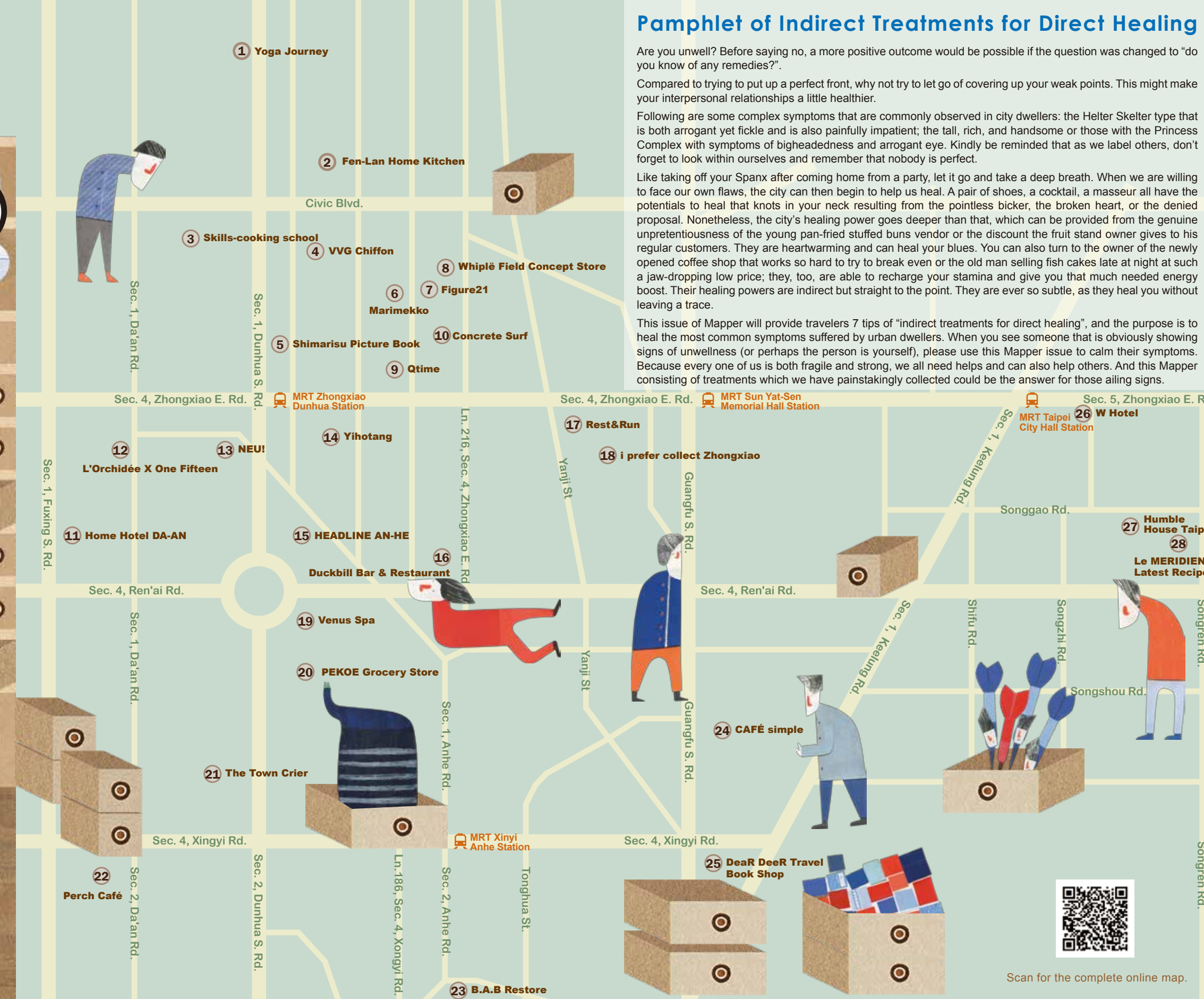




Taipei's East District With Advice from Experts.

