**Warning from the 3%**

Akima Yui

“Three percent.” What comes up in your mind when you hear this number? Recently, elderly people who return their driver’s licenses are increasing in number, though they were only 3% of drivers over 65 years of age as of 2015 according to the Ministry of Land, Infrastructure and Transport and the Metropolitan Police Department. Why doesn’t this number increase? Let me tell you today about a warning from the figure of 3%.

Because of this low return ratio, there are serious harms and influences in our society. One traffic accident happens per one minute. In addition, according to the Metropolitan Police Department, in 2016, 1 out of 5 traffic accidents relates to elderly drivers. In fact, it’s difficult to predict when we would be involved in an accident caused by an elderly driver.

When I was an elementally school student, I went shopping with my grandfather by car. “It’s dangerous! Please slow down!” I couldn’t help crying. No matter how narrow or wide the road may be, he continued to drive at high speeds of over 80kms per hour. It was like a roller coaster. Finally, my grandfather was caught by a police officer and paid 12,000-yen penalty. At that time, we didn’t have an accident, but my grandfather almost caused one. Please imagine! Your beloved grandparent might have been a person who killed someone. That’s not all. We may also be a person who is killed by other elderly drivers. I think therefore elderly people should return their licenses for themselves and for us all.

Why is the ratio only 3%? One of the reasons is their pride. “Don’t treat me like an old person!” Probably, they don’t want us to treat them as old people. Besides, they have confidence in their driving techniques. They say, “We can still drive!” In fact, their judging abilities are steadily going down. Getting older, their visual power naturally declines. According to a medical professor, healthy people have the visual power of 1.2 on average, but people of around 70 years of age have 0.39. They only have one-third eyesight, and naturally, it's dangerous for elderly people to drive.

What should we do to let them voluntarily return their licenses? The key is their “family”. Government and the police have announced their plans, but they can’t be a direct solution. It’s their family that could become a direct solution. What we should do first is “talk”. Elderly people and their family can share their will or thinking together. We must respect their way of thinking, but we must tell the truth, i.e. the fear of not returning licenses. We often neglect this first step, because it’s too simple. Simple things can sometimes be significant, and this first step is most important.

When elderly people decide to return their licenses, we can hold “a driving graduation ceremony”. It’s important for their pride not to be hurt by returning their licenses. We should tell them that we appreciate their efforts and contribution to society having driven safely for a long time. If their grandchildren give words of appreciation, they will be delighted and will not lose their confidence. The driving graduation ceremony can break down the thick wall, of pride. Only their family can say serious words and understand their complex feelings. You are one of the family members. Please care about your grandparents more than before. You can start from talking with your grandparents. Your words can change this “3%”.

**Not media but idea**

Eguchi Chie

Dictator, bias, distinction, oppression, and ignorance; can you guess who it is from these words? They are all what people call Donald J. Trump, the 45th President of the United States. More than half of you in this hall may have such images of him. Many Japanese people also come up with these negative words about him. On the other hand, I have a little different image. That is “Patriot”. It means the one who loves and defends one’s own country for freedom or rights. Why is my image of him not as negative as others? It is because I have not totally believed Japanese mass media since 2 years ago and have heard the supportive opinions during the presidential election campaign.

When I was in senior high school, I did a debate. The theme was “Japan should contribute more actively to the UN Peacekeeping Operations.” Although, I thought there was no way to take on the affirmative side because most mass media never reported as such, I found there were many reasons to support the affirmative logic. Since then I have come to think on my own or learn other aspects of things.

Let me tell you how many Japanese trust mass media reports. According to World Values Survey, the reliability of newspapers or magazines in Japan is 45.5% which ranks first among 26 countries and that of TV is 37.6% which ranks 3rd. On the other hand, in the US, the reliability of newspapers or magazines is -52.8% which ranks 25th and that of TV is -50.4% which ranks 25th. Thus, the Japanese trust mass media too much compared to people of other countries. It is a rare case in the world that citizens trust mass media. This shows that we, Japanese tend to be brainwashed by mass media, and that is very dangerous.

