

## Cover story:

We all have emotion, but do you even realise how emotion has been effecting us?

This issue of the Salesian tells you all the 'why', 'how', 'what' and 'what if' about emotion.

# Emotion

## Keep Smiling!

- Evan Lam

### Your emotion does affect your appearance

Check out 'Ben and Elliot' on Facebook. They are brothers. Elliot is the one who always gets pranked. He has always wanted a girlfriend, so he takes good care of his appearance by using cosmetic products like facial masks and moisturizers. Do you think these facial-care products would make you better looking? To me, positive emotions are the key to make you look good.

According to a study, if a person feels happy, his skin will appear healthy naturally. Blackheads or freckles disappear due to improvement of skin condition. Also, he acts confidently (which makes sense!). Imagine how would people see a slouching man? 'Standing in an upright position always gives others good impression, and doing so gives applicants a bigger advantage in a job interview,' said an experienced head-hunter. Anxiety and obvious depression, however, bring negative effects on people's faces; and trigger the chemical effect that leads to hair-shedding and eczema flare-ups! Sounds terrible!

Skin care products bring benefits as well as heavy bills. On the other hand, positive emotion costs nothing. It helps you save a lot of time and money as well. Staying bright and positive help you deal with stress too! So, stay calm and positive. Always believe that there are solutions to every problem. 'More happiness, more beauty!'



## What If Emotion Does Not Exist?

- David Chui

Imagine life without emotion, what would we do? How would we 'feel'? Or even more fundamental, who actually would we be? Some may suggest the loss of emotion in humans would be a disaster but could it create a better world? Our world could be a world with peace in which anger or greediness would not exist. The absense of emotion makes everyone work and behave as orderly as a machine. Without feelings, which affect human decision, the



society can be an incredibly fast-developing world. If everyone follows orders, the development of technologies would be beyond our imagination.

The absence of emotions may of course bring disadvantages. Humans would live in a robotic way. The world without emotion would all together take away hope and love.

By the time love is lost, do technology and efficiency still matter?

Therefore, to have mood is essential. Emotions do affect our daily life, and the way we make choices and decisions. A human brain without emotions is no more than a computer, only more inefficient and cold.

## Food and Emotion

- Sydney Siu

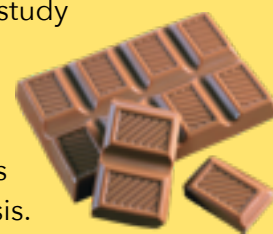
We absorb chemicals from food in order to get energy. But do you know we may have consumed emotions too?

Chocolate makes us feel happy. It is because Serotonin is formed and released in our brain. Chocolates contain only little amount of Tryptophan which forms Serotonin but it is the sugar inside that speeds up the chemical reaction to make us feel happy. Serotonin is common in salmon, eggs and nuts.

Besides, banana has similar effect. Alkaloids is found in bananas which

stimulate our confidence. A large amount of Tryptophan and Vitamin B6 within help produce more Serotonin in our brain. Similar to chocolate, it makes us feel joyful after consumption.

On the contrary, burgers and pizzas are examples of causing bad emotion. According to a study of Public Health Nutrition conducted by Las Maas University and University of Granada in Spain in 2011, 8964 people were tested for having burgers and pizzas for 6 years on regular basis. The subjects, as referred to in the research, suffered depression and anxiety. They could hardly control their emotion. Therefore, it is believed that food has its effect on our brains, be it good or bad.



## Emoji

- Harris Ng, Edgar Yu, Brian Yung

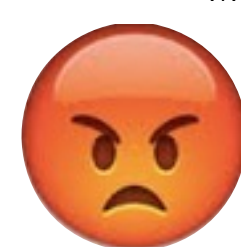
EMOJI are pictograms that people use to visualize their feelings in this Internet era.



"Emoji", originally a romanized Japanese word, means pictogram. It is a mere coincidence that the word starts with a word stem "emo", which resembles "Emotion" in English.

### Why do people make use of emoji?

A word usually doesn't give out strong appeal of our feelings in a message. Only with an emoticon can we vividly present our emotion with facial



expression on screen, which makes our expression more specific and gives out much stronger appeal. For instance, an angry person would text with an angry face; a couple would text with hearts to exchange romance that they would not be able to do as vividly without emoticons.

It is debatable whether the use of emoji is suitable in formal conversation. However, it works its magic in daily conversation between friends and family members. After adding emoji, there is usually a turnaround in meaning of our messages. For instance, an intense debate can be thawed when adding a happy face.

All in all, it seems emoji is a great tool for us to express our feelings or opinions in an easy and direct way.