Go find the remedies @ the East District

富邦藝術基金會 www.fubonart.org.tw



Amphlet of Indirect Treatments for Direct Healing

Are you unwell? Before saying no, a more positive outcome would be possible if the question was changed to "do you know of any remedies?".

Compared to trying to put up a perfect front, why not try to let go of covering up your weak points. This might make your interpersonal relationships a little healthier.

Following are some complex symptoms that are commonly observed in city dwellers: the Helter Skelter type that is both arrogant yet fickle and is also painfully impatient; the tall, rich, and handsome or those with the Princess Complex with symptoms of bigheadedness and arrogant eye. Kindly be reminded that as we label others, don't forget to look within ourselves and remember that nobody is perfect.

Like taking off your Spanx after coming home from a party, let it go and take a deep breath. When we are willing to face our own flaws, the city can then begin to help us heal. A pair of shoes, a cocktail, a masseur all have the potentials to heal that knots in your neck resulting from the pointless sicker, the broken heart, or the denied proposal. Nonetheless, the city's healing power goes deeper than that, which can be provided from the genuine unpretentiousness of the young pan-fried stuffed buns vendor or the discount the fruit stand owner gives to his regular customers. They are heartwarming and can heal your blues. You can also turn to the owner of the newly opened coffee shop that works so hard to try to break even or the old man selling fish cakes late at night at such a jaw-dropping low price; they, too, are able to recharge your stamina and give you that much needed energy boost. Their healing powers are indirect but straight to the point. They are ever so subtle, as they heal you without leaving a trace.

This issue of Mapper will provide travelers 7 tips of "indirect treatments for direct healing", and the purpose is to heal the most common symptoms suffered by urban dwellers. When you see someone that is obviously showing signs of unwellness (or perhaps the person is yourself), please use this Mapper issue to calm their symptoms. Because every one of us is both fragile and strong, we all need helps and can also help others. And this Mapper consisting of treatments which we have painstakingly collected could be the answer for those ailing signs.

Scan for the complete online map.

Sunday Dirt Terminator Day

6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30, 9/6, 9/13

Symptoms

The clean people perhaps wouldn't consider *The 400 Blows* as their favorite movie but *Gatagon* would probably top the list. Even the unmarried men are found in online clubs where moons gather to share the most efficient appliances for household cleaning. They probably have a mental map in their heads that include the Mandarin Oriental Taipei, Breeze Center Zhongxiao Branch, Central Clinic, and Kanekyu Japanese restaurant. Why these places? You might ask. The answer is because they all have clean restrooms.

Food Yihotang

This prescription helps with hand-eye coordination for the clean people. What is more comforting than "seeing is believing"? Yihotang's two large glass windows let you see its entire baking process. The bakers are wearing bandanas and masks, and you know that those scrumptious breads contain carbohydrates but no salivary amylase.

Home Hotel DA-AN

This prescription offers head-to-toe cleaning. Home Hotel DA-AN just opened in May, and it oozes with a scent that not even master perfumers can concoct – the smell of "new". Home Hotel offers bath products by the Taiwanese brand Cha Tzu Tang, [isagij] water oxygen machine and essential oil aromatizer, and natural hinoki essential oil soap from Fancalaya. Come and enjoy a great head-to-toe full body cleaning.

i prefer collect Zhongxiao

This prescription makes cleaning ever so fashionable. i prefer sells clothes and also Claus Porto, a soap brand from Portugal. This is Portugal's first bath product brand, and deserves the respect of the clean people. The soaps are smaller and lighter than regular soaps. Even Oprah loves them, and they are ho so chic.

Venus Spa

This prescription satisfies the clean people on something beyond their power. Taking a shower outside may be a torture for the clean people, however, washing your back is definitely a challenge like licking yourself on the elbow. Back scrubbing is offered at the Venus Spa, helping you to get your hand to reach places squeaky clean. It's also open around the clock.

