

CrossTalk

CROSSROADS Language Studio's Newsletter July, 2023

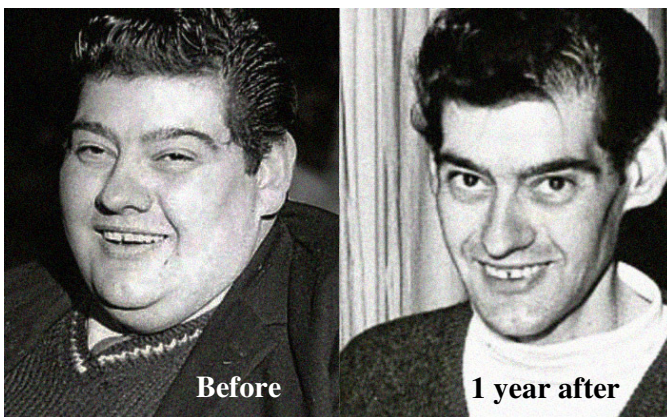
Slimming

Trees and other plants gain bulk by drawing in carbon dioxide from the surrounding atmosphere. With this in mind, would it be logical to assume that if a living organism, such as one of us, expelled carbon dioxide from their body, they would *lose* weight?

“The law of conservation of mass” states that “mass can neither be created nor destroyed”. It follows that if we want to reduce our weight, we must expel matter from our bodies. Some years ago a survey asked health professionals how the body did this. Most answered, incorrectly, that fat is “burnt” and converted to energy and heat. But in fact, over 90% of lost weight leaves the body as carbon dioxide expelled from the lungs into the air. Either explanation, however, seems to imply that good old “huffing and puffing” exercise is still a must if you want to slim down.

This brings us to the other, complementary, method of losing weight, dieting, and the more extreme approach of fasting.

Angus Bartieri of Dundee, Scotland was 27 in 1965 when he checked in to a hospital, “grossly obese”. At the time he weighed 207kg!



His doctors recommended a short fast, perhaps hoping that if his stomach contracted, so would his appetite and his capacity to take in food. At the end of his scheduled fast, Angus felt good, so he decided to continue fasting.

Angus’ doctors prescribed non-calorie fluids, yeast, electrolytes and vitamin/mineral supplements for him to take while he fasted. He took no solids for the 40 days limit recommended by his doctors, and then kept going!

When Angus finally decided he had reached his optimum weight, he fixed himself a breakfast of one boiled egg, a slice of bread with butter and a coffee. This he did after an amazing 382 days fasting without eating even a single grain of solid food! His perceived optimum weight after all this? – a fit and comely 82kg! He had shed 125kg! And what’s more, his doctors noticed no ill effects on his health after this mammoth fast.

He made the Guinness Book of Records, and still holds the record for the longest period a person has survived without eating.

It’s fair to note, however, that his record might possibly have been broken but for the fact that Guinness no longer recognizes records if the attempt involves danger to the participants. But don’t let this dissuade you. Go for the record, if you’re so inclined. Even if you only make it for a couple of days, it’ll do wonders for your health *and* your waistline....

Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

Here’s some more on fasting for those interested:

<https://www.webmd.com/obesity/ss/slideshow-fasting->

Some Thoughts for the Month



Joshua Says: A child can learn a second language much faster than an adult, right? This is a generally accepted hypothesis but it is completely wrong! In fact, recent research has shown that adults can out-perform kids easily when it comes to acquiring a second language. Yet, adults do seem to be less successful at picking up a second language – we're too busy with work, etc. to focus. The trick is to make a regular space in your busy schedules for study and stay at it on a regular basis.

Junko Says: "A Thing of Beauty" is a poem by Keats. He proposes that an up-lifting emotional and aesthetic experience can affect our mood, soothe nerves, promote health and inspire us to overcome the challenges of life. This kind of inspiration is becoming almost necessary for us living in the turmoil of today's world. He encourages us to notice the beauty around us: the sun, the moon, trees, clear streams, art and others, and he goes on to say these are the things that can bind us together on this earth.



Marek Says: If intermittent fasting proves too difficult to manage, another equally effective way of losing or controlling your weight is to reduce the sheer size of your plates and cutlery. Many studies have shown that you will lose weight even if your dietary choices are high in calories, provided that you simply eat out of smaller plates and bowls. This tricks your brain into thinking that you had a plateful of your favourite food, while leaving you deceptively satiated.

Mandey dit: L'été est là et il va faire super chaud !! En effet, il y a un dome de chaleur dans l'hémisphère nord. Que faire alors cet été au frais et à la maison ? Je vous recommande d'étudier le site web ljourlactu.com ou nippon.com C'est idéal pour apprendre l'actualité facilement. Entre coup de chaleur et coup de soleil, qu'allez vous faire pendant les vacances de Bon ? Personnellement. J'irai bien à la mer et visiter les petites îles pour trouver un coin de fraîcheur. La montagne aussi est un bon moyen d'éviter la canicule. Bon été à tous.



