



Sauna Benefits



Photo by https://maruchiba.jp/feature/detail_235.html



Photo by <https://www.ryusenjinoyu.com/spametsaotaka/>

One of the pleasures of going to hot springs and public baths is the sauna. A sauna is a hot bath method that warms the body and encourages sweats by entering a room that has become hot because it is far infrared and steamy. It is also known as a steam bath in Japan. The sauna is said to have originated in Finland.

Here are some of the sauna's benefits. The sauna has a fatigue recovery effect. When the body

is exposed to heat, the heart rate rises, and blood flow is accelerated. Some survey results showed that the heart rate in the sauna rose to about 120 per minute, at the same level as during moderate exercise.

Then, the sauna improves the quality of sleep. According to a study by Jari Laukkanen published in Finland in the 1970s, raising your body temperature two hours before going to sleep increases the depth of sleep.

When the deep temperature of the body drops and your fingers and toes are warm, you can sleep better. If you want to use the sauna to improve the quality of your sleep, it is recommended to enter two to three hours before going to bed.

You have to be careful when using the sauna bath. The good thing about the sauna is that it has a sweating effect. Sweating is one of the benefits of saunas. Still, on the other hand, as

sweating progresses, the risk of dehydration increases, and it can also cause cerebral infarction and myocardial infarction. Drink at least one glass of water before and after the sauna bath. We recommend you refrain from drinks containing sugars such as juice as much as possible.

For these reasons, the sauna is good for your health, so go for it.

By Naoki, Towa, Junshin, Sota, Haneka

Sports Science Fuels Japan's Olympic Success

This year, the first Olympics since the Tokyo Olympics were held in Paris, France. The Tokyo Olympics were postponed for a year and held in 2021, so they were held for the first time in three years. Japan won 20 gold medals in this tournament. However, Japanese people are shorter than Americans and people in European countries, and it is difficult for the muscles in the back of the body to develop. There is a reason why Japan has achieved

such results. That's because sports science is evolving.

For example, in recent years, in badminton, in addition to evaluating and analyzing the tactical aspects of the game, the verification of individual training results of players has been conducted. As a result of supporting the improvement of the competitive ability of players and coaches, they won Japan's first gold medal at the Tokyo Olympics. And so on, it continues to leave excellent

results in the world.

Sports science is also helpful in volleyball. Specifically, we analyze the characteristics of each by measuring the number of jumps and the jump height for each position. By doing so, you can accurately plan for the game and adjust it not to accumulate fatigue, which significantly helps you win. In fact, at the Paris Olympics, men's volleyball was defeated by one more point to the Italian powerhouse.

In this way, the fact that Japan,

which is inferior in physique compared to the past, can achieve good results in international competitions is significantly related to the development of sports science. For Japan to be more active worldwide, scientific research in sports at a higher level is required.

Therefore, it is hoped that many people will not only watch sports but also look at sports science, which is behind it.

By Obito, Sora, Nonoka, Emiri

ENTERTAINER

War, Poverty, and the Path to Peace

What is peace? On August 15, 1945, atomic bombs were dropped on Hiroshima and Nagasaki, causing extensive damage that remains today. Conflicts are currently occurring in more than 50 regions around the world, resulting in as many as 230,000 casualties each year. What we can do to change this situation is to know, learn, and communicate the problem in the world. As the only country to have suffered an atomic bombing, Japan must spread the word about this event to the world and pass it on to future generations.

