SMOE
Teacher’s
EXEMPLARY
ESSAYS 2009
If you and your students feel bored in English classes, why don't you use English songs? We, English teachers, are often depressed with students who don't concentrate on classes. But students in your classes could respond to language with rhythm. There are strong reasons why I would recommend English songs in English classes.

Firstly, English songs make English classes enjoyable. When daily English classes are monotonous for teachers and students, English songs can be a fountain in a desert. I remember my own school days when my new English teacher taught an English song for the first time. How surprising it was! I and my classmates were fascinated with that class and from then on I became more interested in English classes. If you use English songs in your class, they can not only make your class amusing but also motivate your students to concentrate on your English class.

Secondly, you can get English songs easily. English songs are everywhere. Many materials exist and a lot of new materials are always produced. What you have to do is only to choose a song and use that song in your class. You can use songs which your students select. They may be accustomed to some English songs through advertisements or dramas. English songs can save your time to prepare materials to teach students.

More importantly, English songs are effective in teaching English. There are lots of topics and content plus grammar and useful phrases in English songs. You can do many activities about words, phrases and sentences such as word searches, correcting mistakes and rewriting lyrics. Songs are easy to memorize, so students easily get used to phrases and sentences. Moreover, students can do listening practice with English songs. English songs are the most helpful tool to draw attention from students and let them take part in English classes.
In conclusion, English songs are very useful in English classes because they are pleasurable, easy to get and satisfying. They will make dull English classes lively and help your students improve their English competence. Besides, English songs will make you and your students more intimate. Are you ready to use English songs in your English classes?

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**No More Tough Love, Teachers!**

Kim, Sug-young

This morning we had desperate news again that a high school boy who committed suicide last night after getting 110 hits on his soles by his teacher. Reportedly the young teacher often used her stick to discipline her students. The teachers’ caning was a direct cause for the boy’s suicide, but I see just two victims sacrificed by too much tough love. So far we already have had a long list of similar tragedies due to corporal punishment in school. How many more victims do we need until we banish corporal punishment from school? **Now we teachers should change and stop any corporal punishment administered under the name of tough love.**

Now after spending my two decades in school, I don’t believe in the normal effect of corporal punishment very much. Although we get some instant positive response to the painful stimulus from the sticks, **the immediate effect never lasts so long, whereas the hurt memory is everlasting.** For instance, when I was a 2\(^{nd}\) grader in elementary school my teacher hit my buttocks because of my slow copying.
That first imprinting of teachers’ caning must have been so a strong one to me, now 40 years or more later, I still have a perfect picture of that moment. I don’t have any memory of what class it was or what were the names of the kids beaten along with me at all. I never recall what I was copying from the blackboard there. I just remember vividly I was sobbing in shame and fear then.

Furthermore, we cannot ignore some essential reasons to say why we should ban corporal punishment. First, basically teachers’ caning is not different from violence generally performed by the powerful on the powerless, which could be unwittingly learned by the students. As we know, violence is easily passed around in itself. I know an 8th grader who told me he wanted to be a teacher because he could beat his students any time he wanted just like his own homeroom teacher did.

Second, caning sometimes causes fatal to both the battered and the beater just as in the news I already mentioned above of this writing. Thirdly, habitually caning teachers are likely to make a stick-addict, and like most drug users, they also could be very dangerous for their students. Last but not least, these days we teachers are often to be caught by some eyes who always spy us spanking or insulting students. They could report about what we did wrong to the police or capture the scene of our spanking students to post it on an Internet site to make us one of the most notorious teachers all over the state.

With all those unlucky things we’ve got through, by now we should admit the fact that the last thing every teacher may do for students is so-called tough love.
Without any intervention of tough love, our students must feel freer to open their mind positively, and we teachers should be different somehow. If we are normally dutiful teachers, **at the moment all we have to do is change our views of students and our views of our teaching job into one more liberal and democratic.** To be more specific, I suggest we **suppose we are “salespeople” selling our knowledge to “customers,” and students are our customers buying me in my “class shop”.** Then we should live by the motto, “customers are our kings” This way, when we respect our students as our kings and queens, how can we even imagine getting angry at them, beating them, or insulting those important customers who pay me?

