

KIRITAKA English Journal Vol.14

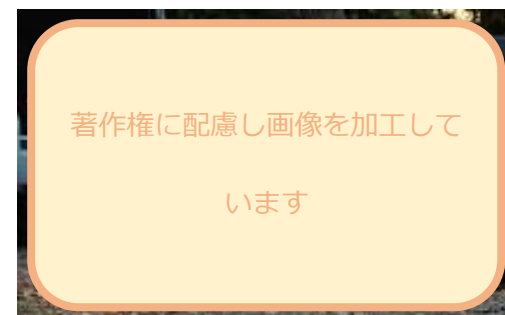
~Stay Independent, Stay as ONE TEAM~ November 1st, 2022

The mechanism of feeling comfortable while you are watching "a bonfire"



As I mentioned on KIRITAKA E.J. vol.2, you can relieve stress through "Active Rest"! Playing various kinds of sports are typical examples of "Active Rest", but it also includes bathing in warm water for an hour, listening to music and watching movies! Feeling comfortable after taking "Active Rest" is the most important! When you feel comfortable, "serotonin" will be secreted in your brain. It can relieve stress and you can feel happy! That is why it is called "a hormone that makes you feel happy"!

As for me, I have recently enjoyed staring at an open-air fire with a cup of coffee! Also, you may hear that a lot of people like to go solo-camping, or that some TV talents have bought a mountain or a hill for their own camping site. Why do so many people like to go solo-camping? What is the attractiveness of it? I suppose "a bonfire" is one of them. I like to watch "a bonfire". I didn't know the reason, so I tried to investigate the mechanism of why people feel comfortable while watching "a bonfire".



1) The color of the fire leads to liberation of the mind

The color effect is a psychological effect that the color of the bonfire - orange, yellow, etc. - increases the openness, confidence, and positiveness of the mind, and naturally resets to a natural state with pure feelings and true intentions. A bonfire may help you realize your true feelings and come up with creative ideas that you hadn't noticed before. As you know, our emotions and actions are also influenced by colors. Besides, the radiant heat effect is an effect that gives a sense of life security by warming the body from the core by infrared rays emitted by the fire. You can feel comfortable easily!

2) Healing with the fluctuation of 1/f

The "1/f fluctuation" is a condition where the sound seems to be regular, but in fact it has irregular fluctuations. This "fluctuation" is said to calm and soothe the mind. Bonfires also have this "1/f fluctuation," which has a healing effect. Moreover, bonfires have the "1/f fluctuation" in the flames and in the sound of the fire, so you can kill two birds with one stone, healing both visually and audibly. It's perfect for healing when you are tired from studying.

3) Promoting communication

If you sit around a bonfire with your friends, it can give you some positive benefits. A bonfire makes it easier for the speaker to speak without looking at the eyes of the other members, because the people around them often listen to the story while looking at the fire. Second, it also gives you a strong affinity from the sense of belonging and the special feeling of being a member of this group due to the "closed environment" where you spend time around the fire. Third, a bonfire decreases the physical distance (personal space) between people by having them snuggle up to each other, increasing affinity and fostering a sense of security. Historically, fire has the power to promote communication, as seen in the hearths and braziers in Japanese houses and the fireplaces in Western countries, where families gather around them to enjoy meals and conversation.

4) Meditative effect resets brain fatigue

Looking at a bonfire is an easy way to meditate because all you have to do is stare at the flames. The advantage of being in a meditative state is that it suppresses the distractions to the brain. This allows you to free yourself from stress, anxiety, and fear, and become aware of your true feelings. Meditation is a time when you can gently take off your armor, like peeling off the layers of an onion one by one, and encounter your pure self, giving you peace of mind. By having this time, you will be able to truly reset the fatigue of studying.

★ T's Power Song ★

Let me introduce my Power Song! You may know him as one of the "Vocaloid producers". He has created a lot of songs that moves you a lot and gives you energy to live your daily lives. To tell the truth, I cannot choose one because he produced so many songs. This is the latest one that he produced. I hope you like it; <https://youtu.be/a92p9Y4gHAU>

When you are tired of studying or feel stuck, why not try a bonfire? If you suppose it is difficult or it is dangerous, why don't you try to gaze at the flame of an aroma candle? I have heard that these effects can be expected just by watching videos of bonfires on YouTube. This is a recommended method because it can be done easily at home. https://youtu.be/mw6H6M7e_eY



I hope the KIRITAKA English Journal will be accepted by students and their parents, and become a regular issue. (Toru Hoshino)



Kiwi Corner



Hi everyone! It has become much colder in the past few weeks. I hope you're not struggling as much as me with this freezing weather. Now that it is November, however, there is one thing to look forward to; **FIREWORKS!**



You may be thinking, "**Campbell-sensei, you're crazy! Fireworks are for summer!**" to which I must agree, and this is one of the many reasons why I love summer in Japan so much. However,

in New Zealand, we have a special day on the **fifth of November**. It is called **Guy Fawkes Day**.



