which takes the longest time. To learn Japanese takes two thousand two hundred hours. There is a big difference between English and Japanese. It is grammar and sounds. English has more sounds than Japanese. For example, Japanese vowel is just five. In comparison, English has about twenty vowel sounds. Japanese is a language with less sound. That why people say listening on a daily basis is important to learn English. They should learn English in English. Teacher teaches in English and use an English textbook. Firstly, if the teacher teaches English by using English, the class will be good listening for students. Students can listen to English naturally everyday. If they learn English by Japanese, they have too many steps. Such as English sentence, explanation by Japanese, to understand Japanese explanation, restoration in the brain for adaptation to English, and finally understand English sentence. However in the case of learning English by English, English sentence, explanation by English, and understand English sentence. It is easier and students can get more vocabulary and reading skills at the same time.

The second solution is to increase the number of English teachers who studied abroad over half a year as well as increasing the number of Assistant language teacher. According to MEXT, only 20% of teachers have experience to study abroad over half year.¹³ Actually, teachers who had studied abroad over a year are 9.1%. About 50% of teachers do not have it. Of course, they can learn English in Japan but the teacher should know practical English for communication with other country's people. There are 2842 ALTs in Japanese high schools¹⁴. There are 3.3 million high school students, so it going to be that an ALT needs to teach 1162 students per teacher. In public junior high school, students learn English by Japanese and they do not have much opportunity to listen to native English frequently. Japanese school should give more opportunity to talk to a native English speaker.

Finally, the best solution is to use online English conversation in English class. In the second paragraph, it was suggested above ALT. Having said that, it might be difficult. I propose an alternative solution. That is to use an online English conversation. Takao Uezawa said that the number of online English speaking subscribers doubled or tripled in five years.¹⁵ He is a delegate of DMM online English conversation. In case to use online English conversation system, it can use every time if they need such as 24 hours and 365 days. Also, Tetsuya Yasukochi who is a private cram school teacher said " In 2020, the National Center Test for University Admissions will change. It's going to enquire about 4 English skills such as reading, writing, listening, speaking. School and the supplemental school has a likelihood to use online English conversation to measure speaking. Online English conversation is not too expensive. It is about 5000 yen average of 15 major online English conversation system

¹² Foreign service Institute, Language learning Difficulty for English Speakers, November 15th.

¹³ MEXT, 英語教育実施状況調査, November 16th.

¹⁴ MEXT, 外国語指導助手(ALT)等の任用・契約形態別人数等の状況, November 16th.

¹⁵ IT Media, DMM online English conversation, November 16th.

companies per month.¹⁶ People can take 30 classes in per month. One class's cost is only about 167 yen. One class takes 30 minutes so the student does not get tired of talking. Online, students can talk person to person with native English speakers. Every student does not need attention to other students if they do the same time. They going to be not shy.

IV

In conclusion, I assessed three potential solutions of English education system in Japan. In paragraph two, I explained three issues such as English education curriculum in elementary school and junior high school, student motivation for English, and how to use Assistant Language Teacher(ALT). I looked up some points. Such as, there are few practical class, Many students think that English is important because they have to take high school entrance exam, and there are few class by ALT. In paragraph three, I compared the Japanese English education and Filipino English education. I looked at similar and different points of Japanese and Filipino English education system. I found that these countries have the same the goal but there is a big difference in how to teach. Also, there are characteristic and background of each country. I think that Japan should teach by English. At first, it is difficult, but it will be good listening training. Couple with, a more reading book especially English book which is student choose by ownself.

In paragraph four, I suggested three potential solutions to the issue being; starts to learn English from a young age; increase teacher who studied abroad over half year and ALT; use online English conversation. I looked at some points to improve. Students should learn English by English. To learn English in Japanese has unnecessary steps. In addition, ALT is too few. What's more, students cannot talk with native English speaker enough. In the future, people should use online English conversation in school to talk more. Equally important, to learn English daily from a young age as possible as.

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¹⁶ All-eikaiwa, average of cost online English conversation, November 15th.

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Poverty in the Philippines

Hikaru Miyamae

In this thesis, I will explain about the poverty in the Philippines, including causes, effects and solutions. First of all, there are rich people and poor people in the Philippines. The population in the Philippines is slowly increasing every year. At the same time, the percentage of people who live in poverty is gradually getting higher in the Philippines. According to the Philippines Statistics Authority, the national average poverty rate is 27.9 to 26.3 percent from 2012 to 2015. However, in Northern Samar it is really poor. In fact, this state is the poorest. The poverty rate is 53.1 to 61.6 percent from 2012 to 2015. Also, the difference between rich and poor is very big in the Philippines. The rich people are very wealthy - more than people in the world think, while the poorest people live in extreme poverty. In this essay, I will give each three causes, effects and solutions of poverty in the Philippines.

I

First, according to the Philippines government, the poor community was affected by a huge disaster. In 2013, a large typhoon came to the Philippines. Their main jobs are in the agriculture and fishing industry in the Philippines. The agricultural areas and fishing were affected by the disaster so the poorest people suffered big damage. For example, the fields were flooded by rain so people could not get enough food themselves. Also, their houses were destroyed by the typhoon. They did not have enough money so they had to live outside. Because the typhoons come to the Philippines every year, the poor people never have the chance to rebuild their homes or businesses. The poor people become poorer. The disaster affects everyone's lives. The second reason that poverty is so widespread in the Philippines is that the cycle of poverty is so difficult to break. The rich people get richer, while the poor people get poorer.

Following this, There are few jobs in the Philippines, even if people get a good education. For example, even if people graduate from university at the top of their class and go to graduate school, they still can not get good jobs. So if people graduate university, they just get work at low-paying jobs like fast food shops. These jobs do not provide long-term employment. They are often temporary, and short-term. In the Philippines, poor people do not buy anything so there is no economic activity, which would create jobs. So there are few jobs in the Philippines so people cannot earn money. Even if people really want a job, and are willing to work, they cannot find a job.

Following that, when I saw poor people's house in the Philippine, it were awful. I mean, it was no window, no door. It was like garbage mountain. Also, there were no electrical appliance like fridge. As a result, they can not save foods if they can find food because it is warm in the Philippine. In addition, they have no room to go to school. Even there is the compulsory education period is from 5 years to 17 years in the Philippines. They have to grow up their children or they have to spend time to find food. As a consequence, they can not pay for school stuff what they need at school without academic. They have no choice to go to school.

II

First of all, the effect is that people do not have some foods by disaster. According to the Philippines government, the poor community was affected by a huge disaster. In 2013, a large typhoon came to the Philippines. The agricultural areas and fishing areas were huge

affected by disaster so the poorest people suffered big damage. For example, their fields were polluted by typhoon or flood. There was raining heavily. Also, they can use the fields now. Therefore, they can not harvest some foods.

There are few jobs in the Philippines. The unemployed increase also, poverty cycle will expand. The poverty cycle in the Philippines has a large number of effects. For example, if people graduate from university, they just get work at low-paying jobs so they may not give their children a good education. If they cannot give a good education, their children can not go to the school they can not get a good job. This is poverty cycle in the Philippines. Unless this cycle improve, this cycle affect for the next generation. Then, this poverty cycle will continue forever.

The compulsory education period is from 5 years to 17 years in the Philippines. Even this fact, Poverty people can not have education. People can get good education during 5 years to 17 years in the Philippines. However, poor people can not go to school because people do not want to spend money for other like stationery and uniform. Most people choose that people do not go to school. Then, most children have to work. The children find some food from garbage mountain every day. It is their jobs. If children work, they have to work forever with low-paying.

III

In perspective, the typhoon make poor in the Philippines because the main industry are agriculture and fishing so if their industry are broken by typhoon, people will lose some of their foods. In addition, people can not break away from typhoon quickly however, they can protect it right now. For example, people can make drainage equipment because of the floods that they have in the Philippines, Or to protect their agriculture they can cover it with a net to protect it from the strong winds.

By the way, Have you ever heard that large enterprises also small and medium-sized companies do not have enough workers in Japan? Recently they have a problem of hands because it is quickly spreading the aging population with a declining birthrate. Therefore, the big company's there should provide the people with stable well paying jobs because some people in the Philippines do not have a lot of money so they can not provide for themselves or their family's. People can also try to go to foreign countries so the people can learn how to work. Hence, when people from the Philippines go back to the Philippines people can make their own work from what they have learned in the foreign country.

Poverty children have to choose job because they can not pay for school stuff what they need at school. However, if the government gives them free school stuff, they can go to school without money. Then when these children grow up to be adults the government can tell them to pay back the money directly to the government. Or to programs that provide children with school needs.

IV

In conclusion, the causes of poverty in the Philippines are natural disasters like typhoons, and the cycle of poverty. In addition, the poor people cannot afford to buy anything so the employment problem will not improve. Also, They have some effects of poverty on the Philippines like education policy. So the government should sit down and put in some more thought in how to protect people in the Philippines. From being hurt from the typhoon, From being sick because they can not afford food for themselves or family, And for the children who wish to go to school but do not have the funding for it. Also the government should put in some thought to starting a program that will take people from the Philippines to take them

to a foreign country so they can learn about work and come back to start a business so they can make the money that they already should be making.

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Gender Inequality in the World

Kota Takahashi

These days, there exists a lot of problems in the world. Especially, gender problem is considered as one of the biggest problems. As the proof of that, according to the Sustainable Development Knowledge Platform, the world has 17 biggest problems.¹ According to The World Factbook, in Pakistan, which Muslim is believed by more than 95 percent of people of there was a woman who was killed because she insisted on rights about education and work.² Then, is this for just developing country? The answer is no. As proof of that, according to The Global Gender Gap Report of World Economic Forum, a lot of countries including Japan has some problems about gender. Even in Canada, which is said to be a state of freedom, is the 16th most discriminated country in the world.³ We need to settle those biggest problems to make the world peaceful. Then, how are those problems generated? What are the differences between the country which has the problem and one which does not? How can those problems be solved peacefully and effectively? In this essay, I will explain about the gender problem, including causes, similarities and differences between Canada and Pakistan and solutions for the problem to make the world better in the future.

I

First of all, religion takes freedom and rights to do something away from women. In the introduction of this essay, Pakistan was held up as an example of a country in which a lot of women and girls are discriminated. As it is noted, more than 95 percent of people of Pakistan believe Muslim, and Muslim is famous for hijab. According to Arabs in America, Muslim women wear hijab to show other people their faith for the Allah.⁴ Also, according to Berkley Center, it is impossible that women become Buddhist monks because some Buddhism tales say women cannot be leaders.⁵ In other words, if a woman wanted to be a Buddhist monk, she would have to reborn into a man. This fact means nobody can become the Buddhism monk as long as she is a woman.

Secondly, traditional culture controls what women can do. In Japan, there is a traditional sport called sumo, and the player needs to exorcise himself with a special salt. Also, sumo has a perspective in which women must not be in a sumo ring.⁶ However, women were in a sumo ring on April 4th, 2018. The day was when a celemony of a big sumo tournament was held. A mayor of a city in Kyoto was delivering a speech in the sumo ring. Then, he lost his consciousness suddenly, and some women went into the sumo ring to do a heart massage to him. However, a sumo referee said to them "Please get out of the sumo ring" with an announcement.⁷ This affair is known well by a lot of Japanese because it also has a different aspect from gender inequality. People were forced to think which is more important, a life or a traditional culture. There are more affair caused by gender inequality in the world, but as you can see from this example, tradition also can cause gender discrimination sometimes.

¹ Unknown, Sustainable Development Knowledge Platform, Home Page

² Raphel Alexandra, Journalist's Resource, Article

³ Schwab Klaus, The Global Gender Gap Report of the WORLD ECONOMIC FORUM, PDF

⁴ Unknown, What is the Hijab and Why do Women Wear it?, Article

⁵ Holmes-Tagchungdarpa Amy, Can Women Become Leaders in the Buddhist Tradition?, Article

⁶ Unknown, Sumo in Japan, Article

⁷ Motoko Rich, Women Barred From Sumo Ring, Even to Save a Man's Life, Article

Finally, girls cannot be educated enough to work and less women leaders in the social. The women are coming to have power for the social, but as it is written, the gender inequality still exists and women do not interfere with politics as much as men. As proof of that, according to Women@TheFrontier, there are only 20 female leaders which is the top of states or government in the world.⁸ States and governments are configured by politicians, so a country of which man is the leader can discriminate women and other sexual minority like LGBT. Then, why is the percentage of women who are leaders of states or government less than the percentage of men? It is because women of some countries are less educated than men. According to Education News, more than 30 million adults in America are unable to read and write sentences.⁹ Without knowledge, people cannot become the leaders of states and governments. Without knowledge, people cannot insist on their opinion. In other words, even if women and the other sexual minority were discriminated, they would have no way to go against their opponents. The opponents, who are men who established governments, made the social for men. That is the third cause to induce the gender inequality.

II

However, some countries are not affected by those causes. On the one hand, Canada and Pakistan has some similarities about gender inequality. First of all, those two countries have wage gap between men and women. According to Canadian Women's Foundation, Canadian women earn less than Canadian men do. Also, some well informed people say wage disparity between them would not disappear until 2125.¹⁰ According to Gender Pay Gap, women earn less than men in Pakistan, too. Also, many women in Pakistan are forced to work informally and not respected.¹¹ Secondly, rights and freedom of people in both countries are limited. According to Deutsche Welle, women in Pakistan cannot work and vote without instruction. Some people can, but some people cannot.¹² Also, according to The Road to Equal Rights for Women in Canada, women had few rights of money and children after getting married.¹³ Those facts show people in both countries are given few rights.

On the other hand, differences of gender inequality between Canada and Pakistan exist as well the similarities do. First of all, educational level is entirely different. Some people might wonder how educational level affect gender inequality. According to The Link Between Education & Inequality, wage gap between black men and white men are 7 percent, 10.9 percent and 17.9 percent. Also, wage gap between black women and white women have a big difference, so inequality has a relationship with educational level.¹⁴ According to Canada Adult literacy rate, literacy rate of Canada keeps 99 percent of value and has not experienced changes from 2008 to 2014.¹⁵ In contrast, according to Brookings, only 3 percent of women can read and understand letters in Pakistan, and UN says 1.2 million children need to get educated.¹⁶ Pakistan has 204 million people¹⁷, so that's one of the biggest differences. Secondly, the main religions are different between them. In Canada, the number of people who believe Catholic is 39 percent and the number of people who believe Protestant is 20.3

⁸ Lanham Fonseca Susan, 'Who Run the World?' Women Leaders Changing the Ratio, Article

⁹ Unknown, Crisis Point: The State of Literacy in America, Article

¹⁰ Gregory Kathy, Canadian Women's Foundation, Article

¹¹ Unknown, Gender Pay Gap, Article

¹² Unknown, Deutsche Welle, Article

¹³ Unknown, The Road to Equal Rights for Women in Canada, Article

¹⁴ Unknown, The Link Between Education & Inequality, Article

¹⁵ Unknown, Canada Adult literacy rate, Article

¹⁶ Unknown, Bookings, Article

¹⁷ CIA, The World Factbook, Searching tool

percent, so more than half of people are Christian. In contrast, one who believe Muslim is 96.4 percent in Pakistan.¹⁸ According to Arabs in America, Muslim women need to wear hijab for which Muslim is famous to show their faith for the Allah though men do not have to wear.¹⁹

III

In order to remove gender inequality like that, some solutions must be prepared. First of all, to establish more laws can stop gender problems. To force people not to discriminate against others with law would be effective for the gender problems because they are afraid to be criminal. According to the National Bureau of Economic Research, 20 percent of a crime decreased 7 years after changing a law.²⁰ That means laws can be a deterrence for people not to commit a crime. Almost all people do not go against the law, so to treat gender inequality as illegal can stop current gender problems. Here is an example of that. According to Role of Women in Canada, women were legally admitted as "persons" by an imperial privacy council in 1929. Also, the federal government established a law which says to give women the same work and salary as men.²¹ As you can see from the example, to establish more laws is an effective way to reduce gender inequality.

Secondly, to work together can affect the relationship between people. People tend to isolate others whom people do not know well. As an example of that, black people are discriminated by others due to lack of their knowledge and understanding. According to Harvard T.H. Chan, black people in America have experienced unfair treatment from police. 60 percent of them said they had been stopped or treated unfairly, and 45 percent had been treated unfairly by courts.²² This is caused because people who isolated black people did not know well about them. As a proof of that, according to leo.notenboom.org, people are afraid of what they do not understand. Also, they regard what they do not understand as badness.²³ In other words, to know each other makes their fear removed. To work together is a way to understand other people. According to Brookings, the ratio of women who work in America is 57.2 percent in 2016.²⁴ In the remaining 42.8 percent of women, there are some people who cannot work because of some reasons, but if they could, they would have to work to have men understand themselves.

Finally, education is the most important to build people's point of view. Education is a big way for everyone to get information around the world. According to EdLab, people cannot get any new information without education.²⁵ In other words, information people have is what was built with education. Also, information is important to form people's perspectives, which would not change easily. That is why education can be the most effective solution for gender problems. Education builds people's perspective, so people will not get information which supports gender inequality with using textbooks and learning materials which removes information about gender bias. Also, as it is noted in the second solution, to understand each other makes prejudice between people removed. The same is true of education, people can learn about gender discrimination and understand that they have no

¹⁸ Unknown, The World Factbook, Searching tool

¹⁹ Unknown, What is the Hijab and Why do Women Wear it?, Article

²⁰ Francis David, Sentence Enhancements Reduce Crime, Article

²¹ Unknown, Role of Women in Canada, Article

²² Datz Todd, Poll finds at least half of Black Americans say they have experienced racial discrimination in their jobs and from the police, Article

²³ Notenboom Leo, We All Fear What We Don't Understand, Article

²⁴ Burke Alison, 10 facts about American women in the workplace, Article

²⁵ Doumbia Kafoumba, Why is Education So Important in Our Life?, Article

difference.²⁶ As a result, education would be the most effective and easy way to remove gender bias from people.