Well, why is it dangerous to trust the mass media? Let me give you one example. Do you remember the news of presidential election in 2016 of the United States? Though you must have been sure that Hillary Clinton would win, the result was that Trump became the American President. After the election, Japanese mass media ironically called him a real estate mogul. A lot of Japanese were shocked when they heard Trump was elected. Why? It is because Japanese media reported a lot of bad things about Trump, or especially, negative factors affecting Japan. They seldom explained the merits for Japan if Trump were elected. On the contrary, there were a fewer bad news of Hillary Clinton or bad effects on Japan if she was elected. The media reported everyday how better it would be if she became President. In addition, there were fewer chances that Trump’s supporters were on TV than Clinton’s. Mass media dominated us.

Finally, what I really want to say is, “Have your own idea and don’t be controlled by mass media”. We should focus on two things. Listen and search. We should listen to different opinions carefully and search the background of things as much as you can. Or we should search on internet by setting different or opposite search options. By doing these, you can know the other aspects of matters. If you keep doing these, it will become your habit. Please try to talk with your family and friends about things like elections, laws and regulations, using your own ideas and thoughts.

**Adversity into Opportunities**

Shimizu Kazuma

Good afternoon, ladies and gentlemen. Have you ever heard the phrase “PINCHI WA CHANSU,” or “Turning Adversity into Opportunities”? About five years ago, there was a boy facing a difficulty. He had a very hard time in his school and became to refuse to go to school. He seemed to be in a crisis. What happened to this boy? I am going to speak about a story of this boy. And in the end, I wish to dramatically change your way of thinking about adversity.

As some of you may have already noticed, the boy I told you is me and I was bullied when I was a 1st grade student in junior high school. To be more specific, I was bullied because I didn’t join the same baseball team together with my friends from elementary school. At first, teammates attacked me just by words and said something like, “Why didn’t you join the baseball club? You betrayed us.” I was shocked because I was bullied by the boys who used to be my friends. With the lapse of time, the situation got much worse. They started to become violent to me. I was strangled and felt so painful that I thought I was going to kill myself. I was also taken my pants off in public. I felt so painful and had a very hard time. Every day I was only doing my best for living each day. What is worse, though I had no friends to talk with, I justified my own way of life to live without any friends as it seemed strong to me. Finally, I stopped going to school. There were two keys to getting me out of this problem. Firstly, it was my teacher. He did everything he could for me and a few weeks later, they gradually stopped bullying me, which made me easier to go back to school again. Secondly, it was the appearance of a student when there was a class shuffle as we went on to 2nd grade. He talked to me a lot and became a good friend of mine. By communicating with other people, my personality became much brighter, and I came to think everything more positive and then that enabled me to have pleasant days thereafter.

You may have some painful experiences though they are perhaps different from mine. I want to deliver today two messages to you. No.1: This is for the people who are facing such problems now. I want you to do your best overcoming the problem. It may sound very simple, but is not easy. Mind you, everything has its end. All you have to do is not to run away from them but to do your best to fight against them. No.2: This is for the people who once experienced a similar problem. Think how you changed yourself through it? If the change is not satisfactory, what would you like to be now? As far as I’m concerned, the experience changed my way of life as I told you. I became to think everything positively, to communicate with others more often and to have patience to overcome difficulties. In my case, I became stronger and brighter through this experience. How about your case? There must be at least one thing that will change you in a better way. If you could find it, you may be able to appreciate the experience.

Even though you encounter a difficulty, do your best to overcome it and feel that you are changing in a better direction. Adversity can be turned into opportunities. PINCHI-WA-CHANSU-DESU. I wish you success. Thank you for your listening.

**“It will soon come out all right!” is always a magic phrase**

Fukushima Wakana

“You should think deeply!” Have you ever said that? Because of being asked to think, we tend to take it seriously. People think about it more and more. I dare say that is entirely wrong! Today, I’m going to speak about the importance of thinking less.

The reason I say this is that I had a hard experience. I used to think about things too seriously. When I was in high school, I joined the popular music club and I played the electric guitar there. I enjoyed the club activity until winter in the second grade. In the third grade, I didn’t get along well with other members due to differences of opinions. I sometimes had troubles with them. I was wondering whether I should remain in the club or not. I also thought that I had been wishing to perform at the school festival since I joined the club. I was always thinking of the relationship with other band members. Gradually, I felt depressed and came to lose appetite. At that time, what a school nurse said to me helped me a great deal. She said, “It is no use thinking about it. You better stop thinking”. I was relieved to hear that. I could get away from my stresses of not only the club activity, but also studying for entrance examinations and the part-time job that I have now. When studying for examinations, I didn’t think, “If I should fail the entrance exam to the university of my first choice”, but rather thought “It’s lucky to pass”. Thanks to that, I was able to relax and concentrate on studying. In this way, I could successfully escape from the hell of thinking too much!

