



English Teachers On Call

**"Remember the rule of thumb –  
imagine your audience naked."**

## LESSON 15

### NICOLE PRACTICES HER ELECTION SPEECH

*Nicole is running for student body president. She must give a speech next week. She discusses the speech with her mother.*

ニコールは生徒会長になるために立候補しています。彼女は来週スピーチをしなければなりません。彼女はお母さんとスピーチのことで話し合いました。

*Susan:* **What's up, Nicole?**

*Nicole:* I **pulled an all-nighter** working on my election speech.

*Susan:* **No wonder you look like a basket case!** Did you finish your speech?

*Nicole:* Yes, at 6 a.m.

*Susan:* That must be a **load off your mind!**

*Nicole:* It's not. I've got to give the speech tomorrow in front of 1,500 people. I'm a **nervous wreck!**

*Susan:* Just remember the old **rule of thumb:** Imagine your audience naked.

*Nicole:* That's gross! Why would I want to do that?

*Susan:* According to **conventional wisdom**, it'll make you less nervous.

*Nicole:* Only practice will **do the trick**.

*Susan:* Okay, let's hear the speech.

*Nicole:* Good afternoon, everyone. There are four candidates running for president. You think you have several choices. **In reality**, you have just one choice: me!

*Susan:* You can't say that. You'll **turn off** your audience immediately.

*Nicole:* It sounds like I have a **big head**?

*Susan:* **I'll say!**



### IDIOMS – LESSON 15

**basket case** [slang] – someone in a useless or hopeless condition

無気力な人、衰弱しきったもの

EXAMPLE: After working a 12-hour day and then coming home and cooking dinner for her family, Nori felt like a **basket case**.

**(to have a) big head** – arrogant; too proud of oneself

うぬぼれ、天狗になる

EXAMPLE: Stop bragging so much about the award you got at work! People will think you've got a **big head**.

SYNONYM: to be full of oneself. Example: Jessica is really **full of herself**. She's always talking about how smart she is.

**conventional wisdom** – a widely held belief

広く受け入れられている習慣、世間一般の通念

EXAMPLE: According to **conventional wisdom**, a diet high in salt can cause high blood pressure.

<p><b>(to) do the trick</b> – to achieve the desired results          目的にかなう、効き目がある</p> <p>EXAMPLE: Yoshi changed the light bulb and said, “That should <b>do the trick!</b>”</p>
<p><b>I’ll say!</b> – yes, definitely!          そうだね、そのとおり、もちろん</p> <p>EXAMPLE: “Did you enjoy the Madonna concert?” — “<b>I’ll say!</b>”</p>
<p><b>in reality</b> – in fact; actually          現実には、実際には</p> <p>EXAMPLE: Ted thinks it’ll be easy to become a rock star. <b>In reality</b>, it will take years of hard work.</p>
<p><b>load off one’s mind</b> – a relief          安心する、肩の荷が降りる、気が楽になる</p> <p>EXAMPLE: When Amber called Ted to tell him that she arrived home safely, it was a <b>load off his mind</b>.</p>
<p><b>look like</b> – have the appearance of          ～みたいだ、のような外見をしている</p> <p>EXAMPLE: Before agreeing to go out on a date with her, Carl wanted to know what my cousin Maria <b>looked like</b>.</p> <p>メモ: この表現は “it looks like” とか “it is likely that” などの意味に使われます。</p>
<p><b>nervous wreck</b> – a person feeling very worried          神経過敏でペリペリした人</p> <p>EXAMPLE: Whenever Nicole <b>rides</b> on the back of her friend’s motorcycle, Susan is a <b>nervous wreck</b>.</p>
<p><b>no wonder</b> – it’s not surprising          道理で～なわけだ、～も当然である</p> <p>EXAMPLE: <b>No wonder</b> you’re cold — it’s January and you’re walking around outside without a coat!</p>
<p><b>(to) pull an all-nighter</b> – to stay up all night to do work          徹夜する</p> <p>EXAMPLE: Ted <b>pulled an all-nighter</b> to study for his chemistry test and ended up falling asleep in class the next day.</p>

**rule of thumb** – a useful principle

適切なやり方、経験に基づく方法、一般論

EXAMPLE: When cooking fish, a good **rule of thumb** is 10 minutes in the oven for each inch of thickness.

