

IRAN READS

'Before the Coffee Gets Cold' by Toshikazu Kawaguchi

"Water flows from high places to low places. That is the nature of gravity. Emotions also seem to act according to gravity. When in the presence of someone with whom you have a bond, and to whom you have entrusted your feelings, it is hard to lie and get away with it. The truth just wants to come flowing out. This is especially the case when you are trying to hide your sadness or vulnerability. It is much easier to conceal sadness from a stranger, or from someone you don't trust."



One of Iran's more successful books in terms of sale this week is 'Before the Coffee Gets Cold', Toshikazu Kawaguchi's novel with the tantalizing premise of What would you change if you could go back in time?

Originally published in 2015, the 51-year old Kawaguchi's beautiful, moving story explores the age-old question: what would you change if you could travel back in time? More importantly, who would you want to meet, maybe for one last time?

These intriguing questions woven into an emotionally resonant plot are perhaps the reason for the book's popularity among the readers who want to grapple with such ponderings.

In a small back alley in Tokyo, there is a café which has been serving carefully brewed coffee for more than one hundred years. But this coffee shop offers its customers a unique experience: the chance to travel back in time.

In 'Before the Coffee Gets Cold', we meet four visitors, each of whom is hoping to make use of the café's time-travelling offer, in order to: confront the man who left them, receive a letter from their husband whose memory has been taken by early onset Alzheimer's, to see their sister one last time, and to meet the daughter they never got the chance to know.

But the journey into the past does not come without risks: customers must sit in a particular seat, they cannot leave the café, and finally, they must return to the present before the coffee gets cold.

Iranian children shine in painting on the world stage

Nine Iranian children, all members of the cultural departments of the Center for the Intellectual Developments of Children and Adolescents managed to win prizes and honors in 22nd JQA International Environmental Children's Drawing Contest in Japan. In the 22nd round of the contest, 6,390 paintings from 61 countries competed, out of which three paintings belonging to the members of the cultural departments of the Center for the Intellectual Developments of Children and Adolescents won the first prize, and six others secured for themselves honorary diplomas in the international section of the contest, IRNA reported. In the international section of the competitions, Helma Hassanzadeh, seven-year-old girl from Mazandaran Province, Asma Najafi, 12-year-old girl from East Azarbaijan Province, and

Setareh Shaveisi, 12-year-old girl from Kermanshah Province were awarded the first prize. Also, Iliia Qorbani, eight-year-old boy from Mazandaran Province, Zahra Khorramdel, 11-year-old girl from East Azarbaijan Province, Elnaz Khodabakhshi, 11-year-old girl from Isfahan Province, Nazli Jamjou, 11-year-old girl from East Azarbaijan Province, Masoumeh Qassemi, 11-year-old girl from Tehran Province, and Sana Abdollahzadeh, 15-year-old girl from West Azarbaijan Province were awarded honorary diplomas in the international section of the competitions. Iran's Center for the Intellectual Developments of Children and Adolescents had sent 163 paintings of its member from all around the country to compete in the 22nd JQA International Environmental Children's Drawing Contest in Japan.



IRNA

Wearing an eye mask while you sleep could have surprising mental benefits



GETTY IMAGES

Here's a sleep hack to try if you want to wake up more mentally prepared for the day: wear an eye mask. Blocking out ambient light while you're slumbering can improve alertness and memory the following day, according to a study involving 122 participants over two experiments, the findings of

which were published in *Sleep*. The study authors, from institutions in the UK, Italy, and the US, say that this is further evidence of the link between light and sleep – and that controlling the former can help in managing the latter. "Ambient light can influence sleep structure

and timing," write the researchers in their published paper.

"We explored how wearing an eye mask to block light during overnight sleep impacts memory and alertness, changes that could benefit everyday tasks like studying or driving."

In the first experiment, 89 adults aged 18 to 35 were asked to wear an eye mask while sleeping for a week, before going without it, or wearing an eye mask with holes (to factor in any effects from the discomfort of wearing a mask) the week after. Lab tests carried out on the last two days of each week showed that the participants performed better on a word-pair association task, which

measures the ability to recall events and experiences, after having their eyes covered while sleeping. They also performed better on a test that measures reaction times.

For the second experiment, 33 adult volunteers aged 18 to 35 were equipped with eye masks, devices to measure the light intensity on waking, and a wearable headband to measure brain activity while they slept.

To get used to the conditions, the participants slept with an intact eye mask one night and an eye mask with holes with holes for the second night. This was followed by two nights' of sleep under the same conditions, only this time with added testing.

Again, a word-pair association task revealed wearing an eye mask helps with learning new information and forming fresh memories. In addition, data provided by the headband suggests there is an association between mask wearing and more slow-wave sleep time, known to be important when it comes to memory boosts. "The benefit to memory was predicted by time spent in slow-wave sleep while wearing the mask," write the researchers.

"This suggests wearing an eye mask during sleep is an effective, economical, and non-invasive behavior that could benefit cognitive function and lead to measurable impacts on everyday life."

PIC OF THE DAY

The comic theater festival of 'Khandestan' (Land of Laughter) is held in the central city of Isfahan, Isfahan Province. The festival has two separate sections, namely stage productions and street theater.



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