

# PAPAYA POST



Where Ideas Grow



*“JE PRÉFÈRE MOURIR DEBOUT QUE VIVRE À GENOUX”  
- STÉPHANE CHARBONNIER*

*“I PREFER TO DIE STANDING  
THAN LIVE ON MY KNEES”*



**TO THE FOUR BRAVE CARTOONISTS-  
WE STAND WITH YOU.**

Although we may not all agree with the cartoons they published, we must never forget our right to free speech.

Dr. Heeren

## Health Issue

### The Three Health Benefits of Listening to Music 楊晶婷 101421005

In Taiwan, many people from different ages like to listen to music in their free time. Listening to music may make a great impact on people's psychology and physiology. Music can really improve our mood and make our life better. Have you ever thought about

the health advantages of listening to music? There are three different benefits: lowering high blood pressure, reducing stress and sleeping well. Now I am going to talk about the three health benefits of music.

The first benefit is that listening to music helps people lower blood pressure. By playing and listening to relaxing music every morning and evening, people with high blood pressure can train themselves to lower their blood pressure and keep it low. Many foreign studies have proved that listening to music really has a positive influence on blood pressure reduction. According to the research which was reported at the American Society of Hypertension meeting in New Orleans, it showed that if you listen to classical music every day, then it may significantly reduce your high blood pressure. When we are under stress, our body needs cortisol to maintain normal physical functions. However, if we are under stress for a long time, then the cortisol levels will be too high and it causes our high blood pressure. After we listen to music, we may feel relaxed and pleasant, and then the cortisol levels will reduce. Thus, it helps lower our high blood pressure. It is why listening to music can help us lower our high blood pressure.

Secondly, music can reduce people's stress. When we are under stress, music can always have a positive influence on us. Some studies have shown that music helps people relieve stress. For instance, according to the figures from the Mental Health Charity Mind, almost a quarter of all the people surveyed said that they

found listening to music in the work place made them feel better and reduce stress. When people listen to their favorite songs, their mood will become better and then their stress would be reduced. Moreover, music can also help you relax, it makes you release the tense muscles from a busy day. As a result, it helps relieve your stress.

The third benefit is that music helps people to sleep well. Nowadays, many people cannot sleep well or they have insomnia. Listening to music is an easy and safe way to help sleep and beat insomnia. According to the research "Good M. Music improves sleep quality in older adults." Dr. Lai HL in 2005 illustrated that we can have a good night's sleep after listening to forty-five minutes of relaxing music before we go to bed. In addition, the research also showed that listening to music helps us to reduce anxiety. Accordingly, music can not only reduce our anxiety but also help us sleep.

To sum up, if you want to have a good body or improve your quality of life, you should listen to music. The three health benefits are helping lower high blood pressure, reduce stress and sleep well. By listening to music, we can acquire these three positive health benefits; hence we should choose our favorite music and listen.

# Taiwan Spot

## Ways to Boost Taiwan's Tourism 劉芳伶

The Taiwan Tourist Bureau has spent a lot of money upgrading facilities at popular tourist attractions. It is essential and beneficial to do the upgrading because this can give visitors a good impression of Taiwan. In addition, there are some practical ways to boost tourism in Taiwan. We need to develop some Taiwanese icons, we could film more dramas in exotic locations around the island, and we could improve public transportation and make getting around easier.

First, Taiwan needs more iconic images. Some countries use icons to allow people to remember their country more easily. One example would be Hello Kitty in Japan and koalas and kangaroos in Australia. Therefore, we should find some unique and endearing animals in Taiwan. For example,



the Taiwan black bear is unique in the world, and some airlines have used its image to make some souvenirs, such as folders or stickers to sell to tourists. This action could bring more revenue to Taiwan's economy.

Next, showing beautiful Taiwanese scenery in movies and TV is a good way to promote Taiwanese tourism. Many Taiwanese people visit Korea because the dramas have beautiful scenery. Many women love to be in these spots and soak up the atmosphere. Taiwan should try to recreate that. The producers could find some famous spots or beautiful scenic places in Taiwan and film a drama. After the drama appears on TV, we could turn those beautiful locations into tourist areas.

