

# Crossroads

CROSSROADS Language Studio's Newsletter August, 2021

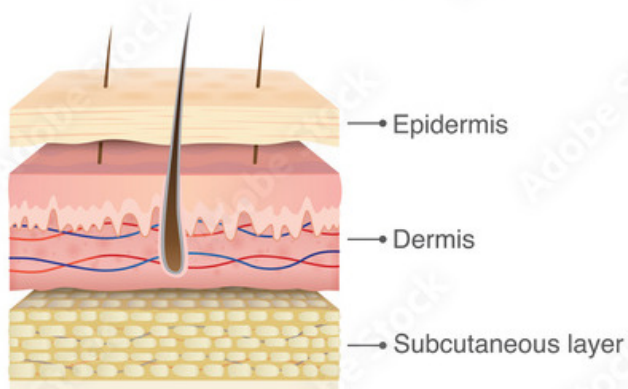
## SKIN DEEP

Japan is a country with high humidity and hot summer days and people living in this corner of the world often complain of significant discomfort from excess humidity and heat.

As we all know, humans are highly adaptable to a variety of climatic conditions and over the generations, humans in their specific climatic regions have evolved coping mechanisms for what the weather throws at them.

Our skin is particularly at the receiving end of the sunlight and wind, and it has to protect us from damage and prolonged exposure to the elements. The skin isn't just there to cover our muscles and bones. It is, de facto, an organ, with multiple functions that are essential to our very survival.

### Three Main Layers of The Skin



Composed of 3 distinct layers – epidermis, dermis and subcutaneous fat layer, our skin's primary function is to protect us from physical damage (utilizing a layer of fat); store water in the dermis and regulate body heat; and providing sensory stimuli and a medium of communication with the outside world through the characteristics of epidermis.

We constantly touch, scratch and cut our skin on a daily basis, so the epidermis has to be very elastic and resist contact with everything around us. To achieve that, it constantly renews itself. Over a month's time it completely recycles and replaces all cells in its structure.

The skin is capable of protecting us from infections and superficial wounds, by employing a whole host of beneficial bacteria, living on the skin, which keeps us healthy-looking with their contribution.

Yet, we often forget how much we owe our own skin for keeping us healthy. Using cosmetics, tattoos, sun-beds and air conditioners, these modern lifestyle choices constantly compromise the hard work of our skin in pursuit of an attractive appearance and smell.

However, natural characteristics of the skin can make us feel attracted to another person, if we allow the skin to do its job.

Consuming colorful fruit and veggies, such as tomatoes and oranges, improves the attractiveness of the skin, regardless of a person's ethnicity. Our natural body odor is much more effective at "turning heads" of adorers, even if we deem our personal BO disagreeable. Through inflammations and other dermal conditions, our skin can inform us of an imbalance in our gut bacteria, but also shows that we might live in an excessively stressful environment.

We should be more in tune with our body and read the signs our skin manifests.

*Article by Marek*

## Net News

**NET LESSONS:** Too busy to come to CROSSROADS?

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

Check out this link for a further reading:

<https://www.mentalfloss.com/article/533889/facts-about-skin>

# Some Thoughts for the Month



**Joshua Says:** The second largest ice-sheet in the world after the one covering Antarctica is in Greenland and something has happened there to make scientists and others worry; it rained! Temperatures got above freezing also. This is the first time in recorded history that this has happened and, scientists say, "it's a warning sign". It would seem that the effects of climate change are truly global.

**Junko Says:** It has been raining since the 2<sup>nd</sup> week of this month and this has been a relief from the summer heat. It appears that the summer season has finished and the typhoon season is already here. In recent years, I have noticed that the seasonal changes have continuously come 3-4 weeks earlier than usual and I wonder what's causing this phenomenon. Has anyone else noticed this? What do you think is happening??



**Marek Says:** I am generally against using any kind of man-made medicine, relying more on my immune system or using natural remedies for my ailments. For the last 2 months I've battled with a skin infection on the toes of my left foot. I kept the foot dry and exposed to sunlight applying Vaseline and fresh juice of aloe leaf at night as often as possible. And I failed. One application of steroid cream healed in a day. I feel defeated.

**Mandey dit:** A votre avis, quel est le magasin le plus important pour les français?? C'est la boulangerie ! En effet, les français sont capables d'y aller 3 fois par jours. Le matin, on achète la baguette pour le petit-dejeuner. Le midi, on prends un délicieux sandwich, car on a pas le temps de cuisiner. Et le soir, un petit croissant pour le goûter. La boulangerie est donc vitale et importante. Le pain, c'est la vie. D'ailleurs, les japonais aussi adorent le pain, depuis deux ans, ils consomment aussi plus de pain que de riz. Le pain est devenu l'aliment le plus important.

