

## 1. Brain Drain

• **Definition:** The emigration of highly trained or intelligent people from a country or other place. The loss of skilled intellectual and technical labour through the movement of such labour to more favourable geographic, economic, or professional environments.

• **What are the drawbacks of 'Brain Drain' on poor countries?**

One of the main problems facing poor countries today is the so-called brain drain. Such a movement of highly skilled, talented individuals is becoming so acute that many are worrying about its effects on the economic development of the region.

More and more educated professionals such as engineers, doctors and scientists are looking for better job opportunities and higher incomes in western countries. Also more students from developing nations receiving an education in Britain, the US, or France stay after completing their studies.

Hence, it's not surprising that serious drawbacks are becoming more and more apparent and social, economic as well as political conditions are getting worse. Poor countries are wasting efforts and energies in favour of the western countries, while they are in need for their contribution in economics, education, health, planning, scientific research and technology.

Moreover, we may notice a financial loss as a lot of money is spent on education and training of students who are favoured by the western countries for free. To make matters worse, scientific research in the developing countries is declining compared to the contribution of migratory brains in the west.

• **How to help reduce 'Brain Drain'? (Solutions)**

Knowledge is power. Knowledge is more powerful than jet fighters and bombers. Alas, poor developing countries are losing their bright brains to the most industrialized nations. The poor is getting poorer; while the rich is getting richer.

To reduce brain drain requires that the developed and developing nations reach a mutual agreement on how to reduce the pull and push factors that make scientists flee Africa and Asia to Europe and America. The United States should stop using its special visas to lure talented professionals from their native countries. Also, African nations should try and understand the contributions of scientists by improving their working conditions.

Africa could also reduce its internal brain drain by updating its school curricula to reflect its needs for the 21st century. African schools produce more graduates in the arts and humanities than in science and engineering. It does not come as a surprise that there are only 20,000 scientists and engineers in Africa. Since science and technology can increase the standard of living, it makes more sense to produce more scientists and engineers.

Also important is that scientists should be employed as scientists. The deteriorating economy in Africa has forced some professors, medical doctors and scientists to accept minor blue-collar jobs to survive. It is an internal brain drain to have many architects, accountants and pharmacists unemployed.

## 2. How to keep a healthy diet?

Don't expect to remain healthy if you do not have a balanced diet. You cannot eat whatever you like and stay in good health.

Firstly, you must eat the right things containing the necessary food substances such as carbohydrates, proteins, fats, vitamins and mineral salts. So, you should eat bread, rice and fruits and drink milk for carbohydrates. Proteins are found in meat, fish and eggs. Vitamins are found mainly in fresh fruit and vegetables.

Secondly, you should know why you eat these things. Carbohydrates, for example, give you the energy you need to move and grow. Proteins are essential for growth and repair. Vitamins are required to

keep you healthy. Minerals like Calcium and Iron are essential for teeth, bones, muscles and nerves.

Yet, you should know that too much or too little of these substances may lead to various health problems such as obesity, inappropriate growth, tiredness and several other incurable diseases. That's why, you are highly recommended to eat the right amounts of each kind of food.

I hope that you find my tips useful and fruitful. Never forget the proverbs which say that "Your stomach shouldn't be a waste basket" and that "an apple a day keeps the doctor away."

### **3. Smoking (Drawbacks)**

There are literally countless health reasons to quit smoking. Simply put, smoking affects every aspect of a person's health.

Practically no one can claim that they are unaware that smoking is bad for your health. We shall admit that smoking creates an addiction that is hard to defeat and endangers the lives and quality of living of those who smoke. When people consider the dangers of smoking, lung cancer is what first comes to mind.

That is not to say that the only concern of smokers should be that their personal health is the only part to in jeopardy. Research also directly ties smoking to the onset of asthma in children of parents who smoke in the home. Therefore, all of those horrible afflictions can be spread to non-smokers who are subjected to constant second-hand smoke.

More than just health consequences, smoking has psycho-social side effects that hinder one's quality of life. The urge to smoke requires smokers to lose time finding an acceptable place to smoke during work hours or public places. Moreover, being a smoker can cause feelings of shame, especially when in group settings where the smoker's desire to smoke becomes unwelcome for others.

Further, smoking decreases the ability to smell and taste, taking pleasure out of things like fresh air and delicious foods. Smokers themselves cannot smell the scent on themselves and in their homes, but their friends and neighbours can, just as they can smell it on their breath.

### **4. How can we stop smoking?**

For smokers, to stop Smoking is really a tough action to take. Majority of smokers want to quit smoking, but find it difficult to do so as nicotine is very addictive and hard to get rid of. Yet, it's never impossible if several measures are taken into consideration.

There are three factors that will determine your success in quitting smoking for good- strong will to quit, deep conviction of its drawbacks and finding the right alternatives.

First, you must have the desire to give up your filthy habit of smoking. If you're thinking about quitting or have stopped smoking but failed to quit, don't lose hope because smokers often try to quit more than once before they actually succeed. Be strongly determined this time to win the challenge over such a disgusting behaviour.

Second, you must learn about the effects of smoking, understand its consequences. You have to admit that smoking creates an addiction that is hard to defeat and endangers the lives and quality of living of smokers and non-smokers as well. On the one side, your health is extremely jeopardized due to long-term smoking which may bring about lethal diseases such as cancer, asthma and heart failure. On the other side, smoking has psycho-social side effects that hinder one's quality of life. Smokers may feel stigmatized after being rejected or belittled by society due to their filthy habit and smell.