IV

In conclusion, I explained about gender problem, including causes, similarities and differences between Canada and Pakistan and solutions for the problems to make the world better in the future. As you can see from the information above, there are several causes and discriminated levels each countries in the world. Mainly, those differences are caused by backgrounds and perspectives of each countries. They are not easy to remove so I do not think the problems are disappearing soon. In order to make them solved, the solutions which I provided in this essay can be carried out, but the first solution, to establish more laws, can cause repulsion by anti-government organization because this can make people feel stress. The second and third solution are more peaceful than the first one, but require government's help. For the second one, we need to work together and governments can establish offices to make people work together. For the last one, we need schools where we educate people and governments can help building the schools. All people have to do for the gender inequality is know each other, so they would be the best solutions.

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Child Abuse

Hiroto Minoda

Child abuse, It is serious physical and emotional harm by parents or other adults. Some of such adults can't control themselves by drinking, drugs, poor life and stress. Roughly writing, there are some causes such as child factors, parental factors, family factors and environment factors. Child abuse gives children some bad influences. In this essay, I will focus on three bad influences of child abuse, such as health problems, children who have gotten abuse, might be aggressive and children feel stress, and then I will assess about details on it.

There are many types of child abuse such as sexual abuse, child trafficking and neglect. The causes of child abuse are various like to get money and just for own pleasure. To get money connects to child trafficking and for own pleasure connects sexual abuse. So some people will think child abuse differ from country to country, because of differences of situation in each countries. In this essay, I will explain about compare of child abuse in developing countries and developed countries to understand this problem more.

Child abuse is happens regardless of differences of rich or poor. It has risk to connect to the death of children through either suicide or by children being killed by parents. Some people have never considered this problem, in spite of the fact that they have heard about it. Even though they have nothing to do with child abuse, they have better know the solutions of child abuse, because it is going to be easy to solve it. In this essay, I will assess three details of how to solve child abuse such as to solve poverty in the city, poverty in Africa and supporting parents who may have problems with their children.

I

The first one is health problem. In fact, 31% of the adult population in Canada had experienced physical abuse, sexual abuse in the year 2000. According to the their questionnaire, mental disorder had relation to child abuse. Some of the victim are small children. Their brain are a quarter of adult's brain and it is one of the most undeveloped organs, so they may experience health problems such as mental retardation, hearing and visual difficult. From these reasons, they are susceptible to bad influences. In 2013, 19% of Canadian children died by shaken baby syndrome. Additionally, 59% had neurologic deficits, visual impairment, or other health effects. Also they may gotten broken bone and bruised by abuse of adults. Adults have more power than children, causing them to feel pain and suffer. Anyway these upper sentences show that child abuse can affects child health in both mental and physical way.

Secondly some of these children can grow up to be very aggressive and increases the probability of committing crime. In fact, 47% of children who committed crime is caused by poor parental supervision. The personality of children change by genes and the environment in which they grew up, so the children who got abuse in the past, might grow up imitating their parent causing them to also commit domestic violence. Trying to avoid their parent, some children result in running away. And in other case, they are forcefully kicked out of home by their parents. Such children have to live alone and their brain get under develop resulting crimes like robbery and sexual crime.

The thirdly, these stress, mental health problems and violence by parents can cause suicide. Actually, 90% of people who committed suicide have mental sickness. Among them, depression is especially related to suicide. As you know, children who got violence may get depression. In other word, there are many people who committed suicide because of

depression. Especially adolescent children can get depression easy. People who have mental problems need help from others, however it is harder for depressed children who get violate from their parents because most of them are afraid. In addition, some of little children don't have enough self-awareness that they will died if they commit suicide.

II

There are similar points between child abuse in developing countries and developed countries. In fact, there are many children who get sexual abuse in both developing countries and developed countries. Of course it is a kind of child abuse and it is serious problem in the world, because it is happened around the world such as south Africa, America and England. WHO showed about 150 million girls under 18 years old get sexual abuse in 2002. There are about 125 million people in Japan, so it means children who get sexual abuse in 2002 are more than Japanese population. A people who sell their children get money, and some people who buy child do sexual abuse. So they can make win-win relation each other.

On the other hand, in the case of seeing from different points of child abuse in both countries, child labor and child trafficking have a little differences. The countries which has child labor a lot is such as Guinea-Bissau, Cameroon, Sierra Leone and Chad. As you can see, all countries which in best 4 of child labor are in Africa. so in developing countries, there are many child labor. Some of children can work safely, cuz their parents do that. However another have to work in dangerous places such as mine, and they can't get money. On the other hand in developed countries like Japan, there are also child labor, but almost children have to housework. But some developed countries like China, some of poor children have to work danger. So I meant there are a little differences among child labor. In addition, you know the child trafficking has also some differences. It is happened especially in Africa. In Africa, the cause of child trafficking are unfair, Society with high unemployment rate and low education. In addition, there are more poor people in Africa than developed countries. So some of them sell their children to get money and live. In America, there are a few human trafficking, however the aim is almost to do sexual violence. About 80% of child who sold is bought in the underground sex service industry.

III

There are many poor people in developing countries. To solve poverty in the city is one of the solutions of child abuse caused by lack of money, such as child trafficking. The solutions of poverty connects to the solutions of child abuse. In some developing countries, to be provided fundamental equipment such as water or sewer equipment by government is one of the way to develop. Water is important for developing countries, because it is needed to live like doing agriculture or just drinking water. In addition, it is better to add into dishes. So to provide water or sewer equipment connect to lose child abuse problem.

Next one is to solve African poverty. It mostly solve child labor, because child labor is basically happened in Africa. As such a poverty decrease, The number of child labor in Africa will decrease. It sounds like development of developing countries, but it is more serious and harder than development of developing countries. Money is important to decrease the number of poor people. If they have more money, they can eat more, medical in such countries improve and they can get a good education. So people don't need to get money to sell their children. Additionally, the risk of child abuse by people with a high level of education. Recently, to donate is easy without taking long times, so this is also good way to solve child abuse.

The third solution of this problem is to support parents who may have problems with their children. This solution is more effective to solve child abuse which frequently happens in developed countries, such as violence to children. There are some family services like talking with other parents who took care of already, and expert of health services and family violence services are introduced. To do such things let the stress of parents decrease. In addition, they can learn how to take care of children. It will be easy to look after their little children. Recently, these places which helps parents like local council or community health centre are more than before. However some of such places are needed some money, so developed countries suitable for this solution.

IV

In conclusion, by age, it affects different health problems. By the 2 years old, any kind of stress causes children to feel distress and frustration. At preschool age, Boys tend to externalize their emotion and girls are more likely to internalize their behavioural attitudes. In primary school age, some of them can't get good score and they don't have friends too much. And to be Adolescence, they may have depression and they also become violent.

In conclusion, child abuse in developing countries and developed countries have similarities and a lot of differences like child labor, child trafficking and sexual trafficking. I have two opinions. Firstly, In developing countries, as you know poverty is one of the causes of child abuse. So I think we have to know and consider about the fundamental causes of child abuse such as poverty. The second is that I think we need to understand the importance of life. The little children are also human and they also have their feeling like adults. If more adults can understand such things, The child abuse will decrease in both countries.

In conclusion, I considered two things to make this essay. Firstly, there are other ways to solve child abuse, so if parents get stress, they should look how to decrease it. It is important to know how to suppress stress, when they hit such a wall, because if such problems continue and get worse, some children may die by suicide or be killed by their parents. Secondly, there are two solutions which solve before problems happen, and solve after the problems happened. Of course, both solutions are good, but I think parents had better to solve before the happening child abuse because their children don't get stress about child abuse. Anyway, if parents have responsibility for children, I think they will not do that in any situation, so they have to be conscious of that they have children's lives

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Impact of Music on People

Kirari Yasui

Why do people listen to music? Some people listen to music when they are happy, other people listen to music when they are sad. Music has various psychological effects on people and it has a lot of power. Also, the influence of music has advantages and disadvantages. Sometimes music has poor effects on young people. There are some differences and similarities between the influence of classical music on people and the influence of pop music on people. Some people think that classical music and pop music are all different, however there are some similarities between pop music and classical music.

I

There are various effects of music. First, music can reduce stress. Instead of listening to bright songs when you are sad, you can relieve sad feelings by listening to sad songs. By feeling that it expresses its own feelings, listening while sympathizing with music gives us the effect of processing emotions.

Next, music helps you eat less. If you are trying to lose weight, listening to mellow music and dimming the lights might help you achieve your goals. According to one study, people who ate at not very bright restaurants where soft music was played consumed 18 percent less food than those who ate in other restaurants. The reason why people who ate at not very bright restaurants where soft music was played did not eat too much is not very bright and soft music makes people relax.

Thirdly, music promotes switching of feeling. When you think you have to change your current situation, music gives you power. I said that when you listen to a sad song when you are sad, you sympathize with the song, the sad feeling softens, but when you are sad, listening to a bright song makes you feel positive and you can switch feelings.

II

There are some advantages and disadvantages to listen to music. One benefit is that music lowers stress. Stress causes 60% of all our illnesses and diseases, but if you listen to music, we can decrease stress and we can become more healthy. For example, even if you do not feel well, you will feel better if you go to the your favorite artist 's live performance. Second benefit is that music calms people. When people's feelings are hurt, the brain rhythm in a body is not normal. Music has constant rhythm, so it can fix abnormal rhythm and people can calm down. Third benefit is that music can improve depression. When people feel sad and they listen to sad songs, it helps them to cry. Crying helps with purification of mind.

One drawback is that some Hip-Hop music has bad language. When young people listen to the song, they might use the bad language that they hear. Some songs involve guns, violence and bad behavior, so it gives negative impact on young people. The second drawback is that some music contains sexual lyrics. If young people hear these lyrics, they might want to try new things that they are too young to try. If they did, they might become pregnant. The third drawback is that some lyrics might cause discrimination by talking about skin color, religions or gender in bad ways. If young people hear these lyrics, they might discriminate.

III

There are some differences and similarities between the influence of classical music on people and the influence of pop music on people. On the one hand, there are some similar

things between pop music and classical music. First, classical music and pop music make people relax and get rid of sad feelings. People feel comfortable when they listen classical music because classical music has unique rhythm and it removes sad feelings. Pop music also feels comfortable and relaxing, because it has lyrics and when they feel sad, when they hear a sad song, they feel that song expresses their feelings and they feel calm. Next, certain pop music can positively influence teens, triggering happiness and excitement, instilling confidence or even helping them complete tasks such as household chores or homework. Classical music also helps people complete their tasks or concentrate on them.

On the other hand, there are various differences between pop music and classical music. First, people can find their favorite singer and music and be into something. Pop music is sung by a singer, so people love various singers and can make friends as a result of it. Secondly, pop music has lyrics so you can understand your meaning by understanding the meaning and you can listen to the song with thoughtful thinking, also there are pop music that have positive influence like Katy Perry in her song Roar on the teenagers and such should be encouraged to give for expression of confidence, growth and maturity in the society. Thirdly, Classical music has the effect of enhancing thinking power because the composer is making it and focus the structure. It is better to play music than to quietly study, as you can remove and concentrate your mind.

IV

In conclusion, music has various influences on people and music has become indispensable to people's living without noticing. Just by incorporating music everyday, more fun and less stressful day may be. Also, there are some advantages and disadvantages to listen to music, but I think listening to music has more benefits than drawbacks, because music makes people's lives meaningful. However, we have to choose to listen songs because as I wrote in bad points, sometime Hip-Hop contain bad things. Some singer think that singing bad thing is cool, but it is not cool and those songs give young people bad effect. So, we should not listen those songs. If we do not listen those songs, we can get just good impact and there are a lot of differences and similarities between the influence of classical music on people and the influence of pop music on people. I think major fact is both music gives people relax and comfortable feeling. Music has a lot of power and when we listen songs, we can improve our motivation. However, some pop music have bad impact, some lyrics contain drugs, guns, about sexualy, so we have to care to listen pop music.

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Problems and Solutions of Japan and UK

Rin Yoshikawa

Combined Introduction In fact, some UK's scientists say UK education is bad also, Japanese scientist says Japanese education is bad. There are have system, and they have how many good points and bad points. And also, how these are bad for now student and teacher and social and what problems and solutions are in there.

I

In Japan, Education have image that teacher or tutor teach something to student and student's responsibility is to study but European Education want teacher to bring student's ability. Thus, School is not only place where to study in Europe. Also, in Japanese Education it is important that result or ability of memory. However, in European education it is important that creative or thinking power of children. Other words, European education needs to lead answer by own power. Japanese students are wanted to be same other people. It is bad point in Japanese Education. In European Education, teacher extend student's personality. "education" mean to lead something in inside to outside also they follow this mean into Education.

In Economy of both countries, there are almost not similar point. instead of there are many different points, for example, working time, how to use paid vacation. Japanese worker are said too working by other country people. Because, in Japanese society, people needs to care around and are important that think other people. However, in European society, people think themselves firstly and it leads efficiency to work. Japanese Economy experienced high economic growth period and bubble period. So during that period, Japanese Economy grew more higher level. However, after that, Japanese Economy especially, GDP is decreased from them to now. By the way, in European Economy, it made a big economic sphere and it called European Union(EU). Their tax is free between them so their economy is developing more and more.

II

First of all, I'm going to write advantage of Education in Japan. Japanese Education system is very developed that compared other countries.¹ In this site, two experts said Japanese students become a people who can read newspaper when they enter junior high school. It is rare thing in this world. In fact, almost of all Japanese people have ability of read and write. Because, Japanese Education system have Course of study and MEXT make textbooks learning it so Japanese teacher can teach certain thing about education to students. Other side of Japanese Education is good for students health. Elementary school is paid school lunch. Also, it is thought for health by private company. in Junior high school and high school, student can choose school's lunch or lunch box. Of course school's lunch, lunch box are made by adult people or student's parent thinking student health. Japanese student should clean their classroom every day, so they can grow one of the adult. And also they can learn teamwork and responsibility.² On the advantage of UK, some students go to college because there can learn thing that to connect to real job. It is called "Further Education College". UK admit to do home education, and the family which does it is increasing recently. If the family does do it, parents should become their child's teacher. However, they

¹ <https://ddnavi.com/interview/431745/a/> "ダヴィンチニュース：偏差値にとらわれすぎ！・・・"

² <https://www.lifehack.org/453208/5-things-about-the-japanese-education-system-that-will-surprise-and-inspire-you> ou "Lifehack: 5 Things About The Japanese Education System That Will Surprise and Inspire You"

have many time to touch their child so they can teach many thing to child to use item. Parents don't need to teach along country's curriculum.³ So, they can teach themselves. And they can fit to child how to learn. UK have unified exam covering country. It is called GCSE(General Certificate of Secondary Education). Students should pass this exam, they can get more better job so they study hard and hard. Generally speaking, European countries and United States are participatory classes, and UK is too. Students say their opinion in class and teacher ask question to students. Thus, they grow up their speech power and thinking power.

On the other hand, one of the big drawbacks in Japanese Education is students do not interested in Government. Japanese class is passive class, so student need not to say their opinion. In fact, they do not opportunity to say their opinion. Also, Japanese Education system is considered a problem for teacher's work-time. Japanese teachers are said too work by other country people. And it is fact. Almost Japanese school have club activity, and all teachers should be advisor. Thus, they lose their free time to monitor students in club activity. And also, they do not have free time so they can not advise to students. It cause "IJIME" in class. other side, teachers are annoying by *Monster Parents*. Monster Parents want to reckless and insane things to teachers. For example, parents get angry about their child does not do homework to their child and child become depressed, but parents impose this responsible to school, they think their child is right in everything they do.⁴ Student side, their achievement and athletic ability is decreased year by year. In recent year, TV game had grown e.g. Wii U, Nintendo Switch. Students especially elementary school, do not go outside in holiday. And also People can get something which they need and they can live decent. Thus, they think why do we study so hard and do not study hard.⁵ In UK side, students are urged to decide career too earlier time. And students do not have many time to study.⁶ UK Education is unfair to students and their family. Because it need much money to grow child specifically, from 5 years old to graduate to University or college need too much money.

III

On Japan side, in fact, students who are born in Fukushima prefecture are bullied by other students. For example, 5 months after the disaster that led to his family's evacuation from Fukushima, boy enrolled at a Yokohama school. And he was called "germ boy" by other student. Also, this is led to bullying, student who take bully become school refusal. However, in Junior high school and High school, bullying happen and it become more insidious than elementary school. As described above, student hide one student's shoes or item and ignore him/her. In fact, many student dead by bullying every year because they don't have other choice. And this is very serious problem in Japan in recent year. The Ministry of Education, Culture, Sports, Science and Technology (MEXT) think that and take action to stop bullying in all of Japanese school. Research by MEXT, they found 64.5% of all bullying was reported as teasing, insults, threats and other nasty comments. So, MEXT held the class about bullying to student.⁷ Because, they think it is difficult to solve bullying only teachers. its purpose is to make startle of should not allow bullying. As a result, MEXT held that class for 3 years, students who take that think should not allow bullying and it settle their mind. But, I think

³ <https://www.blog.crn.or.jp/report/09/215.html> "CHILD RESEARCH NET 第5回"/

⁴ <https://weban.jp/contents/guide/catalog/info/2316.html> "an モンスターペアレント"/

⁵ <http://homepage1.canvas.ne.jp/minamihideyo/essay-gakuryokuteika.htm> "学力低下の背景のあるもの"
<https://www.benesse.jp/kyouiku/200509/20050915-1.html> "Benesse 子供の体力が低下"

⁶ <https://medium.com/@melissaharvey000/advantages-and-disadvantages-of-the-uk-education-system-79f478e81fd8> / "Advantages and Disadvantages of the UK Education System"

⁷ http://www.mext.go.jp/component/a_menu/education/detail/_icsFiles/afieldfile/2018/05/30/1405646_005.pdf
"いじめの問題に対する取組事例"

that it had one problem. It was that class was taken by student who want to take the class ONLY. And teacher side, Japanese teachers work too long time. The average of international was 38.3 hours per week, it found by survey in 2013. But, Japaneses teachers work 53.9 hours per week and it was highest percentage. And also, 33.5% of elementary school teacher and 57.7% of junior high school teachers are estimated to have clocked more than 80 hours of overtime a month. Ministry suggest that additional manpower provided by local government, board of education, parents and other community volunteer, could help with things. Also, they suggest should be compensated for teaching the student's after school sport and cultural activities with day off. Because, if teachers saw students who join the club in holiday, they can not do usual class. Teachers have not only preparing for next class, they have marking of test or homework.

