

## 英語上級者への道～Listen and Speak

### 第8回 アルツハイマーとともに生きる

#### Script

#### ■Dialogue for Introduction

E: Tets, you often travel to other places and meet teachers.

T: True. I am often invited to seminars and training programs for teachers. Last year, one concern of high school teachers was the new guidelines for English classes here in Japan. The classes should now be taught IN ENGLISH!! As a result, I had more occasions to give lectures and workshops using English exclusively.

E: That's a groundbreaking innovation in teaching English here, isn't it?

T: Right. 'English classes should be basically taught in English. This concept does not mean using English itself is important but the focus is on how to enhance students skills in four areas, specifically: speaking, listening, reading and writing.

E: I see. If teachers merely stand and deliver lectures, explaining grammar and sentence structures all in English and students just listen and take notes, students will miss a great chance to nurture skills in "living English". This should not happen. Teachers should be more careful about including interactive activities in English. This will create a "culture of English" in the classroom.

T: Ahh! A culture of English in the classroom is becoming an important catch phrase, isn't it? But honestly speaking, it is more tiring for me to give seminars and training programs completely in English.

E: Of course. When you are speaking a foreign language, your brain activity is much higher. But do you know Tets, it may very well protect you against... well, you haven't reached that age yet.... but, the emergence of the symptoms of Alzheimer's disease.

T: That is good news! The passage is all about that so let's stop here and move on.

E: Good idea. Everyone, are you ready.

T&E: Here we go!

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

#### Living with Alzheimer's 【2012-1 1st】

The benefits of learning another language may go beyond expanding career opportunities or having multicultural friendships. A 2010 study showed that bilingualism can delay the appearance of symptoms of Alzheimer's, a brain disease that affects many older people. Symptoms of Alzheimer's include memory loss, reduced problem-solving ability, and confusion. A team at the Rotman Research Institute in Ontario, Canada studied the records of 200

patients diagnosed with Alzheimer's, about half of whom were bilingual. They found that symptoms emerged on average four to five years later in the bilingual patients.

The leader of the team, Ellen Bialystok, stresses this does not mean the bilingual patients got Alzheimer's later. What is happening, she says, is that bilingual patients are better at dealing with the effects of Alzheimer's and continuing to function normally. The human brain has a kind of "central control system" that helps it concentrate on relevant information and ignore distractions. When bilingual people speak, their brain recalls words from both languages, and the control system selects which one to use. Bialystok believes that because bilingual people use this control system more, its efficiency improves, providing protection against the symptoms of Alzheimer's.

### **【Questions】**

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

No. 1 What did the 2010 study suggest about Alzheimer's?

No. 2 What does Ellen Bialystok believe about bilingual people?

(The choices below are just for reference)

No. 1

- 1 Its effects are initially not noticeable in bilingual patients.
- 2 It causes severe memory loss in bilingual patients.
- 3 It is particularly common in certain parts of Canada.
- 4 It has little effect on the ability to learn languages.

No. 2

- 1 They revert to a single language when they get Alzheimer's.
- 2 Their brain does not use its central control system.
- 3 Measures can be taken to prevent them from getting Alzheimer's.
- 4 Part of their brain shows enhanced performance.

### ■Let's study vocabulary and expressions

Listen to my Japanese and repeat after Edward.

1	～以上のことをする	go beyond
2	就業チャンス	career opportunity
3	2か国語を使う能力	bilingualism
4	問題解決能力	problem-solving ability
5	(記憶、精神の)混乱	confusion
6	～と診断される	diagnosed with ~
7	現れる	emerge
8	～に対応する	deal with ~
9	正常に機能する	function normally
10	中央制御システム	central control system
11	関連情報	relevant information
12	邪魔なもの	distraction
13	思い出す	recall
14	性能、能力	efficiency

### ■Listen to the passage and once more answer the two questions that follow

#### Living with Alzheimer's 【2012-1 1st】

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The leader of the team, Ellen Bialystok, stresses this does not mean the bilingual patients got Alzheimer's later. What is happening, she says, is that bilingual patients are better at dealing with the effects of Alzheimer's and continuing to function normally. The human brain has a kind of "central control system" that helps it concentrate on relevant information and ignore distractions. When bilingual people speak, their brain recalls words from both languages, and the control system selects which one to use. Bialystok believes that because bilingual people use this control system more, its efficiency improves, providing protection against the symptoms of Alzheimer's.