CAFE simple

Persistent cleaning **Abstain From** Don't ever ask someone if they want a bite Wet tissue, and the quote "One should be mentally clear, morally pure, and physically tidy." – Anton Pavlovich Chekhov, Russian writer

Lucky Charm Chinese poet Bai Ju-Yi is known for his love for baths, and in his poem, *Night Bath in the Stone Pavilion of Xiangshan Temple*, he talked about the comfort he finds in his nightly baths

Famous Person and Cleanliness

Monday Hermit Day

6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14

Symptoms

Do you love yourself too much or are you socially impaired? You understand that the charm of staying at home is far greater than throwing a fabulous party. The hermits are suffered from being picky about seeing and being seen, and how to "play well with others?" is a lesson you have to work hard on in life. For now, your top priority is to find a place in the intricate East District to help you get away from the mundane life.

CAFE simple

This prescription targets gastric reflux as being a hermit. There is no sign that will point you to the CAFÉ simple, which makes it harder to be found than the platform 9¾ in Harry Potter. Except when taking order, serving the food, and ringing up the check, the shop owner looks just like another stranger who is surfing the net in the corner. He wants to be alone more than you! Over here, you might feel that an apology would be needed for any extra exchange of words. Taking photos is a big no-no in this shop, so don't worry about trying to look composed because of the fear of ending up in the background of someone's selfie.

HEADLINE AN-HE

This prescription prevents you from hearing the love affairs of people sitting next to you. You prefer the priority seat on public buses and always sit at the end of the metro. When flying, you always opt for seats 33A or 32H, and when stepping in a new place, you have the ability to detect which location is the most isolated. At HEADLINE, seats are spread apart, and the way the seats are arranged in rows allows you to be in solitude. HEADLINE designers also agree that pretending to be buddy-buddy with someone is simply just heinous.

Figure21

This prescription provides the tranquility needed when trying on bags. You may think that you have entered into a shop, but it is actually an atelier. The air inside is filled with creativity and intense concentration, perfect for when you don't wish to say too many words. Figure 21 is pronounced as "figure to one", meaning to specially design an item according to one's figure. Be prepared to be stopped by eager strangers asking you, "This bag is fabulous, where did you get it?"

Yoga Journey

This prescription targets torturous small talk. You have been contemplating about the meaning of yoga: isn't yoga a practice of solitude? Why has it become so trendy to practice with 30 other people? Yoga Journey understands your wish for traveling alone and offers one-on-one class that you can reserve for. It is a sure bet for someone like you, someone that yearns for quiet tranquility.

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Famous Person and Cleanliness

Tuesday Foodie Day

6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/1, 9/8, 9/15

Symptoms

Strawberry pancakes, honey toasts, or that one amazing dessert infused with vanilla beans from Madagascar are frequent topics of discussion for the foodies. You won't find them at your run of the mill dive bars after work, but instead, they are at Bistronomy enjoying gastronomic delights accompanied by red or white wine. When you find yourself nitpicking over not just wine but also olive oil, you are probably becoming a supreme foodie!

PEKOE Grocery Store

This grocery store plus café comes with a higher credibility before you even take a bite because of its food writer owner. PEKOE afternoon tea is served right next to the shop's kitchen island, and the other side is where fine wine, jams, selected vinegars, and olive oils handpicked by the food writer are displayed. Feel free to pick up the ingredients used in the afternoon tea to take home with you.

Le MERIDIEN - Latest Recipe

This prescription targets the indecisive soul to have the cake and eat it, too. Need something to fill that empty hole you feel inside? Come to this professional restaurant to fulfill your stomach and your soul. Le MERIDIEN - Latest Recipe is stocked with ingredients from around the world, and is especially prized for its lobsters, king crabs, and steaks. The cost-performance ratio of this all you can eat buffet is off the charts and is well worth every dollar spent.