On UK hands, in 2018, Uk's government decided to change the grading system. It was from lettered grade(A~U) to numbered grade (9~1). In the meantime, two big universities in UK, Cambridge and Oxford, are suggesting UK government had one of the big education system but this was strictly incorrect. This education system changing affected to teacher and student. Students were confusing as to what grade they should achieve and also, teachers were left feeling confused as how students could achieve the grade they wanted. In 1965, the Circular 10/65 set up to replace the tripartite system of education with a comprehensive school system. 5 years later, this with Circular 10/70 which meant that the local education authorities had control of what type of system to implement in their local area. This changing of how education was run left many feeling confused. This solution would be inter-party agreement on UK education system. The tossing and turning of how education, exam, and curriculum is run can be misleading for students and teachers. However, inter-party differences in education should be run is not always a bad thing. In the Liberal Democrats Party Manifesto, they stated they would introduce a curriculum entitlement which teach student a curriculum for life by educating mental health class. UKIP wanted to implement a dual vocational training system to allow students to receive on-the-job training at a company. Also, they lied other underlying problem. If lacking of teachers, student should study a curriculum themselves. And in mental health problem, especially among students, were increasing unstopably and exams were being made harder year after year cause workload and stress are increased. the solution of this they should fund to school-based counselling to help students mental health problem. One of other problem is about funding. school funding between 2016 to 2017 stood at £86.3 billion in total expenditure. This was decreased 2.3% from 2012 - 2013. In fact, UK's education funding is decreasing year after year. Lack of funding, school can built new classroom so, existing classrooms were becoming over crowded or they can not employ more staff. This solution is obvious. Government needs to start adequately funding schools across the whole area in country. The Government need to focus more on prioritising the problem of state school funding, to allow for the "working class student" to receive an adequate standard of education.

IV

In Japan, too long Work-time is bad for teachers so government help teachers putting on external coaches in school club. And for students, school counselor is one of the solution to resolve student's mental issue. In UK, UK's government should increase education funding. And also, they support with student to decide what subject take or join. And UK should put on school counselor same as Japanese school.

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Endangered Species

Yuki Ifuku

Currently, wildlife in the world that is threatened with extinction will be 25,821 species. This is a result that is overwhelming higher than the 23,928 species as of September 2016. But, Endangered species are increasing more and more. Also, Ecuador is the country which is the most endangered species. Because, Ecuador has Galapagos Island. And, in the world, there are now 41,415 species on the IUCN Red List, and 16,306 of them are endangered species threatened with extinction. More creatures will become endangered species in the future. To prevent this, many people are protecting endangered species. But on the other hand, some people are against protection. I will explain about reason for increase of endangered species, opinion the protection of endangered species is support and opposite and compare Japan and Ecuador.

I

There are three causes of the increase in endangered species. First cause is it is an overfishing by human beings. When there was no regulation like now, overfishing had been repeated because furs and fangs sell high price as a material. And overfishing have been now too. Also second reason is bringing alien species. The brought in alien species destroyed the ecosystem, many native species have been extinct and declined. The third cause is environmental destruction. Environmental destruction problems such as global warming, environmental pollution, and deforestation also cause living things to become extinct. Nature is destroyed by humans, making it impossible for surviving living creatures naturally. As a result, many creatures is extinct.

Next, I will explain the problems caused by the increase in endangered species. First, the ecosystem breaks when more endangered species increase. Then, there is the possibility that more living things will be extinct. Because when one species is extinct, the animals that eat that creature lose their food and become more likely to be extinct. It also affects humans. For example, when the Japanese wolf extinct, the deer increased in quantity and many trees were extinct by the deer. Also, deer inhabited the area that originally did not inhabit. And unusual plants and trees of tourist spot were also damaged.

As a solution to reduce endangered species. First of all, do not release organisms that did inhabit to different places. This is both domestic species and alien species. And it is to know which organism is endangered species. It is impossible to protect endangered species unless you know what organism is in danger of extinction. So it is also important to get knowledge of endangered species.

II

First, I will compare the cause of the increase in endangered species in Ecuador and the cause of the increase in endangered species in Japan. The main reasons for the increase of endangered species in Japan are hunting deforestation, bringing alien species, population growth and global warming. In particular, many people do over hunting because, furs and fangs sell high price as a material. And endangered species will increasing. In Ecuador, the main cause is over hunting and development of land. Ecuador has many endangered species because there are Galapagos Islands. After the middle of the 19th century the settlers to the island increased. The settlers cultivated the land, kept livestock, raised vegetables, but the main food was galapagos turtle. Fur seals are caught in large amounts to take off fur and, Small birds were captured as food as well.

Next, I will compare solution against Japan and Ecuador endangered species. Japanese government measures are working to protect endangered species and return them to the wild. Also, create protected areas to protect animals. And legislation to protect endangered species is made. On the other hand, the Galapagos Islands became a crisis heritage. The Ecuadorian government made policies to prevent the number of visitors to the island of visitors and the length of their stay and the invasion of alien species. Currently, in the Galapagos Islands, only 3% of the total places are allowed to live, agriculture and livestock. The remaining 97 percent are protected areas. Ecuador is able to protect the animals of the Galapagos Islands with this measure.

The cause of the increase in endangered species of Japan and Ecuador is caused by overfishing and deforestation etc. Both Ecuador and Japan are taking measures and they can maintain the current situation but there is not much change in the number of endangered species. In conclusion, In both countries, endangered species are increasing due to similar cause but, I think that Ecuador is put effort on the protection of endangered species than Japan. Because Ecuador is more conscious of endangered species.

III

First, write about endangered species protection support. The main opinion of those who support with the protect of endangered species is Ecological importance and Medical. A healthy ecosystem is based on plants and animals. As the number of endangered species increases, it means the collapse of the ecosystem. Also it is difficult to maintain a healthy environment as more threatened species increase. Then, it also gives huge damage to humans. Over 50% of the 150 most prescribed medicines were originally derived from a plant or other natural product. If many plants will be extinct, we will lose a lot of important medicine. The increase in endangered species has a big impact on people as well. So we need to protect endangered species.

Next, I will explain about the endangered species protect opposite. The main opinion of those who are opposite to the protect of endangered species is that extinction is Natural selection. In the history of living things, many species were born and many species died. In the past extinction of animals, there are many cases that become other species. Some people think that species will become extinct someday. The apex of the food chain has always existed. It is human or dinosaurs or various. Dinosaurs also ate many other creatures. As a result there were also extinct species. The apex of the food chain has great influence. Some people think that it is natural selection that species are influenced by other species and extinct.

IV

In conclusion, the increase in endangered species is caused by environmental destruction and overfishing. The impact of endangered species is extinction of other species and destruction of nature. The cause of the increase in endangered species of Japan and Ecuador is caused by overfishing and deforestation etc. Both Ecuador and Japan are taking measures and they can maintain the current situation but there is not much change in the number of endangered species. Also, opinion of those who support with the protect of endangered species is ecological importance and Medical, opinion of those who opposite the protect of endangered species is that extinction is the Natural selection. I think we should protect endangered species because, It is human beings that are most affected by the increase in endangered species. In conclusion, I think that if many people should become increasing knowledge of endangered species, we can protect endangered species. And also, I think that

Ecuador is put effort on the protection of endangered species than Japan. Because Ecuador is more conscious of endangered species.

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Food Waste Problem in Canada

Kano Ogura

Canadian waste \$31 billion in food each year. This is approximately 40% of produced yearly in Canada. On the other hand, one in eight Canadian families struggle to put food on the table, and over 800,000 people visit a food bank each month. The vast majority of food waste happens at production and processing rather than on the consumption side. In this thesis, I will explain about the food waste in Canada, including the causes, effects, and solutions.

I

First, there are various causes of food waste problem in Canada. One major cause is to release huge methane gas after food waste is buried in the landfill. Most of discarded food is burned and buried in the landfill; therefore, any methane gases are emitted when microorganisms decompose them. It is the third-largest carbon footprint after the US and China. Emissions from Canadian landfills account for 20% of national methane emissions. The methane gas is 25 times more damaging to the environment than carbon dioxide.

Another major cause is behavior of consumer. Monica Labarge, an assistant it is unconscious biases that manifests into food waste when grocery shopping and they don't believe that consumers are buying food with the objective of wasting it. They buy and make a lot of food because they want to feel like they are giving their several healthy options. The biggest cause is that there are a lot of people receiving food aid. While a lot of food is thrown away, one pair of family in eight pairs is having trouble with today's food. About 40% of these receiving food aid are under 18 years old and as many as 93,000 new people use food banks every month. Nearly 13 percent of households in Canada, or more than 4 million individual, experience food insecurity. This represents an increase of more than 600,000 individuals between 2007 and 2012.

II

One major solution is donating surplus ingredients at restaurants and others to food bank. According to FoodBankCanada, there is a system called National Food Sharing System. This program accepts and secures surplus food donation to be shared their food bank net work. Actually, they have been able to distribute about 23 million pounds of food each year. Another solution is developing application that facilitate do not excessively purchase food. There are several applications in Canada. One of them is called Ubifood which is currently exclusive to Montreal, Ubifood gives geolocation-based real-time push notifications to inform users of discounted food there. Doing so will prevent consumers from buying extra ingredients. The another app is called Feedback which aims to cut down food waste, by letting you buy restaurant meals destined for the trash at a fraction of the dish's original price. Participating restaurants post how many meals are available before they need to be thrown away, the discounted prices and when customers can come to pick their orders up. I think this is good idea because there is a similar system in the super market in Japan that is food is discounted and sold when you goto the supermarket just before closing. The last solution is canadian knows about many food is wasted in Canada by various ways. I think government should announce details about food waste on SNS better than TV and newspaper because Canadian spend a lot of time on SNS. According to Social Media Today, they spend 40 minutes watching YouTube, 35 minutes on Facebook and 25 minutes on Snapchat on average. Actually, Famous Japanese YouTubers Hikakin called for donations on YouTube

entitles "Why don't you donate to the affected areas of areas of the western japan torrential rain with Hikakin?" It tells you that you can make a donation very easily and this video has a great influence. So I think famous person who from Canada should announce about food waste in Canada on their SNS.

III

One major effect is Most of discarded food is burned and buried in the landfill therefor any methane gases are emitted when microorganisms decompose them. It is the third-largest carbon footprint after the US and China. Emissions from Canadian landfills account for 20% of national methane emissions. The methane gas is 25 times more damaging to the environment than carbon dioxide. Another effect is Monica Labarge, an assistant it is unconscious biases that manifests into food waste when grocery shopping and they don't believe that consumers are buying food with the objective of wasting its. They buy and make a lot of food because they want to feel like they are giving their several healthy options. The final effect is While a lot of food is thrown away, one pair of family in eight pairs is having trouble with today's food. About 40% of these receiving food aid are under 18 years old and as many as 93,000 new people use food banks every month. Nearly 13 percent of households in Canada, or more than 4 million individual, experience food insecurity. This represents an increase of more than 600,000 individuals between 2007 and 2012.

IV

In conclusion, there are several effects, causes and solutions of food waste problem in Canada. Many people receive food aid in spite of a lot of food are wasted. The government the goal of food waste. It is to cut retail and consumer food waste in half by 2030. I think that even though many food is wasted, a lot of people receiving food aid is the main effect of food waste. I think Canadian should take Japanese MOTTAINAI culture in their life. MOTTAINAI culture is a term of Japanese origin that has been used by environmentalists. The term in Japanese conveys a sense of regret over waste. Every foodstuff is economized and everything is used in a way to make it last as long as possible. So I think this culture can reduce food waste and saved food will go to many people who received food aid.

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Younger People Leaving Sports in Japan

Keiga Yamamoto

Playing sports is the next most important thing: clothes, meal, and house. Doing sports can lead to the prevention of lifestyle-related diseases. In addition, it is recommended to the people to do sports as a country, and it is an indispensable activity for health. However, it is not limited to Japan recently, and the distance of sports of children in the world stands out. So in this essay, I will show why is it that the children are away from sports, What are the advantages and disadvantages of playing sports, and What are better solutions

I

The first reason is the increase in the number of smartphones and games. Every year, new smartphones and tablets have been unveiled, and it is no longer a rare sight for children to carry it around. In addition, the number of schools where a public elementary and junior high School is digitized in the class and the class is given one tablet instead of the teaching material is increased. In addition, there are a lot of apps in the tablet terminal, music, drawing, comics, games, shopping, textbooks, notes, photos. Everything you can do with a tablet. And especially when it comes to games, online games are popular these days, and you can play with players all over the world while you're at home. Even if you have many friends online, but it is very difficult to meet them and play with them directly. Online games have broadened the view of the world of children, but the act of playing outside has been reduced.

The second reason is that the children have fewer places to work outside. Nowadays, not only Japan but also the world is advancing and the natural phenomenon is considered a problem. However, the problem is not only that but also the location of the children's activities. Have you ever seen a vacant lot in a certain famous Japanese anime? Such a vacant ground is disappearing from Japan from the city. Of course, there are a lot of grounds which pay the monthly fee by wearing the uniform etc. and work is scattered still in various places. However, there are fewer activities where children can come together and play at the end of school. As for the activities that are around us now, usage fees are incurred in athletics, bowling, and Civic gymnasium. It may be a good idea to use it once in a while, but it seems a little impractical to pay for it every day.

Finally, the third reason is that children's action is limited by parents and some adults. They often say "you have to play a sport." However, they often say, "If you run, It's dangerous." and "If there is an empty lot, you can't go there". So their opinions are a contradiction. In spite of the small number of places where children can play freely, it is forbidden to play baseball or soccer in the park, or the facilities that can be used are paid. Other sports include a wide range of bowling and trampolines. However, when it comes to using such facilities, it is necessary to pay one thousand yen or two thousand yen. It seems to be one of the reasons why it becomes difficult for children to play sports.

II

First of all, I will introduce about advantages. The main merit of exercising as a child is that the motor nerve becomes good still. Children can challenge various sports without having to squeeze into one. Therefore, the skill of the movement relation rises steadily, and it is possible to become familiar with various sports in the future. In addition, the body becomes sturdy of course by exercising, it becomes difficult to break the physical condition, you can also be suppressed little symptoms even if you break. It is also possible to train your mental health if you exercise a little hard, and even if you have a hard time in the future, that

experience will help. In addition, it is possible to apply muscle strength, as well as motor nerves, it is possible to go to become familiar with various sports in the future.

However, there are disadvantages to exercising as a child. If you get too training or too much of a sport, you can get a muscle or get injured. It is old wounds in the future, and even an excellent sports player is damaged by the old wounds, and it is urged to retire young. It also creates a cause that leads to such a sad thing. In addition, if a lot of muscular power is done by excessive sports, it interferes with the growth of the bone. In other words, if you have a lot of muscle strength when you are a child, height is difficult to grow. As you know some great baseball player break the body when their baseball life is done. So, hard training is sometimes very dangerous for us.

III

The first solution is joined to the sports club. I already introduced before, a lot of children using a phone and gaming. So, they always use that and they are not leaving in a year. However, if there are things to do in a day. They will put a phone and they will go to a club activity. Of course, that needs parent's approval and a child's motivation. However, if the child going to the club activity, his sports ability is increased and can make a good healthy body. However, some children are very busy with supplementary private school. However, those children need to take exercise time, because they have a lot of sitting time. So they will be tired. If they changed one day to exercise. Their body will be better health.

The second solution is going to a gym. As you know, if the child joined the sports club, sometimes the sport and the child are not fitting. It's a problem, because of If it was not fitting they can't do that long time and they can't enjoy that. If they can't enjoy that, exercise time will be a stressful time. Then, they will never do exercise. However, in the gym which can a lot of exercises. Also, they will do their favorite exercise, so they are not feeling stressed. The gym can do at the best time and as much as their wants. Besides, they can be exercised with listening to music, watching movies or YouTube and learning.

IV

In the end, I would like to summarize the essays on the importance of children playing sports so far. It turned out that there are three reasons such as an increase in electronic equipment, reduction of parks etc., adult correspondence, which are causing causes of children's sports departure. The advantages of playing sports are you can strengthen your body and build friendships through sports. Of course, there may be other ways to stay healthy than sports. However, moving your body is the most effective and effective for resolving stress as well. So I presented two solutions. But they need to spend money. In other words, in order for kids to feel close to sports, they play in the park when they are small. I think that this is the most effective. I hope that the day when children in the world will enjoy sports from the bottom of my heart and I hope that I can help them.

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Food Culture of Japan and Canada

Tsukasa Ikuta

According to Japanese government Japanese foods were established about 2,300 years ago. On the other hand Canadian food are established about 300 years ago. Canada was a colony of other European country so, it was later than Japan to construct original culture. These differences are resulted from when people constructing their own original culture in both Japan and Canada, climate of the land and what kind of grain, vegetable, cattle can grew up in that area. To understand features and how these two food cultures are different I will show you some differences and similarities between food culture of Japan and Canada.

