

CrossWalk

CROSSROADS Language Studio's Newsletter August, 2025



Summer in southern Japan is in full swing, and so is the routine of walking outside and instantly swimming inside your clothes. The air is thick, the sun is strong, and your shirt sticks to your back before you've even reached the nearest bit of shade – it's the "blessing" of subtropical summer, where sweat, humidity, and mould all seem to be having a party, and you're the unwilling guest.

So, how do we stay fresh, clean, and comfortable in this steamy climate without turning into obsessive germ-hunters? Let's take a closer look at personal hygiene in a way that's practical and simple.

Sweating is natural and it helps cool our bodies down. But when sweat mixes with bacteria on our skin, it can lead to body odour. The good news? You don't need to shower five times a day to smell good. A gentle shower once or twice a day, especially after sweating, is usually enough. Use mild soap, and focus on areas like armpits, feet, and groin. These are the "hot zones" where odour likes to hang out. Wearing clean clothes is just as important. In humid weather, sweat gets trapped in fabric, and bacteria love that. So, change your clothes daily, especially underwear and socks. It's also a good idea to iron your clothes and bedding after washing, to eliminate any residual moisture in the fabric and prevent mould from slowly building up.



In hot, sticky weather, heavy makeup can melt faster than ice cream on a beach, so try lighter products or go makeup-free when possible. Your skin will thank you. For hair, consider styles that keep it off your neck, like ponytails or buns. Not only do they help you stay cooler, but they also reduce sweat build-up on your scalp.

Personal hygiene isn't just about your body, but also about your environment. In humid places like central and southern Japan, mould is a sneaky enemy. It loves damp bathrooms, sweaty clothes left in laundry baskets, and even your bed. To fight mould, wash your bed-sheets once a week. Sweat and skin oils build up fast in summer. Keep your bathroom dry by opening a window and doors after showers. Don't leave wet towels or clothes lying around, and hang them up or wash them right away. Also, clean your washing machine drum and bathroom walls regularly, since mould can grow in hidden corners.

Good hygiene doesn't mean scrubbing yourself like a potato every hour. It means being aware of your body and your surroundings. If you're clean, comfortable, and not offending anyone's nose, you're probably doing just fine. And remember – everyone sweats. Everyone has bad hair days. Everyone forgets to wash their sheets sometimes. The goal isn't perfection. It's feeling fresh, staying healthy, and not letting the summer heat turn you into a walking sauna. So, grab that towel, wash that shirt, and give your bathroom a quick wipe.

And lastly, don't forget to stay hydrated at all times!

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

For some tips about personal hygiene, go here:

<https://www.isavta.co.il/en/blog/Bathing-and-Hygiene-Tips-During-the-Summer-Months>

See if you can finish the following sentences with the correct phrases:

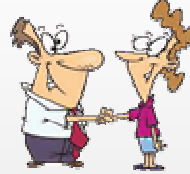
I know you don't like opera, but I got some free tickets so we...

- A)...*can as well*.
- B)...*must as well*.
- C)...*may as well*go.



Your best friend will always be there to help you...

- A)...*no matter what*.
- B)...*no matter which*.
- C)...*no matter how*.



I moved to Matsuyama last year, and life has been great...

- A)...*ever after*.
- B)...*ever since*.
- C)...*ever more*.



I can't promise he'll listen to me, but I'll...

- A)...*see what I can do*.
- B)...*see what I should do*.
- C)...*see what I will do*.



My daughter said I should take an umbrella, and...

- A)...*just as well*
- B)...*just as good*
- C)...*just as lucky* too ... It started to pour while I was out.



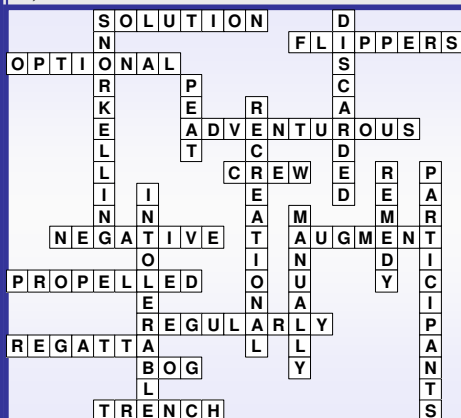
I'm going to cut back on alcohol, so...

- A)...*for now on*
- B)...*from now on*
- C)...*since now on* I'm only going to drink light beer.



In small villages, people survive by helping...

- A)...one another
- B)...one or the other
- C)...one other



ACROSS

- 1 a way to solve a problem
- 3 foot-wear for swimming
- 4 possible but not necessary
- 7 bold, daring
- 8 people who man a vehicle
- 13 harmful
- 14 enlarge, add to
- 15 caused to move
- 16 occurring at fixed intervals
- 17 an event for racing boats
- 18 wet spongy ground
- 19 a long ditch in the ground

Last Month's puzzle Solution

DOWN

- 1 swimming with a tub for breathing
- 2 thrown away
- 5 carbonized vegetable matter
- 6 for refreshing, relaxing
- 9 solution
- 10 sharing in a group activity
- 11 unbearable, not endurable
- 12 by hand



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