

めざせ 1 級！ 英語上級者への道 ～Listen and Speak II～

第 5 回 日焼け止め

Script

■ Dialogue for Introduction

T: Hi, Edward! Nice to see you!

E: What a surprise! I didn't know you were a patron of this pharmacy.

T: I really don't usually come here, but they are offering a sale on sunscreen.

E: Sunscreen? In this season?!

T: Well, people do travel to warmer parts of the world on holidays. For myself, I'm heading to Tahiti!

E: Ahh...Gauguin country!

T: Indeed! Lovely ocean views, but the ozone layer is getting thinner and thinner. I think I should protect my skin from those harmful solar rays. I'm not getting any younger and already have enough wrinkles as it is. Hence, the sunblock!

E: You worry too much. Nature intended for us to bask in the sun. Just use some common sense and you'll be fine. Actually, it is the sunblock itself that should worry you!

T: What do you mean? Sunblock has been proven to filter out harmful ultraviolet light. How is it unsafe?

E: Tets, as usual I must ask you to listen to this month's passage. Following that, you can make a more informed decision about using sunscreen products.

T: OK! If you say so.

E: Now, let's begin, shall we?

T: Yes, before this drugstore closes!

■ Listen to the passage and answer the two questions that follow.

Sunscreen (2013-1-pre1st C, QNo.17, 18)

Every summer, people apply sunscreen to their skin before spending time in the sun. However, in the U.S., sunscreen manufacturers often make exaggerated claims about their products because sunscreen is not regulated by the Food and Drug Administration. As a result, using sunscreen can give people a false sense of security, causing them to stay in the sun longer than is safe. People also forget to reapply sunscreen as often as is necessary, which limits its effectiveness.

A further problem with sunscreen is that it breaks down when exposed to sunlight. When

this happens, some of the chemicals released can harm the body. Many sunscreens contain vitamin A, for example, which is added because it slows the aging of skin. A recent study, however, suggests that vitamin A may increase the risk of skin cancer when absorbed through the skin.

【Questions】 Answer the following 2 questions, spending 30 seconds on each.

No. 1 (No.17) What is often true of sunscreen manufacturers?

No. 2 (No.18) What is one problem with many sunscreens?

(The choices below are just for reference.)

- No. 17
- 1 They ignore the Food and Drug Administration's regulations.
 - 2 They make their products sound better than they are.
 - 3 They do not reveal what is in their products.
 - 4 They do not give instructions for using their products.

- No. 18
- 1 They may cause the skin to age.
 - 2 They block the action of vitamin A.
 - 3 They may be harmful to the skin.
 - 4 They do not contain enough vitamin A.

■Let's study vocabulary and expressions

Listen to my Japanese and repeat after Edward

1	AをBに塗る	apply A to B
2	大げさな主張、宣伝	exaggerated claim
3	規制する	regulate
4	(アメリカの)食品医薬品局	the Food and Drug Administration
5	安心感	sense of security
6	有効性	effectiveness
7	さらなる、追加的な	further
8	AをBにさらす	expose A to B
9	放出する	release
10	悪影響を与える	harm
11	老化	aging
12	発癌の危険性	risk of cancer
13	吸収する	absorb

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■ **Repetition and Interpretation Drill**

The passage is read with pauses and Japanese interpretation.

- 1) Repeat during each pause. Practice again and again until your repetition becomes perfect.
- 2) Listen and interpret during the pauses. You should finish your interpretation before the model interpretation starts. Practice again and again.
- 3) Shadowing and Interpretation. While listening to English, shadow the part in English. During the pauses, interpret into Japanese.

Sunscreen

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before spending time in the sun.

However, in the U.S., /

sunscreen manufacturers often make exaggerated claims about their products/
because sunscreen is not regulated by the Food and Drug Administration. //

As a result, using sunscreen can give people a false sense of security, /
causing them to stay in the sun longer than is safe. //

People also forget to reapply sunscreen as often as is necessary, /

which limits its effectiveness.//
A further problem with sunscreen is /
that it breaks down when exposed to sunlight.//
When this happens, /
some of the chemicals released can harm the body. //
Many sunscreens contain vitamin A, for example, /
which is added because it slows the aging of skin. //
A recent study, however, suggests /
that vitamin A may increase the risk of skin cancer/
when absorbed through the skin.