I

There are big differences between food culture in Japan and in Canada. First, what foods are liked in each country. In Japan people eat rice as a staple food but, in Canada people eat bread, pasta or something made from wheat. People who live in Canada don't eat rice completely, but it is low frequency. This difference is related to climate. Rice was originally a plant of tropics so to cultivate in Canada is unsuitable and more Japanese people eat raw fish, however Canadian people don't like to eat raw fish. This difference is related to geography. Japan is an island country and the land of Japan did not fit to stock farming so people likes to eat fish to take protein. Secondly, what tools people use to eat food. In Japan we use chopstick on the other hand Canadian people use spoon, fork and knife. How was this difference is produced. Most biggest reason is what food people ate. The culture of chopsticks fixed Japan to eat grains in an agricultural people because chopsticks were convenient. In addition, there was actually the spoon for a long time, but because of I sat straight, and sitting cross-legged date in the low dining table which had low height, dietary habits to lift a wooden bowl settled, and the soup did not settle in the use of the spoon because a custom to sip from a direct wooden bowl settled. On the other hand the culture of a fork and the knife colonized that Europe and America was a livestock farming race and ate meat because a fork was convenient. In addition, it was not necessary to lift tableware, and the use of the spoon settled because a chair and the meal at the table colonized though therefore I ate soup with knife and fork.

There is only one similarity that I found Japan and Canadian food culture. At the present day foods that are from various country are coexistent. Certainly it is not similarity between only Japan and Canada but it is feature of food culture both country. There are Chinese food, Japanese food and Canadian food in Canada. In Japan we have Korean food American food and Japanese food. Reason why there are a lot of foreign food is related to history. Canada was a colony of other country so, people from foreign country is to take their food culture into Canada. In case of Japan, after world war 2 Japanese people faced to food shortage and Japan was supported by U.S. Then Japan exported a lot of wheat or something western food.

II

Advantages and disadvantages of Canadian food. On the one hand there are several good points of Canadian food. Firstly, Canada is so huge country so, there are some differences to each region. Former Prime minister of Canada said that "There is the best dish in Canada. It did not make various dishes hotchpotch and gathered together it". First Canadian foods were affected by three foods. First nations, France and England. 18th-19th century foods from China and Europe were spread along with immigrant, so we can eat diverse foods.

Face on the Ocean, we can eat fresh seafood. Canada is huge country so they cultivate many kind of vegetable and fruits. On the other hand there are some bad points of Canadian food. There are a lot of foreign foods that are mixed together but there is not much originality and representative food. Meat is more common food in Canada. They don't eat much vegetables unbalance. There are a lot of fast food shop and people use it frequently. They love sweets. They use a lot of sugar in coffee or tea.

III

Cause of food culture differences. One of the biggest causes of food culture differences is who live there and when people start to live there. Firstly it is said Japan was constructed about 1400 years ago and Japan is island there were people from eurasia continent and aborigines in Japan so it was easy to develop their own food culture and they were able to take long time to develop food culture. On the other hand Canada was constructed about 500 years ago. In Canada there were French people and first nations and these peoples were controlled by the UK. In 1937 finally, they were independent from the UK so there are a lot of immigrant in Canada. For example, UK, French, Scotland, China so Canada's food culture is affected by many other countries culture and food then it was difficult to be developed own food culture.

The second major cause of differences is how technology was developed. Technology relate with how people grow up their plant, grain and cattle efficiently. Japanese cultivation technology is affected by China or asian country. Canadians cultivation technology is affected by Aboriginal and European country so there are differences of what grain is grown and how grown up.

Finally, and most importantly cause is geography. Geography has two parts, feature of land and climate. That country touches sea or not. There are enough river to get water for cultivation in that place. There are enough plain to cultivate. There is enough rain. What plant or cattle fit temperature in that place. Japan is surrounded by ocean and could get abundance sea food. Japan is high temperature and humidity. Average of rain in a year is 1700 mm. Japan has a lot of river and Japan has 63,636 rivers so it is easy to get water. It is necessary many water to cultivate rice. It fits to cultivate rice. Canada is low temperature and humidity. Average of rain in a year is 500 mm. It fits to cultivate wheat, rapeseed. Canada is too cold to cultivate rice.

IV

After comparing and contrasting I think these two countries have each background. For example history, land, climate and they development their own food culture. The differences what foods are core of their meal and how people eat food and similarity is both Japan and Canada have food culture that from other countries. In my opinion these features are constructed to make their life easier and more affluent. I think to be combined a lot of culture can be good point and bad points. I think advantages are stronger than disadvantages because the food that is developed in Canada has a lot of history. and as you can see there are some reasons for food culture differences between Japan and Canada. Nowadays technologies of food cultivation is high quality both Japan and Canada so it is not biggest cause. I think the biggest cause is location because we can not control climate, rain and temperature. We need to adapt these environment and we need to cultivate food that fit on these environment. We have to research about relationship between food culture and location to debate about causes of food culture differences.

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Education in Canada and Japan

Taiga Lama

In Japan, the tuition for public schools is free for 9 years from elementary school to junior high school. On the other hand, Canadian government bears all the tuition for 12 years between elementary school and high school. According to Statistics Canada, the average tuition at universities in Canada in 2017 was 6,571 Canadian dollars (0.55 million yen) for Canadian nationals. In contrast, the average tuition at Japanese universities in 2017 was 8,030 Canadian dollars (0.70 million yen). As can be seen from the facts above, Canada takes an importance on Education. There are many differences between education in Canada and Japan. In order to determine which education system is better, in this essay, I will make a comparison of both differences between Canadian education and Japanese education and consider the benefits of them to improve the Japanese education system.

I

First of all, there are several advantages of Japanese education. One of them is that Japanese education grows children as a group. So Japanese schools have an HR (Home Room) system to educate team spirit. They are well educated to help each other and this can be one of the reasons why Japan is peaceful. Another advantage of Japanese education is students are able to think about equality. Even there is a student who can't catch up with class, the student can advance the next grade. Equality is believed as important thing in the world. In spite of Japanese education, Canadian education has positive points. Canadian education policy value individuality and independence. For example, students are able to choose curriculums that they want to learn. Additionally, Canada has a grade-skipping system. Superior students are allowed to skip their grade. The advantages of grade-skipping are School can save costs for education materials and parents of students who skip a grade also can reduce the expenses for tuition. As a result they can develop their Individuality. The benefit of Canadian education is children can improve their ability to solve problems by their own.

On the other hand, There are some disadvantages of education of both countries. One of the drawbacks of Japanese education is that students need to study hard for the entrance exam for high school and university. Students need to study to be chosen as a student of a university they want to go. Consequently, they lost free time and don't sleep enough especially just some days before the examination. More than half of junior high school students go to cram schools, and some of them attend several cram schools. Moreover, younger children have also become affected by the examination wars. This is the large bad point of Japanese education. Canadian education's negative point is that students who were educated by education systems that are different from Canada's and due to racism and other barriers, the new immigrants and refugees have difficulty in connecting to the mainstream Canadian educational curriculum and pedagogy.

II

There are some big differences between education of these countries. In the first place, the biggest difference is education policy. Japanese education policy place importance on cooperativeness and working as a group. So Japanese schools have the Home Room (HR) system to educate team spirit. In contrast, Canadian education policy value individuality and independence. Students choose curriculums that they want to learn and they develop their individuality. They are not judged by looks such as school uniform, hair style, hair color, how

they put make up. So they have wealthy extracurricular like rock climbing, foreign language, cooking to extend their personality. They have various optional subject and the level is divided for each subject from normal level to advanced level. Japanese school has a sports festival and it is said that the event is a good opportunity for students to learn and experience team spirit. In contrast, Canadian school has a cross country which is like a marathon, it is not a team marathon, students run individually.

Another difference is grade skipping system. In Japanese schools, Equality is valued as important thing so, even if there is a student who is very superior, all of the students advance to the next grade. But in Canada which gives importance on individuality, superior students are allowed to skip their grade. And School fee is free from elementary school to high school in Canada because the government bear the costs. But in Japan, people have to pay the tuition from high school.

III

To sum up, there are many differences between education of both countries. I believe that the biggest difference is the education policy. Canadian education policy is aimed to develop children's individuality and let them find what they are good at. However Japanese education policy is based on purpose to let students learn team spirit and how they can support others as a member of the group. This difference of education makes their character and personality differently. And Canadian school fees, school curriculum, school activities are not the same as Japan. There are some benefits and drawbacks of education in Japan and Canada. In my opinion, I think education in Canada has more benefits than Japanese education because I think Japan deprive an opportunity for gifted people who have a high ability to play an active role in society. Equality is important but people should value more Individuality. So Japanese education should introduce grade-skipping system like Canada and support superior people more to make a society better and advanced.

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Food Waste in The World

Kaoruko Noda

In the most recent years, food waste has become a huge problem in this world, not only in developed countries but also developing countries. Food waste affects environmental problems and a variety of other problems. In the world, 1.4 billion tons of food are wasted to feed as many as 2 billion people in a year, from World Vision. And also, this number is three times the amount of food supplied to people suffering from hunger in the world. According to "Food Agriculture Organization", developed countries such as Europe, America, and Industrialized Asia are wasting a lot of food, about 300 kg on average by one person, in a year. In addition, according to FAO, there is unexpectedly a lot of disposal in developing countries such as Africa, about 200 kg on average by one person, in a year. However, it is thought that most food waste is in "developed countries", not "developing countries". Furthermore, a lot of food waste is related to a variety of problems. For example, throwing away food is a waste of water, fertilizer, lands, pesticides, crop seeds, fuels and even people's effort to make food. If the amount of food waste increases, this situation will become worse. I will explain three causes of food waste, compare similarities and differences between food waste in developed countries and developing countries, and three ways of solving food waste to make this situation better.

I

One of the biggest causes of food waste in the world is producers or farmers make too much food. They produce a lot of stuff for customers, but if customers do not need so much food, those foods are thrown away. Different customers have different preferences, and this highly influences consumer purchasing behavior on food items. In addition, some people need food with intact vegetables. However, sometimes, there are things that are non standard size or the shape is bad, and . Those are not selling on shop, or they are not bought. Then they get thrown away.

The second cause of leftovers in the world is managerial, financial and technical constraints. This case would be especially in developing countries. The wastage takes place because of the constraints to do with lack proper management, inadequate finances, and technical difficulties in the lines of harvesting methods, storage and cooling problems in adverse weather conditions, processing, packaging, infrastructure, and marketing systems. They do not have enough place and technique to save food. There are only a few facilities to cool, protect, and keep food. Therefore food is getting bad, and they are rotten, so they are thrown away.

The third causes of food disposal in the world is at restaurant and their home. The main causes of this is food preparation scrap and people leave food. Most restaurants, and the industry alike have a tendency of over preparing producing food. While the intention is good especially in anticipation of high customer volume and the ability of not running out of menu, over preparation often leads to wastage if all the food is not sold. Since the food service operations lacks the ability to quantify the amount of food consumed on average, the kitchens keep producing amounts thought to be enough but most of it is actually not needed. Moreover, leftover is related to people's feeling. They leave food when they feel "I don't like this taste" or "I am full". It could be the personal problems.

II

There are some similar causes of food waste between in developed countries and developing countries. In both countries, the attitude of disposing is cheaper than recycle or reusing. In other words, to through away the food is the easiest way for people. When the dishes are made, the part of the food that is not used or the skin of vegetables or fruits are discarded. It also leads to food disposal. Moreover, some producer has made much foods, so there are extra food that do not be eaten or bought in the world. In addition, everyone of people has wasted a lot of food. Some of them are not conscious about food waste.

On the other hand, there are some different causes of food disposal between both countries. In developed countries, there too many leftover food in restaurants and homes. When people feel "I don't like this food" or "I'm full", they may left over the food. According to "BUSINESS INSIDER", 84.3% of unused foods are disposal in American restaurants. Some customers buy too much food, so they are thrown away. And also, in developed countries, people think for granted that there is food. Almost all of the people who live in developed countries, including us can eat food every day, so many people think it is easy to eat food. Therefore, people leave or discard food. In contrast, in developing countries, climate and less place are caused lots of food waste. According to the site, "WHO NEEDS IT ANYWAY?", hot climates spoil food, such as fresh produce, meat, and fish. In addition, they do not have enough place to build the storage facilities. And also, they do not have technic to build the storage facilities. It means also they can not store the food. Hence, people who live in developing countries through away food.

III

One of the possible solutions of food waste is to reduce food waste close to the farm. As "Brushtec" says, if we could reduce food waste close to the farm, they would have benefits. There are many foods that can never be eaten because of strict load reference. They can not even be harvested because they look bad or they are small. If the load reference was not so strict, food waste at the farms would decrease. Also if the farmers were to sell that food cheaply, many people may buy it.

The second solution is to reduce leftovers in restaurants. There are lots of leftovers at restaurants so if they could reduce food waste at the restaurants, this situation is going to change significantly. For that, making punishment for leftovers is a good way. If the customers have to pay a fine when they leave food at the restaurant, they may be not going to waste food. Actually, there are some restaurants that are doing this system now, but it has not had much effect, so they should make the fine more expensive.

Finally and most importantly, making storage facilities in developing countries could be the solution to lots of food waste. In the world, there is much food waste not only in developed countries but also in developing countries. According to the site, "WHO NEEDS IT ANYWAY?" this is because they don't have good environment and do not have enough storage facilities to save food. There are other reasons, but this is one of the big reasons. Therefore, if they have storage facilities in their countries, they will be able to save food.

IV

In conclusion, there are three main causes of lots of food waste in Japan. There are causes that is people can't help. However, if people think more about plan for meal, like how much food are they going to use, or think about expiration date, the food is not going to be thrown away. If everyone of people try to do not leave food when they eat food at restaurant or house, the food waste in the world will less than now. Moreover, there are several similar

and different causes between developed countries and developing countries. For these factors, I think it is more difficult to reduce the food waste in developed countries, because there are causes that are related to people's feelings. However, in developing countries, if the environment will be better, they may be able to reduce the food waste and they can save food. At last, there are several solutions to make this situation better. In developed countries, one of the major causes of food waste is people's feeling. To change their feeling is not easy. However, in developing countries, climate and less spaces are the causes of lots of leftovers. If people make food facilities in developing countries, the amount of leftovers will be reduced. People know the way to reduce food waste in developing countries. Therefore, the final solution is the best way to improve this situation. Moreover, if people who live in developed countries, including us, think about reducing leftovers, this situation going to be better.

The Obesity in Canada

Akichika Yanagawa

All people should think about obesity. The obesity can cause some illness for example, cancer, heart disease, stroke and diabetes, so people need to take care of obesity. The Canadian obesity is 28 percents. That means 28 people is obesity in 100 Canadian people. It is so big problem. In this essay, I will talk about comparing Canadian obesity and Japanese obesity, cause of obesity and solution of obesity.

I

There are few similarities between Canada to Japan. I will introduce the similarities on the both food guides. Canada illustrate food guides in the color by the different foods. Also, Japan explain food guides in the shape of spinning top by the different foods. Both food guides illustrate by different foods. These food guides include meat, vegetables, fruits and grains. These say it is important to eat uniformly and drink water. These are limiting excess salt in food. The food guides are arranged in accordance to the recommended daily serving in separated food groups.

Next, I will talk about differences between Canada to Japan on eating habits. There are more differences than similarities. To start with, Japanese food is different than Canadian food, because there are multiculturalism in Japan, agriculture in Japan contrasts with Canadian agriculture, and Japanese diet consists mostly with traditional dishes while Canadian people have a diverse diet. The Canadian food guides advices approximately 7 servings of fruits and vegetables for adults. In contrast, Japanese food guide suggests 5-6 serving of vegetables and 2 serving of fruits.

II

First cause is their eating habits. Canadian eating habits is very different from Japanese one. I introdus it in the school and at home. In the school, students can eat food anytime. Students eat vegetables, fluits, bread and Jerkies. Also, cafeteria sells lunch and snacks. Lunch menu is Pizza, Pasta, Soup, Salada and Special Lunch. Pizza is too big. It is equal Japanese two pieces. Pootin is the one menu of Special lunch. It has a strong flavor. Canadian loves it. Next, I talk about eating habits at home. There are always some food in some house. People can eat anytime. Also, dinner is pizza once a week in some home. These can be cause of obesity very much.

Second cause is living style. Canadian transportation is almost all car. Canada don't develop transportation very much. Train and bus don't come on time. In the winter, Canada has a lot of snow, so people cannot walk outside. Walking is the easiest exercise in day. Another cause is their thinking. Japanese people think obesity is bad. However, Canadian think why is obesity bad. This thinking effects to their mind. These can be cause of obesity too.

III

The problem of obesity is increasing death from sickness. Top 5 reasons were cancer, heart disease, stroke, accidents and diabetes. In this reasons, 4 reasons came from obesity. Obesity people tend to get a cancer. People who have BMI more than 24 can get 1.2 times more than people who have BMI near 24. Also, obesity can be very cause of stroke and diabetes. If people eat too much, heart needs to move more for send blood. That is why obesity people can tend to have stroke, diabetes too.

Next, I start to talk about solution of obesity in Canada. I am staying in Canada for studying abroad. I always see their food habit. I think the best way to decrease obesity is change their food habits. In the Canadian class, students can eat food and drink something anytime. I think it is one of a bad situation to be obesity. If children continue to eat during school, their stomach will spread. At the result, they need to eat too much. The best solution of decreasing obesity is stop to eat in the class. If students do not eat during the class, their stomach will not be big. They can refuse to be obesity.

IV

In the conclusion, I found the reason why Canadian people are more obesity than Japanese people. Canadian people often eat high calorie foods. Also, they cannot exercise in the winter. I also found solution. It is changing their food habits. When I saw Canadians, I got impression. It is Canadians always eat something, so I think changing food habits is the best way to decrease obesity.