## Emotion of Actors

- Brian Yung

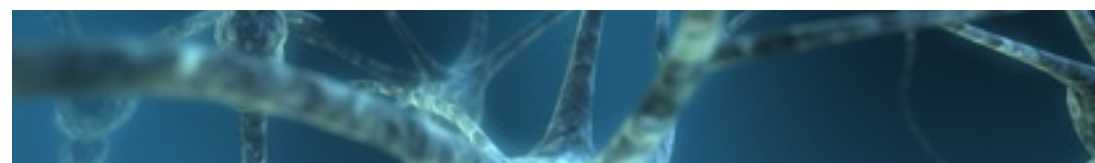
Actors deliver performances. Performances and emotion come hand-in-hand. Actors' emotion is indispensable to support their performance, as well as their heightened predisposition for fantasy.

"You're responding with real emotions to imaginary situations" revealed by Tom Hiddleston, a British actor, in an interview by The Guardian. He noticed how his career carried over to his personal life. When playing an open-hearted role, he felt free; when playing a pent-up role, he felt a need to keep his emotion to himself.

In acting, he lives the character's way of life and demonstrates the characters' personalities. He disclosed that he never had a day without crying, screaming and laughing when he was in productions and went stiff from emotional exhaustion. How susceptible to emotion an actor is!

According to a recent study conducted by researchers at California State University, there is a "psychological cost" for actors that they are more likely to struggle with past traumas, display signs of confusions and prolonged silence. Actors have to recall their own memories of failures and traumas to enter their assigned roles. Their lows and highs in emotion is beyond our thoughts as they could be emotionally mad at one moment while ecstatic at another. Psychologists claim that it is common that actors have difficulties resolving emotional problems.

Actors' lives are paved with toughness. We never know how actors exactly feel. Thus, their great effort deserve appreciation.



## Nervous System

- Ares Chan

Our nervous system allows us to respond to the changes in our surroundings. It also allows us to think, memorize and have mood changes.

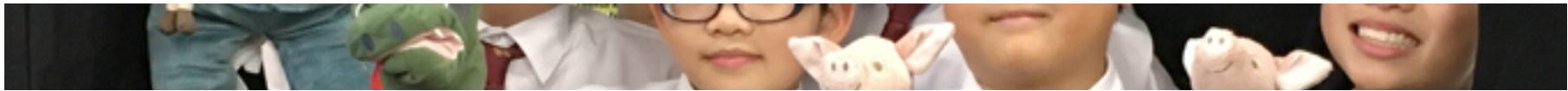
Our nervous system includes two different parts, the "Central Nervous System (CNS)" and the "Peripheral Nervous System (PNS)". The CNS includes the brain and the spinal cord. The PNS includes the cranial nerves and the spinal nerves. The system contains three different kinds of neurons, namely sensory neurons, interneurons and motor neurons. Sensory neurons carry messages from sense organs to the CNS, inter-neurons carries messages through the CNS between the sensory neurons and effector neurons, and motor neurons carry messages from CNS to the effectors; they are the muscles and glands.

These neurons have mutual effect on others. That is to say they react upon each other. This allows us to receive messages and make reactions. Our nervous system works like a speed enforcement camera system. Our sensory neurons detect messages, the interneurons transmit messages to our inner brain, just like the receptor in the system. Finally, the motor neurons finish the whole process, they carry messages or instructions to our muscles (effectors) to make reactions, just like the camera capturing speeding cars.

Here are some videos that explain how neurons work. Get to know more of our brain now! <https://youtu.be/xdbookm6BhP4>



# Campus corner



We care about your wellness and growth at school, so in this Campus corner we explore some campus-related issues around the world. Let's have a look at some famous school dropouts and their lives.

## Princess Diana - Brian Yung

Princess Diana, the ex-wife of Prince Charles of the United Kingdom, wasn't an academically bright student, a fact that might be overlooked by the public. She was regarded as a poor student, and failed the O-level (ordinary level) of the GCE twice. Instead, she has her talents in singing, dancing, and her charming appearance to add to her unique elegance. She took a number of low-paying jobs, including dance instructor, day-care centre assistant and nanny before her marriage with Prince Charles.,

The reason why she fell in love and engaged with Prince Charles by the years they got along in late 70s was overshadowed by her voluntary work around the world. After her marriage, news reported her participation in many voluntary and fund-raising events. She had also been sighted helping underprivileged people for countless number of times.