Finally, we need a more convenient and speedy transportation system in Taiwan. If it is difficult to use public transportation and the waiting time can be long, this will make people frustrated. We can find in developed countries, public transportation is always fast and easy to use. Therefore, Taiwan needs to upgrade and modernize our public transportation network.

In sum, to boost tourism in Taiwan we can create some icons, have some dramas filmed in exotic locations, and improve the speed of transportation. More visitors coming will mean that we can have a better economy, and a more interesting place to visit.

# Class Collection

**The Time I Would Like to Live**      李佳穎 **CX101128**

I'd like to live before the Age of Enlightenment when the wind of knowledge hadn't started blowing in Europe. I want to live back then because if I were living in that time, I could be blindly obedient, I could have a strong belief and I would know nothing.

Firstly, being blindly obedient would be good for me because I feel safer to follow someone. Sure, I can still follow somebody blindly in the present world, but people would tease and joke at those who are unable to make decisions. If I live in that period, it would definitely be okay to follow a guide because there was nothing wrong with being blind at that time.

Secondly, I could have a strong belief and I wouldn't doubt anything. Before the Age of Enlightenment, the world centered on God, and nobody would, nobody should doubt God's will. It's nice for me to cling to something firmly. A satirical musical The Book of Mormon says that a Mormon just believes. It's stupid,

but I wish I could believe in something without a doubt. It is sometimes better to be blind yet unhappy rather than thoughtful yet unhappy.

Last but not least, to know nothing can be a blessing. There are so many ugly sides in the society that sometimes you lose faith in others when you learn how terrible they can be. What's more, if you don't know science, you will admire many wonders in the world. I believe that the destruction of nature is the result of people digging out more and more scientific theories or laws. If we know nothing, it's easy for us to keep faith in humans and to admire many things around us.

In conclusion, I want to live before the Age of Enlightenment for three reasons: I could be blindly obedient, I could have strong belief and I would know nothing. To follow people firmly without doubting them makes me feel safe, so it's good for me to live during that time.

## Why We Should Study the Past 楊絢雯 CM101128

Nowadays, people who go to school have to study history because it not only provides us with the information of the past but also a lesson of experience. I'd like to explain my ideas about studying history with three main themes: wars, human rights, and environment protection in the background of 19th century in the following paragraphs.

With the process of the Industrial Revolution, wars had become much fiercer all over the world. Many countries spent a great deal of money and put efforts to invent advanced weapons. However, the better the weapons were made, the more people died from wars. Eventually, the decreasing human resource resulted in countries becoming weaker. It ended up with a vicious circle that the entire world was under the shadow of wars. Loss was always beyond the importance of winning in battles. We must keep the concept in our minds and prevent further conflicts around the world.

Human rights were not valued until the 19th century. We all have learned the history of the American Civil War and the opposition between white and black people. Though the process was brutal,

it raised people's attention about rights for all races. In this period, woman's right also emerged from silence. Women went on streets and asked for the right to vote. Both of the movements are epochal and they still have profound influences on society nowadays.

Due to the Industrial Revolution, the world has suffered from global warming for years. Though it has made our lives much more convenient than ever, the situation seems to be out of control. Factories are as many as woods, and sky is no longer blue as it used to be. It's shameful for humans to create pollution and hurt our mother Earth. Since we can learn obvious differences before and after the Industrial Revolution from statistics, we all know the reason why the environment has changed. What we should do now is to reduce pollution and try not to over develop the world.

History is like a mirror, it reflects the morality of the past, teaching us a lesson about what is good and doable and what is bad and unacceptable. Only through learning history like an outsider, we can understand the nuclear problem of the society and create a better world than the former one.

# Life Experience

**Dream Journey** 黃思嘉 100421001

It may sound like something strange, but all that I saw and experienced in my dream are things I will never forget in my life. It was an amazing and unforgettable journey for me.

In the dream, I came to somewhere I had never been before. There was a tree, as high as a mountain, in the middle of endless grassland. The leaves on that tree were so exuberant that I thought that they trembled to welcome my visit. I could hear the wind whispering as I got closer to the tree. It seemed to be magical because I could not help but to touch and embrace it. Its bark was rough. To my surprise, I felt peaceful and calm when I embraced it. When I closed my eyes, I felt and knew that the wind kissed on cheek and snuck out. As I opened my eyes, it was hard to believe what I saw. The sky was changing her looks with the colorful clouds as her ethereal dress.