Back in the old days, school teachers’ caning was accepted as grateful ‘tough love’ but nowadays teachers’ using sticks is quite controversial all over the global village. An ancient proverb warns us saving rods could spoil our children, and it’s true we cannot ignore its efficiency from our experiences. However, teachers’ caning is essentially physical violence making our growing-ups feel helpless and low self-esteemed, and sometimes even driving them to make extreme choices. Besides teachers’ using sticks is just like taking drugs, which ends up with making both teachers and their students addicted to it. Therefore, we teachers should change ourselves to be nice teachers without the help of sticks. As long as we just stick to our traditional Confucian mindset, we can never make winners in school. Now we need to reflect ourselves to be more open minded toward the matter of students’ rights as human. Don’t forget they are our important clients, without them we lose our jobs.
Stopping Special English Supplementary Lessons

Nowadays, more emphasis is being put on English education than ever. Thus, various types of after school English lessons are offered to students in school. One of them is special English supplementary lessons after school for the lowest grade-level students. It is mandatory that every school has to offer them, with about twenty hours of lessons after school each semester for three subjects—English, Korean, and Math. Many English teachers in secondary school have experienced teaching a class consisting of ten to twenty students as supplementary after school lessons and realize that managing such class is not efficient enough to be continued. There are strong reasons why we should stop the lessons for the lowest grade-level students after school hours.

First of all, the students of this class often suffer from an inferiority complex and low self-esteem. When they take such classes while others do not have to, they know that they are the poorest students of the school in English. It leads them to feel so ashamed of belonging to this class as a result of which, they tend not to attend the class, making any possible excuse. Attendance rates decrease more and more during the session. In the end, it is often the case that there are only two or three students remaining in the class. It is necessary that teachers rather put priority on helping them build up their self-confidence over English.

Secondly, the government pays the cost of the supplementary lessons and teachers spend lots of time teaching them with little achievement. The most important role as a
teacher is teaching regular lessons well, not supplementary lessons. Teachers don't have enough time to prepare for their regular main lessons because they have to share their time in preparation of many extra lessons as well. Teachers should focus more on teaching main lessons for all students than the small number of students for the supplementary class to improve students' English ability as a whole.

Lastly, every Korean need not have a good command of English. English is not essential to live life as a Korean citizen, compared to Korean and math. I don't think the students have the intellectual level to improve their English with only 20 hours of extra lessons a semester. For example, several students of my class even don't recognize the letters of the English alphabet and most students of the class cannot speak or write even extremely simple sentences, despite having been learning English for more than 5 years. What they truly need for their future career may not be English but technically-related subjects. Most of low intellectual level students are more interested in those subjects than English. They can gain self-confidence through the work they can do well.

Forcing the students to have extra English lessons could decrease their self-confidence. Forcing them to be present at the class is much more difficult and stressful for the teachers than teaching them English. Furthermore, it is a waste of time that the teachers should spend lots of time on preparing and teaching the extra lessons which are not productive for the students. Also it is a waste of our national education budget. I don't think every Korean should be good at English. Why should we continue special English supplementary lessons despite of all these negative effects.
One is never enough!

"Two heads are better than one." This is the wisdom in all ages and places. However, having an only child is spreading among young generations. There are lots of reasonable explanations for this trend. Firstly, working women are increasing steadily and it is never easy to concentrate both on ones career and household. So they have to just give up having more than one kid. Secondly, it costs a huge amount of money to raise kids these days, especially due to the "educational fever" and expenses in Korea. They just think it's much better to invest all the money in only one kid, as much as they can. But, is it a really good answer for this situation? The only way to solve this problem is having two or more kids! It is better for developing kids' personalities, even easier for parents to raise them and more proper counter plan for the population crisis caused by decreasing birthrates.