Finally, you ought to face the fact that you need to follow, finish and maintain a quit smoking plan. New alternatives are necessary to replace that sense of addiction to cigarettes. You can start a healthy diet as well as a sporting exercise programme to heal your mind and

body and to help you regain your health and energy. Besides, it's highly recommended that you stop frequenting or getting exposed to smoking reminders like attending public places or drinking coffee.

### **5. How can we help reduce the effects of 'global warming'?**

Not surprisingly today, it is more than evident that global warming is alarmingly becoming one of the most crucial debated controversial issues that may jeopardize the welfare and pure existence of all species on earth. Nevertheless, options are still available to combat such a lethal disaster in a variety of simple actions.

Initially, we shall admit that individuals, governments and international organizations are all concerned about the environment. Individuals don't need to wait for governments to find a solution for this problem and each one can bring an important help adopting a more responsible lifestyle starting from little everyday things. We can follow RRR theory-Reduce, Reuse, and Recycle. Let's do our part to reduce waste by choosing reusable products instead of undegradable disposables.

Society, as well, represented by the government and environmentalist organizations ought to think of more efficient sensitizing campaigns to make people more ecology conscious. Moreover, strict laws should be passed to reduce or at least regulate the number of vehicles and factories. Besides, trees which absorb a large amount of carbon dioxide should be planted. Also, existing forests should be saved.

Most important of all, the United Nations Organization is required to assume its noble and human responsibilities to make all nations- especially the super powers- agree, sign and respect the protocols and think seriously of banning all types of deforestation and nuclear experiments and dumps, looking for an alternative non polluting source of energy and last but not least stopping the production of ozone-damaging chemicals

I do believe it's high time we seriously thought about practical measures to stop the incoming ecological dangers.

### **6. Eco-driving**

It doesn't matter what you drive; nevertheless it really matters how you drive. There are things you can do to save money and reduce energy use, CO2 emissions and pollution. They are simple ideas that really will make a difference.

To start with, regular maintenance of your vehicle is the key to keep your machine ecologically 'green'. You should get the car serviced regularly according to the manufacturer's schedule to maintain engine efficiency. Besides, you'd better make sure you use the right specification of engine oil and check tyre pressures regularly and before long journeys.

Add to this, your driving habits ought to be minded. While you are en route, you're highly recommended to drive smoothly, accelerate gently and read the road ahead to avoid unnecessary braking. Moreover, if you can keep the car moving all the time, so much the better; stopping then starting again uses more fuel than rolling. Furthermore, some unnecessary options should be avoided as much as possible such as air-conditioning, higher speeds, open windows which increase fuel consumption.

Last but not least, it's certainly still possible to change your lifestyle and think twice before you decide to get your car out of the garage. Is it really indispensable? Think of the proverb that says: 'if it's not far don't take the car.' If ever you find the alternative, never hesitate to walk short distances, enjoy cycling, or use public transport. That would be cheaper, healthier and most important of all less polluting.

### **7. Benefits of Living in the Country**

Rural living has its advantages over urban sprawl and big cities. Families are moving to smaller towns and out of the city at alarming rates, many with the same reasons.

First of all, the country offers peace and quiet you can't get in the city. Sit outside any time of the day or night; you will be the audience to nature playing its tune. It's not unlikely to hear birds singing. The noisiest sounds will often be the sounds of your own children's laughter.

Adding to this, life in the country means your home isn't packed on top of your neighbours. Your children have room to run, play, jump and be kids without worry of treading through the neighbour's yard or flowers. For people who love gardening.

Moreover, parents looking for security that they can't find in the city anymore often look to small communities and rural living to find peace of mind. It's very frightening to live in an area that is corrupt with theft and crime or dangerous schools. Rural families find relief in knowing that statistically living in the country does have less reported crime.

Most important of all, families that live in the country have the benefit over crowded cities and industrial areas of having clean air. Sitting outside at night and being able to view the stars and moon in all their glory is clear evidence of the air quality in the country. Bright blue clouds and sun are able to be seen clearly and pollutants from crowded highways, exhaust fumes and manufacturing companies are nowhere in sight.

### **8. Applying for a job**

Dear Sir/Madam

I am applying for the position of receptionist, which was advertised in 'The Courier Mail' on Saturday 14 April 2005.

I have over 5 years experience working in a busy office environment as a Receptionist and general office administrator. I have recently

completed a Certificate II in Business Administration at Sarina Russo Schools | Australia.

In all my previous employment positions, I have been required to operate a 10 to 15 line switchboard and general commander systems. I am competent in the use of Microsoft Word, Excel and PowerPoint and have a current typing speed of 40 words per minute with 100% accuracy.

Since beginning my working career I have gained many skills in the area of customer service and feel that I would be a valuable asset to your organisation.

I have enclosed my resume and can be contacted at anytime for an interview on 333 3333 33.

Yours faithfully, Mary Brown

### **9. Employment Morale**

Employment Morale is the spirit, or tone, of an organization. It is an effect, or end result, of workplace conditions, relationships, changes or other elements. Employers should care for the emotions, attitude, satisfaction, and overall outlook of employees during their time in a workplace environment. Part of effective productivity is thought to be directly related to the morale of the employees. Employees that are happy and positive at work are said to have positive or high employee morale. Companies that maintain employees who are dissatisfied and negative about their work environment are said to have negative or low employee morale.

No matter how smart, talented and experienced the employees are, if they are not happy with their jobs, their work will suffer. Keeping employee morale high is important because it will boost the company's success.