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Work to Death

Eimi Nishida

In Japan, there are serious problem about overworking, and in the worst case, it leads to death, which is "Karoshi". The definition of the word Karoshi is "death by overwork". Karoshi is when people died with sudden death by the result of when people forced to do excessive work for overtime work and long time work. It will include when people suicide by suffering from depression. There are two cases of Karoshi in Japan. ¹In 2013, a women who worked at the Japanese company dead by heart failure. She logged 159 hours, and only rest two days in a month. The other person is who worked at the Japanese company, dead by "Karo-Jisatsu"; it is a suicide by overworking. However, the working time unworth to the productivity. ²According to the OECD Compendium of Productivity Indicators, Japan's productivity is the lowest of the G7 countries despite long working time. In this thesis, I will explain about overworking in Japan including causes, effects, to know why overworking is a serious problem in Japan.

I

One of the major causes of overwork is less worker in company. According to the report of Ministry of Finance in Japan in 2017, over 70% of the companies feel less worker in their company.³ Japanese companies don't want to dismiss employees when business is bad, so they don't hire people when business is good. There are two reasons, one is less workers labor cost problem. Another reason is declining birthrate and population decline. According to the Government of Japan's research, about 2.6 people in Japan is 65 years old, and 4 of 1 people are over 75 years old.⁴

The second major cause is historical background. In 1950s, Prime Minister of Japan, Shigeru Yoshida tried to rebuild Japan's economy after World war II. He started to recruitment lifetime employees. The system worked, but after that, Japanese worker began to suicide, suffering from heart failure, stress, and lack of sleep.⁵ In 1987, overwork problem started to recognized. Government started to report the company, and they found overwork problem about two hundred cases in a year, but actually, there are over 10,000 cases and they were hidden.⁶

The biggest causes of overwork in Japan is personal problem. There are atmosphere of company that is hard to go home. For example, when other worker is still working when people wants to go home, some Japanese feel it is hard to go home because of the company's atmosphere, so they do overtime work reluctantly. According to the Working policy research, people who don't go home until boss go home, the average working is about 207.9 hours, and people who don't wait for their boss to go home, the average working time was 176.9 hours. There is a big difference between the two types of people.

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⁵ Weller, Chris. "Japan Is Facing a 'death by Overwork' Problem - Here's What It's All about." The Independent. October 19, 2017. Accessed September 17, 2018.

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II

One of the effects of the overworking is, act of children to their parents. ⁷According to the minavi research of an act of 5 to 10 years old children answered by their mother, a man worker who works in the black company's son are likely to act aggressively to their father. For the families which take part in the research, 16 to 20% of the father worked over 55 hours in a week. The reason of it is because of the less time to play sports or games with their father.

The second effect of overwork is for companies. There are an example of a good effects of not let employees to do overtime working. ⁸According to the company AXIA in Japan, in October 2012, the productivity of the company raised 27% in a month, because they stopped employees to do overtime working. Also, this company had more positive effects, including increase of women workers, increase of employees who studies, and increase of superior workers. Overworking negatively affects to the company.

The biggest effects of overwork are illness and death. ⁹Karousi is caused by a health problem, and heart problem. According to the Japanese government's Ministry of Health, Labor and Welfare on November 14, 40% of the 7000 men and women who answered the survey, sleeps less than six hours in a day because of stress. This number was increased sharply from ten years ago, and the statistics of this question was only 28%. There are also mental problem which leads to karoshi in the company. According to the Nikkei, 40% of the problem in the company which cause mental distress is bullying and harassment from superiors.¹⁰

III

The first solution to suggest is the efficiency of working. ¹¹According to the sensor and digital communication data, American people's uninterrupted work time is 37% of their work time, but Japanese is only 19%. The reason of this is because they spent more time on long meetings and interruption. Interruption will temporarily increase performance in company, but it will also increase stress and burnout. Therefore, Japanese companies had better increase the uninterrupted work time, and decrease meeting time.

A second solution for overworking in Japan is to make more rest time for workers. In Japan, they have a system called "Premium Friday", that is a system for workers to let them finish their work in 3 p.m. on every last Friday of the month. ¹²According to the research, the companies that implemented Premium Friday was only 11% of 2451 people who answered, who works in Japan. ¹³In the research of what people do on premium friday, 46% of the people spend their time in their house, and second major thing was go out and eat. People also said that they could relieve stress.

⁷"衝撃!ブラック企業は、社員の子供の性格にまで悪影響を及ぼすことが判明." マイナビニュース. September 02, 2013.

⁸"残業まみれの会社が残業ゼロになって変わったこと." 株式会社アクシア. May 07, 2017. Accessed October 08, 2018.

⁹Rustom, Aly, Ricky Kaminski, Dylan Robertson, Serrano, Shaya, and Fred Wallace. "Up to 40% of Japanese Men Can't Sleep Because of Work Stress." Japan Today. November 21, 2016. Accessed October 08, 2018.

¹⁰Kobayashi, Nobuko. "Employers Must Help Cut Japan's Suicide Rate." Nikkei Asian Review. September 10, 2018. Accessed October 08, 2018.

¹¹Waber, Ben. "Japan's Overwork Culture Is Famous, but the US Version May Be Just as Bad." Quartz. October 30, 2017. Accessed November 18, 2018.

¹²"Premium Friday." The Japan Times. Accessed November 18, 2018.

¹³"プレミアムフライデー施行から1年、定着はいかに?." Report 1-Concepts of Color in Four Asian Countries - Luxury Colors | INTAGE Inc. Create Consumer-centric Values. February 20, 2018.

The biggest solution of Japan's overworking problem is to give more support to job-changing organization. ¹⁴The reason why Japanese people are affected by Karoshi is because of the health and mental disease caused long working time, and what causes those disease is because of company working system. By changing their job, people can find other we should start from is to let people know the effects for individuals, efficiency, and company that match with them, and where have more good conditions of the company's policy. ¹⁵ According to the Bureau of Labor Statistics, the average length of working for American in a company is 4.2 years in 2016. They change jobs about 10 to 15 times. There are many reasons that they change jobs, but they have good support for people who want to change their job. ¹⁶On the other hand, Japanese people don't change jobs so much. According to research, the rate of people who are over 60 years old and have never changed jobs was 18%.

IV

In conclusion, Japan have problems in workplace that are efficiency of working, make more rest time for workers, and supporting more job-changing organization. Therefore, it also have problems that cause bad custom in working environment, and it affects people in bad ways. For example, it is a good thing of Japanese people to pay their mind to others, but it can be a bad thing. Ironically, Japanese consideration can cause overwork. In my opinion, I think there are still more overworking company that is hidden in Japan. This problem will cause decline of young people's motivation for work in future, and many young people will lose their hope in future. Accordingly, it will have bad cycle that when people feel they don't want to work in future, and it will cause deficiency of workers which leads to the cause of overworking as I shown. There are many complicated problem, that include personality of Japanese people, historical background, and it is hard to reduce all the working time immediately, but we can start from little things, such as reducing few minutes working time per day. It will be a big difference in the long term. The biggest thing we should start from is to let people know the effects for individuals, efficiency, and companies of overworking, and the successful case of reducing working time as I shown. I hope it will be good environment for worker to work in the future.

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Racism in America

Haruka Funakou

Even now 20 percent of Black have receiving discrimination. For example, American police shot black and death, etc. Some people are still discriminating so, there are people who are injured. In the old days, many immigration were visiting America. Most of it is black. There are remnants of the discrimination. In this essay, I will write about two causes and solution of racism in America. In America the black discrimination problem is the strongest. About 27 percent of the black people are still discriminated against. On the other hand, in Canada there is not much discrimination. This is different from the past so, the idea of racial discrimination is different and there is a difference in the number of people being discriminated. I will write about what is different between America and Canada. About 10 percent of Americans think about racism problem but, other people are not deeply thinking about the issue of racism problem. Many people think that racism is not a serious problem. The majority of Americans know that the problem of racism is getting worse but, people are not going to face this problem. I will write about three solution of racism of America.

I

I am going to write about causes. One cause is the fact that the black were slaves remained. In the past, a black was brought as a slave. In 1963, Martin Luther King, Jr. and President Obama spoke about black discrimination. Then some people change thinking of way but, some people have not changed yet. People who still see blacks down so, even now there is discrimination from some white. Second cause is people discriminated by appearance. According to Barrett Holmes Pitner, for example, black has black skin, thick lips and Characteristic facial skeleton. White think that these of characteristic appearance races feels very ugly so, people discriminating.

Second, I will write about solution. White have to change thought. According to John T. Bledsoe, people have to increase education, cross-cultural exchange, opportunities to touch people who are different in appearance form yourself. If success these things, watchfulness and fear will decrease. It will be improved by learning about other races. It is important to keep doing small things. Discrimination may not be lost but, it is possible to lighten discrimination even a little.

II

I am going to write about America's racism. According to Dr. James Herron, America race issues are deeply rooted in history and culture. There is a fixed concept that white people have power and blacks are weak from long ago. Racism came from an old slavery system. Initially, racism began in America as a result of the slave system of Africans. Racism is not terrible than in the past but, it still remains. Recently, there was a case that black was shot by American police officers and died. It is a case that some whites are still discriminating against black people.

Next, I will write about Canada's racism. British was the best however, Chinese and black Canadian were discriminated. There are so many immigrants in Canada so, there are various races. Canadians did not spread their values unlike Americans so, racism was not as bad as before from America. People have the impression that there is not much racial discrimination in Canada but, in reality racism still remains. Even now there is discrimination, others think that blacks are the bottom. There is also black discrimination but, racism in Canada is not bad compared to America.

III

First solution is people know each other about other races. It is important to look for common things without looking at different places, such as different skin and face shapes from yourself. People often do not know about each races so, people have to recognize that you understand other races and we are the same people. If this solution is done, it will be less visible to discrimination.

Second solution is think before thinking of discrimination behavior and remarks. People must eliminate discrimination remarks without thinking about the other's feelings and attitudes by people. It is important to look after whether you are doing something disgusting and do not do it. If people will be more aware of these things, they can create an easy to live environment for any race.

Third solution is support anti-prejudice and anti-discrimination. If you participate like a volunteer, you can call for prevention of racism. The way that people can get rid of people who are discriminating by increasing their friends by calling a lot in the country. The number of people participating in anti-discrimination organizations is increasing recently and people are doing their best to eliminate discrimination.

IV

In conclusion, I think that being discriminated against on the skin color and face is the biggest problem. Many people discriminate to judge by appearance. I think that it is important to know about other races. It is difficult for discrimination to disappear but, I think that if this solution goes well, gradually it can improve. Racism is black discrimination in either country and racism is not lost now. I think that it is necessary to understand the race different from myself. People have to lose fixed concept such as being a slave a long time ago. It is difficult to eliminate racial discrimination but, I think that it will go away if each one wishes. I think that learning about other races is the best solution. Discrimination still remains in America but, I think that discrimination will disappear if these solutions work out well.

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The Problem of Japanese Nursery Schools

Hinano Okada

Nowadays, there are a lot of problems in Japan. The problem of Japanese nursery schools is one of the biggest problems in Japan. In Japan, the declining birthrate and aging is thought to be a very big problem in decade. And then, the problem of nursery school happened. The number of children are decreasing but also the number of waiting children are increasing. How can this problem happen? Today, I want to think about the problem of Japanese nursery schools to connect with the other problems that Japan has and also want to compare the system with other countries. The other problems that I want to connect are the number of women who are working and decreasing the number of childminders. Recent years, almost all women start to work. Of course the period would be different individual however, most people have experiences of their society work. This would be the big reason of Japanese childcare workers are needed by society.

I

The first cause of Japanese childcare workers is cheap salary. Compared with other civil servant worker's salary average in Japan, the teachers get 6.35 million, police get 5.70 million, firefighters get 5.41 million, and childcare workers get 5.26 million in a year. This problem is a really big one. A lot of Japanese people think childcare workers have a low salary so people who want to be childcare workers also increase. From the questionnaire of "Reason why you work", the best answer was "For the family". Second answer was "For live in an abundant living". As you can see, a lot of people emphasize the salary of work.

The next cause of Japanese childcare worker decrease is unbalance the childcare worker and children. In Japan, the number of waiting children is increasing. That problem makes childcare workers busier more and more. Government is trying to make nursery school facilities bigger. However if nursery school facilities become bigger, childcare workers are insufficient. So, the existing state of childcare workers can't change. The number of waiting children has been increasing. Children are increasing in all seasons in a year so waiting children also can increase every time. The number of waiting children in April 2016 is 23,553 people. In October of the same year it was 47,738. In April 2017 it is 26,081. In October of the same year it is 55,433. If they can decrease the number, it will increase soon. That's a very hard problem for childcare workers.

The third cause of Japanese childcare worker decrease is declining birthrate and aging. Population of Japanese people has been decreasing in recent years. Decline in the working generation is a very big problem in Japan. So not only childcare workers but also the other working people are decreasing. In Japan, new employers are demanded by a lot of companies. Now, the percentage of women who are working is increasing. So the demand for childcare workers are increasing. And, if they have children, they will not be able to stand together with their own work. The reason why they will be not able to stand together with their own work is the number of waiting children are increasing. To go to Nursery school is becoming harder.

II

One of the effects of Japanese childcare workers decrease is that waiting children will increase. Japanese childcare workers are decreasing in recent years. However, Japanese waiting for children has been increasing in recent years. One of the reasons why the number of waiting children is increasing is the decreasing housewife. Comparing the number of

housewife in ten years ago and now, the number is decreasing. In 2006, the number of housewife was about 9500, in 2016, the number of housewife was 1114. The number of children are decreasing but the number of waiting children are increasing. The demand of nursery school has high demand. Demand of nursery school by children's parents and the number of childcare worker is not equal. It makes more waiting children.

Another effect of Japanese childcare worker is connection to working women. If they can't entrust their children to nursery school, mothers will be not able to go back their own work because they have to bring up their children. In Japan, bring up children is work for women. In the Norway, bring up children is the job of each parents. However, in Japan, the image of society for a long years ago is still living in their thinking for their child care. Then, women would have to think the timing of get their children because of it influence to their work. It is the one of the reason that percentage of women's success has only few people. If women would be the boss in the company, they have to entrust their job for their subordinate person when they get their own children. That problem make the new problem that late marriage and falling birthrate because of they have to think the timing to make their children in their life.

The third effect of Japanese childcare worker decrease is connect to childcare workers. Now a days, there are a lot of news of childcare worker. I surprised the news of their pregnancy. Some of nursery school, childcare worker are decided the number of childcare worker can make their children in a year. This sycl is made by older people who have married for a long time. If childcare worker who are not applicable to pregnancy make their children, they have to apologize to nursery school.

III

One of the differences of the system of Japanese childcare workers and other country is the percentage of children and childcare workers in one class. In Japan, there are 20~30 children in one class and there is only one or two childcare workers for 30 children. Compare with Canadian nursery school, there are only eight children and one teacher in one class. In the class, Japanese children are doing same things. For example, they eat lunch together, they play at same time and play together, they have sleep st same time and so on. However in Canada, their free in the class. They do not have to eat lunch together and they do not have some plan in their day that childcare worker made. The good point of Japanese system is children can learn collective behavior in nursery school. The good point of Canadian nursery school is children can be free in the class and resuscitate their personalities.

On of the other difference of the system is the time that children come to the nursery school. In Japan, usually they come to the nursery school at seven to eight. Some of nursery schools have bus to go to nursery school like a school bus. In the start of their day, children have a morning society. Compare with Canada, children can come to nursery school anytime they went. In Japan, it is not unable, but they should be on time because of they have a morning society. The good point of Japanese system is childcare worker can check they are attending or not. In Canadian system, it is unable. The good point of Canadian system is children's parents do not have to care about time to take their children to the nursery school. If parents have much time in the morning, they can play and spend with their children. It is very good time to family's conversation. The system that children can come anytime is same as French system too.

The one of the difference that I suggest for third one is childcare workers overtime working. In Japan, mostly they have overtime working after children go back home. Because in Japanese nursery school, children are doing same things that childcare worker made.

Children and childcare worker are on same schedule in a day, childcare worker can't do their own work in a day when children are in the nursery school. However, compare with other country, a lot of countries childcare worker do not have overtime work. Childcare worker goes back home soon when their job are done. In Japan, childcare worker have to make a lot of things that are used to occasion party for children. It is so small and it takes much time to make. Japanese childcare worker also have to practice to play the piano. It is not necessary, but they have to play the piano perfectly in front of the children. It also takes to much time.

IV

In conclusion, there are a lot of problem that Japanese nursery school has. Then, we have to compare with other system and know the differences. To compare with other country make our system better and make the things that is not good clearly to find and see. In my opinion, Japanese nursery school should be free for children, and nursery school teachers should have more job opportunities.

Japanese Suicide

Kotoha Tanigawa

In this thesis, I will explain about the serious problem suicide of Japan, including the causes (One of the biggest cause of about people is health problem.), effects (Japanese people commit suicide has solution impact on both people's works and social.), and solutions (the government make organization about suicide problem). It is a big problem in Japan.

I

Firstly, Japanese people commit suicide has solution impact on both people's works and social. The object of the solution to this problem is all people. A lot of Japanese people suffer alone. So, you should make places where troubled people can consult. For example, troubled people can consult by phone, email, and meet every time and free money. The think of a solution with people who are suffering. The only listening to trouble. Then, a lot of people will feel comfortable.

Secondly, Japanese people commit suicide has solution impact on both people's works and social. The object of the solution to this problem is younger people. Japan The cause of death under the age of 18 is suicide. The reason they commit suicide is human relations. There are bullies in schools in Japan. They are so cruel. It is difficult to solve this. The school should employ a counselor. The students can consult a counselor everytime. The counselor will care for my heart.