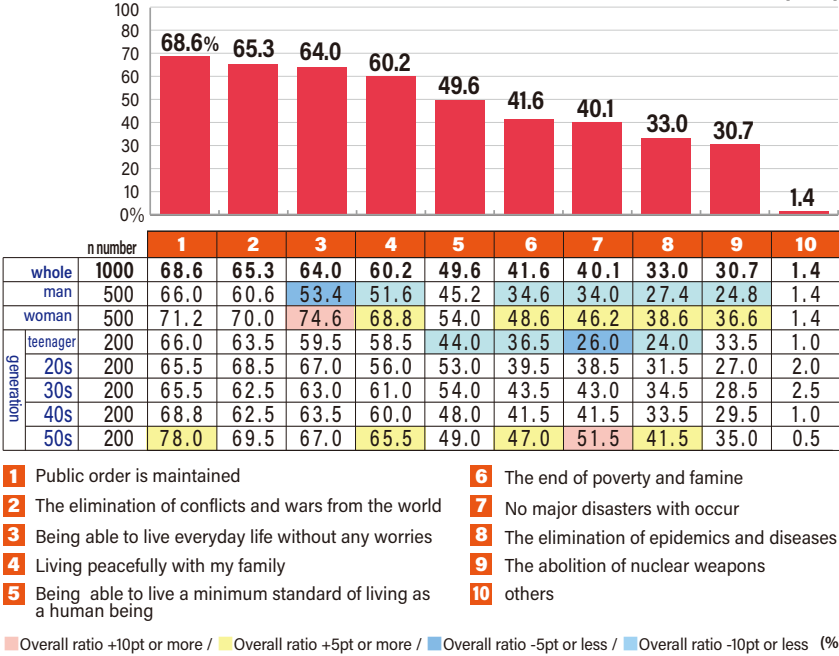
Poverty is also a goal of the

SDGs, with one in six children living in extreme poverty. To solve the problem of poverty, we can donate and raise money to support organizations, use fair trade products, and participate in volunteer activities. We don't often think about poverty, but it is an essential issue that the world must address.

There are various definitions of "peace," but to achieve peace from the two perspectives listed here, it is essential to do what is easy. If small actions unite, they will become significant, and the world will move towards peace.

By Kano,Yudai,Itsuki,Ryutaro

What is your idea of "peace" (multiple answers)



Credit photo by Net Asia Research

Self-Esteem: A Cultural Perspective

What is self-affirmation? In a nutshell, self-affirmation is, as the word suggests, "the feeling of affirming yourself as you are. It is a feeling that arises when you recognize and respect yourself "as you are" without comparing yourself with others, and it is the driving force to move things forward. You can measure your self-esteem with the survey below.

Think about your self-esteem.

1. When I look in the mirror in the morning, I look for parts of my face or body that I don't like.
2. Waiting for likes on social media.
3. Even the slightest attention will cause you to fall into a deep depression, and it will take time for you to recover.
4. I get annoyed when my pace is disrupted.
5. I find myself saying negative words. ("It's hard," "I'm tired," "I can't do it," etc.)
6. Sometimes, I get caught up in the idea of "I should" and cannot take action.
7. I get hung up on trivial things people say to me.
8. Sometimes, I hesitate to take action because I am concerned about what others think.
9. I need help choosing clothes before going out.

10. Once you have decided, you may wonder, "Is this the right thing to do?"

11. I can't take on new challenges because I think there's no way I can do it.

12. I get irritated when I see people slowing down when I get off the train or when the elevator finishes.

You have low self-esteem if ten or more of these apply to you. If you have less than 10, you have high self-esteem.

This table shows the responses of each country when asked if they have advantages. Compare Japan with other countries. In the U.S., 59.1% of the respondents answered that they have many benefits. On the other hand, only 16.3% of respondents in Japan responded that they have advantages, a meager rate compared to any other country. Why is there such a difference between Japan and other countries?

This is because the societies have contrasting natures. In Western culture, you cannot survive unless you assert yourself strongly and behave with confidence. If you are reserved, consider other people's feelings, and refrain from asserting yourself, you will lose the competition. Westerners have been born and live in a

society where you have to assert yourself to get what you want. That is why Westerners assert themselves without hesitation and behave with confidence. They will be taken advantage of if they show weakness, so they have no choice but to affirm themselves at all costs.

Therefore, many Westerners will affirm items such as "I am satisfied with myself" and "I think I am a valuable person" but will deny items such as "I sometimes think I am a bad person." As a result, they have "high self-esteem."