Night fell all of a sudden, and I felt that it was cooler than daytime. Fireflies came out and played around. They invited crickets to join their game and play the violin for them. Stars were curious about what happened on the ground with its eyes winking. For some reason, I didn't know, at the same time I felt happy about what I saw, the senses changed. It was converted into different seasons. Winter came and left some snowflakes on my shoulders, and autumn rain was wet on my face. Cicadas had stopped by once, so did the dancing butterflies and busy bees.

Everything was too wonderful to be true, which made me realize that it was only just a dream. However, I will never forget the joy that Nature in my dream brought to me. It also reminded me of the best parts of life.

# Reading IS a Journey

楊絢任 CX101105



When it comes to reading, what most people think of is an activity associated with words. However, reading is not that simple, and reading is a journey. Before we start to read, our minds are often excited and

curious about what we will read, just like when we always look forward to our trip. For example, when we were children, we felt very excited when our father was ready to take us out. We feel like we are in a similar situation when we read. In addition, we gain lots of knowledge and experience. Sometimes, we get frustrated when we do not catch the exact meaning of some words or idioms, just like we get lost on a journey. Therefore, we make more efforts; then problems can be solved easily. In the end, the journey will be put in mind and will become an impressive memory.

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## CHRISTMAS SPECIAL

### Having Potluck with Friends 陳怡汝 100421040

Christmas is an annual western festival and it is also celebrated in Taiwan. We can see that there are Christmas trees with beautiful ornaments in front of some churches or cafés while Christmas is around the corner.

This year, it is a special Christmas to me because I met a group of new friends who are Christians. We often meet in a church that is called “PEACE Church” every Sunday in Pingtung City. Every time I came there, I could hear different English songs that were used to praise God. Singing English songs is also one of my favorite hobbies so I always enjoyed it and also loved to listen to a pastor who told some stories from the Bible. Most importantly, their kindness and friendliness deeply touches my heart. I always feel warm, loved, and peaceful whenever I came there. That is the main reason why I love to go to church.

One day, I received a Christmas invitation from these friends and they invited me to join their dinner on December 21st. This is the very first time I had the opportunity to take part in this kind of activity, so I decided to accept their invitation. When I came there, I found that there were a variety of people who were from different nationalities. There were also a lot of mouth-watering foods, soft drinks, and desserts on a big table. Although it was crowded and noisy, I was totally immersed in that atmosphere and at that time, I enjoyed talking with other people. In this way, I can make more friends and even find some friends who get along well with me. It is a delightful Christmas which is full of laughter and joy. This is the happiest moment that I have ever had. I will cherish and keep it in mind and also keep in touch with these friends before graduating. Merry Christmas!



# Good Job!

✧ The following are original works from creative writing contest, not a single word is changed.

## Finnish Teenagers with Sleeping Disorders Double In Last 20 Years

✧ **The First Place** → 李敏 ZL1031022

I cannot help laughing out while I was reading this piece of news. Why? Because I, myself, is just a typical one as is described in the study, and so are most of my friends. Now I can guess, although not sure enough, that the similar phenomena talked about in the news also happen in Taiwan, at least around my acquaintances.

If the voice of any victim would like to be heard, I suppose taking myself as an example here. It is obvious that I am beyond the ages of 13-17 and I totally know the harm to our health done by staying up late and using the electronic devices too much, but I would be out of control every night when I lie on bed, as if there is a handsome prince living in my smartphone from whom I cannot bear the departure. What I always do is nothing but keeping going for news on Facebook or chatting with friends on line. I don't even want to turn of my phone or fall asleep until my eyes are too tired to read. Most of my friends share the same situation with me as they watch TV dramas one chapter by one chapter, or reading novels through e-book. As a consequence, we fail to get up early the next day. And as you may guess, most of us can hardly focus our attention on something and easily get bored. Some would not have enough energy to complete tasks, some would feel sleepy the whole day, and others may have serious problem with their eyesight. Overusing electronic devices, especially smart phone and ipad, causes sleeping disorders as well as other chronic fatigues.

