

KIRITAKA English Journal Vol.10

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- The Advantages of English-English Dictionary -



How many KIRITAKA students use an English-English dictionary? I strongly recommend you to use one! I'll show you some reasons below.

When you want to know the differences of the definitions(=meanings) of words, an English-English dictionary is useful and effective for you to learn.



For example, all of you know two English words, "mouse" and "rat" that mean "nezumi" in Japanese, but how many KIRITAKA students know the difference between them?



House Mouse



Norway Rat



When you look up the word "a mouse" in an English-English dictionary, you can get a definition (=a meaning) in English like this; "a small furry animal with a pointed nose and a long tail that lives in people's houses or in fields".

On the other hand, when you look up the word "a rat" in an English-English dictionary, you can get a definition in English like this; "an animal that looks like a large mouse with a long tail".

As a result, you can get the information of the differences between them; "small" or "large". Besides, you can guess differences like "furry" or "no fur", "a pointed nose" or "not a pointed one" and "one that lives in people's houses or in fields" or "one that does not live in people's houses or in fields". Of course, these guesses are not always correct, but you can understand the differences of the images of each word.

How about the differences between **expect**, **predict** and **anticipate**? See below!

Expect: to think or believe that something will happen because it seems likely or has been planned

Predict: to say that something will happen, before it happens

Anticipate: to think or believe that something will happen and be ready for it

Moreover, how about the differences between **trash**, **rubbish**, **garbage**, **litter** and **waste**? See below!

Trash: things that you throw away, such as empty bottles, used papers, food that has gone bad etc.

Rubbish: food, paper etc. that is no longer needed and has been thrown away

Garbage: waste material, such as paper, empty containers, and food thrown away

Litter: waste paper, cans etc. that people have thrown away and left on the ground in a public place

Waste: waste material, substances etc. are unwanted because the good part of them has been removed

Furthermore, I would like you to understand the differences of the definitions of the words between "chew" and "bite". If you **chew** gum or tobacco, you keep biting it and moving it around your mouth to taste the flavor of it. You do not swallow it. If you **bite** something, you use your teeth to cut into it, for example in order to eat it or break it. If an animal or person bites you, they use their teeth to hurt or injure you. How about the differences between "spit" and "vomit"? Anyway, don't use the word "vomit" instead of the phrase "breathe out"! Why don't you consult your English-English dictionary in your electrical dictionary for the differences?

★ KT's Power Song ★

This time, I'll introduce a video clip of a song which can give you some bittersweet feelings for your high school days. In my case, I've been feeling nostalgic for my high school days. This song might remind you of some specific bittersweet memories. I like his gentle low tone voice, which I hope can relieve any pain in your heart, especially when you cannot do something well in spite of your great effort. <https://youtu.be/7O28SCOyqIM>

Especially, I would like to insist that English learners like you should understand English through English without translating English into Japanese! English-English dictionaries can give you a way to explain something in English! Why don't you make it a rule to use one when you want to know the differences of some English words, and learn to explain something in English more?

I hope the KIRITAKA English Journal will be accepted by you! (Toru Hoshino)



Kiwi Corner



In this article of Kiwi Corner, I'd like to introduce a special person to you. She is a very famous lady. She is the ruler of New Zealand, and many other countries around the world. And she is 96 years old! Can you guess who she is? Her name is Elizabeth Alexandra Mary Windsor, or as most people know her,

Queen Elizabeth II.



Prime Ministers Ardern and Kishida

Just like Japan, we have a prime minister. In Japan, your Prime Minister is Mr. Kishida Fumio. Ours in New Zealand is Ms. Jacinda Ardern (who actually visited Japan in April!). On the other hand, Queen Elizabeth II is the “head of state” (the leader) of New Zealand, although she doesn't actually have any effect on society.

Queen Elizabeth II is on the back of every coin in New Zealand however!



You may be wondering why I am writing about some old lady from the



Queen Elizabeth II in 1952

United Kingdom. Actually, the reason is that

Queen Elizabeth II has been the Queen of the

United Kingdom since 1952. That's right,

Queen Elizabeth II's face and name on every coin

over **SEVENTY** years! She is the longest serving

“head of state” in history, and has worked with 14

Prime Ministers of the United Kingdom. And she

celebrated this 70th anniversary (known as the “platinum” anniversary) from

June 2nd to June 5th.