Thirdly, Japanese people commit suicide has solution impact on both people's works and social. The object of the solution to this problem is elderly people. There are economic problems as reasons for elderly suicide. They retired from work. So, they have no place to work. So, everyone has to get an insurance policy. You should oblige this in the company because even if you retire from work that you get money. If you can this that suicide rate decrease.

II

One of the biggest causes of people is health problems. This causes everyone to focus on everyone. Especially the cause of become suicide the is depression. According to WHO, one in five people experience depression in their lifetime in Japan. People became depressed because of biological, psychological, and social issues. Japanese people have stress for human relation, their family, school and company. It is very burdensome to people's minds. There are other reasons. For example, alcoholism and other drug-related. Therefore, people choose death by illness.

The second major cause of kids suicide is due to bullying at school. This cause focus young people for 10 years old to 19 years old. Japan has group culture. Japanese students make group and they have to join group. They act in group every time at school. Also, they have to have same opinion. If you have different opinion , you do not join group that you became target of bullying. People do not help, and even a teacher does not help me Japanese bullying is very cruel. For this reason, they chose death.

Finally, and most importantly, suicide is also caused by economic problem in Japan. People work for adverse economic condition. People need to work at low cost and employment is less secure. People say "*black kigyō*". This means is people do not get money for overtime work, employ for low cost, and they do sexual harassment and power harassment. People are chased physically and mentally. Because of people want to escape who choose suicide.

III

There are a few similarities between suicide in Japan and suicide in America. I focus about child suicide. First, both suicide is leading cause of mental death. The depression is the most common reason people commit suicide. The children in America, research shows that approximately 90% of people who have died by suicide were suffering from a depression. This things is similar as Japan. The both America and Japan of children have a stress. The cause of depression in children is in the children's environment. The common cause of depression in the America and Japan are bullying and family problem. Next, there are many men of elderly who commit suicide between America and Japan. These causes are also depression.

The differences between Japanese and American suicide . First, the way of thinking about suicide is different in America and Japan. Everyone know that of course suicide is bad things. Japanese are more affirmative of suicide than America. This is related to religion and history. A lot of American people believe in Christian. As an thinking of Christian, the act of committing suicide is very bad things. However, Japanese people was thought of did suicide as a proud of things a lot time ago. So, Japan has a higher suicide rate than America suicide. Next, the way of suicide is different in America and Japan. There are many suicide by hanging oneself in Japan, there are many suicide by gun oneself in America. People in the two countries are the easiest way to do it.

IV

In conclusion, in Japan, people committed suicide causes of health problem, bullying, and economic problem. So, I assessed its solution, I found the solution if we make a place to consult, the school has to employ a counselor and everyone gets a life insurance policy . In my opinion, the government should make organization about help people from people commit suicide.

Artificial Intelligence

Naoma Miyake

These days, we often hear a word “AI”. AI stands for Artificial Intelligent, also the companies which use AI for their business are getting increase. According to a survey, the countries that are trying to promote AI are America and China. Both of countries are leading other countries in United Nation or globalization. Recently, that famous company “amazon” or “Microsoft” started using AI to make their company better. According to a survey, Google acquired AI startup “DeepMind“ for 400 million dollars. That means AI is essential for our future to catch up such big companies. In this essay, I will illustrate about details of these examples and how AI affects us nicely or badly to determine what should we do to not be taken our jobs away by AI.

I

We have been using AI unconsciously. For example, Google Translate is essential in our life. As we know, Google Translate can translate our mother tongue to 27 language. At Microsoft, who own skype, AI assist face to face between humans with no knowledge of each language. Secondly, AI relate to food greatly depending on countries. Sorting food is the one of big process when people import food and export food. However, by using AI, people can save money for salary, and save much time because AI can sort food faster than humans by size or type. Moreover, if a place change to deadly place after an earthquake happened, human can not help victim easily for filled up with poison or aftershock. In such case, people use AI instead of people to help victim.

II

AI is related to food production deeply. For example, when people trade food or some productions with other countries, AI can help us to sort them by size. Sorting food cost too much time in a process, however by using AI, we can save much time. Additionally, that famous company “Amazon” introduce a new system such that AI have a bill instead of clerks. This system protect stealing, also help people to save customer’s time because they do not have to wait a line. Before enter a store, place own phone at in front of reader, then we grab something what we need, and just go outside. Moreover, an AI that is named home robotic chef can make over 100 kinds of meal. We can taste same to an expensive restaurant’s one because this rob had already remembered recipe.

III

On the contrary, it also can say that AI take our jobs away. As one of cause of that, AI can work faster than human if that work is symple. Second reason, companies don’t have to pay salary to AI, so the almost simple work might be taken by AI in the future. In addition, if bad people use AI, armaments race or cyber crime can be happened easily. However, such almighty AI also have many weak points. For example, AI doesn’t have “feeling”. So, they can’t do something new by themselves unless people instruct them. It means they can’t bear a big profit without people’s help. To cooperate with other companies is very important thing for success business. Then, there is a limit how much they can think. Human can think about compatibility between their companies and other by using their emotional.

IV

In Conclusion, AI can work hard and much faster speed than human. However, there are something that AI can not do without human help. Therefore the way how to relate to AI well is separating jobs that they can do specifically or not. For example, AI is good at simple task. On the other hand, human good at cooperating with other companies using “feeling”. When AI just focus on simple task, worker who is relate to that business should focus on discussion at a meeting or

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Why the Price of Money Is Different in Each Country

Taiki Toyoda

When everybody goes abroad, they have to exchange money to use. And when they go to a place where they can exchange money, the value of money is indicated. And it will be involved in the future. I am going to discuss why the value of money is different in each country in Part I, advantages and disadvantages of currency depreciation in Part II, and the problem of the value of money in each country in Part III.

I

First of all, I will talk about the cause of the value of money. Actually, originally, money was issued by private financial institutions in the United States. Finance companies had plenty of gold and silver and promised to exchange it with them, so banknotes were trusted. The government that saw such a way of private enterprises imitates that. The money issued by the old government was made of something worthy of itself, such as gold and silver. But that policy was abolished because it shook the American economy. In other words, the value of money is kept because the country or government issuing money has credibility. And each country came to compete against the currency in order to make the currency of their country cheap. In other words, the value of money is kept because the country or government issuing money has credibility. That's why the value of money is different in each country.

Second, I will talk about the effect of the value of money. For the consumer, exchange rates only focus on occasional activities or transactions such as foreign travel, import payments or overseas remittances. For example, it makes it cheaper to travel to Vietnam or to pay for imported products. In reality, though, an unduly strong currency can exert a significant drag on the underlying economy over the long term, as entire industries are rendered uncompetitive and thousands of jobs are lost. And while consumers may disdain a weaker domestic currency because it makes cross-border shopping and overseas travel more expensive, a weak currency can actually result in more economic benefits.

II

First, the best merit of currency depreciation is to improve the trade balance. For example, the case where Japan produces a car and sells it to the United States. If a dollar is 110 yen, if the other party buys it for 10,000 dollars, sales will be 1.1 million yen. However, if you buy a dollar for 11500 yen at 10,000 dollars, it is sales of 1.15 million yen. Despite selling the same thing for the same \$ 10,000, sales are as much as 50,000 yen different. The trade balance will be improved if the export industry is doing well. Second, when currency depreciation occurs, foreigners will be more likely to buy their own currency. For example, foreigners get easier to buy yen become cheaper. As yen becomes easier to purchase, more foreigners come to sightseeing in Japan. And, using Japanese yen they bought cheaply, we consume various goods and services in Japan. So profits will increase for tourism related companies' sales.

Second, there is the disadvantage of currency depreciation which is that it costs money to purchase overseas products. For example, when a dollar is 100 yen, you change 100 dollar goods by 10 thousand yen, but if 1 dollar is 110 yen, you cannot buy it unless you pay 11 thousand yen. The depreciation of the currency causes an increase in the import cost. Conversely, the yen appreciation is thought to have the effect of reducing the import cost. However, as import costs decline and overseas products change cheaply, consumers will use them, so the profits of domestic companies will decrease more and more. Naturally, salary of employees of domestic companies declines, so prices will fall as it can not be sold.

III

First, I will talk about the problem of currency depreciation. In case of currency depreciation, for example, when a dollar is 100 yen, you change 100 dollar goods by 10 thousand yen, but if 1

dollar is 110 yen, you cannot buy it unless you pay 11 thousand yen. Conversely, the yen appreciation is thought to have the effect of reducing the import cost. However, as import costs decline and overseas products change cheaply, consumers will use them, so the profits of domestic companies will decrease more and more. Naturally, salary of employees of domestic companies declines, so price will fall as it can not be sold. Second, I will talk about case of inflation. Inflation can make input costs higher for export which makes a nation's exports less aggressive in global markets that will widen the trade deficit and cause the currency to depreciate. Third, the political speak can cause a currency to fall. Most value of currency, political speak can cause a currency to fall. In the 21st century, the U.S and China were in a battle of words with regards to each other currency value. While the 2016 election campaign, the Republican nominee, Donald Trump vowed to label China a currency manipulator, saying Chinese official was purposely devaluing its currency, leading to unfair advantages on trade.

IV

There are three big problems such as import costs can change by currency depreciation, inflation can change input costs, and political speak can fall currency. In my opinion, it's good effect to Japan, because Trade is relatively easy to profit to Japan. And Japanese stuff is might be getting famous and popular in the world, and Japan can sell the stuff in the world more and more. Also, I think It's good effect to us. For example, if the overseas tourists arrive in Japan for sightseeing purposes because of the depreciation of the yen, money is coming in to shops that are focusing on sightseeing.

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Rogue Companies' Problems and Solutions

Mayuki Shimada

Nowadays there are many rogue companies. They are a lot of companies in the world however in these countries, there are some rogue companies. These companies have illegal or malicious Working conditions. These companies happen problem that is death from overwork and low salary. That is social problem, generally speaking these companies decrease in the world but some people are forced to work hard by these company. Some rogue companies is big so they can hide illegal things.

I

There are many rogue Companies. They can do many things for money that illegal things and inhumane things. For example, some company use forced child labor, do not pay fair salary and do not give regular time off each week. In developing countries, 150 million children are forced to work hard and low salary, and they are from 5 to 14 years old. So they cannot take an education. All most forced labor have to use money to live and family. And they can get only 2 dollar in each hour. In case of Bangladesh, 77% live only less than 2 dollar, it is not much money to live, to go to school and to buy something. However they agree it because it is higher salary than any other place for these people. Most largest problem is the children labor because they can not live in social their children will be forced labor. It is connect countries if it continue, these countries is still developing countries. will do not stop so we have to decrease the rogue company.

First is shop ethically because it can decrease the rogue company products and it is kind for the earth. If you want something, you should go to second hand shop or companies are supported by local the community. All most local community is connect country so they are fair companies. second is to learn about rogue company, we can know where is the most place to work hard. We can see this product where to produce. Thus we can avoid rogue company products. There are many rogue company in developing countries if you can know that you can fair price products. Third is do not buy any more. Wealthy people can buy many things but in the these products, there is a possibility to buy rogue companies products.

In conclusion, there are many rogue companies in the world. However we can do few thing for rogue companies worker. I think that to use second hand shop or companies are supported by local the community. It is the best. Other companies is supported by local so they can get stable work. If we buy second hand or other companies products, rogue companies products will decrease. That way worker can get fair money or can get stable work.

II

In the Japan, 20% labor do over work over 40 hours in each week. especially, 3.2% labor do it over 100 hours. In Japanese Labor Standards Act, it decided it's time is at best 45 hours. Rogue companies do not disappear because because in the past, many people became regular employees after having experience however but now new graduate students can pass the these company exam and to be regular employees easily so they can not know more about the company. In this essay, I will compare different of these companies and regular companies and to decrease the people to work in rogue companies. And it's problem connect our future.

Labor get many stressful in the companies. Stress at work is just as bad as secondhand smoke but in Rogue companies many people have many troubles. A good standing company

cherish employees. For example having good welfare and can do compliance so labor do not get stressful. However in rogue companies, there are Abuse of authority and sexual harassment so labor get many stressful. These companies do not have mind of compliance. That why they can not decrease mistakes and can not make a good work environment. In addition, rogue companies' labor do not have much holiday. It connect their health. Other companies understand labor health is important so they give holiday to labor. Some diseases are caused by stress.

In rogue companies, there are money problems. first is the do not pay over work or to hide overtime work money. For example, some companies say over work money is already in salary and some companies deceive overtime work by giving big titles. Even though good company manage the overtime and it's money. There are others some labor pay money of insurance and accidents burden. Usually, companies have to pay money of these things. In addition, good companies have a well-formed rule about money.so there are many difference about money.

Many rogue companies want to hide rate of turnover because it is the one of the biggest reason to decided companies. Good companies decided the purpose in each year. It will be their motivation.These companies lack the purpose so labor think that the why we work very hard so they leave the companies. I said that there are many over work time in introduction. It connect labour to suicide. If people this thing, they will never enter the this company and labor will leave this company. Good companies do not have bad thing for labor. That why they do not leave the company.

III

In Japan, the government made a ranking list of rogue companies because they do not want to lose employers. They made a law to save employer from these companies but they do not decrease. thus the list was published on the internet so everyone can see the that list. Everyone can search which companies are rogue companies delete this. In this essay, I will look at some list those causes here of these companies.

Now they are supporting our companies to make a products and trade with world .Bubble collapse, almost all companies had difficulty in management so they decided to reduce personnel expenses. For example, abolition of lifetime employment system and to increase employment of non-regular employees. Especially, too much do unlawful that companies can survive and compete about service. They want to sell a lot of products so that will be low price. They have to purchase low price but some companies can not do it, so they do the illegal thing. That why these companies were born.

Cause of why we can not decrease Rogue companies, currently society is good for rogue companies so they can keep earning so many money. First is they can get too much money because they do not pay money for overtime work. So manager can get a profit. next time they can purchase more low price. Second is employee's strong sense of responsibility. In these companies, senior force work too much job and then they said to them about responsibility. That's why they can not companies. they support companies so these companies do not decrease. Third is can not fight with companies. employer think bring the action but almost people can not do it.

Couse of why should we Leave the company, some people suffer from their like a sexual harassment. First is almost people will break a physical condition. It is bad to keep working until break a physical condition. second is they can not grow up because they are not taught about job and usually they are got angry. It is bad for grow up. Third is we can find a other companies. If we leave the company, we can find better companies.

IV

In conclusion, there are cause of rogue companies almost people who working in the these companies have a these problem. In Japan, we have a lot of rogue companies. It is clear that they do not take care of employees. I think employer is the most important in the companies. They are bad for employer about a physical condition and salary. I think we have to decrease these companies. I looked at about difference of rogue companies and good standing companies. I think these companies will decrease. government know these companies brake the new labour. It is the big problem for the Japanese government. Comparison result I could only bad things because rogue companies do illegal things. However I can learn the why bad the rogue companies. especially, both mind and body break because to force the too hard work.

Nuclear Weapons

Tsubasa Otsuka

Nuclear Weapons are not lost in the world yet. Nuclear weapons have been used twice, on the Japanese cities of Hiroshima and Nagasaki in August 1945. The bomb dropped on Hiroshima on August 6, 1945 killed between 90,000 and 166,000 people, due to the initial force, heat, and direct radiation exposure. Three days later, the bomb at Nagasaki killed another 60,000 to 80,000. Some countries still have nuclear weapons in the world. For example Russia, America, China, North Korea etc. There are two kinds of nuclear bombs, FAS and SIPRI. There are 14205 nuclear bombs in the world and 14,955 SIPRI in FAS. Russia has the first nuclear weapons in the world right now. FAS has 6600 shots and SIPRI has 7000 shipments. Japan is no longer possessing nuclear weapons. But in Japan the atomic bomb was dropped a long time ago. Hiroshima and Nagasaki. It was dropped twice in August 1945. It was dropped on Hiroshima on August 6, 1945, to Nagasaki on August 9, 1945, three days later. The explosion is not the only person who passed away at the atomic bomb. He is also dying with heat radiation. I wrote about that in this essay. Nuclear weapons are not lost from all over the world yet. nuclear weapons. There are still many countries possessed. Japan is no longer possessing nuclear weapons. But in Japan the atomic bomb was dropped a long time ago. Hiroshima and Nagasaki. It was dropped twice in August 1945. It was dropped on Hiroshima on August 6, 1945, to Nagasaki on August 9, 1945, three days later. The explosion is not the only person who passed away at the atomic bomb.

I

At first, the atomic bomb was dropped on Hiroshima in Japan. On August 6, 1945 at the end of World War II, the US military dropped the atomic bomb on Hiroshima. At that time America used the "Little boy" is a nuclear weapon. This was an attack against the first city in human history. This nuclear attack killed 90000 to 140000 people. The population of Hiroshima was 350000 people. They died within 2 months to 4 months. The atomic bomb contained infrared, ultraviolet rays and radiation. Even though it was about 600 meters away there was a great temperature. Also the glass and building fragments stabbed into the body by the blast. I was also exposed to a lot of radiation. So people were almost instant death or almost dead within a month.

Second, after the atomic bomb was dropped in Hiroshima, the atomic bomb was dropped in Nagasaki. It is three days after Hiroshima on August 9, 1945. An America army also struck. This was the last nuclear weapon used in human history. America dropped a different bomb from Nagasaki to Hiroshima. It is the atomic bomb "Fat Man". Nagasaki is surrounded by mountains. So the power was very big like Hiroshima. However, hear rays and blast winds were blocked by surrounding mountains. So the damage was reduced more than Hiroshima. The population of Nagasaki was 240000 people. Approximately 74000 of them died. Also 36% of buildings were burned down or totally burned. The impact on the human body was the most borned. A person who dies instantly with burns throughout the body. There were also people who died after more than a month.

