

Crossroads

CROSSROADS Language Studio's Newsletter April, 2016

GLORIOUS MEAT!

Let's be honest: eating meat is an objectively bad idea. It's expensive, has been linked to cancer and the farming of animals for food is a major contributor to global warming. But despite the bad news around it, we just refuse to remove that juicy, succulent sausage from our mouths.

Thanks to the miracles of evolution, we humans can survive just fine on a meat-free diet. But that doesn't mean we're natural vegetarians. Scientists have established that our ancestors were eating meat up to 2.5 million years ago. In addition, there is plenty of evidence within our bodies that we are built for eating meat. For instance, we don't have the complex intestinal tracts of most herbivores and our teeth are designed for eating both meat and plants.

A claim commonly made by non meat eaters is that a flesh free diet is far better for our health. In reality, there is little evidence to back this claim. Certainly, eating a diet heavy in meat (especially the processed variety) will have a negative impact on well-being, but a diet that includes sensible portions has been shown to have greater health benefits than a diet that excludes all animal flesh. Multitudes of studies over the past thirty years or so have concluded that, when lifestyle factors are taken into account, there is no significant difference in mortality when comparing those who exclude meat from their diet and those who partake.

One of the newer arguments against vegetarianism is that eating meat might actually help to reduce war and conflict on our small planet. A recent study found that by exposing men to pictures of red meat then placing them in a position of power over another, that thinking about steak reduced their aggressive tendencies. No-one really knows why —beyond perhaps some link to evolution—but the conclusion seems valid. After all, one of the greatest aggressors of modern times, Adolf Hitler, was a staunch vegetarian. So, while we may imagine a rabid steak-eater to be more violence-prone than a guy who lives off soy beans and lentils; the evidence seems to be pointing to the contrary.

One argument against meat consumption that has some validity is the impact that farming animals has on our environment. Over the years huge swathes of forestation have been cleared for farming. Also, effluent and methane released by farmed animals has resulted in a degradation of our waterways and atmosphere. However, thanks to Dutch scientist Willem van Eelen, we're now at the stage where we can grow burgers in a lab. Currently, the technology is quite expensive but within a decade it is envisioned that meat produced in this way will be more economical than that from farmed animals. This will solve the problem of environmental impact as well as concerns raised by the treatment of animals bred intensively for food.

Of course the biggest and overriding argument in favour of meat consumption is that it is just so damned good! As long as you restrict yourself to sensible portions and don't overindulge, then dig in! A mouthful of meat!

It's healthy! It's delicious!

It's great!

Article by Mark

Net News

NET LESSONS: Too busy to come to CROSSROADS?

.... Try our *lessons on the net!*

For the another opinion, go here: <http://breakingmuscle.com/nutrition/the-secret-advice-of-a-vegan-crossfitter>



Some Thoughts for the Month



Joshua Says: If asked what it is that you study at Crossroads, I would expect all students to answer “English” (or any of the other languages we teach). While this is undoubtedly true, the language you study is actually a minor partner in the total process. With us, you are training to *communicate* in a second language and if you think about it, this is actually quite different to simply studying a language.

Junko Says: As we would like to make use of our unsold textbooks which have been piling up over time on our stockroom’s shelves, we have decided to put them on sale at bargain prices (¥500 – ¥1,000, etc.). We have textbooks for general English (low to high levels), TOEIC and even Eiken; there are some work-books as well. These textbooks are placed on the shelves near the front window. Please take a look and if you are interested in having any, please let me know.



Mark Says: Last month I wrote about my favourite TV programme. Since then, I've been asked to recommend some other quality programmes . . . so here are my current top five; 1. *Fargo*, 2. *The Walking Dead*, 3. *House of Cards*, 4. *Jessica Jones*, 5. *Les Revenants*. An honourable mention must also go to *Breaking Bad*. Although it's finished it is surely one of the greatest TV programmes of all time.

Colm Says: Holiday fever seems to be sweeping through Crossroads, with students asking me if I’m excited about Golden Week. One was preparing to combine some of his contractual days off with Golden Week to take a longer break. Another was counting through the days he must take off before the expiration of his contract. They were all surprised that I wasn’t so eager or that I hadn’t booked tickets well in advance of Golden Week.



Danielle dit: En avril, ne te découvre pas d'un fil, en mai fait ce qu'il te plaît. Autrement dit, il ne faut pas penser qu'avec le beau temps arrivant en avril, il est temps de changer sa garde-robe mais bien attendre mai. Un dicton populaire en France qui se vérifie presque chaque année.