First of all, research shows that the kids who have grown up with siblings are more better in relationships with others and even wiser because they went through many small emotional conflicts. They got to know how to handle difficulties and got to be prepared to deal with various situations naturally. They can learn to share, compromise and consider others. These are the treasures one can never buy even with all his wealth. For instance, my friend decided to have the second baby after her son entered the school. He had a lot of difficulties getting along with friends. He was selfish and stubborn. However, after the
younger brother was born, he learned to be patient and considerate. Finally the kid became a class president! The only way to develop well-balanced personalities is from many experiences among people, not from the books or lectures. Therefore, good sociability and personalities are the biggest advantages we can have through siblings.

Secondly, some people believe it's more difficult to raise two or more kids cause they need more money and more time. But it can be argued that it is vice-versa! Since we can reuse the first baby's things for the second ones, we don't have to buy more clothes, toys, books, etc for the second kids. It is more economical not to throw away all the things only after using just for one baby. Besides, parents have to take care of the only kid even after the kids grow old enough to be a school student. However, if there are big brother or sister, they can care for each other instead of parents. Also, the relationship between parents and kids can be improved cause the siblings compete with each other to get more recognition or praise from parents, they might be more well-behaved and good-disciplined.

Last but not least, having more kids is a vital plan for this world. Since the birthrate is falling geometrically, we have to worry about our future. Population decrease can cause serious problems for all of us. Who will work and pay taxes for the whole social systems? The only way to grow the population is by giving birth to more babies.

Increasing the birthrate is the key to solving the problems for both families and the nation. It might be considered as too much a burden for parents but, in the long run, more
kids helps everyone, including families and society by developing kids' personalities and preparing a counter plan for the population crisis caused by decreasing birthrates. Why not have two kids?

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Jungeun Lee

**Exercise: a Magic Potion or a Poison?**

Are you exercising regularly? Most people are so concerned about their health and they try to go to the gym. They think that only if they start to exercise regularly, they will lose weight, stay in shape, and become energetic. Some people say making new friends in the gym is another benefit of exercising. However, if you talk to people who do go to the gym every day, you will learn that they still feel tired for the most of the time and that they are not successful in staying healthy. If you want to achieve the purpose of recovering your energy, exercising regularly is not a magic potion; instead, you should stop going to the gym.

Some people say that exercising is a great way of meeting new people. They like to exercise with people they meet in the gym and they enjoy drinks together after exercising, too. However, it must also be recognized that people who regularly exercise can only meet those people who do the same sports at the same time of the day. People usually exercise after work. It is when most people meet for dinner or drinks. If you are very determined, you will just say ‘no’ to those meetings and will head for the gym. If the
same thing happens repeatedly, people may think you just do not like them. Or they may think you are not sociable. My friend who is really into tango once told me that all of his friends complained because he could not find any time to meet them since he was practicing his dance almost everyday. It is also possible that you can get or feel isolated at work or at school because you did not join the crowd last night and do not know what happened there. Also, when you become friends with people at the gym, it is likely that you may not be able to concentrate on working out anymore. My neighbor is a very diligent gym-goer. He confessed to me one day that he usually chats for half an hour while there and goes to restaurants right afterwards. His training was definitely suffering. If you stick to your workout plans, it can ruin your social network, and when you make friends at the gym, you are not exercising properly anymore.

Many people think exercising makes you energetic. While it is true that you may sometimes feel great after working out, it can be also argued that exercise is not good for you mentally and physically. After a long day at work, you are already tired enough to get ready to go home and relax. You go to the gym with a shattered body and beat yourself up physically. Making your body get up and head for the gym can wear you out mentally. It is very hard to exercise regularly and that is why most people just fail to do it. You can imagine how stressful it is to constantly think about having to exercise against your unwillingness. Some people even go to the gym when they start to feel ill and just make it worse. If you go to the gym everyday and exercise regularly, you will not allow any time for your body and mind to recover. Keeping going to the gym when your body is not ready for exercise and you are in no mood for the gym is likely to lead to burnout. I
was taking swimming lessons in the morning when I just started my teaching career. I loved swimming, but I usually felt too tired for the rest of the day and I had to go home right after classes to get some rest. Most people do enough mental and physical activities during the day and do not need any extra workout. A little more exercise can be the last straw that breaks their back.

