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See also [Zero-Resistance Living \(book\)](#) [Zero-Resistance Living \(podcast\)](#) [Zero-Resistance Living \(Podcast\)](#) [Zero-Resistance Living \(Live conference\)](#) [Zero-Resistance Living \(VIP conference\)](#) [Category:Self-help books](#) [Category:1991 non-fiction books](#) [Category:American non-fiction books](#) [Category:Psychology books](#)Q: Why do Japanese plane table houses have a slot to fit a chopstick into? Japanese people use chopsticks a lot. The way they get the chopsticks into a house is they put one end into a hole on the door and the other end into a little hole on the side of the door. Why do Japanese plane table houses have a hole in the side of the table for a chopstick? I always thought chopsticks were supposed to be for chopstick dinners only, so why would there be a hole on the side of the table and not on the floor? Or do chopsticks also come with the dining set? A: Why do Japanese plane table houses have a hole in the side of the table for a chopstick? You're probably thinking of some strange device designed for (not necessarily by) Japanese people. However, there is a perfectly normal explanation for the existence of this. Not only does the structure provide a place for the chopstick to be held, it also protects the table from splinters from the chopsticks. So, to be more precise, the chopsticks are both the table's and the walls' protection. The effects of ageing on the brain. The current literature on the effects of ageing on the brain has three elements. The first is that ageing does not in itself increase the vulnerability of neurons and synapses to various forms of damage. The second is that the ability of neurons and synapses to be spared from such damage improves with age. The third is that the deterioration of higher cognitive functions is likely to be very slow, and indeed a previous study has shown that although performance on some cognitive tests are very sensitive to levels of ageing, the rate of decline does not accelerate until an age of 90 or older. This has led to the view that the only difficulty that cognitive impairment represents, is the first sign of a diffuse disease. Say your prayers, for as surely as time and tide they will be denied. If some of the rich and powerful people wanted to turn back