## **【Questions】**

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

No. 1 What did the 2010 study suggest about Alzheimer's?

No. 2 What does Ellen Bialystok believe about bilingual people?

## **■ 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.

## **Living with Alzheimer's**

The benefits of learning another language /

may go beyond expanding career opportunities or having multicultural friendships.//

A 2010 study showed /

that bilingualism can delay the appearance of symptoms of Alzheimer's, /

a brain disease that affects many older people.//

Symptoms of Alzheimer's include memory loss, /

reduced problem-solving ability, and confusion.//

A team at the Rotman Research Institute in Ontario, Canada /

studied the records of 200 patients diagnosed with Alzheimer's, /

about half of whom were bilingual. //

They found that symptoms emerged on average /

four to five years later in the bilingual patients.

The leader of the team, Ellen Bialystok,

stresses this does not mean the bilingual patients got Alzheimer's later.//

What is happening, she says, /

is that bilingual patients are better at dealing with the effects of Alzheimer's /

and continuing to function normally. //

The human brain has a kind of "central control system" /

that helps it concentrate on relevant information and ignore distractions.//

When bilingual people speak, /

their brain recalls words from both languages, /

and the control system selects which one to use.//  
Bialystok believes that because bilingual people use this control system more,/  
its efficiency improves,/  
providing protection against the symptoms of Alzheimer's.//

### ■ Model Answers

Listen to the models and compare with your answers.

T: Now Edward, what are your answers? No.1, 'What did the 2010 study suggest about Alzheimer's?'

E: It states that bilingualism can delay the appearance of symptoms of Alzheimer's.

T: Thank you. How about No.2. 'What does Ellen Bialystok believe about bilingual people?'

E: She believes that because bilingual speakers use a special type of language control system, they may be more protected against Alzheimer's disease.

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: Bilingualism may damage your brain. When one is speaking in a foreign language, that person feels a sense of irritation and frustration. Is it true that the more you speak in a foreign language, the more you are likely to suffer from Alzheimer's?

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

T: No. To the contrary, bilingualism can delay the appearance of symptoms of Alzheimer's. A research team in Canada studied the records of 200 patients diagnosed with Alzheimer's. Half of them were bilingual. The symptoms of the disease appeared much later in the bilingual patients, than in those who were not bilingual.

## ■ 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: I heard that a study shows that symptoms of Alzheimer's appeared four to five years later on average in bilingual patients. Does it mean that they got Alzheimer's four or five years later?

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

E: No. It doesn't mean they get Alzheimer's later. It is just that bilingual patients are better at dealing with the effects of Alzheimer's and their brains continue to function normally. When bilingual people speak, their brain recalls words from both languages, and the control system in their brain selects which one to use. In this way, the control system in the brains of bilingual people are put to more use. It becomes more efficient. The efficiency of the system improves and provides protection against the symptoms of Alzheimer's.

## ■ Closing Dialogue

E: It was nice to learn more about the benefits of bilingualism.

T: It is irritating to recall some words and search for better expressions in English but this passage encourages me. Ahh...by the way Edward, how many languages do you speak? I know you have French and German.

E: Well...yes. I also have a bit of Hungarian. WOW!

T: What?!!

E: With so many languages maybe I'll live forever!

T: Ahh...Dream on my friend.

E: I'm kidding! But it is nice to know we have a fringe benefit in speaking another language!

T: Well said!

E: And on that note:

T&E: SEE YOU NEXT TIME!!