ACROSS **Play A Game!**

- based on logic and truth
- animals that feed on grass and other plants
- parts of something larger
- having a greater influence or power
- full of juice
- water mixed with waste matter
- many but indefinite in number
- change to a lower state
- join in or become part of
- consistent, firm, dependable

DOWN

- a strong influence
- have a tendency towards something
- imagined, a mental image
- people who do not eat meat
- a broad area (of land)
- to not include

[\(print version here\)](#)

NOTICE BOARD



The Science Column with Sakiko's Sakiko

Sedimentation in Dams

What is flowing in rivers? Water, of course, flows in rivers. But this is only part of the answer. Actually, many things flow in rivers. For example, migrating fish such as trout travel from river to sea. Plants are transported as they are decomposed into nutrients. Sediments such as stones, pebbles, gravel, sands and mud are also carried by rivers. Sometimes, human societies are washed away by strong river flows, i.e. floods.

In order to control river flow and save human life and property, civil engineers have constructed many dams all over the world. Dams have contributed to sustaining human societies.

However, two problems have arisen with dams. First, all dams get filled with sediments. Several dam researchers have said, "It takes a few hundred years to fill up most dams with sediment." This span of time is not very long. It means that we, our children and our grandchildren will not be able to use these filled-in dams and we could lose our properties in floods during our lifetime.

Second, the sediment downstream is lost. Because dams catch sediments that originate upstream, small sediments such as sand and mud are often flushed away completely and riverbed rock is exposed (Fig 1.). These changes of the riverbed environment alter riverine ecosystems. Animals, which prefer a natural environment, disappear as a result. Therefore, we need to transport sediments from upstream of dams downstream.

Several methods have been proposed in order to transport sediments downstream. The most common way is to use a sediment scouring gate (Fig 2.). This is a system to exhaust bottom sediments in dams with bottom water. But this system has several drawbacks. Bottom sediments often have toxins such as heavy metals and bottom water has low concentrations of oxygen. These things harm aquatic ecosystems and human beings. However, a sediment bypass tunnel (SBT, Fig 3.) could solve this problem. The SBT is an adjunctive tunnel connecting upstream to downstream. In the SBT system, the sediments upstream are transferred downstream in natural river water before they enter the dam. Although the SBT appears to be a better system than the sediment scouring gate system, there are only 11 dams with an SBT in the world, including those under construction (e.g., 6 dams in Switzerland and 5 in Japan).

For sustainable human life and coexistence between human societies and the natural environment, I hope that the benefit of these practical systems will be recognized and spread.



Fig 1.

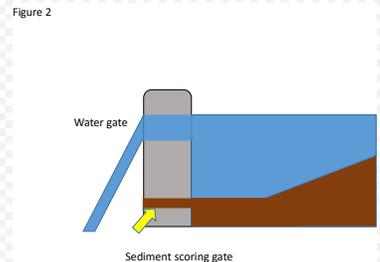


Fig 2.

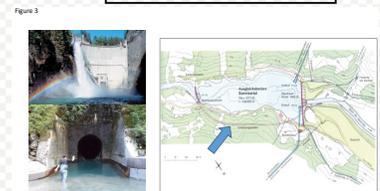
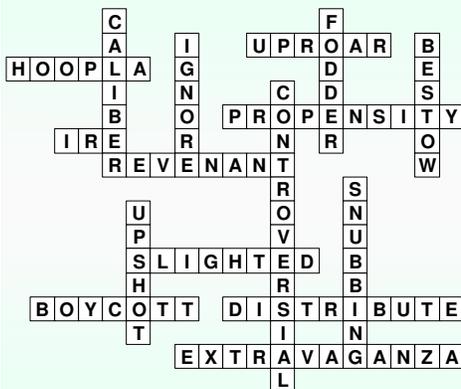


Fig 3.



Last Month's puzzle Solution

ACROSS

- 4 loud noise and confusion
- 6 overly sensational promotion of an event
- 8 tendency, inclination
- 9 anger in response to a grievance
- 10 someone who returns after a long absence
- 13 disrespected
- 14 refuse to deal with or be part of something
- 15 give or share out
- 16 spectacular stage entertainment
- 16 force back or reject by force

DOWN

- 1 level of excellence
- 2 coarse food (especially for livestock)
- 3 fail or refuse to notice
- 5 give as a right, title, reward or gift
- 7 in great disagreement
- 11 reject, refuse to acknowledge
- 12 result caused by a previous event



Don't forget... Our SPECIAL 1+1 Campaign offer! Up to 50% off!!

See our notice board, or ask Junko in our office, for the details.