■ Model answers

Listen to the models and compare with your answers

T: Now Edward, what are your answers? No.1: 'What is often true of sunscreen manufacturers?'

E: Sunscreen manufacturers often overestimate the effectiveness of their products while remaining silent on some of their negative side effects.

T: Thank you. What is your answer for question No.2: 'What is one problem with many sunscreens?'

E: Sunscreens can break down over time, releasing chemicals, which may be physically harmful.

T: Thank you.

■ Challenge 1

T: Now, Edward is going to make a statement about the article. Please express your agreement or disagreement with this statement. You should continue to speak for at least 30 seconds.

E: This sunscreen should be recommended for use even on cloudy days. It contains vitamin A, which is always good for our complexion.

E: Model

Now, let's listen to Tets. He will show you a model. Listen and compare with your answer.

T: It is true that taking vitamins is good for our health. If you want to stay fit, you should take

an appropriate amount of vitamins every day. However, when vitamin A is absorbed through the skin in high doses, it can actually be harmful. In addition, sunscreen is not regulated by the FDA. This allows manufacturers to make exaggerated claims about the efficiency of their products. We should exercise caution in their use.

■ Challenge 2

E: Please listen. Disagree with the following statement for at least one minute. Your statement should include some points introduced in the passage that you have listened to. Ready?

T: Though the production of CFC's has halted and the pace of ozone layer destruction has been slowed, we have to be careful about dermatological damage caused by exposure to sunlight. Most experts agree that harmful rays of the sun can cause skin cancer. We should apply sunscreen whenever we go outside. An added benefit is that the vitamin A contained in the sunscreen slows the aging of our skin.

T: Model. Now let's listen to Edward. He is going to show you a model. Listen and compare with your statement.

(Model)

E: You are right to some extent. However you should also consider the risks inherent to the use of sunscreen.

First, as most sunscreens are not regulated by the FDA, some manufacturers make exaggerated claims about their products. Such claims give people a false sense of security, and they may tend to stay too long in the sun even after the sunscreen breaks down and loses its protective power. Second, though sunscreens are effective in protecting our skin from ultraviolet rays, we should know that they eventually break down, releasing chemicals that may harm our skin. Third, many of these products contain vitamin A, which is believed to slow down the aging of our skin. However, vitamin A, when it is absorbed through skin, may be harmful. The point is that you should not be overly trustful of sunscreen.

■ Closing Dialogue

E: What do you think of sunscreens now, my Tahiti-bound adventurer?

T: I will buy some anyway...but I shall exercise caution. I suppose I should reapply it often.

E: Oh, yes. Every hour or so seems best. Read the precautions and take the claims of efficiency with a grain of salt.

T: Good advice, Edward!

E: Anything related to our physical well-being is worth thinking about. After all, we are given only one body.

T: So true – and that single body has to last a lifetime!

E: Still, I'm envious of your trip to Tahiti. How about putting me in your suitcase?

T: Sorry, but I'm going to fill it with sunscreen!

E: Well, enjoy your time in paradise!

T: Until then:

T&E: See you next time!

★講師陣プロフィール★

◇中西 哲彦 (Tets Nakanishi)

日本福祉大学国際福祉開発学部准教授、アルファ英語会顧問、NPO 愛知善意ガイドネットワーク理事。

愛知教育大学出身。三重県立高校、大手英語学校を経て、現在、小学生～社会人まで幅広い層を対象に英語を指導している。英検セミナー派遣講師として各地の特別授業や英語教育セミナーにて活躍。2007年度まで、5年間にわたって三重県英語教員集中研修講師も務めた。

◇エドワード・スクラグス (Edward Scruggs)

テネシー出身。比較文学の分野で博士号、音楽の分野で修士号。

翻訳、英語教授に大活躍し、現在、相山女学園大学国際コミュニケーション学部准教授を務めるほかアルファ英語会(津市)アドバイザーとしても活躍中。