U.K. flag on New Zealand's

As you may know, New Zealand was once part of the British Empire that spanned across the globe. Because of this, we have many customs and traditions that come from the

United Kingdom. One of these is Guy Fawkes Day.



Guy Fawkes himself

Let me explain the history behind Guy Fawkes Day. In 1605, over 400 years ago, a man named **Guy Fawkes** was the leader of a group who hated the king of England at the time, **King James I**. They decided to try and remove him and his allies from power by putting **a bomb** beneath the House of Lords (or in Japanese, 貴族院). Fortunately for King James, the bomb was found on **the fifth of November** and Guy Fawkes was caught **red-handed (現行犯)**. Because of his crimes against the king, he was tied to a stake and put on a large fire where he died. Rather grotesque, don't you think?



Guy Fawkes Day bonfire

Ever since this event, people in the U.K. celebrate his capture on the 5th of November by making large bonfires and throwing scarecrows (かかし) on them. After fireworks were introduced from China in the centuries after, large fireworks displays were also set up for people to celebrate. Interestingly, as the sale of fireworks in New Zealand is very strict, you can only buy fireworks for a few days before the fifth of November.

In short, people in the U.K. and across the world celebrate the failure of a terrorist plot by lighting large fires and setting off fireworks. **What a strange celebration!** Does Japan have any strange ways of celebrating like this? Please tell me about them if you know of any.



Guy Fawkes fireworks in New Zealand

For this month's article, I'd like to introduce this song. Its title is related to this month's article, but the main message of the song is to be yourself and do your best. You can listen to it here: <https://youtu.be/qNZ8XCobUUM>

(Liam Campbell)



Lauren's Newsletter



Falling into Fall!

My favorite time of the year is finally here: autumn! During autumn, many people like to enjoy warm drinks like tea, coffee, and hot chocolate. Stores like Starbucks start selling seasonal drinks and treats as the weather cools down and winter approaches. Here are a few fall flavors in the U.S. that I enjoy!



Pumpkin Spice Latte

Starbucks – The Pumpkin Spice Latte (PSL)

As soon as late August, Starbucks brings back the Pumpkin Spice Latte for their seasonal drink menu. To me, the PSL is the flavor of fall. This year, the PSL was also available in Starbucks stores in Japan from September 21st until October 31st! I was lucky enough to buy one here in Japan, and it reminded me of autumn back home in San Diego. Did you have a chance to try the PSL this year? What did you think?

Apple Hill Farm High Hill Ranch - Apple Cider, Apple Pie, and more!

Many varieties of apples are in season during autumn, and this means it is the perfect time to enjoy all things apple! Many people enjoy hot apple cider, a drink made with freshly pressed apples and cinnamon. A few years ago, I visited an apple farm in northern California called Apple Hill. They make and sell their own apple cider, apple donuts, and apple pies. If you ever visit California during autumn, please visit the farm and try their amazing apple creations!



Apple Hill Farm apple pie with vanilla ice cream. Yum!

Grocery stores – Seasonal coffee creamers

Finally, some of my favorite flavors of fall are the seasonal coffee creamers! Coffee creamer is a cream-like liquid that is added to coffee instead of milk. Once fall arrives, seasonal coffee creamer flavors like pumpkin spice and peppermint mocha begin to be sold in most grocery stores. Which flavor would you like to try?

What flavors remind you of the fall season in Japan? I hope you stay warm as the weather cools, and I hope you can enjoy all the flavors of fall!

Your Friendly Neighborhood ALT,
(Lauren Taylor)

As the weather gets colder, I like to listen to traditional pop like Frank Sinatra. Please take a listen to one of his songs below:

https://www.youtube.com/watch?v=ZEcgHA7dbwM&ab_channel=FrankSinatra-Topic

Fun fact: This is one of my favorite songs to sing at karaoke!