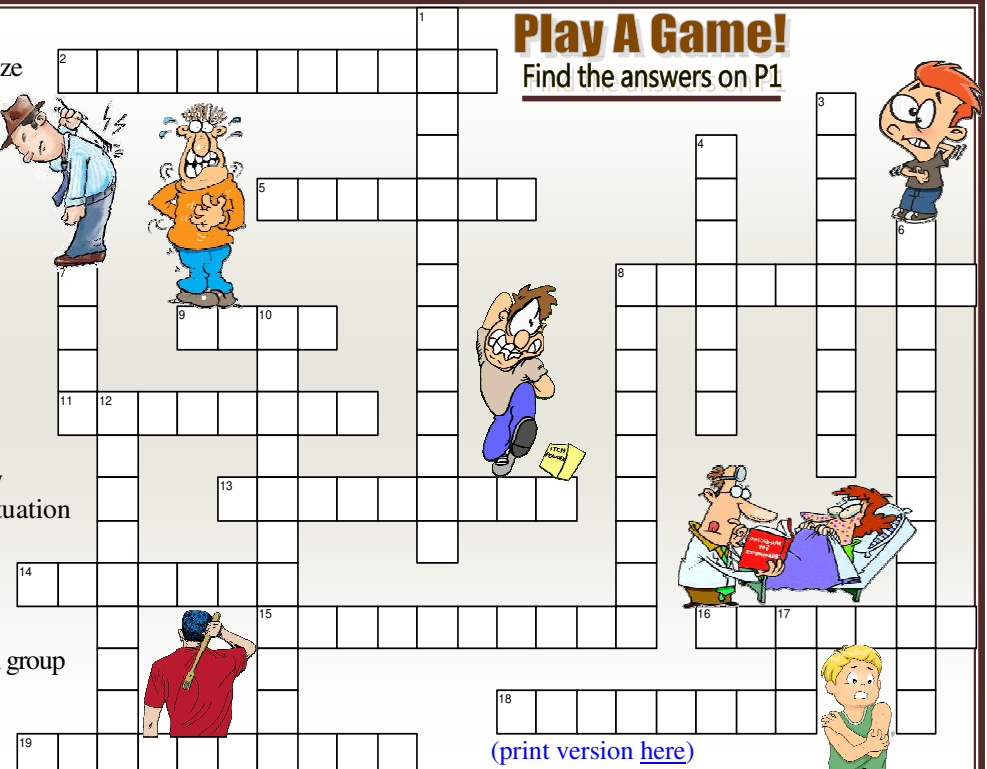


## ACROSS

- 2 important in effect, meaning or size
- 5 most important
- 8 absolutely necessary
- 9 a vast number of
- 11 having more than one part
- 13 lengthened in time
- 14 something that arouses action
- 15 without change
- 16 people who greatly admire someone/thing
- 18 adjust, make conform
- 19 in spite of

## DOWN

- 1 body tissue's response to injury
- 3 capable of changing to a new situation
- 4 in search of
- 6 especially distinct from others
- 7 understood as a conviction or point of view
- 8 relating to a separate race or cultural group
- 10 not serious or significant
- 12 use for a particular purpose
- 17 obligation to pay or repay



Here is another idiom quiz. See if you can get the answers from the image clues.

1. MY FRIEND'S \_\_\_ THESE DAYS. HE NEVER HAS TIME TO RELAX.



2. WE'VE BEEN LUCKY. IT'S BEEN \_\_\_ FROM THE BEGINNING.



3. HE WAS \_\_\_ AFTER HE WON THE RACE.



4. YOU NEED TO \_\_\_ FOR THIS PROBLEM. IT REQUIRES A LOT OF CONCENTRATION.



5. ALAN \_\_\_ DURING THE NEGOTIATIONS FOR THE BUSINESS DEAL.



6. FRANKLIN WENT FROM \_\_\_ IN HIS LIFE. HE STARTED WITH NOTHING AND ENDED UP A VERY RICH PERSON.



7. SOME ARTISTS ARE LUCKY AND HAVE A HUGE HIT EARLY IN LIFE. THEN THEY \_\_\_ FOR MANY YEARS AFTERWARDS.



8. MY BOSS \_\_\_ ME \_\_\_ AT WORK BECAUSE IT WAS MY FIRST WEEK.



9. THE JUDGE TOLD HER TO \_\_\_ WHILE THE WITNESS WAS TALKING.



10. HIS DOCTOR TOLD HIM TO \_\_\_ OR IT WOULD EVENTUALLY KILL HIM.

A. hold her tongue

B. showed me the ropes

C. ride the gravy train

D. rags to riches

E. kick the habit

F. put on your thinking cap

G. showed his hand

H. smooth sailing

I. as busy as a bee

J. as proud as a peacock

## Last Month's puzzle Solution

### ACROSS

- 3 cause extensive destruction
- 4 to be aware of
- 6 not the same
- 7 in the company of friends
- 9 forced with authority
- 12 very odd or unusual
- 13 different kinds of
- 14 having no doubt or misunderstanding
- 15 indicating illness or disease
- 16 everywhere
- 17 to call on God's protection

### DOWN

- 1 being confined as in a prison
- 2 considered individually
- 3 make clear or visible
- 5 words that imitate sounds
- 6 having the nature of a deity
- 8 nasty, offensive, disgusting
- 9 things that annoy or disturb
- 10 in the place of something
- 11 under normal, usual conditions



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.