Through this experience, I found there are two merits in thinking less. First, you can look at yourself objectively. Do you have such an experience? When you fail in your part-time job or important games of your club activity, you would blame yourself more than necessary. You may think you must be causing trouble to people around you. When you apologize to them, however, you’ll find they didn’t care about you that much. Through this example, you make out that others don’t care about you as much as you think. Second, you can reduce your waste of time. You can spend your time as you like, instead. If you spend the same length of time, it is absolutely better to spend your time meaningfully! Why don’t people think less even though there are a lot of merits!?

Then, how do we think less? First, it is necessary to be aware that you think too much. When you are doing anything, you concentrate on and think about just one thing. This is a situation where you are thinking too much. If you are suffering from thinking too much, you should remember one phrase. That is, “It will soon come out all right.” This magic phrase shall make you relax! In order not to think too much, you had better keep a distance from what others said. For example, if someone rejects you, you would feel that your character was totally rejected. People never know other sides of your character. You don’t have to worry about what people say.

Everyone tends to accept things seriously, but that is a waste of time. Thinking too much is likely to be something negative. In contrast to that, thinking less gives you good effects. If you stop thinking too much, your life would be much brighter, I’m sure.

**Not only for you but also for others**

Miyamoto Takumi

Good afternoon, ladies and gentlemen!

Now, I have one piece of marshmallow. Don’t eat it for 15 minutes, not even a bite. If you can resist eating this marshmallow, I’ll give you another one. If you can’t, please ring this call bell for me. Which will you choose, to eat or to wait?

The marshmallow experiment was conducted in 1970 at Stanford University. The purpose was to research the “self-control” of 4-year-old children. As a result, more than two thirds of them ended up with eating their marshmallows within 15 minutes. Twelve years later, the researchers conducted a follow-up survey for the same group of people. All who could resist eating a marshmallow lived a good life, while some of them who couldn’t resist eating did not. Aren’t you surprised by this finding? Today, let’s learn together about the way to live happily with self-control skills.

Let’s review from 2 different angles. 1) The children who couldn’t resist eating scored 210 points less in average than the successful children later in tests for colleges. Self-control ability has proved to make a big difference between the two. This will have influence on our job-hunting, too. 2) We all definitely cannot avoid confronting other people one way or other and being involved in fights, or quarrels, with our friends or family members. Selfish thoughts would cause a lot of problems. The point is lack of self-control.

The main reason why some people don’t have self-control is that they are controlled only by their feelings. When I was a high school student, I had a close friend. He was very kind to me and often told me about his personal worries. But I betrayed him. I told some friends about his secrets. I just followed my own feeling at that moment. After all, our friendship was broken. From that experience, I learned being controlled solely by our feelings affects not only us, but also others. Self-control is very important in our society.

For brushing up your self-control, you should wait 10 seconds when you make a decision. This is the first step. After that, you should gradually extend the length of time. Let’s aim to wait more than 15 minutes in the end. Then, how can we become more patient? Firstly, distract your attention. Secondly, think about irrelevant things, such as favorite food or your future plans. These steps will surely help you be patient. In fact, I tended to buy things on impulse until a few years ago. As I often regretted buying them, I thus tried to distract my attention and think of irrelevant things. Finally, I became used to being patient. Being patient is the best way to polish your self-control skill.

In conclusion, self-control is important not only for you, but also for your friends, strangers and our society in general. No one can live alone. We all live in this society cooperating with each other. We must have a self-control skill for us and for others. I wish all of you could make your life fulfilling with your self-control skill.

I thank you.

**Good night, blue bird!**

Takeda Ririko

The Blue Bird: Two children, Tyltyl and Mityl traveled to find the blue bird of happiness. After all, they can’t find it in the travel but in fact the blue bird is in a birdcage in their house. In short, their happiness is just around them. This is one of the fairy stories, but don’t you think it is true with modern Japanese? Have you ever looked for your blue bird? Today, let’s go on a trip to discover our blue bird of happiness!!

