Please read the following “Have Your Say” issues taken from the BBC website and give your comments.

1. How did your parents discipline you?  (35%)
   The third episode of a new reality TV show in Britain saw two unruly teens shipped off to Ghana.
   The show aims to transform uncontrollable British teenagers into respectful ones by exposing them to a
   week of strict parenting in other cultures.
   Many African parents abroad have been known to send their kids back home for a “traditional”
   upbringing if they become too difficult to handle or fall in with bad company.
   How did your parents discipline you, were they strict or liberal? Tell us your story.

2. What’s your cure for a broken heart?  (35%)
   Scientists have worked out how to treat ‘broken heart syndrome’. What is your advice for healing
   a broken heart? US researchers studied 70 patients with “broken heart syndrome”, a recognized
   condition linked to stressful or emotional events. They were treated with aspirin or heart drugs such as,
   beta blockers, and ACE inhibitors while in hospital. All these patients recovered even though 20% were
   deemed critically ill.
   Have you experienced a broken heart? Or do you know any one who has experienced a broken
   heart? Do you think emotional distress can have such physical symptoms? What did you do to heal
   your emotional distress? What is your advice for healing a broken heart?

3. Is daydreaming good for you?  (30%)
   Contrary to popular belief, when the brain wanders it is working even harder to solve problems,
   new research has shown. Should we let the mind meander?
   The research published in the proceedings of the National Academy of Sciences involved scanning
   the brains of people lying inside magnetic resonance imaging (MRI) machines, pushing buttons or resting.
   Researcher Dr. Kalina Christoff of the University of British Columbia found that activity in both the
   “default network” deep inside the brain and the “executive network”, the outlying region linked to
   problem-solving, increased during daydreaming.
   People typically spend one-third of their waking time daydreaming, traditionally a sign of laziness.
   But Dr. Christoff argues “a more playful attitude might allow you to call in more resources.”
   What do you think about daydreaming? Have you ever got into trouble for daydreaming?