It is widely believed that exercising is the best way to stay in shape. But I heard from a friend of mine who works as a trainer at a fitness center that it is not true. He says that although not many people know exactly how to exercise properly, it is certain that all of them get tired and hungry after spending a certain amount of time in the gym. Then they think they exercised enough for the day and they start to feel that they should eat more to make up for the extra energy (they think) they spent. They go to restaurants afterwards and eat to their full content, usually more than they really need. They sometimes drink with the people they socialize in the gym. As a result, they gain more energy than they spend. They do not think it is a problem even when they gain weight after they started exercising, because they think they gained weight because of the muscles they built. My friend says exercising only makes them think they have a right to eat a lot and they can hardly lose weight. It will be too late when you realize exercise may be a wolf in sheep’s clothing. When you exercise regularly, you might feel relieved to think that exercise will help you to stay in shape, whereas in reality exercise makes it difficult for you to lose weight.

If you really want to stay in shape and feel energetic, stop going to the gym everyday. Listen to your body and just eat well and get enough rest. When you rest is
when you recover. If you don't rest, you will end up breaking down your body. You may get an unexpected result—gaining weight—from socializing with those people you meet in the gym or eating too much afterward.

Sabina Seo

**Three Tips for English Education**

After president Lee came to office, there have been a variety of changes in South Korea. One of them is about English education. It is not too much to say that most Korean people have been hearing about the importance of English education since last year. By way of example, we should speak ‘Orange’ not ‘Olengy’ as we pronounce. It was a big issue if people said ‘Orange’ or ‘Olengy,’. What’s the matter? If people did not communicate with each other, they would try to figure out why, by themselves. Why was it taken up as a subject? We understand the side of the person mentioned about the sound of the word and the other side of people furious with it. We have one thing in common which is people would like to speak English well. Therefore, the education office has been investing lots of money for employing foreigners speaking English so that they can work in public and private school as English teachers. Most foreigners who apply to the school to teach English are satisfied with working at there. However, the serious problem is that some of foreign teachers are not qualified in teaching at all. So far lots of foreigners have been coming here to teach English. As a matter of fact, we cannot say only selecting foreigners speaking “English” fluently for the English education would be
the right answer. To solve the problem in some schools in Korea there are several tips to rescue English education.

First of all, we have an expression that Education is a farsighted national policy in Korea. Even though we want to solve the problem of English education, we should not treat it as quickly as the doctor might a cold. We should select foreigners who have the required teaching skills and experience. It might take a long time to find out qualified people but we should induce them to work at schools in Korea with things such as a high salary and good facilities. Only people interested in education as a “calling” can get used to the new environment in Korea and teach students passionately.

Second, the education office should consider the reality into schools. Most of English Korean teachers very well want to teach students after dividing them into advanced and beginning level but some schools do not have enough classrooms so that it could be difficult for students to move to their leveled classes. Also, there are not enough teachers to teach when a school makes several classrooms. At the end of May, the education office announced officially that it would select over 900 instructors as a part of communication in English for elementary and secondary schools. Moreover, sometimes people agree in opinion but they might not accept the situation so that there might be conflict between them. It is important that we should see the absolute reality of the school.

Third, teachers should make good use of the Seoul Education Training Institute (SETI) for developing their own capability in English. There are lots of English Korean - English who have high quality on teaching skills but these days, unfortunately, “speaking English” becomes a target of English education. It could be somewhat bitter because a
teaching job is not only teaching a speaking technique but also treating human nature. In any case, teachers should look on the bright side and they should improve their English skills from SETI which includes fascinating programs for teachers.