Skills - cooking school

This prescription cures the misconception that "Real men don't cook". This is a cooking school established by an Italian culinary professional, with a variety of cooking classes including Italian, Korea, French and Thai. Learn about exotic ingredients such as tamarind, Italian parsley, and red sea bream, and pick up cooking skills that are easy to comprehend for just about anybody. Skills uses state-of-the-art cookwares, including those by BIALETTI, Lagostina, and Royal Copenhagen, and all of its ingredients are delivered from the Green & Safe Farm in Yilan.

Fen-Lan Home Kitchen

This prescription targets foodies of few words. No need to check out the menu at Fen-Lan Home Kitchen, because there isn't one. Just tell them how many people and the per-person budget, and a delicious meal will be ready for you shortly. The stir-fry dishes here taste just like mom's cooking, and the ambience is easy and laidback like hanging out in a friend's house. You don't have to worry about what to order and what goes well with what; it's all taken care of, including the annoying math at the end to figure out how much should each person pitch in for the check.

Humble House Taipei

This prescription enlightens you without words. A place to rest your tired feet is always needed when you travel. Humble House Taipei not only provides comfort plus a good view like any outstanding hotel should, and it also has something extra to stimulate your eyes. From video works, sculptures to paintings, contemporary art is well-incorporated in the hotel, surrounding you with art from day to night.

Shimarisu Picture Book

This prescription calms book-related anxieties for the infographers. Books with pictures are easy, characteristic, lively, and unrestricted. Illustrated books can calm the infographers who suffer from book-related anxieties, and they are also great for parent-child quality time. Not to mention the therapeutic soul soothing possibilities they can have for adults.

Whiple Field Concept Store

This prescription helps with equality for all body types. You don't have to check the size from a bunch of clothes here, because everything is one size. At Whiple, the cutting dictates the clothing's golden ratio, relying on the overall contour rather than specific sizing. Trends are not followed blindly, and fashion should not be torture. Anything is possible despite one's shape and form.

Wednesday Infographer Day

6/24, 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26, 9/2, 9/9, 9/16

Symptoms

The infographers that we are talking about here involves people that strive to be concise yet comprehensive and believe that simplicity is best. People with these characteristics believe that French-style elegance doesn't have to always involve a long and strenuous dining ritual. Anything hipster is also despised, along with a minor case of allergy for flowery language packaged ignorance. "A rose by any other name would smell as sweet", and a bowl of noodles is still a bowl of noodles regardless of how many big words you use to name it.

Perch Café

Dwelling in today's digital era, those who fight against information gluttony need at least terabyte capacities in cloud, and Evernote is their must-have digital workspace for storing information. There is a perpetual tug-and-pull between "what we understand" and "what we think we should understand", and the need of coming out on top is pursued with a great might.

Dear DeeR Travel Book Shop

This prescription targets minor social detachment from information overload. Social network is intricate and web-like, and information gluttons like to cast out a net to catch every bit of information out there. The Dear Deer Travel Book Shop, with over a thousand travel guidebooks available, offers a user-friendly search engine. It also encourages readers to bring in their second-hand travel guidebooks or maps to interact with others in the shop's small living room, allowing for more comprehensive travel information to be exchanged.

Thursday Information Glutton Day

6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17

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Friday Non-Stopper Day

6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28, 9/4, 9/11, 9/18

Symptoms

Being overactive can be a form of physical release or liberation on the spiritual level. The way that the world turns seems to be a slow motion montage in your eyes. The whirlwind pace in *The Fast and the Furious* is right up your alley. You can't stand any still time besides sleeping, and you will never be seen buying towels, because you already have more than enough free towels you received from completing different marathons throughout the years.

Rest & Run

This prescription offers social etiquette for non-stoppers. When to eat? What to eat? How to eat elegantly? These are lessons which all non-stoppers need. Rest & Run is Asia's first restaurant catered to marathon runners, and it proposes that people should eat after running, and they should eat fine French food, and a shower is a great idea before eating. Rest & Run offers nutritious set meals for marathon runners, aiming to turn nutrition into glycogen and not stored as fat.