There may be people who are significantly luckier than others for the ability to study well. Nonetheless, they still have to put effort to realize their dreams. Diana managed to overcome her disadvantage in academics with her beauty and generosity. Her personality and abilities might be the reasons why she drew Prince's attention. However, it is more certain that her kindness and sympathy for others drew the world's attention.



## Mark Zuckerberg - Edgar Yu

Most college students use their dorm rooms to sleep, study, or do things they don't want others to know about. Only a few of them create world-changing inventions there. Mark Zuckerberg is among the small number of successful college students when he founded Facebook in his. Facebook was originally meant only for Harvard students. The popular social networking site quickly spread to the rest of the Ivies and other colleges across the nation. As Facebook's popularity exploded, Zuckerberg moved to Palo Alto, California, forever leaving behind Harvard. The decision has obviously worked out pretty well for the then kid at his twenty. According to Forbes, Zuckerberg is the youngest billionaire in the world. In 2010, Facebook had a net worth of \$51.6 billion.



## Tiger Woods - David Chui

Tiger Woods (Eldrick Ton Woods), an American professional golfer, and a successful school dropout, won various championships against numbers of competitors.

He studied at Stanford University for only two years. Tiger Woods had been practising golf for decades, and till now. He has gone through numbers of success by his hard-work and talent. Throughout his career, Tiger has shown the public how to be successful in his hobby.

The example of Tiger Woods proved that school dropouts are not failures or losers. Despite their poor school performance, they are talented and hard-working in other aspects. This is a diverse society. There is no need for all of us to be academically ingenious, in fact there are always alternatives.



## Jamie Oliver - Willy Lee

Jamie Oliver is a well-known British celebrity chef and a lesser-known dyslexic. Dyslexia had severely affected his academic performance. He was treated as a student with special needs for 5 years. He then dropped out from school due to the issue. Afterwards, he got a cooking qualification at the technical college and a job in a restaurant. Now, he is a professional chef with his own restaurants and cookbooks, which are the bestsellers in the U.K. Today, at the age of 40, he thinks that being dropped out from school was his best, regretless option because he did not have to waste time on academics when he could be a great chef. Who says school dropouts cannot have a bright future?



## Amancio Ortega - Evan Lam

A little boy started working at a boutique and ended up becoming the CEO of the world's largest fashion chain. Sounds more like a fairy tale than a career success?

Amancio Ortega is the founder of one of the biggest fashion brands on Earth, Zara. Like the other successful people here, he quitted schools to pursue his dream. Amancio Ortega was born in 1936, in Spain. Due to the poorness of his family, he was forced to drop out from school. He started to learn making clothes and being a salesman at a local boutique. When he was in his job, lots of people including his boss appreciated his hard-working attitude and creativity, so he tried to run his own business, sold clothes and opened the first Zara retail shop. After that, he becomes a successful businessman and subsequently a fashion king. Until now Zara has 1544 branches in the world and has a net worth of USD 78.6 billion, and he is now the second richest man in the world.



"You'll get nothing without a diploma!" many suggested. Sons and daughters pursuing great academic honours has been a hot topic among parents. However, notable school dropouts who rose to fame may disagree. Some of them got their success for their hard work, talents or attitude.

## James Cameron - Ares Chan

James Cameron (1954 - ) enrolled at Fullerton College to study Physics, a scientific studies, in 1973. He switched to English later, an academic discipline. He dropped out before the start of the semester in the fall of 1974. Then, he went to do further research of the visual-effect technology at the library of the University of Southern California. This symbolizes the start of his time of self-studying.

Now, he is a film director and producer, who specializes in action films and science fiction movies. Currently, the two highest grossing films in the history - "Titanic" (1997) and "Avatar" (2009) were produced under his direction. James Cameron often tries to explore the relation between science and technology, and presents his idea in his films.



They are great models for anyone who wishes for success. They showed that not having university education is totally not the end of your life.

Nonetheless, I am not here to persuade you to stop school. We have a great opportunity to study, so we should treasure the opportunities we have now. But if you do not try to pursue your dream, or put your greatest effort on pursuing it, that is the problem.

As the saying goes, "Great oaks from little acorns grow", let us start now, and you might have a career as successful as theirs after you finish school!

If you face any difficulties in your study, or problems that give you thoughts of giving up, don't hesitate to talk to your class teacher, counsellors or teachers in Careers Team. They are always ready to help!

*WANT A PRIZE? SOLVE THE RIDDLE TO GET IT!*

*you will find the riddle under the place you have breakfast or lunch in front of where you brought it. good luck...*

# Talents Wanted We want YOU!

Ready for a big challenge?  
Find Mr. Kwan or Ms. Wong at Room 509.  
Talents never go unnoticed!

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