English education has been a hot potato for several years. The Education office puts a lot of effort into developing English ability for learners. No matter how long it may take for, qualified people from English speaking areas should be chosen for a future better English education. The number of students should be cut down at least 25 and then they can get a variety of English lessons in the classroom. Furthermore, enough teachers should be extend to each school. SETI has set up diverse programs for teachers continually and knowledgeable and proficient instructors welcome teachers all the time. Pursuing ones’ studies will make it better and better.

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**Cell Phones? Not Yet, Please.**

Lee Hae-won

There is a 13-year-old boy in my Sunday school who continually plays games on his cell phone during services at church. Every time I tell him to stop, he puts his phone in his pocket, but only for one second. Very soon, I see he is absorbed in games again. His body is at church but he is not at church when he’s doing something else at that time. I know cell phones are one of the greatest inventions of modern society. We can talk to anyone anytime, anywhere. However, they are not beneficial for everyone. Having a cell phone at an early age is not educational.
Firstly, children may not understand the financial realities of having a cell phone so early. They are too young to understand that what they’re doing can cost a lot of money. To them, a cell phone is just a toy that makes them happy through chatting, playing games, listening to music and surfing the Internet. That’s because it’s their parents who pay the phone bill, not the children. In some cases, phone bill have soared up to 100,000 won per month and have been a burden for their parents. As a result, they lose a chance to learn good financial behavior when they’re enjoying fun activities on the phone without thinking of money. When they have a cell phone at an immature age, they can possibly grow up without building financial responsibility.

Next, cell phones are likely to hinder student’s concentration when studying. Cell phones interrupt teachers in class. They distract kids by beeping and asking to be answered during study time. Some students study habitually with the music on through the phone. Many schools are beginning to prohibit students from carrying cellphones these days. Young children don’t recognize they’re pulled by the leash of cell phones, they are just controlled by cell phones. In this situation, it is the cell phone that leads, not the kid. We should wait for the kids to grow at a certain age and fully understand that a cell phone is merely a device, a simple tool that THEY must control to use properly. They should be guided to focus on more important things before they learn how to distract themselves with cell phones.

Most importantly, having a cell phone at a young age takes up too much free time for so many other good activities. They spend too much time playing games, texting trivial messages, taking pictures and even going onto the Internet with a cell phone. By doing so, lots of opportunities evaporate into thin air in their formative years. There are more
valuable things out there they’re supposed to do instead of those activities. Let’s give them more opportunities to discover their potential by having them breathe plenty of fresh air, play sports, think of their future and activate themselves physically, socially, intellectually and creatively.

We should not buy children cell phones too early. It can produce financially-handicapped adults who can not control themselves in spending money. It can keep them from concentrating on their studies, which is crucial at their age. Cell phones can deprive the youngsters of more precious stimuli other than sitting and playing with gadgets. Now, why don’t you give some thought before you buy a cell phone for your kid? A cell phone can be a present but it also could be a present-time killer.

Jung, Jae-won

**Why should we stop global warming and how?**

Recently I read about megadrought in southern Australia in *National Geographic*. It has not rained for 7 years in that region. Seven long years! Can you imagine what it would be like without rain for 7 years. In southern Australia, the ranches and dairies have turned into desert, and farmers there are helpless and do nothing but feel anger and depression which has no direct object. Why do things like this happen? According to some scientists, global warming can change precipitation patterns all over the world. Some scientists say that in the near future world's arid zones will be moving toward the poles from the equator. That means in the near future Korea might be a place with much desert around us. We know that it’s time to do something for keeping global warming from going on. But what are the real problems? We know that greenhouse effect is the essential condition for our Earth. The real problem now is that we are intensifying the effect, and we know
that, but we are not doing the proper reaction which is needed. It is important to find out not just hollow cries but real solutions.