II

First of all, we must establish a world without nuclear weapons, complete banning and destruction of nuclear weapons. If nuclear weapons are gone, international peace and security can be greatly strengthened. To that end, the international community is striving to do something. First, to create a new security plan based on mutual trust, mutual benefit,

equality, cooperation. The nuclear arms process is connected to international security. Second is to maintain the global strategic balance and stability that constitutes the basis and prerequisite for the progress of the nuclear process. We should stop developing, deploying and spreading advanced missile protection systems and space weapons that risk the nuclear arms process and cause new nuclear forces equipment should obey national security.

Second, to eliminate nuclear weapons from the world, the international community can take concrete steps. First of all, nuclear weapons states, the largest nuclear weapons holder, must be responsible for the nuclear arms. They should continue to drastically reduce their nuclear weapons. Next, countries that have nuclear weapons should not unconditionally use nuclear weapons based on the use of nuclear weapons. We should conclude international legal measures that bring about such effects. Third, countries with nuclear weapons should be unconditionally detained so as not to threaten the use or use of nuclear weapons for countries or regions that do not have nuclear weapons. Fourth, the countries that have nuclear weapons should retract nuclear weapons deployed outside their territory. Fifth, countries that have nuclear weapons should respect countries and others that do not have nuclear weapons and should support the implementation of duties. Sixth, countries with nuclear weapons or non-nuclear-weapon states should postpone the implementation of nuclear umbrella policies or nuclear sharing. Seventh, the Nuclear Nonproliferation Treaty (NPT) should be respected in good faith. Countries that have not yet joined the NPT should do so without delay in order to make the conditions universal. Eighth, countries not prominent and not advocating the Comprehensive Test Ban Treaty (CTBT) should join the CTBT earlier. Ninth, universal or verifiable Fissile Material Cut-off Treaty (FMCT) should be negotiated and concluded. Tenth, we should negotiate and conclude a treaty on the complete prohibition of nuclear weapons based on the above efforts.

III

The energy of nuclear explosion is radiated in various forms. There are blasts, heat radiation, nuclear radiation and others. The distribution of energy in these three forms depends on the yield of weapons. When nuclear weapons are dropped within the kiloton range, energy is divided in various forms, about 50 percent blast, 35 percent of heat, and 15 percent of nuclear radiation are fired. Each of these forms causes devastation on an unimaginable scale. These effects are similar to about 15 kiloton nuclear bomb that the United States dropped to Hiroshima during the Second World War. This is also the size of nuclear weapons currently held by India, Pakistan and North Korea.

Since nuclear explosions emit huge amounts of energy, temperatures of tens of millions of C may be generated in the immediate area of a nuclear explosion. However, this is different from tens of millions of explosions. This is compared with the temperature inside the core of the sun. At these temperatures, everything near the ground zero will evaporate. The remaining gas of the weapon, the surrounding air and other substances form a fireball. Fireballs start growing very quickly. And the fireball rises and expands as it cools down. It grows like a cloud of familiar mushrooms. Vaporized debris contaminated by radioactivity causes widespread fallout of radioactivity with long-term effects after the explosion subsides.

There are also many human impacts. It is from radiation. Radiation disorders have long-term effects on survivors. Reactive chemicals released by ionization cause DNA damage and destroy cells by causing an immediate effect on metabolism and replication processes. Cells can repair a lot of genetic lesions, but it is time consuming and repeated injuries makes it much more difficult. To be treated immediately, it is necessary to continuously exchange blood so that damaged blood cells are replaced, and treat bone marrow and lymphatic tissue

most sensitive to radiation.

IV

In the past, the atomic bomb was dropped twice in Japan. That is Hiroshima and Nagasaki. Nuclear weapons were used for that atomic bomb. The power was very big and the dead were very numerous. America used the largest nuclear weapons in human history. And it was the last time nuclear weapons were used in Nagasaki. However, some countries have nuclear weapons. The international community has many plans to destroy nuclear weapons. Nuclear weapons should disappear from the world. The international society must look to nuclear weapons states and take action. Nuclear weapons have a lot of impact on humans. The greatest damage is an explosion. However, nuclear weapons emit radiation and heat radiation after the explosion. So if you survive in an explosion you die with radiation.

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Advantages and Disadvantages of Smartphones

Yuuki Tsukamoto

Lot of people use smartphones in the whole world. In 2016, two thousands million and five hundred million of people used smartphones and it's first time to reach that number. In 2018, twenty-five billion of people are using smartphones.¹ Now, seventy-five billion of people in the world,² so one-third of people is using in the world. In this essay, I will describe the advantages and disadvantages of diffusion of smartphones.

I

First, I will talk about the good points of using smartphones. In smartphones, they have of fullness application. For example, Line what is chatting with someone, flip phone can use Line too, but not like that quality, so smartphones is more high quality and useful than flip phones application,³ and almost 80 percent of smartphone user use this application.⁴ The smartphones game quality is as high as video game. This is the most maximum charm in the smartphone. Calling, and chatting with other people are the most using plan, and smartphone has all application of that. Till now, website of mobile phone can view only mobile phones website, but smartphone can view pc website too. For another, smartphone can use youtube, and another SNS, so people can use for their own hobbies, and this is the most biggest merit of using smartphones. Doing operation in the smartphone is also high good, for example, smartphone is a touch screen, so it's easy to view the website.

Next, I will talk about the bad points of using smartphones. The one is, the smartphone's battery decrease early. The reason why the screen is big and people use that everyday, so they need to charge almost everyday. Another is maintenance cost is too expensive. When people contracting their phone, the basis rate accrued every month.⁵ For example, Japanese top of three mobile phone company, au, docomo, and softbank cost almost 9 thousand-yen of average maintenance cost, big company sometime get more expensive,⁶ so if user doesn't use their smartphone so much, they'll gonna waste the money. The other point is difficult to use smartphone. In smartphone, there are lot of website and information, also there are lot of fake news too, so some user specifically student believe the fake news.⁷

II

There are million of people is using flip phones and smartphone in the world, but smartphone user is preponderantly more than flip phone user. In 2017, 5 percent of teenagers are using flip phone, and 92 percent of teenagers use the smartphones in contrast.⁸ Also in 60's, 39 percent are using flip phone, and 55 percent are using smartphone. A lot of people is

¹世界のスマホ利用者 December 16, 2014.

²世界の人口. March 19, 2019.

³スマホにするとどんなメリットが得られるの?. March 19, 2019.

⁴スマホユーザーの8割近くが「LINE」を、20代女性の6割以上が「Instagram」を使っている.” シニアガイド. December 13, 2017.

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⁶ “月々のスマホ料金の平均金額 | 月額費用の抑え方やポイント | iPhone格安SIM通信.” iPhone格安SIM通信 | 新品も中古もiPhoneをもっとお得に!. Accessed March 19, 2019.

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⁸ “【最新版】2017年のスマホ普及率を男女・地域・年代別に大公開！まさにスマホオンリー時代！マーケティングがこれからどう変わるべきか予想してみた。” マーケティングリサーチキャンプ|市場の旬を調査で切る!. February 25, 2019.

using smartphones more than flip phones now a day. I will explain why the people use smartphone more than flip phone.

There are few differences between flip phone and smartphone. Some people only want to calling on the phone, they use flip phone, and if people want to calling with chatting in application, lot of useful application, and searching what user said, they use smartphones. Flip phones image is calling, it's more high than correspondence. Flip phone is almost for calling. However, flip phone has application but its not as useful as smartphones application. For example, chatting and calling application Line. Smartphone and flip phone both have that application. Smartphone image is almost network terminal, for example, SNS, smartphone game, and chatting application. Smartphones game is very high quality more than flip phones game. On the other hand, flip phone has cheap fee for telephone call image. However, for example, the one mobile phone company softbank's fee for telephone call plan is 2 years plan, and it cost 934 yen. However, smartphone has free chatting and calling application. For example, Line, Skype, Kakao talk, Viber, Tango, and Comn. These are all free application and lot of smartphone user use it, so smartphone user buy cheap plan so they can use it cheaper. The biggest difference is internet website. Smartphone can view as same as computer websites, but smartphone doesn't have keyboard, and mouse. Now a days, there are keyboard or mouse for smartphone, when they connecting them, they don't use any cord. They connect without cord, and its call "Bluetooth".⁹There are more Bluetooth merchandise, for example, ear phone, and selfie stick,¹⁰ and Bluetooth has lot of good points ,for example, good for power consumption, and transmission.¹¹ 42 percent of smartphone user use Bluetooth.¹²

III

The one biggest effect of diffusion of smartphone is "possession to advance lowering age". For example, 2019 February in Tokyo, education company "Benesse"¹³ took a internet research only who have smartphone between primary school child 4 grad to high school student's parents, they ask availability of smartphone, primary school child are 41.8 percent, junior high school students are 85.0 percent, and high school students are 94.0 percent. The most longest availability season is junior high school first students 28.2 percent, and next are primary school students grade 5 to 6 21.6 percent. This data shows "possession to advance lowering age", and they ask why make students using smartphones, the most answer is "because child want it" 33.1 percent, "can know child's location" 30.8 percent, "if child have it, they will get media literacy, and information processing ability" 14.9 percent, and "they need it in lessons class or cram school" 14.1 percent. It's natural child have their own smartphones.¹⁴The second of major effect of diffusion of smartphones is a "life and learning environments turbulence". The proportion of using smartphone more than 1 hour in primary child in increasing, and it shows whole utilization time is increasing. In junior high school student, 3 hours of utilization time of proportion is decreasing, but between 30 minutes to 3 hours of utilization time of proportion is increasing. High school student utilization time of proportion is decreasing from 4 years ago, but 26.0 percent of 3 hours of utilization time of

⁹ ソフトバンク携帯電話乗り換えで最短当日に現金キャッシュバック！ | モバタウン. Accessed March 19, 2019.

¹⁰ “知らないで損！スマホを超便利にする「Bluetooth」の使い方ガイド。”モバレコ. November 26, 2018.

¹¹ 2016.09.01 最終更新日: 2018.11.15 コラムゴン汰. “今さら聞けない！「Bluetooth」ってナニ?? | Hamee Fun.” Hamee Fun | スマホアクセサリ情報サイト. November 15, 2018.

¹² Labo, MMD. “スマートフォンのBluetooth機能に関する調査.” MMD研究所. March 19, 2019.

¹³ “ベネッセグループ.” March 19, 2019.

¹⁴ “スマホの「悪影響」にご注意！ | ベネッセ教育情報サイト.” March 19, 2019.

proportion is didn't change, so they are worried about learning time and sleeping time. Also, lot of student answered their learning time and sleeping time get decreased because of smartphones.¹⁵

The last major effect of diffusion of smartphones is "bad influence to health". Some people have smartphone dependence, smartphone dependence is when people is not touching smartphone, they will be worried about it, and they can't think about exclusive smartphone.¹⁶ If people using smartphone so much, it's bad for their health, for example, eyes, brain, fingers, neck. Smartphone have blue light inside screen, and if people fall all over the blue light for long time, the eyes will get bad with high percentage. Also smartphone have electromagnetic wave inside screen, and this electromagnetic wave is not good to persons brain. If people hold a smartphone for long time, it's bad for fingers muscle, and it will be change fingers shape a bit, and lot of smartphone users pose is to cast one's eyes downward.¹⁷

IV

In conclusion, there are many difference between flip phone and smartphone. The biggest difference is can use internet or not. In addition, smartphone can do anything, they called "can do anything period". In my opinion, flip phone is also good but smartphone is more useful so its good for change to smartphone. There are many advantage points and disadvantage point within using smartphones. I think smartphones are very useful to user in the whole world. Also, there are lot of bad points, but not more than good points. Smartphone has lot of way to use it, so people should be careful while using their smartphone, it will be more useful for them. There are many effects of diffusion of smartphones. However, I think smartphone is not only bad thing. Smartphone is used by lot of way, and lot of people use it, people have to think their utilization time, so they can spend a great time with smartphones.

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¹⁵ “携帯電話（ケータイ）やスマートフォン（スマホ）等の利用により子どもが巻きこまれるかもしれない問題について親子で考えるサイト.” March 19, 2019.

¹⁶ “使いすぎはダメ！スマホが体を与える特に気をつけるべき4つの悪影響.” March 19, 2019.

¹⁷ “実は危険な「スマホ依存症」その実態と症状とは.” March 19, 2019.

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Eliminate Discrimination Against Women

Honoka Kamishima

An example of gender discrimination we notice in everyday life is salary differences in the workplace. There are often obvious salary differences among the two genders and racial groups. An example of that is when an employer a woman less than a man for the same work. Normally, jobs which higher occupation or status can get more money, but women's average incomes are lower than men's in nearly all job categories. Except this, there are sometimes woman participation, occupational segregation, the gender pay gap, and the unequal distribution of household labor. So this time, I will explain the differences and similarities between gender discrimination in the UK and the USA which both are representative countries in the world.

I

Nowadays, woman many countries are suffering from gender discrimination. In the case of the workplace, there's sometimes wage discrimination. Also, it changes depending on skin colour or an ethnic group. In this thesis, I write explain about the gender discrimination in the UK and the USA.

II

First of all, similarities of gender discriminations in the UK and the USA are whether they have experienced gender discrimination or not in career. Women who said they have suffered from sexual discriminations in America, Europe and the UK, with 67% of women surveyed in the USA said they have suffered sexual discrimination during their career, compared with 68% of the UK women and 47 % of female Europeans. However, 17% of women surveyed said they have experienced sexual discrimination on a weekly or daily basis in the US, compared with 11% of UK women. 44% of European women respondents said they have never experienced sexual discrimination, compared with 14% of American women and 13% in the UK. In addition, according to Management today, the features of labour force participation ratio is in order to Norway: 0.95, Germany: 0.87, UK: 0.86, US: 0.85. Also, wage equality score is Norway: 0.81, UK: 0.67, US: 0.65, Germany: 0.59, France: 0.47. From these results, you can see both America and England has some similar points about discrimination.

III

However, differences between the two countries are in the US, equality in pay has improved in the US since 1979 when women earned about 62 percent as much as men. In 2010, American women on average earned 81 percent of what their male counterparts earned, but the rates of gender discrimination have gone down in history and significant advances have been made beginning mostly in the early 1900s. However, despite this progress, gender inequality in the United States continues to persist in many forms, it will take a long time to solve all the gender discrimination. In contrast, the UK hasn't made progress in tackling inequality between the sexes in the past decade and lags behind Sweden, Denmark, Finland, the Netherlands and France in the EU's latest gender equality league table.

IV

In conclusion, there are many similarities and few differences in gender discrimination. Both countries has mostly same situations but there more specific discrimination such as White women can get high salaries than black, black women can get

higher salaries than Asian, Asian can get higher salaries than hispanic. Both government or people try to resolve that problem but it concern with history so that it not easy to resolve although, Women have caught up with men in terms of education. In fact, in the United States and a number of other countries, women now actually surpass men in educational achievement. The problem arises when young adults try to balance work and family, and women end up carrying nearly all of the caregiving responsibilities. Many women feel discrimination at work, especially their salaries. Other, some case, women have experienced sexual harassment. Both countries are accepting many immigrants, so they have to face this problem seriously.

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Development of Music

Yoshitoki Okamura

There are two things mankind can bequeath when they leave this world behind. First one is DNA, and the second one is Art. Art has been taking a major part of human history. Some of the arts are visual and some are not like music. Nowadays, there are many things that can be called an Art, but fundamentally art in the past means Music and picture. , called as an Art. However, fundamentally, it takes major part of the art, in a meanwhile, also it has been taking part in human history. Music is a universal thing, however people may find a lot of differences in the aspects of music compared to medieval ages and today. In this essay, in order to figure out what music could be like in future, I will illustrate the significant changes that took place.

I

First of all, in the past, composing took a very long time since it needed many instruments and had to write with handwriting and composers were well considered about the scene or what they want to tell to audience. However, recently, composing getting more and more easily since the development of the computer technology and everyone can try to compose if they have a computer. In addition, EDM which means Electronic dance music is a good example of recent music. Generally, it does not have any meaning in their lyrics and just its typical rhythms since it is created for dancing.

II

Secondary, the effects of EDM for contemporary people said to be a harmful as long as they created with software instruments. Software instruments means the sound created by electric typed sound. Generally, youngsters are tend to listen to EDM in very loudly and there are many software instrument which usually very noisy like drum sound or synthesizer sound. Thus, it will lead teens to hypoacusis. Additionally, composing of EDM generally done by only one composer since any requirement for composing can be finished by computer including recording, mixing and synthesizing which had been done with many artist in the classical music era. However, it means many of EDM composers feel loneliness which connected to high suicide rate resultly¹.

III

On the one hand, major benefits of being a DJ might that they will get paid for what they love and they usually do not have to go to work from early morning. Additionally, they will not have a boss so that DJ can work under less stress and pressure situations. The American Institution of stress stated that almost 80 percent of workforces feeling stress in the workplace and 42 percent of those people said they need some help to manage their stress. Thus, working as a DJ could be better choice for people's mental health. In addition, Djs can make an impact on music culture. For instance, world famous Dj Skrillex affected lot of music culture and his songs are now played in many places not only the clubs but also even in the shopping centers or food shops which means majority of people recognize the Djs. Therefore, those who want to be famous, it is a good way.

¹<https://www.independent.co.uk/arts-entertainment/music/features/avicii-death-cause-wake-up-call-for-music-in-dustry-mental-health-a8325931.html>

However, there are some certain drawbacks to being a Dj. It is harmful for the body because DJ need to play their songs in usually dark places where there are a lot of flashlights and keep playing under that situation for a long time and are supposed to do interesting performances as well. Additionally, Djs can work on what they like whereas it could be stressful because they have to stick to the music all the way. Which could mean they cannot do anything else because DJs are supposed to keep composing and try to create a hit song or they may not get paid. The least thing to be a dj is when they become world famous dj, they must sacrifice most of their time in the airplane to travel around the world to have a concert which would deftenary damage their physical and even mental health as well.