Another interesting fact is that the Queen celebrates her birthday

many times each year! Her real birthday is **April 21st**, but her birthday is

celebrated on different days around the world. In New Zealand, for example,

her birthday is celebrated on **the first Monday of June** (this year would be

Monday 6th), while in the United Kingdom it is celebrated **on the second**

Saturday of June. These days become national holidays, just like the Emperor's birthday becomes a holiday

here in Japan.



Queen Elizabeth II today

Once more, I'd like to introduce to you a good song I know. This song is a bit old, but it is it is a very cheerful song. Its message is to keep thinking about tomorrow, and not worry about the past.

Give it a listen here: <https://youtu.be/7oZsyJgNVnQ>

(Liam Campbell)



The Joseph Article

The Health Benefits of Video Games!!



I'm sure that for many of us who have played video games in some form, we have heard our mom or dad say: "PUT DOWN THAT CONTROLLER AND GO OUTSIDE TO PLAY!" I heard that many times growing up, ha-ha. Of course, any activity such as running, physical training or playing sports will always be great for your body, but did you know that video games also have hidden health benefits that can improve our longevity as we grow older? Today, I'm going to share 5 of those benefits and 5 video games (or types of video games) that can help improve your health.

1. Playing games can enhance your memory.



As we age, it gets harder for us to remember things. However, people who played video games for half an hour a day – specifically games set in 3D worlds – saw an increase in their ability to remember things. Games that explore 3D environments require attention to detail and are great exercise for your brain. Just playing can make your memory better!

My recommendation: 龍が如く

This video game has a rich story and setting that takes place in Tokyo. There are many characters as well as many different quests and storylines for you to follow. The graphics of this game are great and there is a lot of detail in many things from the tall buildings to the tiny signs found all around the map.



2. Video games can actually *improve* your eyesight.

It was determined in a study in 2009 that playing action games boosts an ability called *Contrast Sensitivity Function*. In other words, it's the brain's ability to tell the difference between changes in color. This is the same ability that helps people be able to drive at night. Action games change colors quickly, improving your brain's ability to process color. In fact, playing action games after eye surgery or getting corrective lenses can actually help your eyes heal faster! These types of games are also said to improve the vision of individuals with cataracts.



My recommendation: Call of Duty

The Call of Duty games are so fast-paced that they require an extreme amount of attention. There is a lot of quick movement and action moving from one place to another. Many game modes within this series can help stimulate your vision.



3. Playing games can boost your coordination.

This health benefit is the easiest to understand. Many video games require fast reflexes in order to pass the current stage and proceed in many video games. The more experience you have playing a game, the faster your brain works. As you learn how to play a game, you can perform tasks in the game faster. **This muscle memory makes it easier to take knowledge and skills you've learned in a game and use them in other areas, too.**



My recommendation: Rhythm Games (Project Diva, Osu, Stepmania, etc.)

Rhythm games are the ideal example of how to boost your coordination. The timing you need in these games to get an 'S Rank' or pass the very hard stages of a difficult song needs to be excellent. There are many great rhythm games with great songs to help improve your coordination.



Video games can help you make better decisions.

This is the reason I most often use when explaining how video games are good for our health. A 2013 study determined that strategy **games could improve cognitive flexibility**. In other words, players who enjoy strategy and resource management games can multi-task and make better, quicker decisions. Time management, tower defense, and resource management games all **rely on strategic thinking**. Resource management games are especially important, because **they make you think about decisions similar to how you would every day at work**.



My recommendation: Turn-based strategy games (Shogun Total War 2, Civilization 6)

This game takes place in Japan during the Sengoku Jidai. You play as one of the Japanese clans (Takeda, Oda, etc.). Your goal is to control Kyoto and become the new Shogun of Japan. This game requires both military and economic strategy to be successful.

In Civ. 6, you play as a nation and must achieve victory in one of five ways. The wide variety of ways to win provides you with a fun challenge of setting yourself up for victory. This game is one that is difficult to put down once you start playing.



4. Playing games can reduce stress, help with depression and keep you happy.

A 2011 study showed that after playing casual games for just 20 minutes, patients showed the positive effects of play. Their hearts would race with excitement, and relax with calming music. Anecdotally, playing video games has been one of the best ways for me to relax and reduce stress.



My recommendation: Whatever makes you happy 😊

Video games and smartphone games can help us to relax and enjoy ourselves when we have some free time. So, make sure to choose a game that you will enjoy to give you the most relaxation and enjoyment!



Video games have come a long way since the 1970s and 1980s. Video games can help us use our imaginations and explore worlds we never thought possible. Even at 32 years old, video games give me the same enjoyment that they did when I was a child! I plan to continue playing them for a long time and I hope that you do too! 😊

(Joseph Miselis)