First of all, we should let the politicians and entrepreneurs see the real peril in this process of global warming. They may know the danger but they think they have more important things than global warming to deal with. Politicians say that economic growth is more important than faraway thunder which isn't the sure sign of heavy rain. They say that the global warming is less important than difficulties of their businessmen, so they have let companies in their countries to do harm to Mother Nature. Entrepreneurs set their main priority in generating benefit at all cost. They can do anything to get benefits from their businesses. Of course, more entrepreneurs have come to understand the real threat of global warming and have done their share to stop global warming. But the majority of entrepreneurs still consider benefits their primary concern. We, commoners, have so little power to change this pattern, but we should do something to change this trend. In this modern democratic world we can make politicians meditate on environment and do the right thing for Earth by our voting power. We should ask every candidate his or her vision for the environmental problem and make choice, then afterward review his or her deeds and correct them. And in this modern capitalistic society, we, as consumers, can make the companies respect the environment in their business by buying and not buying their products according to their efforts in preserving environment.

But is it all if politicians and entrepreneurs change their minds? No. We are also responsible for global warming and environmental problems. We should ask ourselves we are immune to criticism on environmental destruction. Are we always true protector of Earth? We all know and talk about the importance of environment, but in fact we are not true protector of Earth. We complain about summer heat and humidity and make our summer office so chilling a place that we should wear our jackets while outside the
temperature is 34°C. In winter many people wear light clothes in their houses because they heat up their houses extremely. We all have adjusted ourselves to our modern and comfortable life, so we don't want to walk from place to place even if it's not a distance. Do we have the right to criticize politicians and entrepreneurs? The way of thinking and acting should be changed in the whole society but it's the first and the most important for us to change our way of life in everyday base. We should know and act like we are the protector of Earth.

To make the change, we can derive many causes from everything. But the most important cause is our next generation. We should retain Earth as it is for our next generation. We are not the only one who have the right to own and consume Earth. If the 'next generation' sounds somewhat faraway cry to you, we should think about our own children. They have the proper right to enjoy the beauty of Earth. Do you remember the time when you were children? You ran around your village. There were hills, streams, forests, and mountains around your village. You could meet frogs near the streams, play with friends trying to catch crawfish. You could make your forests your own kingdom and sometimes patrolled every nook and corner of the forest, so you knew all the flowers and trees and those newborn woodpeckers. You could climb up the hills and look down the village and over the horizon, and had dreams about your own life. Sometimes you and your friends are heading for the big mountains and gave it a whole day and learned the lesson which teaches you after you are through hardships you can have huge satisfaction. If all those things you used to do are not possible for your children, is that O.K. with you? I am sure that we all know those things are the most important experiences in our lifetime. Materials and comforts which are given to us by modern technology can't give us the real pleasure in our life. The real pleasure in our life is from the beauty of Mother Nature, in the natural and normal way we humans have experienced for so many ages.
Let’s return to southern Australia. Children have no dream there. They have to prepare their lives in another place where they have no knowledge and relationships because their homeland is no longer a proper place to live in. They used to have happy lives in their homeland but that’s over. Of course, they have done some contribution to global warming through their usual way of life, like we are doing now. But it seems so unfair for them to take such a terrible burden by themselves. Beware. You are the next turn. Anyone in this planet can’t escape from the result of our own doing. So it’s time to do something special for stopping global warming. We need to have a global consensus on global warming. And then we should have global standard in dealing with global warming. In this part, the most important part is that leaders of the world, whether politically or economically, should notice the real danger of this global warming process. After they proclaimed it is compulsory to prevent global warming process, we commoners are the next. We should identify ourselves as protectors of Earth and do our best to do our responsibility in our daily lives. Imagine the lives of our great grandsons. They will be enjoying warm sunlight, and light rain in the spring. In summer, they will face intensive summer heat, and dangerous hurricane but in some way proper so that we can get over it. Fall will be a blessing for them because they overcome the hard summer. And when winter comes, they will have the whole new world which is the preparation for new beginning. This modern age maybe a winter in the history of our planet, and in this winter we should prepare a brand new start for the whole humankind and Earth.
Nowadays, it is often said that as for the earth, our planet, we are borrowing and using it from our descendants. We should prevent the earth from deteriorating, it means that we have to keep it as it is and hand it over to our kids. A few days ago, we celebrated 'Earth Day' as we do for our lovely families or friends on birthday, or something like that. It is not only because our earth is a very precious one for us but also because it is in such a serious condition that we have to appoint a special day in order to make sure to realize the urgency of saving our planet from serious damage. Then, what can we do in our daily life to cherish our lovely earth and help it to remain happy and healthy?