W Hotel

This prescription builds both muscles and brains. Being active can also be a very sociable thing. Step into the gym in the W Hotel and you will begin to see that the various social semiotics embedded reach far beyond the different statistics displayed on the treadmill. Swim in its outdoor sky pool and feel a sense of exclusivity between each breath you take. Perhaps it's best to swim the freestyle here and to look dashing while you glide in the pool.

Saturday Object Worshipper Day

6/27, 7/4, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29, 9/5, 9/12, 9/19

Symptoms

Those that are infatuated with particular objects may mistake someone's question of "What's the point of buying this?" as a highest form of compliment. They pride themselves in overlooking practicality, resisting trends, and undermining cause-and-effect. You might find them cramming an Eames Lounge chair in a small 33 square meter apartment, or insisting on using an antique blood pressure monitor from the Japanese Showa Period rather than a digital one. Drink water as it's served in an Eva Trio glass, and eat toasts with butter for the Alfredo butter knife.

L'Orchidée X One Fifteen

This prescription helps object worshippers to eat well. Refusing to eat out because of the utensils is not only observed in the clean people but those with object infatuations as well. Lace-covered light bulbs with Royal Copenhagen utensils and industrial style collaged cypress table are what you will see here. A place of vintage goods and where upcoming designers come to dig for great finds, it is also a place to comfort the eating anxieties experienced by the object worshippers.

B.A.B Restore

This prescription helps object worshippers to arrange furniture. Unsure of what to do with the more than five clocks and the six single chairs you have at home? The things that you are obsessed over are all unique but when they are all put together, they make your home look like a flea market? At B.A.B Restore, while putting items on display, they also show you how to display items of similar and different qualities. There is a fine line between clutter and mix-and-match, messy and chic when you put a wardrobe with six vases or five chairs with three upright lamps together.

Food PEKOE Grocery Store

This prescription nourishes the foodies with well-chosen ingredients. This grocery store plus café comes with a higher credibility before you even take a bite because of its food writer owner. PEKOE afternoon tea is served right next to the shop's kitchen island, and the other side is where fine wine, jams, selected vinegars, and olive oils handpicked by the food writer are displayed. Feel free to pick up the ingredients used in the afternoon tea to take home with you.

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Suitable For Sharing is Caring

Abstain From Products nearing their expiration dates and restaurant franchises

Lucky Charm Trust your own fine palate, and the quote "Tell me what you eat, and I will tell you what you are."—Jean-Anthelme Brillat-Savarin, Master French epicurean

Famous Person and Dish Dongpo pork is named after the famous Chinese poet Su Dongpo, and the particular attention that the poet dedicated in cooking pork can be appreciated in his poem, *Ode To Pork*: "Slow the fire, hold the water, it comes alive when the time is right."

Suitable For Make good use of Instagram

Abstain From Anagrams

Lucky Charm Infographic, and the quote "Since I'm inarticulate, I express myself with images."—Helen Levitt, American photographer

Famous Person and His Original Views Xu Bing's *Book from the Ground*

Suitable For Building your personal channel

Abstain From Limiting yourself

Lucky Charm Portable battery chargers, and the quote "If you give up now, the game will be over."—Coach Anzai, one characterer from the manga series, *Slam Dunk*

Famous Person and His Words Polymath Leonardo da Vinci (engineering, anatomy, architecture, mechanics...)

Suitable For Jack Russell Terrier, soulmate for the non-stoppers, makes a great pet for you

Abstain From Gardening

Lucky Charm An electrolyte, and the quote "...the need to allow atoms to make unpredictable deviations from the straight line, thereby ensuring freedom both to atoms and to human beings."—Italo Calvino, Italian journalist and writer

Famous Person and His Hyperactivity Thomas Edison and his 2000 exceptional inventions

Suitable For Hiring a mover

Abstain From Moving everything on your own

Lucky Charm "Do not also befriended a person with no infatuation for he has no true feelings."—Chang Tai, late Ming and early Qing Dynasties prose writer

Famous Person and Infatuation Tom Hanks' love affair with typewriters