On the other hand, in Japanese society, consideration for others is valued, and humility is deeply rooted. Selfish self-assertion is considered the behavior of immature people, and it is said that you should behave in a way that does not hurt the other person's feelings. Therefore, boasting or behaving with

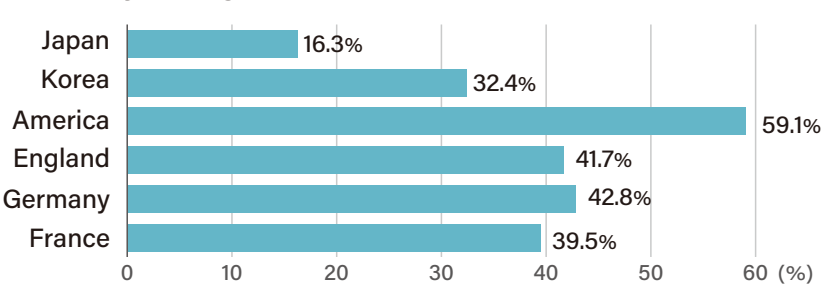
confidence is considered harmful.

Having been born and lived in such a society, we Japanese refrain from asserting ourselves as much as possible and instead try to be humble, respect each other, and make compromises to satisfy the needs of both parties. Rather than affirming ourselves, we try to overcome our immaturity. Rather than denying the other person and insisting on our assertiveness, we aim to make compromises and reach a compromise. As a result, we have low self-esteem.

Self-esteem changes depending on a country's culture and values. Therefore, it is natural that self-esteem is low in Japan. Low self-esteem is not a bad thing. However, extremely low or high self-esteem is not good. It is vital to deal with self-esteem well.

By Shusei,Nonoka,Shu,Daichi

I have my strengths



cited from Social Entrepreneur College

ENTERTAINER

Blood Type and Personality: No Link Found

Is there a relationship between blood type and personality? This article will provide an overview of blood type.

There are four main types of blood: A, B, O, and AB. Also, Rh plus and Rh minus are Rh blood types; to be precise, Rh (D) blood type and What is ABO blood type?

The most common blood type among people is type A, followed by types O, B, and AB, with a ratio of about 4:3:2:1. However,

this ratio is only for Japanese people. If you count by country, there are countries with many type Os and many type Bs.

So, is there a relationship between blood type and personality?

Here is a document showing each blood type's prejudice in the ranking. According to Kengo Nawata, a researcher, his study found no meaningful relationship between personality and blood type in 2014.

Using large-scale specimens from Japan, having collected 10,000 data on blood types and personality since 2000; he examined the relationship between blood type and personality.

As a result of the analysis, the answer score to the personality characteristic question was similar depending on the kind of blood type.

As Nawata (2014) suggested, blood type and personality are

unrelated.

If the above results are known broadly, it would be helpful for people not to prejudge a person's personality based on blood type.

By Syunsuke,Kanon,Fuki,Nono

Reference: Nawata, K. (2014).
Unrelated blood type and personality.

MBTI: Teen Trend for Self-Discovery

One hundred questions are answered on a 7-point scale and divided into 16 personality types. It is made up of 8 letters: E, I, S, M, T, F, J, and P, which represent extroversion, introversion, sensing, intuition, thinking, feeling, discipline, and flexibility. Recently, MBTI diagnosis has become trendy among teenagers, and many of them often include the MBTI results on their profiles on social media such as Instagram and X. School teachers have also used it to introduce themselves to someone they meet for the first

time. In modern society, many young people are anxious about the future. After taking the MBTI, some people may find their path more straightforward. MBTI is especially recommended for the following people who want to (1) analyze themselves objectively, (2) think deeply about themselves and their careers, (3) improve their relationships, and (4) promote their spiritual growth.

Through MBTI, it is said that people can organize the strengths and characteristics of each of the 16 types, understand their personal growth and

differences with others, and use them to build relationships with those around them. The official MBTI, developed by international standards in Japan, has been introduced since 2000. You must obtain the MBTI Certified User qualification to take the official MBTI in Japan. This qualification is only given to those who take the MBTI training course conducted by the Japan MBTI Association and pass the qualification exam.

Group trial sessions are also held online, so working adults, housewives, students, etc., can

easily take the diagnosis.

Many books can be purchased even by non-MBTI-certified users, so if you are interested, why not pick one up? MBTI is a test that allows you to understand yourself more deeply and improve your lifestyle. The benefit of MBTI is not just a personality diagnosis; you can move forward based on the results. Why not try incorporating it as an indicator for living a straight life in the future?