Firstly, we'd better use public transportations like bus or subway rather than take cars to keep the air clean. By using public transportations we can help the earth and our body to get healthier. It is well known that air pollution results mainly from CO2, that is, the exhaust fumes of cars. The more we use public transportations, the less we make the car fumes. As for our body, it is said that walking is the best way to help our body keep healthy. Almost all of us are very busy and tired in our daily life, so it is hard to arrange time for exercises like jogging, or riding on a bicycle after work, even before work in the morning. We can not afford to take care of our physical health. Using public transportations makes us walk to the bus-stop or station and moreover go up and down the stairs. For those reasons, taking public transportations is an excellent choice for the earth and our body.
Secondly, to prevent water pollution, we need to reduce the chemical detergent and use less water. In order to enjoy clean water for so long, we'd better use quite a small quantity of natural detergent, if possible, rather than chemical detergent like hair shampoo, kitchen detergent, and so on., when taking shower or washing dishes. What is more important is that whether it is a natural or chemical one, less detergent needs less water. So, don't use too much detergent if you don't really need it. In addition, making clean water needs so much electricity. Saving water therefore, leads to saving electricity, and saving electricity is one of the most important ways to save the earth, as we know. It's because the power plants that provide us electricity also make a lot of pollution. Make sure that you put away the chemical detergent and hair shampoo far from your hand, if possible.

Finally, recycling is a good way to prevent soil pollution. Recycling has many benefits. One of them is to keep our soil clean. The more we waste garbage, the more we pollute the soil. If we recycle many kinds of garbage like glass, plastic, and paper, we can reduce a great deal of garbage. So less garbage will make less soil pollution. Another benefit is for money and energy saving. For example, we can save a lot of money and energy used to produce new bottles through recycling glass bottles. To recycle used paper also will be able to save trees from being cut down to make new paper. For our lovely earth, don't throw away anything that can be recycled. Don’t forget to put reusable things into the recycling bins.
In conclusion, 'Here and now' it is the very thing that we should keep in our mind for the earth. Now, in everyday life, we have to do something to save our planet. Remember that one of the most important ways to save the earth is reducing car fumes by using public transportations instead of cars. Another is to use less water through less detergent, and it helps prevent water from pollution. Lastly, recycling is also a good way for saving our planet. Before you throw anything away, think about what kind of garbage it is. Then, we are able to see the happy smile of our planet for long with our grandchildren.

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**Sugar Is Bitter**

Lee Sun-Oak

Every time we face food safety scandals like last year's "melamine" upheaval, we are furious about the manufacturers' unconscientiousness and putting those detrimental ingredients in food. But we don't care about what we eat everyday that can cause more problems later. One of the most common ingredients that we can see on the labels of food products in a supermarket is sugar. Sugar is, however, also one of the most harmful ingredients people eat. There are more than a hundred reasons why sugar is bad, but they can be boiled down into three reasons.

First, sugar plays a damaging role in tooth decay. The bacteria that form together to become plaque use sugar as a form of energy. They multiply faster and the plaque grows in size and thickness. Some of the bacteria turn the sugar into a kind of glue that they use to stick themselves to the tooth surface. This makes it harder for the
bacteria to get washed away with your saliva. I see many students—especially boys— who don't bring a toothbrush and toothpaste to brush their teeth after lunch at school. Many of them eat sweets during the day, and you can guess what is happening in their mouth. We should avoid sugar so that we can maintain our oral sanity.