How to solve this problem and improve the situation? As for me, many approaches have been tried recently and one of them did work efficiently. Just leave your phone (or ipad) there if it is powered off at night. In the case that your phone (or ipad) has very low power, remember to turn it off without any hesitation and leave it to charge on the desk where you cannot get. This may help reduce the reliance on these kind of electronic devices and creat you an atmosphere which is much more proper to sleep. If you are clear about the threaten of overusing smartphone (ipad, etc.) to your health, keep it in mind that never ever again should you take it along with you when going to bed.

Overusing electronic devices resembles medicine abuse. So people in the same boat with me should make every effort to get less attached to personal electronic devices no



matter what they are used for.

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## ✧ **The Second Place** → 李倬林 ZM1031066

The phenomena that teenagers are greatly affected by electronic devices can not only be seen in Finland but also around the world. As the modern technology is developing with such an astonishing speed, digital gadgets like smart phones, tablets, and computers are available to almost everyone in the world, with its multiple functions to which teenagers are addictive. Youngsters always go into raptures at the mere mention of online social network such as facebook, twitter. For them, smart phones are like drugs that are full of temptation for the simple reason that all the information on digital devices is frequently updated and there are always something new to satisfy youngsters' curiosity. Moreover, due to the lack of self-control, they are likely to spend hours looking down at their phones regardless of the severe consequences. Overusing electronic devices could cause concerning damages in teenagers both physically and mentally. First of all, as it is revealed in the report, sleeping disorders could be a major problem. Students suffering insomnia tend to be hard to concentrate on class therefore it tremendously influences their study. Staying in the sitting position for a long time playing their phones cause pains to their spines and muscles, which is not a healthy lifestyle. When it comes to mental health, teenagers nowadays have more mental illnesses than their counterparts in the past, for the more time consumed on electronic devices, the less they are willing to open their heart and communicate with others, which could be lead to severe psychological diseases.

Undoubtedly, the situation needs to be improved as soon as possible. First and foremost, schools are advised to start programs that teach students how to be more self-controlled and self-disciplined. It is indispensable that teenagers should be the masters instead of slaves of their electronic devices. As long as they learn the simple strategies to reduce the electronic overloads, they can regain a healthy balance of life and technology. Tablets and phones is a good way to keep us entertained, yet students should raise awareness that time is too precious that they can not afford to spend too long on useless things. Spending hours in facebook, playing games, reading tabloids are definitely a waste of time. Another suggestion is that government is supposed to be taking its responsibilities and build more public facilities for outdoor activities, which is a good way to get children who are locked into the screens out of their houses. An increase of physical activities will prove to be very helpful in healthy life. Furthermore, psychological doctors should be available to every community around the world in case some teenagers are seeking professional help when encountered with mental problems. The most significant thing is that teenagers should learn to be less dependent

on digital gadgets and communicate with friends, family and people from reality world. Only when they truly open their hearts to the world and make connections to people can the obsession to electronic device be removed.

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### ✧ **The Third Place** → 馬欣 **Z01031012**

Nowadays, wherever you go, whatever you do, you would find people around you are using electronic equipment such as cellphones and iPad everywhere. More surprisingly, most of them are at a very young age of 13-20. They are chatting online, they are listening to music, they are playing games or just surfing the internet on subway. The phenomenon is so frequently seen that we almost take it for granted. The followings will tell you the damage of it and what should we do to change the situation.

Firstly, we have seen that the percentage of teenagers suffering from chronic fatigue is increasing year by year in Finland. The similar consequences are also true in Taiwan district. According to statistics from many reports, we assume that overusing electronic equipment can cause very serious damages. It's true that students sitting for a long time watching the electronic screens. Long time of watching and non-movement will directly result in close eyesight, bad health and also the nervousness in mind. What's more, being obsessed with telephones will do harm to students' sleeping qualities. It's said that the bright light of electronic screens in darkness has an serious effect on the inner chemical changes. That is to say, sleeping disorders are happening as a result of it.