By Ryunosuke,Ryoko,Shiori,Hotoya

Boosting Information Literacy in the Digital Age

What should we do in a modern age where information literacy is necessary?

Information literacy is essential to use the world's overflowing information appropriately. The Internet has become common, and many people can post information, but ambiguous and incorrect information leaks.

That's why we need the ability to utilize the information overflowing in the world properly.

For example, during the Kumamoto earthquake, a man living in Kanagawa Prefecture

posted "a lion that escaped from the zoo" on Twitter and was arrested by the police. The tweet was retweeted nearly 20,000 times, but the people who thought this post was correct spread it without offense. If you had information literacy, you would have collected information, scrutinized it, considered whether this post was proper, and not spread it.

The characteristics of people with low information literacy include the inability to search for information themselves without doubting it.

There are some things you can do daily to learn information literacy.

The first is to collect much information and compare it objectively.

This is to collect information on the same topic from newspaper articles, blogs, etc., and compare their perspectives and claims. This allows you to make more objective decisions. The second is to learn a way of thinking called critical thinking.

It's a way to have doubts and generate ideas. Critical thinking allows you to check the facts and

see through fake news.

Learning these methods can increase your information literacy, help you obtain higher-quality information, and prevent the spread of false information.

In a modern society where information literacy is needed, we should take action to enhance it daily.

By Sawa,Soma,Togo,Chisato

ENTERTAINER

Saving Pets: A Community Effort

The issue of euthanasia of dogs and cats is a serious problem that must be addressed collectively. We must strengthen our efforts to save the lives of our pets.

First, it is crucial to implement awareness programs on pet care. Educating people about pet owners' responsibilities, proper care, and the importance of spaying and neutering will reduce unnecessary breeding and abandonment. It is also essential to support animal welfare facilities to ensure shelter pets can live in appropriate environments.

Furthermore, promoting cooperation throughout the community is vital. By working with local governments, schools, businesses, and civic groups to adopt a comprehensive approach to the problem of pet ownership, the number of pets killed can be