Furthermore, sugar is harmful for people's general health. Sugar can suppress the immune system. It contributes to obesity, osteoporosis, diabetes, the reduction in defense against bacterial infection. Also, sugar can cause premature aging, arthritis, asthma, heart disease, appendicitis, hemorrhoids, headaches, and hormonal imbalance. The harmful effects that sugar can give to our general health are too numerous to enumerate. But we have to know that it can give more serious effect to children because it interferes with absorption of calcium, magnesium, and protein and decrease growth hormone. It can cause drowsiness and decreased activity in children. But it is the dangerous reality that children are more exposed to sweets than adults. So people of all ages should keep distance from sugar not to suffer from many kinds of diseases.

Most importantly, sugar can have bad influence on people's mental health. It can cause hyperactivity, anxiety, difficulty concentrating, depression, and crankiness in children. It can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD). High refined sugar diet reduces learning capacity and can adversely affect school children's grades. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior. Decrease in sugar intake can increase emotional stability. So it could be inferred that the problem
of juvenile delinquency is closely related to their high intake of sweets.

Some people would claim that they have been healthy although they have eaten much sugar, but they might have some problems later in the future because the damage sugar does is slow and insidious. It takes years before it ruins your dental, physical and mental health and produces a huge list of damage. Remember that precaution is the best medicine. Although we can't stop eating sugar completely, we can try to eat it as little as possible.

Kim, Young Dae

**Euthanasia should be permitted by law.**

Euthanasia is silently killing innocent lives under the false impression of goodness and mercy. Most countries in the world are prohibiting euthanasia by law. In fact, this is a very controversial subject where many different moral dilemmas are implicated. Some are in favor of euthanasia, physician-assisted suicide, calling it a merciful method of death, while others argue that death should be left to God's will. Thus, it may be argued that euthanasia is another type of murder. However, if you or your family are left in the situation where they are struggling with an incurable disease, would you support euthanasia? What is your opinion on legalizing euthanasia?

Firstly, in the case of a family member suffering from an incurable disease or a vegetative state, the other family members undergo serious stress and heartache. It is
the desire of the whole family that all members are happy. When a family member is experiencing hardship, it is the natural response of the family to help out. This help in time of need is what keeps the family together and brings about happiness within the family members. In contrast, there are situations where nothing can be done, bringing suffering and despair among the family. The more prolonged the period, the less likelihood that the family will be happy. Especially in the case of a family member suffering from an incurable disease or vegetative state, the family's anguish and grief will grow much greater as each day goes by.

Another important consideration is that it is difficult for a family to pay the hospital fees that accrue from family members suffering from an incurable disease or vegetative state. No one can deny that economic stability is one of the key factors for happiness in modern society. Families always prepare themselves for the worst by saving money. Families that are economically sound will have no difficulty when a family member is laying sick in the hospital. However, even for these families, a prolonged hospital stay will shake the economic foundations resulting in poverty and a lifetime of suffering. In contrast, it's not easy for a poor family to pay hospital fees when a family member is in the hospital for a long time. Moreover, when recovery is uncertain, it is asking too much of the family to sacrifice all its property to maintain medical treatment.

The final reason is that the right to end one's own life should be given to the suffering patient for the benefit of himself and his family. Life is an important right given to all individuals. The family is also as important to the individual as their right to life.
No person would want to deliberately lose or leave a loved one. However, would I really be happy if my recovery resulted after numerous years of heartache by my family members and also resulted in the economic collapse of my family? We encounter numerous accounts of bravery on TV and in the newspaper. Everybody has sculpted their lives through many different decisions. This is why patients suffering from an incurable disease or vegetative state should be given the right to decide to end their own lives.

Korea prohibits euthanasia and mercy killing by law. Many religious groups believe that death is not a choice but is a decision that should be left to God. There also is Korean case law in 1997 that found the doctor and family members guilty for removing a life sustaining respiratory machine from a patient diagnosed to be in a vegetative state. However, Belgium, Luxembourg, Switzerland, the Netherlands, Thailand, and the U.S. states of Oregon and Washington all allow euthanasia by law. The life of the patient is important, but so is the happiness of the remaining family members. Therefore, the argument of whether euthanasia should be allowed or not will not go away. And I am a firm believer that euthanasia should be allowed.