



Dr Mario Aquilina

MY 100 WORD IDEA TO CHANGE MALTA

Think Critically, think Malta

Let us strengthen Malta's democratic system by thinking critically. We need to learn how to avoid blindly accepting or rejecting ideas and opinion based on our political affiliations or unquestioned, long-held beliefs. Let us actively go against the dualistic thinking that dominates local public debate. Let us, for example, phase out media outlets financed by political parties; amend the constitution to facilitate the entry of a third political party to parliament; and put critical thinking at the centre of our educational system by strengthening subjects that enhance it (literary and rhetorical analysis, logic, philosophy and the scientific method). **T**



WHAT IS MORE ADDICTIVE: CANNABIS OR COFFEE?

Alexander Hili

The answer is coffee. Coffee is drunk by around 80% of Americans. The large numbers call for extensive studies on the effect of this drug on the brain.

Caffeine is a stimulant. It has a similar molecular structure to adenosine, a chemical linked to us feeling tired. Caffeine binds to adenosine and stops it from working. Coffee does not wake you up but makes your body forget it is tired.

Taking that espresso in the morning makes your body increase the number of receptors to caffeine in the brain. This increase makes us dependent on that cup of coffee in the morning to reach normal functional levels. On the other hand, cannabis has minimal risk of long-term addiction. **T**

Read more about cannabis on pg. 38

Send in your science questions to think@um.edu.mt

Don't THINK

by Gorg Mallia