The Purpose of Space Exploration

Momoe Tanaka

In the last several years, many countries in the world have cost for space exploration. It helps developing technology as it enriches our life by the obtained information. In contrast, it is argued as well because some people emphasise that government should cost other things more important than space exploration. In this essay, I will discuss about advantages and disadvantages of space exploration with my opinion for the future. The purpose of writing this essay is to remind us the ability of space exploration and how we will be if space exploration is improved.

I

On the one hand, obtained information by space exploration has been helpful for human life and there are benefits on the politics as well. Firstly, space exploration helps weather expectation which people need for their daily life. Such information is also helpful as primary preparation for natural disasters. Especially, in the case of Japan, there are a lot of typhoons and rain a year, so clear information for weather forecast is absolutely needed. Secondly, we may be able to find new alternatives to live on the planets beyond Earth. Virtually, NASA has explored the existence of life as they need certain signals in the space. If we could find new materials to survive, the possibility of human alive will get bigger. At last, space exploration is one of the best methods of cooperation between countries in the world. Recently, there are 72 countries which cost for space exploration and only three main countries including China, Russia and US could operate the government. Those big countries helps method to explore space in terms of finance. Then, they contributes to space exploration conducted in small countries. Such cooperation make bonds between countries on the politics.

II

On the other hand, there are enough risks to explore space with using spacecrafts and finance. At first, crewed spacecraft is literally dangerous because crews couldn't expect anything may happen in the different condition of Earth. Actually, strict experiments has been conducted since the past to decrease accidents. Also, artificial satellite has been increasing dust and polluting space. Next, It is said that space exploration is the most expensive way to develop our life. When the organisations prepare for space exploration, they need "primary search", "negotiation with government" and "creating safe space crafts for crews" at least.

III

To sum up, it is hard to say whether space exploration is the best or worst method for our life. There are some benefits such as making our life more convenient and new findings for humans, however there are several drawbacks as well like its dangerousness, finance and pollution of space by artificial machinery. In my opinion, relative organisations should keep making efforts for space exploration because no one could expect what may be happened on the Earth. For example, the population in the world has been expanded and there will come a day when we lack enough space to live. If we face such condition, we should prepare to move other planet which humans could alive. Thus, I believe that new findings of available planets will save human in the future.

What Is an Ideal Style

Risako Uematsu

Nowadays, skinny models are used in the fashion shows and magazines. According to BBC, fashion magazine Vogue started a campaign, Elite Model Management have backed to promote healthier views of body image for young people. Fashion magazine Vogue say that they will not knowingly use any models who are under 16 or who look like an eating disorder. This reason is that the recent fashion world has been criticised for using skinny models because some people insist that this could cause eating disorders among girls who see the pictures and try to copy them.¹ Thereby, too skinny people have become a problem of the modern society. If people with a body mass index (BMI) are less than 18.5, they are considered underweight and possibly malnourished.² For me, I would like to be slim, however, I think that too skinny is not fascinating. When I thought this, I had a question. What are the differences between slim or slender and thin or skinny, why some people are fascinated about becoming an unhealthy body and what are the causes. In order to figure this out, I will write about the too skinny people to determine whether this is really wholesome for people or not. In addition, I will mention that cause and problem, compare and contrast between thin and overweight people, and solution for skinny people to make their lives healthier.

I

Firstly, the most considerable cause is anorexia nervosa.³ Anorexia nervosa is an eating disorder and a serious mental health condition. It could be not only women but also men of any age could become anorexia nervosa. It is, however, the most common among young women and it typically starts in the mid-teens.⁴ Second possible cause is smoking. According to Harvard T.H. Chan, the weights of cigarette smokers are less than that of nonsmokers, and it said that smoking deadens appetite.⁵ Next, bulimia is considered as one of the causes. Normally, bulimia induce vomiting after eating.⁶ When I had an interest in Korea female artists, I looked up about bulimia, as I had seen a Korean female artist who looked too thin. It was said that she was not skinny when her group had released a previous song, and she had been rather fat. It was because she was a celebrity, then she always had to care about gazes from her fans and had got a serious stress and started to eat too much. However, she had to lose some weight again for the next releasing song. Then, she started to vomit after eating and returned to a skinny body again. Like this, bulimia is one of the huge causes of thin. Next cause is depression. According to Seoul National University of Medicine, depressed people tend to lose weight.⁷ Last cause is that being thin by nature. According to BBC news, one girl who cannot be fat even if she eats a lot. She said "I had always eaten whatever I wanted to eat and had always been very slim. I was really lucky and my friends hate me." One day, she participated in an experiment that a medical researcher, Ethan Sims, carried out at Vermont State Prison in the US. In the experiment, she and other natural skinny volunteers had to eat double their usual amount of daily calories, which varied from 3,500 for the women to 5,000 for the men. Some of the volunteers could not reach the target, even

¹ "Are Magazine Models Too Skinny? - CBBC Newsround." BBC.

² Department of Health & Human Services. "Body Mass Index (BMI)." Better Health Channel.

³ "Can You Be Too Thin?" Obesity Prevention Source. January 23, 2013.

⁴ "Anorexia Nervosa." NHS Choices.

⁵ "Can You Be Too Thin?" Obesity Prevention Source. January 23, 2013.

⁶ "Anorexia and Bulimia." Alcohol and Depression.

⁷ "Can You Be Too Thin?" Obesity Prevention Source.

though they were eating 10,000 calories a day.⁸ Sims's conclusion was that for some skinny people are nearly impossible to be obesity. The girl also did without giving up, however, her body badly reacted and rejected those enforced gluttonies, then she vomited each week.⁹ Therefore, those who are thin cannot be obesity, even though they eat too much.

Next, I will write about problems of too thin. They seem not to have any problems, however, there are many issues. First problem is that they are likely to have diseases such as cancer, AIDS, and heart failure.¹⁰ It is a serious problem, as it could lead to death at the worst case. Second serious problem is suicide. Skinny men are 12 percent more likely to success suicide than normal weight people, says the report in the American Journal of Epidemiology.¹¹ Furthermore, they are likely to feel sadness or sufferness than normal people, according to the study's leader, Dr Finn Rasmussen of the Karolinska Institute in Stockholm.¹² Next problem is broken bones. According to the Archives of Internal Medicine, too thin women in middle age are easily to be hip fractures with a study of 3,683 women.¹³ Hip fractures are the leading cause of injury among women in middle age and death among older people, because of a lower bone density.¹⁴ Next issue is car crash. Thin drivers are more likely to die in car accidents than overweight or normal size drivers. The phenomenon was found in the American Journal of Public Health by a Wisconsin Medical College study of 22,000 drivers.¹⁵ As skinny people do not have too much body flesh as an air back, they are easily to died. Last problem is miscarriage. In the first three months of pregnancy, women who do not have enough BMI are 72 percent more suffer from a miscarriage before they become pregnant than normal people, says team from the London School of Hygiene & Tropical Medicine has reported. Moreover, thin women have a risk of severe nausea during pregnancy, according to a study of 943,000 Swedish women. This reason is malnutrition or dehydration.¹⁶

II

Next is the difference between thin and overweight. They can be explained briefly by BMI (Body Mass Index), which is one of the methods to estimate the total amount of one person's body fat.¹⁷ We can calculate by dividing their weight in kilograms by their height in meters squared. If your BMI is under 18.5, you are considered underweight.¹⁸ On the other hand, if your BMI is 25.0 to 29.9, you are considered overweight, moreover when over 30, you are considered obese.¹⁹ Also, there are differences in disease between them. If people are underweight, they might be malnourished. Additionally, they would be compromised immune function, respiratory disease, digestive disease, cancer and osteoporosis.²⁰ On the other hand, if they were overweight, they could be developing cardiovascular (heart and blood circulation) disease, gallbladder disease, high blood pressure (hypertension), type 2te

⁸ Fraser, Katie. "Why Do Some People Never Seem to Get Fat?" BBC News. January 22, 2009.

⁹ Fraser, Katie. "Why Do Some People Never Seem to Get Fat?" BBC News.

¹⁰ "Can You Be Too Thin?" Obesity Prevention Source. January 23, 2013.

¹¹ Naish, John. "Broken bones, depression and lung disease: Why being skinny is bad for you." The Daily Mail. July 5, 2011.

¹² Naish, John. "Broken bones, depression and lung disease: Why being skinny is bad for you." The Daily Mail

¹³ Naish, John. "Broken bones, depression and lung disease: Why being skinny is bad for you." The Daily Mail

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¹⁵ Naish, John. "Broken bones, depression and lung disease: Why being skinny is bad for you." The Daily Mail.

¹⁶ Naish, John. "Broken bones, depression and lung disease: Why being skinny is bad for you." The Daily Mail.

¹⁷ Department of Health & Human Services. "Body Mass Index (BMI)." Better Health Channel. April 16, 2018.

¹⁸ Department of Health & Human Services. "Body Mass Index (BMI)." Better Health Channel.

¹⁹ Department of Health & Human Services. "Body Mass Index (BMI)." Better Health Channel.

²⁰ Department of Health & Human Services. "Body Mass Index (BMI)." Better Health Channel.

diabetes, osteoarthritis, certain types of cancer, such as colon and breast cancer, and depression and other mental health disorders.²¹

I will mention that more specific differences between them. First is a car crash. As I mentioned in Part I (the problem), thin people are more likely to die in car accidents, because skinny people do not have too much body flesh as an air back. Fortunately, overweight people have the best survival rate of all, thanks to the built in airbag effect.²² Next difference is getting more wrinkles. The article said that if you are skinny you would look nice from behind, but your face would suffer.²³ This meaning is that thin people have a lot of wrinkles. It cannot be helped, as they do not have much fresh. In addition, the article said that overweight women might look less lined as they age, because they had more fat padding like a subcutaneous fat just beneath the skin.²⁴ Dr. Weiss said they also had a little extra collagen such as the protein that gives skin its elasticity.²⁵

Next, I will mention about opinion of ordinary people for thin people. Some people answered that they are not lucky. On the other hand, some people thought they were lucky. According to Quara's comments of thin people. The comments about meals were the most written; They just had a naturally small appetite or they totally avoided junk food.²⁶ In addition, a skinny man who lactose intolerant, he does not eat any dairy products including milk, cheese, ice cream, yogurt.²⁷ Other comments said they worked out a lot or more active than the rest of the people, therefore, they burn more calories.²⁸

III

In the world, there are two types of skinny people that naturally thin and try to become thin. First, I will write about solutions for already thin people. In the problem of Part I, I mentioned about diseases (cancer, AIDS, and heart failure), suicide, broken bones, a car crush, and miscarriage. For diseases, quitting smoking, sleeping well, and exercising are keys to solve. In epidemiologic studies, they looked only at nonsmokers and to ignore deaths in the first few years of follow-up. One such effort comes from the American Cancer Society, which fielded two large, long-term studies. Its first and second Cancer Prevention Studies included more than one million adults who were followed for at least 12 years. They excluded smokers and those with a history of cancer or cardiovascular disease at baseline, or who developed a chronic disease in the first few years of follow-up. Both studies showed a clear pattern of increasing mortality with increasing weight.²⁹ In addition, sleeping has a huge beneficial effect on people's health, and it makes us relaxed and comfortable.³⁰ Moreover, exercising can reduce the risk of heart disease, but people are carrying around a few extra pounds are not the only ones who need to keep moving, study findings suggest.³¹ Solution for suicide is ignoring the trolls. The internet is one of a huge effect on suicide. The internet gives some people way more courage to say something rude than they had ever had in person. They are

²¹ Department of Health & Human Services. "Body Mass Index (BMI)." Better Health Channel.

²² Naish, John. "Broken bones, depression and lung disease: Why being skinny is bad for you." The Daily Mail. July 5, 2011.

²³ Watson, Stephanie. "Do Skinny People Get More Wrinkles?" HowStuffWorks. October 02, 2009.

²⁴ Watson, Stephanie. "Do Skinny People Get More Wrinkles?" HowStuffWorks.

²⁵ Watson, Stephanie. "Do Skinny People Get More Wrinkles?" HowStuffWorks.

²⁶ "Why Are Some People so Thin Even Though They Eat as Much as Normal Looking People?" Quora.

²⁷ "Why Are Some People so Thin Even Though They Eat as Much as Normal Looking People?" Quora.

²⁸ "Why Are Some People so Thin Even Though They Eat as Much as Normal Looking People?" Quora.

²⁹ "Can You Be Too Thin?" Obesity Prevention Source. January 23, 2013.

³⁰ Team, Wellness. "9 Ways to Prevent Disease." Health Essentials from Cleveland Clinic. July 14, 2016.

³¹ Need Exercise Too." MORE.

just doing it to get a reaction, therefore, do not worry about them win.³² For broken bones, bones need to gain weight to make strong bones. Weight-bearing exercises, running, jumping and lifting are good effects on thin people. Another strategy for preventing bone breakage in thin middle-aged women is to put on a few pounds. The study in the Archives Of Internal Medicine found that a weight gain of at least 10lb between the ages of 40 and 60 appeared to increase bone density and reduce fracture risk. Other studies have found that a weight gain from underweight to normal after the age of 25 is associated with a reduced risk of a broken hip.³³ Next solution is for car crash. People can prevent and careful before or during driving. Here are some ways of preventing car crash: keep a watchful eye, checking blind spots before you change lanes, keep a safe distance, keep your vehicle slower than the speed limits at turns or steep roads, follow the laws, use the turn signal lights before you change lanes, look both ways before you enter an intersection, even if you have a green light, keeping a safe distance behind other vehicles, avoid head-on collisions into other vehicles or front-end collisions into immovable objects like large trees or concrete barriers, do as much as you can to control your car's speed. The faster the impact, the more damage it will cause, and avoid side impacts. Serious injury is likely to result if another car strikes your car on the side where it is much weaker structurally and closer to the driver.³⁴ Last settlement is for miscarriage. To prevent miscarriage, reducing stress, improving your overall mood, and staying relaxed will help the health of your pregnancy. In one study, women who said they felt happy, relaxed, and in control were 60 percent less likely to have a miscarriage. Here is a progress that how to relax; 1. set aside 15 minutes and retreat to a private place where you will not be disturbed. 2. Sit or lie down comfortably. 3. Close your eyes, or rest your gaze where you will not be distracted. 4. Allow your awareness to rest in the center of your body as you take 10 relaxed, full breaths, counting backward from 10 to 1. Inhale deeply and slowly. Slow down your breathing if you feel light-headed. 5. As you inhale, picture a calm, peaceful place. Imagine yourself taking breaths of air in that place. Visualize the place in detail, picturing your peaceful baby beside you, and allow your mind and body to relax as you visualize this scene. 6. Stretch your arms and legs, take several more deep breaths, and then congratulate yourself on time well spent.³⁵

Next, I will write solutions for people who are not yet anorexia and people who are yearning for thin people. First solution is accepting that everyone has a unique body type.³⁶ Not everyone can look like a supermodel and that is absolutely fine. Curvy women, athletic women, thin women, and everything in between, they are all perfect in their own ways. Second settlement is to wear trendy clothes with pride. There are always certain trends that look best on certain body types, but there is no reason they cannot find a variation of the trend that works for them.³⁷ Last solution is to stay healthy. No matter what their body types are, a balanced diet and regular exercise is absolutely essential. Not everyone has to go to a gym, but that does not mean they cannot get outside and sweat a little. Life is not about having the perfect body, but they will feel a lot happier all around if they know they are taking care of themselves.³⁸

³² "Redefining Beauty: 10 Ways To Help Put A Stop To Body Shaming." Bolde. January 05, 2017.

³³ Naish, John. "Broken Bones, Depression and Lung Disease: Why Being Skinny Is Bad for You." Daily Mail Online. July 05, 2011.

³⁴ WikiHow. "How to Avoid a Car Accident." WikiHow. July 30, 2018.

³⁵ Parents. "Preventing Miscarriage: Is There Anything You Can Do?" Parents.

³⁶ "Redefining Beauty: 10 Ways To Help Put A Stop To Body Shaming." Bolde. January 05, 2017.

³⁷ "Redefining Beauty: 10 Ways To Help Put A Stop To Body Shaming." Bolde. January 05, 2017.

³⁸ "Redefining Beauty: 10 Ways To Help Put A Stop To Body Shaming." Bolde. January 05, 2017.

Lastly, I will mention some facts and suggest a solution for reducing stress from bullying. According to one site³⁹, thin people are also targeted or encouraged bullying, for example, "You look anorexic!", "Did you ever eat anything?", "You were so skinny, I hated you.", "Did you have an eating disorder?", and "How much did it cost to get your body like that?". As is expected, accepting that everyone has a unique body type and does not encourage the people who are bullying are very important.

IV

In conclusion, I mentioned three viewpoints of skinny people's current state; what are the causes and problems, compared between skinny and overweight people, and the solutions which for already skinny people, for people who have not become anorexia yet, but they might be becoming in poor appetite from this, and people who are longing for skinny people, and ways of reducing stress. Indeed, most people might think that slim is an ideal style. However, some thin people relate to stress, and some of them have a mental illness. In the worst case, they would die. It is a serious problem. That's why the fashion magazine Vogue started the campaign. Lastly, I want all people to be more confident. The most important thing in our life is not appearances. The most essential thing is inside. If someone were kidding you about your appearance, you should ignore them. Happiness is not appearance, every person needs to love and accept themselves. Happiness is one of the greatest solutions.

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³⁹ Baker. "I'M 27! (AND THE BEST THINGS I LEARNED WHILE 26)." The Militant Baker. August 07, 2013.

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