The United Nations announced the WORLD HAPPINESS REPORT 2017 in the International Day of Happiness. This report covered 155 countries in the world. The standards for judging were such as national degrees of freedom, healthy life expectancy, GDP, tolerance, and social welfare system. According to this report, our country, Japan is the 51st happiest country in the world. What do you think about our position? Most of you may think it is different from what you imagined. By the way, the top 5 countries are Norway, Denmark, Iceland, Switzerland and Finland. They are all north European countries. OK! If we go to such countries, everyone must be happy. Then, we all should go to live in north Europe!! This trip is over!! Wait! Wait! Wait! Is japan so bad? In fact, Japan got as high score as those countries in healthy life expectancy, GDP and social welfare system. In other words, we are happy enough from social points of view. Then, what is different between such countries and ours? The differences are national degrees of freedom and tolerance.

Well, then how can we solve these problems, especially tolerance? Let’s think about a story in sequence. Firstly, when do you feel lack of tolerance? I know. It is when you are so busy and don’t have enough time, right? When you are in such situation, you tend to take a narrow view. Some of us can’t see only ourselves and can’t see other people. Next, why do we often feel busy? Certainly, when you hear the word ‘busy’, you can’t think of anything specific. The problem is more of our lifestyle. When we, Japanese are busy, we tend to reduce our sleeping hours. In fact, the International Comparative Study by the OECD in 2011 said Japan is the second worst country in sleeping hours among the members of the OECD. There is a close connection between lack of sleeping hours and our concept of being ‘busy’. Lack in sleeping hours sends us into a negative spiral. Examples are; making many mistakes, declining in work efficiency or memory, and making you feel irritable. Your lifestyle leads you to lack of tolerance. Needless to say, this spiral is the main reason for the low happiness level of Japanese.

Don’t feel stressed. The best solution is sleeping, I’m sure. But not just sleeping. It includes getting up early and going to bed early. Today, what I want to tell you is especially ‘going to bed early’. Many of us tend to think we must simply wake up early. It is important for the beginning of a day, but have you ever succeeded in it? You will say ‘No’. Let’s change our point of view, for a while. Why don’t we go to sleep early for the next day? We should sleep early in order to wake up early in the next morning. The beginning of a day is in the morning? No! No! No! The beginning of a day is determined on the previous night!!

Finally, we are coming toward the end of this trip. Going to bed early is our blue bird of happiness. How was this journey for you? It was a long way. I hope this journey helps you look for your own blue bird of happiness. Good night.

**When is the best time in your life?**

Shotaro Hatta

The ultimate question every one of us has surely been asked at some point in our life is “When was your best time in your life?” When I participated in one of the airline company workshops, I was so asked and replied, “It was in high school days because I went abroad for the first time in my life”. Then, the interviewer asked me another question. “That means your life is going downhill now, right?” At that time, I didn’t think like that. If you were me, what would you react to that question? Was your best time in your childhood? Was it in your high school days like me, or was it yesterday? But wait a minute. Whatever your answer may be, life is NEVER going downhill, isn’t it? Many of you must have faced this question some time in your life but you have never had chances to think seriously. I do want you to think about it again.

First, let me give you one example. I asked my cousin, a 4-year-old boy this question. He said “Now!” I was very surprised to hear that because I expected he would pick up one of his memories of trips, sports events, or festivals. I could not understand at that time why he said so, but I could after the workshop. Even if children had a “big event” in the past, every experience that happened today is the new one for them, and they are more strongly impressed. It doesn’t mean they forget past events. They just replace past memories with the best scene every day.

Well, ladies and gentlemen, let me introduce one story. “When is your best moment?” Sanma Akashiya, one of the best TV personalities in Japan was asked in a TV program. Then, he answered, “Now. It’s right now!” He also said, “I replace my best every day. I’m doing my best today based on yesterday, and so the best of yesterday is already not the best of today”. I was shocked when I heard that. I rather thought that we learn something every day, and are growing. Instead of trying to hold on to my old glory, such as first prize in a skateboard contest or the fact of having been to Los Angeles, I may throw away today’s most wonderful experiences or feelings at once. By making constant efforts in our life, we would always be able to produce the best moment that we have never experienced before. Even if I feel I have just failed in something that is the best moment for me now. We are not producing “ONE OF THE BESTS”. We have to produce “THE BEST” today, not to regret tomorrow.