It's high time we stopped to think about ourselves and what measures should be made to change the situation. Today, our education system is in great danger because our education are making us the ones who are able to learn and memorize but unable to think and criticize. Most of teenagers are finding the invisible world comfortable, easy and fun. That's reason why today teenagers as well as young adults are relying on electronic facilities so deep.

In order to improve the situation, I suggest that we can do from two aspects. In the first place, schools and teachers should do more activities and communication games. This will make students realize the beauty and diversity of the real life. Life is more than looking over from others but to experience and feel by ourselves. Education should make students better persons rather than creatures of knowledge. Secondly, the electronic equipment and internet should be properly used and thought. Going out with friends for a drink or talking to someone face to face make it easier to relax and know things.

The last but not least, our younger generation deserve a better education and a healthier lifestyle. Under no circumstances should we sacrifice our intelligence for electronic using. If we can survive in this electronic world, we will live a better life.

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### ✧ **The Third Place** → 李佳穎 CX101128

In Taiwan, more and more people, including teenagers and adults, become addicted to electronic devices, which is just like Finnish teenagers. If you observe people around you, you will see them taking out their smartphones the moment they sit or stand still in their most comfortable stance. Besides people on bus or MRT, you can also see others walking while using their cellphones, which is very dangerous. Recently there was a news, reporting that a young girl sued a male friend who kept sending line messages in midnight, and the constant reminding sound drove her crazy; other than news, I've also seen a girl focusing on her smartphone so much that she didn't realize she was walking straight toward a bus which tried to park in lot and avoided the girl. Smartphones can indeed make our lives more convenient, but it also makes us less smart.

In my opinion, we really should regard smartphones merely something turning our lives more convenient. Now, the smartphones are way too smart, and it seems that it's smartphones controlling over our lives instead of ourselves controlling our own lives! It's okay to use phones or pads to make or receive calls and send message, but it's weird to chat online with somebody that's right sitting next to you. It seems to me that the chatting room and cute little icons are so convenient that we forget how to talk or communicate with others as long as we don't use a chatting room. What's more, people always take selfies and post on their facebook wall, sharing their everyday life or a gorgeous scene with others; however, when they meet friends in real world, all they are doing is using smartphones or iPad so that they can share their joy of hanging out with an old friend with everyone, and that is just too hilarious. I think that I should "return" to reality instead of chatting with a friend in chatting room. The world inside a smartphone or iPad can be easily wiped out, but real-life experience can hardly be erased from your head; when we see a splendid view, we should just at it and feel your every emotion at this gorgeous hour instead of taking a selfie right away. Electronic devices are like drugs that can dumb you from head to toe, and isn't that pitiful that all you can feel is those empty words which nobody really cares? In conclusion, we people should talk, share our feelings or express our joy face to face because interaction in reality is so much more important than interacting online; just focusing on your real life, so you don't get bothered by those annoying reminding sounds from virtual world or almost walk to hit a bus.

## ✧ **The Third Place** → 蔡依軒 CX102130

When it comes to technological era, the earthshaking invention, the Internet, has become ubiquitous in our daily lives. It is not too much to say that the innovative technologies, such as tablets and smartphones change the way we live tremendously, in particular teenager's lifestyles. According to the research, the number of students who have sleeping disorders has been skyrocketing as twice as the normal rate in the past twenty years. To my surprise, teenagers in Taiwan are also the victims under the highly developing technology. Take my sister for instance, she spends almost five hours per day on checking her Facebook or chatting online, which makes her hard to wake in the morning and fail to focus on her school work. Day by day, the dark circles under her eyes have increase layer by layer and her academic performance has become lower and lower. Personally, there is no doubt that those electronic devices make our lives more convenient; however, it is more essential that we utilize them wisely.

As far as I'm concerned, the government should put more emphasis on this thorny problem, since after all, these teenagers are the pillars of our society in the future. Teenagers should be encouraged to do some outdoor activities instead of staring at the screens twenty four seven. Grownups ought to set good models for the youths to learn, rather than keeping their heads down without actually interacting with people. If all of us can work in tandem with each other and cope with the problem, I believe the world will be better, the moment we decide to raise our heads up and form a better living style.

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