



DIALD

AUGUST

News Letter

Building English Knowledge Fact-Opinion-Belief

How long will you live?

Longevity, the time period during which life exists, varies for species to species. For example: the brief lifespan of adults Mayfly is only 30 minutes with a maximum life expectancy of a single 24 hour day. Just enough time to say “Good morning and Good night”.

The shortest lifespan among mammals however is the house mouse which lives for 3 – 4 years; which I find far too long for my liking (you see, I don't like rats or mice). In contrast, an Aldabra tortoise was reported to have lived for an estimated age of 250 years. However, on October 2007, a clam caught off the coast of Iceland was discovered to be at least 405 years old.

So, how do we humans fare in the longevity pool compared to our other animal counterparts?

Well that varies depending on the country. In the U.S., the average life expectancy is 78 years while here in Thailand it's 72.5 years. The world average is at 65.8. Women have sometimes as much as a 10 years survival advantage over men. (*Perls, T., Fretts, R., Harvard Medical School*).

Studies find diet and proactive life style can protect and slow aging at the cellular level. Diets high in fruits, vegetables, whole grains, olive oil, and fish significantly lowers the risk of obesity, elevated blood sugar, increased blood pressure, and other factors that raise your risk of heart disease and diabetes.

Other clues to an extended lifespan come with maintaining a sense of purpose in your life; and making and choosing your friends wisely. Analysis of results from 148 studies supports the link between plentiful social connections and longevity.

Now there's scientific evidence that napping may help you live longer. Researchers think naps might help your heart by keeping stress hormones down. It is also noted that heart disease is less common in moderate drinkers than in people who don't drink at all. But if you don't drink, don't start. There are many other ways of protecting your heart and live a longer fruitful life.

Adapted from WebMD health@messages.webmd.com

FIGURES OF SPEECH



-to get along-

[to do, succeed, make progress] (a state of feeling or emotions, or stage of progress)

Example:

1. Pornsak is **getting along** well with his thesis proposal.

พรศักดิ์ก้าวหน้าได้ดีกับการเขียนวิทยานิพนธ์ของเขา.

2. How is Jenni **getting along** in her new job?

เจนนี่ได้รับความสำเร็จในงานใหม่ของเธออย่างไรบ้าง?

Grammar Attack

Do you understand?

PRESENT PERFECT CONTINUOUS

Used for continued actions that began in the past.

Used to refer to an *unspecified time* between 'before now' and 'now'.

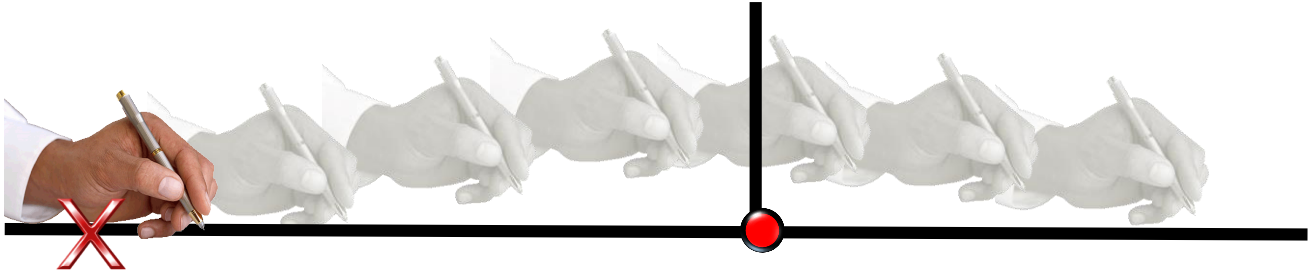
It shows that something started in the past and is ongoing.

Plants *have been growing* in the soil.

The seeds that we planted for the past few years have produced a healthy crop.

Present Perfect Continuous (A)

This tense is used to describe the duration of an action that began in the past and continues into the present.



Started writing
in 2016

Past

Future

We **have been writing** our memoirs for a year now.

(We are still writing.)

Present Perfect Continuous (B)

This tense is also used to describe events that have been in progress recently and are rather temporary.



Past

Future

They **have been repairing** the power lines for hours; the electricity should return soon.

Forming the Present Perfect Continuous

Subject + **HAS/HAVE** + **BEEN** + Verb (continuous form)

*She has been (reading) (procrastinating)
(talking) (researching)*

She **has been working** on this project for a year now.

Vocabulary Build

lip/o		fat	lipase, lipid, lipopeptide, lipectomy	She went through a lipotropy treatment to lose weight.
			Liposuction - the mechanical removal of fat reserves in the tissue.	
lith-/o-		mineral, stone, fossil	monolith, lithodome, lithium, lithotype	Only a small fraction of a limestone slab is suitable for lithography.
			Monolithic - massive, solid, and uniform; stonelike.	
log-	logo-	word, doctrine, discourse	catalog, prologue, dialogue, logarithms	They're creating a catalog of the experiments as they do them.
			Monologue - a long speech by one speaker.	
macro-		large, great	macrobiotics, macroevolution, macromolecule, macron	Results showed that the macrostructure depend greatly on the applied withdrawal rate.
			Macroeconomics - study of the overall forces of economy.	
mal-/e-		bad, ill, wrong	malcontent, malicious, malpractice, malfunction	The malnutrition rate remains at around 17 per cent.
			Malaria - a disease thought to come from "bad swamp air" but spread by the mosquito.	



Rebus Puzzle

-a kind of word puzzle that uses pictures to represent words or parts of words-



Answer to last month's riddle: What is the answer to this Brain Teaser riddle?



“ 4 inside of the stance stance”= for instance

Used when you are offering an example of an idea.

There are a number of ways to improve your English skills if you are planning to study abroad; *for instance*, you need to practice reading more.

What is the word or phrase expressed in the following rebus puzzle?



(The answer to the Puzzle will be in the next issue.)



Life is a long lesson in humility.

-James M. Barrie

ชีวิตเป็นบทเรียนยาวที่สอนเราความถ่อมใจ