Then, how can we live like that? I have thought about this issue over and got a great and easy idea. You write a diary every day. You don’t have to write in detail. Just like… “I went to Disney Land”, “went to a café”, or “met hometown friends for the first time in a while”. You only have to follow one rule. Don’t write negative things. You can make a record of only positive, happy, and funny stories. By doing so, you can pile up only good memories and make a best book for you. Then, you don’t need to compare today with other days, and you just continue to hope the best.

When is the best time in your life? It’s “now” for me. I changed myself through the workshop, and came to review my way of life. Today, I may not get any award in this contest, but I listen to other speeches, and absorb useful information as much as possible. I’m also building new relation with many of you, and getting a wider vision at the same time for my future life. What a wonderful day it is today!

I repeat. What is the best time in your life? “It’s now.” I wish you good luck.

**Don’t step on the trap!**

Hirano Takako

What do you think of a trap in which many university students are caught? Once you step in a black hole, you can’t easily escape from it and will suffer both physically and mentally. Using drugs? Or Smoking cigarettes? Or drinking alcohol? They are not quite wrong, but you have to be aware there is a bigger trap. That is falling into so-called black part time job. According to a survey by the project of countermeasure against black company, about 70% of university students are said to have been handled unfairly in part time jobs. It’s a social problem very familiar to us now.

What is "black part time job”? It’s a part-time job at “black companies” or sweatshops exploiting their employees. Please check whether it’s black or not. You can also check whether it is well balanced with your student life. For people who are not doing part time job at the moment, please listen to me just in case. Well, have you ever encountered a scene as follows? “Excuse me. I said in advance that I couldn’t come on this day...” “No, you must come that day, because we are short-handed!” This trouble actually occurred in my part time job. Like this, burdens and responsibilities are becoming very heavy on us, although we are just university students.

Did you get some idea about the current situation of "black part time job"? Then, why do young people get into black part-time jobs? That is because many people tend to blame oneself more than necessary when in trouble. In fact, responsibility is not yours. It lies with the poor working environment at those companies. You tend to think that you can’t learn your work efficiently or you may be bothering other employees. The fact is, however, that the problems are usually caused by short training period and overwhelming shortage of workers. Part-time job seekers just don’t realize this situation. Young people believe such poor working environments are taken for granted. As a result, they can’t quit black part time jobs.

Then if you get caught, how can you get out of it? It would be difficult to suddenly quit the job. Let me recommend my desired actions step by step. There are three steps; 1) notice 2) comparison and 3) reconsideration. The first step of “notice” is to consult with people close to you and ask for his or her advice. Even if you think you are not wrong, it can’t always be really true. It is therefore important to ask opinions from outsiders.

Next step of “comparison” is to compare your part time job with others’. In your daily talk with your friends, you can ask “How is your part time job?” or “In my part time job, blah-blah-blah”. From such a casual conversation you can objectively compare the work environments. It is necessary to compare not only visible but invisible information. Visible information is such as hourly wages and working conditions. While, invisible information is such as training, break time, work shifts, and labor shortage. By comparison you can renew your understanding. The final step of “reconsideration” is to understand the situation of part-time jobs in general and reconfirm your priority. After the 1st and 2nd steps, you can realize the difference between good and poor environments. It goes without saying that priority depends on each person. You should reconsider your own capacity and should make the best decision at the end.

Our university life has only four years. You need to spend it solely for your favorite things. You have no time to be caught in a trap called “black part time job”. You don’t have time to step on the trap. Depending on your action, you could improve your circumstances. Now is the time to make your own decision for your better future.

Be my hero!

Furuta Ayaka

Suppose I am a piece of food destined to be thrown away. I have a perfect body, but no one chooses me! My friends have been chosen one after another. Why doesn't anybody choose me? I find myself alone. After a while, I'll be put in a garbage bag. According to the Ministry of Health, Labor and Welfare, Japan throws away food twice as much as food support from around the world for poor countries. This is the reality of food waste. Who does help me? Today, I'm here to appeal that everyone sitting here has a possibility to be a hero for me.

Food waste means the food thrown away while we can still eat. How do we regard food as waste, then? Many people tend to think that food waste has nothing to do with their daily life. We can get food anytime and anywhere, accordingly having no trouble with eating now. The problem is, however, food waste is happening at restaurants, convenience stores and bakeries. I guess you have seen many garbage bags containing food waste in front of those stores. In fact, it involves enormous cost to throw them away. In other words, we always pay the retail price including cost to throw away. If food waste decreases, we could buy food cheaper. We unconsciously waste a lot of money! To make the story short, customers don’t use up food, the companies make the consumers pay extra money, and therefore the responsibility lies with both parties.