ACROSS

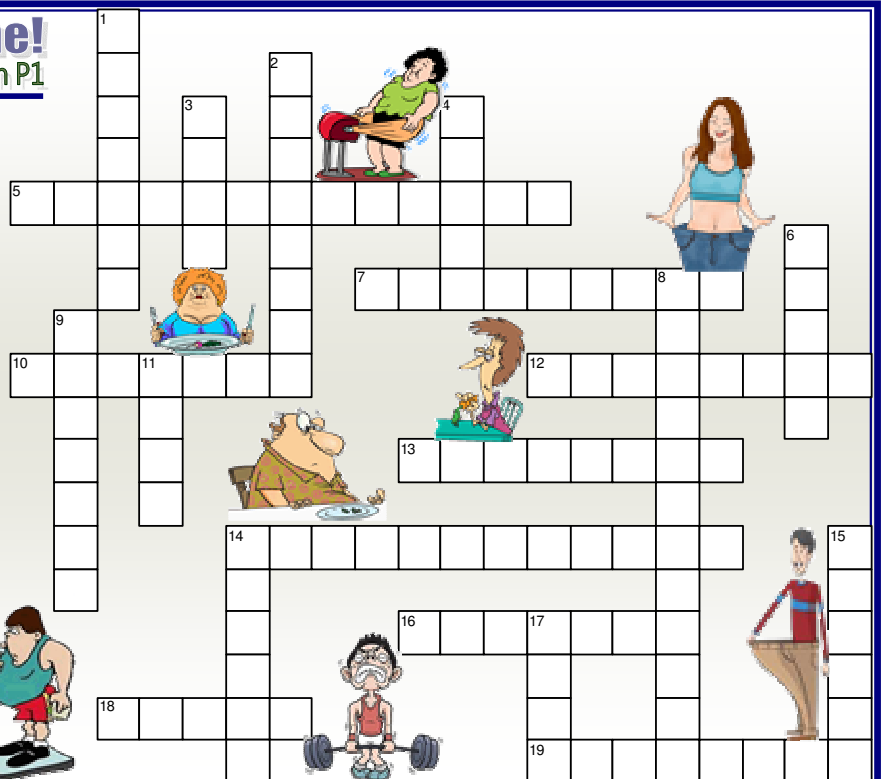
- 5 matching, going together well
- 7 changed from one state to another
- 10 blowing hard and loudly
- 12 forced to leave
- 13 amount that can be contained
- 14 unchanged, maintained
- 16 repelently disgusting
- 18 express indirectly
- 19 turn away from

DOWN

- 1 best, most favorable
- 2 taking off weight
- 3 large in mass
- 4 small part of a substance
- 6 force to leave
- 8 solutions that conduct electricity
- 9 forcefully exhaling
- 11 go without food
- 14 pleasing to look at
- 15 suppose, guess
- 17 to remove

Play A Game!










Find the answers on P1



([print version here](#))

In the box below there are 10 words you probably have never heard before. See if you can match the definitions with the words in the box— not easy!

Tines - Phloem Bundles – Minimus – Glabella – Frisson – Lacrimal Caruncle – Interrobang – Dysania – Petrichor - Aglet

- The space between your eyebrows and just above your nose: _____ 
- Your little toe (your “pinky”): _____ 
- The prongs on a fork: _____ 
- The chills or tingles you get from listening to really inspiring music (and other things): _____ 
- The stringy-like things you get when peeling a banana: _____ 
- The scent of rain on dry earth: _____ 
- The small plastic or mental tip of a shoe-lace: _____ 
- ?!** The combination of a question and explanation mark: _____
- The small pink nodule in the corner of your eye: _____ 
- Not wanting to get out of bed in the morning: _____ 

Don't worry if you can't get any of these correct, even native-speakers of English would be stumped. Here are the answers for when you give up!

1. Glabella 2. Minimus 3. Tines 4. Frisson 5. Phloem Bundles 6. Petrichor 7. Aglet
8. Interrobang 9. Lacrimal Caruncle 10. Dysania



Last Month's puzzle Solution

ACROSS

- move into an area and settle
- killing in large numbers
- complete physical change
- completely, totally
- baby frogs
- breaking into small pieces
- live on land but breed in water
- move or act faster
- gradually decreasing

DOWN

- continuously troubled or annoyed
- glaringly vivid
- concealment or disguise
- immerse briefly in liquid
- relation to water
- alteration in form or shape
- concerning animal and plant life
- to do with the land
- a protective bodily secretion
- having spots or patches of color
- emerge from an egg



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