**(to) turn off** – to cause to feel dislike or revulsion

嫌気を起こさせる、～にうんざりする、興味がなくなる

EXAMPLE 1: I used to be friends with Monica, but she gossiped all the time and it really **turned me off**.

EXAMPLE 2: After his bad experience with chemistry class, Ted will probably be **turned off** to the subject forever.

メモ：この表現には“to turn off”（消す、切る、止める）という意味もあります。Turn off the lights when you leave the room. (部屋を出る時に明かりを消して)

**what's up?** – レッスン10を見ましょう

 **PRACTICE THE IDIOMS**

Choose the best substitute for the phrase in bold:

- 1) Ted didn't start studying for his chemistry test until the night before. Then he had to **pull an all-nighter**.
  - a) get plenty of rest before an exam
  - b) stay up all night studying
  - c) sleep late
- 2) After working on it for months, I **finally** gave my presentation this morning. That was certainly **a load off my mind!**
  - a) a relief
  - b) difficult
  - c) easy
- 3) Nicole was **turned off** when Todd, her date, started picking his teeth with a toothpick during dinner.
  - a) left the room
  - b) became interested
  - c) lost all interest

- 4) According to **conventional wisdom**, you shouldn't ask about salary on your first interview.
- a) accepted beliefs
  - b) outdated beliefs
  - c) smart people
- 5) Ted had to perform his music before one of the most important talent agents in the country. It's not surprising that he was a **nervous wreck**.
- a) confident
  - b) very worried
  - c) exhausted
- 6) Girls cheered and blew kisses whenever Ted performed his music. Amber worried that he'd **get a big head**.
- a) get a headache
  - b) become arrogant
  - c) find a new girlfriend
- 7) People keep telling Fred that he looks **like a basket case**. Maybe it's because he hasn't slept in weeks.
- a) really great
  - b) angry
  - c) terrible
- 8) Do you have a headache? Here, take two aspirin. That should **do the trick**.
- a) make you feel better
  - b) perform magic
  - c) make you feel worse

ANSWERS TO LESSON 15, p. 165



## Review for Lessons 11-15

Choose the best substitute for the phrase or sentence in bold:

1) Nicole didn't want to go to the party, but her friend **twisted her arm**.

- a) persuaded her
- b) hurt her arm
- c) agreed with her

2) Amber needs to go on a diet and lose 10 pounds, but it's difficult for her because **she has such a sweet tooth**.

- a) she has a loose tooth
- b) she has emotional problems
- c) she likes to eat sweets

3) Amber likes to design handbags as a hobby, but she's not sure she could **make a living at it**.

- a) do it for the rest of her life
- b) earn enough money to support herself
- c) do it all day long

4) Ted wanted to travel to Miami for a rock concert. His mother told him it was **out of the question**.

