Crass Call

CROSSROADS Janguage Studio's Newsletter August, 2024



August this year, in the opinion of yours truly, has been particularly overbearing, with oppressive temperatures during the national summer holiday. It seems that each year it becomes ever so slightly more difficult to stay cool and protected from the scorching sun. This phenomenon is being felt across the globe, especially in big cities, with buildings and shiny surfaces of steel and glass further amplifying the impact of the sunlight.



If you can bake muffins and pizza in your car, then it's that time of the year when we must seriously address how to protect ourselves from harmful UV rays and soaring temperatures.

There are a number of ways to stay cool, which we do instinctively, or follow the wisdom of our parents or medical professionals.

When the temperature out in the open rises above 36'C, our body will begin to sweat considerably, trying to radiate the heat through a wet skin. Wiping off the sweat reduces the effectiveness of the cooling process, and the skin will almost immediately get covered in a new layer of sweat. Instead, it is advisable to manually spread the sweat all over the skin and create a uniform layer of moisture.

Eating food with high water content will replenish lost water and minerals in the body. Spicy food will also induce more sweating, which will promote the cooling process.

We should try to keep that moisture close to the skin as much as possible, by wearing loose-fitting garments, preferably made of man-made fabric such as polyester, which will vent the heat and excess moisture more efficiently than cotton. As for the colour of the clothes, there is hardly any difference in absorbing and reflecting light between light and dark colours, as long as you don't wear tight-fitting clothes. Once you survive an onslaught of the sun on your skin, and you're ready for bedtime, at 30°C, the same principle applies. Creating a microclimate around your body with loosely fitting pyjamas or a light sheet will ensure that your body has a chance to maintain a core temperature throughout the night. Further circulating the air in the room with a fan also helps.

In Japan, the ability to stay cool is impeded by high air humidity, which doesn't "accept" our moisture readily, thus often leading to heat exhaustion and in turn heatstroke.



Needless to say, it is vital to stay hydrated at all times, especially in the middle of the summer when we should consume around 2-3 litres of water a day (regardless of whether you feel thirsty!), with an addition of salt and sugar, to lock that water in our blood stream.

Stay safe out there!

Article by Marek

Not Nows

NET LESSONS: Too busy to come to CROSSROADS?

.... Try our lessons on the net!

<u>More tips</u>: https://www.redcross.org.uk/stories/health-and-social-care/first-aid/beat-the-hot-weather-top-tips-for-staying-cool

Some Thoughts for the Month



<u>Joshua Says</u> Are you reading enough – English, that is? Again and again, I come across the advice of professionals in the language teaching profession who recommend reading (and listening) to as much as you can in the language you are studying in your spare time. I have been advising our students in the same way for years, and the value of doing this kind of extra work at home cannot be underestimated, So, get some material you are interested in and read!

<u>Junko Says</u>: Reading is always a very good way to train your overall skills in English and, of course, improve your vocabulary. If you enjoy the story you are reading, the easier it is to immerse yourself in the English also. So, I would like to suggest you read very well known Japanese stories such as "Spider's Thread", etc. As you already know the stories, you will have an easy time reading them. You can find many free English translations on the Net.

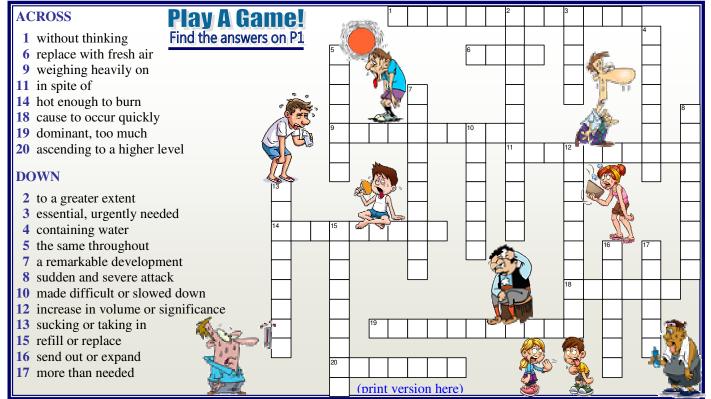




<u>Marek Says</u>: On weekends, I often go outdoors, riding my motorbike for many hours or hiking in the mountain forests. I always make sure that my body is adequately protected from harmful UV rays and, instead of using a sunscreen, I wear long-sleeved shirt, wide-brimmed hat, neck muffler (that also covers my face and ears), gloves and sunglasses. That way, I can stay out in the sun for extended periods of time and fully enjoy my pastimes.

Mandcy dit: Récemment, on me demande souvent comment augmenter rapidement son niveau en français. Je pense que la méthode la plus rapide est la méthode du " bain de langues". C'est à dire qu'il faut s'immerger dans la langue française. En ce moment, il fait très chaud, alors, nous restons à la maison pour nous rafraichir. Je recommande de regarder quelques sitcoms en langue française comme "fais pas ci, fais pas ça", "Astrid et Raphaëlle", "dix pour cent", "Lupin", "Balthazar", "the 7 lives of Lea", et enfin "Vortex". Joyeux éte.





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American or British English? The words highlighted below are a mix of both. Next to each word write "US" if you think the word is American and "UK" if you think it's British.

Joan lives in a <i>flat</i> <u>UK</u> . She is a <i>second year undergraduate</i> at <i>college</i>
and also works part-time in a <i>drugstore</i> that is located <i>downtown</i>
She uses the $tube$ to commute to work every day. Because it's summer, she
doesn't wear a <i>jumper</i> and she prefers to wear <i>sneakers</i> or <i>pumps</i>
when it's hot, even though her boss disapproves. She has a <i>fringe</i> , and she
always wears a <i>hairslide</i> no matter what the weather is like. She loves to
munch on a bag of <i>chips</i> or some <i>cookies</i> while commuting to work, and
she always keeps her <i>mobile</i> phone with her wherever she goes.

Here are the U.S. or U.K. equivalents for the words featured in the passage above. Fill in the words from the passage to pair them up.

1. apartment _	flat
2. chemist's	

- 3. biscuits
- 4. sweater
- 5. crisps _____
- 6. trainers _____
- 7. sophomore ____



8. cell _____

9. barrette _____

10. subway ______

12. centre

13. court shoes

14. bangs _____

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Last Month's Puzzle Solution

ACROSS

- 2 separate into parts
- 5 a large landmass
- 6 equivalent to
- 8 of equal weight or force
- 10 excite or tease
- 12 thinking logically
- 14 outer layer of the earth
- 16 meet, usually by chance
- 18 speculate without practical proof
- 19 not completely
- 20 controlling influence

DOWN

- 1 relating to cooking
- 1 very large
- 3 well known, usually unfavorably
- 4 decided with no doubt
- 7 clarify by example
- 9 half of the globe
- 11 the study of rocks
- 13 study of the earth's surface
- 15 a standard for measuring
- 17 vague idea

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