First of all, why does the food waste happen? There are many reasons. One of the reasons is the relation between consumers and retail stores. Generally, consumers demand too much on stores in terms of, say, freshness and quality. Stores therefore are obliged to supply excess quantity. You might think food is thrown away after best before date. Actually, that isn’t true. There are two steps until food ends up in garbage. Do you know what they call a “one third rule”? It is customary among food dealers. According to the Distribution Economics Institute of Japan, this rule was introduced to sell food to consumers as fresh as possible. In case best before date is six months, the first limit comes when two months have passed after production. If they are not delivered to stores, all of them are thrown away. Then, next limit comes at four months. If the products delivered to the stores are not sold by the four-month limit, they are also thrown away. We have no problem with eating even if best before date is nearer. That’ why, I say we are much, much too sensitive.

Then, what should we do? Firstly, consumers and retail stores need to change the way of thinking altogether. In addition, there is another way. Do you know “KURADASHI.jp "? This is one of the online shopping companies. They buy foods which are near the best before date from other companies and sell them cheaper than regular prices. Through this system, companies can clear their stock, and we can buy them at discounted prices. This is the win-win situation. What’s more, part of profit from the related sales is donated to some social action programs. It’s impossible to solve this problem completely, but we can reduce food waste step by step, by using the means like this.

When my eyes met yours, I felt a destiny. Finally, I’m sure I’ll be chosen by you! I’m not alone any longer. I’ll be taken in your body and will work for your health. Yes, it’s my pleasure! You are my hero!

**If not you, then who else?**

Hibi Haruka

One day, a girl was suddenly absent from high school and disappeared. She was highly an ordinary, serious and hardworking girl. In spite of that, why did she suddenly quit high school?

Actually, she is a friend of mine. She was having PTSD; Post-Traumatic Stress Disorder. When you hear these words, perhaps you will associate them with soldiers, natural disasters or sexual assault victims, or people who had some extreme experience. But in my friend’s case, the cause was in her family. That means everybody has the possibility to have PTSD. You and your friends are no exceptions. In fact, I met three of those people in high school days. Then, if one of your friends will have PTSD, how should you face this problem?

PTSD is a mental health problem that some people suffer after experiencing or witnessing a life-threatening event. You may think it has nothing to do with you but you would have it without being aware of it. We can have PTSD regardless of our will, personality, or character.

Get back to my friend’s example. The cause was just the words by our club’s teacher; “your skill was not enough. So get out of here.” This trivial event, however, aroused PTSD inside of her.

Why did it happen? Why did she so change? The trigger was in her background. She was always feeling lonely in her family because her mother ignored her and to make matters worse, she believed that her father left his family because of her, and she was feeling guilty for that. She was potentially finding herself a nuisance. This is her trauma. And being out of the group, she had a flashback to her traumatic experience.

I knew about her background a little bit but I could do nothing. I regret but I didn’t think her experience was so life-threatening and crucial.

We cannot know all about our friends. We cannot control what happens next. We cannot prevent flashback from occurring. The way left for us is only an aftercare; aftercare for not letting get worse.

It was too late when I realized the importance of aftercare. That’s why I wanted to tell you about that before it will be too late.

Just keep in contact and keep talking to them. You may think, “Oh, it’s so simple or easy to do”. It is really, really a hard work, I tell you. It is because firstly they refuse us consistently, and are not the same as they were. They shut up, ignore us, get violent, and hurt themselves. You may come to think why “you” have to take care. Nevertheless, continue your effort. You are a friend. And what I’ve just said is supported from the medical point of view.

These ways are called Cognitive Processing Therapy and Prolonged Exposure Therapy invented by professors Resick, Monson, Chard and Edna. By doing this, the patients can sort out their traumas, consider their own selves, and develop ability to grasp the situation.

Now you know our family can also be a cause of PTSD. People who can help them are only you, friends. How beautiful it would be if you could save your friends’ life! Just keep in contact and talking. It is so hard but so simple. Please remember, everybody has the possibility to suffer from this disease, and there is no exception. Who can help? Only friends! If not you, then who else can? I am counting on you.