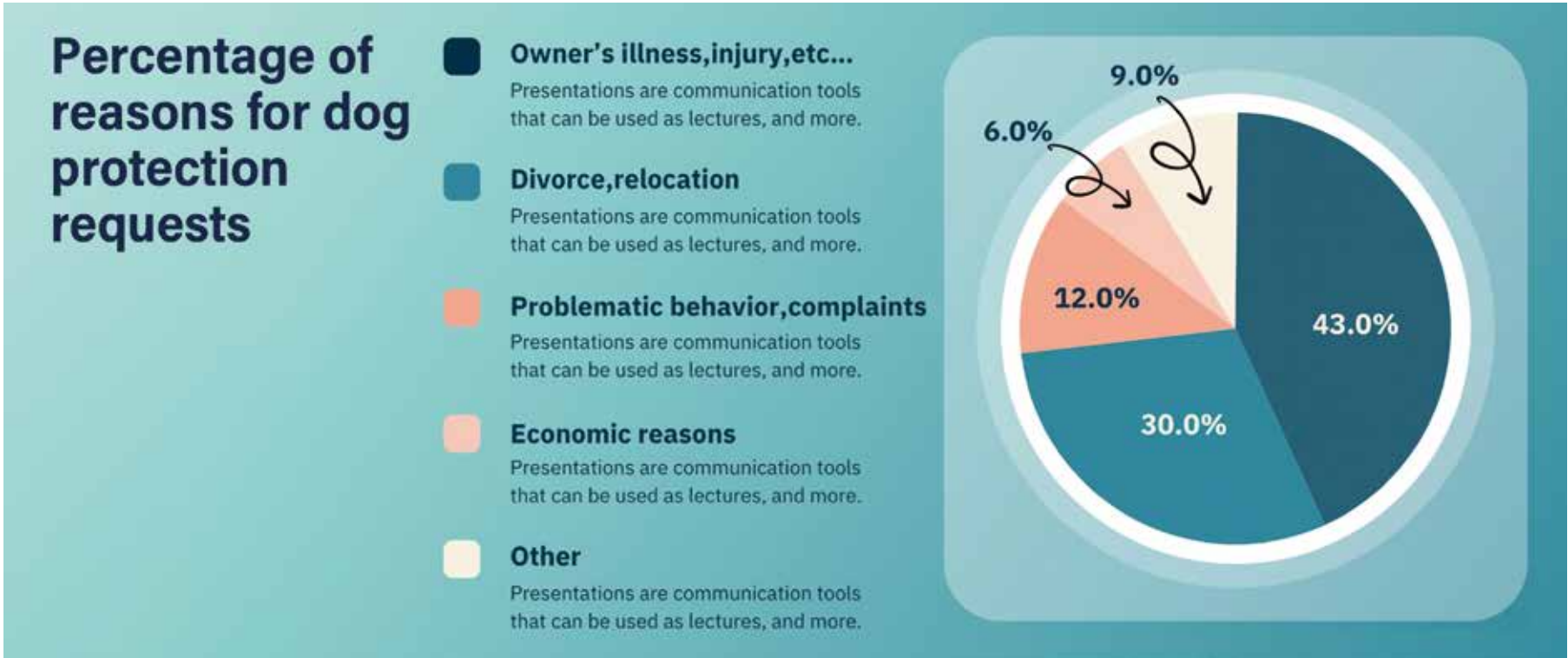
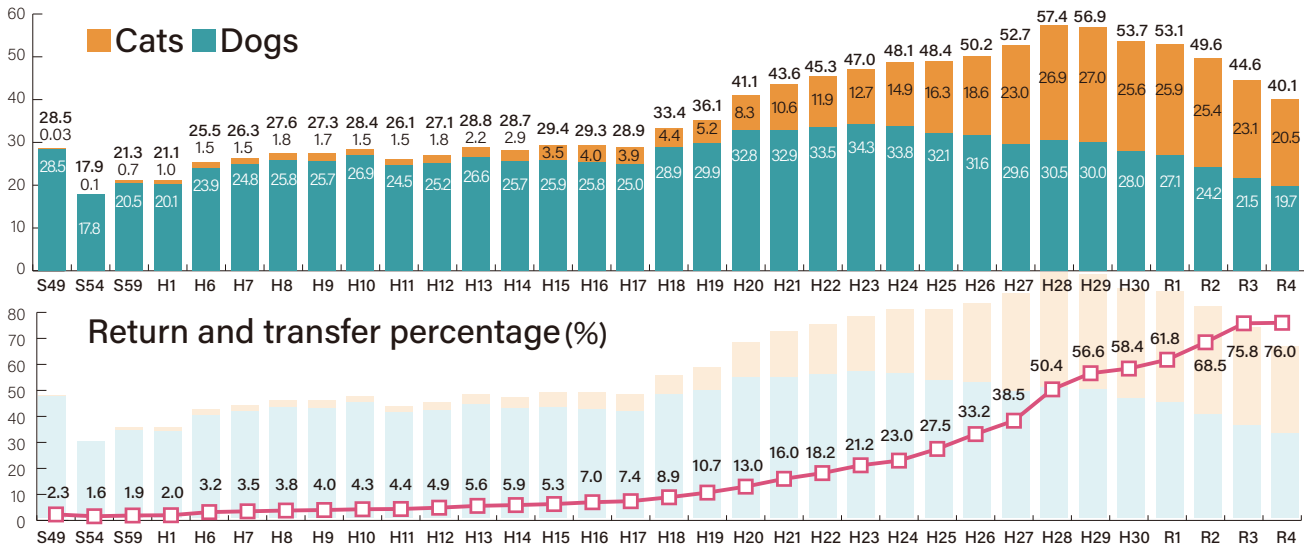
reduced, and lives can be saved.

One solution is to educate pet owners about proper pet care and spaying/neutering. Promoting responsible pet ownership through awareness campaigns and collaborating with local animal shelters and foster care organizations to care for dogs and cats in unfortunate situations

and assist in finding homes for them. In addition, reviewing and strengthening laws governing pet ownership is beneficial clarifying the responsibilities of pet owners will encourage them to take appropriate action when problems arise. By doing so, the number of dogs and cats killed can be reduced.

A combination of various initiatives can improve the situation. We must recognize the importance of this issue and take action.

By Yoshiki, Asami, Kotaro, Shin



<https://neko-home.or.jp/article/culling-reason/>

C b h

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