- a) a good idea
- b) still a possibility
- c) not a possibility

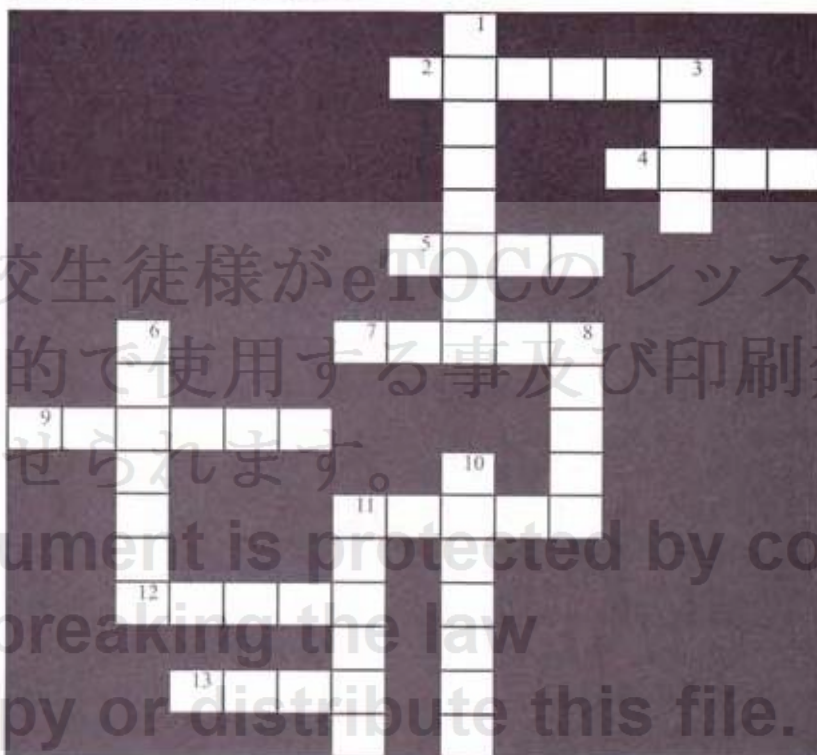
5) Nicole **worked her tail off**, making hundreds of posters for her campaign.

- a) worked very hard
- b) worked until her tail fell off
- c) made her friends work hard

- 6) **It's crunch time.** Ted has to write six papers in two days.
- It's a very busy time.
  - It's a time to relax.
  - It's a period of time filled with fun and laughter.
- 7) My 95-year old neighbor was cutting her grass on a hot summer day. I offered to **lend a hand**.
- give her my hand
  - help her
  - drive her to the hospital
- 8) Jennifer **treats her husband like dirt**. I don't know why he doesn't just leave her.
- is very nice to her husband
  - asks her husband to do the gardening
  - is nasty to her husband
- 9) Tattoos are **all the rage**. Many kids are getting them.
- something that makes you angry
  - very popular
  - easy to get
- 10) **Things are looking up for Bob**. He's already found a new job working for his wife.
- Bob's situation is getting worse.
  - Bob's situation is improving.
  - Bob always focuses on positive things.
- 11) Susan volunteered to host 45 exchange students from China. Now she fears she's **bitten off more than she can chew**.
- accepted an easy assignment
  - taken on a bigger task than she can handle
  - ordered too much Chinese food
- 12) If Ted doesn't **get going on** his chemistry homework soon, he's going to be up all night.
- start doing
  - stop doing
  - leave the house with



## CROSSWORD PUZZLE



### Across

2. My old job was boring. All I did was \_\_\_ numbers all day.
4. Bob went to the Village Market to get the \_\_\_ rolling on the cookie business.
5. You didn't take out the garbage yet? Never \_\_\_! I'll do it myself.
7. Donna ate the whole apple pie herself. I guess she has a \_\_\_ tooth.
9. Jim never thought he could sell designer watches on street corners, but his brother taught him the \_\_\_ of the trade.
11. You've been working at the computer for hours. Why don't you take a \_\_\_?
12. After her boyfriend broke up with her, Anna was feeling down in the \_\_\_.
13. Mini-skirts were all the \_\_\_ last summer.

### Down

1. Susan used to sing opera, but she hasn't sung in years. She's out of \_\_\_.
3. Bill thinks he's the smartest guy in the world. His friends think he just has a big \_\_\_.
6. I don't like horror movies, but John \_\_\_ my arm and I agreed to see *Murder on Main Street*.
8. My car wasn't running well so I changed the oil. That should do the \_\_\_.
10. After the car accident, Betty was a \_\_\_ wreck whenever she drove.
11. When I don't get eight hours of sleep, I feel like a \_\_\_ case in the morning.

ANSWERS TO REVIEW, p. 165